

TAKING IT OUTDOORS MEETS ACTIVE LIVING

AN INSTANT MEETING FOR GUIDES
FROM THE BC PROGRAM COMMITTEE

Take the girls outside and have some fun in nature at a meeting. Get active with some fun games and have the girls learn to appreciate the environment around them.

Meeting Plan

Meeting

5 min:	Arrival
10 min:	Horseshoe and Opening
15-20 min:	Active Games
10-15 min:	Skipping Challenge
10-15 min:	Nature Activities
15-20 min:	Nature Scavenger Hunt
20-30 min:	Complex Games
5 min:	Closing - Taps

120 minute meeting. Approximate activity times shown.

Program Connections

[Beyond You: Explore the Outdoors and Nature #1, 4 and 6](#)

[Discovering You: Stay Fit and Healthy #6](#)

[Active Living Challenge: Fitness Fun](#)

[Eco Pak Challenge: Fun and Games and Taking it Outside](#)

Arrival

Greet the girls as they arrive to the meeting.

Opening

Have your usual meeting opening, e.g. have the girls collect the weekly dues and take attendance in their patrols. Have the Guides sing the Guide Marching Song or the Guide Law Song as they do Horseshoe.

Active Games (Choose 2 or 3 of these active games.)

Buddy Tag

Directions:

1. Pair all the girls up into buddies.
2. Scatter the buddies around the playing area, leaving lots of space between each pair.
3. Then pick one pair of girls to start off the chase. One girl is "it" and tries to tag the other girl.
4. The girl being chased can, at any time, grab a hand of a buddy. If this happens, the buddy of the girl whose hand was grabbed must run in her place, and the girl who was running becomes one of the standing buddies. The effect of this is that the "it" girl ends up chasing a whole series of different girls! If the "it" manages to tag one of the runners, the roles are reversed, so the chased girl becomes "it" and the "it" is now being chased.

Sports Relay

Directions:

1. Divide the girls into groups of six.
2. Have the girls line up in their teams behind a marked line.
3. Designate the other end of the relay course with some cones.
4. The first girl will travel with the soccer ball by kicking it to the cone and back. She will give the second girl a high-five when she returns. The first girl will go to the end of the line and sit down.
5. The second girl will dribble a basketball to the cone and back. She will give the third girl a high-five when she returns. The second girl will go to the end of the line and sit down.
6. The third girl will continuously keep the volleyball in the air by bumping it with her hands as she moves to the cone and back. The third girl will give a high-five to the fourth girl when she returns.
7. The relay will continue with the fourth girl moving to the cone with the soccer ball, the fifth girl dribbling the basketball and ends with the sixth girl bumping the volleyball. The winning team is the one with all six girls sitting down in a row first.

Supplies

- soccer ball
- basketball
- volleyball
- cones

Mouse Trap

Directions:

1. Split the girls into 2 groups. One group is the trap and the other group consists of mice.
2. The trap stands in a circle holding hands in the air.
3. The leader should not be facing the group.
4. The mice have to run through the trap.
5. When the leader yells, "MOUSE TRAP", the trap lowers their arms. Whoever is inside the trap at this point is caught and becomes a part of the trap. The last mouse left is the winner.
6. At the end of the round, the 2 groups should switch roles.

Streets and Alleys

(Description borrowed with permission from www.guidinguk.com)

Directions:

1. One girl is chosen to be the cat and another is the mouse.
2. A leader or a chosen girl is the caller.
3. The remainder of the girls line up in a perfect grid, ideally 4 X 4 or similar.
4. The girls stand with arms outstretched facing north for streets and west for alleys. The idea is that the cat and mouse run down “streets” and then when the caller changes to alleys, the orientation of the game switches. The caller changes streets and alleys at random to help the mouse initially, then to help the cat so that the game switches up. When the cat catches the mouse, the girls play again with a new cat and mouse.

Hopscotch Designs

Directions:

1. Divide the girls into teams of four.
2. Each team will design its own hopscotch pattern. Decide how many numbers the hopscotch pattern will have. The team may decide to use painter’s tape or use chalk on the concrete playground outside.
3. Advise the girls to draw or make the squares or X’s large enough for the girls to place their feet.
4. Each girl will choose her own marker using objects that are commonly found on the playground.
5. The first girl starts off by throwing the marker into square #1. She hops on only one foot, retrieves the marker and hops back out.
6. The second girl will repeat what the first girl did and this continues until all the girls have done this.
7. Once everyone is done, the first girl will throw the marker into square #2. She hops into square #1 and then square #2 to pick up the marker. The rest of the girls will do the same.
8. Everyone will make their way up to the highest number on the hopscotch design and then work back down again to square #1.

Supplies

- chalk or tape
- concrete playground or sidewalk
- markers (eg. rocks, sticks, coins)

Catch It Game

Directions:

1. One girl stands in the middle of the circle and, while throwing the ball up high, calls out a category that might fit some of the girls. Examples include: everyone with a brother, everyone wearing running shoes, everyone who has a pony tail, everyone who rode their bike to Guides and so on.
2. Any girl that fits that category runs into the circle to catch the ball. The girl that catches the ball is the next girl in the centre.

Supplies

- ball

Salmon Survival

Directions:

1. All the girls line up across one side of the playing area. They are the “salmon”.
2. One girl (the fisher) stands in the centre of the hall.
3. The Guider shouts “fast current” and all the “salmon” try to get across to the other side of the area, without getting caught by the girl in the middle (the fisher).
4. If someone is caught, she stays where she was tagged, becoming a “fishing net”.
5. On the next call of “fast current” the same girl remains as the fisher and the “salmon” try to run to the other side of the area again.
6. Any girls that have become a “net”, remain in standing in place but can stretch to catch anyone that runs close enough to reach. Eventually there will be only a few or no “salmon” left.

Supplies

- ball

Skipping Challenge

Directions:

1. Have girls partner up and count each other's skips to set a unit record. Keep track for future meetings to see who can break the record.
2. Choose an unlikely girl to demonstrate and start off the record; that gives her a chance to be “record holder” even if it is for a short time.
3. Have girls demonstrate fancy skips, jumps and tricks:
 - a. **Two Feet Hop**
Jump with both feet together.
 - b. **Alternating Jumps**
Switch between the right foot and the left foot for every revolution.
 - c. **Criss-Cross**
Jump rope and then cross your arms in front of you while the rope is in the air. Alternate between regular jumps and crossovers.
 - d. **Side Straddles**
When the rope passes in front of you, jump up and spread your legs apart in a side straddle. Jump over the next revolution and bring your feet together again.
 - e. **Front Straddles**
When the rope passes in front of you, switch your legs so they alternate between backward and forward.

Supplies

- skipping rope

Nature Activities *(Choose 2 or 3 of these activities.)*

Leaf Prints

Directions:

1. Go outside and collect leaves of different shapes and sizes.
2. Make leaf prints by inking from an ink pad and then rolling onto the paper.
3. Leaf rubbings can be made by placing the leaves under the paper and rubbing crayons over the top.
4. Glue a cardstock frame over the picture.

Supplies

- leaves
- paper
- ink and /or crayons
- glue
- cardstock

Pressed Flower Cards

Directions:

1. Pick some flower from your garden.
2. Use some paper and heavy books to press the flowers. Place the flowers between some plain pieces of paper and then stack the heavy books on top of the flowers. Allow the flowers to press for a week.
3. Once the flowers are dried and pressed, create some cards with the pressed flowers and scrapbooking paper.

Supplies

- flowers from an open field or garden
- glue
- cardstock



Magnifying Glass Hunt

Directions:

1. Use string to square off a piece of an open field and then see what you find in your small patch of grass or dirt.
2. Discuss the findings as a group.
3. Who found the smallest living thing?
Who found the most interesting thing?
Who found something that moved?
Who found anything that does not belong in nature?

Supplies

- magnifying glass

Pine Cone Bird Feeders

Directions:

1. Tie wire or string onto a pine cone.
2. Slather with peanut butter and roll in bird seed.
3. Hang the pine cone bird feeder from a tree to feed the birds. Peanuts are a favourite food of BC's provincial bird, the Steller's jay. Remember that you need to keep feeding the birds until the berries are out in late spring!

Supplies

- open pine cones
- peanut butter (caution: be aware of nut allergies)
- string or wire
- bird seed

Sound Kim's Game

Directions:

1. Have the girls sit quietly for two or three minutes with their eyes closed.
2. Girls try to identify as many sounds as possible.
3. Can they find nature sounds in addition to the city noise?
4. Draw sound maps using a pencil and a piece of paper.

Supplies

- pencil
- paper

Sock Walk

Directions:

1. Have large white sport or wool socks for the girls to put over their shoes. Have them walk a bit and see what they pick up on the bottom of their socks. This works best in a field or forest.
2. Look at what interesting things were picked up. Hopefully you might have found some seeds.
3. Talk about how animals transport seeds from one place to another.

Supplies

- white sport socks or wool socks

Nature Scavenger Hunt

Directions:

1. Take advantage of the outdoors and go play outside! Send the girls off on a Nature Scavenger Hunt.
2. Have the girls do a Scavenger Hunt with different themes:
 - a. Find something that starts with **each letter of the alphabet**.
 - b. Find things for each of the **colours in the rainbow** (ROYGBIV): red, orange, yellow, green, blue, indigo, and violet.
 - c. Find **different types of plants** in a field or a forest: mosses, ferns, flowers, etc.
 - d. Find things with **different shapes** (eg. round, triangular, rectangular, twisted, etc.).
 - e. Find things with **different textures** (eg. sharp, fuzzy, soft, smooth, rough, prickly, hard, sticky, etc.).
 - f. Find things using your senses (eg. touch, smell, hearing, and sight). Do not taste.
 - g. Listen for things that make **different sounds** (eg. leaves rustling, water running in a stream, birds chirping, etc.).
 - h. Find things in a particular location (eg. in the forest, at the beach, etc.).
4. To make the Nature Scavenger Hunt Cards, add some pictures for the girls who are visual. Then give the girls a brown paper bag with the scavenger hunt card attached to it or print out a scavenger hunt card, laminate it, and attach it to a lanyard. Another alternative would be to give the girls an egg carton to gather the objects in.
5. Once the Nature Scavenger Hunt is over, have the girls make a Nature Collage with the items that they collected.
6. If you want to be environmentally friend, do a **PHOTO Nature Scavenger Hunt** instead. Have the girls take a picture of the list of things on their list.

Complex Games (Choose 2 or 3 of these games.)

Bedlam

(Borrowed with permission from www.guidinguk.com.)

Directions:

1. This game requires four teams with the same number of girls in each team.
2. Each team takes one corner of the room or playing field. The playing area can be either square or rectangular.
3. At a signal (whistle, etc.), each team attempts to move as quickly as possible to the corner directly across from them (diagonally), performing an announced activity as they go.
4. The first team to get all its members into its new corner wins that particular round.
5. The first round can be simply running to the opposite corner, but after that you can use any number of possibilities, such as walking backward, wheelbarrow racing (one person is the wheelbarrow), piggyback, rolling somersaults, hopping on one foot, skipping, and crab-walking.
6. There will be mass bedlam (craziness!) in the centre as all four teams criss-cross.

Water Cycle Relay

(Borrowed with permission from www.guidinguk.com.)

Directions:

1. Divide the girls into teams of five in a line quite widely spaced. The girls within the line are also spread far apart.
1. On “go” the first girl fills the ziploc bag (she is the Cloud) and twirls while advancing to the next girl. She passes on the bag.
2. The second girl is the Mountain. She runs to the next girl and passes on the bag.
3. The third girl is the Rain. She hops on one foot to the next girl.
4. This fourth girl is the Stream/River. She winds her way, zigzagging, to the next girl and passes on the bag.
5. The fifth girl is the Ocean. She takes the bag and waves all the way back down to the bucket (at the beginning of the line). She fills up the bag and is now the Cloud.
7. The previous first girl is now the Mountain and so on.
8. The girls have to listen to the directions as they will have to remember what they are (or have become) and the action for it. They will get lots of encouragement and cheering from their team!
9. The relay continues until the first girl (the original Cloud) is the Ocean and waves her way down to the bucket. All the girls will get a bit wet...the Oceans have a great time! (It's an amusing way to teach about the water cycle. Have Fun – Get Wet!

Supplies

- bucket of water
- veggie ziploc bag (with holes in it)

Don't Throw Your Garbage in Your Neighbour's Yard

(Borrowed with permission from www.guidinguk.com. Source: The 4th Girl Guides of Wandering Hills District, Calgary Area.)

Directions:

1. Put a hula hoop or loop of skipping rope in each corner of the play area.
2. Put equal numbers of bean bags in each hula hoop.
3. Divide the girls into teams of five or six. Each team stands by their hula hoop. This is their yard!
4. Yell Go!
5. Each group has to empty their hula hoop by carrying the bean bags, one per trip, to another team's yard. Tossing is acceptable if the bean bag lands in the hoop; if not they have to retrieve it and put it in.
6. Watch out for the other team members so that you do not bump into each other.
7. Count the number of bean bags in each hoop at the end of the game (10 minutes) and the team with the fewest bean bags (the least garbage) wins.
8. Talk to your girls about the environment and what happens to garbage if it isn't disposed of correctly—simply throwing the garbage at your neighbour doesn't help clean up the Earth.

Supplies

- hula hoops (or rope set out in circles on the ground) for each team
- 6 bean bags per hoop

Closing

Close the meeting with Taps.