



**GirlGuiding**  
New Zealand  
Ngā Kōhine Whakamahiri O Aotearoa



**YOU <sup>BE</sup> THE  
GUIDE**

# **RANGERS**

## **HOLIDAY PROGRAMME**

Hi there!

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

We have made sure you have a large variety of things to keep you 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. Homemade Sugar Scrub

### Resources

- 2 cups brown sugar
- 1 cup solid (but soft) coconut oil
- Extra additions (vanilla extract, essential oils, etc.)

### Instructions

1. Whip together the sugar, oil, and any extra additions until the mixture looks creamy and resembles loose cookie dough.
2. You may use a food processor, but don't let it process too long or the coconut oil will melt and the mixture will separate. If this happens, just put it in the freezer for a few minutes to solidify and mix again.
3. Store in an airtight container. Lasts for weeks. Maybe months. If it's stored in the shower, you may have the same problem with separation as the coconut oil warms. Just stir it around with your finger before using.
4. It's OK to lick your finger, too.

## 3. Rainbow Walking Water Experiment

### Resources

- 7 Glasses
- Paper towels (cut the paper towel in half and make sure they are absorbent)
- Food colouring in primary colours
- Water

### Instructions

1. Place 7 cups in a row and fill the 1st, 3rd, 5th, and 7th cups with water.
2. Add 5 drops of red food colouring to the 1st cup and the 7th cup. \*\*ensure the same number of drops are added per cup\*\*
3. Add 5 drops of yellow food colouring to the 3rd cup.
4. Add 5 drops of blue food colouring to the 5th cup.
5. Take a half sheet of paper towel and fold it in half lengthwise and in half again lengthwise.
6. Trim off some of the length so that there isn't too much excess paper towel that will stick up in the air between each cup. This will make the water walk more quickly.
7. Place one half of a rolled paper towel in the 1st cup and place the other half in the cup next to it. Then another paper towel from 2nd cup and into the 3rd cup. This continues until you have placed the last paper towel that drapes over from the 6th cup to the 7th cup.
8. Stare at the cups and watch what starts happening. You should quickly be able to see the coloured water begin to crawl up the paper towel.

## 4. Break it and Build it

### Resources

- An old appliance
- Screw drivers and other equipment

### Instructions

1. Take apart an old appliance.
2. Can you put it back together?

## 5. Family Tree

### Resources

- Pen
- Paper

Talk to all your family members and research your family tree – see how far back you can go.

## 6. Daily Morning Move It

Every morning challenge yourself to get up and complete the following:

- 50 star jumps
- 50 skipping ropes jumps
- Hop on left leg 20 times
- Hop on the right 20 times.
- 50 high knees

### Instructions

Time Yourself. Make it a daily test to yourself and see if you can do better on Monday than you did on Friday. Get the whole family involved!



## 7. Mindfulness - An Introduction

This is a gentle mindful breathing exercise.

**Before you start answer the questions below:**

- What do you know about mindfulness?
- Have you done it before?
- When might you use mindfulness techniques?
- How do you think it will make them feel?
- Do you know the benefits of mindfulness?

**Benefits**

- Reduced stress and anxiety
- An increased sense of calm and wellbeing
- Improved attention span and focus
- Understanding of the relationship between thinking and feelings in the body.
- Higher degree of self-management and self-responsibility

Get someone to read the script below while you practice (approximate time — 5 minutes, allowing time for pauses)

**Script**

Sit in a comfortable posture, with your spine upright and your shoulders rolled down and back. Close your eyes, if that feels comfortable for you, and just allow your breath to be natural....

As best you can, bring your attention to your breath, noticing when you are breathing in... and when you are breathing out....

See if you can notice what your breath feels like in your nose, as the air goes in your nose, and then comes out over the lips.... (pause)....

See if you can notice what your breath feels like in your chest, perhaps sensing the gentle expansion of the chest on the inhale, and the fall of the chest on the exhale.... (pause)....

You may find yourself thinking about breathing, but see if you can focus on the actual physical sensations of breathing.... What does it feel like, right now, in your body as you breathe?

If you'd like, see if you can notice what your breath feels like in your belly, noticing how the belly expands as you inhale, and softens as you exhale.... (pause)....

You may also be able to notice the sensations of the breath elsewhere in your body....

For a few more moments, just try to let your attention rest on your breath, wherever YOU notice it most....

When you're ready, you can open your eyes.

## 8. 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

## 9. Unleash your inner Master Chef!

Its time to get in the kitchen and treat the family to a feast. You can host your own night or get the whole family involved.

### Individual Master Chef Rules

- You must use items already in your pantry and fridge.
- The meal must be a three-course meal and include a starter, main + dessert.

### Family Master Chef Rules

- One person will be the honorary chef one night of the week.
- You must use items already in your pantry and fridge.
- The meal must be a three-course meal and include a starter, main + dessert.
- Each person who is trying the food must score EACH meal (the entrée, main and dessert) out of 10.
- The scores are a secret until the final person has cooked and then they are revealed.
- The chef cannot rate their own dishes.
- The highest score out of 30 wins.
- The person who wins doesn't have to do dishes for a week (Okay you can choose the prize but this is a pretty good one).

## 10. Frisbee Golf

### Resources

- Frisbee
- Hula Hoop

### Instructions

- Take 5 steps back from the Hula Hoop and try and throw the frisbee through the hole.
- Try 10 steps.
- Try 20 steps.
- Get the whole family involved!

### 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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