



GirlGuiding
New Zealand
Ngā Kōhine Whakamahiri O Aotearoa



GUIDES

HOLIDAY PROGRAMME

Hi there!

We know the break is coming up, so we've put together some super fun activities for you. Whether you're unleashing your inner performer by hosting your own Trivia Game Show, making your own bath bombs or learning about mindfulness, you will be kept busy.

Once you 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 look forward to seeing you back in Term Two.

1. Host Your Own Trivia Game Show!

Instructions

Host a trivia game show for your family or unit.

Research 10 questions that are about a theme or just general knowledge questions.

Themes could be:

- Animals
- The World
- Sport
- Music
- TV
- Entertainment

Make a "stage" in the front of the lounge and present this to your family or your Unit.

Think about things that could add to your performance.

What is your host name?

Will you have an entrance song?

What is the name of your Trivia Show?

Rummage around the house for a funny prize for the winner and loser!

2. The Best Part - A Holiday Letter

Handwrite a letter to a family member.

Start writing it on the first day of the holiday and bullet point the best part of your day.

The next day, add another bullet point with your favourite part of this day.

Do this every day until the end of the holidays!

3. Mindfulness - Breathing Basics

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

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 breathe? 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

4. Break it and Build it

Resources

- An old appliance
- Screw drivers and other equipment

Instructions

Take apart an old appliance.

Can you put it back together?

5. 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

- Begin by preparing your flower. Remove any unwanted leaves and lay flat on baking paper.
- 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.
- Position the blooms face down on baking paper. Carefully close the book, making sure not to move the flowers.
- Place more books or other weighty objects on top of the book.
- 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.
- Once you've created your pressed flowers, you can put them on display!

6. A dog, an umbrella and some sushi oh my

A Short Story Exercise

Write a short story or poem that includes a dog, an umbrella and some sushi.
Once they are done – Read them to everyone else in the unit or family!

7. Host a Pizza Night

Host a pizza night for your family!

You can create a topping bar by prepping all the fresh veggies, meats, sauces and cheese. Invite your family to your Pizzeria and get them to decorate their pizzas!

You can buy the bases if you want but we added an easy yeast free recipe in case you want to make them from scratch with some help from a family member.

Pizza Dough

- 50g flour
- 2 $\frac{3}{4}$ tsp baking powder
- 1 tsp salt
- 1 tbsp oil
- Additional toppings of your choice eg, pizza sauce, cheese, pineapple, tomato.

Method

1. Heat the oven to 200C
2. Mix together 350g flour, 2 $\frac{3}{4}$ tsp baking powder and 1 tsp salt in a small bowl, add 1 tbsp oil and 170ml water then stir until it forms a ball. If stiff, add more water, it should be soft but not sticky.
3. Knead on a floured surface for 3-4 mins. Roll into 2 balls, then flatten out.
4. Add toppings and bake each on a baking sheet for 15 mins.
5. This recipe makes two pizzas, so make sure to double it, if you have a big family!

8. Bath Bombs

Ingredients

- 1 cup of Baking Soda
- 1/2 cup Citric Acid
- 1/2 cup sea salt
- 3/4 of a cup of cornflour
- 2 Tablespoons of oil (It needs to be a liquid oil)
- 2 Teaspoons of water.
- 1 tsp vanilla extract
- 30-40 drops of essential oils or powdered dried herbs (ginger is great)

Instructions

1. Combine dry ingredients in a large bowl and mix well until combined.
2. In a small bowl, combine the oil, water and vanilla extract and stir well. Add essential oils if using.
3. Add the liquid ingredients to the dry ingredients a few drops at a time. Mix well with hands (wear gloves if you have sensitive skin). Add powdered dried herbs if using.
4. Mixture should hold together when squeezed without crumbling. You may need to add slightly more water if it hasn't achieved this consistency yet.
5. Quickly push mixture into moulds, greased muffin tins or any other greased container. Press in firmly and leave at least 24 hours (48 is better) or until hardened. It will expand some and this is normal. You can push it down into the mould several times while it is drying to keep it from expanding too much. Using the metal moulds will create a stronger and more effective final bath bomb.
6. When dry, remove and store in airtight container or bag. Use within 2 weeks.

9. Milk Bottle Hold Up!

Resources

- Clean, used 1L milk bottle
- Stones/sand

Instructions

1. Fill two 1L plastic milk bottles with stones or sand.
2. How many times can you lift those milk bottles, one in each hand, over your head before your arms get tired?
3. How many times can you touch the bottles together behind your back? In front of you? How many times can you touch your toes with the bottles?

Have a friendly competition with a family member and see who can keep them up the longest.

Make it a daily test to yourself. Can you do it longer on Monday than you did on Friday?

10. Balloon Rocket

Resources

- 1 Balloon
- 5m of string
- 1 Drinking Straw
- Tape

How to Make

1. Get two chairs and place them 4 metres apart.
2. Tie one end of the string onto one of the two chairs.
3. Pass another end of the string through the straw. Then, tie it to the second chair tightly, so that string tied between two chairs become flat.
4. Blow up the balloon. Then, pinch its mouth with your hand, so that no air escapes from it.
5. Tape the balloon with a straw while holding the mouth of balloon closed (ask your family to help you).
6. Just leave the mouth of the balloon, when you want your rocket to slide over the string. The air from the mouth of balloon rushes out.

Watch your rocket!

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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