



Island Challenge Pack



An Adventure resource for all sections, to complete during Unit meetings as part of the centenary celebrations

Island Challenge Pack

Introduction

As part of the centenary celebrations in Scotland, this resource pack has been created by the Adventure group so that all girls can have the opportunity to take part in the Island Adventure within their Unit activities. This pack will allow you to provide that 'island' experience for your girls with or without an actual island!

The resource is split into three sections:

1. Islands
2. Environment
3. Taking care

Within each section you will find a variety of activities that your girls can take part in from games and outdoor activities to crafts.

Once they have tried some of the activities in this pack, your girls will have earned the Adventure section of the Scottish Centenary badge. We suggest that this involves completing at least 2 activities from each of the 3 sections (6 activities in total). The badges are available in the Guide Shops at 50p each.

The age suitability and time allocation for each activity is found on the left hand side of each activity, but this is only a rough estimation and may vary depending on your girls, please use your own judgement.

These activities are designed to give you a starting point when celebrating the centenary. Please feel free to use the activities to help inspire your girls to design their own activities for the Island challenge.

Have fun!

Island Challenge Pack

Contents

Activity

Page No.

Islands:

1.0: Islands	3
1.1: Weather	10
1.2: Island Visit	11
1.3: The 100 Island Challenge	12
1.4: Naming Game	13
1.5: Postcard Challenge	15

Environment:

2.0: Draw your own Island	16
2.1: Grace Darling	17
2.2: Ordnance Survey	21
2.3: Go Sailing	23
2.4: Island Animals	24

Taking care:

3.0: RNLI Lifeboats	26
3.1: History of Islands	27
3.2: First Aid	28
3.3: Changing Weather	29

1.0 Islands: Islands

Time: 15min

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

An island is classed as a piece of land surrounded by water. The word 'Island' comes from old English and actually means 'watery land'. In Scotland, there are 790 islands of which roughly 79 are populated. This activity looks at learning about Islands.

Preparation

You will need:

- Paper
- Pens
- Song sheet
- Newspaper (broad sheet)

What to do

Activity: Treasure Hunt

1. Plan a treasure hunt in your meeting place or in the surrounding area.
2. You can give clues, or maybe use anagrams. Use your imagination!!
3. Remember about the treasure.

Make a treasure map and sell squares on it. People can choose a square under which they think the treasure is hidden. When all the squares are sold, look underneath to find out who is the winner. Use the money raised for a treat for your Unit or donate it to your chosen charity.

Activity: Pirate theme night

1. Get girls to dress up as pirates.
2. Play games with a pirate theme e.g. sharks/captains coming, etc.
3. Eat treasure (gold coins or cakes decorated like gold...marzipan makes excellent gold!)

Quiz: island Quiz (Guides and Senior Section only)

1. Either print the Island quiz for each group or read out the questions. See page 8

Game: How many people can you get on a newspaper island?

1. Divide your Unit into groups of 3 or 4
2. Ask the girls all to stand on the newspaper when it is opened out
3. Then fold in half, get the girls to stand on it
4. Then fold in half again, then get the girls to stand on it
5. See how small the newspaper is and how many girls you can get on it!

Songs: Sing songs from the following island song sheets

Island song sheets

Michael row the boat ashore

Michael row the boat ashore, hallelujah, (repeat)
Michaels boat a gospel boat, hallelujah, (repeat)
Gabriel blow the trumpet horn, hallelujah, (repeat)
O you mind your boasting talk, hallelujah (repeat)
Boasting talk will sink your soul, hallelujah (repeat)
Brother, lend a helping hand, hallelujah, (repeat)
Sister, help for trim that boat, hallelujah, (repeat)
Jordan stream is wide and deep, hallelujah, (repeat)
Jesus stand on t'other side, hallelujah, (repeat)
Sinner row to save your soul, hallelujah, (repeat)

Duck song

Oh wasn't it a bit of luck
That I was born a baby duck
With yellow socks and yellow shoes
So I may waddle where I choose
Quack X 10

My Bonnie lies over the ocean

My bonnie lies over the ocean
My bonnie lies over the sea
My bonnie lies over the ocean
O bring back my bonnie to me

Bring back, bring back
O bring back my bonnie to me, to me
Bring back, bring back
O bring back my bonnie to me

The crocodile song

She sailed away on a lovely summer day on the back of a crocodile
You see said she he's as tame as he can be
You can float him down the Nile
The crock winked his eye
As she waved them all goodbye wearing a happy smile
At the end of the ride the lady was inside and the smile on the crocodile

Row Row Row your boat

Row, row, row your boat,
Gently down the stream.
Merrily, merrily, merrily, merrily,
Life is but a dream.

Down by the river

Down by the river where nobody goes
Theres a great big gorilla washing his clothes
With a ooh ooh here and a ooh ooh there
That's the way he washes his clothes

With I tie boogie, woogie, woogie
With I tie boogie, woogie, woogie
With I tie boogie, woogie, woogie
That's the way he washes his clothes

Down by the river where nobody goes
Theres a great big elephant washing his clothes
With a whoo whoo here and a whoo whoo there
That's the way he washes his clothes

Down by the river where nobody goes
Theres a great big crocodile washing his clothes
With a snap snap here and a snap snap there
That's the way he washes his clothes

Down by the river where nobody goes
Theres a great big tiger washing his clothes
With a roar roar here and a roar roar there
That's the way he washes his clothes

Norwegian Echo Song

We have campfired here
By the deep deep sea
And the slender tree
On a lonesome isle

All that we hold dear
In the North and South
Can be seen so clear
In the golden glow

When the sun goes down
Everything is still
And our campfire song
Echoes round the hill

We have campfired here
By the deep fjord
And the slender tree
On Norwegian soil

Sharks

There was a boy (*clicking fingers*) doo-doo-do-do-do-do-do-do
And a girl doo-doo-do-do-do-do-do-do
Went for a drive doo-doo-do-do-do-do-do-do
To the beach doo-doo-do-do-do-do-do-do
Went for a swim (*mine swimming*) doo-doo-do-do-do-do-do-do
They swam out doo-doo-do-do-do-do-do-do
Further out doo-doo-do-do-do-do-do-do
Faster out doo-doo-do-do-do-do-do-do
But there were the sharks (*mime shark jaws with both arms*) doo-doo-do-do-do-do-do-do
Mummy shark doo-doo-do-do-do-do-do-do
Daddy shark doo-doo-do-do-do-do-do-do (*deeper voice*)
Big brother shark doo-doo-do-do-do-do-do-do (*shark jaws snapping sideways*)
Grandpa shark doo-doo-do-do-do-do-do-do (*deeper voice with fingers curled in as if no teeth*)
Baby shark doo-doo-do-do-do-do-do-do (*high pitch with one hand as jaws*)
They swam back doo-doo-do-do-do-do-do-do
Further back doo-doo-do-do-do-do-do-do (*get faster*)
Faster back doo-doo-do-do-do-do-do-do
But there were the sharks doo-doo-do-do-do-do-do-do etc.

They took an arm (*grab arm*) doo-doo-do-do-do-do-do-do
Another arm (*grab other arm*) doo-doo-do-do-do-do-do-do
Then a leg (*grab leg*) doo-doo-do-do-do-do-do-do
Another leg (*grab other leg*) doo-doo-do-do-do-do-do-do
Then there was nothing left.... (*slow and sad*)
Except for the sharks (*back to fast pace*)
Mummy shark etc.....

Skye boat song

Speed, bonnie boat, like a bird on the wing,
Onward! the sailors cry;
Carry the lad that's born to be King
Over the sea to Skye.

Loud the winds howl, loud the waves roar,
Thunderclouds rend the air;
Baffled, our foes stand by the shore,
Follow they will not dare.
Speed, bonnie boat, like a bird on the wing,
Onward! the sailors cry;
Carry the lad that's born to be King
Over the sea to Skye.

Though the waves leap, soft shall ye sleep,
Ocean's a royal bed.
Rocked in the deep, Flora will keep

Watch by your weary head.
Speed, bonnie boat, like a bird on the wing,
Onward! the sailors cry;
Carry the lad that's born to be King
Over the sea to Skye.

Many's the lad fought on that day,
Well the claymore could wield,
When the night came, silently lay
Dead in Culloden's field.
Speed, bonnie boat, like a bird on the wing,
Onward! the sailors cry;
Carry the lad that's born to be King
Over the sea to Skye.

Burned are their homes, exile and death
Scatter the loyal men;
Yet e'er the sword cool in the sheath
Charlie will come again.
Speed, bonnie boat, like a bird on the wing,
Onward! the sailors cry;
Carry the lad that's born to be King
Over the sea to Skye.

What'll we do with a Sleeping Guider

What'll we do with a sleeping guider,
What'll we do with a sleeping guider,
What'll we do with a sleeping guider,
Early in the morning?

Chorus:

Way hey and up she rises (x3)
Early in the morning

1. Kick her out the tent until she wakens,
2. Keep her in there and make loud noises.
3. Give her a shower with ice cold water.

Island quiz

Team name:

Complete the following quiz by circling the answer you believe is correct.
For each correct answer you gain 2 points for every wrong answer you lose 1 point!

Good luck!

Question 1.

How many Scottish Islands are there?

- A. 97
- B. 790
- C. 79
- D. 970

Question 2.

How many islands are populated in Scotland?

- A. 97
- B. 790
- C. 79
- D. 970

Question 3.

Which of these is not a Scottish Island?

- A. Skye
- B. Mull
- C. Anglesey
- D. Shetland

Question 4.

The word island means?

- A. Offshore land
- B. Surrounded by water
- C. Floating rock
- D. Watery land

Question 5.

What do you call an island in the middle of a river or lake?

- A. Island
- B. Lakeland
- C. Eyot
- D. Islet

Question 6.

What do you call a very small Island?

- A. Island
- B. Lakeland
- C. Eyot
- D. Islet

Question 7.

On which island would you find Dunvegan castle?

- A. Mull
- B. Eigg
- C. Skye
- D. Orkney

Question 8.

On which island would you find Skara Brae?

- A. Orkney
- B. Shetland
- C. Eigg
- D. Rum

Question 9.

What is the name of the Viking theme torchlight procession that takes place in Shetland every January?

- A. Hogmany
- B. Guy Fawkes
- C. Up Helly Aa
- D. Wicker man

Total points:

Answers: 1-B, 2-C, 3-C, 4-D, 5-C, 6-D, 7-C, 8-A, 9-C.

1.1 Islands: Weather

Time: 45min

Suitable for:

- Rainbows
- Brownies

Introduction

When taking part in any outdoor activity, it is crucial to be prepared for all types of weather. Having a poor understanding of the weather and being unprepared can lead to disaster, especially on an Island when the weather can be very harsh. This activity should be used to discuss different types of weather and how to prepare for any activity you may choose to do.

Preparation

Print off a MET office or BBC weather report for your area.

<http://www.metoffice.gov.uk>

<http://www.bbc.co.uk/weather/>

<http://www.mwis.org.uk/>

What to do

Discuss with girls, trips they have had to Islands with their families. Do they think that weather is important? Ask them to recall times when the weather has been wet or sunny, what did they wear in those situations? Have any girls been on a boat? Discuss how wind can affect water when getting to an Island (some girls may suffer sea-sickness). Discuss other forms of weather and how they can have an effect on your body or the environment!

Craft: Weather collage

1. Use magazines or draw pictures of different types of weather (weather symbols from forecasts could be used).
2. Create a collage/picture of different types of weather.
3. This could be used with information about how to protect the body from the elements and displayed in the meeting place or other appropriate venue (Ranger Service may be able to advise you).

Game: Cloud game

1. Go outdoors
2. In pairs or small groups look at the sky
3. What shapes do the clouds remind you of?
4. Compare your ideas

Game: Corners

1. Use weather symbols to play corners.

Web activity: online game by the BBC for 4-11 yr olds.

<http://www.bbc.co.uk/schools/whatisweather/>

1.2 Islands: Island Visit

Time: 1-2hrs

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

This activity is aimed at taking the girls out of the regular meeting place to visit either a local island (this could be a duck pond with a small island in the middle) or make an island (you could discuss the difference between your island and the larger coastal Islands).

Warning: Ensure girls stay clear of the water and discuss water safety with your group!

Preparation

Ensure that all girls are suitably dressed and prepared for the activity (warm/waterproof clothing, sensible footwear, sunblock, water, etc.). You will need someone to take first aid responsibility for this activity. Contact your local Walking Advisor for information or help.

What you will need:

- Plastic bags
- First aid box

What to do

Craft: Collage

1. Get the girls to explore an area and collect objects which can be used to:
 - Make rubbings
 - Make a collage at your meeting place

Game: Play games in the area you are in

Activity: Poetry

1. Ask girls to think about the area they are in, e.g. what aspects do they like?
2. Use these to write a poem (if weather poor this can be done in the meeting place).

Activity: Plant and animal trail

1. Use a key or animal/plant guide for your area (can be found in most Ranger stations or you can contact your Walking Advisor or Ranger Service for these) to identify the flora (plants) and fauna (animals) in that area.
2. Use your observations (photos, drawings or descriptions) to make leaflets for other groups to use in this area.

1.3 Islands: The 100 Island Challenge

Time: 1+ hrs

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

There are 790 Islands in Scotland alone and many more around the world. Find out about islands around Scotland's shores and the onshore islands in many countries. Use maps and the internet for information

Preparation

You will need:

- Internet access
- Maps
- Atlas
- Page 11 of this booklet

What to do

Activity: Island visit (you don't actually have to go!)

1. Choose an island you would like to visit.
2. Find out how you could travel to this island.
3. Think about what it would be like to travel to this island; what would you need to take with you and where would you go on the island?
4. Contact Units on the islands, and interview them about their island.

Activity: 100 islands

1. Try to name 100 islands.
2. Make up a quiz about 100 islands.
3. See how many islands you can find out about. If each member of your unit has a different island to investigate, you could try to find out about 100 different islands over a few weeks.

Talking Points and other activities

- Is there an island near you? Is it accessible?
- Do you need permission to go?
- Could you get 100 girls on an island near you?
- What would your timetable be for your virtual visit to your island and how much would it cost?
- Can you share your challenge with other Units in Scotland?

Further information can be obtained from the following websites or your County Outdoor Advisor:

<http://www.girlguiding.org.uk/>

<http://www.visitscotland.com/>

1.4 Islands: Naming Game

Time: 15-30min

Suitable for:

- Guides
- Senior Section

Introduction

All islands have names given to them so that they can be identified; most of the names are Gaelic or Norse and are based on distinguishing features of the island. This activity is used to study Gaelic and other languages that are or have been used in Scotland.

Preparation

You will need:

- Naming game cards
- Paper & pens
- Naming books with name meanings (optional)
- Viking/old Norse books

What to do

Game: Naming game

1. Hand out naming game cards to each group.
2. Introduce Gaelic as a language used in Scotland (some girls will be able to speak Gaelic) introduce some Gaelic words and English using a dictionary (most libraries will be able to lend these)
3. Give the girls some time to arrange the cards with the correct names
4. Give clues for each Island to match up with the cards

Activity: What's in a name?

1. Ask the girls if they know what their name means, they could bring along any name books if they have one.
2. Think about local landmarks and their names, can they rename any local features with a better name.

Activity: Viking challenge

1. Discuss that the 'old Norse' language would have been used by the Vikings
2. Ask girls to bring in any Viking information that they may have
3. Have a Viking themed night

Further Information

- What do the girls think of the meanings of the islands?
- Have they heard of 'old Norse' before?
- How did Vikings from Scandinavia get to these islands to name them?

Naming game cards

Arran	Means 'High place'
Eigg	Gaelic for 'Notched Island'
Islay	Old Norse for 'Yula's isle'
Jura	Old Norse for 'Deer Island'
Orkney	Norse for 'Island of Horses'
Muck	Gaelic for 'Island of the whales'
Rousay	Old Norse for 'Hrolf's Island'
Tiree	Gaelic for 'land of corn'
Yell	Old Norse for 'barren'
Iona	Gaelic for 'Columba's Island'

1.5 Islands: Postcard challenge

Time: 15-30min

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

Here in Scotland, we are lucky to have Units who meet on islands, including Orkney, Shetland, the Western Isles and many of the west coast islands.

If you already live on an island, then you could write to a Unit on the mainland, telling them about your island and life on it.

If you live on the mainland you could send postcards to as many island Units as you can - can you afford to send 100 postcards? Maybe you could send 'virtual' postcards to a guider's email address?

Preparation

You will need:

- Postcard of your area showing its best bits such as famous statue, bridge or view
- Blank postcards/card in postcard shape

What to do

Craft: Make a postcard

1. Make your own postcard (could be about the area you live or your Unit)

Activity: Postcard challenge

1. Get a postcard showing your local area (you might even want to make your own postcards).
2. Tell the recipient Unit about who you are, when you meet, what you do, etc.
3. Send the postcard (If you are going to use your computer, you may want to check with the guider if the Unit has an email address or that she is happy to receive emails for her Unit. You could do this by first contacting her through her County and exchanging addresses)

Talking Points

- Use a map of Scotland to show your girls where the island they are writing to is.
- Ask your girls to think about what it is like to live on an island
- Find out more about the islands you have sent your postcards too.
- For Senior Section, why not find an international unit that meets on an island (like the Falkland Islands) and exchange postcards with them.
- Look at completing interest badges such as World Guiding.

2.0 Environment: Draw your own Island

Time: 15-30 min

Suitable for:

- Brownies
- Guides
- Senior Section

Introduction

Everyone has an idea about their own desert island! This is an opportunity for girls to think about what they will need, want and what their island might look like

Preparation

You will need:

- Paper
- Pens
- Imagination
- Maps of island (OS have good ones)
- Beach equipment (buckets etc)

What to do

Activity: Island drawing

1. Ask the girls to draw the outline of their island.
2. Ask them to think about: shelter, food supply, harbour, mountains, defences

Craft: Model island

1. Use junk or paper mache to make an island (could be the same one as above or a real island)
2. Girls can use their island to make up a story.

Activity: Beach visit

1. Visit a local beach
2. Make an island in the sand, try making a moat and surround it with water.

Game: String bag game

1. Play string bag game with items they would take to a deserted island

Talking points

- Which animals, plants, trees are indigenous to your island? Are they endangered in anyway? Are there any ways you could help them?
- Think about climate change, how would this affect your island? What could we do to stop this?
- What would the people living on your island do for a living?

2.1 Environment: Grace Darling

**Time: 30min
minimum**

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

This activity investigates the life of Grace Darling who was a heroine of the sea and a great female role model. The RNLI has some brilliant resources based around her life that guides and leaders will find fascinating.

Preparation

You will need:

- Grace Darling Fact Sheet
- Rescue story
- Paper
- Pens
- Internet resources
- Comic strip sheet (for those who need help)

What to do

Activity: Newspaper article

1. read the Grace Darling fact sheet and rescue story
2. write a newspaper article about Grace Darling

For more information on Grace Darling and her life, a 4 page fact file can be downloaded from:

<http://www.rnli.org.uk/assets/downloads/Grace%20Darling%20factsheet%20v2.pdf>

Activity: Display

1. create a display showing the events of Grace Darling's rescue

Activity: Comic strip

2. design a comic strip showing either the events of the rescue or of Grace Darling's life

More resources and files about Grace Darling, her life and the lifeboats can be found at the links below:

<http://www.rnli.org.uk/Shorething/Youth/Grace/Default.aspx>

http://www.rnli.org.uk/who_we_are/the_heritage_trust/grace-darling-museum/grace-darling-story?gclid=CKqOxoqB_poCFUYA4wodACUQsw

Fact sheet:

<http://www.rnli.org.uk/assets/downloads/Grace%20Darling%20factsheet%20v2.pdf>

Grace Darling fact Sheet

1. Grace darling was born in 1815 (24th November)
2. When Grace was 10 years old her family (she had 8 siblings!!) moved to Longstone Lighthouse on the Farne Islands in Northumberland.
3. Her father, William Darling was the lighthouse keeper and had to keep the lantern burning all the time.
4. Grace became famous for helping her father to rescue the survivors from the SS Forfarshire when the ship was driven by a storm onto Harcar rocks on 7th September 1838.
5. Grace was awarded an RNLi Silver medal for bravery. Gold medals were awarded to both Grace and her father from the Royal Humane Society and £50 from Queen Victoria.
6. Grace died aged 26 on 20th October 1842 from TB (an infection of the lungs).
7. The Darlings became the most famous of all lighthouse families
8. Many books, poems, articles, paintings and even a rose were created in Grace's honour

Rescue Story:

“She and her father, William Darling, determined that the weather was too rough for the lifeboat to put out from Seahouses, so they took a rowing boat (a 21 ft, 4 man Northumberland Coble) across to the survivors, taking a long route that kept to the lee side of the islands, a distance of about half a mile, Grace kept the coble steady in the water while her father helped four men and the lone surviving woman, Mrs. Dawson into the boat.

Although she survived the sinking, Mrs Dawson had lost her two young sons during the night. Her father with three of the rescued men then rowed back to the lighthouse, while Grace and the fourth man comforted Mrs. Dawson.

Grace then remained at the lighthouse while William Darling and three of the rescued crew members rowed back and recovered the remaining survivors. Meanwhile, the lifeboat had set out from Seahouses, but diverted to the lighthouse when it was seen that the rescue had been completed by Grace and her father.

The weather deteriorated to the extent that everyone was obliged to remain at the lighthouse for three days before returning to shore. The *Forfarshire* had been carrying 31 passengers and 29 crew. The vessel broke in two almost immediately upon impact with the rocks. Those rescued by Grace and her father were from the bow section of the vessel which had been held by the rocks for some time before sinking.

Nine other passengers and crew had managed to float off a lifeboat from the stern section before it too sank and were picked up in the night by a passing vessel and brought into Shields that same night”

Excerpt taken from: http://en.wikipedia.org/wiki/Grace_Darling

Grace Darling Comic Strip

1. Draw your picture in the large boxes
2. Write about the picture in the box underneath

2.2 Environment: Ordnance Survey

Time: 30 min
minimum

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

When partaking in any form of outdoor activity the ability to map read can ensure the safety of all those taking part. This activity helps girls to understand Ordnance Survey maps and their symbols.

Remember to highlight local Islands and use your Walking Advisor if you need any support

Preparation

You will need:

- Ordnance Survey flash cards which can be downloaded from:
http://www.ordnancesurvey.co.uk/oswebsite/education/pdf/flashcards/explorer_flashcards_english.pdf
- Compasses
- Map reading made easy resource (8 page PDF):
<http://www.ordnancesurvey.co.uk/oswebsite/education/pdf/mapreadingmadeeasypeasy2.pdf>
- Maps
- Paper
- Pens

What to do

Activity: Compass skills

1. Ask girls to bring in compasses, if they have one at home (you may have these in the Unit and you will need 1 per group).
2. Show the girls how to use the compasses within the meeting place (games can be played to do this). You could print off or pre-read 'map reading made easy' from Ordnance Survey as this has hints and tips which can be used to teach girls all about map reading and compass work.
3. Allow the girls to use the compasses to find objects or follow a trail.

Activity: Map drawing and flash cards

1. Provide a map or ask girls to bring in a map if they have one at home (Ordnance Survey run a 'free maps for 11yr olds' scheme which could be used).
2. Ask the girls to study the map and think about the symbols used on the map. Do they know what any of them mean?
3. Either ask the girls to describe, or draw symbols and discuss the meanings. You could print off the 'flash cards' and use these in a game to teach the symbols to your girls.
4. Each group should then make their own map of the local area, using symbols (they can make up their own, but ensure they provide a key and point out the key on the maps they have been looking at).

Activity: Trail

1. Using their made up maps from the previous activity, the girls can make up trails for other groups to follow.
2. They can use compasses to help them with this activity or they can use tracking symbols to lead groups around their trail.
3. Let the girls try out each others trails ensuring they have a leader with them so they don't get lost.

Activity: Orienteering

1. Find out if there are any orienteering courses near your meeting place (especially ones with islands!), your Outdoor Advisor will be able to give you advice on this.
2. Take part in orienteering once they are competent in using a compass (may be more suitable for Guide and Senior Section age girls).

Activity: Hidden treasure

1. Hold a pirate themed night.
2. Get the girls to use their mapping skills to make treasure maps for each group to use.

Activity: Braille

How do blind people get about? How do they manage without being able to read maps and see signs?

1. Contact your local library for Braille books and show these to the girls.
2. Ask the girls if they have ever seen Braille (you could bring in some very well washed bottles of bleach, etc. which have Braille warnings on them).
3. Have a look at the Braille alphabet (RNIB has lots of information including a Braille alphabet. See www.rnib.org.uk)
4. Make paper mache symbols which girls can attempt to identify wearing blindfolds or make your own Braille words and see if the girls can decipher them.

Talking Points

This activity will give you the opportunity to get out and about around your meeting place. Discuss with the girls, the importance of street signs and map symbols, can they imagine a world without them?

You could invite someone to come and talk to the girls about this - possibly someone from 'Guide Dogs for the Blind' (<http://www.guidedogs.org.uk/>).

National Braille week is held on the 4th to 10th January, see the website for details of activities: <http://www.nationalbrailleweek.org/>

Find out if any of the girls have used 'Google Earth' or 'Google Maps' on the internet (similar things can be found by Yahoo and Multimap)

2.3 Environment: Go Sailing

Time: 1 - 2hr

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

Why not host your own regatta at your meeting place?

Preparation

You will need a paddling pool or big plastic boxes as your water area. Plastic sheets would be good to protect the floor. It would be beneficial to ask the girls to bring a waterproof jacket.

You will need:

- Paper
- objects such as containers
- plastic bottles
- tape
- glue, pens, string

What to do

Activity: Regatta

1. In their groups ask the girls to make a boat out of the objects they have brought.
2. Race the boats to find out whose is the fastest? Whose holds the most? Whose is the slowest? etc.

Activity: Boat trip

1. Go on a boat with your Unit
2. Ensure you have all the required safety precautions covered.

Event: Swimming

1. Visit your local swimming pool and take part in a series of events, such as swimming competitions/water ball games or get the floating mats and make islands.

Talking Points

What do you need to make a good boat?

What types of boats are there?

What would you need to keep safe on a boat?

If you were on a boat, where would you go?

2.4 Environment: Island animals

Time: 1 hr

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

This activity highlights the importance in looking after animals and could even delve into tourism!

Islands tend to have very different populations of animals and birds compared to mainland habitats.

Preparation

You will need:

- Paper
- Pens
- Animal fact cards

What to do

Game: Animal facts game

1. Use the animal cards to learn about different islands and the animals found there.
2. Cut up the cards (cut each square).
3. Mix them up and get each group to match up the animals to the correct islands and descriptions.

Activity: Animal fact file

1. Each girl chooses an animal (it could be one from the above game).
2. They then go away and investigate that animal over a couple of weeks.
3. Girls then present their findings to the Unit.

Activity: Pet parade

1. Girls could bring in their pets and tell the Unit about them (photos could be used rather than bringing in actual pets).

Activity: SSPCA

1. Invite a member of the SSPCA or other animal organisation representative (zookeeper/stable worker/vet) to discuss animal welfare with the girls.

The following website gives lots of information, if you chose to have an animal welfare night of your own: <http://www.scottishspca.org/>

Activity: Songs

1. Sing animal themed songs.

Animal fact cards

Island	Animal/bird	description
Galapagos	Blue footed booby	Sea bird with blue feet. They eat fish and squid and nest along rocky coasts
Australia	Kookaburra	A large kingfisher, its call sounds like a human laughing.
New Zealand	Kiwi	Flightless bird which lives on land. It is nocturnal and is a national symbol.
Japan	Koi Carp	Brightly coloured ornamental fish
Antarctic	Penguin	Aquatic flightless bird. Dives through water to catch fish.
Arctic	Polar bear	Large white bear. Can survive very cold climates and eats mainly seals.
Orkney	Orkney vole	Mammal which burrows. It builds nests above ground and is often found in wet places.
Australia	Koala	Marsupial similar to a wombat. Feeds almost entirely on eucalyptus leaves.
Madagascar	Lemur	Long tailed primate that has big eyes.
Hawaii	Snail eating caterpillar	8mm long caterpillar that catches snails in its webs.

3.0 Taking Care: RNLI Lifeboats

Time: 15 - 45 mins

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

The Royal National Lifeboat Institution (RNLI) is the charity that provides a 24-hour lifesaving service around the UK and Republic of Ireland.

This activity is used to get girls thinking about safety and how to avoid needing help from the RNLI.

Preparation

You will need:

- RNLI spokesperson
- Paper
- Pens

What to do

Activity: RNLI talk

1. Invite a member of your local RNLI to come talk to your girls about the importance of safety at sea.

Activity: Talk

1. find 5 interesting facts about the RNLI and make a talk about their work based on these facts

Activity: Play

1. Research the work of the RNLI.
2. Think about scenarios where they would be used.
3. Create a play to demonstrate why they are so important.

Event: Fundraising

1. Have a fundraising event to make money for the RNLI.
2. You could make a treasure map and sell squares (make sure there is a winner)
3. You could take part in a sponsored swim.

Information can be found on the following web sites:

<http://www.rnli.org.uk/Shorething/Youth/Default.aspx>

<http://en.wikipedia.org/wiki/RNLI>

3.1 Taking Care: History of Islands

Time: 15-30 min

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

Islands such as St Kilda, Eigg and Mull are surrounded by history.

This section encourages girls to take an interest in history and find out more about island culture, the people who lived there and the environment.

Preparation

You will need:

- Selection of books about different Islands (your local library will help)
- Pens
- paper

What to do

Activity: Theme night

1. Brainstorm about different islands.
2. Investigate the costumes from that island.
3. Have a themed evening, dressing as people from your island (Hawaii is a really fun one).

Activity: Posters

1. Choose an island.
2. Find 5-10 facts about your island.
3. Make a poster about the island and put in your meeting place or local library (especially if they have given you books to borrow).

Activity: Leaflets

1. Pretend that you are the Tourism Board for an island (you could choose a local one and find out more about it).
2. Create a mascot and campaign to bring people to the area.
3. Make a leaflet or write a letter to a tour company promoting your Island.
4. You could send these to the actual Tourist Board.

3.2 Taking Care: First Aid

Time: 1-2 hrs

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

First Aid is crucial to any one wanting to go on an outdoor activity!

Knowledge of even basic First Aid can be life saving and can make for a much happier and enjoyable experience (especially if you have new walking boots!)

Preparation

You will need:

- First aid badge information
- First aid trainer
- Resuscitation manikins
- First aid box
- Paper
- Pens

What to do

Activity: First Aid badge

1. Complete the first aid badge as a Unit.
2. If some of your girls already have the badge use them to help the others and remind them they need to keep their training up to date!

Activity: First Aid box

1. Make a first aid box that you could take on a walk
2. Ask each group to take in a different part of the box (one could bring in a margarine tub, one could bring in plasters, etc.).
3. Discuss what essentials would be required and any items that may not be needed. Use the first aid badge notes for guidance.

Activity: Posters

1. Discuss scenarios that could occur when around water (i.e. someone falls into a river or pond). What would the girls do? How would they react? How could the scenario be prevented?
2. Design posters (fliers or leaflets, anything the girls want) to show their thoughts.

Talking Points

Make sure you point out that First Aid and being safe on any trip is essential, as you can have an accident anywhere at anytime if you don't look after yourself.

3.3 Taking Care: Changing Weather

Time: 15+ min

Suitable for:

- Rainbows
- Brownies
- Guides
- Senior Section

Introduction

Weather is very important when planning any trip but when you are out and about it can be life threatening if it changes quickly, as it does very often on islands.

This activity introduces the different aspects of weather and how to prepare for each of them, as you can be very isolated when on an island.

Preparation

You will need:

- Compasses
- Paper
- Pens

What to do

The different aspects of weather are: wind direction and force, precipitation, sunshine, cloud, visibility and temperature

Activity: Wind direction and force

1. Use compasses to learn about North, East, South and West! Explain that an easterly wind blows from the East (not towards the East), etc.
2. Go outside and see if the girls can track which direction the wind is coming from.
3. Repeat this each week, for a month or two, and see if there is any variation, also does their result match that of the TV weather forecast.

Activity: Precipitation

1. Precipitation is what falls from the sky, e.g. rain, snow. Discuss what these are and also sleet and hail.
2. What would the girls do if this type of weather was forecast?
3. What could they bring to protect themselves?

Activity: Temperature

1. What should they have with them if the temperature changed dramatically to cold or hot conditions?
2. Ask the girls if they have heard of the condition 'exposure', what happens to you and how do you treat it?

Talking Points

Bivvy/survival bags, emergency blankets and group shelters can all be used/taken when walking. Have the girls heard of these? How would they use them?