

<b>THEME</b>	<b>SKILLSBUILDER</b>	<b>STAGE</b>	<b>NAME</b>	<b>TIME</b>
Skills for my future	Lead	2	Dance Challenge	45
Skills for my future	Lead	2	Leader Goals	30
Skills for my future	Lead	2	Rope Race Challenge	30
Skills for my future	Lead	2	Design Time	45
Skills for my future	Lead	2	Change The Rules	45
Skills for my future	Lead	3	Cool It	30
Skills for my future	Lead	3	Mission Managed	45
Skills for my future	Lead	3	Price Up	30
Skills for my future	Lead	3	That's Not What I Meant	30
Skills for my future	Lead	3	I Know My Values	20
Skills for my future	Live Smart	2	Indicator Navigator	30
Skills for my future	Live Smart	2	Shop 'til You Drop	30
Skills for my future	Live Smart	2	Girls Can Do Anything	45
Skills for my future	Live Smart	2	Tool School	45
Skills for my future	Live Smart	2	Fajita Fun	60
Skills for my future	Live Smart	3	Role Up!	45
Skills for my future	Live Smart	3	Make Your Case	60+
Skills for my future	Live Smart	3	Sauce Up Your Life	60
Skills for my future	Live Smart	3	Tasty Testing	45
Skills for my future	Live Smart	3	Guess Who	60+
Be Well	Feel Good	2	Can You Help Me?	20
Be Well	Feel Good	2	Finding Fluids	45
Be Well	Feel Good	2	Good Nights	45
Be Well	Feel Good	2	Super Girl	30
Be Well	Feel Good	2	Use It To Move It	30
Be Well	Feel Good	3	Count Bubbles Not Sheep	45
Be Well	Feel Good	3	Build it With Food	45
Be Well	Feel Good	3	Happy Thoughts	20
Be Well	Feel Good	3	More Motivated To Move	60
Be Well	Feel Good	3	Strike A Pose	30
Be Well	First Aid	2	Can You Hear Me?	45
Be Well	First Aid	2	Call For A DR ABC	30
Be Well	First Aid	2	Lie Back And Recover	45
Be Well	First Aid	2	Help!	30
Be Well	First Aid	2	What Do We Need?	45
Be Well	First Aid	3	Blazing Burns	30
Be Well	First Aid	3	Flexible First Aid Kits	60
Be Well	First Aid	3	Hidden Signs	20
Be Well	First Aid	3	Think Fast	45
Be Well	First Aid	3	Are You OK?	30
Know Myself	Network	2	The Plan?!	45
Know Myself	Network	2	Friend Detective!	30
Know Myself	Network	2	All For One, One For All	20

Know Myself	Network	2	Listen, Look, Move	45
Know Myself	Network	2	Game Over	30
Know Myself	Network	3	Stand By? Stand Up!	45
Know Myself	Network	3	Team Effort	60
Know Myself	Network	3	Tailor Made	60
Know Myself	Network	3	Put Your Best Feelings Forward	30
Know Myself	Network	3	Picture Partners	20
Know Myself	Reflect	2	Stop The Bus	45
Know Myself	Reflect	2	Celebrate!	45
Know Myself	Reflect	2	Look, Feel, Jump!	30
Know Myself	Reflect	2	Question Time	45
Know Myself	Reflect	2	Fly Your Flag	30
Know Myself	Reflect	3	What Do We Share?	30
Know Myself	Reflect	3	DNA-mazing!	45
Know Myself	Reflect	3	Voicing Our Values	30
Know Myself	Reflect	3	Question Quest	30
Know Myself	Reflect	3	Magical, Mythical Me	45
Take Action	Influence	2	Mirror Me	20
Take Action	Influence	2	Character Mix-Up	45
Take Action	Influence	2	A Good Match	30
Take Action	Influence	2	Spread The Word	30
Take Action	Influence	2	Top Role Model	30
Take Action	Influence	3	Persuasive Performers	45
Take Action	Influence	3	Comeback Club	45
Take Action	Influence	3	Make My Voice Louder	45
Take Action	Influence	3	Decisions, Decisions	45
Take Action	Influence	3	Believe It Or Not	30
Take Action	Make Change	2	Changing Minds	45
Take Action	Make Change	2	The Greatest Place On Earth!	45
Take Action	Make Change	2	How To Make A Monster	60
Take Action	Make Change	2	Impact-O-Meter	60+
Take Action	Make Change	2	Environmental Detectives	45
Take Action	Make Change	3	StART Making Change	60+
Take Action	Make Change	3	Breaking Down Barriers	60
Take Action	Make Change	3	I Can Change That	60
Take Action	Make Change	3	Memorable Messages	60

Take Action	Make Change	3	Edible Actions	30
Express Myself	Communicate	2	Act It Out	45
Express Myself	Communicate	2	Don't Ask, Don't Discover!	45
Express Myself	Communicate	2	It's Not What You Say	30
Express Myself	Communicate	2	Picture Perfect	30
Express Myself	Communicate	2	Can You Hear Me At The Back?	30
Express Myself	Communicate	3	Beat The Butterflies!	60
Express Myself	Communicate	3	Charlie, Bravo, Alphabet	45
Express Myself	Communicate	3	Exploring Emojis	30
Express Myself	Communicate	3	Sign It, Spell It	45
Express Myself	Communicate	3	Top Comms	45
Express Myself	Innovate	2	Move And Shake	45
Express Myself	Innovate	2	Made To Measure	60
Express Myself	Innovate	2	Mime Time	30
Express Myself	Innovate	2	I Have An Idea	45
Express Myself	Innovate	2	Edible Architecture	45
Express Myself	Innovate	3	It's On The Cards	60
Express Myself	Innovate	3	Speedy Explorers	60
Express Myself	Innovate	3	A Work Of Art	45
Express Myself	Innovate	3	Bounce, Roll, Throw	45
Express Myself	Innovate	3	Build It Up	60
Have Adventures	Camp	2	Can You See In The Dark	30
Have Adventures	Camp	2	Fighting Fire	30
Have Adventures	Camp	2	Fire Starter	60
Have Adventures	Camp	2	Get Packing	20
Have Adventures	Camp	2	Tent Detective	45
Have Adventures	Camp	3	All Pitch In	30
Have Adventures	Camp	3	Best Fire For The Job	60
Have Adventures	Camp	3	Invent A Gadget	60
Have Adventures	Camp	3	Night Under The Stars	30
Have Adventures	Camp	3	Waterproof	45
Have Adventures	Explore	2	A Country Walk	45
Have Adventures	Explore	2	Custom Of Customs	30
Have Adventures	Explore	2	Mapping It Out	30
Have Adventures	Explore	2	Naughty Elephants Squirt Water	20
Have Adventures	Explore	2	Happy Feet	45
Have Adventures	Explore	3	A City Walk	60
Have Adventures	Explore	3	Navigate To Treasure	30
Have Adventures	Explore	3	Ray Of Light	45
Have Adventures	Explore	3	Travel Tickets	45
Have Adventures	Explore	3	Suss Out The Symbols	20

## AIM OUTLINE

Leading a group, creating and performing a dance

What makes a good leader, role models

Problem solving, team working to negotiate an obstacle course

Designing a zoo as a team. Listening, making choices, problem solving

Changing games rules - learning to communicate the rules clearly

Working out ideas to resolve conflict, practicing in role play

Creating superhero costumes from newspaper to a chosen identity

Running a small virtual market - setting prices then haggling

Learning to communicate in different ways with voice tone and body language

PROMISE ACTIVITY! What are Girlguiding values? What are personal values? Create a values pledge

Discover what car indicators mean, practice staying alert crossing road, explore road safety

Learn about pricing, know how to read price tags, practice handing money

Look at different types of jobs and think about what would like to do when older

Recognising tools and safety equipment, practice using DIY tools

Using utensils and making fajitas

Party planning - identifying roles and which roles would fit personal skills

Sewing and stitching to make a pencil case

Using utensils to cook a sauce to go with pasta or tortilla chips

Taste testing own brand and premium - working out if there is a difference in taste and value

Exploring how a range of different job roles can fit together in a process

Identifying when help should be requested and best people to ask

Considering how much water needs to be drunk each day and setting targets

Working out what helps a good night's sleep and creating an evening plan

Supergirl capes optional - what is confidence? What can you do to be more confident?

Working out basic muscles and using them in balloon races

Why is sleep important? Relaxation/sleep technique activities

Activity around different nutrients the body needs and which foods they are found in

Making a mindfulness jar to help with relaxation and calm

Small group - how to get more active and creating an advert to inspire people to try it

Exploring body language, thinking about how to improve confidence, practicing a power stance

Understanding what responsiveness is, how to check - create plays to show different levels

Find out what DR ABC means and understand when to get help and how

Practice the recovery position

Know how to call help and practice doing this clearly

Explore mental wellbeing and how to look after yourself (Maslow's Hierarchy of Needs)

Understand different types of burns and learn how to treat them

Problem solving and learning how to give first aid with everyday items when no 1st Aid Kit handy

Learning what invisible illness is, eg, diabetes and understanding allergies

Reaction based activities

What are emotions? Practice recognising different emotions

Understanding what life goals are, identifying own lifegoals and mapping them out with lots of string

What makes a good friend - considering different qualities, characteristics and personality traits

Team work - how do different sizes of teams make activities work differently?

Understanding different styles of learning and finding out how different people have different styles

Team work challenge - building a house of cards

Ways to tackle bullying. Getting help. Supporting each other.

Team challenge activity - using team member skills and encouraging each other with team spirit

Creativity activity to customise bag/t-shirt or other as decided

Understanding reactions and how reactions can affect others - how to control reactions

How to give and use feedback - explored by using communication in giving instructions to create a drawing

What places are in your local area, which are important to you and why. Mapping them out

Exploring traditions you celebrate. Plan a celebration

Understanding feelings and emotions and why people can react differently

Why questions are important. How to use them to discover new things

Designing a flag that displays the different things that make you unique

Identifying similarities with each other. Discovering what makes each of us unique

Exploring differences and similarities between people and the ways genes make us who we are  
PROMISE ACTIVITY! Understand Girlguiding values, explore values shared with others and celebrate.

Maze activity to learn about open and closed questions

Creating a mythical "you" from 3 creatures which could represent you

Pairs activity learn how to show interest using listening, mirroring and vocal signals

Exploring emotions using Little Red Riding Hood and rewriting to change character traits

Learning about each others interest and hobbies. Trying to influence a friend to change their mind.

Messaging passing and spreading using game activity and discovering different ways to share messages

Identifying and taking action on an issue you care about

Create and share something to show other people something you care about

Parliament week? Using persuasive argument to try and influence others to agree

Parliament week? Understand what a pressure group is and work as teams to use your voices

Parliament week? Activity around who takes decisions in different places

Game/activity using true/false facts then think about facts affecting the wider environment

Exploring what you agree on, understanding different points of view, trying to see things from another angle

Working as a team to design the greatest place on earth - then negotiating/changing to make even better

Working as a team to design and make a monster

Making an impactometer and using it to measure impact on environment of various actions

Exploratory walk of local area, identifying issues and working out ways to improve it

Create artwork to spread a message about something you care about

What barriers exist to making change happen? How can they be overcome? Team work and obstacle course

Bracelet making activity around issues you want to change

Logo and image activity - understanding impact of existing ones, creating your own

Fruit salad based activity thinking about actions needed in a campaign  
Communicating without words, using gestures to act out a song, understanding gesture meaning can vary around the world  
In pairs find out about each other. In secret create an artwork to represent each other. Muddle up and each Brownie tries to find the one about them  
Explore how tone, speed, pitch convey feeling and emotion  
Explore conveying stories and messages in pictures  
Learn to control breath, project your voice and relax your body  
Learn about ways to control nerves and perform  
Make basic cup to cup telephone system - use phonetic alphabet to send simple messages  
Look at where emojis are used, understand different meanings, create your own  
Introduction to BSL  
Create a top trumps game around communication methods  
Dance creation activity using a basic programming instruction style  
Create sponge boats and see how far they can sail  
Use props to work as a team, creating and acting out a mimed scene  
Understand what invention means. Work as a team to create a fantastic invention  
Learn about the basics of building to create a tower with fruit and veg  
Work as a team to create a fun card game - top trumps or trading card style  
Work as a team to build a zip wire to transport a teddy or mascot  
Explore different art styles to create an artwork telling a story  
Experiment with different balls to work out how science makes different ones work differently for activities  
Work as a team to solve problems and build a strong structure  
Practice using a torch, get confident in the dark, get ready for bed by torchlight  
Learn all about staying safe around a fire  
Learn how to build and light a fire safely  
Learn about organising, taking essentials and be the fastest packer  
Learn about different tent parts and pitch a tent  
Learn about the different camp jobs, game acting them out  
Learn the different styles of building a fire and light  
As teams, learn knots and build a creative new camping gadget  
Play campfire games - I Went To Camp And...., Charades, Caught Peeking  
Create a waterproof bedding roll and test it  
Learn about the countryside code and how to stay safe  
Learn about different countries will now allow the import/export of certain items  
Learn about grid references and how to use them - play a game using them  
Understand compass points, how a compass works and make a simple compass  
Learn about caring for feet and keeping them dry on a walk  
Think about how to explore a new city, and how to be safe  
Make and use a sextant  
Learn how to stay safe in the sun  
Plan a journey around the world using different modes of travel  
Learn about different map symbols. Create your own map