

The title "ACTIVITY PACK" is written in large, bold, orange capital letters. It is surrounded by various school supplies: a pair of yellow scissors at the top left, a magnifying glass at the top right, a yellow paper ring at the right, a red pen at the bottom center, and several colored pencils and markers on the left and right sides. A piece of blue lined paper is also visible on the left.

ACTIVITY PACK

Whilst we are not able to meet in person, we have come up with some things for you to do at home. There are lots of fun activities and some for you to do with your household too.

Please contact your Leader to let them know how you got on with the activities.

THANK YOU AND HAVE FUN !

WORRY TREE

It is really important to look after our mental health. Sometimes it can be hard to stop worrying about lots of things. Here is an activity to help you think about the worry and how you can deal with it.



WHAT YOU'LL NEED...

Paper or card
Pens or Pencils



WHAT TO DO

1

Look at the worry tree on the next page, use that one or draw your own.

2

Think about something you have worried about in the past or something you are worrying about now, and work through the tree.

3

In the box at the bottom, think of something you can do to think about something else.

Read a book, talk to a friend, make something, play some games, look at what is happening outside your window?

TRY IT THIS WAY



Could you write your worries on a piece of paper and when you feel ok to, go through the worry tree and work through the steps.

**Notice
the Worry**



What are you
worrying about?



Can you do
anything about it?



NO



YES



Make a plan
What? When? How?



Now?
Do it



Later?
Plan when



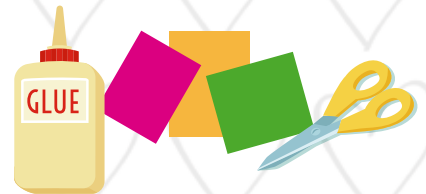
Talk to someone, write it down,
think about something else

STAND OUT FROM THE CROWD WITH THIS CARD

It's always lovely to show someone they are special by making something for them.

WHAT YOU'LL NEED...

Piece of card
Paper
Scissors
Glue

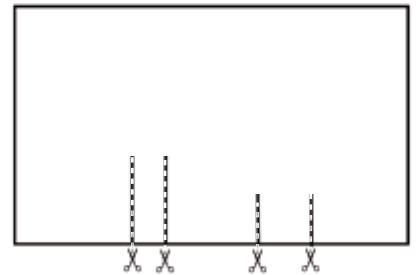


WHAT TO DO



1

Fold your piece of card in half. The folded edge is near your tummy. Draw 4 lines and cut slits with your scissors along the lines to create strips. See the picture. →



2

Open the card out and push the strips through so that they fold inside the card.

3

Cut out some heart shapes and stick on the pop-up sections.



4

Stick on a piece of paper on the back of the card to make the front cover and back of your card. Decorate it however you want.



TRY IT THIS WAY



Could you add different things on the pop-up sections. This could be pictures of their favourite things or photographs.

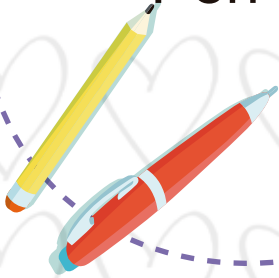
HELP OTHER PEOPLE

On 17th February it is Random Acts of Kindness day. When you make your promise in Brownies, one of the things you promise is to help other people.

Here is an activity to help you do some kind things for others.

WHAT YOU'LL NEED...

Pen or pencil
Paper



WHAT TO DO



1

Draw a grid of 16 or 25 squares.

2

Write out acts of kindness on almost all of them, there are some ideas on the next page. Leave some squares blanks so you can be spontaneous (unplanned).

3

Try to carry out the acts of kindness when you can and when you have done them cross them off on your grid. You could use stickers.

4

See if anyone else wants to join in and who can complete a line. Can you do a full house? (All the boxes)

5

Decide how you are going to reward yourself when you have completed a line.

TRY IT THIS WAY



Your reward could be – time reading a book, playing a game, making something or doing something fun.

RANDOM ACTS OF KINDNESS IDEAS

1. Do a chore for someone without them knowing.
2. Tell a joke.
3. Feed the birds.
4. Leave happy notes around town.
5. Compliment a friend.
6. Write a thank you note for your postal worker.
7. Plant something.
8. Set the table for dinner.
9. Leave bubbles on someone's doorstep.
10. Tell someone why they are special to you.
11. Donate outgrown clothes.
12. Write chalk messages on the pavement.
13. Weed or shovel for a neighbour.
14. Donate food to the food bank.
15. Donate socks and supplies to a homeless shelter.
16. Read a book to someone.
17. Tell someone how much you love them.
18. Make someone else's bed.
19. Tell the headteacher how great your teacher is.
20. Turn off the water while brushing your teeth.
21. Say thank you when you see emergency service members.
22. Make a thank you sign for refuse workers.
23. Help make dinner.
24. Make a get-well card for someone.
25. Clean up your room without being asked.
26. Tape a video message for faraway friends.
27. Teach someone something new.
28. Reuse paper when you are drawing.
29. Collect items for your favourite charity.
30. Write a poem for a friend.
31. Make a homemade gift for someone.
32. Clean up your toys without being asked.
33. Make a thank you card for someone.
34. Dry the slides at the park with a towel after it rains.
35. Send a postcard to a friend.
36. Smile at everybody. It's contagious.

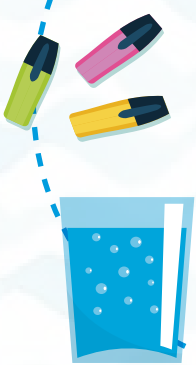
RIPPLES OF PEACE

22nd February is World Thinking Day and has taken place on the same day since 1926. It's a day for the ten million Girl Guides and Girl Scouts worldwide to think about their sisters all around the world.

WHAT YOU'LL NEED:



WHAT TO DO



Container with water
Pebbles
Markers or Paints.



1

Drop a small pebble into a container of water and watch the ripples go across the water.

2

The pebble represents each action we take, the ripples represent how our actions reach out to others. Imagine if all 10 million Girl Guides and Girl Scouts across the world did this. Wow!

3

Think about what action you could take to make a difference.

4

Decorate your pebble (a dry one) and write your action on it.

5

Keep it on display somewhere you will see it to remind you to be kind.

TRY IT THIS WAY



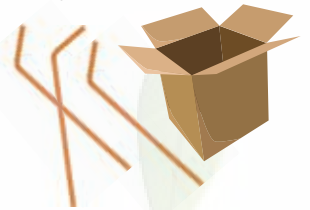
Don't worry if you haven't got the paints or markers for decorating a stone, you could make a poster instead.

BUG HOTEL

Shelter is vital for lots of wildlife, they use it to keep safe and warm. Why not create a bug hotel to attract different wildlife?

WHAT YOU'LL NEED...

Carboard tubes,
a container,
newspaper, paper,
straws.



WHAT TO DO



1

Start off with your container and find some items to go inside it. Bugs like to live in different shapes so find all sorts of natural and man-made things. They like different nooks and crannies, crevices, tunnels and cosy beds.

You could find

Dead leaves, paper straws, rolled up paper, bamboo canes, dead wood, bark (already off the tree, don't take it off the tree, it still needs it), stones, corrugated card.

2

Once you have gathered all the items you need to lay your container down and put all the different items in tightly so that the bugs can get in and make themselves warm and cosy.

3

Now find somewhere to put it where the bugs will be safe and it won't roll away.

Go and have a look regularly to see what bugs are coming and going, try not to disturb them.

TRY IT THIS WAY



Could you build a bigger one, with pallets?

Or bits of wood.

Make sure you get adult permission to do this.

YOU CAN DO ANYTHING

8th March is International Women's Day, when we can celebrate all the awesome girls and women out there in our world.

WHAT YOU'LL NEED...

Piece of paper
Colouring pens or pencils



WHAT TO DO



1

Draw pictures of these people

nurse • doctor • firefighter • scientist • astronaut • politician • gardener • artist • hairdresser • teacher.

2

Now look at your drawings, did you draw male or female people in these roles?

- Do you automatically think that they should be male jobs or female jobs?
- Did you do a mix?

3

There are quite a few jobs that were traditionally male or female jobs, but this is changing.

4

Find out about women who are famous for being excellent at jobs that were traditionally done by men.

TAKE IT FURTHER



Challenge someone else to the same drawing activity, do they do the same?
Have a chat about it.

What job would you like to do when you are older? Are there any jobs that you think are off limits to you? (I hope not)

GET MORE ACTIVE

Spring is a great time to get more active and to make changes to improve your lifestyle.

What changes can you make?

WHAT YOU'LL NEED...

Paper and pen or pencil
Optional: Colouring
Pen or pencils.



WHAT TO DO

1

Write down what small changes people can make in their lives to be more active.

- Use the stairs instead of the lift.
- Get off the bus one stop early or get on one stop later.
- Going out for a walk every day, there are suggestions at the end of this pack.
- Dance around the house or garden.
- Walk the dog for an extra 5 minutes.

2

Decide which of these ideas you are going to try... and actually give it a try this week or come up with some ideas of your own.

3

If you're feeling creative why not make a poster of your ideas.

TAKE IT FURTHER



Look at your favourite meal – decide how you could make it more healthy by just swapping one ingredient.

EARTH HOUR

Earth Hour is on 27th March between 8:30 – 9:30pm. This is when we are all encouraged to turn off our lights and devices to help our planet.

If this is too late for you, why not do it earlier in the evening.

WHAT YOU'LL NEED...



Paper
Colouring pencils
Torch or lamp



WHAT TO DO

1

During the week get ready for your scavenger hunt in the dark by making some items to hide, what about drawing and cutting out pictures of the earth?

2

Ask someone to hide your pictures around the house, some hard and some easy to find.

3

During Earth Hour turn all the lights off and turn your torch on and get hunting.
Did you find all of the pictures?

4

Why not hide them again for someone else to find this time. Remember to hide them in different places.

TRY IT THIS WAY



Make it easier, by using tin foil on the pictures so that your torch reflects

What about using glow sticks?

Don't have time to make pictures, why don't you choose something else to hide? Teddy bears, tins, books or pencils?

LIRPA LOOF TIME

April Fools day doesn't have to be about playing tricks on people...
the media have a history of creating wacky news stories too.

By the way, Lirpa Loof is April Fool backwards!

WHAT YOU'LL NEED...

Pencil or pen

Optional:

Colouring pens or pencils
craft materials



WHAT TO DO

1

The Lirpa Loof is a new creature that has been discovered by scientists where you live. Decide what a Lirpa Loof looks like. Is it a bird, a fish, a mammal or even a crazy looking alien?



2

Draw what a Lirpa Loof looks like.

3

Can you come up with some interesting facts about Lirpa Loofs to persuade people that they really exist?

TRY IT THIS WAY



If you have any craft materials available why not make a model of a Lirpa Loof? Its body could be made out of a pompom.

ACTIVITIES

for you and your household to try

♥ RAINBOW WALK

Rainbows are a symbol of hope. Following the latest guidance on exercising outdoors, wrap up warm and go out for walk with your household. While you are walking, see if you can spot something to represent each colour of the rainbow. When you get back home you could draw or paint what you saw.

♥ POSITIVE MESSAGES

A positive message can change someone's day. Leave positive notes around the home. How about a joke, a funny face, something you are grateful for, a picture or an inspirational quote? You could spread your positivity even further and leave messages in your community for people to find.

♥ PANCAKE MEMORY GAME

Make a stack of cardboard pancakes (you could cut up a cereal box), then draw a letter, number or shape on pairs of pancakes. Turn all the pancakes face down and shuffle them around. Now take turns using a spatula or a spoon to flip two pancakes over at a time, trying to find matching pairs.

♥ FOOD WASTE CHALLENGE

In the UK the average household throws away 22% of their weekly shop, worth £730 each year. To tackle your food waste, you could keep a food diary by noting down any food that ends up in the bin and why. Why not put your diary on the fridge so everyone can see it?

At the end of the week, come up with one thing you will do to reduce your food waste and keep a diary for a second week. You can repeat this challenge for as many weeks as you want, to see how much food you can save from going in the bin.

♥ LEFTOVERS BAKE-OFF

Instead of throwing away old fruit, vegetables or bread, you could turn it into something delicious instead. Try making courgette cake, banana bread, beetroot chocolate cake, fruit and veg smoothies, or bread and butter pudding.

Or you could challenge your household to come up with new meals using just five ingredients from your store cupboards, fridge or freezer.



♥ SCAVENGER HUNT

Turn a walk around your neighbourhood into a scavenger hunt. Take a pen and paper with you and see if you can find an object that begins with each letter of the alphabet. You could see if you can find a street name for each letter. You can also do this activity around your home.

♥ GET ACTIVE

Getting active is about breaking a sweat while having a bit of fun. How about coming up with a dance routine for your favourite song and performing it? You could teach your routine to your household. If you've got the internet, check out This Girl Can's Disney workouts for ideas

www.thisgirlcan.co.uk/activities/disney-workouts

♥ EARTH HOUR INDOOR CAMPING

This year's Earth Hour takes place on Saturday 27th March, with people across the world making a stand against climate change by turning off their lights between 8.30 - 9.30pm. Turn your living room or bedroom into an indoor campsite using blankets, bedsheets, pillows and anything else you can find. Grab your torches and a hot chocolate, wrap up warm and turn the lights out.

Challenge each other to a game of Heads Up. Write nature or wildlife-related words on pieces of paper. Take it in turns to hold a word to your forehead, while others act it out and you try to guess what it says.

There are more fun ideas on the Earth Hour website

<https://latest.earthhour.org/earthhour-at-home>

♥ TIME CAPSULE

Fill a box with memories such as personal treasures, birthday cards, artwork and items from this era, like a coin, newspaper or food packaging. You could also include details about your life, such as your favourite food, music or TV programmes. Make sure the box is waterproof if you want to bury it in the garden, or hide it in a cupboard, under the bed or in the loft. You could even decorate the box or make one to give to someone as a present.