

# Mime the Laws

1

**Equipment needed:** Nil

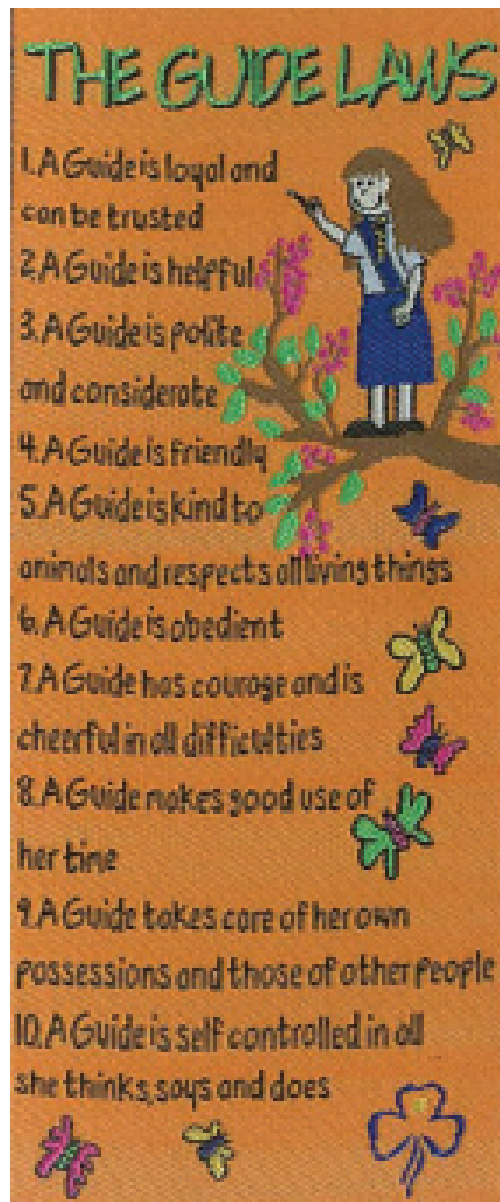
**Time:** 20 minutes

## **Activity details:**

In Patrols, give each Patrol a number of the Guide Laws, they then have several minutes to decide how they are going to mime each of their Laws.

They then mime it for the rest of the Unit who tries to guess which Law they are miming.

Swap Laws around and do it again.



# Taking Care of Me

2

**Equipment needed:** Pen and paper

**Time:** 20 minutes

**Activity details:**

## **Good Diet and Exercise**

Each Guide to write down what she has eaten for the past 2 days and talk about what might not have been so good for her. She then writes a challenge for herself to make one or two improvements to her diet in the next week e.g. drink water instead of soft drink, don't eat lollies after school, eat breakfast every day.

Each girl then needs to challenge herself to do some sort of exercise each day for the next week. This could be school sport, walking the dog or playing with friends outside. Girls to keep a record of their challenge



# Learning to Say 'No'

3

**Equipment needed:** Pen and paper

**Time:** 15 minutes

**Activity details:**

## *They're Everywhere*

In small groups of 2 or 3 girls, list 8 legal "drugs" in common use today

1. coffee
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

The word "drug" is often used to mean hard drugs. Why don't we tend to think of the substances above as "drugs"?

1. easy to buy
- 2.
- 3.
- 4.

What are some of the dangers associated with long term use of some of these common drugs listed?

1. addiction
- 2.
- 3.
- 4.
- 5.
- 6.

Make a "say No to drugs" poster warning of these drugs in common use.



# Good Turn Hand

4

**Equipment needed:** Pen/pencils and paper for each girl

**Time:** 15 minutes

## **Activity details:**

Each Guide traces her hand onto a piece of paper.

On each finger, the girls are to write one person they can do a Good Turn for in the next week.

The girls are to think about what sort of things they can do for each of these people.

Bring the hand back the following week with their 'good turn' written beside each name.



# THE GUIDE PROMISE

I Promise that  
I will do my best  
to do my duty to God,  
to serve the Queen and my country,  
to help other people  
and to keep the Guide Law.

# THE GUIDE LAW

1. A Guide is loyal and can be trusted.
2. A Guide is helpful.
3. A Guide is polite and considerate.
4. A Guide is friendly.
5. A Guide is kind to animals and respects all living things.
6. A Guide is obedient.
7. A Guide has courage and is cheerful in all difficulties.
8. A Guide makes good use of her time
9. A Guide takes care of her own possessions and those of other people.
10. A Guide is self controlled in all she thinks, says and does.

# Trefoil Poster

6

**Equipment needed:** Attached  
Pens/pencils

**Time:** 15 minutes

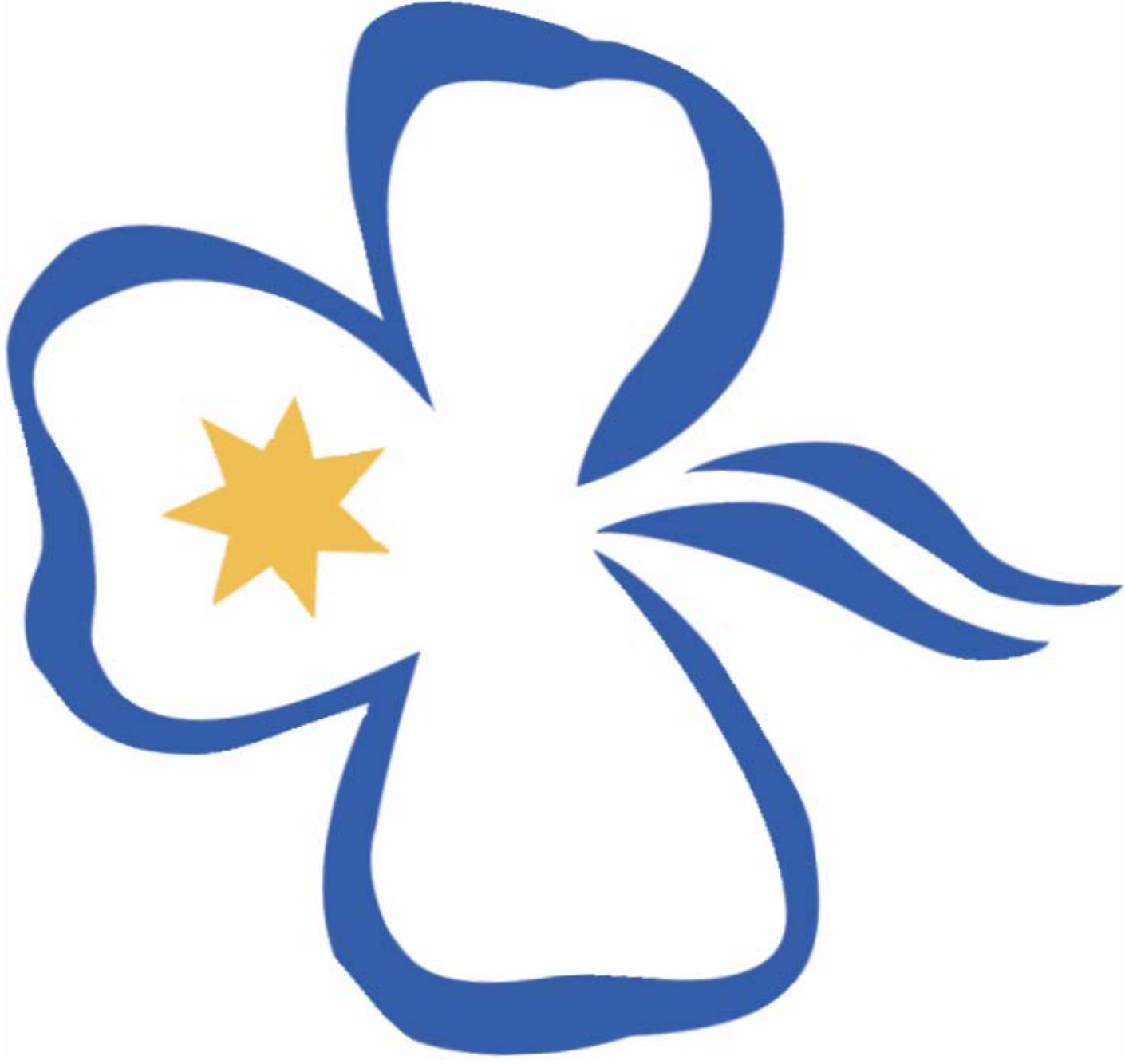
**Activity details:**

Discuss the 3 parts of the Guide promise:

Duty to God, Duty to Queen and Country and Duty to others.

Give each girl a copy of the Trefoil and ask her to write on each leaf of the Trefoil what she has done in the past week to keep each part of the Promise.







# Promise and Law Word Find

7

**Equipment needed:** (See Below)

**Time:** 15 minutes

**Activity details:**

*How many words can you find relating to the Guide Promise and Law?*

A L L S C O U N T R Y B  
S C O U R A G E C A R E  
L E N D A H A N D F T P  
O B E D I E N T Y R S R  
Y O U U P R O M I S E  
A V I T S R I N K E E P  
L A W Y E I G O D N R A  
T L A N D D H A R D V P  
Y U Y A O E T O I L I E  
H E L P F U L A N Y C D  
S N I C O N T R O L E A  
S I S T E R L Y F U N T

# Promise and Law Word Find Answers

A L L S C O U N T R Y B  
S C O U R A G E C A R E  
L E N D A H A N D F T P  
O B E D I E N T Y R S R  
Y O U U P R O M I S E  
A V I T S R I N K E E P  
L A W Y E I G O D N R A  
T L A N D D H A R D V P  
Y U Y A O E T O I L I E  
H E L P F U L A N Y C D  
S N I C O N T R O L E A  
S I S T E R L Y F U N T