



Girl Guides  
of Canada  
Guides  
du Canada  
Ontario Council

NATIONAL  
*Rally Day*



## Create Rally Day Hype

“Get your girls excited! Get them really excited!”

### Why not make a special hair band for Rally Day?

Here’s a suggested method!

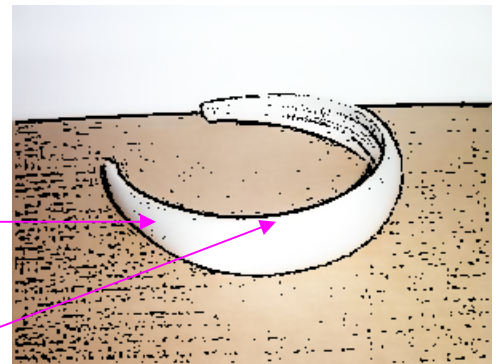
#### Materials Needed:

Thick hair bands  
Glue gun  
Blue fun foam  
Sequins  
Sparkles  
¾ inch blue/white ribbon  
Trefoil stencils (see next page)  
Pencils  
Scissors



#### Step 1:

Go to your local dollar store, you should be able to pick up hair bands, fun foam and ¾ inch blue/white ribbon.



#### Step 2:

Put a dab of hot glue close to the bottom of the hair band and stick the ribbon to the hair band.

Then have girls start wrapping the hair band with the ribbon.

Once they are half way around apply glue again and have then wrap ribbon until the end. Finally apply glue at the end.

OR for older girls allow them to use the hot glue gun and apply glue more often.

#### Tip:

- Make sure girls do not wrap the picks that grip the hair closer to the ears (this helps it stay on)
- For younger girls you may need to wrap the hair band OR find fabric hair bands so wrapping is not necessary
- Why wrap at all? Sequins, ribbon and other decoration will stick better to fabric.

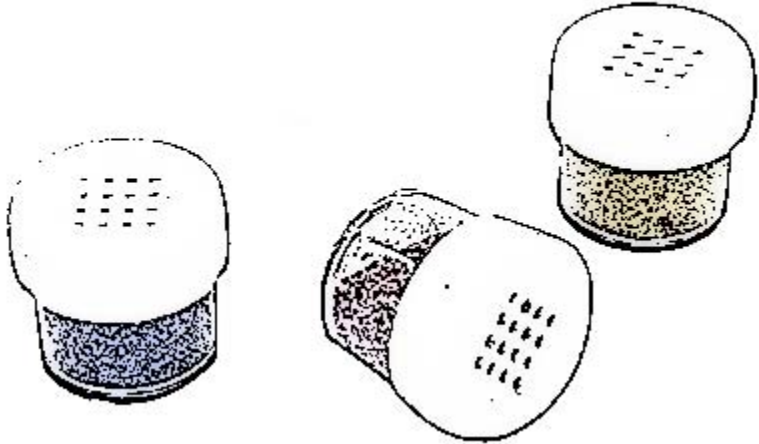
### Step 3

Let girls use the Trefoil tracer to cut out their own trefoils.

For younger girls do this in advance.

### Step 4

Now that the girls have cut out various sized Trefoils have them use fabric glue (or the glue gun for older girls) to glue the Trefoils on to the hair band.



### Step 5

Now have the girls put the final touches on by using the sequins or glitter!



Trefoil Tracer:

