**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. You’ll find templates for 90 minutes sessions, three-hour sessions and full day sessions in this pack. You can combine them to create your own flexible guiding programme.**

**This template is for a two-hour meeting.** Move the timings forward for an afternoon meeting. For a 90 minute meeting, you could adjust the ‘welcome’ time and delete the slot ‘whole group activity’ at start and have no break

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| **Example start time** | **Duration** | **Suggestion** | **Your plan** | **What equipment or resources will you need?** | **How much will this cost?** |
| 9.30am –9.40am | 10 mins | Welcome and sign in |  |  |  |
| 9.40am– 10.00am | 20 mins | Whole group activity or games |  |  |  |
| 10.00am – 10.30am | 30 mins | Activity from the Girlguiding programme or from your own collection  Girls split into groups and run same activity for all groups at once. |  |  |  |
| 10.30am-10.40am | 10 mins | Optional quick juice break.  Girls vote/choose games from short list to play later |  |  |  |
| 10.40am-11.10am | 30 mins | Games of girls’ choice |  |  |  |
| 11.10am – 11.30am | 20 mins | Group discussion time: songs, chat, feedback on what they liked, changes. What we can do next tomorrow |  |  |  |
| 11.30am finish |  |  |  |  |  |

**This template is for a half-day session** 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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| **Example Start Time** | **Duration** | **Suggestion** | **Your plan** | **What equipment or resources will you need?** | **How much will this cost?** |
| 9.30am –9.45am | 15 mins | Welcome and quick game |  |  |  |
| 9.45am – 10.30am | 45 mins | Whole group activity or games |  |  |  |
| 10.30am – 11.00am | 30 mins | Activities from the Girlguiding programme  Split into two groups. (part one)  Group one: Activity one  Group two: Activity two |  |  |  |
| 11.00am – 11.15am | 15 mins | Break. Girls vote/choose games from short list to play later |  |  |  |
| 11.15am – 11.45am | 30 mins | Still in their two groups, (part two)  Group one: Activity two  Group two: Activity one |  |  |  |
| 11.45am – 12.10pm | 25 mins | Games of girls’ choice |  |  |  |
| 12.10am – 12.30pm | 20 mins | Group discussion time: songs, chat, feedback on what they liked, changes. What we can do next time |  |  |  |
| 12.30pm finish |  |  |  |  |  |

**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) |  |  |  |