



Girlguiding London over the Border

girls in the lead

Promise Activities



PART FOUR
CEREMONIES AND FIVE MINUTE FILLERS

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.

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past Arts Advisers whose contributions have been invaluable.



Ceremonies

The girls themselves may think of ways to extend or change ceremonies – perhaps by adding poems, readings or songs.

Good planning is essential for a ceremony and should have an opening, the main part and a closing. In the opening stages guests are welcomed and the purpose of the ceremony explained. At this point the mood is set.

The main part focuses on the reasons why the people have been gathered together. Include items such as poems, songs, readings, drama or even candle lighting. In brief anything that is significant and makes the event special and memorable.

In the closing summarise the ceremony, say goodbye, thank the guests for coming and consider finishing with a closing song or reading.

Promise Ceremony

Making your promise should be a memorable moment. The following Brownie ceremony was inspired by Guiding Traditions.

Set out a pretend pool around which the girls form a ring. The new Brownies stand with a Leader outside the door. One of the Brownies knocks on the door.....

Leader at the pool: *Who comes to the Brownie woods?*

New Brownies: *We do!*

Leader at the pool: *What do you want?*

New Brownies: *We want to be Brownies!*

The Brownies file into the room and each girl gives the Leader a special reason why she wants to be a Brownie. They sit by the pool. The Leader then talks to each girl in turn.

New Brownie salutes and says her Promise.

Leader takes the girl to the pool, spins her around, while saying the rhyme: *“Twist me and turn me and show me the elf, I looked in the water and there saw.....”*

New Brownie: *.....myself!*

Leader pins on the Promise badge and welcomes the new Brownie.

Circle of Friends

Two warm and tactile ways to end a meeting.

Wishing Circle

All girls stand in a circle. Each holds the three fingers – symbolic of our Promise – of the girl next to her.

One girl is chosen to make a silent wish. At the same time she gently squeezes the fingers of the girl next to her. The next girl takes up the squeeze and makes her own wish and the squeeze is passed around the circle.

Goodnight circle

The girls stand in a circle. Everyone crosses their arms, right over left, and hold hand with the person next to them. The Leader starts off a squeeze that is passed around the circle. When it gets back to the Leader she lets go of the others' hands. This is the signal for everyone else to do the same, to make the Guiding sign (salute) and say “Good night, Brownies / Guides / Rainbows / Rangers.”

Rainbow Promise Song

Rainbows will love to learn this Promise song.
Sing it together at your promise ceremonies to welcome new girls to the unit.
The tune is that of "I had a little nut tree."

A Rainbow made a Promise,
Tries to do her best
Learns to play and work well,
Joins in with the rest
Now you have made your Promise,
We all welcome you
For we are very glad
You're a Rainbow too.

Taken from Guiding magazine.

Janet's Rainbow Ceremony

All the girls and Leaders stand in a circle with candles the colours of the rainbow burning in the middle.
Everyone say the Promise and make the Guiding sign (salute).

The girls making their Promise for the first time go around the outside of the circle to a Leader who gives them their badges and certificate. They return to the circle and join a second Leader by the candles in the middle. They are welcomed and then kneel with the Leader and blow out the candles before rejoining the circle.

Candles

The use of candles is emotive especially for the younger girls, a bit like candles on a birthday cake.
They can be:

- Used singly or en masse.
- Lit by the girls or blown out.
- Be the appropriate colour for the section.
- Be used to make a centre piece, a pathway, to mark the cardinal points of the compass
- Represent the rainbow, each six or patrol, the Promise itself.

Personalise the use of candles to suit your unit.

Pre-Promise Reminders

Smiley Faces

Cut out a circle of card or use a paper plate. The girls draw a face onto the circle and punch seven holes for hair around the edge for hair.

The girl takes the face home with seven lengths of wool to make the hair. Over the next week she threads in a curl of wool each time she dose a good turn.

Toadstool

Get the new girl makes a toadstool by cutting out a circle of card, colouring it red and sticking it on top of a cotton reel. Each time she keeps her Promise she sticks a white spot onto her toadstool.

When ready to make her promise she can bring the toadstool to the ceremony.

Good Turn Mouse

The new girl cuts out a cardboard mouse. Makes a hole and threads some wool through for a tail. Either colour the mouse or cover with fur fabric or felt.

She takes the mouse home and ties a knot in the tail every time she Lends a Hand

Five minute filler

Promise / Law Jigsaw

Write the Promise or Law onto a piece of paper and illustrate with suitable pictures. Cut it up like a jigsaw puzzle. Mix the pieces well and run a relay with each girl trying to put her piece in the correct place.

Variation: Break down the Promise into phrases and make a different jigsaw for each group of girls.

Good Turn Bag

Put some items that can be found around the house e.g. pegs, tea towel, duster, wooden spoon etc into a bag.

Ask each group of girls to pull out one item from the bag. What Good Turn could they do with that item

Letter Law

Ask each six or patrol to write the word BROWNIE, GUIDE or RANGER done the page in large letters. They then think of words to describe a Brownie etc using every letter of the word itself. For example: Brave, Ready, Open, Welcoming.....

If more time is available get them to make up sentences instead. Each sentence can take the form of a "rule". For example: Be kind, Raring to go

How do the finished acronyms relate to the Promise and Law.

Tie-Breaker

In not more than 25 words complete the sentence:

I am a Ranger / Young Leader / Guide because.....

For a longer activity have a group discussion on the final result. Can you use the winning slogan as part of a campaign to promote Girlguiding?

A Friend is

Start by saying "A friend is someone who...." and ask the girls to finish the sentence, for example:

- Plays with you
- Doesn't get mad at you
- Loves you
- Keeps your secrets
- Laughs with you
- Talks to you a lot
- Comforts you when you are sad.

Topics

Give each group a topic e.g. coin, piece of string, safety pin, match, lipstick, flower, chewing gum.

Ask how the Law can be kept in relation to their topic.

A Real Brownie / Guide

In a circle, the girls in turn finish a sentence that begins with one person saying, "A real Brownie / Guide is a girl who....."

Each girl tries to add a new item as well as remember all the ones that have gone before.

Promise Colour Changer

This is a game using the classic colour changer folded paper which it is assumed already know how to fold.

The four squares on the outside are coloured blue, red, green and brown.

The first inside parts are numbered starting at the top left hand:

Law1 Law4 Law5 Law7 Promise Law3 Law2 Law6

When you raise the inside flag it will read from the top left:

How can you be trusted when working for a neighbour?

Next one:

How can you be a friend to all in your community?

How are you courteous outside your home?

What can you do to keep our parks nice?

Tell when you smiled instead of crying?

How can you help spend less money?

Give an example of helping in the community.

What does being loyal to your community mean to you?

Match Box Chart

Equipment: Cardboard chart with elastic loops into which a match box can be slipped. A match, pen and small piece paper for each girl.

Each girl writes the name of an adult she would like to help. She draws or writes an account of the good turn and puts it into the match box which is then put onto the chart. The next week look at these pledges and see if they have been fulfilled.

Promise Balloons

Write the words of the Promise on to balloons with marker pens.

Distribute the balloons to the girls (at least one each). They then work together to get the words into the correct order.

Can they do it in silence? Extend the activity, do the same with the Law.

The Promise in Guiding

Each person taking part needs a copy of this sheet.

Find yourself in the Guiding Circle below and draw lines to link yourself with those who are around to help you. Then, change colour pen and draw lines to link yourself with those you can help with their Promise just by having contact with them.



Make it a more prolonged activity by writing the names around a paper plate and sew the lines with a needle and wool to make an interesting design.

SOMETHING FOR THE LEADERS

Pause And Reflect

This is an activity for adult leaders with whom you work. It can be considered when sitting alone or when in the quiet company of others. Prepare a pack for each person consisting of the following:

- A short length of string
- A lemon sherbet sweet
- A sheet of paper
- A paperclip
- A band-aid plaster
- A small piece of rock or stone
- A small pennant bearing the letters S O S
- A candle and match
- An envelope containing a large blue star and several small stars.
- A printed sheet with the instructions below.

PAUSE AND REFLECT

- ❖ Use this kit to pause and reflect on the wealth of gifts you are giving through Guiding.
- ❖ Slip the string on your finger to remind yourself of how much you are secretly appreciated.
- ❖ Unwrap the lemon sweet and place it in your mouth. As you suck on it remind yourself of all the girls who may have a “sour” outlook on life but who are really sweet within: Guiding helps to bring the sweetness out.
- ❖ The blank paper is to remind you of the need to plan far more than you actually do so you can make the most of the brief time you have with the girls.
- ❖ Clip the paperclip to the blank paper and think of it as a reminder of the organisation it takes to pull off a well-run Guiding programme.
- ❖ Use the band-aid plaster to remind you of the girl who has come to you wounded and is in need of healing through the caring and respect.
- ❖ Take out the rock and rub it on your hand knowing that you are gently smoothing its rough places, just as you help girls smooth out the rough spots in their lives.
- ❖ Wave the pennant with the S O S to remind you of all the willing team members around you who will give you a hand, from other Guiders to Advisers and Commissioners.
- ❖ Hold the match and the candle and think about how they must work together to create a flame, just as Leaders work with girls to spark and nurture their interest in the world around them through knowledge, adventure, caring and love.
- ❖ Take out the blue star and the little stars – remember that each one is a shining light in its own way and keep in mind that both you and the girls are essential to an enthusiastic and rewarding programme.
- ❖ Lastly, take the blue star and attach it somewhere you’ll be able to see it each day reminding you that you are the most important link between the girls and the entire Guiding Organisation.



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

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Good Turn Mouse

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