**Create your own flexible guiding programme by picking and mixing activities from the Girlguiding programme, Adventures at Home and the Girlguiding Scotland flexible guiding games packs.**

This template is for **three full-day sessions** which could be repeated over a series of days in a single week or used weekly over the summer holidays, for example. Move the timings forward for an afternoon meeting.

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| **DAY 1** | **Duration** | **Suggestion**  **(three new activities each day)** | **Your plan** | **What equipment or resources will you need?** | **How much will this cost?** |
| 9.30am -10.00am | 30 mins | Welcome, introduction, quick game |  |  |  |
| 10.00am-11.00am | 60 mins | Craft |  |  |  |
| 11.00am-11.15am | 15 mins | Break – girls can chat or choose from a short list of games for later that day |  |  |  |
| 11.15am-12.15pm | 60 mins | Split into three groups (part one)  Group one: Activity one  Group two: Activity two  Group three: Activity three |  |  |  |
| 12.15pm-1.15pm | 60 mins | Lunch |  |  |  |
| 1.15pm-2.15pm | 60 mins | Still in their three groups, (part two)  Group one: Activity two  Group two: Activity three  Group three: Activity one |  |  |  |
| 2.15pm-3.15pm | 60 mins | Still in their three groups, (part three)  Group one: Activity three  Group two: Activity one  Group three: Activity two |  |  |  |
| 3.15pm-3.45pm | 30 mins | Break |  |  |  |
| 3.45pm-4.30pm | 45 mins | Games |  |  |  |
| 4.30pm-5.00pm | 30 mins | Group discussion time: songs, chat, feedback, what we will do tomorrow |  |  |  |

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| **Day 2** | **Duration** | **Suggestion**  **(three new activities each day)** | **Your plan** | **What equipment or resources will you need?** | **How much will this cost?** |
| 9.30am – 10.00am | 30 mins | Welcome and games |  |  |  |
| 10.00am -10.30am | 30 mins | Whole group activity |  |  |  |
| 10.30am –11.00am | 30 mins | Break chat/choose games for later |  |  |  |
| 11.00am -12.00pm | 60 mins | Split into three groups (part one)  Group one: Activity one  Group two: Activity two  Group three: Activity three |  |  |  |
| 12.00pm -1.00pm | 60 mins | Still in their three groups, (part two)  Group one: Activity two  Group two: Activity three  Group three: Activity one |  |  |  |
| 1.00pm – 2.00pm | 60 mins | Lunch |  |  |  |
| **2.00pm – 3.00pm** | 60 mins | Still in their three groups (part three)  Group one: Activity three  Group two: Activity one  Group three: Activity two |  |  |  |
| **3.00pm – 3.45pm** | 45 mins | Craft |  |  |  |
| **3.45pm - 4.00pm** | 15 mins | Break |  |  |  |
| **4.00pm – 4.30pm** | 30 mins | All group activity |  |  |  |
| **4.30pm – 5.00pm** | 30 mins | Group discussion time: songs, chat, feedback, what we will do tomorrow |  |  |  |

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| **DAY 3** | **Duration** | **Suggestion (three new activities)** | **Your plan** | **What equipment or resources will you need?** | **How much will this cost?** |
| 9.30am –9.45am | 15 mins | Welcome and games |  |  |  |
| 9.45am – 10.30am | 45 mins | Whole group activity |  |  |  |
| 10.30am – 10.45am | 15 mins | Break |  |  |  |
| 10.45am –11.45am | 60 mins | Split into three groups (part one)  Group one: Activity one  Group two: Activity two  Group three: Activity three |  |  |  |
| 11.45am – 12.45pm | 60 mins | Still in their three groups, (part two)  Group one: Activity two  Group two: Activity three  Group three: Activity one |  |  |  |
| 12.45pm – 1.30pm | 45 mins | Lunch |  |  |  |
| 1.30pm – 2.30pm | 60 mins | Still in their three groups (part three)  Group one: Activity three  Group two: Activity one  Group three: Activity two |  |  |  |
| 2.30pm – 4.00pm | 90 mins | Visit to local park |  |  |  |
| 4.00pm – 4.30pm | 30 mins | Break |  |  |  |
| 4.30pm – 5.00pm | 30 mins | Prepare for Promise ceremony  (e.g. girls practice Promise ceremony with a young leader) |  |  |  |
| 5.00pm–6.00pm | 60 mins | Parents arrive for Promise ceremony. Girls make their Promise |  |  |  |
| 6.00pm finish |  | Parents leave with invite to volunteer and details of how girls can continue their involvement  (e.g. meeting next holiday, joining a unit with spaces or waiting until volunteers come forward) |  |  |  |