



GirlGuiding
New Zealand
Ngā Kōhine Whakamahiri O Aotearoa



PIPPINS 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, building and crafting, making edible fossils 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. Star Jump 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?

2. Dance Party

Resources

A mix of your favourite dance songs

Instructions

Put on your favourite song and get up and dance nonstop. Lift your legs, swing your arms, leap and twirl in the air. It doesn't really matter what you do, so long as you keep your body in constant motion for the entire length of the song.

When the song ends answer the following

- How does your body feel?
- How are your lungs feeling?
- Is your heart pumping at a rapid pace?
- Why do you think that's so?

Now think about how it would feel if you were dancing like that in a 50-minute ballet. You'll have a new respect for professional dancers.

3. Recycled Bubble Blower

Resources

- Bubble Solution
- Plastic Bottle
- Mesh Fruit Bag – or something with lots of holes in it!
- Duct Tape

Instructions

1. Cut your bottle in half with scissors
2. Add your mesh over the half with the opening and secure the sides with duct tape.
3. Add some bubble solution in a shallow bowl so your bottle will fit over. Dip in the solution and then blow!

4. Build a Teepee Fairy House

Resources

- Sticks that are all a similar size in length
- Cooking twine/thick cotton
- Leaves
- A stump (or a piece of lawn you don't mind going brown)

Instructions

1. Put sticks around the stump and set them up in a teepee style with an area left open for the front door. To help with stability you can push a few of the sticks in the ground.
2. Wrap a thick cotton or cooking twine around the top of the teepee and tie it off.
3. Weave leaves in out of the twigs and string
4. Fill your teepee with other things you can find out like some food for fairies

5. Leaf Art

Resources

- Real leaves
- Paper (preferably thin or lightweight)
- Crayons or oil pastels

Instructions

1. Collect leaves of various shapes and sizes. You can use fresh leaves or dried fallen ones.
2. Place a leaf with its bottom side facing up.
3. Place paper over the leaf.
4. Rub the side of a crayon or an oil pastel gently on the area over the leaf. As you do this, you'll see the coloured areas start to take the shape of the leaf. Continue until you have rubbed over the whole leaf.
5. Try different kinds of leaves and use different colours.

6. Edible Amber Fossils

Before you start answer the following:

What are fossils?

Why are fossils important?

What do fossils tell us?

What do you think our amber fossil will look like when it hardens?

Ingredients

- Clear containers/cups
- 1 x Pack of Tropical Jelly (or any other orange colour jelly)
- Mini Dinosaur gummy lollies
- Hot water
- Measuring Jug
- Stirring Spoon

Method

1. Make jelly as per instructions on the back
2. Distribute Jelly in clear containers/cups evenly
3. Put in fridge to chill
4. After one or two hours take Jelly out and push the dinosaur gummy into it.
5. After a few hours, the jelly would have set and there will be your edible fossil!!

7. Coin Pick up

Resources

- 10 Coins
- Small box or bowl
- Paper
- Pencil or pen
- Stopwatch or clock

How to Play Coin Pickup

1. Hold 10 coins in your hand, and softly scatter them in front of you. See how fast you can gather the coins and drop them in the box or bowl. Write down your time.
2. Now repeat the process. But this time, gather them with your toes before dropping them in the bowl or box. How long did that take?
3. Want a few more choices? Try picking up the coins with only your right hand. Now, only your left hand.

8. The Great Backyard Scavenge!

Venture outside and explore your backyard!

Find the things on the list below and then it back to your Captain to check off your list:

- A small flower
- A big flower
- A plant with no flower
- Something red
- A weed
- A funny shaped leaf
- A stick
- Something fluffy
- A big leaf
- A clover

9. 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 – ad 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!!!

10. Step it out

Make a list and see how many steps it takes to get around your house!

How many steps does it take from:

- Your room to your front door?
- Your room to the kitchen?
- From the backdoor to the front door?
- Around your backyard?
- From the fridge to the washing machine.

How many steps does it take you compared to an adult?

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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