



Girlguiding London over the Border

*girls in the lead*

## Promise Activities



PART TWO  
GROUP ACTIVITIES AND DISCUSSION IDEAS

## 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.



## Country Wide

*When we make our Promise we agree to serve our Queen and our Country.*

Ask the girls to think of ways in which they could do this. For example: look after our environment, celebrate our culture and so on.

Give each Six/Patrol/Group of girls a sheet of paper with the word COUNTRY written on it and a second sheet with clues written on it. They have five to ten minutes to solve the clues using the letters from the word COUNTRY. The clues with the answers in brackets are:

- A place for a baby to sleep (cot)
- You do this if you are upset (cry)
- Opposite of walk (run)
- Play tennis on this (court)
- Opposite of in (out)
- Add up (count)
- Not me(you)
- Do your best (try)
- If you ....Your finger you put a plaster on it (cut)

## Adapt It

*This activity will help girls think about the difficulties faced by people with disabilities and how we can help to make them feel included.*

Ask the girls to think of a favourite game or activity and consider whether it would need to be adapted for a girl who:

- Is visually impaired
- Is deaf or hard of hearing
- Uses a wheelchair
- Cannot read or write

At the end of this activity the girls should be encouraged to take time to reflect and give thanks for the health and abilities that we have.

## Problem Page

*This activity will help the girls to think about how other people may be feeling.*

Divide the girls into small groups and give them copies of the following letters which have been sent to a teen magazine. The girls are asked to write replies to the letters suggesting possible solutions. One of the aims is to help the girls to think about how they treat people with special needs.

Dear Aunt Sally

I am so fed up of people treating me like I'm stupid just because I sometimes use a wheelchair.

I have just found out that I have muscular dystrophy.

This is hard enough to cope with without people treating me like a two year-old.

What can I do to prove I am just a normal teenager?

Dear Aunt Sally

I have diabetes and I am really worried about going to Guide camp

I know I will be having midnight feasts and we've all been asked to take some cake. How do I explain why I'm not able to join in?

I'm also worried people might think I do drugs because I have scar marks on my arms and legs. I don't want everyone to know I'm diabetic because people get really funny about it. What should I do?

Variation: Ask the girls to compose letters themselves, swap with someone else and reply to the one they have been given

## Duty To God - Senses

Prepare a card thus:

EYES	
EARS	
LIPS	
<i>FEET</i>	

On the back stick an envelope containing suitable sentences such as:

Go to the pillar –box with a letter.

Read a story to a younger sister.

Listen to a children's story on the radio or TV

Look at a lovely sunset and say "Thank you, God" for it.

The girls task is to fit the sentences into the correct spaces. You may be able to compile some sentences that will cause discussion as to where they should go.

Variation: A similar activity can be done with places. In a large envelope put five pictures e.g. a house, a school, children playing, a group of Brownies, and a place of worship with phrases such as:

Tidy your corner

Close your eyes to help you think

Let someone else go first

The girls similarly match the phrases to the places.

If time permits let them to suggest their own ideas and perform them as a role play for others to watch.

## Good Turn Bag

The girls are seated in a circle. Pass round a bag containing some object e.g. a pencil, comb, button to the words of this chant:

Pass this bag around the ring.  
Oh, whatever is this thing?

On the word thing the last girl feels the object through the bag and guesses what it is. They all then suggest a Good Turn they can do with the object.

Consider using this as a mechanism of promoting discussion about visual impairment and other disabilities.

## National Anthem

These are two activities using the National Anthem and Citizenship as a theme.

1.

Questions and Answers:

*At least 12 questions and answers printed onto different coloured cards (questions on one colour and answers on a different colour) e.g.*

What are the choicest gifts?	A happy family. Good Health Wisdom etc
What is the National Anthem?	It is really a prayer for our Queen.
Who makes our laws?	Parliament.
How can we make our Queen happy?	Obeying the rules of the road. Keeping our country tidy.

*With these you can intersperse simpler questions such as*

Who is the Queen's husband?	Prince Philip, Duke of Edinburgh
Who is the heir to the throne?	Prince Charles, The Prince of Wales.
How long has the Queen reigned?	Since 1952.

They can be used in a variety of ways as below:

- With the whole Unit. Each girl has a card and has to find her partner with the correct question/answer.
- A group can play "Pelmanism". Cards are placed face down and each girls, in turn, tries to turn over a matching pair which she keeps. If she fails the cards are turned back and the next girl continues. The winner is the one with most pairs.
- In twos play Snap.
- Used by one girls, put into pairs and use as a basis for discussion.

2.

The lines of the National Anthem are printed onto separate cards and hidden around the room. They must be found and assembled into the correct order. Try using several sets of different colours and challenge separate groups to find there own specified colour. After checking give out pictures and ask the girls to match the various lines with the most suitable picture. E.g. Pictures of

The Houses of Parliament	May she defend our laws.
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The Queen in ceremonial robes.	Happy and Glorious
A Royal Family photograph	Thy choicest gifts in store' On her be pleased to pour.
Durer's "Praying Hands"	God save our Queen.

The discussion of the pictures, while not a test, helps develop abstract ideas.

Variation: Print the words onto a background picture of the Queen, Parliament or similar image so that when assembled they reveal the picture. This variation makes the activity suitable for Rainbows.

## Paper Chains

This activity is aimed at promoting ideas on how to Lend a Hand. Give each girl a strip of paper that will form a link in a paper chain.

Each girl has to think of something special she can do for someone else that week and write it down on her link. To make it more individual they can add a thumb print or personal logo.

Join all the links together to make a chain.

At your next meeting ask the girls to share their good turns and check to see if the chain is still strong.

## Guiding Law Rap

Get the girls to compose a tune for this rap. The underscores are to help them get the stress on the words correct.

Be honest and trustworthy every single day  
 Use resources wisely, I can find a way.  
 Respect myself and others in everything I do  
 My talents and abilities, I'm proud to share with you.  
 Protect our environment in every way I can  
 With courage and strength, I can take a stand.  
 The sisterhood of Guiding I share with one and all,  
 And these are the challenges of the Guiding Law.

## How Do I Keep My Promise?

Give each pair (or small group) of girls the 24 cards below cut into separate cards.

Ask them to put them into 3 piles for the 3 parts of the promise (some will cover 2 sections).

When finished compare the results to see if they agree or if they had different ideas. Discuss whether it has given them different ideas as to how they may be able to keep their Promise.

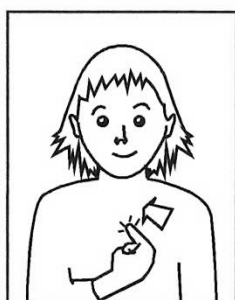
<b>Not throw litter</b>	<b>Lay the table for dinner</b>	<b>Make friends with someone who is lonely</b>	<b>Weed the garden at my place of worship</b>
<b>Do the shopping for someone</b>	<b>Listen to a younger sibling reading</b>	<b>Tidy my room</b>	<b>Tell the assistant if you are given too much change</b>
<b>Tell someone about my faith</b>	<b>Take full responsibility for a family pet</b>	<b>Follow the Country Code</b>	<b>Walk the dog</b>
<b>Hoover the lounge</b>	<b>Go to church/ Mosque/Temple/ Synagogue/ Gurdwara</b>	<b>Raise money for people less fortunate than yourself</b>	<b>Help with the music at my place of worship or school</b>
<b>Wash the car</b>	<b>Act responsibly when out</b>	<b>Always try to smile – even when things are difficult</b>	<b>Help with a play Group</b>
<b>Help at a festival or party</b>	<b>Visit someone who is ill or disabled</b>	<b>Run an activity at Brownies or Guides</b>	<b>Walk to school instead of going by car</b>

# Rainbow Promise



Girlguiding UK:  
Changing the world

Hands up



I



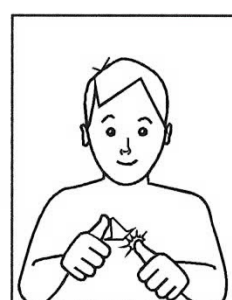
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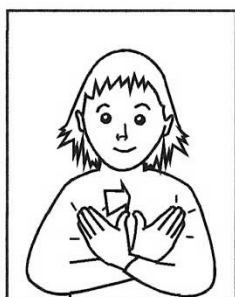
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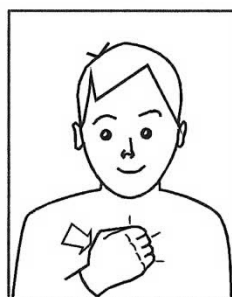
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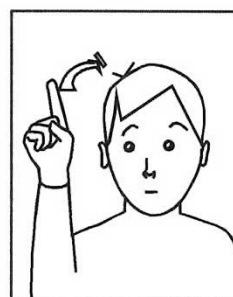
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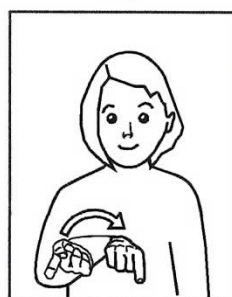
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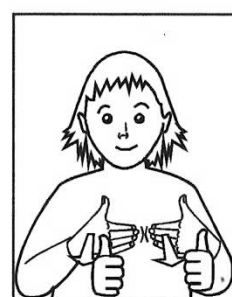
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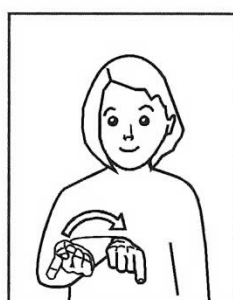
God



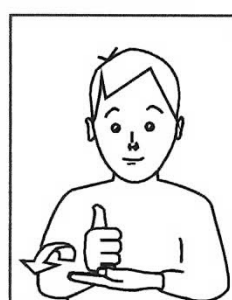
and



to be kind



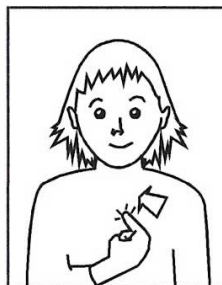
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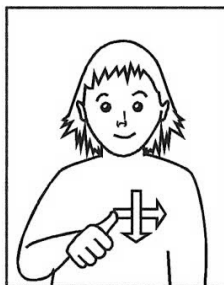
helpful.



# Brownie Promise



I



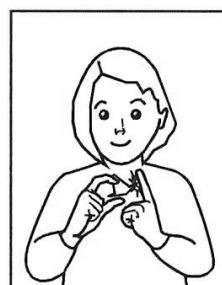
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that I



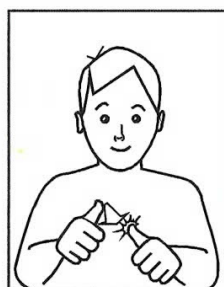
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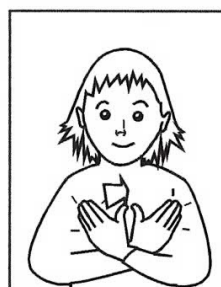
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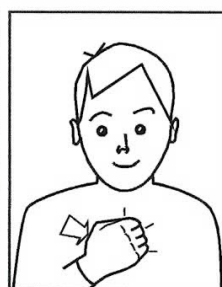
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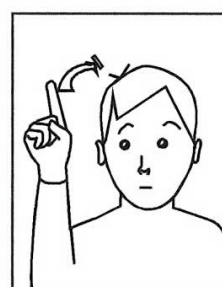
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to love



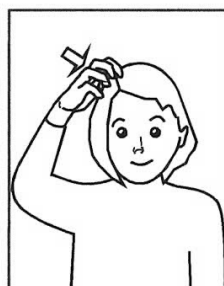
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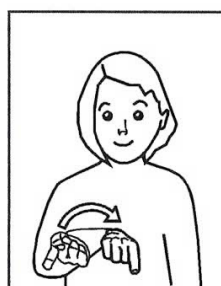
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to serve



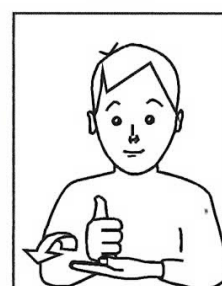
the Queen



and



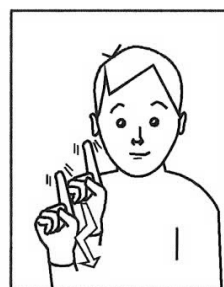
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to help



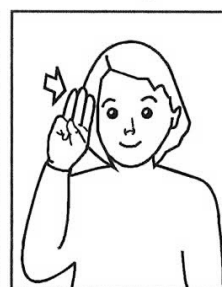
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people



and to keep



the Brownie



Guide



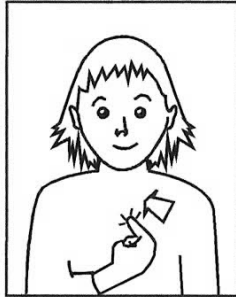
law

# Guide Promise





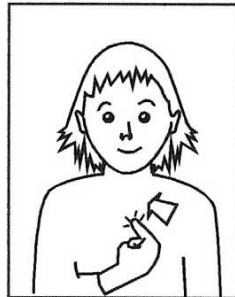
# Senior Section Promise



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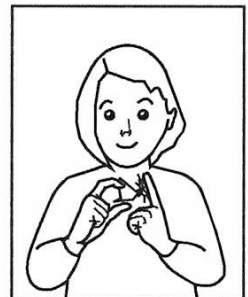
promise



that I



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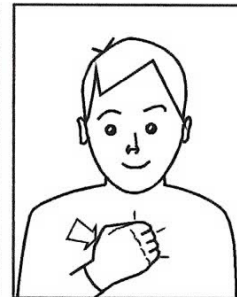
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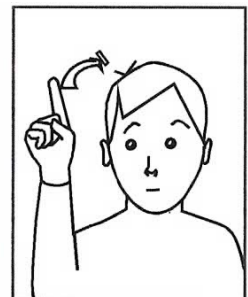
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to love



my



God,



to serve



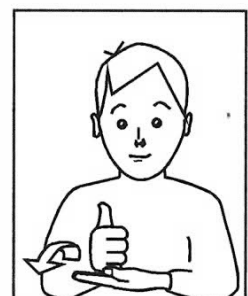
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and



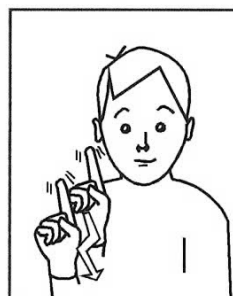
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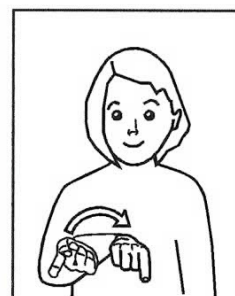
to help



other



people



and to keep

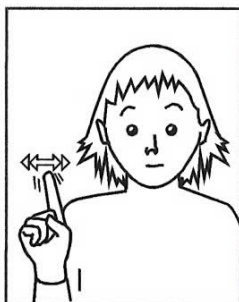


the Guide



Law

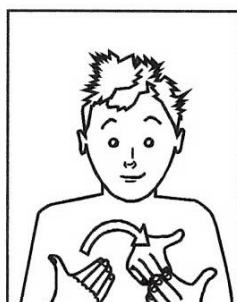
# Senior Section further question



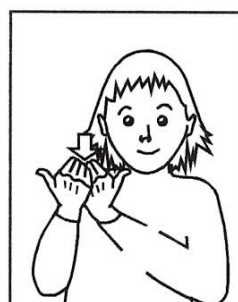
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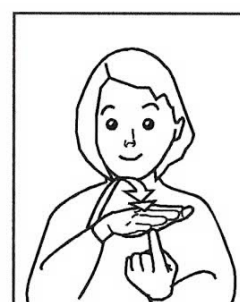
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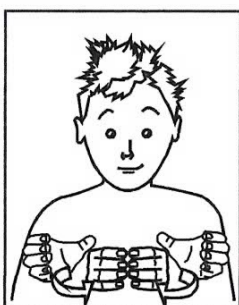
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as a Senior



Section

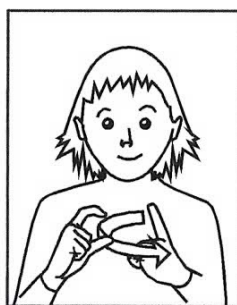


member?

## Answer



To be of service



to the community.

## Two Parcel Exercise

Prepare two parcels of the same size. Put a desirable prize in one and wrap it in a scruffy brown bag. Put some trash in the other and make it look beautiful with fancy gift wrap and bows. Ask the girls which gift they would prefer and why. Divide the girls into two groups according to their choices and let them open the parcels.

What lessons do they learn from this  
Can you tell what is inside a person from her appearance?

Variation: Have two parcels beautifully wrapped but one larger than the other. Is Big always best?

## Mulberry Bush Promise

A variety of pictures is spread round the room. The girls are given the opportunity to look at them. They form a circle and are numbered in threes (or given one of three names such as Tommy, Betty and Owl)

Hey skip round singing the following to the tune of "Here we go round the mulberry bush":

We keep our Promise every day, every day, every day,  
At home, at school or where we play,  
We keep our Promise every day.

The Leader calls out one part of the Promise e.g. duty to God and one of the three names. The girls with that name rush off to find a picture to illustrate the Promise part chosen and then tell the rest of the Unit why they have chosen it.

## Desert Island

Each group of girls pretends they have been cast away on a desert island.

They make up the rules for living there until they can be rescued.  
Compare their "laws" to the Guiding Law.

## Challenge Envelopes

Give each group of girls an envelope that contains a question relating to the Promise and Law for them to discuss.

After they have expressed their opinions within the group bring them all together for a general discussion. Topics can be identical or different. Here are a few suggestions:

- Which part of the Guiding Law is hardest to keep at camp? Within your own family? At school?
- Which part of the Guiding Law is easiest to keep? Which part do you think is most important?
- What are some ways in which you try to live with courage? (fairness, honesty etc)
- Is it easier to respect kids your own age or grown-ups and why?
- Name some ways you use resources wisely?
- List the talents your patrol/six/group has.
- How are you true to yourself?

This kind of exercise has the advantages of bringing out leadership ability and giving each girl the chance to express her opinion.

## Storyboard

Use the storyboard blanks to draw a story about making or keeping the Promise.  
It may be better to enlarge the grid onto A3 size paper.  
If required increase the spaces or double up the board.

Girls can explain their stories afterwards. Older girls may wish to make them into a play or mime as well.  
There are also possibilities for animation and computer work badges.

*NB – Can be used for other themes.*

*Introduces ideas about how films and adverts are made.*

*Good for group discussion.*

*Can be used individually or as a combined group effort.*

*Is good for showing the visual particularly if you have girls that do not write well.*

*Corresponds to year 4 literacy work so the technique may be familiar to the girls.*


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## Role Play Skit

Give each group a small bag containing three unrelated objects, e.g. coin, piece of string, safety pin, match, lipstick, chewing gum.

Ask them to use at least one item to make up a skit about part of the Promise or Law.  
The rest guess which part they are illustrating.

Most girls know a lot of TV commercials and are good at inventing ones to fit parts of the Promise and Law to act out with each other.

Variation: Ask them to make up a short skit to illustrate how the Promise and Law can be applied in scenarios such as:

- How they can share in the sisterhood of Guiding on Mars!
- Use her talents and abilities in a crisis.
- Be honest and trustworthy when her peers are pressuring her to misbehave.

## Finish the Story

Give each group of girls (4 or 5 best) one of the situations below. Ask them to discuss it and then act out how they think the story would end. During the discussion they need to keep in mind their Promise and Law.

1. Julia told Tina, whom she does not like very much, that she would play with her after school. At breaktime 2 girls, whom Julie would really like to be friends with, ask her to go on a bike ride with them after school. She agrees. After school, when Tina knocks on Julie's front door.....
2. Some Guides / Brownies are in a shop and see one of their friends. Before they can speak to her they notice her put a packet of sweets into her pocket without paying. They.....
3. The Robin Patrol/ Elves Six are upset about another Patrol Leader / Sixer whom they think the Unit Leader favours. She is always helpful and very polite when the Leader is around but at other times she uses bad language, especially on the way home when they often meet some people they know.....
4. Ellen knew she should have finished her maths homework last night. Now she has only 10 minutes before the class. A friend is willing for her to copy the answers.....
5. OLDER GIRLS ONLY Sarah and Louise are friendly with James and Andrew. James has tickets for a concert they all want to go to. Andrew drives and has borrowed his Dad's car. On the way home he suggests they stop at a pub for a drink.....
6. OLDER GIRLS ONLY Nicky and Susan are good friends and also excellent sportswomen. One day Nicky calls on Susan and goes to her room where Susan has a bottle of pills which she tells Nicky will help her run even faster. "Everyone does it and you should try some too".....

## Law Game

Each girl in a group bring along 2 or 3 items that represent different parts of the Guide Law. She explains to the group what they mean to her and how they represent the Guide Law.

When everyone has had their turn all the objects are laid on a tray or table. They have to try to remember what was said about each article and who brought it.

The aim is to challenge the girls to think about the Laws at home. She has to present her ideas to the rest of her group AND listen carefully to what others have to say.

After all girls have made their presentation the group could discuss what other aspects of the Guide Law might be represented by the same items.

## Fallout Shelter Exercise

Your group is a government "Top Secret" agency in charge of experimental survival stations at the far outposts of civilisation. Suddenly, global war erupts. Places all over the world are being destroyed. People are scrambling towards whatever fallout stations are available. You receive a frantic call from one of your experimental stations asking for help. There are 10 people desperate to enter but there is only room for 6. These 10 people have agreed to abide by your group's decision as to which 6 gain admittance to the survival station.

You have only superficial information about each of the 10 people and, after your group has made its decision, it too must go to its own survival station. Your group is aware that the 6 people you choose may be the only people left to start human kind all over again. Your choices are therefore crucial. You have.....minutes to make your decision; after this time, if you have not come to agreement, all 10 people will die. Here are the 10 people:

1. Accountant 31 years old.
2. His wife, six months pregnant
3. Black militant third year medical student
4. World famous historian-author, 42 years old
5. World-renowned society hostess, singer and dancer of some skill
6. Biochemist does not speak English
7. Priest, 54 years old, very traditional
8. Olympic athlete, skilled in all sports
9. A brilliant architect, homosexual.
10. Police officer with (licensed) gun – cannot be separated.

### Purpose / Aim

- To provide participants with an opportunity to study their personal values and their feelings about the Guide Promises and Law
- To help participants realise that our values are usually reflected in the decisions we make, individually and collectively.
- To provide an opportunity for an examination of an issue in supportive and friendly atmosphere.



## Forced Choices

SOME QUESTIONS ARE FOR OLDER GIRLS ONLY

Read each question carefully and circle ONE of the answers. It is important that you answer EVERY question so make "snap" decisions if necessary. You have 10 minutes for this activity which is done independently. Compare and discuss your reasons for your choices with others.

1. Which would you LEAST want to be?  
a) Very poor   b) Very ill   c) disfigured
2. Which would you LEAST want your son/daughter (or other relation) to do?  
a) Marry from necessity   b) Marry someone of another race / religion  
c) Have a sexual relationship with someone of the same sex.
3. Which would you MOST like to improve?  
a) Your looks   b) Your personality   c) Your self-image
4. What is the MOST important quality in a friend?  
a) Loyalty   b) Generosity   c) Honesty
5. Who would you LEAST want as next-door neighbour?  
a) A hippie commune   b) A homosexual couple   c) An unmarried couple
6. Which would you MOST prefer to be illegal?  
a) Smoking   b) Abortion   c) Prostitution
7. Who would you LEAST want to speak to your Unit/Group?  
a) The National Front   b) Gay Rights Group   c) Animal Liberation Front
8. Which would concern you the MOST if your daughter/niece/sister  
a) Had an abortion   b) Joined a religious cult   c) Took drugs
9. If you could keep just ONE of the following which would it be?  
a) Religious freedom   b) Freedom of speech   c) Freedom of choice in elections
10. Which would you abolish?  
a) The right of groups to protest   b) Trade Unions   c) Violence on TV
11. Which is of MOST concern to you?  
a) Threat of nuclear war   b) Racial violence   c) Rise in unemployment
12. Which would concern you MOST if found in your friend's drawer?  
a) A pornographic book   b) A contraceptive device   c) Drug equipment
13. If you had to give up ONE, which would it be?  
a) Sex drive   b) Taste buds   c) Emotions
14. If you were granted ONE wish from the following which would it be?  
a) World Peace   b) An end to poverty   c) A cure for cancer
15. If you could save only ONE of the following which would it be?  
a) The Louvre   b) St Paul's Cathedral   c) The Taj Mahal

## Current Issues and our Promise

There are some situations and controversial issues which challenge us to say what we believe. This is another exercise for OLDER GIRLS.

Decide on a topic which is of interest to the group. You might consider Green Issues such as the environment, pollution and conservation; Controversial Issues including drug and alcohol abuse, smoking, lesbians and homosexuals; Aids or Political Issues, local, national and world issues.

Make a collection of pictures, articles and cuttings from magazines and newspapers.

Divide the articles, pictures etc round the group, discuss the issues raised and then relate them to the Promise and Law.

In your group draw up an Action Plan for society to help to improve the situation using the Promise and Law as guidelines.

Set challenges for the Unit or individual members and decide on a date for progress reports.

## Promise Postcards

Give each girl a postcard and ask them to address it to themselves.

They should write on it one thing that they resolve to do connected with their Promise.

Two or Three weeks later post the cards to the girls. When they receive them they can talk about how their resolutions are going.

## Good and Bad Circles

### *Activity 1:*

Photocopy the pictures onto white card. The girls colour the pictures and talk about them.

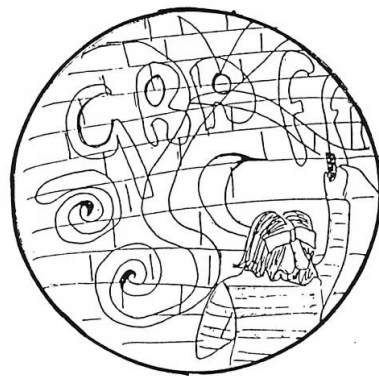
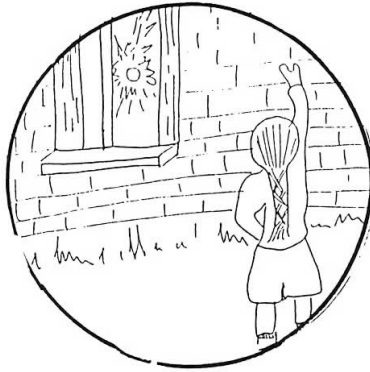
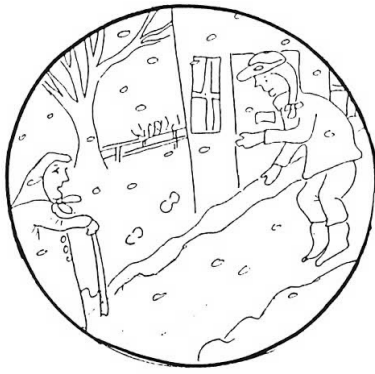
In groups they decide which pictures show girls keeping their Promise and why. What do the other pictures show? Talk about it together.

### *Activity 2:*

Photocopy 4 sets of pictures, colour and cut them out.

Place all four sets in the middle of the room face down. In groups they take it in turns to collect a card from the middle. If a girl takes a card her group already has she must return BOTH cards that the group holds and the next girl has a turn. Continue until all groups have a set of 12 different pictures.

When all groups have a full set of cards challenge them to make up a mime to show whether or not the girl is keeping her promise using one of the cards as inspiration. They can also make up their own ideas.



## Value Others

Here are two activities for the younger sections.

- Ask the girls to stand in a circle. They take it in turns to call out their names, their favourite colour and something they can do – such as make a cake.  
Give each girl a round of applause after she introduces herself. This game is a good ice breaker and can be made more advanced by adding on other criteria – such as naming someone they have done a good turn for or thanking someone who has helped them during the week.
- Gather everyone together and sit in a circle. Each girl needs a pen and piece of paper.  
Ask everyone to write, in secret, Their greatest fear about the coming year / decade. Do not put names on the paper. Collect them in then randomly redistribute them and asks the girls to read them out.  
Discuss the sort of fears that people have in common. Think about how being a member of the Guide Association can help with these fears.

## The Human Machine

Let the girls discover the value of teamwork and appreciate how good it feels to help other people.

Ask groups of girls to create a piece of machinery with their bodies complete with sound effects if they wish. Allow them 5 to 10 minutes to put the machine together before showing the rest of the unit who try to guess what sort of machine it is.

Machines can be everyday items, such as toaster, or a new invention, such as a mechanical fly swat!

After the exercise talk about how the machines could not work unless everyone played their part and helped the others. Extend the exercise to discussion of how we can help other people in the community. Could they help a neighbour, organise a children's party or give up their time for a community event.

## Wacky Relay

Play a wacky relay that lets everyone do something they do well.

Divide the girls into groups of 5 or 6. You will need to set up enough challenges so that there is one for each member of the group to participate in i.e. 5 or 6.

Here are some suggestions for the challenges:

- Lace a shoe
- Throw beanbags into a bucket
- Make a jam sandwich and eat it
- Wash someone's hair (pretend!)
- Complete a crossword (or single clue)

The challenges obviously need to be tailored to the age and ability of your unit.

The idea of the game is that each group decides who they will enter for each challenge. This will depend on what each person can do best and therefore using the talents of the group most effectively.

Extend the activity with group discussion of how they can "Do Their Best" when it comes to keeping their Promise.

## Chain Reaction

Give the girls lots of strips of coloured paper to take home.

Every time they do something to keep their Promise ask them to write or draw what they have done on a strip of paper. They make the strips used into a chain by gluing the ends together and linking the next piece through it before fastening the ends. Bring the chains back to the next meeting.

Variation: Set it as a task during the meeting or over a specific event.

Get each group to join their chains to see which six/patrol has the longest. Join ALL the chains to represent the whole unit.

## Promise Treat

In advance attribute a colour that matches different coloured sweets (such as Skittles) to the following statements:

<i>I have done my best by.....</i>	<i>(red)</i>
<i>I have shown that I love my God by.....</i>	<i>(green)</i>
<i>I have served the Queen by .....</i>	<i>(yellow)</i>
<i>I have helped other people by.....</i>	<i>(orange)</i>

Hand around a bag of sweets matching these colours ask all the girls to take one and put it on a plate in front of them.

Pick a colour and the girls with that colour stand up and take it in turns to say how they have kept that part of their Promise. E.g. those with orange sweets would say how they have helped someone. When they have had their turn they sit down and eat their sweet. The next colour is then chosen.

It is good for the Leaders to also take part to demonstrate to the girls that they have also made and keep the Promise.

## Understanding the Promise

Prepare a series of cards or pieces of paper on which are written the different sections of the 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

On small pieces of paper write some different situations, for instance:

- Helping wash the car
- Feeding the birds
- Picking up rubbish
- Being a friend
- Saying thank you to God
- Wearing a seatbelt in the car
- Asking Mum how you can help
- Wearing your cycle helmet

Set out the large Promise cards on a table with the situation cards face down in the middle. Girls take turns to pick a card and put it under the appropriate part of the Promise AND explains why it belongs there. Others can add their own ideas. Some situations may fit under more than one part.

## Opposites

Make up two sets of cards with the following words printed on them:

LIST "A"	Polite Lying Cheerful	Snobbish Cowardly Merciful	Considerate Lazy Ill natured	Extravagant Purposeful
LIST "B"	Truthful Friendly Aimless	Courageous Thoughtless Unforgiving	Energetic Thrifty Good Tempered	Rude Depressed

Match the cards with opposite meanings and decide to which Guide Law they refer and which of the pairings is the good quality and which the bad.

## Trefoil Around The World

List the Promise and/or Law from various countries around the world.  
Do a comparison to see how different or alike they are.

Older girls can be set the challenge of gathering the various promises themselves, they are readily available on the internet.

## Newspaper Cuttings

Using newspapers have the girls find the words of the Promise, cut them out and glue them onto a sheet of paper. They can also add pictures to illustrate it.

Repeat the exercise for the Law.



Girlguiding London over the Border

*girls in the lead*

## 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