

TAKING IT OUTDOORS MEETS ACTIVE LIVING

AN INSTANT MEETING FOR PATHFINDERS FROM THE BC PROGRAM COMMITTEE

The following meeting is designed as an outdoor meeting. This meeting plan has been designed to use at a Pathfinder meeting, however, this is also a topic that is great for bridging where Pathfinders lead the activities and partner with younger girls. If doing bridging, use the instant meeting plan for the level of Guiding that you will be bridging with when doing your planning.

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Meeting Plan

Before the meeting: During the previous week's meeting, discuss with the girls the activities they would like to do. Have them take responsibility for gathering the items required and preparing anything that needs to be done ahead of time. Record who is doing which activities so that follow up can be done prior to the meeting.

- 5 min: Pathfinder Opening
- 15 min: Active Games
- 40 min: Nature Activity and Crafts
- 55 min: Complex Games and Activities
- 5 min: Pathfinder Closing

2 hour meeting. Approximate activity times shown.

Program Connections

Up Close and Personal with Nature, #1 and 2

Bridging the Gap #5

**Active Living Challenge
Fitness Fun**

**Eco Pak Challenge: Fun
and Games and Taking it
Outside**

Meeting Supplies

The supplies depend on the activities chosen for the meeting

- | | | |
|----------------------------------------------------------|-------------------------------------------|---------------------------------------------------------------------------|
| <input type="checkbox"/> ice cream | <input type="checkbox"/> chalk | <input type="checkbox"/> skateboards |
| <input type="checkbox"/> whistles | <input type="checkbox"/> frisbees | <input type="checkbox"/> obstacle items (cones, chairs, rope, nets, etc.) |
| <input type="checkbox"/> gummy worms | <input type="checkbox"/> spoon | <input type="checkbox"/> old pantyhose – 1 per team |
| <input type="checkbox"/> tables | <input type="checkbox"/> ties | <input type="checkbox"/> eggs |
| <input type="checkbox"/> start line marker | <input type="checkbox"/> cups | <input type="checkbox"/> pool noodles |
| <input type="checkbox"/> stop watch or smart phone timer | <input type="checkbox"/> thimbles | |
| <input type="checkbox"/> paper | <input type="checkbox"/> dress up clothes | |
| <input type="checkbox"/> bubbles & wands | <input type="checkbox"/> balloons | |

- | | | |
|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> 3 clay pots – 1 each
12”,. 14”, and 16” and
20” clay saucer | <input type="checkbox"/> bamboo skewers | <input type="checkbox"/> large buckets or
containers. |
| <input type="checkbox"/> heavy duty outdoor
glue or silicone
adhesive | <input type="checkbox"/> tape | <input type="checkbox"/> cones or flags |
| <input type="checkbox"/> acrylic paints | <input type="checkbox"/> ruler | <input type="checkbox"/> flagging tape |
| <input type="checkbox"/> paint brushes, sponges
or stencils | <input type="checkbox"/> hole punch | <input type="checkbox"/> notebook |
| <input type="checkbox"/> clear acrylic sealer | <input type="checkbox"/> string | <input type="checkbox"/> camera or smart phone |
| <input type="checkbox"/> 8 ½ X 11” paper | <input type="checkbox"/> trash (an assortment of
trash including waste,
compostable items and
recyclable items) | <input type="checkbox"/> pen/pencil |
| <input type="checkbox"/> felt pens | <input type="checkbox"/> rubber gloves | <input type="checkbox"/> box of Girl Guide
cookies |
| | | <input type="checkbox"/> binoculars |

Pathfinder Opening

Use your usual meeting opening. This is a good time to explain to the girls about Guiding and what we do at a typical meeting.

Active Games

Choose two or three short activities for five to ten minutes each.

WHISTLE RACE

Pre-meeting

Form ice cream around the whistle, then adding gummy worms as you go, build an ice cream ball that is approximately 4” across. Each girl will require 1 ice cream ball.

Directions

1. This is best played outside because it’s very messy.
2. Set up tables at one end of the playing area. Place bowls containing ice cream balls on the tables.
3. Girls line up at a starting point that is between 12 and 20 feet from the tables.
4. On the word “GO”, the girls run to the table where they stand in front of a bowl, put their hands behind their backs and using only their mouths, eat the ice cream and worms until they get to the centre of the ball where the whistle is hidden.
5. The first girl to blow the whistle wins!

Supplies

- ice cream
- whistles
- gummy worms
- tables
- start line marker

CHALLENGING RECORDS!

This activity will encourage girls to be active and at the same time, to challenge each other to try their hardest to succeed. You can pick one challenge or do a series of challenges. Although this is an outside meeting, the activities can be played inside as well. The important part is to be active.

Ideas or examples include:

- Be a chair and sit against a wall with your legs at right angles to the wall. Who can “sit” longest?
- Who can make and fly a paper plane the furthest?
- Who can make the biggest bubble and capture it’s outline on paper?
- Who can make the highest vertical leap (do beside a wall and use chalk or removable tape to mark each girl’s height on the wall)?
- What is the highest number of frisbee throws between two girls that can be made without dropping it?
- What is the furthest distance a girl can throw an egg between two girls without breaking it?

Supplies

- stop watch or smart phone timer
- paper
- bubbles & wands
- chalk
- frisbees
- eggs

Save the results and try again later in the year to see if the girls can break the records again.

RELAYS

Basing part of the program around relays can be a lot of fun and get the girls very active. You can choose one relay or several depending on what it is that works within your time. Below is a list of suggestions, but you can also encourage the girls to get creative and design their own relays.

- Egg & spoon race
- Three legged race
- Fill a cup with water by carrying a thimble of water from start to cup.
- Camp dress up relay – a pile of assorted clothes with directions to dress the person in clothing that fits a specific situation
- Telephone message relay –increase challenge by using a different method of communication, e.g. voice, touch, sight (drawing), etc. for each girl
- Obstacle course
- Balloon popping (run to a chair with a balloon on the seat, sit on it to pop, then run back). When all of teams balloons are popped, the team wins.
- Skateboard

Supplies

- eggs
- spoon
- ties
- cups
- thimbles
- dress up clothes
- balloons
- skateboards
- obstacle items (cones, chairs, rope, nets, etc.)

THE JOUST

Directions

1. Divide girls into teams of two.
2. Each team decides who is the horse and who is the rider.
3. Go over the safety rules with the girls, e.g. no poking in the eyes, no rough play, no touching except with pool noodles, etc.
4. The horse inserts the egg in the pantyhose and then ties it to the middle of her forehead.

Supplies

- old pantyhose – 1 per team
- eggs
- pool noodles – 1 per team

5. The rider is carried piggy back on the horse's back and uses their pool noodle as a jousting stick.
6. Two teams compete against each other. The first team to use the pool noodle to break the egg is the winner and moves up to the next stage of the competition.
7. Play continues until there is a winner.

Nature Activities and or Craft

Choose one or two activities (20 to 40 minutes).

Build a Bird Bath

Directions

1. Even though you won't glue the pots until after, you will need to know how to glue them together so you can paint your design on them.
 You can do it in two ways:
 - a. Stack the pots as follows: a 16" pot upside down on the bottom, 14" pot upside down on top, then 12" pot upside down on that. This will result in the base being larger at the bottom and smaller at the top
 OR
 - b. 16" pot upside down on the bottom, 14" pot upside down on top, then 12" pot right side up. This will result in a bit of an hourglass look to the base.
2. Add the saucer right side up to the top.
3. Now that you know how you want to stack the pots, you are ready to paint. You can use brushes, sponges or stencils to create your design.
4. When the paint is dry, cover all painted surfaces with an acrylic sealer.

Supplies

- 3 clay pots – 1 each 12", 14", and 16" and 20" clay saucer
- heavy duty outdoor Glue or Silicone Adhesive
- acrylic paints
- paint brushes, sponges or stencils
- clear acrylic sealer

Let's go Fly a Kite!

Spring is traditionally the time of year when there are the biggest winds, but often you can find windy days in the summer as well. As air is warmed by the sun, it is pushed upward by the denser cool air moving in under it. This air movement is what creates wind. When the temperature changes are bigger it means that there is more movement of air, and therefore bigger winds. On days like this, it is the perfect time to try kite flying!

Directions

1. Fold paper in half so it's now 8 ½" X 5 ½". Make sure to crease it well.
2. Unfold the paper and measure 1½" on the right side of the crease at the top edge of the paper and mark it.
3. Measure 4" on the right side of the crease at the bottom edge of the paper and make a mark.

Supplies

- 8 ½ X 11" paper
- felt pens
- bamboo skewers
- tape
- flagging tape (or strips cut from plastic bag)
- ruler & hole punch
- string

4. Use the ruler to line up the two marks and connect them. Fold the paper along the line.
5. Flip the paper over and do the same on the other side.
6. The paper will now look sort of like a paper airplane with the folded sides being the wings. Tape the bamboo skewer across the kite between the two widest points to hold the kite firm.
7. Use a single hole punch to make a hole in the bottom of the kite. Use tape to reinforce it to make sure it doesn't rip.
8. Tape a piece of flagging tape at the opposite end of the kite from the skewer. It should be 6 to 8 feet long. You can take a couple of smaller pieces and tie them onto the tail at intervals.
9. Now, take your kite and try flying it!

Complex Games and activities

Choose one or two activities depending on time and weather outdoors.

Trash Relay from Eco Pak

Directions

1. Divide the girls into teams to race in a relay.
2. Divide the trash into piles (same number of piles as teams of girls).
3. Put a pair of rubber gloves in front of each team at the start line.
4. Place the piles of trash half way between their start and end lines.
5. At the end line, place three buckets / containers labeled "Garbage", "Recycle", and "Compost".
6. The object of the game is to put on the rubber gloves, run (walk, skip, crab-walk ... Whatever the girls decide) to the trash, select an item, run to the end and put it in the proper category, run back to the start and hand off the gloves to the next girl in line.
7. The relay can be run until every girl has gone once/twice/etc. or until the trash has all been sorted.

Eco-message: once the trash is sorted, talk with the girls about what they found in the garbage and how much of it was in the wrong place. Talk about the ways in which we can reduce our garbage, but when we do make it, how we can make sure it gets put in the right place.

Supplies

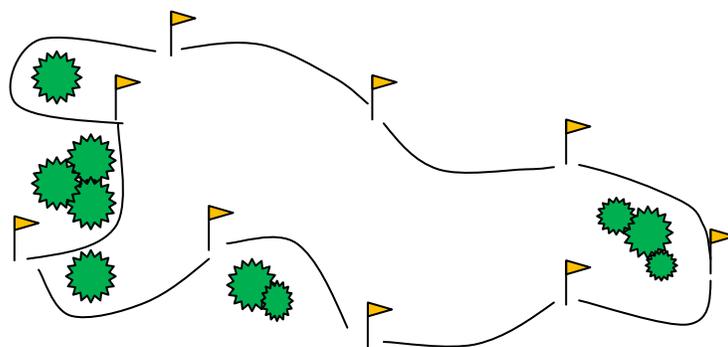
- trash (an assortment of trash including waste, compostable items and recyclable items)
- rubber gloves
- large buckets or containers.

FRISBEE GOLF

Frisbee golf is a great way to get you outside and active. All you need is a large space to play in.

You can set your course up with 18 holes which takes about 2 hours to play, 9 holes which takes about an hour, or a course in a size that works for you.

Set-up



Supplies

- open field or sarge playing area
- cones or flags
- flagging tape
- frisbee for each team
- notebook & pen/pencil if keeping score

1. Lay out your course with holes at least 3 metres apart.
2. Number your flags / cones to mark your "holes".
3. Targets should be no more than four feet off the ground. Flagging tape can be used on trees to hold flags in place.
4. You can assign each "hole" a par number. You would decide this by taking practice shots at the target. If it usually takes 3 to 5 shots to make it, put it down as Par 5. That way if you get to the target in 3 shots, you have a score of - 2. If you hit the target in 6, you get a +1. If you hit it in 5, you get a 0.

The Game

1. Divide the girls into teams.
2. All teams start at the first flag. The game can be played one team at a time, or simultaneously with everyone trying to get to the flag first.
3. Record the number of throws that it takes to get to each flag.

The Rules

1. The team members must all have the opportunity to throw the frisbee.
2. The Frisbee must hit the flag in order to record the number on it.
3. Throwers must not take any steps while throwing.
4. Have fun!

Photo Scavenger Hunt

Pre-Meeting

1. Put together a list of photos for the girls to take. They can be objects, tasks, etc. Make sure that you include some that will require creativity.
2. Assign points to each item on the list taking into account the degree of difficulty.
3. Make sure that the pictures you ask the girls to take are possible in the area they'll be in.

Supplies

- camera or smart phone
- photo list & pencil
- box of Girl Guide Cookies

Directions

1. Divide into small groups making sure that a Guider is with each group.
2. Make sure that each group has a camera, a box of cookies, pencil and photo list before they start.
3. Set a time limit letting the girls know that they may not finish the list within the time limit. Example of items on the list:

Points	Photo
10	Off-road bike
20	I can't believe we all fit!
20	Fun in the playground
10	A fast food sign
10	An interesting animal
15	Obeying a street sign
20	The group in a smelly place
30	Giving cookies to a deserving community member

Bird Watching

Figuring out which bird you are watching could be challenging, but here are some steps that may make it easier to identify them.

How to identify a bird:

1. Keep your eye on the bird – make notes about its markings, movements, feeding habits and size. You can also make a sketch or take a picture.
2. Listen for the bird's song
3. Estimate the size & general shape – It's easiest if you relate the size to a bird you know well. Is it the size of a sparrow, a robin, a crow, an eagle etc.? Does it stand upright or does it swim. Is it graceful or awkward?
4. Note any markings on the head and the shape of the bill – are there any colours that stand out? Does it have a specific design on it? Is it a single colour or does it have patches of colour? Is it crested (does it have a tuft on top of its head)? How long is its beak compared to its head? What colour is the beak? Is it straight, curved, flat, long, short, etc.?
5. Shape of the wings and tail – How long is the tail compared to the body? Are there patches of colour on the wings and/or tail? Is the tail straight or rounded? What colour is the birds belly?
6. Leg colour and length – What colour are the legs and how long are they? Does it have webbed feet or talons?
7. Movement and Flight – Watch how the bird walks and flies. How does it move from branch to branch? Does it hop, swoop, glide? Does it travel in a straight line or move from side to side or up and down?
8. Eating Habits – What does the bird eat? Does it dig in tree bark looking for insects or in the grass looking for worms? Does it find its food in a pond or water?
9. Habitat – Where does the bird live? Does it live in the city or in the country, in the woods or near water?
10. Lastly, make notes of everything you've seen. Look in a book on birds to see if you can find out what kind of bird you saw. The information you've written down will help you. You can keep a full log of the birds you see by noting the location, date, and time of day you saw it.

Supplies

- pencil and paper
- binoculars (optional)
- camera (optional)

Pathfinder Closing

Have your usual Pathfinder closing.