

Uncrumpled friends



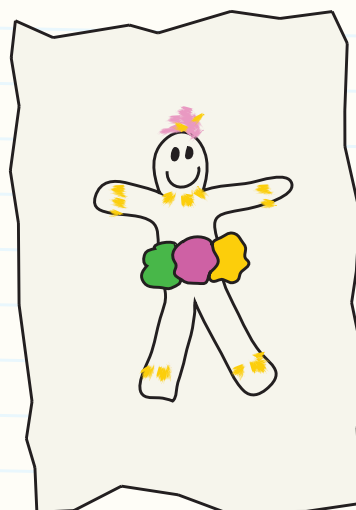
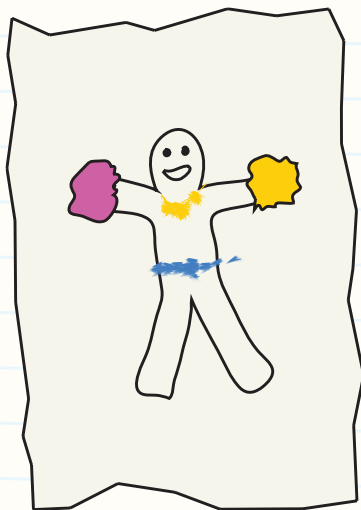
Better together



30 mins



Give it a go



Aim of activity

Crumple, stomp and jump! How do our actions affect other people? Take a step back to discover how.

What you'll get out of it

- Explore what kindness means.
- Put your Rainbow Promise into action.

What you'll need

- Paper, 1 sheet per girl
- Pens or pencils
- Felt pens
- Craft materials (optional)
 - Paint and paintbrushes
 - Coloured paper
 - Biodegradable glitter



WE DISCOVER, WE GROW

Girlguiding



Before you start

Draw or print out outlines of a paper person, one for each girl.

What to do

- 1 Everyone grab a piece of paper with a person on it and find a space.
- 2 Crumple your paper into a ball. When you're ready, throw it on the floor. Stomp on it, jump on top of it, then stomp on it one more time for luck!
- 3 Together, pick up your paper balls. Let's apologise for what we just did. Say, 'I'm sorry, I didn't mean to jump on you'. Now tell it, 'I'm really, really, really, really sorry!' Once you're done, unfold your piece of paper.
- 4 Does it look the same as it did before you stomped on it? Or is it now full of crumples?

Even though we all said sorry, sometimes when something happens that isn't very nice it can hurt our feelings. Sometimes we remember it for a long time. That's why it's important to be kind and try to make each other smile.

5 Imagine the girl on your paper is a member of your Rainbow unit. She's a little upset and needs some friends to make sure she's feeling OK. What could you all do together to help her feel better? Could you make sure she's included in all the games you play?

6 Grab some craft materials and decorate your uncrumpled friends. You could colour them in, stick pieces of coloured paper on them, paint them or cover them in glitter!

7 When they're all nice and colourful, line them up. Stand opposite your uncrumpled friend. Take turns to tell her something you like about her and why she's your friend.

8 Being kind to others is really important – it makes the world a happier place. The Rainbow Promise asks you to do your best, think about your beliefs, and be kind and helpful. Can you think of more kind things you can do for others?

Take it further

Choose one kind thing to do or say each week together to make sure everyone feels happy at Rainbows.