

# Meal time mission



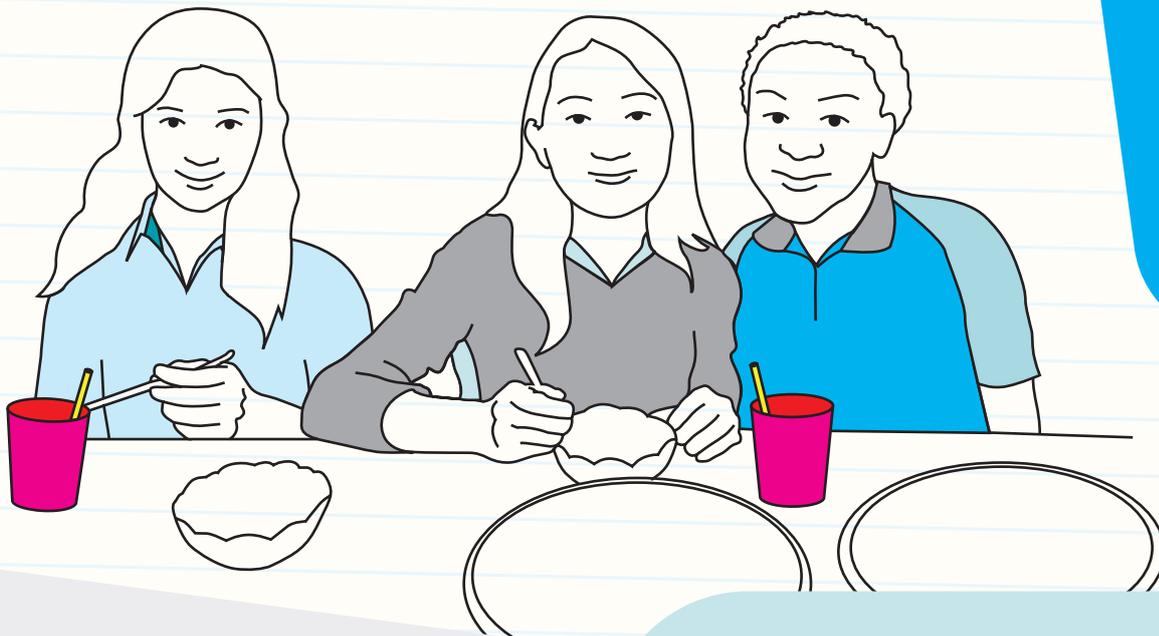
Guiding traditions



45 mins



Jump straight in



## Aim of activity

The Guide Promise and Law are more than just words. Learning to live by the Guide Promise and Law benefits you beyond your time in guiding. Let's practise how to live by them every day!

## What you'll get out of it

- Take a fresh look at the meaning of the Guide Promise and Law
- Feel empowered to follow the Guide Promise and Law in everyday life

## What you'll need

- Food and drink to make a simple buffet to share, enough for everyone
- Plates, knives, cups, spoons and napkins
- Kitchen equipment to prepare the food
- Washing-up liquid
- Cloths or sponges, 2 or 3
- Washing-up bowl, 1 or 2
- Access to hot water
- Tea towels, 3 or 4
- Tables and chairs, enough for everyone
- Paper and pens
- Secret mission slips, one for each girl (see overleaf)
- A copy of the Promise and Guide Law (optional)



WE DISCOVER, WE GROW

Girlguiding



### Note to Leader

The 'meal' can be as simple as scones and jam, or more complicated or even themed if the girls like. Include plenty of items that need assembling at the table, for example butter to spread on bread, so there are lots of opportunities to share and work together. Limit the quantity of utensils and/or food to create a slightly pressured situation.

### Before you start

Decide as a group what 'meal' you want to make, and make sure you have everything you need.

There are several secret missions below. Your Leader will write them on pieces of paper, fold them up tightly and give one to each girl.

#### Secret missions

- Anticipate when someone needs something and do it for them before they do it themselves.
- Commit to doing something and then do it.
- Use a talent or skill you have.
- Try something and then see if you can improve on it.
- Be a good friend.
- Be polite and considerate.
- Look after the area or things you are using.
- Find out about something that's important to someone else.
- Speak out about what you consider to be important.

### What to do

**1** Read your secret mission and take a moment to think about how you can put it into practice in the activity. Don't tell anyone your secret mission. Your aim is to find as many opportunities to carry out your secret mission as you can, but without making it too obvious or becoming annoying! Some opportunities may arise naturally, but you may have to create others through what you say or do.

**2** Start as soon as you like and keep a mental note of how many times you carry out your mission.

**3** As a whole unit, prepare your chosen meal together. When it's ready, everyone sit down and dig in!

### Top tip

You can try the secret missions alongside any activity – it doesn't have to be a meal.

**4** Once you've finished, clear away and wash up afterwards.

**5** Everyone should now put their secret missions in a pile. Take turns to open each one and read out the secret mission. The girl reading needs to try to guess who was assigned the secret mission she has read out. If she guesses correctly, discuss as a group: what gave it away?

**6** Did anyone have the same mission? How was it done differently?

**7** Do these missions sound familiar to you? They're based on the Promise and Guide Law. Talk about which missions might be easiest to carry out in everyday life and which are harder. Can anyone share which Law you'd like to improve on and everyone help to suggest practical ways to do this? Take a look at the Promise and Guide Law to help you if you need to.

### Take it further

Why not write your own secret missions and do the activity again?