

# Ideas for Socially Distanced Meetings

## Useful links

Take a look at the adaptations spreadsheet:

<https://www.girlguiding.org.uk/making-guiding-happen/coronavirus-keeping-safe/starting-to-meet-in-person-again/adapting-programme-activities/>

for more information about how you can adapt programme activities for your section.

Find out about risk assessment:

<https://www.girlguiding.org.uk/making-guiding-happen/running-your-unit/safeguarding-and-risk/managing-risk/risk-management-for-activities-and-events/>

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Things that you can use to promote good social distancing:

- Hoola Hoops
- Sports markers
- Velcro markers
- Chalk marks
- Make their own sitters
- Picnic blankets
- Six-foot tables
- Cones
- Bean bags
- Pre-marked pillows
- Knotted ropes

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**GAMES**

**Quick 5-minute filler games to do in pairs sitting or standing:**

### **Story telling**

Make up a story as a group or one on one by going between people with - and then....

### **Mirror image**

Follow what I do, get them to follow each other like they are in a mirror

### **Laughing contest**

Try and make each other laugh

### **Rock paper scissors**

The classic game, you could also adapt it for other things like Wizards, Elves and Giants

### **Yes - No Game**

Trying to get the other person to say Yes and No

### **Games with Markers:**

#### **Fishes (Salmon, Cod and Haddock)**

The players stand in a circle.

They are alternately named Cod, Haddock, and Salmon.

One player is chosen to be the Fisherman (this could be a leader). This person is "it" and stands in the middle of the circle.

When a fish name is called, all the players in that category move around the outside of the circle in a clockwise direction until they reach their places again. They are instructed on how to move with various directions. For example, Cod - high tide, Haddock - coral reef, Salmon - tide turns and so on.

*High tide - move quickly.*

*Tide turns - change direction.*

*Sharks - walk backwards.*

*Low tide - move slowly.*

*Fisherman about - crouch*

*Coral reef - jump. down low to avoid the nets.*

The last person back to their place becomes the Fisherman.

### **Swapping places (parachute games without the parachute)**

Generic swapping places games like - include he me, anyone who has a sister, and they swap

### **Using the markers as stepping stones**

Create an obstacle course with the place markers being used as steppingstones, at a safe distance.

### **Other games:**

#### **Wonky Donkey**

Stand in a circle and choose someone to be the Donkey in the middle they have to close their eyes and listen. A player is chosen from the outside circle to shout out "Wonky Donkey" to wake the donkey up. The donkey has to identify who they think was the shouter.

#### **Keeper of the keys/Wake up the bear**

*\*make sure you sanitise any shared equipment\**

Stand or sit in a circle around a stool or chair. Choose a player to be "Keeper of the Keys" and invite them to sit on the seat with a set of keys underneath. The "Keeper" wears a blindfold or keeps their eyes closed. Pick a player to sneak forward and attempt to get the keys. If the "Keeper" hears someone, they raise a hand and point at where they heard the sound. If the "Keeper" points at a player trying to steal the keys, that person must go back to the outer circle and begin again. The game continues until someone steals the keys and brings them back to the outer circle without the "Keeper" knowing. Once the keys are taken, all players pretend they have the keys behind their back. The centre person then takes off the blindfold and gets three guesses to figure out who has taken the keys. Repeat with a new person as the "Keeper."

#### **Splat**

Everyone stands in a circle the chosen player stands in the middle of the circle becomes the "splatter". The splatter randomly points to someone and shouts "SPLAT!"

The player pointed to must duck down; then the two players on either side of the "ducker" must "splat" each other by pointing to the other and saying "SPLAT!"

The last one to splat or if the ducker does not duck, they have to sit down, if they duck successfully the player ducking stands back up.

The game continues until there are two players left, they can have a Rock Paper Scissors match to determine who will be the new splatter in the middle.

### **Captains coming/ Simon says**

These are classic call and action games for example:

*Bow - Go to the front of the “ship/area you are in”*

*Stern - Go to the back of the “ship/area you are in”*

*Port - Go to the left side of the “ship/area you are in”*

*Starboard - Go to the right side of the “ship/area you are in”*

*Seasick - Head to the side of the “ship/area you are in” and do your duty overboard*

*Jellyfish - Get down on the ground, on our back and shake your arms and legs in the air*

*Captain’s Coming - Stand at attention, saluting*

*At Ease - Relax (this is only said when players are at attention because “Captain’s Coming” has been said)*

*Climb the rigging - act about climbing*

*Scrub the deck - pretend to wash the floor*

### **Spotlight/Shadow tag**

Using a torch, girls play a normal game of tag but if they are lit up by the torch they then become it or stuck. Now we’re moving into summer you can play this as shadow tag. If someone jumps into your shadow, you become it and have to try and tag someone else.

### **Giant glow stick noughts and crosses:**

Make a glow stick grid on the floor and give the girls either a single stick to be a cross or a joined together loop to be a nought.

### **Human skittles:**

*\*Sanitise the ball between users/wash hands before and after the activity\**

Get the girls to act as human pins and then one girl rolls a ball done the “ally” if a girl is hit they have to fall over in a dramatic sense.

### **Pin the tail on the donkey**

*\*Bring in their own blind folds\**

Have an image like a donkey with no tail on it, this can be on a wall or on a bedsheet on the ground. Then give the donkey tail to one of the girls and gently spin them around three times. Point the blindfolded girl towards the donkey and ask them to place the tail on the donkey. Once everyone has had a turn, the person with the donkey tail closest to the correct position wins. You can also get girls to give out directions to make the game more technical.

### **Signs**

Each girl has a sign (could be something small like touching their nose or tapping their leg). Sit the girls in a circle. Choose one girl to be the detective. One of the remaining girls will start by sharing their sign and then another girl’s sign to pass it to them. They then have to do their sign followed by someone else’s. They keep going. Bring the detective back and the detective has to try and ‘stop the sign’ so they need to identify where it has got to.

*Why not get the girls to make up their own games using the rules of social distancing?*

### **Human noughts and crosses**

Make a grid on the floor three by three.

Split your girls into two teams, the noughts and the crosses. Get the knots to cross their arms to be crosses. The girls from each team then take it in turns to fill a square on the grid

The aim is to get a line of noughts or a line of crosses. You can adapt it to have them not talking or ask them to solve riddle before their turn.

### **Human board games (design it yourself)**

*\*Dice - maybe have a die each or use a kicking one\**

Using lots of pieces of paper (40 for example) they make up the board game squares, get the girls to write on 5 “squares” a good action - jump ahead 3 spaces, and 5 bad things - skip a turn. They can then decorate the other “squares”. Once ready layout the “squares” and play the game.

### **Frisbee golf or foot golf**

Make up your own ‘object course’ using tree trunks, lamp posts, bins or even sticks in the ground as targets. Get the girls to throw a Frisbee around the course in the lowest number of throws.

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## **SESSION IDEAS**

### **Downhill skiing**

Get the girls to design their own non snow skis, these could be out of cardboard for the girls to wear or out of lollipop sticks for a paper person. Once designed and made you can have races to see who has the fastest skis.

### **Guess who**

Get the girls to bring in props and costumes they then sit in a grid and become a life size guess who game.

**Scavenger hunts:** girls have to look for all letters of the alphabet and can’t use the same thing twice. We went for a walk around the area and they used mobiles to take photos of all of the letters. We had letters from number plates, road names, words you find on the road, house names and more.

### **Morse code evening (outdoors):**

Two groups of girls have the morse code sheet, they stand at different locations and communicate using their torches to flash each other.

### **Tie-Dying:**

Each girl brought along a cloth idea that was white (pillowcase, t-shirt, tote bag...) they then tied their item up, making sure it was tight and put it in the bucket of dye.

### **Cube (like the TV show) evening:**

Each girl has a square to complete challenges in.

## **Outdoor activities**

### **Pioneering or gadgets**

- great way for the girls to practice their knotting skill and provide a competitive element too if your girls enjoy that. You may find that some local campsites have pioneering poles you can use. You could make camp gateways, tables and so much more.

### **Geocaching**

- as a unit/patrols you could make a geocache and then head out to hide it. You could always then have a go at finding some in the area too. This would make a great link for any guides who are interested in completing the interest badge too.

### **Corn dollies**

- making decorative items out of long grass or hay to then put up in the local area. This is great as when they fall apart, they will just decompose with the natural environment.

## **Trails**

Set up classic trails in the local area for the girls to follow, you can make these out of natural materials like leaves and sticks. You could also use flour as this is not harming to the environment. Look for animal trails and use plaster of Paris to make your own casts. Top tip: use a ring of a plastic bottle as the outside of the mould to make sure it doesn't go everywhere.

## **Cooking/Outdoor skills**

### **Building fires and cooking on them**

- this is a nice activity for all ages, as everyone can socially distance while collecting firewood. Then either as leaders you could build the fire or you could get the girls to help you. Once built you can cook on the fire in different ways. From things on a stick (*they all have their own stick*) like dampers, sausages or smores to something more complicated where they might have to take it in turns to help so there aren't too many people around the fire.

### **Pitching/Striking tents**

- Great for automatic social distancing, as girls can be at either end of the tent poles and once up it'll probably put an automatic barrier in between all girls in the group. They can then strike the tent and put it away in the bag. This is great to cover off part of the camp skills builder and also just such great fun as the girls love to see the achievement of getting their tent up. Don't forget to wash hands before and after shared equipment.

## **Team Building**

### **Junk modelling evening**

- girls bring in junk and they work as a team to build something. They only have one person at the model at a time and they run it a little like a relay. As sharing equipment, girls and leaders should wash hands before and after the activity.

### **Wide games**

are great as you can have them hunt for things or do some small team activities on different bases. If you only have a few adults make the instructions as clear as possible so they can do the activity independently. Alternatively, you can set them the challenge and they need to come back to you to get things signed off.

### **Giant chalk drawings/Giant art**

- get girls to work together to draw something large, they can take it in turns to do things. Make it harder by not allowing them to talk to one another when creating the picture.

### **Giant Jenga**

- You can play as teams. If you don't have access to a garden Jenga, you could make your own by getting girls to bring in cardboard boxes. This makes it even more challenging as they won't all stack neatly and is harder to stand upright in the first place.

### **Compass art**

- Girls can have a go at making giant pictures on the floor using tent pegs and string (or alternatives if indoors). They make their picture by directing others. For example, two steps forward. Turn right, three steps forwards. Girls can design their image on squared paper first.

### **Group pick up challenge (outdoors):**

Get an elastic band and tie around it six strings which are 2 meters long. Each girl grabs the string and forms a circle with the elastic band in the middle. The girls have to work together as a group to pick up objects (like bottles) with the elastic band by pulling on their string. You can set up an obstacle course with various things that need to be picked up and moved with the elastic band

### **Group balance challenge:**

Get a large box and tie ropes to the edge of it, cut out holes so that a tennis ball can sit in the hole but not fall through. Then using the ropes, the girls have to move the box to get all the tennis balls to sit into the holes.

### **Drainpipes/tubes and a ball.**

Each girl has her own strip of drainpipe and as a team they have to get their ball from one end of the space to the other without dropping it. Make the drainpipe long enough that the girls are distanced between each other.

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## **Event based themes**

### **Queen's 95<sup>th</sup> Birthday**

#### **Write a card -**

Then you can go on a socially distanced walk to post them. Girls get to learn about addressing envelopes, can have fun designing a card each and get to go for a walk too.

#### **Tea Tasting -**

Not only is it a Ranger UMA, but a great opportunity for girls to taste different types of tea. Can get girls to bring their own mug with them or give them one on the evening to use and make sure they know which is theirs.

#### **Make Scones -**

We know girls love cooking and if you are able to, why not get girls to work in groups to make scones for their tea party. Simple suggestions, make sure they wash their hands, and perhaps each girl has a different utensil.

#### **Have a tea party -**

What better way to celebrate being together than a party. Get girls to dress up for the event, they could bring their own chair if outside to sit socially distanced and they can have 'tea' and scones. If serving food check out the FAQ on this webpage about what things to consider: <https://www.girlguiding.org.uk/making-guiding-happen/coronavirus-keeping-safe/>

## **Olympics/ European football championships**

#### **Choose a country -**

In groups/sixes get the girls to choose a country (or make up their own) and create flags to wave when supporting their teammates.

#### **Human table football -**

Just like the table version girls are in lines and can't move forwards or backwards to kick the ball. Use a rope with knots along it to ensure the girls are distanced apart and it needs to be tight the whole time.

#### **Wacky Races -**

Get girls to come up with different 'events' for their own Olympics. They could have a go at Welly Wanging, or javelin using pool noodles. Could also add in some more of the

'normal' Olympic events with artistic gymnastics or swimming races where they have to do the arms. Lots of options and the girls will love coming up with some ideas.

### **Ascot and Wimbledon**

#### **Plant strawberries -**

Each girl plants their own mini strawberry plant. See if they can grow enough strawberries in time for a Wimbledon themed evening.

#### **Strawberries -**

Girls need to use their strawberries and cream creatively, who can present the best looking dish of strawberries and cream ready for Wimbledon.

#### **Play tennis -**

A very easy socially distanced activity. They all have their own racket and they just need to wash hands before and after their game as they are sharing a ball. Are there any local tennis clubs that would be able to give your girls a session.

#### **Races night -**

Girls get to dress for 'ladies day' or for a trip to the races. You can use one of the racing videos to get girls to imagine they are there.

#### **Create your own races -**

Using tin foil, string and a pencil each girl can have their own races. They make their own horse (or other animal) out of tin foil. Attach a length of string to the tin foil. Line the animals up and the girls have to wind the string back around their pencil. First animal with string fully wound has won. Make sure they all have the same length of string to start with. It's great fun as their animals tend to fall over as soon as they start winding the string back around their pencil.