



GirlGuiding
New Zealand
Ngā Kōhine Whakamahiri O Aotearoa



**YOU ^{BE} THE
GUIDE**

BROWNIES

HOLIDAY PROGRAMME

Hi there!

We know the break is coming up so we've put together some super fun activities to keep your daughter busy. She'll be moving her body, making salt dough to craft ornaments, creating bed sheet tents in the backyard and we've even put in our favourite edible marshmallow slime recipe!!

Once she complete this, we also have even more activities happening over on the GirlGuiding NZ Facebook page so make sure you check it out and get involved with our special #YouBeTheGuide #VirtualGroupGuiding challenges!

Remember to tag us in any pictures you take – we love to see what you're up to.

We'll see you back soon in Term Two.

1. Make a Compostable Vegetable Garden

Make Your Own Vegetable Garden

Resources

- Newspaper
- Round objects like a can or small bottle
- Compost
- Gloves
- Mask
- Seeds

Instructions

1. Find different size round objects around the house in order to make a range of pot plants.
2. Cut strips of newspaper wide enough to fold halfway across the mould base and roll the paper round to make 4-6 layers per pot.
3. Wrap tightly to create firm pots, then start folding the paper over the base so there is no gap for any compost to fall through.
4. Carefully slide the paper pot from the mould. Stand pots in a seed tray/shallow cardboard box.
5. Put on a mask and gloves.
6. Put compost in newspaper pot plants.
7. Plant seeds.
8. Once the seedlings have grown you can plant these straight into the garden as the newspaper will decompose naturally into the dirt.

2. Build a Backyard Bed-Sheet Tent

Resources

- A queen or king-sized bed sheet
- Several metres of rope
- Four big rocks, bricks, or other heavy objects
- Two solid trees/two structures that are opposite each other that you can tie rope to.
- Furnishings; pillows, beanbags, things to make it homely.

Instructions

1. Tie your rope at shoulder level from one tree to the other
2. Next, place your sheet over the rope so that an even amount hangs down on either side. The folded sheet should touch the ground just a little bit. If not, adjust the height of the rope by carefully shimmying it up or down the tree trunk.
3. Gently pull out each side of the folded sheet to create a triangular tent shape and secure the corners with your heavy rocks or bricks.
4. Grab your sleeping bag, pillow and your favourite book and enjoy!

3. Salt Clay Ornaments

Resources

- 1 cup of plain flour
- ½ cup of table salt
- ½ a cup of water

Method

1. Preheat the oven to its lowest setting and line a baking sheet with baking paper.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of.
4. Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.
5. Leave to cool and then paint.

4. Flower Pressing

Materials

- Flowers
- Heavy book
- Absorbent paper (baking paper, thin cardboard)
- Weight (can just be more books)

****Tips****

Pick your flower right when it is about to flower so it's nice and bright. Try and get one that has already been dried out from the sun as wet plants are prone to mould. Choose flowers that have a flat bud and are small. If the bloom is globe shaped, you can cut it in half so that it's easier to press.

Instructions

1. Begin by preparing your flower. Remove any unwanted leaves and lay flat on baking paper.
2. Find a heavy big book and open it. Place the baking paper on the book's pages so you can sandwich the flower between the baking paper when you close the book. *Make sure you choose a book that you don't mind getting damaged. There is a chance that the water from the flower may cause the book pages to wrinkle.*
3. Position the blooms face down on baking paper. Carefully close the book, making sure not to move the flowers.
4. Place more books or other weighty objects on top of the book.
5. Let the flowers sit for 3-4 weeks. The longer you press the flowers, the less water will be left in them. Give them two to three weeks before removing from the book. If they don't have a papery feel, change the baking paper and let them sit for longer.
6. Once you've created your pressed flowers, you can put them on display!

Practice the breathing techniques below to learn about different styles and how you can use them in different situations.

5. Mindful Breathing Basics

Get a family member to read the script out loud to you and practice the different types of breathing pattern.

How do you feel after each breath? Do you feel more relaxed?

Once you have tried it, get the whole family to join.

Techniques

Dandelion Breath

What this breath is used for - Use this breath to build confidence and release anxiety in new situations.

Script to read: Sit up and let your spine grow tall. Imagine a soft dandelion flower. Take a deep breath in and then blow the air out slowly, sending the seeds into the air. Repeat three times.

Counting Breath

What this breath is used for - Use this breath to self-regulate and gain clarity in frustrating situations.

Script to read: Sit up and let your spine grow tall. Take a deep breath in, counting silently 1 . . . 2 . . . 3. Then let your breath out, counting silently 1 . . . 2 . . . 3. Repeat three times.

Belly Breath

What this breath is used for - Use this breath to self-soothe and feel comforted when sad and/or hurt

Script to read: Lie down on your back. Place one hand on your chest. Place your other hand on your belly. Take slow deep breaths and feel your chest and your belly move up and down as the air goes in and out of your body. Repeat three times.

Balloon Breath

What this breath is used for - Use this breath to calm night-time restlessness and worry.

Script to read: Lie down on your back and let your hands rest by your sides, palms up. Inhale through your nose and imagine filling your body with breath like a big balloon. Exhale and blow the air out through your mouth. What colour is your balloon? Repeat three times

6. Make Nut Free Bliss Balls

This treat has all-natural sugars and will make about 20 balls.

Ingredients

- 1 Cup sunflower seeds
- 1 Cup dates
- 1 Cup raisins
- 1/4 Cup cocoa or cacao
- 1 Tbsp coconut oil
- Desiccated coconut

Instructions

1. Put everything except the desiccated coconut into a food processor
2. Blitz, be patient it will take around 5 minutes for the mixture to form a ball
3. Roll spoonfuls into balls
4. Roll the balls in desiccated coconut
5. Refrigerate for 1 hr before serving

7. Fast Clap

Fast clap is an easy fitness activity. You can do this with family members or on your own.

Resources

- Paper
- Pen or pencil
- Stopwatch or clock

Instructions:

1. Clap your hands in the usual position, right in front of your body, for 30 seconds. How many claps did you make?
2. Now do the same with your hands over your head. How many claps did you make?
3. Now do the same with your hands behind your back. How many claps did you make?

What body parts/muscles did you use when you clapped over your head that you didn't use clapping in front?

What body parts/muscles did you use when you clapped behind your back that you didn't use clapping over your head?

8. Edible Marshmallow Slime

Resources

- Marshmallows – 1 handful per girl
- Spray Oil
- ¼ cup of Cornflour
- Microwave
- Microwave proof bowl
- Wooden Spoon

Instructions

1. Put 2 handfuls of marshmallows into a microwave proof bowl
2. Microwave for 30 seconds
3. Stir it a bit to test the consistency.
4. It might need some more time – if so pop it in again but watch it closely.
5. Add in half a cup of cornflour slowly – as you see necessary.
6. Put flour on the board and knead slowly
7. If it gets sticky put some spray oil on your hands to move it around a bit.

Stretch it, play with it and then eat it!!!

9. Jump Rope Challenge

Resources

You just need yourself!

Instructions

1. Can you get to 10 without stopping?
2. What is the max you did?
3. Have a friendly competition with a family member and keep a tally who did the most.
4. Make it a daily test to yourself. Can you get more on Monday than you did on Friday?

10. Explode a Bag

Resources

- Ziploc Bag
- Vinegar
- Baking Soda
- Tissue
- Measuring Cups
- Food Colouring

Instructions

1. Put $\frac{1}{4}$ cup warm water into a Ziploc bag, and some food colouring if you would like!
2. Add $\frac{1}{2}$ cup of vinegar to bag.
3. Put 3 teaspoons of baking soda into the middle of a tissue.
4. Wrap the baking soda up in the tissue by folding tissue around it.
5. You will have to work fast now – partially zip bag closed but leave enough space to add the baking soda packet. Put tissue with baking soda into bag and quickly zip bag.
6. Put bag in the sink or down on the ground (outside) and step back. The bag will start to expand, and expand, and if all goes well...POP!

About the WAGGGS educational model and GGNZ

The World Association of Girl Guides and Girl Scouts is the largest voluntary Movement dedicated to girls and young women in the world. Our diverse Movement represents ten million girls and young women from 150 countries.

Our programmes feature a significant emphasis on outdoor activities and teamwork. There is a focus on girl leadership and responsibility for self and others, enabling ordinary people to achieve extraordinary things.

Programmes appropriate to different age groups provide regular opportunities for participation and fun in recreation, learning for leisure, and life skills. Activities offer numerous areas of choice, challenge, achievement and new experiences, especially in the outdoors. Members are encouraged to involve themselves in community service and to participate in international opportunities.

The Girl Guide and Girl Scout educational method has five essential elements:

- Learning In Small Groups
- My Path, My Pace
- Learning By Doing
- Connecting With Others
- Connecting With My World

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