



Outdoor Fun Pond Dipping



Who is it for:



It will take:

45-90 minutes.

You will need:

Nets (you can make one)
Shallow tray (light coloured ones work best to allow easy observation)
Spoons for fishing out minibeasts from your tray to look at more closely
Identification sheets and keys (you can download from the internet from the RSPB website and for the sea shore MCS UK seashore safari guide)
Your eyes and ears

If you are lucky enough to have a pond near by, you will be amazed at the different wildlife you'll find there. It does not have to be a pond. You can go out exploring streams, rivers, lakes, rock pools, or even just looking in a water butt!

What to do:

Approach the water quietly and move slowly. Once you're at the water's edge, look into the water first. This will give you a moment to see what it is you may catch, how it moves, and where it hides.

Fill the tray with pond water.

Carefully and slowly lower your net into the water. To keep the water flowing through the net, move it gently in a figure of eight motion.

After a few loops gently lift it out, and place inside out in the water in your tray. The catch is then ready to be observed.

Use the pond minibeasts sheet to find out what animals you've caught.

You might want:

A mat or something to kneel on
Pencil and paper if you feel like recording or drawing what you see
Smartphone or digital camera to take pictures of your catch
Wellies

REMEMBER: It is important when pond dipping that you are comfortable and safe. Either sit down or stand up to do your dipping. Do not lean over the water and do not stretch, you may slip and fall in! Only use your net in locations that are safe and easy to reach the water!

Please see Water Safety Section on Girlguiding website:
www.girlguiding.org.uk/making-guiding-happen/programme-and-activities/guidance-on-activities/water-safety/



Outdoor Fun At the Seaside



Who is it for:



It will take:

1 hour - 1 day.

As a unit take a trip to the seaside and enjoy some sand filled fun, whatever the weather.

If your unit meets near the coast, this could be part of your weekly meeting. If you're based further inland, you could take a day trip to the seaside. Bangor and Portrush are both accessible by train (see <http://www.translink.co.uk/> for route and timetable details).

What to do:

Leaders should accompany groups with the appropriate adult to child ratio.

Consent forms will be required.

Allow for different weather conditions on your trip – sun cream, hats, waterproofs, coats.

Leaders should carry out a risk assessment.

Every beach has its own safety signs so take note of them.

Check the tide times before going on your trip.



Outdoor Fun Sandcastles



Who is it for:



It will take:
30 minutes.

You will need:
Selection of buckets,
spades, sculpting
tools

Sandcastle building/sand sculpting competition

What to do:

Divide the girls into
small groups.



Give them a set time to build a sandcastle/create a sand sculpture with a theme.

Girls can find shells, seaweed, stones, twigs etc. on the beach for their masterpiece.

An appropriate theme for the competition will depend upon the section. Some ideas are:-



- Animals
- Sea creatures
- Palaces
- Boats
- World monuments
- Modes of transport

Indoor options

If you can't get to the beach, you could bring some sand to your unit and hold an indoor competition.

Tips

Mix wallpaper paste with sand to make it easier to sculpt
Kinetic sand and squishy sand could be used



Outdoor Fun Scavenger Hunt



Who is it for:



It will take:

30 minutes to 1 hour

You will need:

Scavenger hunt list of items they need to find or challenges they need to complete.

What to do:

Pick a theme and location.

Divide the girls into small groups and give them the scavenger hunt list.

Set a time limit and make sure any rules like behaviour expected or places the teams are not allowed to go are clear.

If the hunt involves bringing items back, give the girls a bag or box to carry their items in.

Ideas for themes:

Loads of ideas can be found at www.scavenger-hunt.org. There are themed lists, questions and riddles which can all be printed.

You can add in "bonus" challenges to make it even more fun – this could include a task that requires extra creativity eg. Make an animal from natural materials or fitting in a small space eg. A phone box.

An idea for Rainbows is to ask them to find items of different colour – paint sample strips are ideal for this.

Girls could be asked to find something beginning with every letter of the alphabet.



Outdoor Fun

Scavenger Hunt 1



What to do: Tell them something alive doesn't mean they stick a spider on their card.
You will need: Give the girls glue and tape so that they can attach items to the card.

Find SOMETHING	
ALIVE	DEAD
suitable for a BED	
NEW	OLD
GREEN	OLD
SMOOTH	ROUGH
PRETTY	TOUGH
SOFT	HARD

All arranged neatly on this CARD



Outdoor Fun Scavenger Hunt 2



What to do: Find something of each colour and stick it to the card.



Outdoor Fun Scavenger Hunt 3





Take a photo or video and record as many things on this list as possible. Try to include a team member in each image. The more creative and unique your videos and photos, the more points you'll earn.

Item	Points	
Something that rattles	10	
Something with batteries	10	
Something old	10	
Something shiny	10	
Something round	10	
Something tasty	10	
Something cold	10	
Something sticky	10	
Something wet	10	
A pair of something	10	
A stone that looks like something	10	
A sign	10	
A trefoil	10	
An oak tree	10	
A good turn	20	
Something with a tail	20	
A team member washing dishes	20	
A purple wild flower	20	
Artwork	20	
A climbing wall	20	
Entire team jumping (everyone must be mid-air for the picture to count)	20	
A fork in the path	20	
Something that makes you happy	20	
Someone from your team skimming a stone	30	
A bag full of as much rubbish as you can lift	30	



Outdoor Fun Scavenger Hunt 3



Teammates swinging on the branch of a tree	30	
The whole team singing a song that has to do with nature	30	
Green shorts	30	
Something/s in Girlguiding's colours:  	30	
Animal tracks	40	
Something Christmassy or seasonal	40	
A squirrel	40	
A teammate doing a handstand with their back to a tree	40	
Something that could be a prop from a horror film	40	
A butterfly	50	
A rainbow	50	
A coin from the year you were born	50	
A lost leader	100	
Your interpretation!		
A long stand	10-50	
Play with perspective	10-50	
Entire team's reflection in something other than a mirror	10-50	
I can't believe we all fit in here!	10-50	
Something stacked	10-50	
Ahh! Smell that fresh air!	10-50	
Extra points for:		
Being back on time	10	
A cheeky little film reference	10	



Outdoor Fun Run Run Run Challenge



Who is it for:



You will need:

Chart to track progress

Unit meeting running challenge

What to do:

As a unit, set a unit challenge to run a marathon – 26.2 miles (or longer depending on the section and number of girls in your unit).

A Rainbow or Brownie unit could run a marathon at a unit meeting with each girl running a mile.

A Guide or Senior Section unit could run an ultra marathon (over 40 miles) at a unit meeting with each girl running a couple of miles.

Find a suitable location such as a local park where girls can be easily supervised. Make sure girls warm up, stretch and cool down and that water is available for girls during their run.

Unit running challenge

What to do:

As a unit, set a unit challenge to run from Malin to Mizen Head (380 miles) or from one world centre to another or another journey with particular meaning for your unit.

Each girl should run a particular distance each week, tracking her progress on a chart. Weekly unit progress should also be tracked on chart.

Individual running challenge

What to do:

Challenge each girl to run a marathon (26.2 miles) over a period of time by running a shorter distance each day/each week.

Girls should track progress on a chart.





Outdoor Fun Run Run Run Challenge



Template individual chart
Colour a square for each $\frac{1}{4}$ mile/ $\frac{1}{2}$ mile/ 1 mile run

Template unit chart
Colour a square for every 10 miles completed



Outdoor Fun Run Run Run Couch to 5K



Who is it for:



It will take:

9 weeks

You will need:

Couch to 5K programme which can be found at <http://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx>

Couch to 5K

Running can provide girls with a great opportunity to set and work towards challenges and goals. It can help emphasise the importance of a healthy lifestyle and regular exercise.

Girls can be encouraged to run in their spare time or running activities could be undertaken as a unit.

One of the Couch to 5K or challenges should be completed.

What to do:

Girls can work at the Couch to 5K programme in their own time reporting on progress throughout the 9 weeks.

Organise a 5K run for your unit to celebrate their completion of the programme.

Encourage girls to continue running after completion of the Couch to 5K programme, signposting them to the Parkrun website (<http://www.parkrun.org.uk/>). Parkruns are free, weekly, timed 5K runs held in a variety of locations all over Northern Ireland (and further afield).





Outdoor Fun Running Games



Who is it for:



It will take:

30 - 45 minutes

You will need:

Cones in the shape of a butterfly

Cones or markers flags



What to do:

To encourage interest in running and boost fitness levels, play a selection of the following games as a unit.



Butterfly Running Game

Find an open field or playground and set up cones in the shape of a butterfly. This butterfly can be as large or small as you want, although it should be big enough to let girls run and jog around it for a decent amount of time. This particular butterfly shape should be symmetrical, with a straight line down its centre. This centre line is called the "sprinting lane" while one side of the butterfly is the "jogging lane." The other side of the butterfly will be the "walking lane." Girls should start to jog around one side of the butterfly shape, then have them sprint down the centre of the butterfly before walking around the other side of the butterfly.

Capture The Flag

This classic running game will build a girls agility as well as overall running skills. Divide girls into two equal sized groups. Divide a large hall or open field into two. Mark midfield with several cones or markers. From here, have each team place their flag 50 feet away from the centre of the field. On your whistle, have each team try to run and grab the flag on the other side of the field. If a player is tagged on the other side of the field, that player must go to "jail." You can only be rescued from jail if a teammate frees you. The team who captures the most flags by the end of the allotted time is the winner.

Treasure Hunt Game

Girls can play as individuals or in small teams. In an open field spread out cones on the ground. Girls must run and collect as many cones as possible. However, they are only allowed to pick up one cone before returning it to the starting line. They can then run again to collect another cone and so on. The winning team/girl is the one who has retrieved the most cones in the allocated time.

Further Games

More ideas for running games can be found at
www.primaryresources.co.uk/pe/docs/gamesforrunningclubs.doc
www.feelinggoodnb.ca/uploads/Make_Running_FUN__1_.pdf



Outdoor Fun Geocaching



Who is it for:



It will take:

1.5 - 2.5 hours

You will need:

GPS enabled device
or mobile phone per
small group of girls
Internet access to
get started.

Geocaching

Geocaching is an exciting outdoor adventure. It's a treasure hunt for the digital generation, where you can enjoy the freedom of being outside and discovering new places. All you need is a handheld GPS device or a mobile phone.

A geocache or 'cache' is a small waterproof treasure box hidden outdoors. Geocachers seek out these hidden goodies guided by a GPS enabled device which uses coordinates, or 'waypoints' downloaded from the geocaching.com website or you can download a free geocaching app for Android or iPhone.

Geocaches are hidden all over the world and there will be likely be some near your unit meeting place.

What to do:

Divide girls into small groups.
Each group should visit geocaching.com website and create a free account.
Then each group should use Geocaching.com or the official Geocaching® apps for iPhone and Android to pick a geocache and navigate to its location.
(You should tell them particular geocaches to find in an area, set rules and boundaries).
Once a group finds the geocache, they should sign and date the logbook before re-hiding the geocache exactly how they found it.





Outdoor Fun Hiking



Who is it for:



It will take:

30 minutes +

You will need for

Night hike:

Consent form from each girl.
Head torch.
(girls should have one each)
High visibility vests.
Weather appropriate clothing

You will need for Photo hike:

Consent form from each girl
Weather appropriate clothing
Camera/mobile phone with camera per group
Photo hike clues

Getting your unit outdoors for a walk is a great way of exploring nature and keeping fit. You could walk round your local park, along a beach or coastal path, along a river or in the mountains.

Walks can be tailored to be suitable for each section, bearing in mind terrain and length of walk.

A few ideas are:-

Night hike

What to do:

Plan your route and head off as a unit
Encourage girls to look out for the moon, nocturnal wildlife, stars etc.

Photo hike

What to do:

Divide girls into small groups.
Set and clearly instruct girls on time frame for return and rules/boundaries.
The girls should then walk round the area seeking out the subject of the various photographs. They should then take photographs of the subjects with someone in their group in the photograph.

A photo hike is a great way of getting to know an area. It involves looking at photographs, trying to identify and locate the subject and taking a photo of your group at that location/answering a question/clue after locating the subject. Your unit could try a pre-made photo hike at one of the Guide properties in Ulster. Or, you/your unit could make one for your local area.

If you would like to make one, take photographs of features in your local area/town such as signs, traffic lights, monuments, shop fronts. It's a good idea to take them from interesting angles and to include some obscure, harder to find sights. You can then task your girls locate the subject. Or perhaps your local senior section unit might like to make a photo hike for a guide unit to do.

Some challenges could be included such as:-

"I can't believe we all fitted in here" – each group should squeeze into a small space and take a photograph of them there.





Outdoor Fun Hiking



Lorne Walk

Your unit could take part Girlguiding Ulster's Lorne walk which takes place each year along the coastal path between Bangor and Lorne or the equivalent in your county. A suitable length of walk is organised for each section. Look out for further information on Girlguiding Ulster's website.



Duke of Edinburgh's Award

Lorne Estate are offering a full programme of expeditions for Bronze, Silver and Gold Duke of Edinburgh Awards. If girls aged 14 – 24 are interested, further information can be found at <http://www.girlguidingulster.org.uk>

