



Beach Ball Activities

Getting to know you

You will need: Beach ball and permanent marker.

1. Using a permanent marker cover the beach ball with 'getting to know' you questions.
2. Get the girls to throw the ball to each other. Tell them to answer the question that is touching their left thumb.
3. After the question is answered the ball is thrown to another person, and so on.

Create your own bowling alley

Use pool noodles, your beach ball and plastic bottles to create a DIY bowling alley.

Get active

You will need: Beach ball and music.

1. Girls arrange themselves in a circle.
2. Start the music and get the girls to hand or toss the beach ball from one person to the next while the music is playing.
3. Randomly stop the music.
4. The person left holding the beach ball when the music stops will pick the fitness activity for all to do.

Beach Ball Boogie

You will need: Beach Ball, two laundry baskets or boxes for goals.

1. Create 'goals' with a laundry basket or box either side of your unit meeting place (if appropriate) or outside area.
2. Teams try to score goals by passing the ball to a teammate without it touching the ground.
3. Teams pass the beachball to each other, no running while passing, down the court and try to score a goal in the opposite teams basket. If the ball hits the ground then it becomes the other teams ball.

Beach Ball Relays

You will need: Beach Ball and cone or chair.

1. Divide the girls into two equal teams.
2. Players run, one at a time, from the start line with their team to the turnaround point (set up an orange cone or chair to mark it for both teams) and then back to their team. Then the next player takes a turn and so on until all players on the team have completed the course.

Relay ideas:

- A beach ball between the knees
- A beach ball pushed only by 1/2 a pool noodle
- Rolling over a beach ball using only your stomach
- Two team members race together with a beach ball between their heads
- Two team members race together with a beach ball between their backs
- Two team members race together with a beach ball between their sides
- Three team members each holding a pool noodle have to keep the ball off the ground by holding it at three sides

Share the fun!

Please share your photographs celebrating the Rainbows' 30th Birthday activities with us on social media (make sure you have photo permissions) using the hashtag #Rainbows30 or email us your pics: commsteam@girlguiding-anglia.org.uk