

FOR RAINBOWS AND BROWNIES

Before you start

On separate bits of paper, write out the six new programme themes (listed below) or draw the icons, then stick them on the walls around the space. The themes are:



Know Myself

Explore who you are



Express Myself

Show off and share your creativity



Be Well

Know what it is to be healthy



Have Adventures

Explore outdoors and nature



Take Action

Help yourself and others



Skills For My Future

Learn useful skills for life



Ladder to Gold

Time: 30 minutes

What you'll need:

- Pen, paper and sticky tack
- The six new programme themes (left)
- A list of the new interest badges for your section
- A list of your section's topics for unit meeting activities and skills builders. This can be found in *Guiding Essentials* and at girlguiding.org.uk/celebrateeverygirl

The aim

Find out about Girlguiding's exciting new programme and think about what activities and badges you'd like to start exploring.

- 1 Get into pairs and sit down in a line facing your partner with your legs stretched out in front of you. Make sure your tippy toes are touching!
- 2 Your leader will name each pair after one of the six new themes. What do you think your theme is about? Share your ideas. If you're stuck, your leader can help you.

As part of our new programme, you can do lots of badges and fun activities within these themes. For example, in the Skills For My Future theme you can make delicious food, and in the Take Action theme you can find out how to be an awesome role model. →

3 When your leader calls your theme, carefully race over the other girls' legs down the ladder, then round the outside and down the ladder again, back to your space.

The first girl to sit back down and call out her theme wins. Watch out, as there might be more than one pair racing at the same time!

4 Has everyone had a go? It's time to explore what you can do in the new programme. This will include:

- **Interest badges** – you do these at home, choosing the topics you like most
- **Skills builders** – there are 12 topics to choose from. Each one has six different stages, which you can work through the whole time you're in guiding, from Rainbows up to Rangers
- **Unit meeting activities** – these are fun activities to try out with your unit

What's amazing is that all of these fit into the six themes you explored earlier.

5 Your leader will call out a topic or badge. What theme do you think it fits into?

For example, for 'Nature', race to 'Have Adventures' or for 'Dancing' go to 'Be Well'. Don't worry if you're not sure – it's okay to have a guess.

6 Did you guess right? Your leader will tell you if you can do it on your own (interest badges) or as part of the unit (unit meeting activities and skills builders).

7 When you've played this a few times, get together for a chat. What are you most excited about? Can you remember what theme it belongs to?

Take it further: Take a look at the new badges and activities and decide what you want to do first.

DID YOU KNOW?
The icons for each theme were designed with help from our members, and all sections have the same themes

Will you go for Gold?

All the amazing activities and badges you do will count towards your theme awards. There are six to get – one for each theme. If you earn this award, it shows you've had lots of different adventures and have done your best at trying out new things. If you get all six theme awards, you can do an extra challenge to get your section Gold award. This is super-duper special! Find out more about it in the new badge books.

