



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 !**

Created by The Space to Grow Together Project



# I AM, I CAN, I HAVE

It is important to look after our mental health. Sometimes it is easier to say things we are not good at, here is an activity to help you think about positive things about yourself.

## WHAT YOU'LL NEED...



Paper or card  
Pens or pencils



## WHAT TO DO

1

Choose and draw your 3 favourite shapes

2

In one shape write 'I am', in the next 'I can', and the other 'I have'.

3

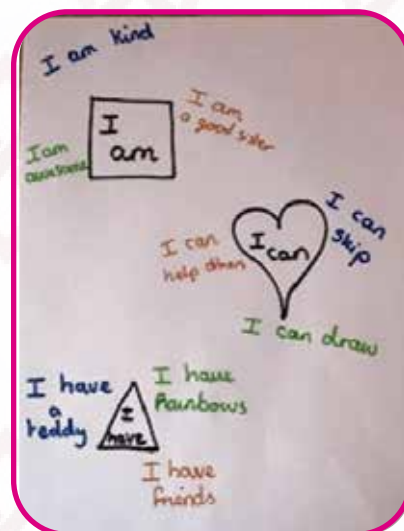
For each one write or draw something good about you.

You could add something every day. Whenever you feel a bit sad or cross, try having another look to see all the awesome things about you.

## TRY IT THIS WAY



What about doing one for someone else? Imagine how they would feel seeing lovely things about them.



# I LOVE YOU TO PIECES

It is always lovely to show someone you care by making something special for them.

## WHAT YOU'LL NEED...



Piece of card or paper  
Scraps of paper  
Glue  
Scissors (Optional)



## WHAT TO DO

1

Draw a heart shape on a piece of paper or card.

2

Cut or tear bits of coloured paper or magazines into small pieces.

3

Put some glue on the heart and start sticking the pieces of paper into the heart shape. Make sure you cover the whole heart.

4

Find a space on your big piece of paper to write 'I Love You to Pieces'

5

Give it to someone you love.



## TRY IT THIS WAY



What about making it into a card for someone? Fold a piece of card in half and draw a heart on the front.

# GIVE ME 5, ACTS OF KINDNESS

On 17th February it is Random Acts of Kindness day. When you make your promise in Rainbows, one of the things you promise to do is to be kind. Here is an activity to help you do some kind things for others.

## WHAT YOU'LL NEED...

2 pieces of paper

Sticky Tack

Scissors

Colouring pens or pencils

Glue



## WHAT TO DO

1

On one of the pieces of paper, draw around your hand and cut it out as best you can.

2

On each finger and your thumb write an act of kindness. There are some examples on the next page to help you.

3

Glue the paper hand on the other piece of paper but don't glue the fingers down.

4

Every time you do one of these acts of kindness, stick it down with some sticky tack.

## TRY IT THIS WAY



Can you do all 5 acts in 1 week?  
You can reuse this hand just unstick the fingers and thumbs and do them again.



## 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.



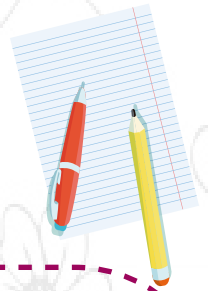
# NEW UNIFORMS

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. Here is an activity to think about your journey through guiding.

## WHAT YOU'LL NEED...



Scissors  
Piece of paper  
Pen or pencil.



## WHAT TO DO

1

Fold the piece of paper in half, then in half again, so that you have 4 sections. Keep it folded up.

2

On the front section, draw an outline of a person, make sure that the arms go right to the edge of the paper.

3

Cut through all 4 layers of paper, you should have 4 girls holding hands now.

Each one of these girls shows you someone from Rainbows, Brownies, Guides and Rangers.

4

On the first person, draw what you would like the Rainbow uniform to look like. Think about what you need as a Rainbow.

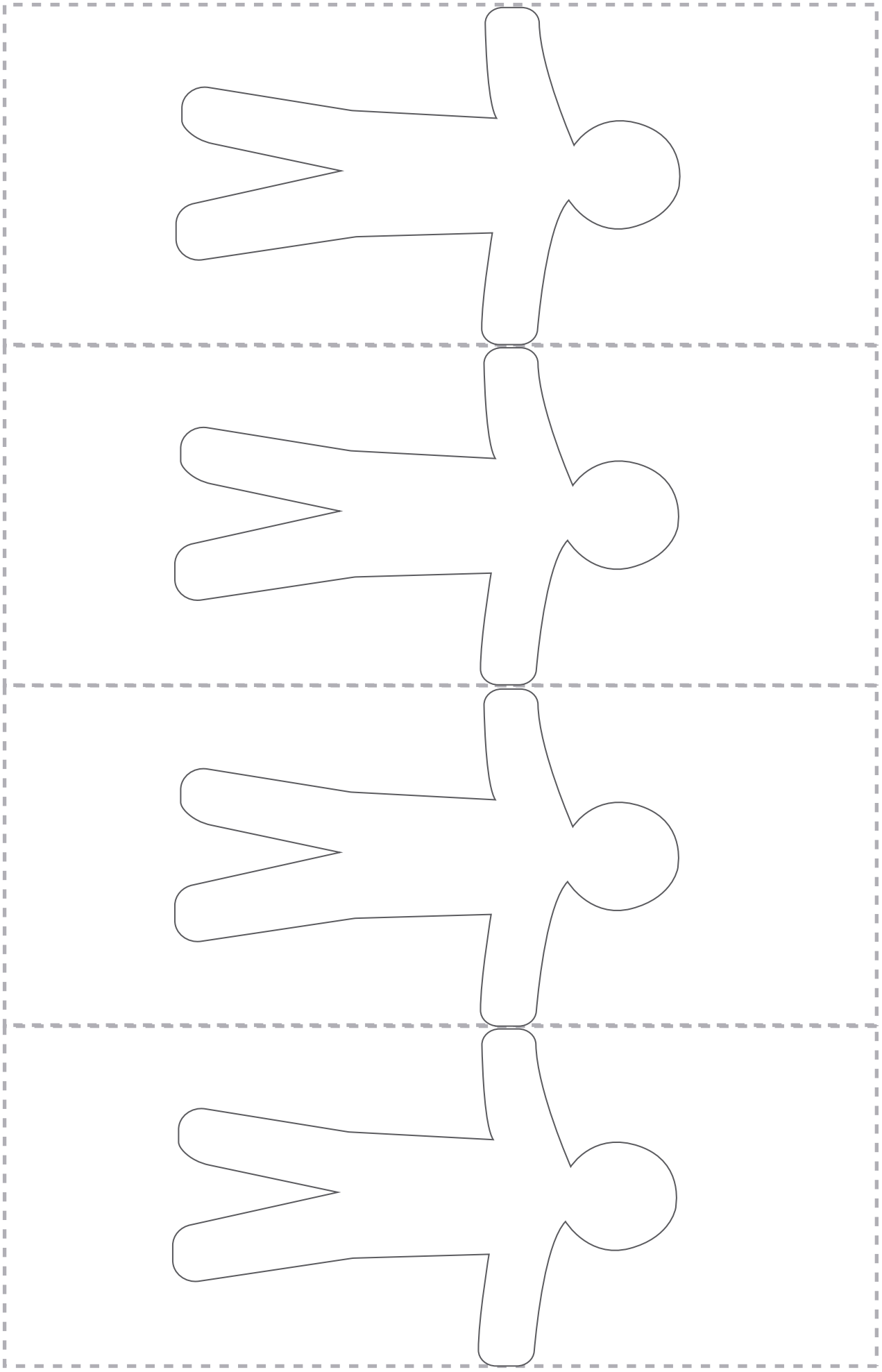
5

What do you think a Brownie, Guide and Ranger uniform should look like? What do you think they will need? Draw these on the other three sections.



## TRY IT THIS WAY

Have a look on the internet to see what other uniforms look like. What about looking at uniforms around the world for inspiration?

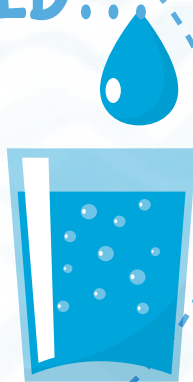


# WATER FOR WILDLIFE

Water is vital for lots of wildlife, they use it for drinking, sheltering and washing in. You could create a pool to attract different wildlife.

## WHAT YOU'LL NEED...

Shallow tub or  
container  
Water



## WHAT TO DO

1

Find a tub or container suitable for wildlife, the tub or container should be shallow with sloping and rough sides, so that anything that climbs in can get out again.

You could use: clean jar lids, food trays, bowls – put pebbles in to make it easy to get out at the edges. If it freezes then you will need to break the ice so the wildlife can still get in.

2

Find somewhere to put it where the wildlife will be safe, away from cats or dogs.  
What about putting it somewhere you can see from the window, so you don't disturb any visitors?

## TRY IT THIS WAY



Write down the wildlife that visits your pool, look after it all year round and see if there are different visitors.





# AWESOME WOMEN

Did you know 8th March is International Women's Day when we celebrate all the awesome girls and women that are out there in our world. A role model is someone who is doing amazing things and we try to do amazing things like them. They can be famous people or they can be someone you know.

## WHAT YOU'LL NEED...

Recycled objects  
Items from around the house



## WHAT TO DO

1

Have a look at some of the inspirational women on the next page, you may choose one here or you might know of someone else you could use for this activity.

2

Collect items from around your house to make a picture of your chosen amazing women.

3

Create a picture of your amazing women. Look at their features and decide which of your items to use.

4

Make sure you tidy everything up again at the end.



## TAKE IT FURTHER

Could you make a really big picture?  
This could be as big as your bed, you'll need bigger items.



## FLORENCE NIGHTINGALE

*'The Lady with the Lamp'*

Florence was a nurse, who was born in Florence in Italy. Even though people thought she shouldn't be a nurse, she still trained. When she went to support the Crimean War she changed the conditions to make everything cleaner and safer for soldiers recovering. She used to walk around the wards with a lamp which is how she got her nickname.



## MALALA YOUSAFZAI

Malala was born in Pakistan in 1997. When the Taliban came to her town they said that girls couldn't go to school. She started to speak out about it and the Taliban didn't like that and hurt her. She was treated in the UK to get her better. This hasn't stopped her for fighting for all girls to be able to go to school wherever they live.



## GRETA THUNBERG

Greta fights for climate change to help look after our world. When she was 15 she started protesting to get Sweden, where she lives, to make a promise to protect the environment. She has encouraged other students to fight for the environment too. She has travelled to New York on a yacht to speak to lots of world leaders to get them to change their actions too.



## BEATRIX POTTER

Beatrix was an author, she wrote lots of stories, including Peter Rabbit and Squirrel Nutkin. She wrote and sold her stories, this was unusual as women would not normally work and be independent. She also bought land in the Lake District to save it from being built on and helped start the National Trust to look after.

# 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 pens or pencils.



## WHAT TO DO



1

Write down some small changes people could 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.

# SHADOW PUPPETS

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...



Pieces of card  
Sticks  
Sticky tape  
Torch or lamp



## WHAT TO DO



1

Decide what characters you are going to have in your play. You could retell a fairy tale like Little Red Riding Hood or Goldilocks and the Three Bears.

2

Draw them and cut them out. Remember you won't see colours or the features of the character as they will be in the dark.

3

Fix them on a stick, you could use a pen, pencil or a twig.

4

Put the lamp or torch on the floor or table, point it at a wall.  
Hold your puppets between the light and wall.  
Move them closer and further away to play with the right size.  
Put a play on for people at home.

## TRY IT THIS WAY



Instead of making the shapes out of paper, why not make different characters with your hands? What animals or characters can you make?



# 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](http://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.