Brownies

Example 6-week programme plan

Here’s an example six-week programme plan for your Brownie meetings.

We’ve included activity and programme suggestions for both virtual meetings and for socially distanced in-person meetings.

Where possible we’ve included programme activities that you can find on [Adventures at home](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/), but you should use the programme resources you have available as well.

Check out our adaptation suggestions on our website across a range of programme activities to help you work out how to adapt activities for your unit meeting space.

These examples are suggestions only. If you’re using a digital platform that puts a time limit on calls, you might need to edit, amend or delete some information to make the plan relevant to your unit.

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| Week commencing | Activities planned | Time | Themes covered |
| Week 1  \_\_/\_\_/\_\_ | **Welcome**  Spend some time welcoming girls back - what’s one thing they want to tell the group? | 10 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Virtual activity suggestions**  **Ice breaker** **or wind down:** [Are you up for the challenge](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/virtual-games/)? virtual game.  **Main activity:** [Vortex](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/activity-videos/) unit meeting activity video, Skills For My Future, via our new [How to video series](https://www.youtube.com/playlist?list=PLiLlQQSWBV5YhTraFEWBtOMG4hkkx9AgW). | 5 mins  30-45mins |
| Social distancing activity suggestions  **Ice breaker or wind down:** Play your units favourite game, such as Simon says - adapt to latest social distancing requirements.  **Main activity:** [Pop-up cards](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/pop-up-cards.pdf) unit meeting activity, Express Myself. | 5 mins  45 mins |
| **Wrap up**  Show girls the Brownie [Challenge of the month](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/monthly-challenge-and-activities/) on Adventures at home and challenge them to complete one thing from the ideas list.  Girls choose which programme theme or activities want to do next week. You could give them a choice, or they could come up with their own activities. | 10 mins |
| Week 2  \_\_/\_\_/\_\_ | **Welcome**  Interest badge discussion: Is anyone working towards a badge or wants to start work on one? | 10 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Virtual activity suggestions**  **Ice breaker or wind down:** [Guess who?](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/virtual-games/) virtual game.  **Main activity:** [Exploring emoji’s](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/brownies_exploring-emojis.pdf) Communicate stage 3, Express Myself. Adaptation: You could ask half of the girls to close their eyes when giving the emoji’s and meanings out, and in step 7 girls can use thumbs up and down. | 10 mins  30 mins |
| **Social distancing activity suggestions**  **Ice breaker or wind down:** Play your units favourite game, such a fruit salad and adapt to latest social distancing requirements.  **Main activity:** [Brownies squared](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/brownies-squared.pdf) magazine unit meeting activity, Know Myself. | 5 mins  60 mins |
| **Wrap up**  Girls choose which skills builders they want to do next week. More than one skills builder can be run at a time. | 5 mins |
| Week 3  \_\_/\_\_/\_\_ | **Welcome**  Allow girls to catch up with each other. | 5 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Virtual activity suggestions**  **Ice breaker or wind down:** [Pass the pen](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/virtual-games/) virtual game.  **Main activity:** Skills builder time - All skills builder activity packs can be bought from the Girlguiding shop.  Example Brownie skills builder activities for virtual meetings:   * **Happy thoughts** – Feel Good stage 3, Be Well. * **Good nights** – Feel Good stage 2, Be Well. Adaptation: Do step 3 as a virtual unit group or use virtual breakout rooms. * **Fighting fire** Camp, stage 2, Have Adventures**.** Adaptation: Do step 4 as a virtual unit group or use virtual breakout rooms. * **Ray of light** – Explore stage 3, Have Adventures. Adaptation: For the game, girls should call out girl’s names, rather than point and at step 6, girls can create a sun safety piece individually. | 5 mins  20 mins  45 mins  30 mins  45 mins |
| **Social distancing activity suggestions**  **Ice breaker or wind down:** Play your units favourite game, such as musical statues. Adapt to latest social distancing requirements.  **Main activity:** Skills builder time - All skills builder activity packs can be bought from the Girlguiding shop.  Example Brownie skills builder activities for social distancing:   * **Supergirl** – Feel Good, stage 2, Be Well. * **Are you okay?** – First Aid, stage 3, Be Well. * **A good match** – Influence, stage 2, Take Action * **Mirror me** – Influence, stage 2, Take Action   Remember to adapt all activities to latest social distancing requirements. | 10 mins  30 mins  30 mins  30 mins  20 mins |
| **Wrap up**  A unit meeting activity celebrating Black History Month will be released for units to take part in October, either virtually or with social distancing. Ask girls if they would like to take part and plan in for an October unit meeting. | 5 mins |
| Week 4  \_\_/\_\_/\_\_ | **Welcome**  What’s been the highlight of girls’ weeks? | 5 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Virtual activity suggestions**  **Ice breaker or wind down:** [Dance party](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/virtual-games/) virtual game.  **Main activity:** [Cosmic clues](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/activity-videos/)unit meeting activity video, Have Adventures, via our new [How to video series](https://www.youtube.com/playlist?list=PLiLlQQSWBV5YhTraFEWBtOMG4hkkx9AgW).  Or  Black History Month unit meeting activity – will be sent to members through Discover, Grow and be available on our website. | 10 mins  45 mins  TBC |
| **Social distancing activity suggestions**  **Ice breaker or wind down:** Play your units favourite game, such as charades. Adapt to latest social distancing requirements.  **Main activity:** [Thank you, merci, takk!](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/brownies_thank-you-merci-takk.pdf) magazine unit meeting activity, Skills For My Future.  Or Black History Month unit meeting activity – will be sent to members through Discover, Grow and be available on our website. | 10 mins  30 mins  TBC |
| **Wrap up**  Are there any new girls that are ready to take their Promise? Ask girls to think how they want to do their take Promise. Girls can use the September [Adventures at Home](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/monthly-challenge-and-activities/) challenge of the month activity sheet. | 10 mins |
| Week 5  \_\_/\_\_/\_\_ | **Welcome**  Get girls energised by playing heads shoulders, knees and toes. | 5 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Virtual activity suggestions**  **Ice breaker or wind down:** [Sounds in the round](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/virtual-games/) virtual game.  **Main activity:** [Slime time](https://www.youtube.com/watch?v=GjgAlLPQuvg) unit meeting activity video, Skills For My Future, via our new [How to video series](https://www.youtube.com/playlist?list=PLiLlQQSWBV5YhTraFEWBtOMG4hkkx9AgW).  Or  Plan a Promise party for next week for any new girls taking their Promise. | 10 mins  30 mins  Depends on plans |
| **Social distancing activity suggestions**  **Ice breaker or wind down:** Six time. Allow girls to catch up in their sixes.  **Main activity:** [Fly your flag](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/brownies_fly-your-flag.pdf) Reflect stage 2, Know Myself. Girls should not share pens.  Or  Plan a Promise party for next week for any new girls taking their Promise. | 5 mins  30 mins  Depends on plans |
| **Wrap up**  A Remembrance unit meeting activity will be released for units to take part in November, either virtually or social distanced. Ask girls if they would like to take part and plan in for a November unit meeting. | 5 mins |
| Week 6  \_\_/\_\_/\_\_ | **Throw your planned Promise party.**  New girls who are ready take their Promise and are awarded the badge.  Any interest badges, skills builder stages or awards the girls have earned so far are presented and their achievement is celebrated by everyone. | Depends on party plans | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |