

Ideas For Face to Face Walking Activities (Socially Distant)



When the girls arrive at your meeting venue, outdoor or indoor, depending on current restrictions, have them sit them down on their sitters, (or plastic bags) well-spaced for social distancing. All of the following games can be played in this way.

We went on a walk and I packed in my rucksack....

This game is based on the classic, “I went to the supermarket and bought...” The first girl names something she put in her rucksack. Eg: “We went on a walk and I packed in my rucksack... a waterproof jacket.” The second girl repeats the first item, then adds a different item, so... “We went on a walk and I packed in my rucksack a waterproof jacket and a flask of hot ribena.” The third girl repeats the first two items in order and adds her item and so on. The game gets harder to remember all the items as the list gets longer as you go round the group.

North, East, South and West - Compass Points Game

Label each side of the hut or marked area North, East, South and West. The leader calls out the compass points randomly and girls have to turn their bodies to face the point called. Last girl to face correct direction is out. Make the game harder by adding North East, North West, South East and South West. Continue until you have a winner.

You can add a few other fun calls eg Lost - the girls turn around on the spot; Thunder & Lightening - the girls crouch down close to the floor

Draw a Map

Ask the girls to draw a map from memory of the route from one place to another in your local area. For example from their school to home or to the park.

You can ask them to add as much detail as you want:

- Have all the side turnings been included?
- List the shops in order
- Have road crossing points been included?
- Have postboxes, telephone boxes, defibrillators been included?

Tip: You might like to ask younger ones to look at a local map first. You can ask them to find the school, the castle, the shops, the library etc, or you might have highlighted these things on the map in advance and you can talk about them and what the symbols mean.

Adventure Seeker Game - Packing A Rucksack For A Day Walk

Before the meeting, ask younger girls to bring a medium sized rucksack packed ready for a day walk with the unit in a Country Park in the summer term. Tell older girls it's a day walk in the Chiltern Hills and they only need to bring personal kit - group items such as maps, compasses, emergency shelter, & group first aid kit will be provided.

Ask them to think about what they might need and to pack it themselves. **Do not give a kit list and ask parents not to help.** However, *do* tell them they might want to think about the weather and how hungry or thirsty they might feel. If meeting outside, you will also need to tell them to definitely bring a 'sitter' (foam mat) or a plastic bag.

The leader then holds up items from the following list one at a time and calls out what they are. If a girl has that item in her bag, she jumps up and waves it in the air, calling out 'Adventure Seeker'. Do tell the girls they can jump up in their allocated space but mustn't run forward!

Another leader(s) needs to keep a tally sheet of the girls' scores. They gain a point for 'Adventure' items and lose a point for 'Leave at Home' items.

Adventure Items	Leave at Home Items
Hand sanitiser	Umbrella
Spare warm top/fleece	Flip flops
Waterproof jacket	Slippers
Waterproof trousers	Magazine/book
Sun hat	Travel pillow
Sunglasses	ipod
Sun Cream	Travel game/cards
Personal first aid eg: inhaler, epipen, blister plasters	Electronic games
Filled water bottle	Cuddly toys
Packed lunch	Handbag
Waterproof liner or plastic bag to keep spare top dry	Hardback nature reference book
Tissues and small bag for rubbish	Knitting
Acceptable Extras	Calculator
Lightweight notebook & pencil	Tinned food
Purse with pocket money	Football
Camera /phone to be used as a camera (depending on your unit rules)	Perfume /body spray /deodorant
Lightweight nature spotter guides	Hairbrush & make up
More Adventure Items for Older Girls	Mirror
Warm hat (possible injury in poor weather)	
Warm gloves	
Head torch (possible injury late in day)	
Plastic whistle (to call for help)	

Ray of Light - SB Explore 3 - Game About Sun Protection

This miming game is perhaps best played with the girls sitting well spaced in a large circle, but it can work if the girls are just spread out in a hall.

Start by telling the girls what the actions are and why they are important:

Slip - Slip on a tee shirt

Slide - Slide on some sunglasses

Slap - Slap on a hat

Shade - Seek out the shade (use hands)

Slop - Slop on some sun cream

Slurp - Slurp up a drink

A leader can call out the words and the girls do the actions. Last one is out until you have a winner. Or, the girls can take it in turns to call an action & pick someone else to do it. She then calls another action and another girl, and so on.

Mindfulness - Listening Skills

Whilst out walking its calming to enjoy nature but you can also relax by just sitting still and listening. Close your eyes and listen hard for a minute. What can you hear? Breathe deeply and relax. What can you feel?

(Note this is part of the Be Well Brownie Interest badge on Mindfulness and the Healthy Mind Rainbow Interest badge)

Girls might find this activity easier if the leader gets them to play a listening game first. Ask the girls to close their eyes and just listen. The leader can make a familiar sound or even play a recording from their phone. When the sound has stopped the girls open their eyes and put their hand up if they think they know what the sound was.

Map Symbol Bingo

Use the link below to print off flashcards of OS map symbols. Create a Bingo card for each six/patrol with each bingo card being divided into a grid of 12-16 squares. Inside each square randomly write the meanings of various map symbols, making sure that each bingo card is different. To play the game, the leader holds up a flashcard. Players may put up their hand if they can guess what the symbol means and if they are correct they win the card. All sixes/patrols with that meaning on their bingo card place a counter on that square. The leader continues to show flashcards until a team has covered all their squares and shouts bingo. The patrols/sixes win a point for each flashcard they earned. (To make it easier just use the more common symbols and meanings)

<https://www.ordnancesurvey.co.uk/documents/resources/25k-map-symbol-flashcards.pdf>

Beginner's Grid Referencing Quiz

Practise your skills by finding the grid reference for each of the following objects:

Top tip

Remember the phrase:
Along the corridor, then up the stairs.

To give a grid reference, first you go along the grid, then up the grid.

- Ant _____
- Badger _____
- Ball _____
- Bike _____
- Bird _____
- Book _____
- Car _____
- Cat _____
- Compass _____
- Dice _____
- Flower _____
- Leaf _____
- Mouse _____
- Pencil _____
- Promise badge _____
- Watch _____

Now find what is in these squares.

- A9 _____
- E2 _____
- J7 _____
- C8 _____
- B1 _____
- H5 _____
- K12 _____
- D6 _____
- G3 _____
- L11 _____
- I4 _____
- F10 _____

