

BRING A FRIEND NIGHT

AN INSTANT MEETING FOR PATHFINDERS FROM THE BC PROGRAM COMMITTEE

Refer to the Girl Guides of Canada national website for a “Bring a Friend Kit”:
<https://memberzone.girlguides.ca/> - select Resources-General>Bring a Friend.

Recruitment letters can be printed from the BC Girl Guides website <http://girlguides.org> – select Volunteers > Guider Resources > Member Building.

You can have a “Bring a Friend” Night at Pathfinders any time of the year. Don’t forget that girls can join ANYTIME! The above link from National is a great tool kit with a planning guide.

Meeting Plan

Before the meeting: the week prior to the “Bring a Friend” meeting, have the girls create invitations for their friends, discuss plans for the evening and have the girls select a theme. This could be fun, e.g. flower power; active, e.g. fitness fun or educational, e.g. recycling badge or science night. Have the girls create a wish list of activities. The more, the better! Discuss refreshments.

- 10 min: Gathering: Puzzle Piece Creation
- 10 min: Usual Meeting Opening
- 30 min: Ice Breaker / Team Building Games
- 40 min: Activity Stations
 - 20 min: Activity 1
 - 20 min: Activity 2
- 15 min: Large Group Active Games
- 15 min: Pathfinder Closing followed by refreshments

2 hour meeting. Approximate activity times shown.

Program Connections

Creating Your Future: Event Planning

Remaining connections depend on the selected activities. Some suggestions follow.

Girls Stuff: Girls Just Want to Have Fun

Girls Stuff: Fashion Sense from Head to Toe

My Music, My Movies, and More!: Be a Star

My Music, My Movies, and More!: The Arts from A to Z

Creating Your Future: We’re a Team!

Creating Your Future: Lending a Hand Service Project

Exploring a Theme: Everything Comes from STEM

Meeting Supplies

The supplies depend on the activities chosen for the meeting. See activity instructions.

- | | | |
|------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> complete puzzle (large pieces – 1/girl) | <input type="checkbox"/> 8.5 x 11" paper | <input type="checkbox"/> obstacle course equipment |
| <input type="checkbox"/> glue / glitter glue | <input type="checkbox"/> ping pong balls | <input type="checkbox"/> paracord |
| <input type="checkbox"/> craft paper | <input type="checkbox"/> paper towel tubes | <input type="checkbox"/> release buckles |
| <input type="checkbox"/> sequins, beads, wire, bling, etc. | <input type="checkbox"/> index cards | <input type="checkbox"/> meter stick |
| <input type="checkbox"/> permanent markers | <input type="checkbox"/> paper cups | <input type="checkbox"/> needle, thread |
| <input type="checkbox"/> scissors | <input type="checkbox"/> plastic knives | <input type="checkbox"/> matches or lighter |
| <input type="checkbox"/> bananas | <input type="checkbox"/> oven mitts | <input type="checkbox"/> crepe paper |
| <input type="checkbox"/> string | <input type="checkbox"/> rolling pins | <input type="checkbox"/> crepe paper streamers |
| <input type="checkbox"/> elastic bands | <input type="checkbox"/> pie plates | <input type="checkbox"/> Lifesavers candy |
| <input type="checkbox"/> toothpicks | <input type="checkbox"/> cutting boards | <input type="checkbox"/> masking tape |
| <input type="checkbox"/> regular size marshmallows | <input type="checkbox"/> empty cans | <input type="checkbox"/> old t-shirts |
| <input type="checkbox"/> straws (not flexible) | <input type="checkbox"/> apples | <input type="checkbox"/> chairs to mark goals |
| <input type="checkbox"/> chalk | <input type="checkbox"/> mixing bowls | <input type="checkbox"/> toilet brushes |
| <input type="checkbox"/> paper clips | <input type="checkbox"/> duct tape | <input type="checkbox"/> balloons (punching ball style) |
| <input type="checkbox"/> balloons | <input type="checkbox"/> markers | <input type="checkbox"/> yarn |
| <input type="checkbox"/> mailing labels | <input type="checkbox"/> plastic tablecloth or newspaper | |
| | <input type="checkbox"/> blindfolds | |
| | <input type="checkbox"/> tents | |

Gathering: Puzzle Piece Creation

Pre-Meeting Preparation

Paint all the puzzle pieces white to cover the puzzle. It may require more than one coat.

Directions

With the provided supplies, each girl designs a puzzle piece that reflects her personality, interests and what's important to her.

She can write words, draw pictures, create poetry etc., then embellish it with the provided supplies.

Once all are completed and dried, have the girls reassemble the puzzle. Explain to them that everyone brings a unique perspective with them, but when they work together, they can do beautiful things!

Supplies

- complete children's puzzle with larger size pieces
- glue, glitter glue, craft paper, sequins, beads, wire, bling, etc.
- scissors
- permanent markers

Pathfinder Opening

Use your usual meeting opening. This is a good time to explain to the girls about Guiding and what we do at a typical meeting.

Ice Breaker / Team Building Games

Choose two or three of these activities. You can find more Ice Breaker Games on the BC Girl Guides website <http://bc-girlguides.ca> – select Program > Program Resources > Games and Activities and look for “Getting to Know You” games.

(direct link: <http://bc-girlguides.org/Documents/BC/gtkygames.pdf>).

Time: 5-10 minutes per activity

Human Knot

Participants stand in a circle, putting both hands in towards the middle of the circle. On the word “Go” the participants hold hands with someone else making sure that they aren’t holding hands with the person next to them and that both hands are different people.

Once everyone is connected, they need to try and untangle the knot they’ve made without releasing their grip on the hands they’re holding.

If they encounter a snag where one person needs to pivot, they will be permitted to loosen hands and pivot as long as the hands remain touching.

Banana Pass Game

To start, remove shoes and socks. Girls lie down on the ground, head to toe in a straight line with approximately 18” to 2 feet between one girl’s feet and the next girl’s head. The first person grabs the banana with their feet and passes it backwards over their head to the feet of the person behind them. The next person passes in the same way and so on until they reach the beginning of the line. When they do, the last person in line must peel the banana and eat it. After eating it, they run back to the starting point. First person back wins!

Supplies

- bananas

Marshmallow Suspension

Object: to hold as many marshmallows as possible above ground level.

Planning

- You have two minutes to come up with a way to hold as many marshmallows as possible above the ground.
- The supplies you can use are string, elastic bands, toothpicks, straws and, of course, marshmallows!
- No one in your team may touch any of the marshmallows directly during the time that scoring is being done.
- You may only use the materials in the box and the people on your team.
- This is your planning time. No actual building takes place during this time.
- At the end of your planning time, you will be asked to stop and step away from your plans.

Supplies

- 5-6’ of string
- 10 elastic bands
- 10 toothpicks
- regular marshmallows
- 5 straws (not the flexible)

Building

- You will be given a box of materials to work with. This is all you can use.
- At the word “GO”, your team has two minutes to get as many marshmallows as possible off the ground.
- Scoring will begin once the two minutes are over.

Points

You will receive up to 5 points each for originality, communication and teamwork. You will also receive 5 bonus points for each marshmallow that successfully remains suspended.

Mission Control Design Team

This is a great activity for outside. Each team draws a 3 foot circle on the ground with chalk. Then each team draws a 10 foot square that is 10 feet away from the circle. Place the constructions materials inside the 10 foot square.

Directions

- Your mission, should you decide to accept it, is to design a system that will allow you to land orbs on the moon. You are being provided with a mission control centre. As long as you are on this mission, you may not leave this mission control centre. All materials have been made available for you.
- Across from you is your test landing pad. You have 5 minutes to work together to figure out a way to move all the orbs (ping pong balls) to you landing pad.
- At the end of the 5 minutes, you will have one minute to launch and land all orbs in the landing pad. They cannot roll out of the landing area.

Supplies

- chalk
- 10 paper clips
- 1 balloon
- 1 sheet of mailing labels
- 3 – 8.5 x 11” sheets of paper
- 5 ping pong balls
- 5 elastics
- 3 paper towel tubes
- 2 index cards
- 2 paper cups

Points

You will receive 5 points for each orb that you land within your landing site. You will also receive up to 5 points each for originality, team work and communication. Good luck with your mission!

Improv Theatre

Place all materials in a brown paper bag. You can change the supplies according to what you have available.

Directions

- There is a new cooking show in town and your team has been asked to create an ad campaign that will encourage local chefs to audition for the show. You have been given a bag of equipment and supplies. For the test, they give you a bag of supplies that you should try to incorporate into your ad.
- You have 3 minutes to create an ad that includes the name of the show, the type of skills they're looking for, where to audition and the type of prize being offered.
- At the end of the time, you will have 1 minute to present your skit to the advertising company for their approval.

Supplies

- paper towel tube
- plastic knife
- oven mitt
- rolling pin & cutting board
- pie plate
- an empty can
- apple
- mixing bowl
- a piece of paper

Points

You will receive 5 points for every person involved in the ad as well as up to 5 points each for the originality, team work and communication. Break a leg!

Robot Writer

Setup

- Cut a 4' length of duct tape for each person taking part in the activity.
- Tape one end of each strip of duct tape to the marker.
- Place the piece of paper under the marker. (if using a permanent marker, make sure that there is a plastic table cloth or newspaper under and around the area that the paper is laid in).
- The pieces of duct tape should fan out into a star shape once set up.

Supplies

- duct tape
- paper
- marker
- optional: plastic tablecloth or newspaper

Directions

- Using only the duct tape, paper and marker, try to write words, draw shapes and/or follow a maze.
- Each person takes hold of one piece of tape, and may only hold it at the end. This is the only piece of equipment that anyone is allowed to touch. No team member may touch either the paper or pen.

After the Challenge

- *Were you able to meet the challenge?*
- *What seemed to work best to be successful?*
- *What steps did you take to get to the point where you were able to successfully use the pen?*
- *Did you encounter any problems?*
- *Do you sometimes feel pulled in all directions? Are there ways that you can work with the people in your life to make things better?*

Blindfold activities

You can try a number of different activities blindfolded. Have all team members, except one, put on blindfolds. The one without the blindfold will be helping or directing everyone through their challenge, but won't be able to physically help them. You can try:

- Putting up a tent
- Completing an obstacle course
- Finding a hidden item

The fastest team to complete the challenge wins!

Supplies

- blindfolds
- tent *
- equipment for obstacle course *

* depends on activity you choose to do.

Stick Around

Each team is to tape a team member to a wall. Your challenge is to tape them at least six inches above the ground. Their toes must not be able to touch the ground when you're complete and they must be able to remain in position for a full minute without falling.

Supplies

- duct tape
- unpainted wall – outside concrete wall works well

Activities

Do one or two activities. Remember to take into account the time each activity will take.

Survival Bracelets

Paracord is a material that has a multitude of uses. It is a practical item to wear when camping or hiking as it can be disassembled to use in an emergency.

Paracord bracelet instructions online:

<http://www.craftynest.com/2010/07/camp-craft-paracord-bracelets/>

Ways a Paracord Survival Bracelet can be used:

- To lash together branches to create a lean-to shelter for protection.
- To build a snare or trap for food (from internal strands).
- For a tourniquet.
- To create a sling.
- To secure belongings to the top of your car.
- For a clothesline.
- Shoelace replacement.
- Repair damaged equipment.
- Fishing line (internal strands).
- Tie yourself to your companion in a strong storm for effective buddy system.
- Tie up someone who's a threat.
- Emergency belt.
- Makeshift tow rope.
- Hang a bear bag to keep food away from the animals.
- Rig a pulley system for a heavy object.
- Tie up a tarp or poncho for protection.
- Make a netting to hold things.
- Lash logs together to build a raft.
- Make snowshoes. (Bend a branch into a 1" teardrop. Tie it securely, then weave the paracord back and forth across opening. Finally tie it to your shoes.)
- Make a sling to throw rocks.

Supplies

- paracord
- release buckles
- meter stick
- scissors
- needle, thread
- matches or lighter

Fashion Creation

Directions

- In a small group of 2 or 3, and using the supplies provided, create a dress for one of the members in your group.
- The dress should have a bodice and a skirt. The main portion should be built from newspaper and duct tape, but you can use crepe paper and crepe paper streamers to decorate.
- At the end, hold a fashion show of the creations.

Supplies

- newspaper
- duct tape
- crepe paper
- crepe paper streamers

Sail Car Rally

Girls design vehicles and race them. The catch is that the vehicles can only be moved by blowing on them. Which goes the furthest? Fastest?

Instructions for sail cars can be found in the BC Girl Guides STEM Engineering challenge at:

http://bc-girlguides.org/Documents/BC/STEM/engineering_book.pdf on page 33.

Supplies

- four Lifesavers candies
- four straws
- two paper clips
- 3 sheets of paper
- masking tape

Pet Toys

Service project for the nearest Animal Shelter. Make sure that you check with them first to see whether they will accept these pet toys.

Directions

1. Cut the t-shirts around from the bottom to the armpits in 2" strips.
2. Tie 3 strips of different colours together with an overhand knot.
3. Braid keeping fairly tight, but smooth, from top to bottom.
4. End with an overhand knot.

To create something stronger, just double up the number of strips that you use in your braid.

Supplies

- old t-shirts
- scissors

Large Group Active Games

These games take about 10 minutes each, including explanation. Choose one or two.

Toilet Brush Hockey

Set up 2 chairs at each end of the playing area to signify the goals.

Divide into 2 teams.

Girls try to get goals by swatting the ball into the other team's goal.

Supplies

- chairs to mark goals
- toilet brushes
- ping pong ball

Food Chain Game

From the EcoPak Challenge.

<http://bc-girlguides.org/Documents/BC/program/EcoPakChallenge.pdf> page 16.

Directions

- All the girls will start out as algae. Without saying a word, they mingle in the group and find other girls who are doing the same actions as they are. Once they find each other, they play one game of "Rock, Paper, Scissors".
- The winner of the game will become the next organism on the chart and the loser of the game will move down on the food chain to the previous organism level (e.g. if a salmon loses, she becomes a dragonfly larva).
- There is no level lower than algae. If a girl loses against another algae girl, the winner becomes a mosquito larva and the loser stays as algae.
- The goal of the game is get to the Bear level.

Food Chain Chart

Organism	Action
Algae	Arms over your head, slowly waving back and forth
Mosquito larva eats algae	Point your nose into the air and nod up and down
Dragonfly larva eats mosquito larva	Wiggle your hips back and forth while quickly sticking your tongue in and out.
Salmon eats dragonfly larva	Put hands on the side of your body and make them into fins; pucker your lips like a fish.
Bear eats salmon	Clutch hands so they look like claws; make a growling noise

Balloon Volleyball

Directions

1. String the yarn across the room at about head height. You can also string it between two chairs.
2. Divide the girls into two teams.
3. One team serves the balloon by hitting it over the string and the other team must hit it back without letting it fall to the ground.
4. If one team allows the balloon to fall to the ground, the other team scores a point.
5. The first team to reach 10 points wins the game.

Supplies

- balloons (punching ball style)
- yarn

Pathfinder Closing

Do your usual Pathfinder closing, then serve refreshments.