



# Let's Go Outdoors

**SAMPLE PROGRAMS AND  
IDEAS FOR GUIDES OUTDOORS**



**GIRL GUIDES  
AUSTRALIA**

# LET'S GO OUTDOORS

This booklet is designed to help you out when you are looking for inspiration of what to do in your Guide Unit for a term, or when you are busy and need some instant programs.

The topic 'Outdoors' is one of the fundamentals of the Australian Guide Program. Going outdoors certainly has many benefits and it has traditionally been a special focus in Guiding. To take part in this program you will need to check the weather! Being outdoors may mean you need protection from heat, sun or rain.

A weekly program can be any duration from one hour to two hours depending on the age of girls in a Unit, the time of day you meet and local decisions. All the programs are set out with a similar sequence – introductory ceremony/gathering, game, series of activities, game using learned skills, closing ceremony. For some programs, there are extra options as well.

This booklet has more activities than you are likely to need each week. This has a number of benefits:

- ▶ Girls can choose activities that suit them (Remember the Guide program is chosen by the Guides to suit their interests and needs)
- ▶ The choice of challenges the girls make can be of varying difficulty depending on their developmental stage
- ▶ If Guides become very involved and interested in a particular program, there is the possibility of extending it and doing more
- ▶ It means there is a back-up plan if something doesn't work

We acknowledge the contribution of Barbara Harrison who has compiled this publication for use in Guides outdoor activities and the Outdoors Challenge Badge.

There are several challenges and awards that Guides can work towards while completing these programs. They may like to consider:

- ▶ Outdoors Discover-a-Challenge
- ▶ Animal Tracks Create a Challenge
- ▶ Nature Create a Challenge
- ▶ Trees Create a Challenge
- ▶ Water Create a Challenge
- ▶ Outdoors section of Junior BP Award

## Patrol Activities

The programs on the first nineteen pages are designed for younger Guides, so it is assumed that they need hints to work together as a patrol and time to practise these skills. Leaders will need to help with that! The patrol activities are ones that are most easily achieved if more than one person is involved, so girls have the opportunity to lead their patrol with everyone having a role to play in order to complete tasks. The other pages have topics to suggest programs to older Guides.

## Have fun!

## REFERENCES

Girl Guides Australia [www.girlguides.org.au](http://www.girlguides.org.au)

Becky's Guiding Resource Centre <http://dragon.sleepdeprived.ca>

Guides Girl Guides UK [www.girlguiding.org.uk/](http://www.girlguiding.org.uk/)

# 1. TRACKS AND TRAILS

## Opening

Join hands in a circle and still holding hands sing 'Make new friends and keep the old, one is silver and the other gold.' Explain that most of the activities in this program involve working with a friend to solve challenges. Friends have to be good at trusting, supporting and sharing ideas.

## Shoe Tracking Game

Smooth over a piece of sandy ground or soil. Select one patrol to be 'suspects'. Everyone else moves out of sight and one of the 'suspects' walks across the patch, making sure their footprints can be seen. Other patrols try to guess who the suspect is by looking at the tracks and the shoes of the patrol. Swap over so every patrol has a turn to make prints.

## Observation Trail

Make a list of things to spot and give a copy to each girl. Items could include a magpie, bottle brush flower, gum leaf and so on, with 3 points for hard to find items and 2 or 1 point for easier things. You may walk in bush or a built up area. Guides either mark off items on their list or whisper what they have seen to a leader who records things on a master sheet.

## Fairy tale Trail

Do you remember when food was used to mark a trail in the forest? Try this out! Lay a trail using peas, bean seeds, peanuts or wheat seeds through a bush area. Put something special at the end such as a treasure item or a drink.

Girls set off in pairs to follow the trail. This is a great activity to start short and easy and gradually make more challenging courses.

## Plate Golf

Collect an ice cream lid ('golf ball') for each Guide. You will also need 18 square pieces of groundsheet or similar ('golf holes'). Set the golf holes out in a roughly circular trail, between bushes, sand, puddles and so on ('hazards')

Girls throw their lid towards a hole, then again from where it lands. Their score is the number of throws until the ball is in the hole. Girls can start at different holes and work their way around, so everyone can be playing at the same time.

## Touching Trail

Each girl has a set of cards – one hand, one foot and one nose card. They look around an area to place their cards next to interesting objects.

Girls then pair up and continue as described at right.

## Touching Trail

(Sightlessness enhances sense of touch)

Lay out touching trail by placing hand, nose and feet cards on interesting and unusual objects: soil, plants, decomposing bark etc

- ▶ Divide group into pairs – one of each pair being blindfolded
- ▶ Sighted partner leads the other, who should crawl if possible, to leaves, stones, plants etc to feel different textures: rough, smooth, silky, slimy, feathery, velvety, bumpy, spongy, solid, sticky, spiny, soft, wet, brittle...
- ▶ Sighted partner places others' hand around items such as pine cones; perhaps tickles the cheek with a fern frond; rubs a leaf against her lips etc...
- ▶ Sighted partner must be aware of obstacles in partners' path, but main job is to help her get in touch with nature
- ▶ Change over at a signal

## Gold Fossicking

Lay a trail of tracking signs to 'Gold Fields' – an area of about 6 metres around a large tree. Prepare some 'gold' by spraying gravel with gold paint. Guides follow the trail and then search for gold.

### Animal Tracks

Use the animal tracks diagrams to make cards for a matching game. Girls copy the tracks (but not the name) onto cards, each girl making a set of cards. Patrols put all the cards face down and Guides take turns to turn two over, keeping pairs if they are the same track and they can name the animal that made them.



Possum



Dog



Eastern Quoll



Wallaby



Tasmanian Devil



Cat



Echidna



Wombat



Bandicoot

### Tracking Sign Bingo

Collect a set of pebbles, twigs and other materials suitable for making signs. Guides practise making signs for 'follow this path', 'turn right', 'turn left', 'don't go this way', 'message hidden', and 'I have gone home'. Each patrol sets up a space of nine squares. Guides choose what signs to put in their nine squares (they can have more than one the same). A Leader calls out signs and girls mark them in some way as they are called. The winner marks off their nine signs first.

### Closing

Choose one of these quotes.

*'May your trails be crooked, winding, lonesome, dangerous, leading to the most amazing view. May your mountains rise into and above the clouds.'*

- Edward Abbey

*'Happy trails to you, until we meet again.'*

- Dale Evans

*'Every person has the power to make others happy. Some do it simply by entering a room, others by leaving the room. Some individuals leave trails of gloom; others, trails of joy. Some leave trails of hate and bitterness; others, trails of love and harmony. Some leave trails of cynicism and pessimism;*

*others trails of faith and optimism. Some leave trails of criticism and resignation; others trails of gratitude and hope. What kind of trails do you leave?'*

- William Ward

Sing Taps standing close together then move away by each girl in turn leaving the group in a different manner e.g. hopping, crawling, or jumping.

## 2. TREE FUN

### Opening

Skip into a circle by going through an arch made by 2 Leaders joining hands and lifting up. When the circle is formed, sing Make New Friends or Down Yonder Tall Gum Trees. Explain that we are going to explore trees and think about how useful they are.

### Rainforest Game

Select four players to be trees. The other players will pretend to be the bulldozers.

The bulldozers have to clear the forest, which they do by chasing and tagging trees. Once tagged, the tree players have to stand still with their legs apart. The tagged trees can be made to grow again if another tree crawls through their legs.

### Bush Scavenge

- Gum leaf
- Native currant bush
- Old man's beard lichen
- Pebble shaped like a ball
- Bracken
- Red object
- Yellow object
- White object
- Something with spots
- Something with stripes
- Something that's bumpy
- Something that's smooth
- A shell
- A bone
- A feather
- Charcoal
- A leaf skeleton
- Four shades of green on one object
- A happy object
- A sad object
- Something you can see through
- Something that glitters
- Something that was a challenge to collect
- An object with three equal parts

**Down yonder tall gum trees**

**Are glistening in the sun**

**So pack your bags and come with me**

**For days outdoors have come**

**Cooee, cooee, our hearts are glad and gay**

**Cooee, cooee, we're off to camp today**

### Tree Trail

Give each patrol a ball of wool or string about 20 m long and a twist tie for each girl. Their task is to find an interesting trail through a park or bush or large garden. They tie the wool to a bush at the start then unwind it along the trail, going around branches along the way. Each Guide must think of a question about a tree along the trail (E.g. What colour are the flowers on the gum?) and put their twist tie around the wool next to the object.

Each patrol follows another patrol's trail, looking carefully at the spots where they have tied the twist ties. When everyone gets back, patrols take it in turns to ask their questions and see how observant the others were.

### Dingo Creep

One patrol is chosen to be Pioneers. They have a bundle (picnic food). Everyone else is a hungry dingo. The Pioneers select a spot in the bush to camp and sit about 4 metres from their picnic. The dingos creep up and attempt to steal the food. The Pioneers catch the dingo by pointing at them and calling their name. The game ends when the food is stolen or all the dingos caught.

### Tree Collages:

Select a different tree or bush for each Patrol (e.g. eucalypt, wattle, banksia, blackwood). Each Patrol finds their tree and collects some bark rubbings, copies leaf shapes, finds flower or seeds or nuts. As a Patrol, they design and make a collage of their tree on a sheet of poster paper using the items from each Guide.

### Seed Pod Animals or Gumnut Babies

If you can access a Hakea bush with seeds on it, pine cones or a eucalypt with large gum nuts, collect some and other items such as small twigs or leaves. Use the items to make the shape of a bird or animal.

Large wooden beads or pompoms make good heads, and you can add scraps of felt for decorations.



### Bird feeders

Natural bird feeders can be made using pine cones, callistemon or banksia flowers. Collect some native bird seed and some peanut butter. Make a hanger for the cone by attaching some string to the cone. Smear the cone with the peanut butter, pushing it into gaps. Sprinkle the seeds over, pressing gently to make them stick. Hang the bird feeder high in a tree.



### The Blackberry Game

Blackberries are nice to eat but they grow in wet gullies as a weed. They are such a widespread problem that it has been declared a noxious weed throughout Australia. Divide the unit into two groups. One group of players will be the blackberry bushes.

They form a circle with arms stretched out and hands linked. They chant the following:

We are blackberries and we're a rough crew. We'll squash and squeeze the life out of you.

The other group of players will represent the native plants such as wattles, eucalypts and banksias. The native plants stand by themselves inside the blackberry circle facing outwards. On the instruction to start, they have to try to get out of the circle by running under the arms of the blackberry players making the circle. Any native plant caught by the blackberries bringing down their arms to block their way must join their circle.

The natives who escape sing the following chant: We belong to the land. Keep out you great big lout!

### Closing: Open House

Ask the Guides to stand tall like trees and follow a Leader's actions

If I were a tree I'd want to see,  
a bird with a song on a branch of me.  
(Right arm up)

I'd want a quick little possum to run up and down,  
and around, for fun.  
(Left arm up)

I'd want a mopoke owl to call,  
and a parrot, big, and a tree frog, small.  
(Soft hoot)

I'd want a stick insect out of sight  
on one of my leaves at the start of night.  
(Click fingers)

And down by my roots I'd want a mouse  
with six little mouselings in her house.  
(Circle round feet)

[Adapted from a poem by Aileen Fisher]

Finish with Taps.

# 3. WATER FUN

## Opening

Skip into a circle by going through an arch made by 2 Leaders joining hands and lifting up. When the circle is formed, make a Rain Storm. Explain how important water is, before starting the activities.

## Crossing the River game

Find a wide open area such as a park. Place a rope on the ground to represent a river bank and a second rope about 20m away running parallel. Give each patrol a newspaper. Each sheet is a stepping stone. Patrols set up a river crossing by placing the paper sheets in the river and weighting them down.

**Step 1** On go, patrols line up on one bank and cross one at a time to the other side using the stepping stones. A leader times how long it takes.

**Step 2** The Patrol Leader is now a boat and she can carry girls one at a time over the river, or girls can still use the stepping stones. Time again.

**Step 3** It is very windy – girls have to cross in pairs. Any girls standing on a stepping stone by themselves can be 'blown off' (touched by a leader) and have to start again.

You or the Guides can think of other situations for themselves.

## Water Relays and games:

Find an area outside that is suitable for wet play. Warning: Have a change of clothes handy!

### Hole in the bucket relay

Patrols have a bucket full of water and a set of plastic cups with holes in them. They must race to move the water to a smaller bucket until it is full.

### Waiter challenge

Patrols have a tray with six plastic cups full of water standing on it. In turn, girls must hold the tray on one hand and carry it around an obstacle course. Measure how much water spilled out of the cups.

### Target shooting

Use bottles such as washing up liquid squeeze bottles or drink bottles to squirt water. A leader throws paper plates in the air as targets and girls take turns to shoot them before they reach the ground.

## Rain Storm

This 'song' is strictly actions! Sit everyone in a circle. Have a leader walk slowly around the inside of the circle, facing the girls. On each circuit around the circle, do one of the actions, in order. Girls are not to start or stop an action until the leader passes in front of her.

Rub two fingers on palm

Rub hand on palm

Clap two fingers on palm

Clap hands

Stomp feet

Repeat, doing the actions backwards.

## Ice Cream: Just Add Salt

You will need chocolate custard, a click seal snack bag and a click seal large bag, salt, party ice (crushed ice), gloves or a towel.

Water is vital for our lives. When it is mixed with other things, its properties change. One use is the way it changes in temperature when salt is added. You can show how water and salt is important for temperature by making ice cream (and have fun eating it ...).

To make ice cream put a few tablespoons of custard in the snack bag. Seal it well.

Put four cups of ice in the large bag and add 2 tablespoons of salt. This is your ice cream maker.

Put the snack bag in the bag of ice so the ice surrounds it. Shake it well until the custard changes. Wear gloves or wrap it in a towel to protect your hands.

Take out the snack bag and clean the outside well especially around the seal (it will be salty). Enjoy!



### Water rockets

Use 1.25L soda bottles, a cork with a tyre valve in it and tubing, a bike foot pump and a stand (e.g. garden fork handle). Put around 250ml water in the bottle, connect the tubing to the pump and the cork to the bottle. Place the bottle upside down on the stand and pump air into the bottle until it flies up into the air. Who can get it highest? **SAFETY:** The rocket goes fast – don't walk in front.

What's in that pond? Make a pond net using a metal coat hanger, leg of a stocking, bamboo stake and strong string. Re-bend the coat hanger to make a 20 cm wide circle. Pull the stocking over the circle. Attach the coat hanger to the bamboo stake using string. Or try a pond peeper (right).

Find a suitable pond, creek or rock pool. Dip your net in the water so it drags along the bottom. Tip anything in the net into a shallow tray (cat litter trays work well). Look closely to see what lived in the water. The animals will be small! Remember to return them when you finish.

### Go to the beach or a creek

If you live close to the beach or a creek there are lots of chances to explore! Make a list of things to find. Patrols can hunt as a group to find things quickly. You may also collect rubbish to help keep the site clean. Keep a count of how much pollution there is compared to natural objects. A group called Tangaroa Blue will be interested to know what you find out.

### Bubbles in the water

How much detergent do you use? Is it making bubbles downstream? Make bubble mix from 500ml water, 100ml detergent and 1 tsp sugar. Put the mix in a tray and make a bubble blower from a chenille stick twisted to a circle. Does the mix work? Try using a weaker mix by adding water 100ml at a time. Does the mix still make bubbles?

### Frog on a Log

You will need a toy frog, Chux cloths and a reasonably bushy area with open spaces.

Many frogs are endangered because our water ways are polluted. Help to save our frog! Choose a site for the 'log' and a site for the 'pond'.

One patrol are Scientists who have the job of removing pollutants from the frog and moving the frog to safety on a new pond. Other patrols are Pollutants who carry a cloth (the 'pollutant').

'Scientists' must try to reach the frog. They can then either cure it (remove a cloth) or carry it to the safe pond. After touching the frog they return to base then start again. 'Pollutants' try to cover the frog, so that it becomes sick. If they succeed, they return to base to collect another cloth.

The game ends when the frog is either moved to the safe pond or covered by five pollutants. Try repeating the game with different numbers of scientists and pollutants. Does it make a difference if more people are trying to save the frog?

### Making a Pond Peeper

#### You Will Need

- ▶ An ice cream container (the 1L round ones work well)
- ▶ Clear Perspex or thick plastic sheet to fit the base
- ▶ Hot glue gun for Perspex
- ▶ Waterproof tape for plastic sheet

#### What to do

1. Cut a large hole in the bottom of the container.
2. Cover the hole with Perspex or plastic sheeting, pulling it tight. Hold it in place with glue or the sticky tape.
3. Push the sealed end into the water.
4. Peep through the other end to see what's going on

### Closing

Form a circle. Sing Taps and repeat the Rain Storm of the opening and then leave by going back out of the archway

# 4. FINDING YOUR WAY

## Opening

Skip into a circle by going through an arch made by 2 Leaders joining hands and lifting up. When the circle is formed, make a *Rain Storm* (see Water Fun). Explain how important water is, before starting the activities.

## NESW Game

Girls start in the middle of a space ('Compass'). Leader calls out north, south, east or west. Girls run to a point in that direction. The last girl there or anyone who goes the wrong way stays at the Compass and calls the next directions. Continue until everyone is at the Compass. Add NW, NE, SW and SE once girls are confident.

## Know Your District Hike

An opportunity to show everyone exactly where important facilities are e.g. police station, library, ambulance, doctor's surgery. Add in some questions for the girls to answer. Things like the pattern on the station entry, or the number of doctors at the surgery. This activity will be really valuable if the Guides can meet people at each place.

## Compass Plane Crash

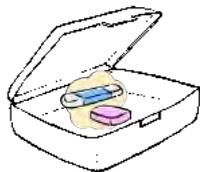
Blindfold every Guide and lead them to a spot out of sight of the starting point. When there, tell them their plane has crashed in the bush but just before the radio went dead you were given details of how to get out missing swamps, crocodiles and killer ants as you go. Each patrol gets a different set of instructions (40 steps N, 10 steps W, 5 steps S and so on). Leaders can place themselves at 'swamps' and as 'crocodiles' near trees to make the game realistic.

## Miniature Garden

Give each patrol a small tray (kitty litter trays are a good size) and a diagram of a garden design (include things like paths, clothes line, trees, bushes, swings). Girls collect tiny stones, twigs, grass blades, and so on to make a copy of the garden design.

## Junior Geocaching

Create a map of a park area. Prepare 10 lunch boxes with 4 small items such as fancy erasers, toy rings, wrapped sweets or clips inside. Place them around the park and mark their location on the map. Geocaches are usually hidden near trees, bushes, buildings, gates or other permanent features. You might like to add a clue to your map that related to the feature. They are out of sight but not buried.



## Lead the Way

One girl is blindfolded. A partner leads her around a space, telling her each time they change direction which way they turn – north, west and so on. After walking for one or two minutes, the leading partner stops at an object e.g. a tree. The blindfolded Guide guesses where she thinks she may be, based on the directions they turned.

Repeat, the partner being blindfolded.

Give each Patrol a copy of the map and a small item for each patrol member to use as a swap. Patrols search the area for the boxes, look inside and swap their item for something in the box if they wish. Patrols keep looking until they have found all the boxes and chosen the best swap.

Once the Guides master this, you can send Patrols to place boxes and describe their hiding place. Patrols can then go out to find every other Patrol's caches.

## Crossing the Road Game

Line up at one side of a 'road' made by laying two ropes on the ground 5 m apart. One patrol are 'Cars' and stand at each end of the road with balls. On Go, cars move along the road by rolling the balls and girls must cross the road without being hit. If hit, the girl's patrol become the Cars for the next turn.

## Traffic Signals

You need 3 large cardboard discs, red, orange and green. No words are allowed. Guides watch the signals and act accordingly. Leader holds up signals one at a time.

Red... freeze

Green... run around

Orange... touch a tree or bush and keep still

### Bike Rodeo

Every girl bring a bike. Find a space suitable for riding that is safe and bikes are permitted. Activities could include:

**Snail ride** - Last rider to travel a path without stopping wins

**Target ride** - set up 4 buckets along a 35 m path. Give each rider a supply of bottle caps or similar objects. They ride the course trying to drop caps in the buckets.

**Slalom ride** - set up witches hats, poles or other objects to make a riding obstacle course

**Bike hospital** - ask an adult to check over the bikes and explain how to check a tyre, look that gears are working and any other features to check on each bike

**Cross the road** - set up a course that starts on a bike, girls get off to cross a 'road' then re-mount to ride to the finish

### Local Map

On large sheets of paper, Patrols draw the meeting hall, streets and other objects that they remember. Take the map outside when everyone finishes to check if the details are correct. You can then give patrols time to change their map or add other features.

Set up a travel agency in a space, to show their creations. Guides can then visit the 'travel agency' manned by one of the patrol members to find out about the special things to see.

### Compass Kim's Game

Draw a compass with eight points. At each point place an object. Give the girls time to remember them.

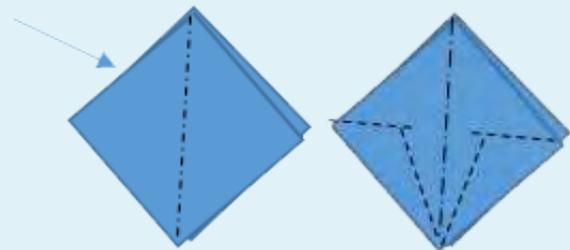
Cover the objects, then call out the points in random order. Patrols must write or draw the objects in the order you call them.

### Compass Folding

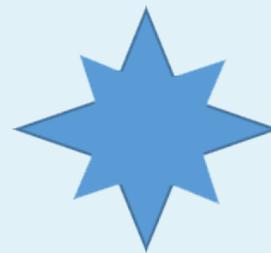
Give each girl a sheet of paper that she folds into quarters, then diagonally into eighths with the centre fold at a point. Unfold once to make a small square. Cut the paper to make an arrow shape with the point at the centre fold.

Label the points N, S, E and W. Then explain how the next set of points are a combination of those beside them.

The compass can be made as a hanging ornament by making a hole punch near N and threading some ribbon.



Cut along dots to make an arrow then unfold



### Closing

Look at the World Badge and find the compass point in the centre. Explain why finding the way is important – that our way is clear. Play the World Song.



# 5. OUTDOOR COOKING

## Opening

Start by standing in a large circle spread out as much as possible. Walk in slowly, singing Fire's burning as girls walk. Keep going until the girls are in a tight circle.

Fire's burning, fire's burning

Draw nearer, draw nearer

In the gloaming, in the gloaming

Come sing and be merry

## Candle Lighting relay

Patrols line up at one end of the hall. On Go, the first girl runs up, lights a match, uses it to light a candle, blows the candle out and puts everything down. She then runs back to tag the next Guide. Practise lighting a match before you start. Most girls won't know this skill

## One Pan Cooking

Assign a responsible person to each Patrol. Show the girls how to light a camp stove and the safety features to look out for. Patrols choose whether to cook beef chow mien or Hawaiian rissoles in a high-sided frypan.

## Beef Chow Mien

### What you need:

- 1 tablespoon oil
- 400 g beef mince
- 100 g bacon, finely chopped
- 1 onion finely chopped
- 1 carrot, grated
- 1 zucchini, grated
- 1 small tin pineapple pieces, drained
- 1 tablespoon soy sauce
- 2 packets beef-flavoured two minute noodles, broken up finely in packet

### What you need:

1. Fry mince, bacon and onion in frypan until browned
2. Add one cup of water and heat until boiling
3. Add remaining ingredients and re-heat until vegetables cook and noodles have swelled (add extra water if needed, a little at a time)

## SAFETY NOTE

Younger Guides may need close supervision in the unfamiliar environment around heat sources outside. Make sure that they understand how to keep safe.

Start girls learning at the stage they are at – learn to light a match before you learn to lay and light a fire, for example.

All cooking should be done in clean conditions. Wash hands, use clean gear.

## Hawaiian Rissoles

### What you need:

- 400 g beef mince
- 100 g bacon, finely chopped
- 1 onion finely chopped
- 1 carrot, grated
- 1 zucchini, grated
- 1 egg
- 1 tablespoon oil
- 1 small tin pineapple pieces, drained
- 2 packets beef-flavoured two minute noodles, broken up finely in packet

### What you need:

1. Mix mince, bacon, onion, carrot, zucchini and egg, and shape into small, flat rissoles
2. Fry rissoles in frypan until browned on all sides.
3. Heat 2 cups of water until boiling in a separate billy. Take off heat, add noodles and leave to absorb water.
4. Add drained pineapple pieces to frypan and heat.
5. Serve by putting a layer of noodles on the plate, then adding rissoles and pineapple

### Foil Cooking

To cook over coals, Leaders prepare a fire in a fire place before the meeting starts. The same can be done in a heat bead oven. Set it up to be hot at the start of the meeting. Show Guides how it is set up to be safe.

Damper – Mix SR flour and milk to make a stiff dough. Place palm – sized buns on foil and wrap loosely, then cook.

Sausage supreme – split a cooked sausage length wise but not in half. Fill with grated cheese, chopped bacon, tomato pieces, and / or diced onion. Wrap in foil and cook.

Banana surprise – slice an unpeeled banana enough to slip in 2 small pieces of chocolate and 2 marshmallows. Wrap in foil and cook.

### Mini Fires

Give each Guide a square of foil, a bamboo skewer and a marshmallow. They collect kindling from around the area to make a small pile on their foil. Once lit by a leader, they cook and eat their marshmallow and then put the fire out correctly.

### Mini Billies

You will need a small clean can of baked beans, corn or peas for each Guide. (It helps if you also have a recipe that will use the contents! An example is corn fritters - SR flour, corn and enough milk to make a stiff dough.) Put the tin on its side securely between 2 logs or bricks. Use a hammer and nail to make a hole near the open end of the can, one on each side in a spot that the handle will attach.

Cut thick wire (thick florist's wire is good) the length that will make a loop handle. When the Guides have put it in place, use pliers to fold the ends up to secure.

Mini billies can be used on a barbecue to boil water for a hot milo, cup-a-soup or other drink.

### Mini Cookers

Small shallow tins make excellent mini cookers. Use cans such as 95g tuna cans. (Once again, use the contents for a meal!) Fill the can with cotton wool balls. Sit the can on a heat – proof surface such as gravel, concrete or soil. Add methylated spirits until the cotton balls are soaked. Hold a match to the edge of

the tin to light. The flame is almost colourless, so be careful. To put a cooker out, cover the top with a metal lid or some other flat metal surface.

Mini cookers are great for skewer cooking - toasting marshmallows, cooking pineapple pieces wrapped with bacon, or boiling a mini billy of water (You will need to suspend the billy over the cooker in a safe way!)

### Healthy eating relay

Each patrol must complete a series of actions with girls taking it in turns to run across the hall and do one thing then back to tag the next person. Adapt for the number of girls.

1. Wash hands, dry hands on towel
2. Fill a cup of water from a jug
3. Wash hands, roll a slice of ham in a wrap
4. Wash hands, cut ham wrap into pieces
5. Wash hands, cut a fruit piece into pieces

Patrol leaders can think who will be the best person for each task. Girls finish by sharing the food.

### Closing

Sing Taps and fall out.

#### SAFETY NOTE

Adult supervision needed!

# 6. BACKYARD EXPLORER

## Opening

Join hands in a circle and still holding hands sing 'Make new friends and keep the old, one is silver and the other gold.' Explain that most of the activities in this program involve working with a friend to do a good turn. Friends have to be good at trusting, supporting and sharing ideas.

**Wiggly Worm game:** Start with everyone scattered around the room. Two girls are 'worms'. Their task is to grow as long as possible! They run around the room and as they pass each girl she is tagged and grabs the hand of the 'worm' to make a tail. The 'worm' keeps tagging girls who join hands with the last girl in her tail until all the unit is joined to make two worms. If the worm breaks up by hands coming apart, the back part of the tail becomes free and girls are picked up again.

## Make a Compost Heap

Take the unit to look at an area of garden soil. Explain to them how good soil has lots of plant matter and feels crumbly instead of gritty. Collect leaves and grass that are scattered around to be used in the mini heaps.

Find a place where you can put out all the materials for the heap that can get dirty.

Make the cartons as described at right, fill them up from the supply area. Girls take their heap home, let it develop for as long as possible, then add the compost to a garden before it is planted out.

## Grow some seeds

Each girl has an egg carton or some newspaper layers folded to make a shallow cup. Fill the containers – a thin layer of charcoal or fine gravel, then good quality potting soil. Choose which seeds to grow and plant them to the correct depth. Girls take home their seed pots, keep them moist until the plants have grown into seedlings, then plant them directly into a garden.

## Mirror, Mirror

Provide each girl with a small mirror so that she can explore the garden or a small area of bush. Quite often the under-side of leaves or branches or bark is the home for small creatures. Patrols can keep a list of what they find and then challenge another patrol to find the same things.

## My Mini Patch

Tie a rope into a circle. Lay it somewhere outside and see what you can find inside that circle that indicates a lively environment

## A MINI-COMPOST HEAP

### Materials per carton

1 milk carton, clear plastic (laminating off cuts are perfect), 1 clothes peg, masking tape

### Materials for the heap

Sheep manure, blood and bone, leaves, lawn clippings, kitchen waste (no meat, bones or oils), soil, paper, knitting needle

### What to do

1. To make the compost container, cut a window in the side of the milk carton (3 cm x 14 cm).
2. Place a piece of clear plastic over it on the inside of the carton and tape it down with masking tape.
3. Make a one cm hole on each of the other sides. Poke in from the outside.
4. Place 3 cm of soil at the base and add the other layers using the following recipe:

SOIL	FILL UP
Kitchen scraps	2 cm
½ leaves, ½ grass	2 cm
Chopped plants	2 cm
Shredded paper	2 cm
Kitchen scraps	2 cm
½ leaves, ½ grass	2 cm
Chopped plants	2 cm
Soil	3 cm

5. Add a tsp of blood and bone or sheep manure and a pinch of lime if you have it.
6. Close the top of the carton with a peg.
7. Each week take it off, and check the compost with your finger to make sure that it is moist. You may need to add small quantities of water to it if it is dry. Poke a knitting needle or pencil through each of the holes to aerate it.

### Hug a Tree

Divide your group up into pairs. One member of each pair wears a blindfold. The other member leads them to a tree (may be having her duck under imaginary fences etc). The blindfolded Guide examines the tree by hugging it, feeling the roots, stretching up to reach the branches etc. Then her partner leads her back to their starting point, again by a roundabout misleading route. The blindfold is then removed and now the Guide must find her tree. Keep in mind that mature living trees are not the only trees. Little sprouts and fallen trees count as well.

### Treasure hunt

Look outside to find a set of seven objects to represent each part of the Guide Law (e.g. a weed pulled out = make choices for a better world, or you could use the weed pulling = use my time and abilities wisely)

### Skink patterns

Skinks are tiny lizards that live in gardens and in the bush. Skinks have very intricate patterns of stripes or spots or patches that are designed to make them blend in to their surroundings. Make a skink pattern for your patrol on a drawn copy of the hand of each of your patrol.



### Natural plant dyes

Brightly coloured flowers and other plant parts make excellent inks and dyes. You can use petals as ink to colour in a simple colouring-in drawing. To make dyes, the pigments need to be fixed in some way so they don't wash out. Making dye takes a while so it is hard to do this in a normal meeting. Be prepared! Get the dye ready in one pot and the cloth in another.

**Berry dye:** Simmer 500g berries in 1L water for ½ hour.

**Onion skin dye:** Simmer skins from 1kg brown onions in 1L water for ½ hour.

**Berry fixative:** Mix ½ cup salt with 2L water, add white cloth e.g. muslin and simmer ½ hour.

**Onion fixative:** Mix 500 ml vinegar with 2L water. Put white cloth in mixture and simmer ½ hour.

Take the fabric from the fixative, squeeze it out then place it in the dye pot. Simmer for ½ hour.

Let the girls take home a fabric square still wet, in a Ziploc plastic bag. It will need to be dried out and then ironed before it can be used.

### Plant and animal corners

Each corner of an area is a group (animals, birds, flowers and insects). Guides skip around the area freely until the Leader calls out a name e.g. butterfly. Girls must then run to the appropriate corner, in this case insects. Last one is out and helps to call out the names.

### Closing

Remind the girls that this meeting was about doing a good turn. Have they helped the environment? Have they made something useful? Have they learned something useful about their garden? Have they helped another Guide or Leader? Finish by singing Softly falls the light of day. (The words are adapted from the original)

Softly falls the light of day  
As our meeting fades away  
Silently each Guide should ask  
Have I done my daily task?  
Have I kept my honour bright?  
Can I guiltless sleep tonight?  
Have I done and do I stand  
Ever here to lend a hand?

# 7. CAMPING OUT

## Opening

Stand in a circle and sing (or say) the camping song. When you reach 'For you're my friend' put right hand out to the person beside, then 'and you're my friend' put out left hand and hold the next person's hand, and on 'We are Guides' lift hands in the air. Explain what is going to happen today.

Kim's game things at camp: Raid the camp store for a set of objects to place in a large box e.g. tent peg, billy, rope, matches. Make sure the girls know the names of all the objects. Give them time to remember what is there. Each girl takes turns to remove one of the items while everyone else has their eyes closed. Girls guess what has been removed. The girl who guesses correctly has the next turn.

## Make a Shelter

Give each patrol a ground sheet and 4 ropes. Show them how to tie a round turn and two half hitches. Girls tie the ropes to the groundsheet. Either find trees outside and tie a rope between them, or set up a rope between 2 tent poles. Girls place their groundsheet over the rope to make a shelter. Discuss with them how the corners can be held down using the ropes they attached. You could end up attaching them to objects such as posts, attaching to tent pegs or weighing them down, depending on what the girls decide.

## Caring for Kitty game

Each patrol has a toy pet that lives in their shelter. Patrols must care for Kitty

- making a sleeping nest by gathering leaves
- finding a suitable plate (e.g. fallen bark) for food
- gathering food – wrapped sweets or similar which must be picked up one at a time from a food store set up at equal distance from all the shelters
- getting a friend for Kitty (another patrol's pet)

Patrol members have 20 minutes to set things up. If they are tagged by another patrol while carrying materials for their nest, plate or food they must be taken to the food store. Pets are the only items that can be taken from another patrol's shelter. If tagged, they are returned.

## Rocky Memories

Look around and find a smooth rock for each girl. Use a fine point permanent marker to draw a picture, write a message or make a pet rock to take home.

## INTERNATIONAL CAMPING SONG

Here we are from near and far  
In camp together for fun  
We work together and play together  
And laugh together in the sun  
Every day our hearts are gay  
And life is wonderful fun  
For you're my friend and you're my friend  
We are Guides, every one.

## Campfire

Leaders organise the collection of kindling and wood by the girls to set up a fire in a suitable fireplace. A Junior Leader or one of the Leaders places all the items brought by the girls on the fire including fire lighting starter. Girls sit around the fire, it is lit and take part in activities such as:

**Singing** – e.g. Kookaburra, the Bear Song, This Little Guiding Light, Chinese Fan, If You're Happy & You Know It

**Yells** – Ham and Eggs, Train Chant, Boom Chicka Boom

**Games that can be played in a circle** – e.g. Dutch Shoe game, Dollar Dollar, Wink Murderer, Rising Circles

**Skits or participation stories** – e.g. Is It Time Yet, Bee/Ant Sting, Left Right

[For words of all these items, see [http://dragon.sleepdeprived.ca/songbook/songbook\\_index.htm](http://dragon.sleepdeprived.ca/songbook/songbook_index.htm)]

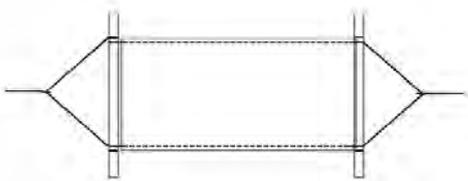
### Ant Sting Skit

G1: Oww! It hurts! Oww!  
G2: What happened? Oh no!  
G1: An ant stung me! Oww!  
G2: Can I help? Calm down...  
G1: Oww! It feels bad  
G2: Put some cream on it, then  
G1: How can I? It ran off minutes ago.



### Hammocks

Collect bags such as Clean Up bags, 1 x 5 m and 1 x 10m rope, and 2 poles around 50cm long. Cut the corners off the closed ends of the bag. Place the 2 ropes through so equal lengths of rope stick out each end. Place the poles at each end of the bag. Tie the poles to the ropes with clove hitches. Extend the ropes and tie together with an overhand knot so a triangle forms at each end. Hang the hammock between trees, making sure you protect the trees from rubbing off the bark.



### Paper kites

You will need 1 sheet A4 paper for the kite, 1 sheet A4 paper for the tail, Plastic straw, crochet cotton or fishing line for the kite string, sticky tape and scissors for construction

1. Fold the kite in half along the middle edge. It is important to be accurate or the kite will spin!
2. Measure 1 cm from the fold at the top and 3 cm from the fold at the bottom.
3. Fold the kite back along these lines. The piece that is now behind is the spine of the kite.
4. Fold open the wings. You should have a rough kite shape. Place the kite with the fold underneath.
5. Tape the straw across the top of the kite, by using two pieces of tape at the two ends of the straw. (Don't tape in the middle)
6. Cut three long pieces 1 cm wide from the other piece of paper and tape them together to make a long tail. Tape the tail to the spine of the kite.
7. Make a small hole in the middle of the spine about 2 cm below where the straw is attached.
8. Tie the cotton / fishing line through the hole. Cover the hole with tape to reinforce it.

The kite is ready to fly. It needs a slight breeze only, but it won't take rough or wet weather and if it lands it quite often crumples, so take care to keep the string short so you can control it better.

### Alphabet Hunt Game

Each patrol has to find objects that start with each letter of the alphabet. They score 5 points if first back for that letter, and 1 point for other correct items.

### Closing

Sing Taps

# 8. FINDING NELLY WIDE GAME

*This is a game loosely based on the movie “Finding Nemo”*

**Nelly** is a young lizard—a metallic skink (our common skink) that was born on Ned Kelly’s birthday, which is why she has the name ‘Nelly’. She was born at the tree park, out on the island, as part of a litter of four lizards. Like Ned Kelly, Nelly is game for anything (but she doesn’t steal things like the bushranger did). Nelly loves to lie in the sun out on the park road, even though her friends keep telling her that roads are a dangerous place to play. One day, a visiting family picks her up, then takes her home to live in a terrarium in their kitchen.

[Metallic skinks are one of the two species of skinks that can be collected and kept as pets, without holding a permit.]

### Your Patrol

You are a group of creatures who live in the arboretum and go to animal school with Nelly. Your first job is to give every person in your patrol a nickname. It must start with the same letter as your animal name (e.g. “Rowdy” robin). Write your names on your nametags when the patrol has chosen them all.

1. Bandicoot
2. Tree frog
3. Cricket
4. Platypus
5. Rosella
6. Lobster

### Your Task

You need to find Nelly, of course!

### Mo

Mo is a mopoke owl. She is your school teacher. She will probably know anything that you want to find out, to help you on your quest to find Nelly. [Mo is your Leader, of course!]



### 1. Through the Maze

Your patrol must walk over the maze blocks to keep going on the pathway to Paradise. The maze looks like a grid of blocks, but if you tread on the right blocks you will hear a noise (leader has a whistle). If there is no noise then you have gone the wrong way and you must go back and let a new person in your patrol walk the maze. When one person is through safely, each person in turn walks the pattern. Good luck!

	X						
	X		X	X	X	X	
		X				X	
						X	
					X		
						X	
					X	X	
				X			

### 2. A Food Pack for Nelly

There are seventeen different kinds of skinks in Tasmania (including the largest species, the blue-tongue lizard). Most skinks love to eat insects.



Your job is to discover five different kinds of insects or spiders for Nelly to eat. Use the bug catcher or the pooter to collect them. Bandicoot and cricket, you are the ground creatures so it is your turn to lead.

### 3. Shortcut over the Creek

To get to the other side of the creek, you can take a long walk, or you can use the rubber ducky and ropes to pull yourselves across. The rubber ducky will only take one person at a time and four pieces of luggage, or two people with no luggage, so work out an order to cross. Platypus and lobster, you are the water creatures so it is your turn to lead.



### 4. Skink patterns

Skinks have very intricate patterns of stripes or spots or patches that are designed to make them blend in to their surroundings. On the grassy island, Nelly’s family could hide well because of their stripes. Draw an outline of hands on paper. Make a skink pattern for Nelly’s family on the hand outlines of each of your patrol.

### 5. Flying the Great Southern Air Current

To move quickly, it pays to use currents to help. Look to see which way the wind is blowing. (This is the Great Southern Air Current.) Make a paper kite and attach a message for Nelly to tell her you are coming to rescue her. Let the kite carry the message through the air then make the kite land by jerking the string to stop it flying. Rosella, as a flying creature you will need to be the leader!



### 6. A Message in the Tree

Mo has been out flying and noticed a way to get to the terrarium. She dropped a message for you but it landed in the tree. Climb a rope ladder to fetch the message. Rosella and tree frog, you are the tree creatures so it is your turn to lead.



### 7. Mo's Message

Mo was worried that the message would be found by some zoo keepers who need new animals for their displays. So she wrote the message in code by counting forward a few letters in the alphabet for each letter in the note. If you count back a few letters, then you can solve the code. [You will of course need to make an appropriate message!]

Go to the first bridge closest to the entrance and you will find Nelly's terrarium under a tree on the western side.

Jr wr wkh iluvw eulgjh forvhvw wr wkh hqwudqfh dqg  
brx zloo ilqg Qhoob'v whuudulxp xqghu d wuhh rq wkh  
zhvwhuq vlgh.

### 8. A Feast to Celebrate

Being native animals, you need a native feast to celebrate when you find Nelly. Make either

- a. 'insect plates' by cooking pikelets or cutting gumleaf shapes out of flat bread, then placing insects shapes cut out of cheese slices on top, or
- b. 'worm soup' by cooking two minute noodles that are well crushed.

You will need to work out in your patrol who will prepare the food, who is going to look after the cooking and who will get it set out ready to eat.

# 9. BE PREPARED TO HELP

## Opening

Girls stand in a circle. Leader calls out each letter of Be Prepared (Give me a 'B') and girls shout back, finishing with everyone shouting 'Be Prepared!' The motto of Girl Guides is 'Be Prepared' so let's think of ways to help other people while we're out and about.

## Our Town Shapes Game

The Leader calls out places and things that are used to keep a community safe and running well. "In our town we have a big water tank." Patrols have to make the shape of the object, in this case a tank. Other objects could include a post box, an ambulance, a stop sign or a school book.



## Scout's Pace Messages

Scout's Pace is a way of running that means you can keep going without getting puffed out. Run 20 paces, then walk 20 paces, keeping on repeating this over and over. Give the girls a message to remember that contains about five facts (more if they can cope!) and send them off to deliver the message to another Leader some distance away.

## Life line throwing

Scouting For Boys, the book written by Robert Baden Powell that was the start of Scouting and Guiding, explains how a rope can be thrown to save a person who is drowning. Get the girls to put one foot on the end of a rope, then coil it into two coils in each hand. They hold the coil furthest from their foot in their throwing hand and the other coil loose in the other. The coil is thrown as if they were throwing a frisbee. The rest of the rope should uncoil behind.

If this is too difficult for some girls, tie a small stick to a light rope and get them to throw the stick.

You can now hold relays or try to see if girls can throw longer each time they try.



## Make an Artificial Bird Nest

Making an authentic bird nest is an easy project. Bird nests can be made to take outdoors for birds to find and live in. Different birds have different types of nests. The nest in this project attracts general songbirds.

**You'll Need:** Plastic tub, straw, small sticks, pine needles, moss

Gather pine needles, straw and a few small sticks. Place these in a plastic tub. Add a couple of large handfuls of moss to the plastic tub. If the strands of the moss are tangled, detangle them.

Decide if you want to have a long or oval-shaped nest. Mould and wind the moss, pine needles, small sticks and hay into the desired nest shape. Be sure to leave a hollowed-out area in the centre of the nest. Use as much of the natural materials and the moss as possible to make the nest smooth and tight. Pull a few strands of moss free from the nest so it will hang loose and trail off the nest. This will make your nest appear authentic.

Take your bird nest outside and place it where a bird could gain access to it. Places you could choose include the grooves between tree branches, inside a shrub or in the corner rafters of a barn or storage shed.

### Clean Up an Area

There are lots of ways to help in parks and gardens. Clean up litter (maybe part of Clean Up Australia Day). Teach girls which plants are weeds and clear an area ready for planting a new garden plot. Visit a playground area and check out all the play equipment. You may be able to clean the area and suggest if anything needs fixing or replacing.

### New plants

Collect seeds from plants in the bush (callistemon, tea tree, grevillea, wattles). Shake them out of seed pods or nuts onto sheets of paper. Find out what conditions are needed to make them start growing (some need heat). Plant out some seeds in pots and give them to people to plant in areas cleared of weeds or burnt out. Perhaps you can take part in National Tree Day.

### Ideas for plant pots:



Paint terracotta pots



Paint tins



Paper mache around yoghurt pots



Decorate a Tetra shaped carton



Cut a plastic bottle and plant

### Grow for a Food Bank

If you have food banks in your area, they will accept freshly harvested vegetables for their customers.

### Is it an emergency? Game

Set up two spots at one end of an open space. One is the 'emergency' area. The other is the 'picnic' area. Put a ground sheet at each spot and add a phone (and a toy ambulance and fire truck) to the emergency spot. Call out a set of scenarios. Girls choose to run to the emergency or Picnic spot. The first girl to the Emergency spot 'rings' ooo on the phone and describes the emergency. Repeat for each scene, add your own to fit.

### Scenes

Kite caught in a tree, baby fell in pool, children playing on the road, mum has a bad headache, broken glasses, flood, earthquake, chemical drum fell off truck, ladder falls and dad it stuck on the roof, bush fire

### Closing

Stand in a circle and remind the girls that they were thinking about ways to help while out and about. Give girls the chance to say how they are prepared. Finish by singing Softly falls the light of day. (The words are adapted from the original)

Softly falls the light of day  
As our meeting fades away  
Silently each Guide should ask  
Have I done my daily task?  
Have I kept my honour bright?  
Can I guiltless sleep tonight?  
Have I done and do I stand  
Ever here to lend a hand?

# HELP FOR OLDER GUIDES TO PLAN OUTDOOR PROGRAMS

These pages are designed to give you information that will assist you to choose games and activities to help you go outdoors.

The aim is not to give the actual details. There are lots of games books and information about activities, to say nothing of activity providers who will be keen to take you on lots of adventures!

If you are looking for program suggestions like these, the ones on the earlier pages in this booklet might help.

Instead, these pages are all about thinking widely. When you meet together as a Unit or Patrol to plan what you want to do, this booklet will give you broad ideas that you may not have considered. There is a saying, "You don't know what you don't know." Perhaps your Unit chooses to do similar things every year. Step out of the rut and onto a track in the great outdoors...

Consider these examples. If you love hiking, this might be in your program all the time. However, it could be that you haven't considered geocaching and that including the use of GPS locations on your hike will be an exciting and valuable experience. If you love camping, you might go to a particular campsite every year. However, it could be that you haven't considered camping near a barn on a farm that has some interesting bush to explore.

Before you start planning decide:

- ▶ Time at regular meetings to go outdoors
  - Every week?
  - The whole night once a month?
- ▶ Weekend or holiday times to go outdoors
  - An annual camp, or more?
  - Something every holiday?
- ▶ Skills Guides and Leaders have, to help get outdoors
  - Do you want to earn badges?
  - Do you know experts who can help?
- ▶ Region, State or National outdoor events you want to attend

A balanced program includes activities that have elements of physical, people, practical and self. There are seven fundamentals, of which the Outdoors is one. There are other things you will want to include in your Guiding experience. Remember that rut you don't want to get stuck in!

Most Units find that there are activities that everyone likes to do quite often. You probably joined Guiding with particular things in mind that you expected to do. Did you want to be outdoors a lot? Does everyone in your Unit think the same? We think outdoor skills and activities are important. (That's why we wrote this booklet!)

Now you have some idea of how much time you will be spending outdoors, the following pages have themes for you to select.

# THEME ONE: HIKING

## Meeting time skills:

- ▶ Practice using maps and a compass. Look at types of maps and orientate the map correctly using a Silva compass.
- ▶ Invite a person from an orienteering club to help you find out about choosing a route on a map.
- ▶ Work out how far you walk in 100 paces. Measure your normal walking speed. How far can you travel in one hour?
- ▶ Find out about hiking equipment (boots or shoes, backpacks, clothing, being weather-wise).
- ▶ Invite an expert to talk about what to do if you are lost.

## Meeting time games and activities:

- ▶ Make a hall-size model of a map with chairs, tables, ropes and other items.
- ▶ Try a blindfold walking game across the hall. Do you end up at the right spot?
- ▶ Make map symbol dominoes and play a game with them. Maybe try mapping bingo.
- ▶ Have a foot pampering night the week after you go on a hike!
- ▶ Invent a wide game to practice skills like drawing a sketch map, locating a point, working out time to walk somewhere, choosing correct hiking gear and survival in the bush.

## Meeting time outdoors:

- ▶ Explore the block the hall sits on.
- ▶ Go on a 'penny hike' and toss a coin to make decisions as you go.
- ▶ As a Patrol, write questions about a set of locations nearby. Swap with another patrol to work out the answers.
- ▶ Go on a photography walk to find and take pictures of a set of features e.g. picket fence, ivy.



## Day hikes:

- ▶ Where can you get to on public transport and then go for a walk? A city park or a beach are good options. There are often a number of public geocaches hidden in public parks.
- ▶ Conservation organisations are often looking for people to help clean areas, maintain tracks, spot animals and plants or other natural features.
- ▶ Find an expert who will help you to go rock climbing or abseiling in a nearby location.
- ▶ A walk is very interesting if you have things to look out for, or objects to spot. Maybe you could walk along a creek looking for evidence of frogs.
- ▶ Join a public orienteering group for a day (or longer!)

There are lots of options:

City stroll	Abseiling	Rock climbing
National parks	Coastlines	Tracking
Geocaching	Follow a creek	Conservation aid
Caves	Peak bagging	Plant watch
Treasure hunt	Amazing Race	Photography

## THEME TWO: CAMPING

### Meeting time skills:

- ▶ Practice knots and lashings. Once there are a range of knots you know, try harder skills such as splicing and gadget making.
- ▶ Make a flagpole using spars of wood and ropes.
- ▶ Prepare lists of cooking equipment and assemble a patrol cooking bin.

### Meeting time games and activities:

- ▶ Make a shelter using a large groundsheet.
- ▶ Challenge a Patrol to pitch a tent fastest (then try it blindfolded, or with a different tent type).
- ▶ Create and play a game using camp words e.g. guy, quartermaster, fly, billy
- ▶ Hold a bedding roll making relay
- ▶ Make Patrol flags to use in camp
- ▶ Make a mini campsite using scraps like old tea towels, skewers and string

### Meeting time outdoors:

- ▶ Hold a fast-camper speed trial. Pitch a tent, cook a meal, make a bedding roll, build a table gadget, and then take it all apart – all in one hour. Can you do it?
- ▶ Find a suitable large tree, make some hammocks, and hold a mini sleep-out
- ▶ Invent and play a wide game about a creature kept in a shelter you make that has to be protected from attacks by other Patrols.
- ▶ Make a bivouac bag by adapting a bedding roll, go outside on a clear night and try star-gazing.
- ▶ Learn gas safety and cook on a gas burner. Try out some different recipes – maybe a different food cooked by each Patrol then decide which recipe worked well.
- ▶ Make and cook with a heat bead oven.
- ▶ Learn fire lighting skills, then make and burn a campfire. (And sing some songs too!)



### Adventures:

Most people start camping by going to an established campsite. You could sleep indoors in bunks then go outdoors for adventures in the camp grounds.

Camp in tents at an established campsite. You will still have some comforts like toilets and a shower block, but the fun of sleeping in a tent.

Think up some great plans for your camp – a special theme, maybe a huge campfire with skits, stories, singing and games.

Spend some time in the bush. Get a real feel for the plants and animals in your area. If you are ready for a real challenge then build a sleeping platform or bivouac on the ground.

There are lots of options:

Built Campsite	Indoor adventure	Under the stars
Gadgets	Layout Options	Cooking bonanza
Create a shelter	Bushwalking	Tent types
Fire lighting	Themes	Campfires
Bivouac	Hut in the hills	Camp afloat

## THEME THREE: NIGHT ACTIVITIES

### Meeting time skills:

- ▶ Practice finding south using the Southern Cross.
- ▶ Learn how to signal Morse Code with a torch.
- ▶ Find out how to use a camera or your phone to take good photos at night.

### Meeting time games and activities:

- ▶ Make models of star constellations.
- ▶ Plan a way to test different materials for keeping warm (blankets, coats, cardboard boxes, emergency foil blanket, etc.) then make an emergency sleeping kit and test it out.
- ▶ Challenge a Patrol to hike through a bushy area with just one torch per patrol.
- ▶ Try torch hide and seek by hiding six small objects in a dark area.
- ▶ Set up 'feeling stations' in the dark where you must follow a trail (maybe along a string line) and work out what the objects are by touch.

### Meeting time outdoors:

- ▶ Walk to the top of a hill or climb the stairs of a tall building and locate various landmarks using the lights of the city or town.
- ▶ Find a suitable large tree, make some hammocks, and hold a mini sleep-out
- ▶ Invent and play a wide game using torches and play with other Patrols.
- ▶ Make a bivouac bag by adapting a bedding roll, go outside on a clear night and try star-gazing.
- ▶ Learn fire lighting skills, then make and burn a campfire. (And sing some songs too!)



### Adventures:

Spotlight for native animals in a park or bush area. You may like to send the information to Perth Zoo for their annual survey that runs in September and October (<http://perthzoo.wa.gov.au/act/night-stalk>).

Have a go at sleeping out for a night with only emergency items. Both mission Australia and Vinnies organise winter sleepouts to raise money for homeless people.

Visit a spot and record the outdoors from sunset to sunrise. You could take photos, record sounds, or write about what you find in a creative way.

Do you live near a site with a telescope observatory? Visit at night and find out how radio astronomy and light astronomy is important.

There are lots of options:

City lights	Stargazing	Night wide game
Telescopes	Campfire	Spotlighting
Spot in the dark	Navigate by stars	Use your senses
Morse code	Night photos	Keep warm
Night stalking	Night hike	Themes

## THEME FOUR: BUSHCRAFT

### Meeting time skills:

- ▶ Explore the types of signs left by animals – tracks, scats, nests, dens.
- ▶ Learn the names of the top twenty for your area. How about top twenty plants, top twenty animals, top twenty landmarks?
- ▶ Listen to bird sounds (there are lots on line) and try to identify birds by their sound.
- ▶ Practice seeing details from a distance. Try “Spotty Face”, a game described by Robert Baden Powell to focus your eyes. Practise using binoculars.

### Meeting time games and activities:

- ▶ Make a dominoes game to match up facts about living things.
- ▶ Challenge a Patrol to make a jigsaw puzzle of an animal in the fastest time. Do this by getting two or more identical pictures and cutting them into the same number of pieces.
- ▶ Play a stalking game or ecology game to get better at moving quietly (Try the Canadian web site [http://dragon.sleepdeprived.ca/games/wide\\_games/wide\\_games.htm](http://dragon.sleepdeprived.ca/games/wide_games/wide_games.htm) for suggestions)
- ▶ Collect small samples of local plants and press them to make an identification book.
- ▶ Find out about local semi-precious gem sites. Explore how jewellery can be made using gems.
- ▶ Invite a local expert to share their knowledge – park rangers, gem hunters, Landcare people

### Meeting time outdoors:

- ▶ Take photos of spots in a bush area and challenge another Patrol to find where they're taken.
- ▶ Visit a local creek or pond and find out how healthy the water is. You could do a water bug survey, assess the banks of the water, test the acidity with a kit or measure the silt.
- ▶ Set up some bug catchers to collect bugs in the soil, on bushes and in the air.
- ▶ Find an area of bush and set trails for each Patrol to follow through the trees.



- ▶ Adopt a tree! Find an interesting large tree. Work out how to climb as high as you can. Look around and under its bark. Look for places where other things live in or on the tree. Explain to another Patrol why your tree is the best.

### Adventures:

Design and take part in a Bush Survival wide game.

Try an egg carton hike, filling the cups with interesting items as you go, or you could decide in advance that the object must be certain categories e.g. smoothest, roundest.

Find out about the geology of your area e.g. coastline features, waterfalls, evidence of fossils or volcanoes. Explore and take photos of what you find.

There are lots of options:

Trees	Bush navigation	Geology
Gem Hunting	Coastlines	Tracking
Insects	Explore a Creek	Soil Worlds
Caves	Water Watch	Bird Watching
Waterfalls	Weather	Photography

## THEME FIVE: PIONEERING

### Meeting time skills:

- ▶ Practice knots – bowline, clove hitch, reef knot, sheet bend, timber hitch, round turn and two half hitches, rolling hitch.
- ▶ Practice lashings – square lashing, diagonal lashing, sheer lashing, tripod lashing.
- ▶ Make a flagpole using spars of wood and ropes.
- ▶ Find out how to care for trees and other parts of the bush while building structures.
- ▶ Learn to use an axe and a saw to cut wood.

### Meeting time games and activities:

- ▶ Make a shelter using a large groundsheet.
- ▶ Challenge a Patrol to make a stretcher and carry a member across the room.
- ▶ Invent gadgets to throw things, move things or weigh things.
- ▶ Make matchstick models of a campsite.

### Meeting time outdoors:

- ▶ Make a camp loom that creates a tabletop or roof or primitive mattress.
- ▶ Invent and play a wide game where knots are part of every clue or activity station.
- ▶ Make a transporter to cross a creek or a rope bridge to cross between two trees.

### Adventures:

Start small and grow your expertise. Good projects to start with are camp furniture like tables, gateways to your camp, and flag poles for a Patrol flag. Once you are skilled, move on to structures that carry people. Try ladders, transporters, bridges, forts or rafts.

With the right skills and a qualified leader it is possible to make a raft and travel along a river or across a lake.

If you have access to some large spars, make a sleeping platform between three or four trees – a sort of Robinson Crusoe type arrangement. Spend a night out in your new home.



Try an Adventure Camp where the theme lets you include lots of survival skills like finding water, navigation using sun or stars, and making things with minimum gear.

Find an activity provider and go horseriding.

There are lots of options:

Camp gadgets	Ladders	New knots
Bridges	Transporters	Shelters
Camp gate ways	Hammocks	Platforms
Rope care	Axe and saw	Finding north
Finding water	Matchstick Models	Inventions

## THEME SIX: WATER ACTIVITIES

### Meeting time skills:

- ▶ Practice knots for going fishing or for sailing. Hold a Patrol relay to see who is the most skilful.
- ▶ Make a water watch kit ready to take to a nearby pond or stream. Learn how to recognise clean water.
- ▶ Try throwing a lifeline ready to save a person in the water.

### Meeting time games and activities:

- ▶ Make a water cleaning gadget that will remove silt from water.
- ▶ Just what can you do with water pistols, washing up liquid bottles or wet sponges or super soakers? Design and hold your very own “Get Wet” party.
- ▶ Try a game of volleyball or netball using a balloon partly filled with water.
- ▶ How about an ‘air raid’ on paper planes? Make a paper plane each. Patrols fly their planes across a space, with other Guides equipped with water pistols trying to shoot them down.

### Meeting time outdoors:

- ▶ Hold a meeting at the beach or at a swimming pool. Prepare lots of games to play in the water such as water polo, swimming pool scrabble with letters on sponges, or relays.
- ▶ Meet at a yacht club and try sailing, rowing or kayaking.
- ▶ Freeze some slabs of water in large ice cream containers, find a sloping hill and go for a slide!
- ▶ Meet at a public car park and (with permission) clean cars to raise money for a cause
- ▶ Visit a water slide or make your own down a sloping hillside.



### Adventures:

Spend a day on the water learning to surf, sail, kayak or row a boat.

Hike along a creek and look out for all the living things that depend on the water for life.

Visit a wharf or find another good place along a river or lake. Try fishing – but remember you may need a license.

Hold your very own surf lifesaving carnival at a beach with swimming, sand sculpturing, flags races, volleyball, and whatever else you want to include. Perhaps you could ask real surf lifesavers to help?

Go with an expert to find water in a place that has no obvious pond or creek. Maybe you can gather water from leaves, or near roots, or from wet soil.

There are lots of options:

Beach	Kayaking	Sailing
Swimming	Fishing	Water watch
Finding water	Follow a creek	Water slides
Rowing	Car washes	Canoeing
Rock pools	Surfing	Ice blocking

## THEME SEVEN: FLY HIGH

### Meeting time skills:

- ▶ Find out the different parts of a flag. Make a Patrol flag.
- ▶ Practice the knots that are used on kites and flags. A good start is a reef knot, clove hitch, fisherman's knot and sheet bend.
- ▶ Make a flagpole using spars of wood and ropes.
- ▶ Find out about common birds where you live. Find ways to recognise them.

### Meeting time games and activities:

- ▶ Hold a Patrol challenge to see who can place a series of objects as high as possible.
- ▶ Challenge a Patrol to throw a rope over a tree branch
- ▶ Create a kite from a sheet of paper.
- ▶ Make a kite from a supermarket bag.
- ▶ Make parachutes and gliders and test how they fall.

### Meeting time outdoors:

- ▶ Fly kites on a windy day in an open field or park
- ▶ Make a water rocket from a plastic bottle, a cork, a tyre valve and some plastic tubing. Pump it up with a bike pump and let fly...
- ▶ Find a suitable large tree, climb up, and hold a tree meeting
- ▶ Invent and play a wide game about a famous flyer such as Amelia Earhart. Include things such as making 'bloomers' to wear, finding out about moths, 'flying' around the world, first aid, paper planes and radio communication.
- ▶ Make a mini hot air balloon and fly it across a park.

### Adventures:

Find an expert and try abseiling down a hill or cliff. You could also consider mountain climbing or high ropes courses. Or have you considered trampolining?

Plan for an adventure in the cold mountains, perhaps snow skiing or tobogganing



Go bush and look out for birds, both in flight and in the bushes. Listen for their calls which are often the first hint of their presence.

Visit an air field or air museum. Find out the parts of an airplane, and how it flies. You may be able to go on a commercial flight in a plane or helicopter and share your experience with your Unit.

There are lots of options:

Flags	Flagpoles	Kites
Water rockets	Weather	Ropes courses
Climbing	Abseiling	Trampolining
Skiing	Bird watching	Butterflies
Air quality	Air Spinners	Paper planes

## THEME EIGHT: FIRES AND COOKING

### Meeting time skills:

- ▶ Prepare lists of cooking equipment and assemble a patrol cooking bin.
- ▶ Consider healthy menus and plan things that will cook quickly, slowly, in coals, in foil or on a stick. Select food for a main meal. Make a Patrol camp recipe book.
- ▶ Learn how to cook safely with gas cookers.
- ▶ Practise lighting matches and wood fires. Learn the burning properties of a variety of timbers.

### Meeting time games and activities:

- ▶ Make a solar cooker from a pizza box or a large milo tin. Take it outside on a sunny day and test what heat it will generate.
- ▶ Cook a meal on a stove in a hall as preparation for the 'real thing' outdoors.
- ▶ Try recycling cans, foil trays, coat hangers and other items to make cooking utensils.
- ▶ Play a loading the fridge game to improve your food safety skills.

### Meeting time outdoors:

- ▶ Hold a boil-off! Each patrol has a billy with 1 L water and a supply of wood. The object is to boil the water first.
- ▶ Use a heat bead oven for each Patrol to set up a series of Takeaway Shops such as pizza, kebabs, hamburgers, scones, or apple crumble muffins.
- ▶ Try out a range of recipes for damper then conduct a baking competition for a sweet and savoury version.
- ▶ Have a barbecue at a shop in town to raise money for a cause.
- ▶ Get some hot coals ready in a fireplace and cook food in a fruit or vegetable (bananas with chocolate, egg in orange, stew in a potato, rice and tomato in a capsicum)
- ▶ Hold some relays – candle lighting, marshmallow toasting
- ▶ Meal cooked in a zip lock plastic bag – boil some water then add it to dry ingredients e.g. soup mix, 2 minute noodles. Seal the bag and wrap in a beanie or towel. Check after 10 minutes.



### Adventures:

Hold a gourmet camp where every meal you prepare is just a little bit special. Dress for the occasion, set a table, prepare mocktails, and then eat dainty serves of delectable delicacies. Make a kit to take hiking where you can make hot food for lunch from the gear that you carry. Then of course find a great place to visit and try it out!

There are lots of options:

Gas cookers	Fire lighting	Using a barbecue
One pot meals	Cook in foil	Heat bead ovens
Cook on a stick	Solar cookers	Hike stoves
Damper	Tin can cookers	Wood types
Fire Safety	Camp ovens	

## THEME NINE: ENERGY

### Meeting time skills:

- ▶ Fractice running at Scout's pace for ten minutes. Measure how far you travel. Compare it with the distance you travel if you run five minutes and walk five minutes. How do you feel at the end of each?
- ▶ On a hot day, spread out some black pipe and work out how water in the pipe changes temperature. Use your pipe to make a solar hot water shower.
- ▶ Make some cabbage indicator liquid and use it to test water from a creek or pond.

### Meeting time games and activities:

- ▶ Make a solar cooker from a pizza box
- ▶ Purchase all the materials and make a billy cart. Race it down a slope.
- ▶ Ask an expert to help you connect an exercise bike to a radio or set of lights. See how much pedal power you can produce to keep the radio going.
- ▶ Prepare a hay box, back pack cooker or other method of insulating food. Boil up a casserole and put it in the box for one hour. Enjoy!
- ▶ Make something pop by mixing vinegar and bicarb soda – a 'volcano', or a mini rocket made with a large plastic syringe.
- ▶ Make a puff mobile from junk and blow it along a footpath.

### Meeting time outdoors:

- ▶ Collect some large rocks and heat them in a fire. Put them in a large dish on a heat proof surface, sit them in a tent with no floor, pour water on the rocks and enjoy a sauna!
- ▶ Cook food in a hangi, clam bake, pachamanca or kalua. You will of course need to find out what they are.
- ▶ Invent an energy fun factory with stations to visit. It could include things like a tug of war, a skipping challenge, a water rocket, or strength tester based on stretching springs.



### Adventures:

Hold a fun run and invite other youth groups to join in. Choose a cause to support.

Find a club that uses wind power – a kite club, land yachting, or sailing. Join them for a day.

Archery clubs welcome visitors. A visit to an ice skating rink is fun. Or have you thought of pedal boats?

There are lots of options:

Solar energy	Wind power	Stored heat
Pedal power	Springs	Slow cookers
Plant chemicals	Fun runs	Scout's pace
Billy carts	Hangi	Saunas
Archery	Kites	Leg power

## THEME TEN: ENVIRONMENT

### Meeting time skills:

- ▶ Find out ways to be water wise. Reduce the amount you need. Use recycled water where it is safe to do so.
- ▶ Find out about weeds and do something to reduce a weed problem in your community.
- ▶ Explore the world of bugs – insects, spiders, and so on. Find out why these creatures are some of the most successful animals in the world.
- ▶ Make weather instruments and collect information about your place.

### Meeting time games and activities:

- ▶ Challenge another Patrol to do some fun challenges using no energy from electricity, fuels or other petrochemicals. Things to try could include heating a cup of water, friction powered toys or making a light to read by.
- ▶ Hold an Earth Hour meeting. This one hour in the dark is held in March each year.
- ▶ Hold a Frog Night. Make origami models, nets for dipping ponds, listen to frog calls on a computer. Find out how wetlands habitat can be maintained. Invent and play a frog recognition game.

### Meeting time outdoors:

- ▶ Invent and play a game that helps you find out about plants, animals and soil in a particular area. It could include a photo hunt or tracks and trails.
- ▶ Collect materials suitable to mulch a garden and share it with people in the community. Examples might include bark blown off trees in a storm, shredded newspapers or grass clippings.
- ▶ Grow a herb garden in an area easy to maintain. Donate herbs to food banks, or sell them for a cause.
- ▶ Make and install an artificial bird nest or nesting box, or an artificial burrow for a fairy penguin, or create a habitat to encourage birds and animals to a garden.



### Adventures:

National Tree Day at the end of July is a great time to get together and plant at a local camp ground, or around your meeting place, or along paths through your town or suburb.

Spend some time in the bush. Get a real feel for the plants and animals in your area. If you are ready for a real challenge then build a sleeping platform or bivouac on the ground.

Adopt a beach and visit it regularly to clean rubbish and check for erosion. You might also like to find out if sea level is rising along your coastline.

There are lots of options:

Landcare	Making soil	Recycle
Coastcare	Weeds	Photography
Gardens	Koala Month	Mulching
Herb gardens	Clean ups	Pollution fighter
Endangered	Reduce	Re-use



GIRL GUIDES  

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AUSTRALIA