

## COVID-AWARE GIRL GUIDE EXPERIENCES

***Returning to face-to-face Girl Guide activities is both exciting and challenging.***

As well as planning for an engaging program, we need to navigate through the necessary precautions to provide a COVID-aware space that adheres to the guidelines and advice issued by the Victorian Government.

This document provides some suggested programs to help get us thinking about how to have Girl Guide meetings that support physical distancing and include good hygiene practices.

### **In this document you will find:**

- some suggested programs that include activities you can do while maintaining physical distance;
- hints and tips for having COVID-aware discussions with your Unit;
- a reminder about the Discover, Decide, Plan, Do, Evaluate cycle for COVID-aware Girl-Led activity planning; and
- links to more resources for other ideas.



## SUGGESTED PROGRAMS



### MUSIC NIGHT

**Before Girl Guides arrive:**

Ensure activity spaces are clearly defined and materials are ready, allowing for 1.5m between Girl Guides and Volunteers during activities and minimal sharing of resources.

**On arrival:**

Leaders/parents sign in Girl Guides. All Girl Guides entering meeting venue to immediately **wash hands**.

**Opening:**

To ensure Girl Guides are 1.5m apart, you may need to have two circles.

**Game:**

**Beat Detective** – Girl Guides need to be sitting 1.5m apart in the circle. **Wash hands**.

**Activity 1:**

**Make Rain Sticks** (GGTV Episode One) – one cardboard tube, cup of rice etc. per Girl Guide; Girl Guides set up on tables with 1.5m between each workspace.

**Activity 2:** (if time) Use Rain Sticks to make a sound scape and/or accompany favourite campfire songs – Girl Guides need to be sitting/standing 1.5m apart in the circle. **Wash hands**.

**Closing:**

Keeping 1.5m apart.

**Leaving:**

Leaders/parent sign out Girl Guides. If appropriate, utilise a cleaning roster so that parents can assist with cleaning high-tough areas before heading home.



### WELLBEING NIGHT

**Before Girl Guides arrive:**

Ensure activity spaces are clearly defined and materials are ready, allowing for 1.5m between Girl Guides and Volunteers during activities and minimal sharing of resources.

**On arrival:**

Leaders/parents sign in Girl Guides. All Girl Guides entering meeting venue to immediately **wash hands**.

**Opening:**

To ensure Girl Guides are 1.5m apart, you may need to have two circles.

**Game:**

**Zip, Zap, Boing** – Girl Guides need to be standing 1.5m apart in the circle. **Wash hands**.

**Activity 1:**

**Yoga** – Girl Guides bring own blanket/yoga mat and stay 1.5m apart.

**Activity 2:**

**Meditation** (GGTV Episode Four)  
**Wash hands**.

**Closing:**

Keeping 1.5m apart.

**Leaving:**

Leaders/parent sign out Girl Guides. If appropriate, utilise a cleaning roster so that parents can assist with cleaning high-tough areas before heading home.



### PET NIGHT

**Before Girl Guides arrive:**

Ensure activity spaces are clearly defined and materials are ready, allowing for 1.5m between Girl Guides and Volunteers during activities and minimal sharing of resources.

**On arrival:**

Leaders/parents sign in Girl Guides. All Girl Guides entering meeting venue to immediately **wash hands**.

**Opening:**

To ensure Girl Guides are 1.5m apart, you may need to have two circles.

**Game:**

**Circle Rely/Fruit Salad in a Circle** (but with animals!) – Girl Guides stand 1.5m apart in a circle, and each Girl Guide is given one of four animal names (e.g. dog, cat, mouse, parrot). When their animal is called, they must run around the circle and back to their place. **Wash hands**.

**Activity:**

**Make a Dog Toy** (GGTV Episode Three) – Girl Guides bring t-shirt from home; one ball, scissors etc. per Girl Guide; Girl Guides set up on tables with 1.5m between each workspace. **Wash hands**.

**Closing:**

Keeping 1.5m apart.

**Leaving:**

Leaders/parent sign out Girl Guides. If appropriate, utilise a cleaning roster so that parents can assist with cleaning high-tough areas before heading home.

# HAVING COVID-AWARE DISCUSSIONS WITH YOUR UNIT

## Helping Girl Guides settle in to a different experience.

Here are some ideas for having conversations about what COVID-Aware Girl Guide activities will look like. Conversations can include physical distancing and hygiene practices such as handwashing, and rules around resource sharing.

- Set aside time to hold an open discussion about creating a COVID-aware space.
- Encourage Girl Guides to be part of setting new Unit Guidelines. Display the Unit Guidelines and regularly revisit them, updating as necessary.
- Discuss recurring issues with the whole Unit and enable them to be part of finding a solution. Empower Girl Guides to make informed decisions about how they work together to be more COVID-aware.

## Questions to prompt Girl-Led COVID-aware Girl Guide Programs

Part of providing an engaging Girl-Led experience is allowing Girl Guides to design their own program using their creativity and ideas.

Discussions during planning can include helping Girl Guides to adapt and modify their ideas to be COVID-aware. This provides a sense of ownership and commitment to the processes and procedures, as well as making a space for Girl Guides to exercise creative and critical thinking.

Here are some examples to get you started:

- *How can we do this activity and stay COVID-aware?*
- *What else do we need to think about?*
- *How much space will we need to participate safely in this activity while keeping a 1.5m distance between each person?*
- *What resources does the activity use, can they be sanitised between use or will each person require their own?*
- *How could this activity or game be modified to use no resources or physical contact?*
- *What cleaning and hygiene actions are necessary before and after the activity?*

## Wrapping up

After activities or at the end of a meeting, take a moment to reflect as a group. This can help reinforce Unit Guidelines, allow for further adaptations to activities, and celebrate successes!

Use the following questions to help Girl Guides evaluate their activities:

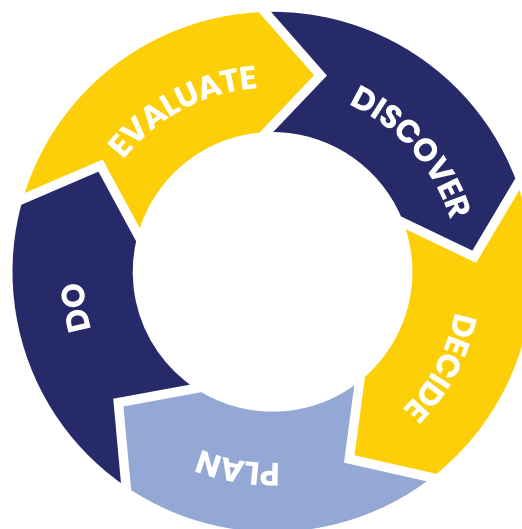
1. *How did we go?*
2. *What went well?*
3. *What can we do differently?*

Share your success stories of COVID-aware Girl Guide activities on social media, including on the **[Girl Guides Victoria closed](#)** group to share ideas with other volunteers.

## PLANNING COVID-AWARE ACTIVITIES

Girl Guides are always up for a challenge. Now's the time to encourage your Girl Guides to get creative to design new experiences or adapt existing popular activities to be COVID-aware.

Use the Australian Guide Program (AGP) Process to develop COVID-aware programs using questions to prompt awareness at each step and encourage Girl Guides to make informed choices.



**Discover:**

*Think creatively about activities that are fun, Girl-Led, and COVID-aware.*

**Decide:**

*Which are the most suitable activities for right now?*

**Plan:**

*Take into consideration what additional steps are needed (e.g. regular hand washing, maintaining social distancing).*

**Do:**

*Have fun and actively check you are staying COVID-aware.*

**Evaluate:**

*Reflect on the activity's success, and consider how the activity may need to be modified next time. Celebrate your successes (with a round of applause, not a high five)!*

And here's a quick list of some other ideas and links to resources:

**Games:**

- **Beat Detective**
- **Scattergories – try this online generator!**
- **Kim's Game**
- **Zip, Zap, Boing** – here's one version of the rules
- Singing, drama or a talent night
- Sewing night – e.g. badges on to a camp blanket or a sash
- Yoga
- A mini Wide Game – run activities in smaller groups at the same time, cleaning between rotations

**Check out GGTV for more ideas:**

[www.guidesvic.org.au/guiding-in-your-pocket-hub](http://www.guidesvic.org.au/guiding-in-your-pocket-hub)

**Check out all the resources from the World Association of Girl Guides and Girl Scouts:**

<https://www.wagggg.org/en/resources/>