Guides

Example 6-week programme plan

Here’s an example six-week programme plan for your Guide 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 and encourage them catch up with each other, Or you could reset your unit guidelines. | 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:** [Prepare to be amazed](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/activity-videos/) unit meeting activity video, Express Myself, via our new [How to video series](https://www.youtube.com/playlist?list=PLiLlQQSWBV5YhTraFEWBtOMG4hkkx9AgW). | 5 mins  20 mins |
| Social distancing activity suggestions  **Ice breaker or wind down:** Play your units favourite game, such as wink murder. Adapt to latest social distancing requirements.  **Main activity:** [Paper pilots](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/guides_paper-pilots.pdf) unit meeting activity, Skills For My Future. Adaptation: Instead of pairs, girls can create their own individual paper aeroplane. | 5 mins  20 mins |
| **Wrap up**  Show girls the Guide [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. | 10 mins |
| Week 2  \_\_/\_\_/\_\_ | **Welcome**  Interest badge discussion. What badges are people working towards or wanting to start? | 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-10-14/virtual-games/) virtual game  **Main activity:** [No doubts](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/guides_no-doubt.pdf) magazine unit meeting activity, Be Well. | 10 mins  15 mins |
| **Social distancing activity suggestions**  **Ice breaker or wind down:** Play your units favourite game, such as fruit salad and adapt to latest social distancing requirements.  **Main activity:** [Easy breezy](https://issuu.com/girlguiding/docs/gg_issue10) magazine unit meeting activity, Have Adventures. | 10 mins  20 mins |
| **Wrap up**  Girls feedback on their [Challenge of the month](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/monthly-challenge-and-activities/) progress.  Girls choose which skills builders they want to do next week. More than one skills builder can be run at one time. | 10 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 Guide skills builder activities for virtual meetings:   * **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. * **Camp fire playlist -** Camp stage 4, Have Adventures. Adaptation: Create a playlist as a unit, instead of groups, or you could use virtual breakout rooms. * **Sign it, spell it** – Communicate stage 3, Express Myself. Adaptation: Instead of signing in pairs, ask girls individually to sign. * **Exploring emoji’s** – 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. | 5 mins  45 mins  30 mins  45 mins  30 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 Guide skills builder activities for social distancing:   * **Mythical magical me** – Reflect stage 3, Know Myself. Adaptation: Girls should not share pens and pencils and make sure hands are washed before passing the paper to one another. * **Show it off** – Reflect stage 4, Know Myself. * **Strike a pose** – Feel Good stage 3, Be Well. * **Warm up, work out** - Feel Good stage 4, Be Well. | 5 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:** [Solar simulation](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-10-14/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  20 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:** [Dear future me](https://girlguiding.foleon.com/guiding-summer-2020/summer/guides-activity-2-dear-future-me/) magazine unit meeting activity, Know Myself.  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-10-14/monthly-challenge-and-activities/) challenge of the month activity sheet. | 10 mins |
| Week 5  \_\_/\_\_/\_\_ | **Welcome**  Get girls energised by moving, jumping and shaking their body. | 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-10-14/virtual-games/) virtual game.  **Main activity:** [Can’t believe it’s butter](https://www.youtube.com/watch?v=FObIHusG7Zo) 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  30-45 mins  Depends on plans |
| **Social distancing activity suggestions**  **Ice breaker or wind down:** Patrol time. Allow girls to catch up in their patrols.  **Main activity:** [K is for Kindness](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/guides_kisforkindness.pdf) unit meeting activity, Take Action. Adaptation: 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) |