



Girlguiding London over the Border

*girls in the lead*

## Promise Activities



PART ONE  
GAMES

## 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

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Girlguiding websites in Ireland and Ontario  
Special thanks to members of the Trefoil Guild and  
past Arts Advisers whose contributions have been invaluable.



## Pick Up

*Equipment: Large cards with individual letters written on them with marker or felt tip*

All the Brownies stand in one large circle, numbered 1-6 in sixes. They walk around the pile of letter cards chanting the rhyme:

*Pick up a card and we'll try to see the kind of person a brownie should be.*

The leader calls out a number and all the Brownies with that number run into the centre, pick up a card and run back to their Sixes.

Give the sixes thinking time to come up with a word beginning with their letter that describes what a Brownie should be like.

**Game extension:** Ask the sixes to come up with a mime that demonstrates the word and ask the others to guess what the word is.

## Queen's Jigsaw

*Equipment: A cut up picture for each group. Card and glue.*

Find or draw a series of pictures representing ways of serving the Queen and country (one for each group who will be playing). Stick each onto a piece of card and write an appropriate slogan on the back. For example a picture of a litter bin can have the slogan "don't drop litter" and a light bulb the slogan "don't waste energy".

Cut each picture into 6 pieces. The girls collect them in a fun way such as answering questions or throwing a dice. Alternatively, you could hide them around the room.

Once each group has all their jigsaw pieces they should put the picture together. Afterwards you can share the pictures and talk about how they are part of the Promise to serve the queen and country.

## Paper Chase

*Equipment: different coloured sheet of paper for each six or patrol. Dice, scissors and felt-tips*

Write out the words of the Promise and or Law onto a different coloured sheet for each group. Cut them into individual sentences.

Place the pieces in the middle of the room. Allocate each group one or two numbers to throw – such as 2 and 5 - and tell them the colour paper they must collect.

The groups take it in turns to throw the dice. If they throw their numbers they collect an appropriately coloured strip of paper. The winner is the first group to arrange all their strips in the correct order.

**Game variation:** Instead of using dice just throw the pieces into the air around the room. Tell them to find their pieces and put them together

Cut up the World Badge into separate pieces – the blue base, yellow edge, 2 stars, compass needle, flame and six pieces of the trefoil leaf.

Play your own game of World Badge, Beetle where girls have to throw the dice to win pieces of the badge. Throw 1 for the blue base, 2 for a star and so on. You will need one full badge for each girl.

Try punching a hole in the sides of the cards and attaching a string on each side. The cards are hidden, have to be found, put into order and tied together with reef knots

## Do Your best and Think of Others Game

*Equipment: Cards on which you have written the following suggestions.*

On the bus	In the street	At the Table
When using library books	At the swimming pool	On unit trip or holiday
At Brownies	In the classroom	Out playing
On your bike	At home	In the garden
In the kitchen	At church / temple / mosque	Playing with friends
On holiday	On the beach	At the cinema
Walking to school	When skipping	In the garage
At the supermarket	At the bus stop	In the park

Cards are distributed in any way you feel suitable (dice game, take your pick etc) for your girls and they take it in turns to think of a way of doing their best OR thinking of others in that specified situation. Older girls can make up their own scenarios.

## Balloon Burster

*Equipment: A balloon for each girl, slips of paper, pen.*

This is a fun warm up to get the girls to think about the Promise.

Ask the girls to write the following statements on a slip of paper:

*If I were Queen for a day I would.....*

*I would like to help.....*

*I will look after the world by.....*

Put the slips of paper inside a balloon and blow it up.

Place the balloons at the opposite end of the room. The girls take it in turn to run up to the balloons, pop one by stamping on it, pick up the slip of paper and run back.

When the popping has finished each girl reads out the sentence on her piece of paper and finishes it with her own thoughts.

**Variation:** Get your young leaders to prepare the balloons.

Put the same sentence into balloons of the same colour, the girls just collect the balloons and then all with the same colour discuss their sentence and present their favourite 3 thoughts

## Table Laying Kim's Game

*Equipment: Table setting i.e. plate, bowl, cup & saucer, knife & fork, spoon, napkin, soup spoon, teas spoon, salt & pepper, sugar bowl, teapot, jug etc. Use whatever you have available and suitable for the age group.*

Lay out a table setting on the correct order on a table. Allow the girls to study it for a few minutes. All turn away or close their eyes (Brownies can be trusted). Move items around or take some away altogether from the setting. They open their eyes and the first girl to say what has happened correctly wins the honour of making the changes on the next round.

Challenge the girls to lay the table at home for Sunday Lunch or for dinner for a week.

## The Witch Of The Old Oak Tree

*Equipment: Picture of common household objects e.g. slippers, cup, cot, book, telephone, chair*

The Brownies stand in a circle with the pictures scattered in the middle. A Leader walks around them saying,  
“ I am the witch of the old oak tree,  
I want Brownies one, two, three”.

She chooses three Brownies who stand in the centre with her as the rest of the unit dance around singing (to the tune of Mulberry Bush)

“Witch, O witch, please let them go,  
Let them go, let them go,  
Witch, O witch, please let them go,  
If they do a good turn to please you.

The witch replies, “Yes they may go if they promise to do a good turn.” The three Brownies each pick a card and suggest a good turn that can be done with the item pictured. If accepted by the witch and the unit they are set free.

Variation: Brown Owl says, “Yes, they may go if they do a good turn for father” (or granny, brother, friend, aunty etc. hey then do not select a card but suggest a good turn for the specified person.

## Picture Outlines

Collect pictures illustrating “Duty to God”, or any other part of the Promise, mount onto card and cut out. On a large sheet of cardboard and draw around them so the outline is left on the card.

The pictures are fitted into the outline shapes by the girls. You can use the chart to promote discussion of different ways to do your duty to God.

**Variation:** Get the girls to identify the pictures from the silhouette only.

Add suitable captions that can be printed on different shapes to match with the pictures. For example a picture of a cat and the caption “A Brownie / Rainbow looks after her pets” in a square shape, a picture of a girls skipping and the caption “A Brownie / Rainbow shares her toys” in a circle shape.

## Good Turn Pairs

*A game for 2 or more players.*

*Photocopy each sheet twice onto card and cut into separate cards. For long life cover with adhesive film or laminate.*

To Play: Spread the cards out face downwards. The first player turns over 2 cards, if they match she keeps them and says how she can do a **Good Turn** featuring the subject. If they do not match she replaces the cards and the next player takes a turn. Continue until all the cards have been used up.

Variation: Use the pack to play snap or similar games or to promote discussion about good turns.

# GOOD TURN PAIRS



dad



mum



Queen



birds



bathroom



car



shoes



baby



countryside

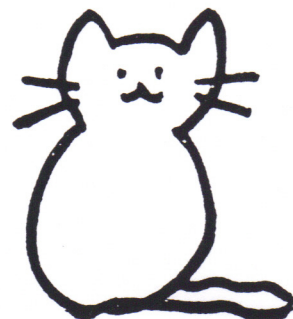
# GOOD TURN PAIRS



school



home



pet



saucepan



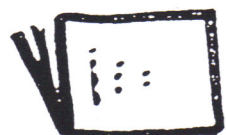
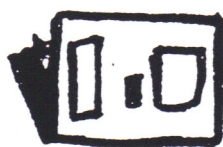
bed



God



letter



books



toys

## Good Turn Circle

*Equipment: A bag containing cards with the job or description of various people such as bus driver, old lady, blind person, Mum with pushchair, policeman etc*

Allocate a number to the girls say 1-6.

The girls sit in a circle and pass the bag around singing the following to the tune of "Pop Goes The Weasel":

Take this bag and pass it on,  
Be sure to play the game, Sir:  
Open it and take one out,  
And tell us what the name, Sir is.

The girl left holding the envelope on the word name opens it and takes a card. She reads it aloud and the leader calls out a number.

All the girls given that number have to suggest something the person on the card may ask them to do that they might not want to do but would be a good turn. For example the bus driver may

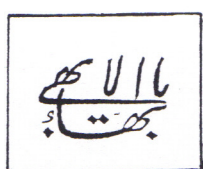
- ask them to give up their seat for an old person
- go upstairs so a lady with children can stay downstairs
- move to the back to make space for someone.

## Religious Faiths

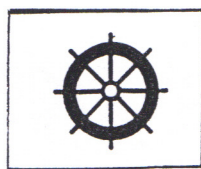
*Most faiths have a symbol. Photocopy each sheet onto card and cut up into separate cards. For long life cover with adhesive film or laminate.*

Game1: Match the symbols to the faith names or number the symbols 1-11 and the names a-k. The guides then match them e.g. 1j, 8 d etc

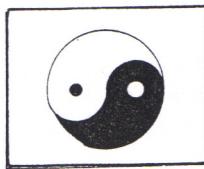
Solution



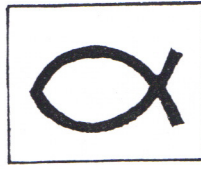
BAHA'I



BUDDHIST



CHINESE



CHRISTIAN



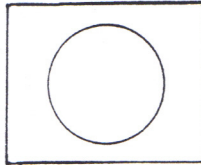
HINDU



MUSLIM



JAIN



JAPANESE



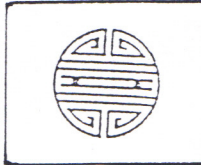
JEWISH



SIKH

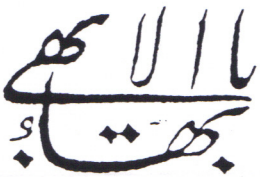
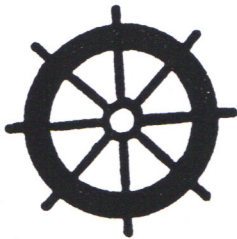





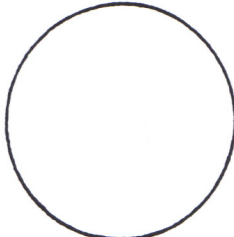



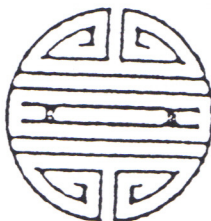


PARSEE



CHINESE



		BAHA'I
		BUDDHIST
		CHINESE
		CHRISTIAN
		HINDU
		MUSLIM
		JAIN
		JAPANESE
		JEWISH
		SIKH
		PARSEE
		CHINESE

## The Fairy Godmother Game

Photocopy the personal values chart and 16 numerical values onto card; you need 1 set per person. Cut the numerical values into pieces of equal size to fit the grid.

The girls place the number cards onto the grid in the order of importance, 1 being most important and 16 the least. They then compare their list with others.

Discuss:

Are there any personal values missing?

Are there any you feel should not be included?

Did you find this activity difficult?

Did it tell / teach you anything about yourself?

If you could only have 4 of these values which would they be?

If you played this game with the Guide Laws in which order would you put them?

SELF-RESPECT	ABILITY TO LOVE	ABILITY TO EXPERIENCE JOY	AWARENESS OF OTHERS
LOYALTY	REVERENCE	TOLERANCE	SENSE OF BELONGING
SENSE OF DIRECTION	APPRECIATION OF BEAUTY	HONESTY	CURIOSITY
RESPONSIBILITY	INTEGRITY	CREATIVITY	SELF DISCIPLINE

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16

## Wise Owl's Word Fun

Find all these words that are connected to the Promise and Law

BEST  
COUNTRY  
CHALLENGE  
GOD  
HELPFUL

KIND  
LAW  
LOVE  
OTHERS  
POLITE

PROMISE  
QUEEN  
RESPECTS  
SISTERS  
TURN

C	T	P	R	O	M	I	S	E	H	E	R
H	H	W	A	L	F	T	C	D	O	G	E
E	U	A	B	L	S	T	I	Q	S	T	S
L	E	N	L	E	S	U	T	U	O	T	P
P	P	H	B	L	E	R	O	E	O	L	E
F	D	O	W	O	E	N	L	E	T	F	C
U	T	H	L	E	W	N	O	N	H	L	T
L	F	C	U	I	B	N	G	E	E	V	S
E	R	G	I	V	T	E	S	E	R	I	N
T	L	O	V	E	O	E	H	E	S	R	S
E	D	N	I	K	S	R	E	T	S	I	S
C	O	U	N	T	R	Y	L	F	L	A	N



## **Catch a promise**

*Equipment: 30 card circles labeled God  
30 card circles labeled The Queen  
30 card circles labeled Others*

With this game the girls have to catch the parts of the Promise to make Promise Badges.

Choose a catcher from each group of girls. These girls stand in the middle of the room. The other girls are given one of the circles at random and must scatter themselves about the room.

On the word "Go" the catchers chase after the others. Anyone caught must hand over her circle to the catcher then fetch another from the Leader. Keep playing till all the circles have been caught by the catchers.

They return to their groups where they make as many "Promise Badges" as they can from the circles their catcher has collected. Each Promise Badge needs to be a group of three different circles – one each labeled The Queen, God and Others.

They score one point for each complete badge.

## **Fishing for a Promise**

Print out two copies of the Promise in large font and cut into individual words or phrases depending on how long you want the game to last.

Cut out large fish shapes from card and stick the Promise phrases onto them. Put a paper clip on the end of each fish.

Use fishing rods made from a magnet hanging on a string to catch the fish. The winner or winning team is the first to collect a full promise.

Set the game as suits your unit, taking turns to fish or running a relay race.

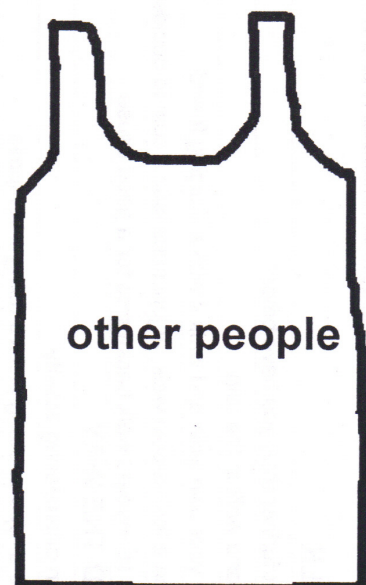
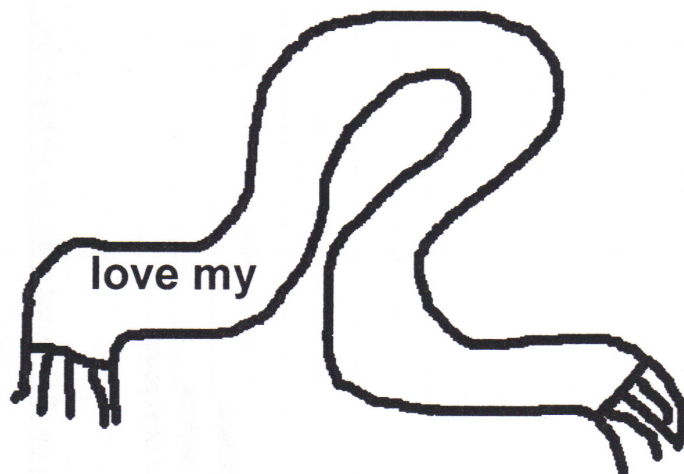
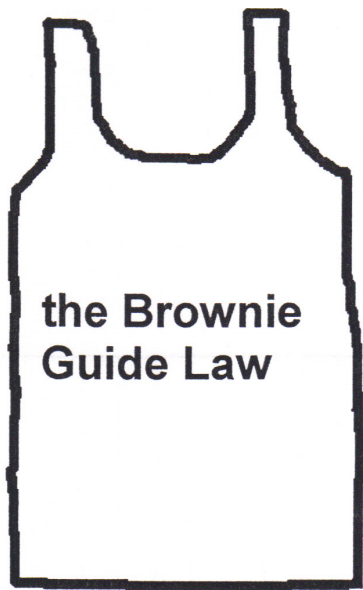
## **Washing Line Relay**

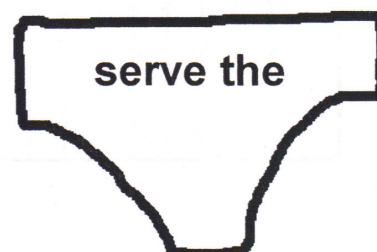
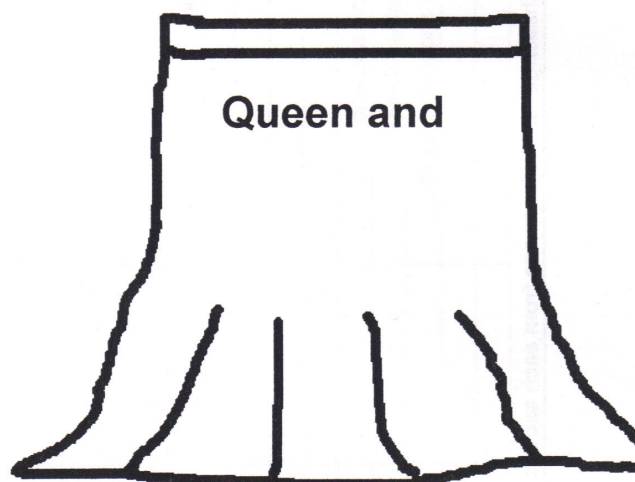
*Equipment: 100 sock shapes cut from tough paper (wallpaper works well) with  
The Promise printed on them – one word per sock.  
String or wool for washing line.  
100 pegs or paper clips.*

Measure out the string to make a washing line for each six or patrol big enough to hang the Promise and string it between 2 chairs.

Review the Promise with the girls then have a race. On the word "GO" each six or patrol hangs the socks onto their line to spell out the Promise.

Variation: Use different items of clothing and/ or put phrases or word groups onto the clothes as below.







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*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