



AUGUST

Get into.... Active in August!

The 'Girls Guiding the Way' project theme for August is "Active".

August is for getting active! Try some new games or sports in your Guide Unit. Learn about famous women in sport. Make up your own fitness challenge to try to keep all the way through August. Remember- an active and healthy body/mind is a body/mind ready to help change the world!

The following pages contain activity suggestions you may wish to use/adapt for use in your Unit. "Active" is a theme which Guides of all ages will find easy to identify with and you will find that if given the opportunity, they will be able to brainstorm some great "active" suggestions or even plan their own Patrol/Unit night with an "active" theme.

Perhaps you could consider asking your Guides if they would be interested in using the "Active in August" activity as a springboard to work on the following badges:



The 2008 OLYMPICS AND PARALYMPICS

THE WAGGGS OLYMPIA BADGES:

From August 4th – August 24th Beijing, China will host the Summer Olympic Games and from September 6th – September 16th the Summer Paralympic Games.

To mark this occasion the Hong Kong Girl Guides Association have created 3 Olympia badges for Girl Guides across the world to earn. The Olympia Badge was originally designed by the Greek Girl Guides to remind people of the original purpose of the Olympic Games. By taking part in Olympia Badge activities you can learn about people in China, the Olympic sports, the athlete's preparation, and the peace and companionship between countries that the Olympic Games promote. Each athlete is doing their best, a concept that is familiar to all Girl Guides.

To access the syllabus for this badge please visit:

<http://www.wagggsworld.org/en/projects/olympiabadge>

The official 2008 Olympic and Paralympic websites are:

<http://en.beijing2008.cn/>

<http://en.paralympic.beijing2008.cn/>

OTHER OLYMPIC/PARALYMPIC THEMED ACTIVITY SUGGESTIONS:

- ♣ Hold a mini Olympics and ask Each Patrol to organise one event.
- ♣ Hold a torch and flag relay. Prepare by learning about the role of the torch relay. Learn about the flags from countries participating in the Olympics/Paralympics and make some to display in your Unit. This could be a great opportunity to learn about how to care for a flag, flag etiquette, how to be in a colour party, semaphore and much more!
- ♣ Hold a night with an Olympics/Paralympics theme. Learn about the sports in the Olympics/Paralympics. Make medals to wear home. Find out about the mascots of the Chinese Olympics/Paralympics. Hold a drawing competition to design your own Olympic/Paralympic mascots.

“ACTIVE” MEETING IDEAS

- ♣ Find some time during one of your meetings to try a new game in your Unit/Patrol. Perhaps one of your Guides could use the game instructions in **Get It!** on pages 38, 39, 46, 47, 48 or 49 to run the game herself.
- ♣ Find some time during one of your meetings to try a new/unusual sport in your Unit/Patrol.
- ♣ Ask you Guides to brainstorm any new games/sports that they would like to try. Set up a roster and play 1 new sport/game every Guide meeting during August.
- ♣ Ask a representative from a local sports team/athletics club to come along and speak to your Unit. Perhaps they could run a brief clinic on that sport giving your Guides the chance to try it out. Encourage your Guides to organise all aspects of this visit using the hints on page 31 of the **Get It!** book.
- ♣ Ask the Guides if they have any friends/relatives who can share an interesting sports story with the Guide Unit (perhaps they were an elite athlete).
- ♣ Teach your Guides how to defend themselves by inviting a martial arts expert to your meeting. Use this night as an opportunity to discuss with your Guides what their fears might be or what concerns them about their community/being a woman etc. You can use this discussion as a starting point for sharing the ‘WAGGGS 7 Key Messages’ and the ‘Australian Guides Say project’ with your Guides (this information can be found in **Get It!** under the *Get Noticed* section pp 26-27).
- ♣ Encourage your Guides to bring along photos, uniforms, equipment associated with a sport they play and share information on this sport with the Unit. This is a great opportunity for your Guides to put their leadership skills into practise.
- ♣ Organise an inter-Patrol or inter-Unit sports competition. Ask the Guides to vote on what game they will play. Will they design and make their own team uniforms? Will they make a team flag or develop a team cheer squad? What foods will they eat before the competition to make sure their bodies and minds are fit for the challenge ahead? How will they warm up/warm down? How will they reward themselves for taking part?
- ♣ Hold a fun run / walk-a-thon/ skip-a-thon etc to raise money for a cause chosen by your Guides. This is a great chance for your Guides to share with each other what causes they care about and to take their own positive community action. You could use the causes discussion as a starting point for creating a “Support Wall” in your meeting place (“Support Wall” instructions can be found in **Get It!** under *Get Going* on p36). When you have collected all the money raised get your Guides (with assistance from you!) to use the suggestions in **Get It!** pp 28-30 to share their success with the media.
- ♣ Give your Guides the ‘Go for it fitness’ from Girlguiding UK http://www.girlguiding.org.uk/guides/programme/gfi_fitness.asp and get them to organise their own fitness themed night based on these ideas.