



WE DISCOVER, WE GROW

Girlguiding

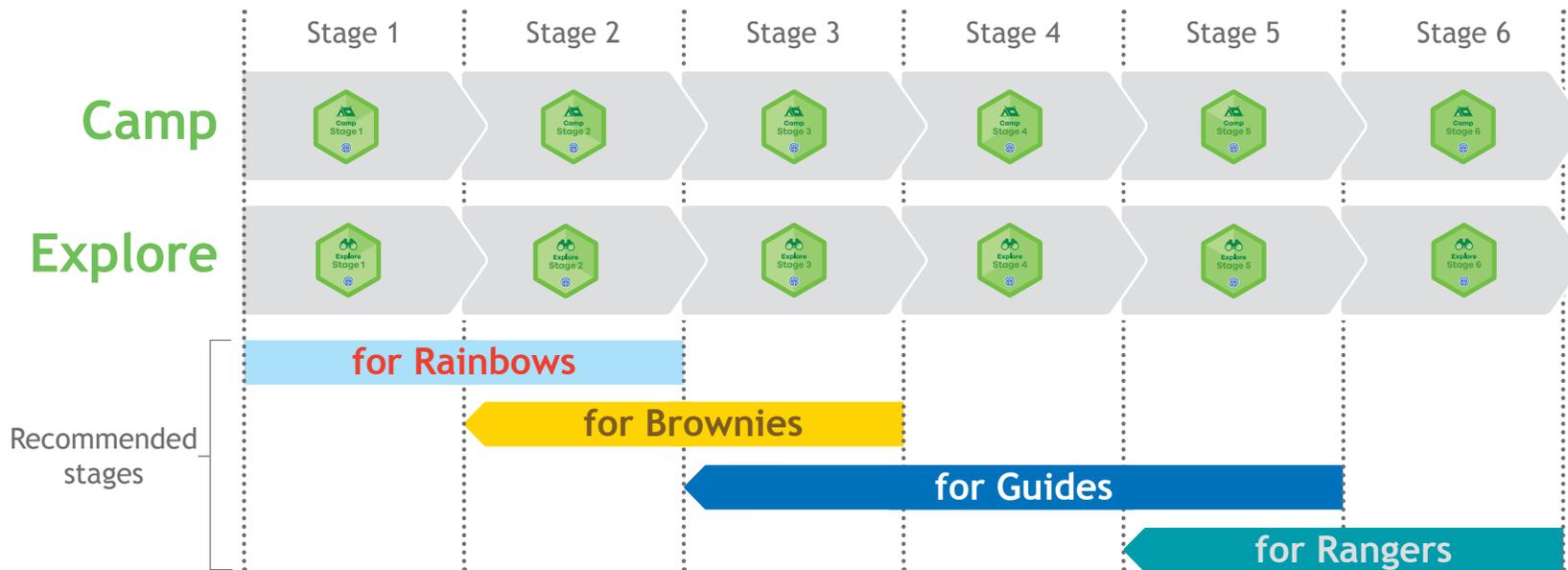
The programme

Unit meeting activities and skills builders handout

Skills builders

					
KNOW MYSELF	EXPRESS MYSELF	HAVE ADVENTURES	BE WELL	TAKE ACTION	SKILLS FOR MY FUTURE
Reflect	Innovate	Camp	Feel good	Make change	Live smart
Network	Communicate	Explore	First aid	Influence	Lead

Example from the Have Adventures theme



- This structure applies to all themes and all skills builders.
- For each stage, there are five activities which are purchased together in a skills builder pack. Girls need to complete all five activities in the pack.



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The programme

Unit meeting activities and skills builders handout

How to help girls choose their own unit meeting activities

RAINBOWS

Vote with your feet

A total of four cards are offered for girls to choose from. Each card is associated with a corner/wall of the room - girls show their choice by 'voting with their feet'.

Draw a picture

The leaders describe each activity on offer to the group. The girls draw a picture of the one they would like to do - these pictures are then used as a vote.

Tops or tails

Use this method to help girls choose between two cards. Name one card 'tops' and the other 'tails'. Ask girls to stand up and vote by putting their hands either on their heads (tops) or their hips (tails). Most votes wins!

My idea...

BROWNIES

Coloured dice

Use a dice with coloured spots on to represent the themes. Roll the dice to decide the theme for the evening and then use another technique to choose the activities themselves.

Just a few words...

Girls are given the cards in small groups. Each group has to say why they think their activity is the best in a set number of words (for example, five or 10). The unit then votes.

Stick it

Give each girl a set number (for example 2/3) of small sticky notes. Pass the cards around the group. Girls can choose how they distribute their sticky notes - activities with the most stuck on at the end win!

My idea...

GUIDES

Rate and persuade

Split the cards between small groups and ask them to select their top 1/2/3. The girls then present back to the rest of the unit their choices, and the unit votes for its favourites.

A den of dragons

The patrol leaders are the 'inventors' - each presents an activity to the group (the dragons). The dragons then vote, based on the presentations they've heard.

Napkin themes

Give each patrol a paper napkin. Girls divide the napkin up into the six themes. In each section, they remember the activities they have done recently to help them find out which one they could do next to keep their programme varied.

My idea...

RANGERS

Persuasive speakers

A selection of cards are handed out to girls (individually, pairs or small groups as numbers allow). Each individual/pair has to talk for 30 seconds on their activity to persuade the rest of the group to do that activity - a group vote follows.

Divide and lead

Girls work in small groups having chosen a theme for an evening. They then select 60-90 minutes of activities for the evening and plan them for the rest of the group to take part in bringing any equipment etc. as required.

Social media

If your unit has a social media group, set up a discussion in advance of a meeting to choose activities or themes. Use the poll function to make a final decision.

My idea...