



WE DISCOVER, WE GROW

Girlguiding

Interfaith Week

A great opportunity to start a new adventure linked to diversity, faith and culture.

Interfaith Week (www.interfaithweek.org) takes place every November across the UK, but do not let this constrain you - have your own Interfaith Week whenever you like!

To give you a head start we have provided some new activity ideas and put together a selection of resources and activities already available for all sections. Some are short and can be used as part of a meeting; others can be the beginning of a longer set of activities or count towards a badge or an award.

Interfaith Week's purpose is to:

- strengthen good interfaith relations
- increase awareness of the different and distinct faith communities in the UK, in particular by celebrating and building on the contribution which their members make to their neighbourhoods and to wider society
- increase understanding between people of religious and non-religious beliefs.

Here are some ideas for all sections on having your own Interfaith Week. Why not try an idea from each section?

Discuss

Encourage girls to chat about the subjects below. You could have discussion time built into the meeting, or bring up the subjects while you're all busy doing something - perhaps a craft activity or even while on a hike through the woods!

- Discussion gives the opportunity to share the importance of different values. Fair and positive discussion also enables girls to:
 - develop positive attitudes
 - develop self-esteem
 - increase their participation in new experiences
 - gain a stronger sense of responsibility.

When leading the discussion:

- listen carefully and ask questions at appropriate points
- encourage others to volunteer their opinions
- ensure that everyone has the opportunity to express their opinion.
- Find out about prayer and meditation, and how people of different faiths practise them. Choose a quiet place where you have lots of space and have a session where you try out different forms of meditation. How are they different? How do the girls feel about each one?
- Do you have any reading fans in your unit? Find out about books which focus on a religious or spiritual experience and read one together, then review it.

Develop

These ideas take girls' involvement a step further, beyond the time of a unit meeting. They also involve contacting and working with other people or organisations in the community.

- Go on a 'Faith Walk'. You could either do this in your community with other units, or just with your own unit. Visit different places of worship and find out about each religion's beliefs and practices. How do the buildings serve the local community? As you walk, you could also do a 'survey' with passers-by, which could include the following questions.
 - What significance do humans have?
 - What makes us human?
 - What will happen when you die?
 - How do you know truth?
- Host a 'Living Library' in your unit. Invite a person to talk to and learn from for half an hour each week for a few weeks.
- Chair a debate. Find an issue or topic that the unit would like to find out about and invite guests from different communities to discuss it. Here are some possible discussion topics.
 - Is there a purpose to life?
 - What makes me who I am?
 - What does it mean to be human?
 - Is violence ever justified?
 - Why do bad things happen?
 - Is religion out of date?
 - If different religions agree that everyone should have respect for other humans and the planet, why do they have different ways of showing it?
 - How does having a faith help people who live in poor or developing countries?

Do

Try out these activities to explore the cultural differences of music, art and community.

- Research musical instruments from around the world and have a go at making your own. What place does music have in different faiths? How do people use it to worship or celebrate their beliefs?
- Get arty! Have some different materials available so that the girls can draw, paint or sculpt their impression of a god or deity. If they do not have a religious belief, ask them to create something which expresses how they develop their beliefs. Ask them to show each other and explain their creations.

All sections

Try out some of these activities that all sections can get involved in. Why not celebrate Interfaith Week with local units from other sections?

Same difference

Aim

This is a light-hearted activity that will allow the group to find out their similarities and differences. They should also be able to identify a few traits that make each person unique!

What to do

- Everyone draws a grid with nine squares.
- In each square they should write or draw one fact about themselves. Maybe they play the piano, walk to school, speak another language, have a pet hamster and so on.
- When everyone has completed the grid, ask the group to mingle and try to find one other person who has written the same fact as them. They can write that person's name in the box with the fact.

Talking points

- Has each girl got something unique about her? Ask the girls to tell the rest of the group about their unique skills and characteristics!
- Were you surprised at any of the skills other people in your unit have?
- Does anyone have a skill she could pass on?

Skills away

Aim

To give the group an opportunity to learn practical skills that will benefit themselves and the wider community.

What to do

- Have a discussion about skills the group would like to learn, for example first aid, motor mechanics, numeracy, knitting, cooking, baking, painting and decorating, campaigning and advocacy skills, and so on. Encourage them to think of a skill that can be used to benefit other people.
- How could the group learn this skill? Maybe someone could come to several unit meetings or perhaps the group will have to organise themselves to take a course elsewhere.
- Allow time for the group to practise and develop their new skill.
- Encourage the group to come up with a strategy for using their new skills to benefit the community. For example:
 - hold a first aid training meeting
 - knitting - they could knit baby clothes for local charities that help families on low incomes, or scarves for homeless people
 - cooking - they could volunteer at a local hospice or shelter, or simply cook dinner at home and invite new neighbours round to welcome them to the area
 - painting - local schools, shelters, hospices or playgroups may need some decorating done. Alternatively, there may be local schemes which transform the homes of local families on low incomes and newly arrived asylum seekers.

Talking points

- How difficult did the group find the new skill? How will they apply it to their own lives?
- Did they enjoy learning something new and being able to put it into practice?

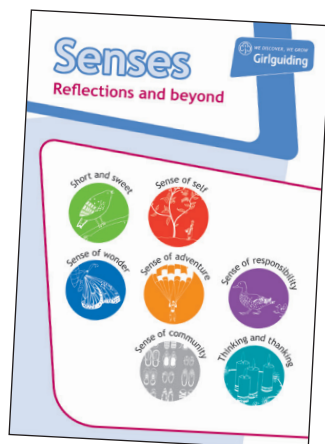
Ideas

- When approaching members of the community, encourage them to take part in your project by focusing on the positive actions the group will carry out, and the possibility of media coverage.
- Why not put up a notice in the local library or community centre calling for projects that might benefit from your skills?

Senses

This book is full of inspiring readings to encourage girls of all ages to think beyond themselves and about the wider world. The 'Sense of community' section is particularly relevant.

Order code 6309.



The following pages suggest activities available in Girlguiding section resources that you could use for your Interfaith Week. All resources are available from www.girlguidingshop.co.uk.

Rainbows

Roundabout Festivals

This resource links activities to many celebrations and special times from around the world. Below is a sample of some of the activities that you could use to celebrate Interfaith Week.

Order code 6167.



Look at being kind

This is an exercise in being kind. The activity links to the Muslim festival Lailat-ul Barah, the Night of Forgiveness, which is a time to ask for forgiveness and to consider wrongs and rights.

Here's how

Everyone sits in a circle. Each Rainbow takes it in turn to stand up. The other girls in the circle each have to say something kind about the one standing up, for example something kind that she has done.

Try it this way

Get the Rainbows to draw around their own hand on a piece of paper. Ask them to 'swap hands' with another Rainbow, who has to write down or draw pictures of the things they like most about the hand's owner. The paper hand is then passed on to other Rainbows to do the same. The Rainbows can then keep their 'hand' as a reminder of all the nice things other people see in them. In a Rainbow Chat talk about how all the handprints, like their owners, are unique and individual.

Take it further

Create a kindness slogan for your unit, like '[your unit's name] Rainbows like to help'. Turn it into a large unit poster and if possible hang it up for everyone to see or hang it on the wall at each meeting. Add more pictures to it every time a Rainbow does something kind, such as after a community action activity.

Rainbow mandala

This is a very simple and colourful activity for Rainbows. Buddhists in Tibet first started creating mandala circles and patterns, using tiny grains of brightly coloured sand, as a way of meditating and aiding concentration. This activity links to Vesak, the Buddhist festival celebrating the life and death of the Buddha, and a time for personal remembrance and meditation.

You need:

- a large sheet of white paper (A3 or larger)
- bright powder paints
- glue (spray-on is best)
- scissors.

Here's how

Draw as large a circle as you can on the sheet of paper and cut it out. On the round sheet draw circles within the circle, then a simple symmetrical pattern inside the innermost circle. Next, spread glue over the pattern inside the innermost circle. With the Rainbows, fill the areas of the pattern with different powder paints. When the glue is completely covered, spread glue on the circle band around it then again with the Rainbows fill it with a colour of their choice, such as Rainbow red or blue. Leave to dry.

Who I am

This is a simple way for girls to explore what being a Rainbow is about. This activity also links to the Buddhist festival Vesak.

You need:

- very large sheets of paper, like old wallpaper
- felt-tip pens, crayons or colouring pencils.

Here's how

In small groups, one Rainbow lies on a large sheet of paper while the others trace her outline. Ask them to make up a list of ingredients for what makes a good, happy Rainbow. They can write or draw inside and outside the outline to show this.

When the Rainbow list of ingredients is complete, do a similar one for Leaders and get the Rainbows to make a list of what they think makes a good Leader.

Take it further

As a unit, talk about ways of keeping the Promise and draw these inside the Rainbow outline.

Carnival time

Have your own unit carnival! It can take up all or part of your meeting.

You need:

- everyone to come dressed in carnival wear or party clothes
- lively music, preferably with a Latin American, Caribbean or carnival feel
- any other party items that you and the Rainbows agree on.

Here's how

The week before your event remind Rainbows to come dressed or bring clothes for their carnival. You may also want to discuss and agree with the Rainbows the type of music or other activities for the carnival meeting. If possible use music with a Latin American feel, but above all lively, happy music they will enjoy dancing to. At the meeting, play your carnival music for the Rainbows to make up their own dances to. They may want to try limbo dancing and other similar feats.

Take it further

- Part of the carnival spectacle is all the enthusiastic participants dressed in elaborate costumes. Create a special outfit from old clothes.
- People taking part in the huge carnival in Rio de Janeiro wear elaborate headdresses decorated with fruit, jewels and feathers. You may want to make special masks or headgear the week before, or as part of the meeting.
- The Notting Hill Carnival, held in London, is Europe's largest carnival. Each year it has a theme, for example 'freedom and justice'. The Rainbows may like to pick a theme for their carnival, and you could link activities to it.
- Add streamers made from ribbon or crêpe paper. Use them as a theme for a Promise or Pot of Gold party.
- At the Venice Carnival people wear masks to disguise themselves. Try activities to do with camouflage and hiding.

To think about my beliefs

These activities give Rainbows a chance to explore different aspects of their beliefs.

- Go on a nature walk and see how many green items the Rainbows can find.
- Visit a place of worship, such as a church, mosque or synagogue, or ask a spiritual leader to visit you at your Rainbow meeting.
- Play 'Same and different', where Rainbows have to find other Rainbows who have things in common with them, and also find out their differences.
- Make a 'thank you' tree - each Rainbow draws around her hand on a piece of paper and draws or writes something she is thankful for on the hand. The hands are then cut out and stuck onto a paper tree trunk and branches to become the leaves.

Brownies

Brownie Badge Book

Use Interfaith Week to work on a Brownie badge! Brownies can try any of these suggestions.
Order code 6801.



Artist

Look at art from other cultures, for example Islamic art, which uses patterns rather than human images. Make an Islamic pattern, or why not make a greetings card for a religious or cultural festival? Make a collage to show a scene from a religious story or cultural legend.



Booklover

Find out something new - one of the books you read could be about a different culture or religion.



Brownie holiday

Could you have a faith theme for your Brownie holiday? For example, try out Buddhist meditation or listen to stories about Hindu deities.



Cook

Find out what people from another culture have for breakfast and try it out for your badge.



Culture

Talk about how people's cultures affect their lifestyles.

Hold a party for your Six to celebrate in a traditional way a birthday or festival that is important to you.



Dancer

Find out about the national dances of three countries, including their history, the costumes worn and the music played as an accompaniment.



Discovering faith

- Find out about at least two festivals or celebrations from your own faith or another. Make a poster or collage, take photographs or write a story or poem about them.
- Find out how local communities have enjoyed themselves together, for example at a joint Brownie and Cub event or an interfaith celebration.



Entertainer

Act out, mime or use puppets to tell a religious story. Combine it with the Hostess badge by inviting guests from your community to watch your entertainment.



Out and about

Go on a mini hike or scavenger hunt focusing on faith communities in your area.



World cultures

- Make a scrapbook about your own culture.
- Listen to or read a story from another country. Act it out with your Six for other Brownies to watch.

Brownie Adventures

Order code 6807.

Eid-ul-Fitr

This festival is sometimes called Little Eid. It marks the end of Ramadan, when Muslim people have been fasting. Families visit friends and relatives to give each other cards. Decorate a card using one of the patterns in *Brownie Adventures*. Fold the card in half, write a message inside and send it to a friend.



Rosh Hashanah

This festival celebrates the Jewish New Year. It is held over two days in September or early October, and it is a time to make and eat special foods like this honey cake. Check for anyone with allergies before doing this activity.

You need:

- cake tin
- measuring scales
- mixing bowl
- spoon
- oven
- oven gloves
- wire cooling rack.

Ingredients

- 2 tablespoons melted butter and a bit extra for greasing the tin
- 100g dark brown sugar
- 200g self-raising flour
- 3 tablespoons honey
- 2 eggs
- ½ cup black coffee
- 50g nuts or raisins
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg or ginger.

Here's how

- Grease the cake tin. Preheat the oven to 180°C/350°F/gas mark 4.
- Mix the melted butter and the sugar, then stir in the flour.
- Make a well in the centre, then add the honey, eggs and coffee. Stir until the mixture is smooth.
- Add the nuts or raisins and the spices. Mix well.
- Pour the mixture into the greased tin. Bake in the oven for about one hour.
- Remove from the oven carefully using oven gloves. Cool on the wire rack.

Keeping my Promise

You could also use Interfaith Week to think about the Promise and how Brownies treat other people. There are some suggestions on 'Keeping my Promise' activities in the *Brownie Adventures* book.

Alternatively, in groups the Brownies act or mime scenes to show how they can be helpful at these times.

- At the end of a meal.
- When a new girl starts at school.
- At bedtime.
- When Brownies finishes.
- When you get home from school.
- When your friend is feeling ill.
- When your room is a mess.
- When visitors arrive.
- In the playground.

Guides

Interfaith Week is all about getting involved with the community and celebrating diversity. You could use the occasion to start work on lots of badges and awards.



G file

Order code 6628.

Community action record

Community action is all about helping to make a difference in your community. Your community can mean your neighbourhood, your town, your region, your country, or the whole world. There are lots of different kinds of community action and lots of different ways to take part.

Here are some ideas:

- help out at Rainbows or Brownies
- help at your local place of worship
- raise funds or volunteer for a local, national or international charity
- volunteer at local events such as carnivals or galas.

Baden-Powell Challenge Award

Zone 5: Celebrating diversity

Aim

To promote active citizenship among Guides, developing their awareness of rights and responsibilities for all.

Some of the relevant activities are shown below.

- With your Patrol or unit, celebrate a festival from a culture other than your own such as Diwali, harvest festival, Chinese New Year, Thai Festival of Lights and so on.
- Take part in a practical activity to benefit the environment in your local community, such as tree planting, nature conservation or bulb planting.
- What is 'being you' all about? Make a collage to reflect your culture and lifestyle. Share this with your Leader.
- Look at guiding in your area and think about units that may not be as fortunate as yours. Consider ways you can offer them assistance. Carry out your ideas and tell your Commissioner how you were able to make a difference. Our Growing Guiding Challenge resource can be used with young members to provide girls with practical ideas to promote guiding and recruit new members - both adults and girls. Use it to explore the ways that you could grow guiding, and then to put it into action.



Badges

Complete a specific project that makes a difference.



Community action

Complete a specific project that will enable you to make a difference in that area.



Cook

Cook a traditional dish from a country other than the UK.



Craft

Use craft techniques and ideas from another culture or country other than the UK to inspire your badge work.



Music zone

- Listen to pieces of music from other countries or cultures. Share them with your Patrol and explain what you like about them.
- Learn or find out about a song or piece of music from three different cultures. Create an illustration for one of them to go in a songbook or music book.



Party planner

Organise an interfaith party - you could have food, music and dancing from worldwide faiths, and if you can, ask people of different faiths to come along. This could be someone from your local mosque, temple, church or synagogue, or even better, you could advertise your party to other girls from different faiths, and get them involved with your Guide unit! Be careful that the food you provide is suitable for all attending.



Performing arts

Find out about the performing arts in another culture. Tell or act out stories from other cultures for Rainbows or Brownies.



World cultures

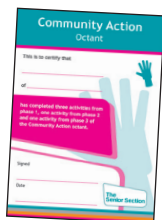
Face and body painting is very popular in many parts of the world. Try face painting or mehndi decoration on your hands or feet. Find out who would use these techniques and when.

The Senior Section

Lots of activities you could do to celebrate Interfaith Week can count towards the Look Wider programme.

Look Wider and More Record Book Order code 6110.

Community Action



Widen your knowledge

- Learn about other cultures and people within your own community and identify ways in which you can make a difference.
- Find out about the work of different religious groups in your area, and get involved if you want to.

Make a difference locally

- Make a difference to a local community site, for example a school, place of worship, community centre or playground.

Make a difference to young people

- Become a mentor or tutor for young people.
- Help with an after-school club or play scheme.
- Complete your Young Leader Qualification.

Get involved

- Attend a community meeting, for example a council meeting, MP's surgery, place of worship meeting or any other meeting in your area.



Creativity

Use other cultures to inspire this Octant.

- Learn different world dances.
- Try designing and making new clothes or jewellery in the fashion of another culture.
- Take a course in sign language or a language other than your first.

Fit for life

- Try out a favourite sport from another country or culture.
- Volunteer at a local community sport event that gets people from across the community involved.
- Have your say. Find out about local government in your area - how can you get involved?



International

- Attend an international Guide or Scout camp, where you will meet people from all over the world.
- Plan a trip to experience a way of life in another country.
- Even within the UK there is a lot of cultural diversity - invite someone from a different culture to your unit to talk about her lifestyle.
- Celebrate a festival from a culture other than your own.
- Learn a language relevant to your community, for example Urdu or Polish.
- Take part in Thinking Day on the Air.



Leadership

- Read a book about a famous cultural leader, like Nelson Mandela or the Dalai Lama. What can you learn about leadership from them? Can you recognise any differences in their leadership styles?
- Is there something you enjoy doing? Set up a group in your community so others can take part in this activity.
- Take a leadership role in your local community.
- Does your village, school, place of worship, community or unit meeting place have a newsletter or website? Could you contribute to it? If not, take the lead and set one up to get everyone up to date and more involved in what's going on locally.



Personal values

- A creed is a statement of beliefs by which you live your life. Read creeds written by other people - for example the Christian Apostles' Creed, Shema Yisrael, or the UN Rights of the Child - and then write your own creed.
- People's values are often linked to their spiritual beliefs. Increase your understanding of the spiritual beliefs of others by visiting two different places of worship for a service and comparing them.
- Join the Girlguiding Advocate youth panel or become a Peer Educator.
- Talk to someone with a faith, preferably one that is different to your own, and find out how their faith affects their life.



All Girlguiding resources featured are available from Girlguiding volunteer shops or www.girlguidingshop.co.uk.