

Heaven Home Out

Scotland



WE DISCOVER, WE GROW

Girlguiding

Welcome to our 2021 Hear Me Out pack

We've created this pack for you to use over the course of one or two meetings with your unit. It should have all the activities you need just to pick up and use and is suitable for all sections.

What is it all about?

This pack is to help the Girlguiding Scotland teams to get feedback directly from girls and young women. Hear Me Out is an opportunity for your unit to really tell us what you think and what you would like to see from us. We want to know everything from what kind of events your unit want to see to who we should be partnering with.

After completing the pack we'll need an adult to send us the feedback, you'll see instructions for what you should feedback throughout the pack.

A number of units will then be invited to send a couple of girls to a special virtual Hear Me Out event where further consultation will be done and we will have some fun with other girls in their section.

The date for this is below:

Saturday 29 January 2022

Rainbows and Brownies morning

Guides and Rangers afternoon

Time Required:

- Unit meeting time (one or two meetings) to take part in consultation
- 15-20 minutes to feedback online here: <https://www.surveymonkey.co.uk/r/HearMeOut2021>

Don't forget to get your Hear Me Out badge from the Girlguiding Scotland shop!



Adventure



What you need:

- Dice - At the back of the book you'll find a template for two dice. Print these off and make each dice up by gluing the sides in place.
- A notepad to make some notes

What does adventure mean to you?

Step one: Throw the story dice and come up with an adventure based on the 2 images. We bet you've had some wild ideas!

Leader note: these don't need to be fed back

Dice 1	Dice 2
Bus	Castle
Ladder	Tent
Bike	Treasure Chest
Dragon	Food
Boat	Potion Bottle
Forest	Music

Step two: Once you're finished have a chat about the adventures you would like to have with Girlguiding Scotland.

Leader note: take note of these ideas to feedback





Know Myself



What you need:

- Large roll of paper
- pens

Find the tallest person in your unit and draw round them.

Find these areas on the body you've drawn and write in your answers to the questions below.

Heart - What things do you love doing with your unit?

Legs - Where would you like to go with your unit or with Girlguiding Scotland?

Head - What are your best memories in guiding?

Strong arms - What activities make you feel strong and powerful both physically and mentally?

Tummy - What activities do you like to do that involve food?

Mouth - What things are important to you or would you like to speak about?
This might be things that make you feel angry or you want to change.

Leader note: Please gather these in - you can either submit photos (up to 10) or just type up the responses

Big events



What you need:

- At the back of the pack you'll find a star chart for your section. Print enough copies off for all of your patrols.
- Pens

We want to make all our events out of this world! How many stars would you give these ideas? If you're not sure what any of the ideas are we've put a simple glossary at the back of the pack.

Rainbows	Brownies	Guides	Rangers
Magic Day	Trip Abroad	Pop Concert	Pop Concert
Comedy Day	Sleepover	Trip Abroad	Trip Abroad
Sleepover	Magic Day	Sleepover	Sleepover
Treasure Hunt	Comedy Day	Big Camp	Big Camp
Outdoor Adventures	Big Camp	International Camp	International Camp
24 hour camp	Treasure Hunt	Outdoor Adventures	Outdoor Adventures
Animal Antics	Animal Antics	Takeover	Takeover

Ideas of your own why not give them a star rating too!

Leader note: Please collect these in - you'll be asked to submit an average for each activity from your groups

Days out and Nights Away!



Have you seen our Out and About and Nights Away badges?
What fun activities would you like to do to earn these badges?

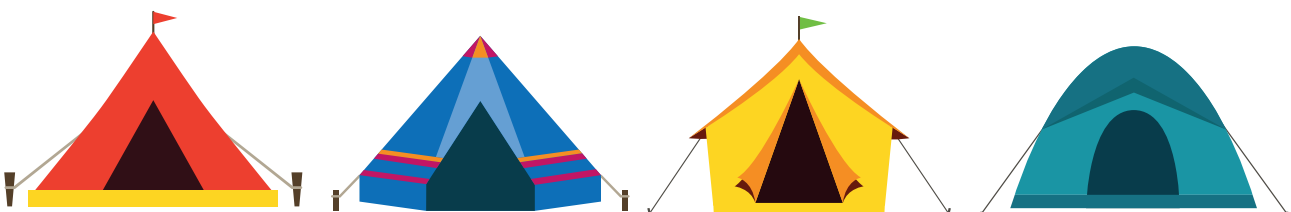
We would like you to run a Dragons Den experience. Leaders present to the dragons (the girls). Set up a panel of girls (you can rotate so everyone's voice is heard). You and your leadership team (or young leaders) can then pitch the different activity ideas to 'the dragons' and let them decide which activities win.

Depending on your section, you may want to adapt this - for Rainbows and Brownies an 'X Factor' or 'Britain's Got Talent' theme may work better.

We have some pitch suggestions for you to try below. You can pitch these however you like but we have included a short description at the back of the pack to help you if you get stuck. Got a better idea? You can pitch anything you'd like to the girls.

Rainbows	Brownies	Guides	Rangers
Picnic in the Park	Picnic in the Park	Sleep Under the Stars	Sleep Under the Stars
Sleepover somewhere unusual	Sleepover somewhere unusual	Sleepover somewhere unusual	Sleepover somewhere unusual
Festival	Huge Camp	Huge Camp	Huge Camp
Bring an adult day	Festival	Festival	Festival
Carnival	Carnival	Carnival	Carnival

Leader note: just take note of the girls preferences so you can feedback



Tell us anything!



We know the girls will have given some brilliant feedback during the above activities. Now is their opportunity to tell us anything. Let each girl have the opportunity should they want to, to sit in the hot seat. Once in the hot seat they have up to a minute to tell us anything they want to. Can they fill the whole minute?

Leader note: jot down some quick notes about the girls ideas (no thought too random!)

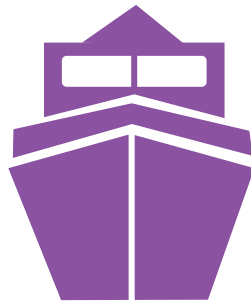
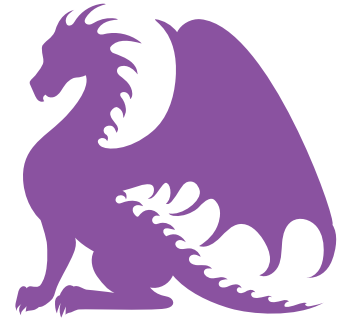
A large, spiral-bound notebook with a white cover and a silver metal spiral binding on the left side. The notebook is open to a blank page with horizontal ruling lines. The notebook is positioned in the center of the page, with a purple, yellow, and orange geometric background behind it.

Feedback!

Thank you for running this resource in your unit and taking the time to feedback.

A white spiral-bound notebook with a silver metal spiral binding at the top. The notebook is open to a page with horizontal ruling lines. The page is mostly blank, with a few faint lines visible. The notebook is set against a background of colorful, overlapping geometric shapes in purple, yellow, and orange.

Adventure Dice 1



Adventure Dice 2



Star Chart - Rainbows



	1 Star	2 Stars	3 Stars	4 Stars	5 Stars
Magic Day					
Comedy Day					
Sleepover					
Treasure Hunt					
Outdoor Adventures					
24 hour camp					
Animal Antics					

Star Chart - Brownies



	1 Star	2 Stars	3 Stars	4 Stars	5 Stars
Trip Abroad					
Sleepover					
Magic Day					
Comedy Day					
Big Camp					
Treasure Hunt					
Animal Antics					

Star Chart - Guides



	1 Star	2 Stars	3 Stars	4 Stars	5 Stars
Pop Concert					
Trip Abroad					
Sleepover					
Big Camp					
International Camp					
Outdoor Adventure					
Takeover					

Star Chart - Rangers



	1 Star	2 Stars	3 Stars	4 Stars	5 Stars
Pop Concert					
Trip Abroad					
Sleepover					
Big Camp					
International Camp					
Outdoor Adventure					
Takeover					

Big events glossary

Rainbows	
Magic Day	A day filled with magic and excitement. You'd see magicians, try out magic for yourself and maybe even watch a big magic show.
Comedy Day	A day filled with lots and lots of laughing. You'd hear from different comedians (people whose job it is to tell jokes!) and maybe have a go at making up your own jokes
Sleepover	A night away from home, it could be in your unit meeting place or maybe a little further.
Treasure Hunt	A big trail to find lots of hidden treasure!
Outdoor Adventures	A day where you can have a big adventure outside. It might involve some activities like climbing or making a den.
24 hour camp	A sleepover but in a tent!
Animal Antics	A day where you'll get to meet lots of different animals, learn about them and maybe even touch some of them.

Brownies	
Trip Abroad	A trip to a different country. You might get there by plane, boat, bus or train!
Sleepover	A night away from home, it could be in your unit meeting place or maybe a little further. It could be somewhere really exciting like a museum or a science centre.
Magic Day	A day filled with magic and excitement. You'd see magicians, try out magic for yourself and maybe even watch a big magic show.
Comedy Day	A day filled with lots and lots of laughing. You'd hear from different comedians (people whose job it is to tell jokes!) and maybe have a go at making up your own jokes
Big Camp	Camping overnight in a tent with lots of other Brownies.
Treasure Hunt	A big trail to find lots of hidden treasure!
Animal Antics	A day where you'll get to meet lots of different animals, learn about them and maybe even touch some of them.

Guides	
Pop Concert	Head to a big venue like The SSE Hydro to see some of the best musicians with thousands of other girls.
Trip Abroad	A residential adventure in another country
Sleepover	A night away from home, it could be in your unit meeting place or maybe a little further. It could be somewhere really exciting like a museum or a science centre.
Big Camp	Staying overnight (or for a few nights) in a tent. There would be lots of activities during the day and you'd meet other girls from around Scotland.
International Camp	Staying overnight (or for a few nights) in a tent with thousands of other girls. There would be lots of activities during the day and you'd meet other girls from around Scotland and further afield. It might even be in another country.
Outdoor Adventures	A day where you can try lots of different outdoor activities like climbing, caving, high ropes courses etc.
Takeover	A day where Girlguiding Scotland takes over an exciting venue like a safari park, zoo or theme park

Rangers	
Pop Concert	Head to a big venue like The SSE Hydro to see some of the best musicians with thousands of other girls.
Trip Abroad	A residential adventure in another country
Sleepover	A night away from home, it could be in your unit meeting place or maybe a little further. It could be somewhere really exciting like a museum or a science centre.
Big Camp	Staying overnight (or for a few nights) in a tent. There would be lots of activities during the day and you'd meet other girls from around Scotland.
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Outdoor Adventures	A day where you can try lots of different outdoor activities like climbing, caving, high ropes courses etc.
Takeover	A day where Girlguiding Scotland takes over an exciting venue like a safari park, zoo or theme park

Days Out and Nights Away - further information

Rainbows	
Picnic in the Park	Imagine a huge picnic in the park. You could help make up all of the different foods, even jelly for lunch and then share it all with your friends. We'd have a huge game of rounders or (any game you know the girls like) and we'd spend the whole afternoon having fun!
Sleepover somewhere unusual	A night in a museum? Sleeping in a safari park? A huge sleepover at the science centre? What about a sea life centre?
Festival	Performances from bands and musicians, painting, art, making stuff, maybe a bit of science too! Plus, yummy food and loads of games.
Bring an adult day	Have you ever wondered how your parent/carer would get on being a Rainbow? Now is your chance - bring an adult along to Rainbows!
Carnival	Dressing up, dancing, rides, stalls and circus performers!

Brownies	
Picnic in the Park	Imagine a huge picnic in the park. You could help make up all of the different foods, even jelly for lunch and then share it all with your friends. We'd have a huge game of rounders or (any game you know the girls like) and we'd spend the whole afternoon having fun!
Sleepover somewhere unusual	A night in a museum? Sleeping in a safari park? A huge sleepover at the science centre? What about a sea life centre?
Huge Camp	The best camp you could imagine! A whole village of tents, loads of activities, delicious food and a chance to meet lots of new friends.
Festival	Performances from bands and musicians, painting, art, making stuff, maybe a bit of science too! Plus, yummy food and loads of games.
Carnival	Dressing up, dancing, rides, stalls and circus performers!

Guides and Rangers	
Sleep Under the Stars	Camping....but without a tent!
Sleepover somewhere unusual	A night in a museum? Sleeping in a safari park? A huge sleepover at the science centre? What about a sea life centre?
Huge Camp	The best camp you could imagine! A whole village of tents, loads of activities, delicious food and a chance to meet lots of new friends.
Festival	Performances from bands and musicians, painting, art, making stuff, maybe a bit of science too! Plus, delicious food and loads of games.
Carnival	Dressing up, dancing, rides, stalls and circus performers!



Some of the ideas in this pack have been influenced by other resources including Girlguiding's participation on a plate.

The Guide Association Scotland known as Girlguiding Scotland is a registered Scottish charity No. SC005548

