

Good guiding is...

...happening across the UK all the time!



Good guiding is all about putting **the Five Essentials** into practice to offer girls and young women the best guiding experience.

This resource is a practical tool that outlines the fundamentals of delivering a good guiding programme, and includes a selection of fun and inspirational ideas to help you do so.

Use *Good guiding is...* to help you plan ahead, to evaluate what has gone before, or simply to check at any time what your unit or area is doing well and what could be improved.

The fundamentals of good guiding

Good guiding involves you and your team doing your best to ensure that...

- ▶ You know and are putting into practice **the Five Essentials**.
- ▶ The girls and young women in your unit are having fun, that every meeting takes place in a safe space, and that you and they are living the Promise.
- ▶ The girls and young women are regularly doing activities in small groups, for example in their Sixes or Patrols, as well as activities as a whole unit. Through this they are learning more about themselves and how they relate to others.
- ▶ The guiding programme is being followed appropriately for the group's age and ability, with young members involved in making decisions. See *Participation on a Plate* for ways to involve the girls and young women.
- ▶ Over the year there is a variety of activities that

include trying new things, experiencing adventure, community action and at least two activities outside the meeting place. Take a look at the *A to Z of Activities* for inspiration.

- ▶ Girls and young women know about all the opportunities available to them, regardless of whether you are the one providing them or not.
- ▶ Wherever possible there is at least one residential opportunity on offer to the girls and young women, including opportunities provided by others where appropriate*.
- ▶ Members are encouraged to move on to the next section in a timely and supported way.
- ▶ You make an effort to read *guiding* magazine and guiding e-newsletters, follow [guiding news on the Girlguiding website](#), and attend local meetings.
- ▶ You attend at least one relevant Leader event a year to keep your guiding skills and knowledge up to date.

With these fundamentals in place, you can then be confident in knowing that you are giving girls and young women a good guiding experience. Should you feel you need support with any of the above, speak to a Trainer, another Leader in your area or your local Commissioner.

*Rainbows attending residential events must be accompanied by a Leader from their own unit.



WE DISCOVER, WE GROW

Girlguiding

'Good guiding is... will help you recognise and celebrate your unit's achievements and highlight areas that you can work on in the future.'

Mel Ford, Trainer and Leader (The Senior Section)

How to use *Good guiding is...*

The next section is full of 'good guiding' advice and suggestions grouped into ten areas. These are:

- ▶ Challenge and adventure
- ▶ Going away
- ▶ Moving on and growing
- ▶ Opportunities and awareness
- ▶ Developing skills
- ▶ Decision-making and planning
- ▶ Learning
- ▶ Fun
- ▶ Relating to girls and young women
- ▶ Living the Promise and Law.



Use these pages in the following way.

1. Look carefully at the ten areas with your Unit Team, with the girls or young women in your unit, and even at local meetings. As you review each area with the others, hopefully you will think 'We do that already', as well as discovering fun new ideas you would like to try.
2. Fill the 'What we do' space with 'good guiding' examples that are already happening in your unit. It could be an exciting event the unit recently took part in or is planning, a new skill learned, a community action idea that came from the girls or young women, and so on.
3. As the areas in which your unit is doing really well begin to emerge, you may also see areas that could be improved. Focus in your next programme planning session on these areas for development. Choose one or two new things to do for each and, over time, work with the girls or young women and your Unit Team to make them happen.

Take it further

- ▶ When reviewing the ten areas with the girls or young women, find out what their perception is of what you do in your unit. When do the girls feel they are making decisions? What do they think has been adventurous and challenging? What skills are they learning? When do they have the most fun? Use your findings to shape future programme planning.
- ▶ Speak to others in your local area to identify any common needs and opportunities for joint activities. You could, for example, arrange for an evening where you swap activity ideas or a training session.

'It gives some really good new ideas - ones I'd not considered before... sometimes you can get stuck in a rut and *Good guiding is...* challenges that. It also encourages getting girls involved which can be missing from many units - and, hopefully, getting girls involved will mean they go on to become Leaders themselves.'

Lorraine Gaffney, Leader with 97th City of Glasgow Guides

Challenge and adventure

Making a variety of challenging activities available inside and outside of the unit meeting place...

- ▶ Let your imagination loose! For example, 'Go to the Moon' during a Rainbow unit meeting by having activities ranging from pretending you're walking on the moon to sampling astronaut food.
- ▶ Challenge Guides or The Senior Section to go geocaching with a smartphone, or orienteering with a map and compass.
- ▶ Enjoy the great outdoors. Take Rainbows on a walk to see how many different colours they can spot, or how many different shapes they can find.
- ▶ Let the Brownies or Guides take over the unit meeting - ensure they get a chance to plan for their takeover.
- ▶ Give girls a taster of going away and hold a 'full' camp or sleepover indoors during your usual meeting time.
- ▶ See what other units have been up to - get some inspiration from the [Girlguiding adventure webpages](#).
- ▶ Take Brownies sledging in the summer at a dry-ski run.
- ▶ Have a treasure hunt around your area while learning some local history.

What we do

What we do

Going away

Providing access to residential opportunities at least once a year...

- ▶ Hold a joint Brownie, Guide or Senior Section residential with another unit.
- ▶ Encourage Guides and members of The Senior Section to gain their Camp Permit and go away without Leaders.
- ▶ Inform young members of opportunities available at [Girlguiding Activity Centres](#).
- ▶ Try an overnight stay.
- ▶ Take part in District, Division or County camps.
- ▶ Attend an activity weekend at your local activity centre.
- ▶ Try international activities, such as Country/Region international trips or visiting a [World Centre](#).
- ▶ Hold a Rainbow pyjama party and sleepover*.

*Rainbows attending residential events must be accompanied by a Leader from their own unit.

What we do

Moving on and growing

Encouraging growth, retention and transition to the next section...

- ▶ Visit a Brownie unit with Rainbows ready to move up.
- ▶ Help girls to promote guiding in your area.
- ▶ Use transition resources such as *My Pot of Gold*, *Brownies Go For It!* and *Move on Up!*.
- ▶ Hold a taster meeting or joint activity day with another section.
- ▶ Take a group from your unit to an older section's meeting or to their residential event for a day.
- ▶ Ask Guides to plan and run a meeting for a younger section.
- ▶ Invite members of The Senior Section to a Baden-Powell Adventure.
- ▶ Direct all prospective volunteers to www.girlguiding.org.uk/joinus.
- ▶ Promote Unit Helper and Young Leader opportunities to encourage girls and young women into leadership roles.

Opportunities and awareness

What we do

Knowing what's going on in guiding and making those opportunities available to girls...

- ▶ Subscribe to and read Girlguiding and local guiding e-newsletters relevant to you.
- ▶ Let girls know about local, national and international opportunities within and outside of guiding. If the funds aren't available, [look into fundraising](#).
- ▶ Encourage girls to check their section's website for news, fun activities and games, and to use them in unit activities in and outside the meeting place.
- ▶ Read *guiding* magazine on the train or bus, in the doctor's waiting room or in the cafe. As well as using that spare five minutes, it's good PR!
- ▶ Find out what new resources are available, including free ones! You could run a meeting using [activity ideas from *guiding* magazine](#).
- ▶ Ask [Peer Educators \(from '4', Girlguiding UK's peer-education initiative\)](#), Duke of Edinburgh's Award volunteers or young women working on their Queen's Guide Award to run a session for your unit.
- ▶ Try your luck and send off for things advertised in the magazine or on the website, such as BIG GIG and other event tickets, regular giveaways and competitions.

Developing skills

Keeping your skills up to date and those of your Unit Team (including Sixers and Patrol Leaders)...

- ▶ Ask a Peer Educator to run a session on teamwork with Sixers or Patrol Leaders, or with the whole unit.
- ▶ Attend a County training and bring along the other Leaders, Young Leaders and Unit Helpers.
- ▶ Make new friends and contacts - swap stories and ideas. You can pick up lots of new ideas for games and activities from other Leaders. As well as local get-togethers, check out our [forum for online discussions](#) to support your guiding.
- ▶ Use skills learned outside guiding and the skills of parents to offer something different (you can find this information on returned *Starting...* forms from parents).
- ▶ Try a new learning opportunity, from e-learning to a qualification. Visit the '[Building your skills](#)' area of the website to find out what's available.
- ▶ Develop your own skills: attend a training session on first aid, food hygiene, music, social media or anything else you fancy!
- ▶ Have an 'air and share' session at your local meeting or better yet, a [Guiding Conversation](#).

What we do

What we do

Decision-making and planning

Girls and young women making decisions and being involved in unit planning...

- ▶ Use the Rainbow Chat, Brownie Pow-wow or Patrol Leaders' Council to find out what the girls want.
- ▶ Girls should be involved in choosing activities. For Rainbows, offer a choice of activities and let the girls decide which ones to do.
- ▶ See what they come up with! Brownies, Guides or members of The Senior Section pick a topic, plan and run a whole evening's activities.
- ▶ Have girls try out different decision-making methods and decide which ones they prefer. Then use one of the methods to decide which badge to do next.
- ▶ Find an evaluation activity from [Participation on a Plate](#) and use it to evaluate the last term (or set period, project or event) with the girls.
- ▶ Ask Patrol Leaders to find out what their Patrols would like to do next, including the next [Go For It!](#) to work on.
- ▶ Get members of The Senior Section to work in groups on a budget for the activities they want to do.
- ▶ Engage Sixers, Patrol Leaders, Rainbow and Brownie Helpers, and Young Leaders in working with the girls to develop ideas into reality.

Learning

Young members learning informally and developing through their guiding programme, including regularly doing activities in small groups, as well as activities as a whole unit...

- ▶ Revisit an activity that your unit has done before and take it a step further.
- ▶ Have an expert visit your unit to teach the girls a new skill.
- ▶ Find new activities that can be done in small groups to help the girls and young women learn more about themselves and how they relate to others.
- ▶ Offer team activities that develop leadership skills, such as team challenges, wide games and role play.
- ▶ Have an evening of girls teaching skills to each other.
- ▶ Take on the challenge of an interest badge that the girls haven't looked at before to learn something entirely new.
- ▶ Engage in a community action so the girls can learn more about their community and take an active role.
- ▶ Try a rotating activity night with a range of challenges to reflect people's different skills.

What we do

What we do

Fun

Having fun and staying safe...

- ▶ Ask girls to tell you what they enjoy in the meetings and what else they'd like to do.
- ▶ Offer a wide range of activities at meetings, from favourite games to mini Olympics, outdoor cooking and karaoke.
- ▶ Make meetings fun for Leaders too!
- ▶ Always have enough Leaders and other adults in and outside the meeting place to be able to follow [adult-to-child ratio guidelines](#) when delivering the programme.
- ▶ Check the meeting place regularly for safety hazards and undertake a fire drill.
- ▶ Make sure you are aware of Girlguiding safeguarding policies and stay up to date on topics such as online safety.

Relating to girls and young women

Appreciating the interests, challenges and opportunities that the girls and young women in your unit are experiencing...

- ▶ Read the latest [Girls' Attitudes Survey](#) and ask the girls what they think too.
- ▶ Help Brownies to reflect after a big event.
- ▶ Ask each young member to make a coat of arms showing what is important to her, and to share it with the group.
- ▶ Browse magazines and websites targeted at the age group you work with.
- ▶ Show interest in their lives outside guiding - at school, at home. What pressures do they experience? Ask a Peer Educator to run a session with the girls. This will allow them to talk about issues relevant to girls and young women with someone closer to their age.
- ▶ Keep up to date with issues in the news and help the girls to reflect on them.

What we do

Living the Promise and Law

What we do

And supporting girls to do the same...

- ▶ Use some of the [activities designed to explore the Promise](#) to help girls in each section to understand what it means to them.
- ▶ Ensure [the Five Essentials](#) are evident throughout your programme plan.
- ▶ Agree a set of unit guidelines so that everyone understands how they should behave towards each other. Use these guidelines to support discussion around any behaviour of girls and adults that does not live up to the Promise.
- ▶ Support the girls to understand the Law for their section and what that means applied to daily life.
- ▶ Set Brownies a challenge to help another person and at the next meeting find out what they did.
- ▶ Show the girls that living the Promise is a privilege and a gift. It reinforces positive personal values, self-awareness, self-respect and care and consideration for others, which will benefit them and their communities throughout life.
- ▶ Read and act out stories with messages to help Rainbows understand concepts such as difference and tolerance.
- ▶ Encourage girls to create their own Promise Celebrations.

If you haven't already, make sure you check out Girlguiding's [Being a Leader e-learning modules](#). These help Leaders get to know their section programme, develop new ideas and find out about the age group they work with. They also contain helpful sample programme plans that give you an idea of how different units deliver good guiding.

Useful links

- ▶ [The Five Essentials](http://www.girlguiding.org.uk/guidingmanual) - www.girlguiding.org.uk/guidingmanual > Who we are > Guiding's distinctive Method
- ▶ [Participation on a Plate](http://www.girlguiding.org.uk) - www.girlguiding.org.uk > Members' area > Running your unit > Programme
- ▶ [A to Z of Activities](http://www.girlguiding.org.uk/guidingmanual) - www.girlguiding.org.uk/guidingmanual > Activities
- ▶ [Guiding news](http://www.girlguiding.org.uk) - www.girlguiding.org.uk > News
- ▶ [Girlguiding adventures](http://www.girlguiding.org.uk) - www.girlguiding.org.uk > About us > Adventure
- ▶ [Girlguiding Activity Centres](http://www.girlguiding.org.uk/activitycentres) - www.girlguiding.org.uk/activitycentres
- ▶ [World Centres](http://www.girlguiding.org.uk/activitycentres) - www.girlguiding.org.uk/activitycentres > World Centres
- ▶ [Join Us](http://www.girlguiding.org.uk/joinus) - www.girlguiding.org.uk/joinus
- ▶ [Fundraising Advice Centre](http://www.girlguiding.org.uk) - www.girlguiding.org.uk > Running your unit > Funding and fundraising
- ▶ [guiding magazine activities](http://www.girlguiding.org.uk) - www.girlguiding.org.uk > Members' area > Resource library > Girlguiding publications > guiding magazine > Activities
- ▶ [Peer Education](http://www.girlguiding.org.uk) - www.girlguiding.org.uk > Get involved > Peer Education
- ▶ [Girlguiding online forum](http://girlguidinguk.proboards.com) - <http://girlguidinguk.proboards.com>
- ▶ [Building your skills](http://www.girlguiding.org.uk) - www.girlguiding.org.uk > Members' area > Building your skills
- ▶ [Guiding Conversations](http://www.girlguiding.org.uk) - www.girlguiding.org.uk > Members' area > Guiding roles > Commissioners > Commissioner resources > Guiding Conversations
- ▶ [Go For Its!](http://www.girlguiding.org.uk/guides) - www.girlguiding.org.uk/guides > Badges & GFI
- ▶ [Adult-to-child ratios](http://www.girlguiding.org.uk/guidingmanual) - www.girlguiding.org.uk/guidingmanual > Policies > Safety and safeguarding
- ▶ [Girls' Attitudes Survey](http://girlsattitudes.girlguiding.org.uk/home.aspx) - <http://girlsattitudes.girlguiding.org.uk/home.aspx>
- ▶ [Promise activities](http://www.girlguiding.org.uk) - www.girlguiding.org.uk > Members' area > Activities > Promise activities
- ▶ [Being a Leader e-learning modules](http://www.girlguiding.org.uk) - www.girlguiding.org.uk > Members' area > Building your skills > E-learning.