



Girlguiding London over the Border

girls in the lead

Promise Activities



PART THREE
THINGS TO MAKE

Introduction

This is the fourth of four documents produced by London Over The Border Girlguiding UK aimed at the collecting and publishing of activities related to the Guiding Promises and Laws.

This anthology has been collated by members of the Girlguiding UK county London Over The Border with the desire of preserving the rich reservoir of knowledge possessed by the both present Leaders and those who have retired from their direct contact with the girls and young women with whom we interact.

Activities have been collated from a wide variety of sources, some of which date from as far back as the 1950s. Many of the contents have been updated to relate them to current lifestyles and adaptation, by any user, to the needs of their Unit is encouraged.

Christine Bull
London Over The Border County Arts Advised

Acknowledgements

Compiled with thanks to members of LOB Girlguiding UK
Guiding Magazine, Girlguiding UK
Girlguiding websites in Ireland and Ontario
Special thanks to members of the Trefoil Guild and
past Arts Advisers whose contributions have been invaluable.



Promise and Law Braid

*Equipment: Trefoil Shape for tracing made from navy leather, blue foamy, blue felt or blue cardboard
36 inches each of three colours of wool: blue, white and yellow
Scissors, leather punch or hole punch*

Tell this story as you make the example or have each person do their braid as you demonstrates and tell them what each step means.

The Trefoil Represents our Three fold Promise, being true to ourselves, our God/Faith and Country, helping others and accepting the Guiding Law.

The wool is tied to the trefoil with an overhand knot which signifies your enrolment when you first made your commitment to your Promise.

Now begin plaiting all the long ends together to signify that we try to think about our Promise and Law as we go about our daily lives: Being honest when someone asks you a difficult question, never telling lies or making up stories, recycling, being proud of being a Brownie / Guide / Ranger and respecting the wishes of others, doing things for others without being asked, using talents and abilities, using water conservation when brushing your teeth, face your fears and always do your best at whatever you try, be proud of being a Guide and tell others. (*These are examples, ask girls to give their examples*).

The longer we stay in Guiding the more the Promise and Law becomes part of our every day lives – a part of who we are.

Tie another overhand knot which represents our motto – BE PREPARED. When we take advantage of the opportunities which Guiding offers us we will be well prepared to cope with whatever life brings?

Rainbow Makes

Promise Vase of Flowers:

*Equipment: Cardboard tubes, white crepe paper, Paper or thin card in all 7 colours of the rainbow,
Scissors, green straws, stapler.*

Cover the tube with white crepe paper. Then, using a simple flower template, cut out 7 flowers – one each colour of the rainbow.

Staple the flowers to green straws and put the flowers into the tube.

Talk to the Rainbows about the vase of flowers reminding them of their Promise. They take it home and every time they look at it they should think about being a good Rainbow Guide.

Busy Badge:

Talk to Rainbows about times when they need to be busy.....

At home when the family is doing jobs about the house;

At school when they are in the classroom;

At the meeting when given something to do.

Make badges from circles of card with a hole at the edge through which you thread a ribbon or twisted woolen cord to hang it round the neck.

Decorate the badge with the words "I am busy" on one side and a picture associated with being busy on the other (e.g. book, broom etc)

Talk to the girls about the things they like to do at home when they are busy being busy.

Pocket sized Promise and Law Reminder

Use the template below to make a little card stand up owl with the Promise and Law inside. Print off Promise and Law labels to stick inside, self adhesive address labels are ideal for this.

To save time you can photo copy the outline shape onto card instead of using a template.

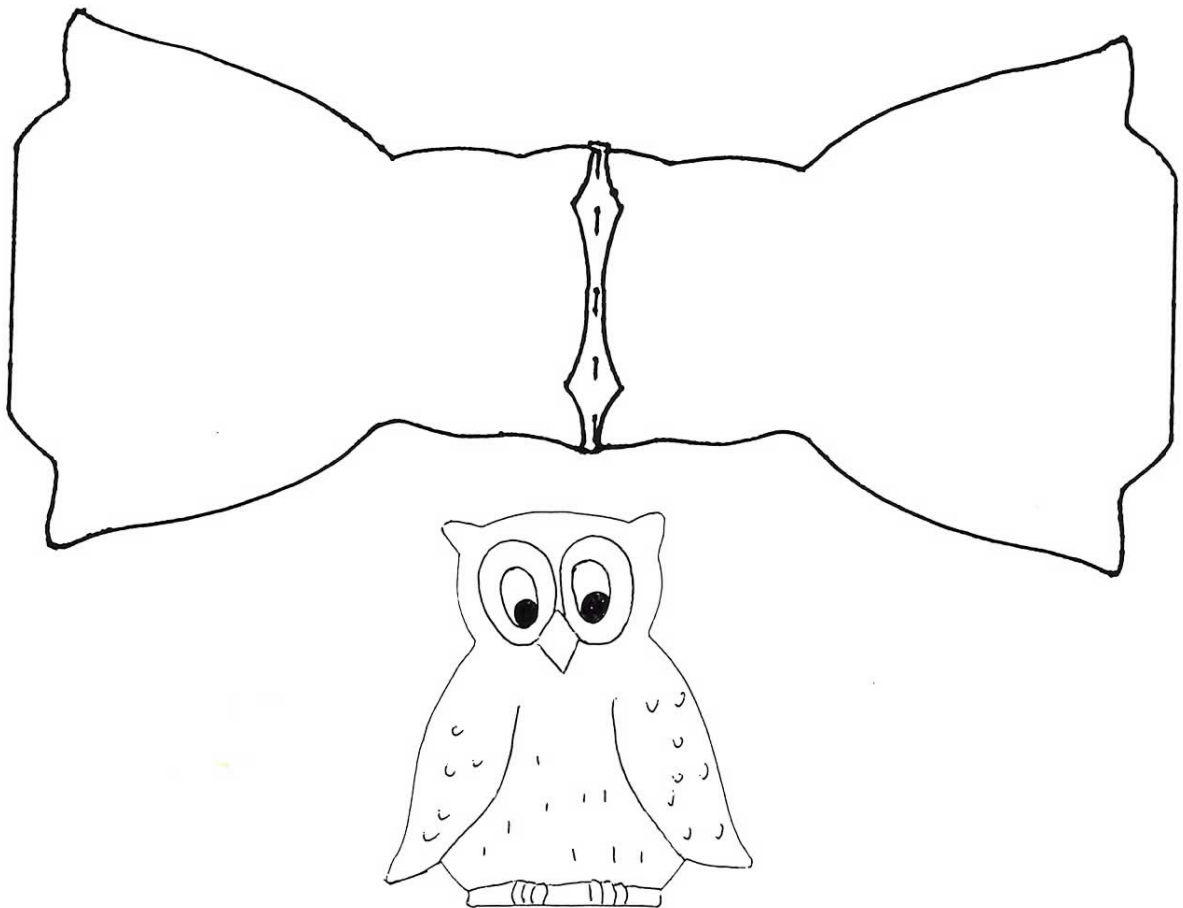
Variation: Use the owl as a place setting or gift label

The Brownie Guide Promise

I Promise that I will do my best
To love my God
To serve the Queen and my country
To help other people
And to keep the Brownie Guide Law

The Brownie Guide Law

A Brownie Guide thinks of
Others before herself and
Does a good turn every day.

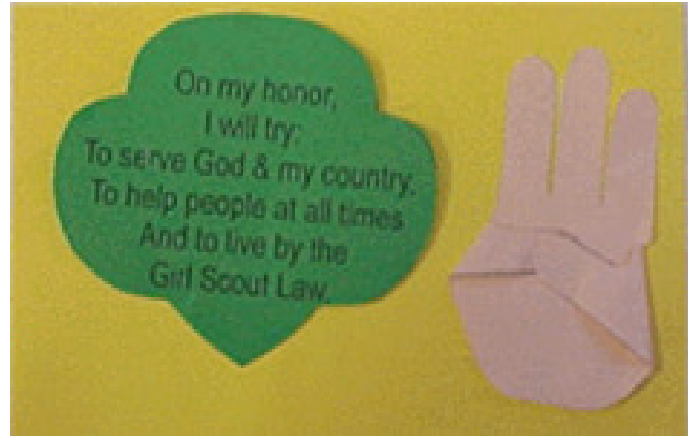
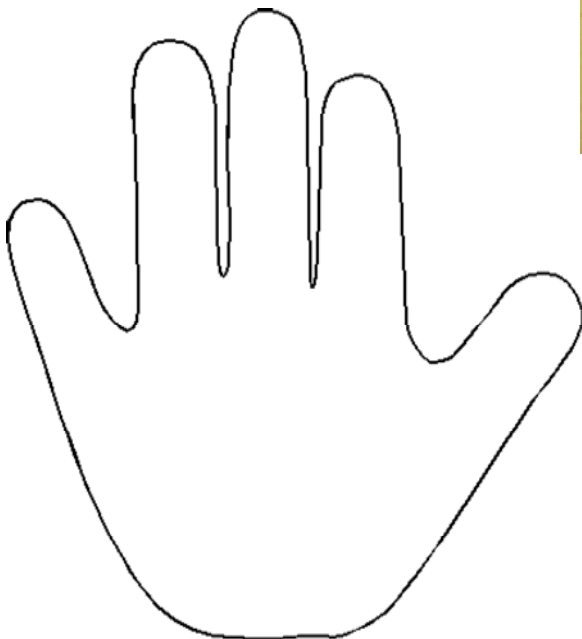


Guide Salute

Using the template or your hand cut a hand shape from coloured paper.

Use a different colour paper to cut a suitable shape such as a trefoil and write the promise onto the shape.

Stick both the promise and hand onto a third coloured sheet making the hand into a salute. Be sure to make a RIGHT hand.



The Word

Equipment: 1 cup of flour, Half cup salt, Half cup water

1 Tablespoon cooking oil

A large bowl

Mixing spoon

Red food colour (optional)

This is a special ornament to remind the girls of their promise.

Mix the flour and salt in the bowl. Add the oil and food colouring to the water then slowly mix this into the flour until stiff clay (salt dough) is formed.

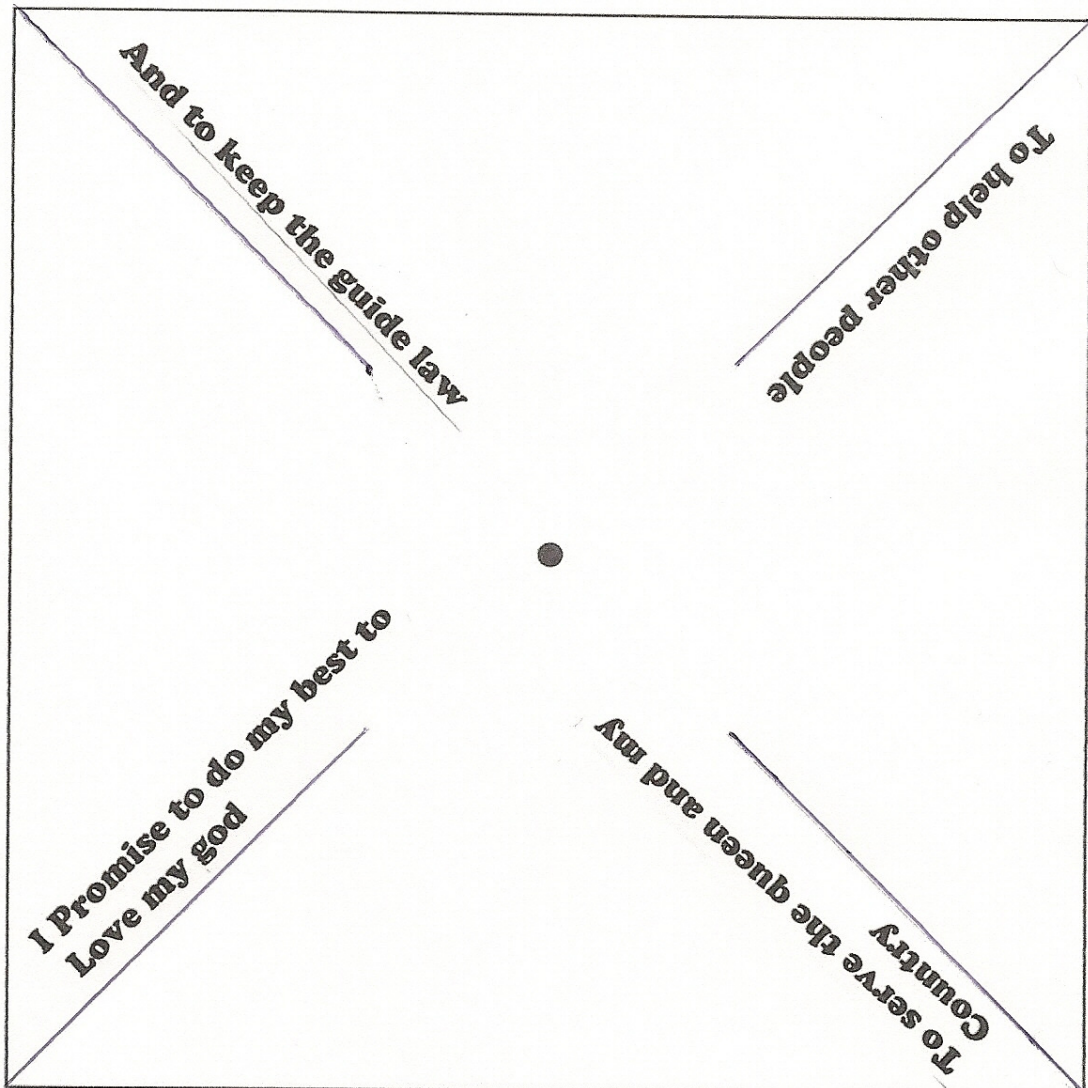
Mould the word "Love" from the clay and leave to air-dry for at least a week.

When it is hard it can be painted and varnished.

Variation: Red LOVE is intended for Rainbows. Use different colours and different words for the other sections.

Pinwheel

Materials: sheet, scissors, 1 straight pin, 2 beads, pencil with eraser, masking tape.
Cut along the solid lines of the square. Cut along the lines going into the square.
Slide a bead onto a straight pin. Put a small piece of masking tape over center dot.
Fold the four blades by pulling the corners without type toward the center.
Press corners to make sure the tape holds. Do not crease the folds.
Pass the pin through the center of the pinwheel to hold the blades together.
Slide another bead onto the pin behind the paper.
Stick the pin into the side of the eraser on an unused pencil.



Thumbs up / thumbs down poster

Use the templates below and cut out at least two for each Brownie. Each Brownie writes or draws on a thumb something which is carrying out the Promise or contrary to the Promise. Stick the thumbs in different areas on the poster for doing and not doing the Promise.

NB - could be done as a banner or poster.

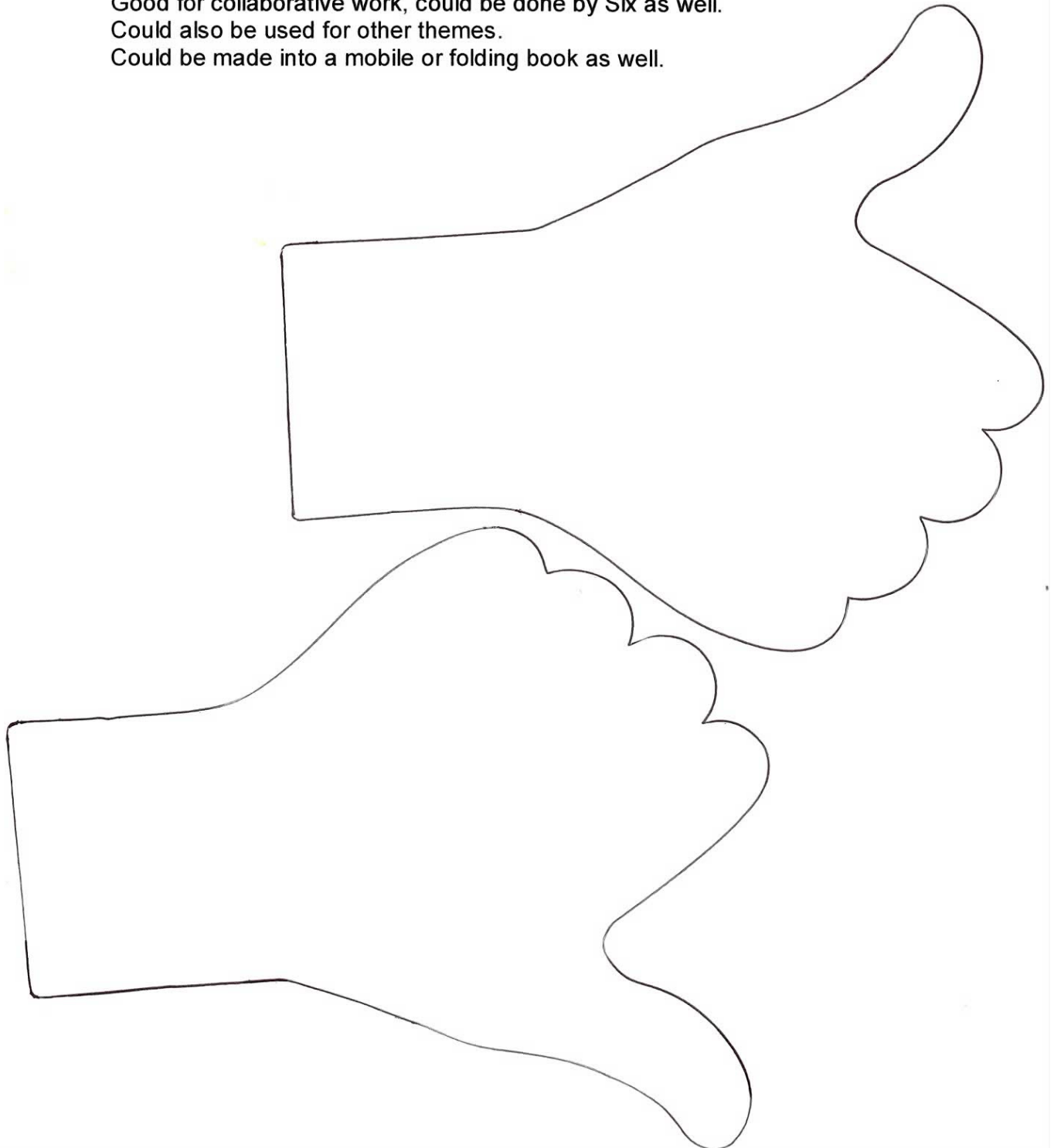
Good to generate discussion about the Promise i.e. does everyone agree.

Helps new girls learn about the Promise.

Good for collaborative work, could be done by Six as well.

Could also be used for other themes.

Could be made into a mobile or folding book as well.



Good Turn Beads

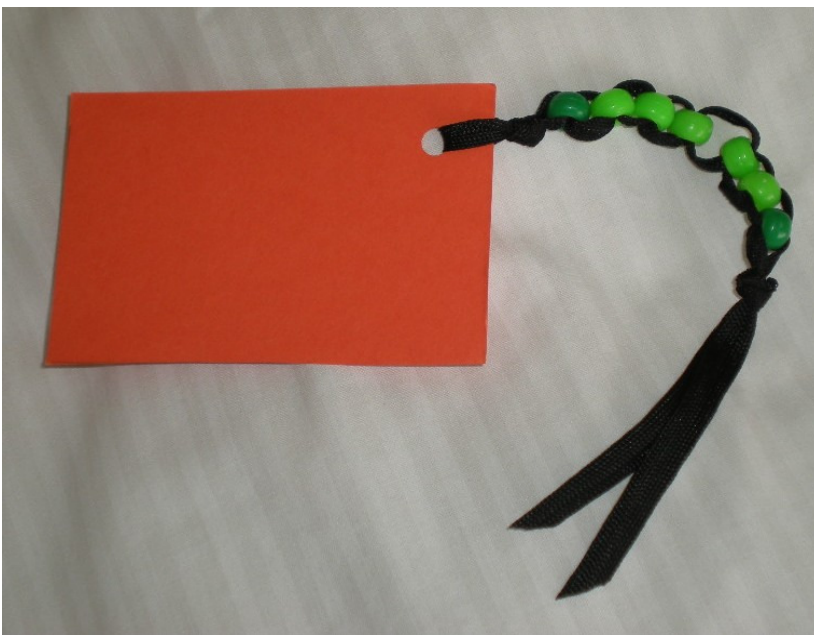
Equipment: For each girl you need 7 beads, 1 long piece of ribbon (approx 60cm in length), Laminated card with hole punched in it or a print out of the words for the girls to stick onto card and cut their own shape.

Thread the ribbon through the card doubled. Tie an overhand knot using two lengths of the ribbon. Take one bead and thread it on from left to right using one end of the ribbon. Using the SAME bead thread it again using the other length of ribbon from right to left. Pull the ribbons tight until the bead slides to the knot. Repeat with all the beads the secure with another overhand knot so there is a little loose play on the beads.

Text for laminated card:

GOOD TURN BEADS

*These are your good turn beads.
Everyday you do a good turn
push a bead from the top to the bottom
until all the beads are at the bottom.
Then push the beads back up to the start
again. Can you do one every day?*



Prayer Flags / Bunting

Equipment: Paper, wool or string, felt tips or crayons, glue.

Cut triangles of paper. Write a short prayer on each one. Fold over the top ¼ inch of paper and glue the flag to the wool, singly or in pairs. Hang the prayer flag in a suitable position. This is a good activity for camp.

Variation: Make the flags from coloured paper. On one side the girls write or draw something good that happened that day such as getting a good mark at school or playing with friends at lunch time. On the other side they write or draw something they could do tomorrow to make someone else feel good.

Thank You Collage

Equipment: Magazines for cutting up, paper, colouring pens, glue, scissors.

On the paper the girls write "THANK YOU FOR". She then draws or sticks on pictures of things for which she is thankful such as family, friends, pets, flowers, good food etc.

Friendship Necklace

Equipment: For each girl you need 1 meter length of wool, 1 bell, 3 large beads, and 10 small beads, large eyed needle.

Thread the bell onto the wool positioning it at the centre. Tie a knot to prevent it slipping.

Thread BOTH ends of the wool through the 3 large beads tying a knot above each one.

Separate the two strands of wool and thread 5 small beads on each strand, again tying a knot above each one.

Tie the free ends in a knot to form the necklace, adjusting to fit.

A FRIENDSHIP NECKLACE ONLY BECOMES ONE WHEN IT IS GIVEN TO A FRIEND.

The 3 large beads represent the 3 parts of the promise while the 10 small beads represent the 10 Guiding Laws. The bell is the sound of friendship ringing throughout the world.

Promise Flower

Equipment: For each flower about 30cm fuse wire or other thin wire, 3 small beads of one colour, 6 larger beads of another colour.

1. Thread the 3 beads on to the middle of the wire. Twist the wire ends together just below them to form a loop.
2. Thread the other 6 beads onto the end of one of the wires. Form a loop around the first 3 beads, twisting the wires together again.
3. Twist the wires together to form a stalk, making a few leaves by forming small loops as you go down. Bend the ends up and twist round the rest of the stalk for safety.
4. Your flower is now complete. You could make several flowers and fix them to pin for a brooch or make a tiny vase to display them. An ideal gift for a friend!

They are called PROMISE AND LAW FLOWERS because the central part of the flower has three beads, for the three parts of the Promise, central to our lives. The outer part has six beads for the six Laws we try to live by.

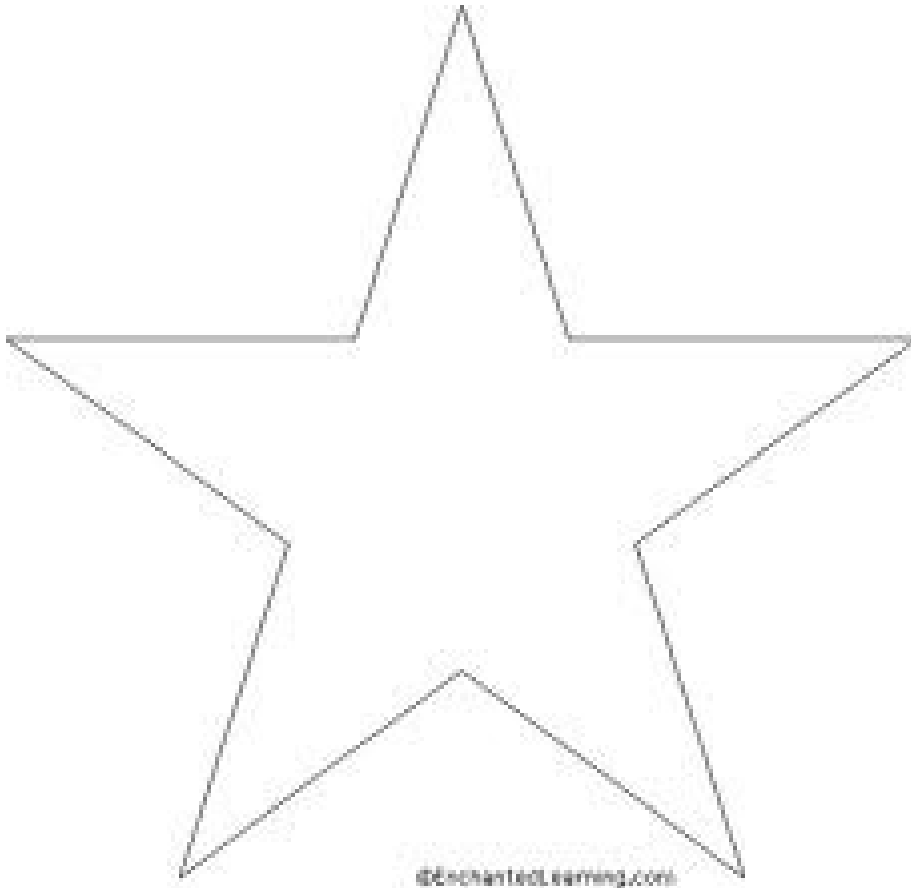
Promise Star

Make a big star on metallic card (using template).

Write the promise on to a circle that will fit in the middle for girls to stick in place.

Get the girls to write onto each point of the star something to do to help them keep their Promise.

Make a little hole in one point and thread a ribbon through to hang it up.



Design a World Badge

Get the girls to design their own world badge or unit/group standard or flag.

1. Check the symbolism of the World Badge – leaves, stars, compass, base, colours.
2. Make your own design with a key to the colours and symbols to express how you see Guiding.
3. Discuss the results with your Unit/Group
4. Use the final version as a Unit/Group logo for notepads, T shirts etc

If you are happy with your design and wish to make it up as a standard contact the Heraldry Adviser at CHQ for the official guidelines before you start production.

Promise Bracelet

For each girl you will need three different coloured strands of thick wool about 1 metre long.

Double the strands over and knot them together using an overhand knot and leaving a loop at the end. Plait the three colours to the length require (the size of the wrist).

Pass three of the strands through the loop and tie in a bow with the other 3 strands. Cut off any extra wool.

NOTE: The 3 colours represent the 3 parts of the promise.

Promise Tree

Fix a twig that looks like a small tree firmly into a plasticine or modeling clay base.

Each girl cuts a leaf shape from the paper and makes a hole at one end.

On one side she draws her Promise Badge. On the other side she writes or draws what she intends to do to keep her promise during the following week. The leaves are then hung from the tree. The next week, if a girl has kept her promise she replaces her leaf with a small paper flower she has made. If a girl has not kept her promise the leaf must stay another week. How long does it take to change all the leaves to flowers?

Variation: Set all the girls the same challenge (e.g. to make their own beds, to make Mum a cup tea...) and see how quickly the flowers are converted back to leaves.

Promise Aid Dominoes

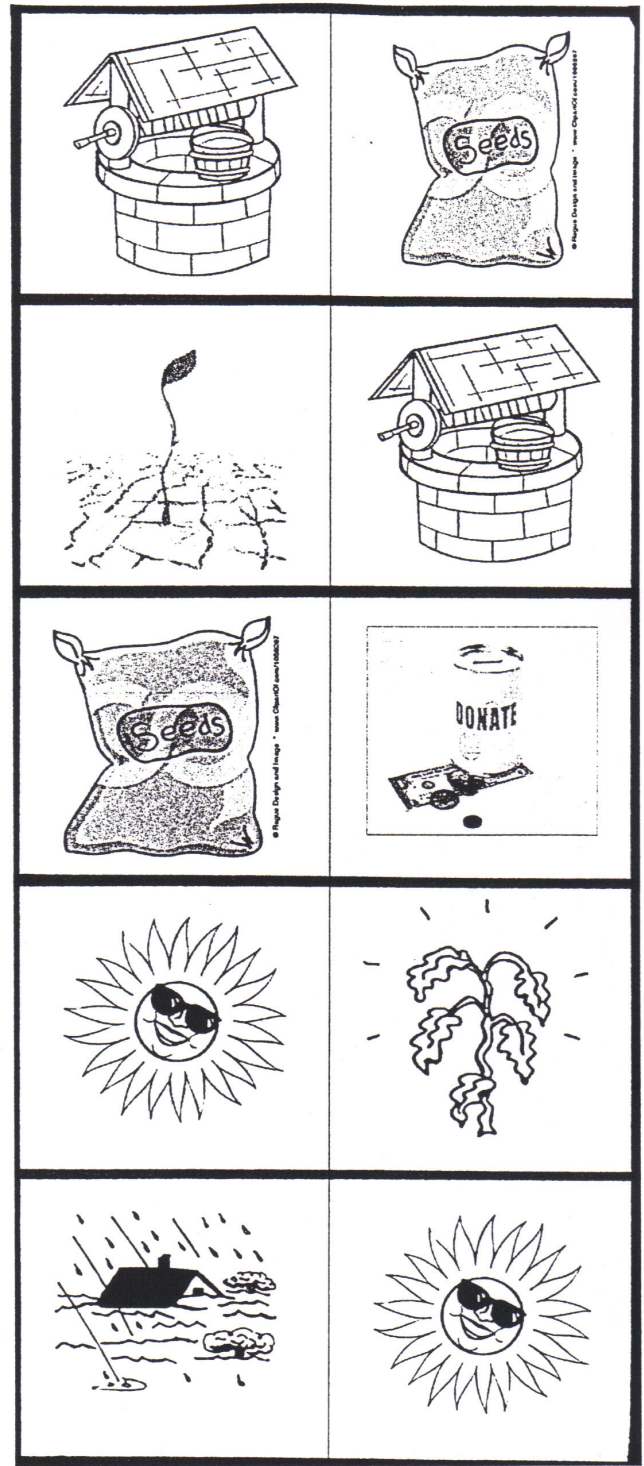
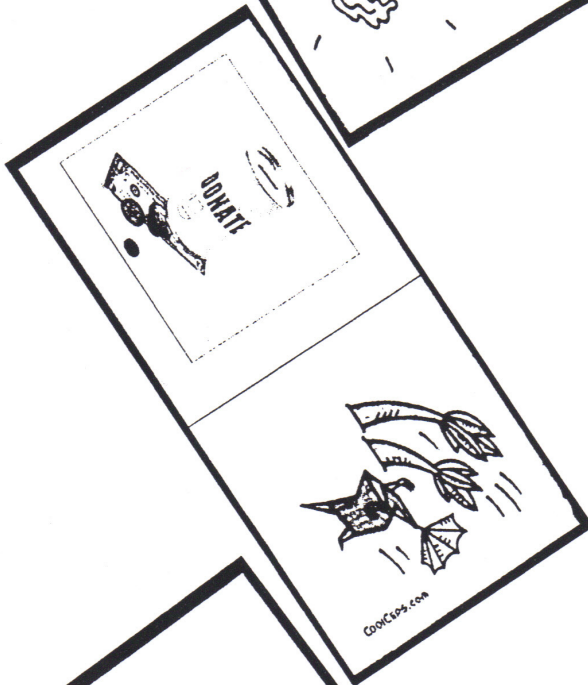
Equipment: Plain card, colouring pens, scissors

Photocopy the dominoes onto card, one for each girl, and get the girls to colour and cut them out.

The dominoes represent the following aid related items:

Well	Seeds	Money aid
Drought	Hurricane	Floods
Sun	Crop Failure	

Decide which domino will start and play as usual in pairs. At the end the dominoes can be formed into a circle showing that disasters and aid are linked together forming the basis for further discussions.



Octopus

*Equipment: Paper plates, poster paints, sponge,
A4 paper coloured orange, red or yellow
Glue, scissors, Piece of thread or string, pen or pencil*

Cut a piece from one side of the plate so you have a straight edge and colour the big piece a bright orange, red or yellow with poster paints and a sponge as this will cover the whole plate quickly.

Cut the A4 sheet of paper into 8 strips and write on them the different aspects of the Promise and Law you plan to keep that week. Glue these "tentacles" to the straight edge of the plate.

On the face of the plate put pair of eyes and a mouth and in the middle write the Promise and Law.
Curl the tentacles by rolling them around a pencil or pen.
Attach a piece of string to the top to hang it up

Pledge Scroll

Ask the girls to think about some (New Year) resolutions that can be related to one of the six parts of the Guide Law.

Each group (patrol) then makes their own fancy scroll to show off a "declaration of pledge".
On the scroll, each group member writes down a Law related pledge that she can carry out for the next three months.

Display the scrolls in your meeting place so that everyone can see what you are doing. Here are some examples of pledges to help inspire the girls:

- I will visit a Rainbow unit every two weeks to read them a story. (A Guide is helpful and uses her time and abilities widely).
- I will give up my seat on the bus for anyone who needs it more than I do. (A Guide is polite and considerate)
- I will help out at the local animal rescue for one Saturday every month. (A Guide respects all living things and takes care of the world around her).

Let your imagination run riot with the scroll. Make it small from a piece of A4 or large from a roll of lining paper. Experiment with different lettering style and "illumination". Decorate with illustrations, glitter, collage etc.

To love my God	To serve the Queen and my country	To help other people	I PROMISE
			That I will do my best

Promise Card

Each girl will need a copy of the card above.

Ask them to fill in 3 things for each of the 3 parts of the promise that they could do to keep their promise. You may need to give them some ideas!

They can decorate the 'I promise' side if they wish.

Cut the card out and fold it across the middle. This can be stuck together to make a 2 sided card or, ideally, laminated for the girl to take home.

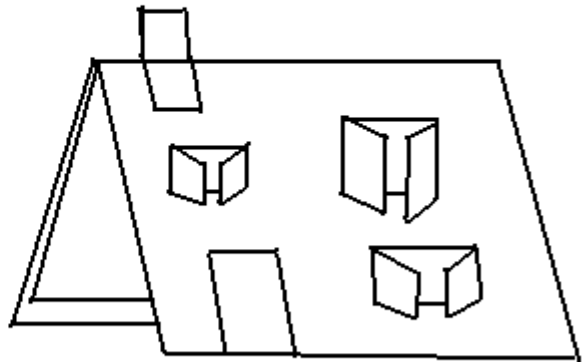
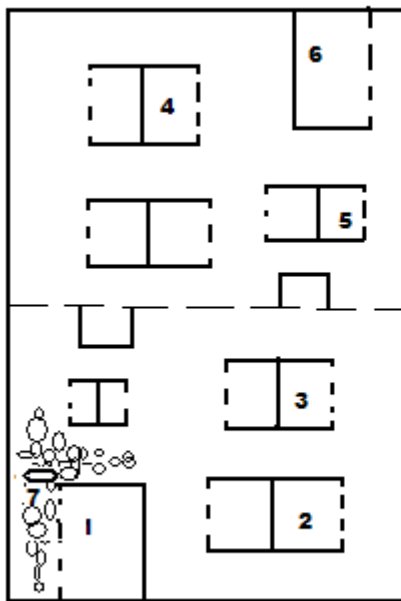
Promise House

Mark and cut a post card along the bold lines as illustrated to make the front and back of a house. Colour the house then fold the postcard in half. Place inside a sheet of paper (just a tad smaller than the card) and hold it in place with an elastic band.

Each opening to the house is numbered and represents a part of the house where a good turn is done during the week.

1=HALL 2=LIVING ROOM 3=BEDROOM 4=KITCHEN
5=BATHROOM 6=BACKDOOR 7= PLANT IN THE GARDEN

Inside, on the sheet of paper the girls draws a different good turn she has done on each of seven days.



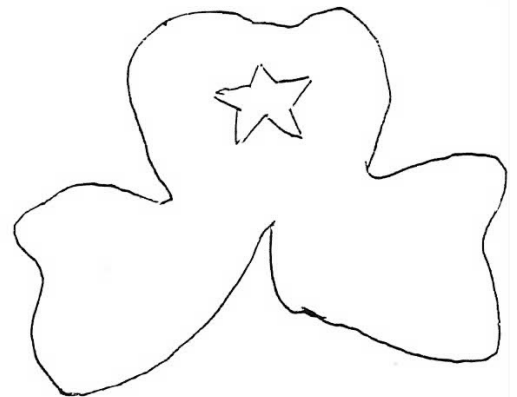
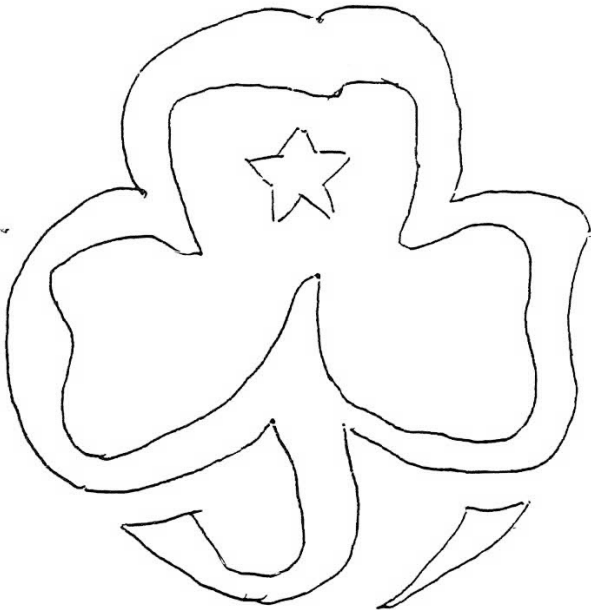
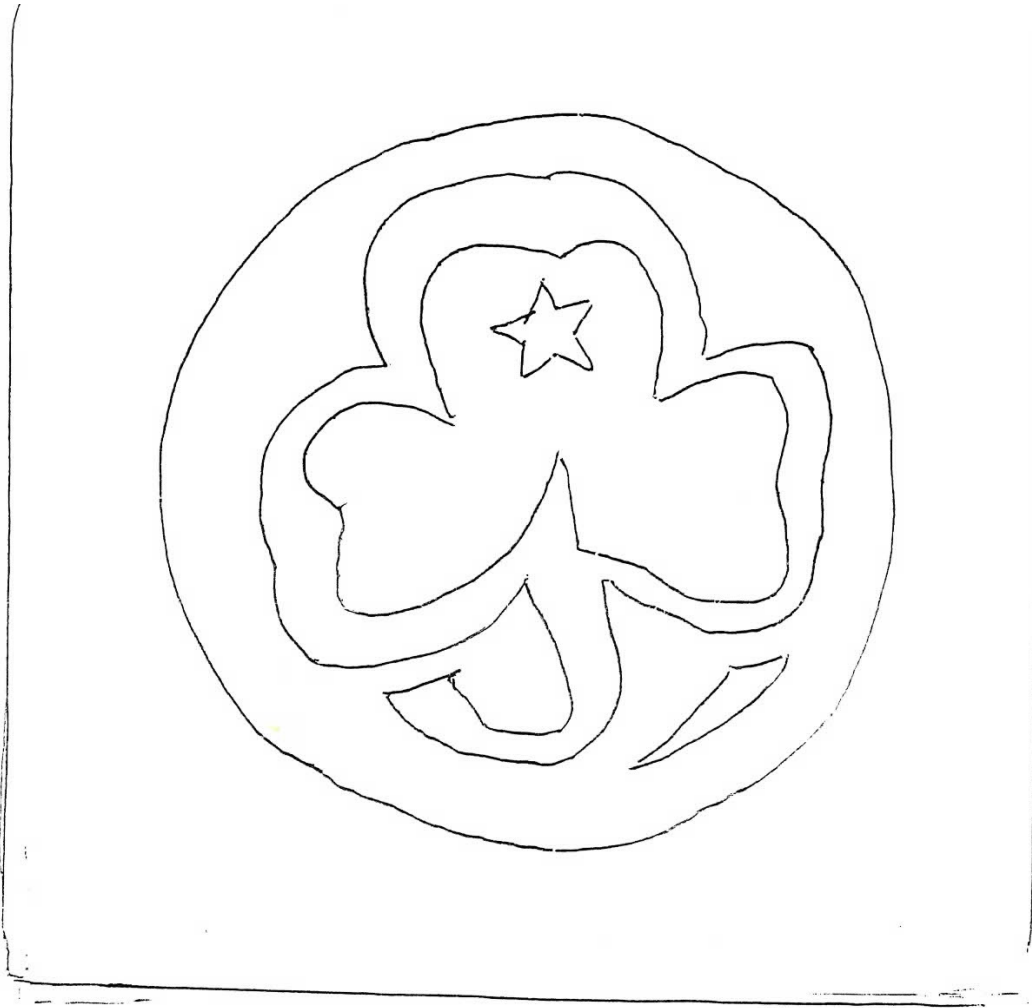
Promise Badge Picture

*Equipment: For each girl - Decoupage pictures of the Promise Badge (see template),
Piece of card (16cm square),
4 wide lolly sticks,
Gold/silver pens
Sellotape,
Small piece of thread or ribbon,
Sticky fixers, UHU glue
Colouring pencils
Calendar tab (optional)*

Colour in the Promise badge pictures the appropriate colour for your section.
Cut out the pictures.
Using sticky fixers build up the pictures into a 3D effect.

Stick the lolly sticks around the edge of the card and attach the 3D picture in the middle.

Write the Promise in full on the lolly sticks using the gold or silver pens.
Attach a loop of ribbon with Sellotape to the back of the picture to hang it up.
Attach the calendar tab to the bottom if required.



Funky Flowers

*Equipment: Coloured card and templates
Scissors, pens, glue*

First make some templates for the girls to use. Cut out a circle about 4.5 cm in diameter and petals of an oval shape about 9cm long.

Each girl should use the templates to cut out 5 petals of one colour and a circle in a different colour.

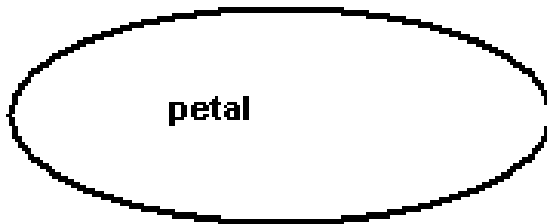
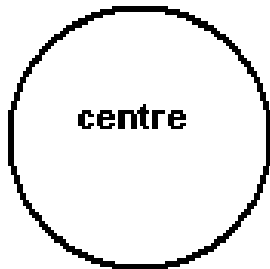
In the centre of the circle she writes "I Promise" and on the 5 petals she writes one each of the 5 following phrases:

I will do my best
To help other people

To love my God
To keep the Brownie/Guide Law

To serve the Queen and my Country

Put a dab of glue on the end of each petal and place the centre on top making sure the words are in the right order.



Promise mobile

For Rainbows pre-prepare the mobile pieces and hide around the room for them to find. For other sections Adapt the colours and wording and get the girls to make the pieces themselves.

Equipment (for Rainbows): A plastic coat hanger for each girl. Sticky tape Scissors
Light nylon cotton or thread Pens
Card in the colours – red, orange, yellow, green, blue and purple

Cut out these shapes with the appropriate part of the Promise written on each:

- Purple cloud – I Promise
- Green raindrop – That I will
- Orange raindrop – do my best
- Yellow raindrop – to love my God
- Red raindrop – and to be kind
- Blue raindrop – and helpful

When the girls have found (or made) all their pieces they can make their mobile.
Tape the end of 6 pieces of thread of varying length to the 6 promise pieces.
Tie or tape the other end of the thread to the coat hanger.

Posters

The following pages feature a variety of poster ideas.

Materials: Assortment of magazines, newspaper etc

Glue and brushes

Marker pens, felt tips, coloured pencils etc

Large sheets of paper.

Create a poster

In groups of 3 or 4 create a poster using pictures, words and articles cut from various magazines, newspapers etc.

Choose one of the titles below.

LOYALTY

SERVICE

RESPECT

HONESTY

FRIENDSHIP

HONOUR

TRUST

CONVERSATION

REVERENCE

CARING

Make the poster BOLD, CLEAR and UNDERSTANDABLE. Use as few words as you can.

Alternative Promise Poster

Girls work together to make a Promise display e.g. make 20 hand shapes coloured in with patterns etc, each with a word on and linked together.

OR

Write Promise on a big sheet of card and each girl contributes pictures that are stuck around the edge. Everyone can add patterns, stickers etc.

The Rainbow Guide Promise

I promise
that I will do
my best to love
my God and to be
kind and helpful

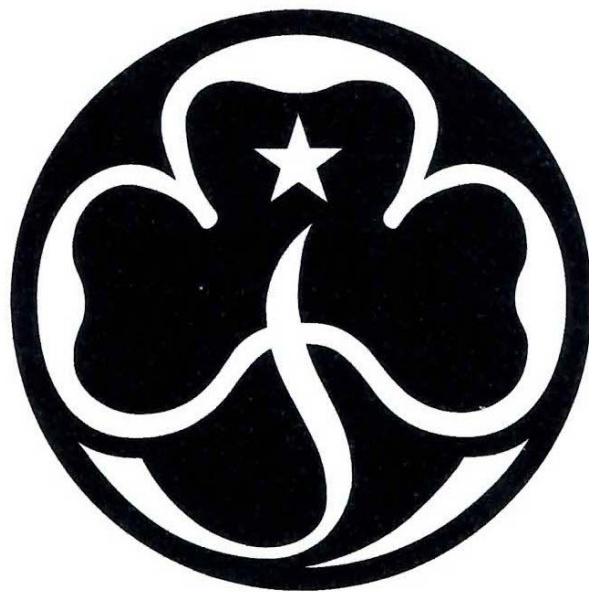


The Brownie Guide Promise

*I promise that I will
do my best:*

*To love my God,
To serve the Queen
and my country
To help other people
and*

*To keep the Brownie
Guide Law*



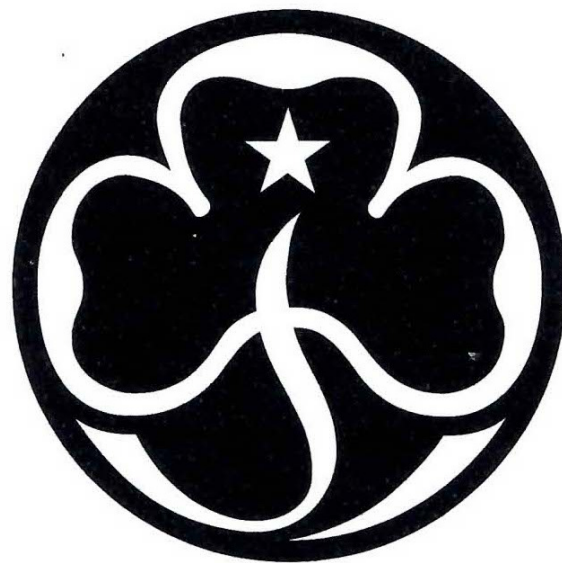
The Guide Promise

***I promise that I will
do my best:***

***To love my God,
To serve the Queen
and my country,***

***To help other people
and***

***To keep the Guide
Law***

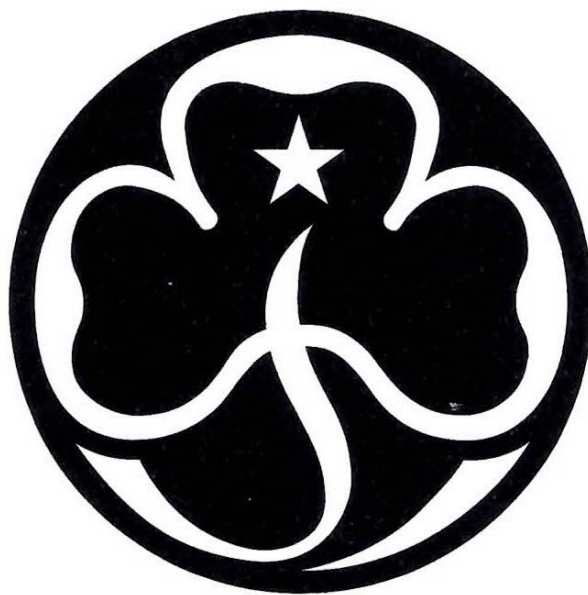


The Senior Section Promise

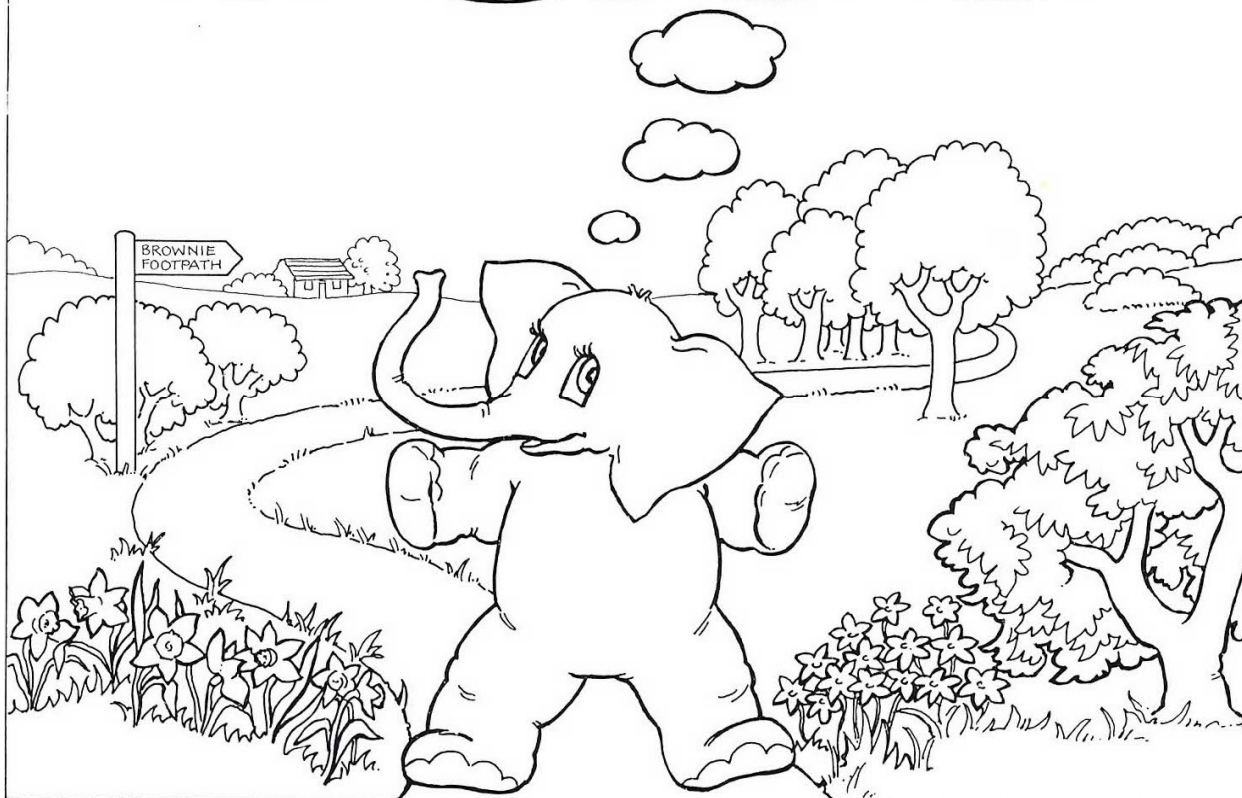
*I promise that I will do my best:
To love my God,
To serve the Queen and my country,
To help other people
and
To keep the Guide Law*

**The further responsibility of a Ranger
Guide and Young Leader is:**

To be of service to the community



I promise that
I will do my best:
To love my God,
To serve the Queen
and my country,
To help other people
and
To keep the
Brownie Guide Law.





Promise Activities

PART ONE: Games

Pick Up

Queen's Jigsaw

Paper Chase

Do Your Best and Think of Others

Balloon Burster

Table Laying Kim's Game

The Witch of the Old Oak Tree

Picture Outlines

Good Turn Pairs

Good Turn Circle

Religious Faiths

The Fairy Godmother Game

Wise Owl's Word Fun

Catch A Promise

Fishing for a Promise

Washing Line Relay

PART TWO: Group Activities and Discussion Ideas

Country wide

Adapt It

Problem Page

Duty to God - Senses

Good Turn Bag

National Anthem

Paper Chains

Guiding Law Rap

How Do I keep My Promise?

Signing the Promise - Rainbow

Brownies

Guides

Senior Section

Two Parcel Exercise

Mulberry Bush Promise

Desert Island

Challenge Envelopes

Storyboard

Role Play Skit

Finish the Story

Law Game

Fallout Shelter Exercise

Forced Choices

Current Issues and Our Promise

Promise Postcards

Good and Bad Circles

Value Others

the Human Machine

Wacky Relay

Chain Reaction

Promise Treat

Understanding the Promise

Opposites

Trefoil Round the World

Newspaper Cuttings

PART THREE: Things to Make

Promise and Law Braid
Rainbow Makes
Pocket Sized Reminder
Guide Salute
The Word
Pinwheel
Thumbs Up/Down Poster
Good Turn Beads
Prayer Flag/Bunting
Thank You Collage
Friendship Necklace
Promise Flower
Promise Star
Design a World Badge

Promise Bracelet
Promise Tree
Promise Aid Dominoes
Octopus
Pledge Scroll
Promise Card
Promise Box
Promise House
Promise Badge Picture
Funky Flowers
Promise Mobile
World Guiding Magic Cube
Posters

PART FOUR: Ceremonies And Five Minute Fillers

Ceremonies:

Promise Ceremony
Circle of Friends
Rainbow Promise Song

Janet's Rainbow Ceremony
Candles

Pre-Promise Reminders:

Smiley Faces
Toadstool

Good Turn Mouse

Five Minute Fillers:

Promise/Law Jigsaw
Good Turn Bag
Letter Law
Tie-Breaker
A Friend Is
Topics

A Real Brownie/Guide
Promise Colour Changer
Match Box Chart
Promise Balloons
The Promise in Guiding

Something For the Leaders:

Pause and Reflect