



Bring the Outdoors In Indoor Stargazing



Who is it for:



It will take:

45-60 minutes.

You will need:

Mini marshmallows
Cocktail sticks
Glue
Pictures of constellations for reference
Black card

You can be as creative as you like with this depending on time available and the age of the girls.

What to do:

Build your own constellations by joining together the mini marshmallow 'stars' with cocktail sticks. You can copy constellations or design your own. Once your model is complete, glue the marshmallows in place onto the black card.

Some ideas:

- Find out about the constellations and how they got their names.
- Make your own constellations using black card and star stickers.
- Make mini-marshmallow constellations (instructions above).
- Make constellations to project onto the wall (instructions overleaf).





Bring the Outdoors In Wall Constellation



Who is it for:



It will take:

30-45 minutes.

You will need:

Toilet roll tubes
Black tissue paper
Elastic bands
Cocktail sticks
Pictures of constellations

Torches to display constellations on wall

What to do:

Cut two squares of tissue paper approximately 12cm x 12cm and place them one on top of each other. Carefully place your squares of black tissue paper over one end of your toilet roll tube and secure with an elastic band. Use your cocktail stick to gently poke holes in your tissue paper in the same pattern as the constellation you want to see.

Turn out the lights, point your constellation at a blank wall and shine a torch through the tube to see your stars displayed on the wall.





Bring the Outdoors In Hold an Indoor Camp



Who is it for:



It will take:

30 minutes to
overnight.

Hold an indoor camp

Give the girls an idea of what it's like to go camping while never leaving your meeting place.

You can be as creative as you like with this depending on time available and the age of the girls. This is a great idea for a sleepover night for all ages.

Some ideas to get you thinking:

- Put pop up tents up inside for the girls to 'camp in'
- Try some camp cooking – you could try the s'mores ideas as part of the evening or something from the 'Camp cooking' section.
- Have older girls build their own shelters using cardboard boxes / recycled materials available.
- Make an 'indoor campfire' for the girls to sing songs around. You could make this using red / yellow tissue paper and some sticks from outside or alternatively fairy lights in a clear bowl works well.
- For younger girls, read a story about going camping.
- Have girls bring their torches and create shadow puppet stories.
- Make a camp craft to take home. Instructions for making dreamcatchers and firelights in jam jars can both be found easily online.

The ideas are endless – be as creative as you want but most of all have fun!!





Bring the Outdoors In S'mores



Who is it for:



It will take:

30-45 minutes.

Option 2

You will need:

Marshmallows
Digestive biscuits
Chocolate
Wooden skewers
Sandwich bags
(sealable)

You will need a microwave to melt chocolate in.

Option 1 - S'mores on a stick

What to do:

Have girls put 3 or 4 marshmallows onto a wooden skewer.
Place 2 digestive biscuits into a bag for each girl and have them crunch them up into little bits.

While they are doing this, melt the chocolate in the microwave.

Once the chocolate is melted, dip the marshmallow skewers in the melted chocolate making sure to cover all the way round then roll the skewer in the biscuit crumbs. All the tastiness of s'mores without the flames!





Bring the Outdoors In S'mores



Who is it for:



It will take:

30-45 minutes.

Option 1

You will need:

Mini marshmallows
Chocolate digestives
Chocolate
Tinfoil trays

Fruit / fudge /
marshmallows for
dunking
Forks / wooden
skewers

You will need access
to a grill at medium
heat

Option 2 - S'more Fondue

What to do:

Break your biscuits and chocolate of your choice up into small pieces and spread over the base of your tinfoil tray. Add in some marshmallows and mix everything around. You can use plain chocolate or a mix of white / milk – be creative!

Place your tray under a grill at medium heat and keep a watch until the chocolate and marshmallows have begun to melt. After a few minutes it will look gooey.

While your chocolate is melting you can chop up your fruit for dunking. Take the tray out and allow to cool a little then enjoy your s'more fondue!





Bring the Outdoors In S'mores



Who is it for:



It will take:

30-45 minutes.

Option 2

You will need:

Marshmallows
Digestive biscuits
Chocolate
Wooden skewers
Sandwich bags
(sealable)

You will need a microwave to melt chocolate in.

Option 3 - S'mores on a stick

What to do:

Have girls put 3 or 4 marshmallows onto a wooden skewer. Place 2 digestive biscuits into a bag for each girl and have them crunch them up into little bits.

While they are doing this, melt the chocolate in the microwave.

Once the chocolate is melted, dip the marshmallow skewers in the melted chocolate making sure to cover all the way round then roll the skewer in the biscuit crumbs. All the tastiness of s'mores without the flames!





Bring the Outdoors In Make Your Own Net



Who is it for:



It will take:

45-90 minutes.

You will need:

A wire coat hanger
some strong tape
(like insulation or
parcel tape)
a bamboo cane or
strong stick
some old tights
garden wire
stapler or needle
and thread

What to do

Bend your wire coat-hanger
so it makes a rough loop.
Wrap the waist of the tights
around the loop and staple
or sew it in place.



Cut the legs off the tights and tie the end in a knot to make
your net escape-proof.



Attach the end of the loop to your stick by wrapping garden wire
around it and covering it with strong tape.





Bring the Outdoors In Juice Box Boats



Who is it for:



It will take:

30-45 minutes.

You will need:

Wooden skewer
Small empty juice box
Strong plastic bag (department store type not supermarket)
Different coloured insulation tape

What to do:

Cover an empty juice box's straw hole with insulation tape.

Cut a 4" high by 3" wide triangular sail from the plastic bag. Decorate the sail with coloured insulation tape and make a little flag.

Use tape to attach your sail to the skewer.



Push a small wooden skewer through both sides of the box so that it sticks out underneath about an inch or so. This will act as a keel to make your boat stable in the water. (If your boat seems especially tippy, cut a narrow slit in the top and slide in a few pennies.)

Take your boat outside and float it in a pond or paddling pool.
Happy sailing!



Bring the Outdoors In Mini Rafts



Who is it for:



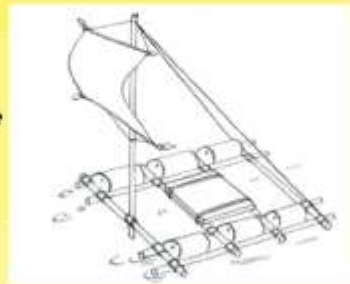
It will take:

45-60 minutes.

You will need:

Sticks or bamboo canes
String
Plastic bottles (empty)

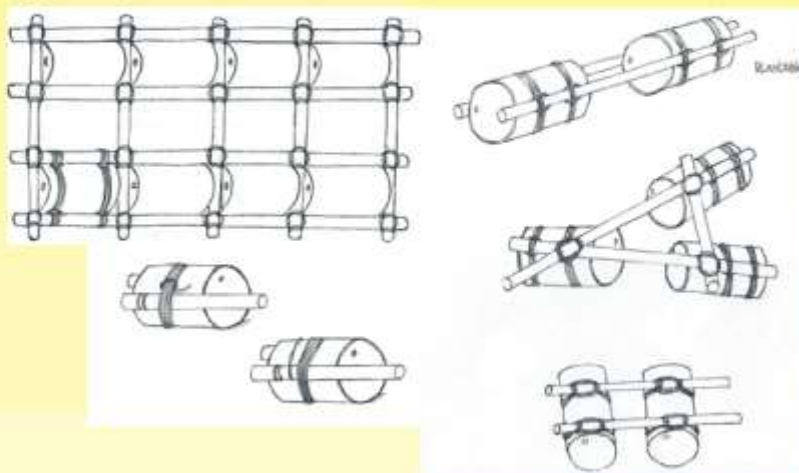
These are a great way to practice raft building before trying the real thing with poles and drums



What to do:

Lay 4 long sticks on the ground and lay 4 bottles on top so that they are wedged between the sticks. Lay 4 cross members between the bottles. Carefully remove the bottles so as not to disturb the sticks. Square lash the poles at the 16 crossing points. Return the bottles and lash them to the frame work. The buoyancy of the raft depends on how well you do this. To attach the bottles begin with a locked clove hitch. Make two independent lashings and keep them as tight as you can. There is no specific method for attaching the bottles. Tie off with two half hitches. You can add a mast and a sail if you wish. Try out different designs.

Once you've built your rafts, take them outside to a pond, stream, river, sea shore or even a paddling pool and see how well they float! Have a mini raft race.





Bring the Outdoors In Rockets



Who is it for:



It will take:
30-45 minutes.

**Option 1
You will need:**
Some tin foil
A paper clip
Matches
Blue tack
Sharp scissors

Option 1 - Matchbox Rocket

What to do:

Cut a square of tin foil the length of a match. Cut the head off one of the matches.



Line up the cut off head and the headless match at one edge of the foil so that the head is 1 cm from the foil edge. Roll the foil up tightly and scrunch up and twist the end with the match head into a point. Give it an extra pinch as you want this end to be airtight.



To make the launcher, take the paper clip and straighten out one end and then bend it at 45 degrees to the unbent end.

Secure the launcher with the blue tack on a suitable surface outside and point it in a safe direction. Remove the match stick from the foil leaving the head in place.



Your rocket is ready to launch. Slide the foil rocket onto the launcher. Light a match and hold it just under the rocket head. Your rocket will take off! Make several and see whose flies the furthest.

NB: Some matches work better than others. Some safety matches will not combust enough to launch the rocket.



Bring the Outdoors In Rockets



Who is it for:



It will take:
45-90 minutes.

Option 2

You will need:

A large 2 litre plastic drinks bottle
Small plastic water bottle or similar
1 metre length of old hose pipe
Masking tape
Insulation tape
Shiny paper and card etc to decorate your rocket

Option 2 - Stomp Rocket

What to do:

Decorate the small drinks bottle so that it looks like a rocket. Make a cone for the bottom of the bottle and fins for the rocket out of card. These will make it fly better. You may also add streamers to look like flames! Make your rocket as simple or as fancy as you like. You will need to put the hosepipe in the neck of the bottle so do not cover it up!

Wrap enough insulation tape around one end of the hosepipe so that it will fit snugly in the 2 litre bottle and not fall out.

Wrap just enough masking tape around the other end of the hose pipe so that the rocket will just sit on the end of the hose.



You are now ready to launch. Put the large bottle on the ground, hold the hose pipe with the rocket pointing up and away from you. Stomp firmly on the large bottle! To reset the launcher, blow down the hose and the 2 litre bottle will inflate.



Bring the Outdoors In Rockets



Who is it for:



It will take:

30-45 minutes.

Option 3

You will need:

One empty plastic water bottle
one piece of white tissue paper
one cork
one nose cone
made out of card
three pencils
sticky tape
baking soda (Bicarbonate of soda)
vinegar

Option 3 - Baking soda and vinegar rocket

What to do:

Put the nose cone onto the bottom of the bottle. Tape the pencils to the sides of the bottle so that the bottle will stand up.

Fill the bottle about a third of the way up with vinegar.

Make a so-called 'baking soda time-release parcel'. Put one or two large spoonfuls of baking soda into tissue paper. Fold the corners up and twist the wrap to hold the powder. When you put this parcel in the vinegar it will unravel slowly, stopping an immediate reaction.

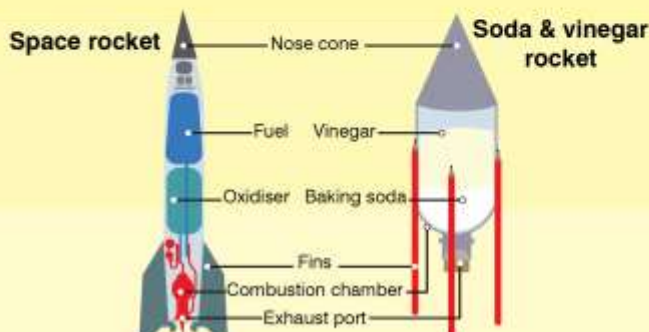
If you are not already outside, go outside!

Carefully put the baking soda parcel inside the bottle without disturbing it, then push the cork in firmly behind.

Now shake the bottle keeping it away from your face.

Quickly stand the rocket up on its pencils, run back a few steps and wait a few seconds for the rocket to launch. The rocket should suddenly lift off!

Take the rocket outside to launch it and only ever fire into an area that is clear of people, animals and breakable objects. Stand well back.



Suggested places to take your Girls

Lorne Estate- discoverlorne.org.uk/

Holywood Co. Down

Camping, Brownie House, Tent Village, Climbing Cube, Backwoods cooking, gorging and much more

Close to the railway and Ulster Folk and Transport Museum

Dunluce Guide House- www.dunluceguidehouse.org

Close to the Giants Causeway, camping and house facilities

Benone Guide House

Causeway Coast

Secure site and safe at night, behind locked gates Basic facilities, camping and house

Gosford Guide House-Co. Armagh-<http://gosfordguidehouse.weebly.com/contact.html>

Close to Armagh Planetarium, Craigavon Lakes

Other Guide Centres in the UK

<https://www.girlguiding.org.uk/what-we-do/our-activity-centres/other-centres>

Irish Girl Guides Camp sites and cottages

<http://www.irishgirlguides.ie/images/iggcottages2016.pdf>

Centres operated by other organisations :-

Belfast Activity Centre- www.belfastactivitycentre.com

Climbing wall, Cave Tunnel, Segways

Carrowmena-[http://carrowmena.co.uk/Co. L'Derry](http://carrowmena.co.uk/Co.L'Derry)

Clearsky Adventures- <http://www.outdoorni.com/providers/415/clearsky-adventure-centre/>

Strangford Lough

Corralee- www.activityireland.com

Co. Fermanagh *Water activities, water trampolines*

Castlewellan <http://www.outdoorni.com/providers/657/life-adventure-centre/>

Co. Down

Ganaway Activity Centre-<http://www.ganaway.co.uk/>

[Ards Peninsula](#)

Green Hill YMCA-www.greenhill-ymca.org

Newcastle Co. Down

Gortatole- www.welbni.org/index.cfm/do/

Co. Fermanagh

Kilbroney - http://www.kilbroneycentre.com/summer_camps/

[Co. Down](#)

Lough Melvin Activity Centre- <http://www.melvinholidaycentre.com/>

[Co. Fermanagh](#)

Share Centre -www.sharevillage.org-

Lisnaskea County Fermanagh-Swimming pool, watersports

Tollymore- <http://www.outdoorni.com/providers/39/tollymore-national-outdoor-centre/>

Newcastle Co. Down

Castle Saunderson Camp Site :-www.castlesaunderson.com

Co. Fermanagh

Castleward National Trust Bunk House- <https://www.nationaltrust.org.uk/castleward/features/bunkhouse-at-castle-ward>

Co. Down

Cladagh Glen Scout Centre- www.cladaghglen.com

Co. Fermanagh

National trust- <https://www.nationaltrust.org.uk/>

Other outdoor activity providers

Discover Northern Ireland- <http://www.discovernorthernireland.com/adventure/>

Northern Ireland Ornithologists-<http://nioc.co.uk/Links.htm>

Woodland Trust-

http://www.woodlandtrust.org.uk/?gclid=Cj0KEQjAgJTGBRDLr5_az_Ouk44BEiQA1xaA4slN77LdxLAIUeuVUPgbtSGG43ErR45dJChCR2Ewhx0aAulr8P8HAQ&gclsrc=aw.ds

And so much more.....

Take it Further

If you and your unit enjoyed using this resource, why not take it further.

Leaders could run an overnight and gain the overnight licence (Modules 1-4 of Going Away With) or take it further by running a weekend/week long residential or camp to gain any of the additional modules of Going Away With.

Training is available - check the Girlguiding Ulster website for trainings
<http://www.girlguidingulster.org.uk/training-events>



Don't forget when taking part in the challenges you will need to complete the following paperwork:

- Risk assessment (for activities/events)
 - Health Information form (as required)
 - Information Consent form
- (as required for events/residentials away from the normal meeting place)
- Residential Event Notification Form
- (for overnights, residentials and camps)