



ENJOY THE OUTDOORS TAKE YOUR WEEKLY MEETING OUTSIDE



Centenary Challenge - Challenge Yourself by Living a Healthy Active Lifestyle

Scouts Pace



"Patrols going over open country where they are likely to be seen by enemies or animals, should get across as quickly as possible by moving at scouts pace, walking and running alternately for short spells of fifty paces from one point to cover to another" - Lord Baden Powell

Take your Unit or Patrol out for 10 to 15 minutes at the start of the program - the girls will return energised and ready for more fun!

You can modify this to 20 paces running, 20 walking or if you are in a built up area, one hydro pole to the next! Guides will be able to get to their destination without tiring by using this method. Make it more interesting by introducing a message which the Guides must remember for the journey. Make this a part of your Unit program each week for 5 or 6 weeks extending the distance and/or message each time.

Challenge: Guides may like to try this method of getting from one place to another with their families. Set some goals for a destination. Maybe do Scouts Pace to the shops instead of driving the car. Can Mum or Dad remember the message? You and your school friends could do Scouts Pace to school!

Set yourself a healthy lifestyle challenge to be carried out over the next month. Keep a record of how well you did and share with your Patrol.

Penny Hike



This is a traditional Guide activity and is great fun because you never know where you will end up! You can involve the whole Unit or it can be a Patrol activity. Always ensure there is an adult on hand to supervise this activity.

A coin is tossed at each intersection. If a head, turn left, if a tail turn right.

See how far the Unit or Patrol can get in 30 minutes and then retrace their steps to the starting point. Back at the hall ask the girls to map their path and name the streets - local knowledge and observation skills!

To add some extra fun to the hike why not suggest that Patrols turn the hike into a wheelbarrow expedition. One girl is to be pushed in the barrow at all times while following the instructions above.

See if you can find an old Penny to keep especially for this activity.

Challenge: Share your hike with your school friend or take your family for a walk along the route following your map directions.

Centenary Challenge - Understanding myself through fun in the outdoors



Find yourself in nature

Walk Guides to a local park where they can find 3 - 5 natural items which reflect themselves. *Suggestions: shape of leaves, sticks, rocks. Ask them to think not only of their physical self but to reflect on their emotions when making a selection.* Guides then come together to share their finds and explain why each of them is important to them or what they show about themselves. *Remember some girls may be reluctant to share this personal information. If this is the case then smoothly move onto the next person.*



If you meet in a hall, where items can be left, girls can make a ME display and encourage their friends and Leaders to bring along different natural objects which they can add to the display to further add to their identity. An explanation should be given as to why an item has been added.



Do YOU know ME?

Here is a new way for Guides to learn the names of new girls or to find out more about the Guides in their Unit.

Using natural materials, Guides make a design which includes their own name. No crayons or pens are used in the design. When the design is decided upon it can be glued to card or paper. When finished, place the pictures around the hall and ask the girls to match the picture to the right girl and discuss why it was chosen. Next week ask the Guides what they remember about the discussions about the designs and if they can remember the names of all the new girls or something specific about each girl in the Unit.

