




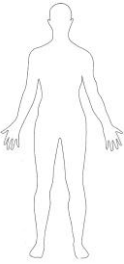















	HANDS UP AND GET STARTED!	Time	For
1.	Take part in a Photograph Treasure Hunt. Girls/Leaders/YLs photograph different objects in the local vicinity. Other girls then try to find what the objects are, or identify where the photographs were taken from. There is “treasure” at the final object, or points for finding the correct objects.	30-90 mins	RBGS
2.	Make pizzas from scratch using fresh ingredients. Rainbows and Brownies may use ready prepared bases, Guides and SS Members must make their own! NB. You could use the pizzas for fund-raising or to feed people in need and use this for the Community Action Section.	45 mins + proving	RBGS
3.	<p>Cover a shoe box/magazine file with decoupage to use for storage. Each girl should choose a theme and collect pictures for her box, from magazines, etc. A good way of doing this is to visit car boot sales/charity shops and collect very cheap second hand books. Other options include wrapping paper, wallpaper, clip art, special decoupage paper, and tissue paper. Car boot sales are good for these too! You cannot use pictures printed on inkjets as they will run. The best paper to use is flexible and not too thick.</p>  <p>The pictures should be cut out leaving a border. The box needs priming first with slightly diluted PVA and then pictures should be put on individually, each overlapping the previous one. When the box is covered, it needs a few layers of diluted PVA to make it sturdy. Rainbows and younger Brownies can complete this by using plain boxes and stickers. They need not be “varnished” (but will not survive as long!) Ikea and stationers sell cheap plain magazine files and boxes that can be used.</p> 	60 mins x 2 30 mins	GS RB
4.	<p>Hold a book evening. Everyone should bring their favourite book and read (as appropriate) a passage that helps to explain why it is their favourite. Swap books to read for the evening and hold a “swap shop” where girls give one book and take away another. Try to bring a couple of books to promote choice and donate any left to a charity shop.</p> <p>Have time to read quietly or have a story time where a leader reads - with hot chocolate and a bedtime biscuit. You could write your own short story, or re-write a traditional story for modern times. SS and Guides could write a passage in ‘text-speak’. Depending on age group girls could come dressed as a character. You could try ‘hot-seating’ the characters: the girl in the hot-seat pretends to be a character in the book, others ask questions and she has to answer questions as her character.</p> 	60 mins	RBGS
5.	<p>Try some aboriginal dot painting. Use brown paper as the base. The symbols have a meaning; see http://www.cooinda-gallery.com.au/aboriginal_art.asp. Pictures are more effective if simple and the picture should be sketched very roughly before paint is used.</p> 	45 mins	RBGS

6.	<p>Cook pancakes using candles and small baked bean tins. Make handles for the tins to turn them into frying pans. Remember a non-insulating material to hold it with, e.g. a wooden clip style peg. NB. Use candles; tea-lights don't give out sufficient heat.</p> <p>Alternatively cook drop scones or even bacon on top of an upturned catering size tin with a couple of candles underneath. The tin needs to have holes in the side to prevent the candles going out. Beware of smoke alarms and burning the floor!</p>	60 mins	GS
7.	 <p>Ruby Challenge: 40 things (between a group.) Take a photo of ten of your group (ask others to help you if necessary) in a telephone box. Collect ten items that can be used as gifts for an elderly person into a shoebox and wrap them all. Decorate it nicely and donate it to a residential home for someone who does not receive many visitors or presents. Collect ten useful items (all different) into a matchbox. Make an emergency kit of ten items and find a container to store them in.</p>	Evening	RBGS
8.	<p>We need to look after ourselves, know about our bodies and good health, and celebrate our ruby birthdays and centenary!! Draw round one of your group. Try to put in some of the important bones and organs. Do as many as you can without consulting a book or the internet, then repeat it using a source of help. Make sure you have at least 40! Don't just copy it out - put the book away from you and keep going and looking at it. Display the picture for a few weeks. NB. Baker Ross supply body templates which come in packs of 12.</p>	 <p>30 mins twice (over 2 meetings?)</p>	RBGS
9.	<p>Go on a walk in your local area and take a blank map (just roads and paths marked). Add mapping symbols for the things you see. Alternatively you could take a blank piece of paper and start your map from scratch!</p>	As long as you want	RBGS
10.	<p>Do at least 3 of the following: Rainbows: Strike a match, toast a marshmallow, learn how to make a 999 call, tie a reef knot, put on a sticking plaster (non-allergenic). Brownies: Strike a match, toast a marshmallow, learn how to make a 999 call, plug in and take out an electric plug, make a cup of tea, tie at least two kinds of knot, put on a simple bandage, find north using a compass. Guides: Light a wood stove, build a fire and light a fire, put on a sling, put someone in the recovery position, learn how to look after someone in shock, build an overnight shelter, tie at least four kinds of knot.</p>	20 mins +	RBG
11.	<p>Find some of the Brownie and Guide tests from 40 years ago, and see how many you could do now.</p>	45 mins +	BGS
12.	<p>Create a group identity. Design and make a group flag, incorporating features of the individuals in your group into it. If possible make the flag out of material so that it lasts for a long time. Also make up a rap, a poem, or a song which explains who you are and what you enjoy. Perform it to the Unit.</p>	60 mins +	BGS
13.	 <p>Make a model camp site. Plan the layout and use any medium you want - modelling clay, papier mâché, etc. You could use scraps of material for tents, small twigs for fires (and gadgets). A few groups could join together and do part of a site, or some could do "old-style" camping and others more modern tents! Display the models somewhere where people will see them.</p>	As long as you want!	BGS

14.	<p>Make “Armpit” fudge!</p> <p>Ingredients (per girl): 2oz icing sugar, 1 tbsp unsalted butter, 2 tsp cream cheese, few drops vanilla essence, 2 tsp cocoa, choc chips and/or raisins, Ziploc bag (a sealable plastic bag)</p> <p>Put all ingredients in the Ziploc bag. Make sure all the air is out of the bag and seal it well. Knead together under arm pit (or between hands!) until all the ingredients have melted and blended. Push all of the mixture to bottom of the bag, refrigerate. Eat when set!</p>	15 minutes (+time to set)	RBGS
15.	 <p>Go for a 2p walk in groups. If several groups are going, make sure all watches are synchronised and allow 15 to 20 minutes. Go out of the meeting place. When you come to a corner toss the coin. If it is heads, go left; tails, go right. Wherever you are at the end of the agreed time, come back to the meeting place. Then draw a map of where you have been.</p>	30 mins	RBGS
16.	<p>Invite someone into the unit to teach you a style of dancing from another country, e.g. Salsa, Bollywood, Belly dancing, Cha Cha or Flamenco.</p>	60 minutes	RBGS
17.	 <p>Rainbows: Hold a bike/scooter evening. You could use it to learn about road safety. Brownies: Hold a bike/scooter evening. Use it to learn about road safety or learn how to recognise faults on your bikes.</p> <p>Guides: Learn how to repair a puncture and change a bike tyre. Oil your bike. SS: Learn how to change a wheel, oil, and bulb on a car, and where to put water.</p> 	Varies	RBGS
18.	 <p>Invent a code and use it to send a birthday related message to another group.</p>	45 mins	BGS
19.	<p>Learn some origami. You can buy origami packs from Paperchase or Muji, for around £5, or for a cheaper option just use coloured paper. See if you can design your own origami!</p> <p>Websites: en.origami-club.com or http://www.origami-fun.com/and videos on YouTube.</p>	45 mins	BGS
20.	<p>Hold a photograph scavenger hunt: Prepare a list of objects/situations and ask the girls to take a picture of each. If there are not enough cameras, girls could use their phones. This can be done in the grounds of a meeting place or further afield.</p> <p>Examples of pictures: Eldest member of group with a road sign saying “12 miles”, all the group with a horse chestnut tree, four members of the group in a phone box, everyone making the Guide sign.</p> 	60 mins+	BGS
21.	 <p>Grow herbs, lettuce, tomatoes or something similar and tend them until edible. Use them to cook something or to make a salad.</p>	Ongoing	BGS

22.	Cook pancakes (could be prepared beforehand and heated for Brownies) and prepare and try a variety of different fillings - savoury and sweet. Everyone could bring one filling and try a new combination of flavours. Ideas for filling: bananas, strawberries, blueberries, raspberries, ham, cheese, spinach, bacon, mushrooms, sweetcorn, chocolate, chocolate chips, peanut butter, salad, maple syrup, nuts, caramel...	60-90 mins	BGS	
23.	Visit a farm and find out how to do at least two of the following: Milk a goat, shear a sheep, round up sheep, bottle feed a lamb, feed hens and clean out a pen. Look up your favourite farm animal before you go and find out what they eat, how to look after them, and what breeds are most common in this country. Senior Section could try lama trekking - www.nidderdalellamas.org		Evening	BGS
24.	Awesome! Think of 40 different ways of telling someone they have done well. Decide which is the most unusual and see how many times you can use it, appropriately, during a meeting. Have a whole month of praising everyone as much as you can. Have pieces of paper, one for each girl, with their names on the top. Then, anonymously, each girl must write one nice thing about every other person. This can be done by sitting in a circle and passing them round on a signal or whatever method you wish.	30 mins	RBGS	
25.	Take a planned walk around your local area or town and visit fast food outlets (i.e. fish & chip shops, burger bars) and mark the food by a list of agreed factors, e.g. time taken, temperature, price, quantity, taste, healthy options available, provisions for vegetarians etc. Present a certificate to the winning outlet.	60 mins+	RBGS	
26.	 Bake and decorate cupcakes to be as spectacular as possible. Make a cup cake display! To make things more challenging, you could adapt a recipe, or have a theme for your designs.	30 to 90 minutes	RBGS	
27.	Learn some Makaton or British Sign Language. You could watch an episode of the BBC children's programme 'Something Special' which uses Makaton Sign Language with opportunities to join in. Use britishsignlanguage.com to print off the finger spelling alphabet. Once girls learn to use it, older girls can try signing messages to each other and play games using it.	30 mins+	RBGS	
28.	Practise pitching and striking a tent until you think you can do it with your eyes closed. Then try it - pitch and strike the tent wearing blindfolds. If you are using traditional patrol tents, beware of mallets! One girl should supervise and instruct without a blindfold!!	Ongoing	GS	
29.	Paint a picture holding the brush with just your feet or your mouth. Here are some examples for you to look at what people have achieved. http://www.tomyendell.co.uk/ http://news.bbc.co.uk/1/hi/in_pictures/6069620.stm (shows a selection)		60 mins	RBGS

30.	<p>I am good at:</p> <p>SLEEPING, LAUGHING, BEING ON TIME TELLING JOKES</p>	<p>Hold an alternative talent evening. Everyone is brilliant at something and should come prepared to demonstrate their skill, whether it is washing up, turning a cartwheel, saying the alphabet backwards, saying their 25 times table</p>	Evening	RBGS
31.	<p>Decorate cheap, plain canvas shoes (sandshoes, tennis shoes) to turn them into ruby slippers! Use fabric paint/pens, glitter, fabric pens, etc.</p>		45 mins	RBGS
32.	<p>Hold a home evening. Ask a parent to come and teach you to do as many of the following as possible: Change a light bulb, wire a plug, change a fuse, change a tap washer, unblock a drain, unblock a frozen pipe, set the heating, clean a toilet, iron a shirt, clean an oven and sew on a button</p> <p>OR</p> <p>Visit someone's home and do at least 3 of the following: Programme a washing machine Load and start a dishwasher Wash up without a dishwasher Set the table, properly, for at least 4 courses Cook a pudding from scratch for under 50p a head Cook a main course from scratch for under £1.00 a head <i>For the last two items no prepared or processed foods may be used</i></p>	<p>60-90 minutes</p> <p>30-60 minutes</p>	GS	
33.	<p>Make an Andy Warhol style poster/picture (see examples) using reproduction techniques and/or collage. Make the theme Guiding, ruby or birthdays.</p>		<p>45 mins (x 2 if more detail included for older girls)</p>	RBGS
34.	<p>Cut out your hand shapes and make something else from them. Try making spiders, octopuses, trees, flowers, suns or a bigger picture (peacock, fairy or butterfly). Alternatively use photographs of hands.</p>		30 mins	RBGS
35.	<p>Create a Bushtucker trail for others in your Unit. You can buy tinned reindeer, octopus, squirrel, squid, etc. Find and cook quinoa. Eat a tasty Thai curried cricket or ant in a lolly (also available in some deli/specialist shop). Or just use ordinary ingredients with a story around them.</p>		30 mins + prep	GS RB
36.	<p>Everyone in your group "invests" 40p. You all make and sell something, buying the materials for 40p, so that you make a profit on your 40p. Good luck!</p>		15 mins+	BGS

37.	<p>Make recycled paper and use it to send a letter.</p> <p>Different sets of instructions are on the following websites: http://www.childrenoftheearth.org/Kid's%20Entries/Make_Paper.htm http://www.recyclezone.org.uk/az_makepaper.aspx.html</p>	60 mins	RBGS
38.	<p>Scout's Pace is 20 paces walking and 20 running. See if you can do Scout's pace for 2 minutes, and still remember a birthday related message at the end.</p>	5 mins	BGS
39.	<p>Plan an evening of science investigation!!</p> <p>See Appendix S for some ideas.</p>	30 mins plus an evening	RBGS
40.	<p>Hold a Theme Evening - see suggestions in Appendix T.</p>	Evening!	RBGS