



Event Ideas & Outlines

The goal of the information and activities in this booklet is to spark your imagination in planning EXCITING opportunities for the girls in your service area. The Diamonds Council Program Staff have provided some complete outlines of events that have been successful for them. You are free to use them “as is”, adapt to suit your needs or as a catalyst to get your thoughts going. The only thing we request in return is that you be willing to share your ideas and successes with others to empower them on their journey to event planning!



EVENTS SUITABLE FOR ANY LEVEL/ALL AGES

SHE & ME DAY SPA

Basic Description: A day for girls to spend with the special female adult role model in their lives (mother, grandmother, aunt, older sister, neighbor). A time to relax, have fun and learn about women's health, hygiene and body care.

Objective: To educate participants in a fun, relaxing atmosphere

Level Suitability: All

Length of Time: A minimum of 2 to 4 hours

Size of Venue Needed: Dependant upon number you plan for (or you may need to set your maximum number of participants dependant upon the size of your venue)

GSLE Key Connection(s): Discover, Connect

GSLE Process (es): Learn by doing

Projected Outcome(s): Participants will develop a strong sense of self, gain practical life skills, and develop healthy relationships.

Possible Collaborations/Partnerships: Local medical experts, health professionals, exercise instructors, beauty consultants, massage therapists.

Materials/Supplies/Equipment Needed:

Tables, chairs	Towels (one per person)	Event evaluations
Plastic table covers (might consider something for floor also)	Nail polish	Optional: giveaways (might be provided by partners)
Foot tubs	Polish remover	Cleaning supplies Patches, optional
Soaking salts or crystals	Cotton balls	
	Educational handouts	
	Healthy snacks & drinks	

Volunteers Needed: Dependant upon size of group and difficulty of activities. Always consult Volunteer Essentials/Safety Wise for required adult/girl ratio. Consider asking Program Aides to help with activities.

Conducting Event: Divide participants in to groups; number of groups will depend upon number of participants and activity stations. Some presentations may be done with all groups at once (collaborative/educational presentations, etc). Route groups through activity stations (provide directions on "how" in the schedule/agenda for the day). Time allowance for each station will depend upon the length of your event, number of activities and number of participants. Always have a "filler" activity planned for those who finish an activity early.

Possible Activities:

Making bath salts (easy recipes can be found online)	Yoga, aerobic or karate session
Education – personal hygiene, healthy eating, skin care	Manicure/pedicure
	Massage, relaxation techniques
	Creating healthy snacks

DANCING THROUGH THE DECADES

Basic Description: A family event filled with music from the past through the present. Participants should be encouraged to come dressed in the fashion of their favorite decade.

Objective: Family fun and bonding

Level Suitability: All (Could also be a “he and me” event for girls and the special adult male in their lives.)

Length of Time: Approximately 2 to 3 hours

Size of Venue Needed: Dependant upon number you plan for (or you may need to set your maximum number of participants dependant upon the size of your venue). Assure there is plenty of room to dance.

GSLE Key Connection (s): Discover, Connect

GSLE Process (es): Learn by doing

Projected Outcome(s): Participants will develop positive values and develop healthy relationships.

Possible Collaborations/Partnerships: Local radio stations (DJ), dance studios (dance instructors), photographers.

Materials/Supplies/Equipment Needed:

Tables, chairs

Table cloths

Decorations

Snacks, drinks

Plates, cups, napkins

Serving trays, utensils

Music and playing equipment (If DJ does not provide)

Cash box & petty cash (if selling photo packages, etc)

Cleaning supplies

Patches, optional

Volunteers Needed: Dependant upon tasks needed (serving, stocking food table, photo station, etc)

Conducting Event: Play music non-stop and let guests dance and have fun!

Possible Activities: Dance instruction, photograph station

EVENTS SUITABLE FOR DAISY (K-1) AND/OR BROWNIE (2-3) LEVELS

WINGS AND CRAWLY THINGS

Basic Description: Introduce girls to the world of the insect and butterfly. Explore the variety of living creatures there are in the wild and appreciate them for their beauty.

Objective: To foster a deeper appreciation of science and nature

Level Suitability: Daisy (Adaptable to other levels by enhancing activities)

Length of Time: A minimum of 2 to 3 hours

Size of Venue Needed: Consider a large open area outside, such as a local or state park. Venue size is dependant upon number you plan for (or you may need to set your maximum number of participants dependant upon the size of your venue).

GSLE Key Connection(s): Discover, Connect, Take Action

GSLE Process(s): Learn by doing

Projected Outcome(s): Girls will develop a strong sense of self, develop positive values, develop critical thinking, develop healthy relationships, feel connected to their communities, and feel empowered to make a difference in the world.

Possible Collaboration/Partnerships: State Park Interpreters, entomologists

Materials/Supplies/Equipment Needed:

Construction paper	Finger paint
Scissors	Fly swatters (1 per team, new/unused)
Tape	Black balloons (5" diameter)
Glue	Bug stickers
Sm wiggle Eyes (2 per girl)	Bags to carry their nature loot (1 per girl)
Markers	

Volunteers Needed: At least 2 adults per activity. Always consult Volunteer Essentials/Safety Wise for required adult/girl ratio. Consider asking local Program Aides to assist with activities.

Conducting Event: If collaborating with a state park, inquire whether they have prepared programs which would introduce girls to local insects. Begin with a hike around the grounds or an educational program from park interpreter or invited guest. Follow with the two craft activities and finish the day with the two fun active games. Incorporate snacks if time allows.

Possible Activities:

Bug Walk:

Prep/set-up required prior to event:

- 1) Determine hiking area where you will identify natural bugs.
- 2) Strategically place some "special" bugs (plastic, stuffed) along the path

Activity: With an adult in front and one at rear, lead girls along the determined hike path, stopping to identify and discuss insects along the way.

Caterpillar Craft:

Prep/set-up required prior to event:

- 1) For each girl attending, cut 15 strips of various colored construction paper, 1 " wide and the length of the paper (for body)
- 2) Cut 1, 2" wide strip per girl (for head)
- 3) Cut 2, narrow strips per girl (for antennae)

Activity:

1. Let each girl pick 15, 1" strips, any color combination and 1, 2" strip.
2. Using only the 1" strips, form first strip into a ring and tape together.
3. Slide next strip of paper through ring and tape it together into a ring.

4. Repeat the process until strips are used and a chain of rings is formed.
5. Using the 2" strip, slide through the last ring on the chain and tape it together into a ring. This will be the head of the caterpillar.
6. Glue wiggle eyes on and draw a mouth.
7. Using markers, decorate body if desired.
8. Using the 2 narrow strips, tape to top of had to form antennae; curl ends if desired.

Thumbprint Insects:

Prep/set-up required prior to event: None

Activity: Make thumbprint picture on paper

- ◆ Caterpillar (several prints in a row)
- ◆ Flower (4 prints for petals, 2 prints for leaves)
- ◆ Butterfly (4 prints of the same color)
- ◆ Sun (A lot of prints in a circle)
- ◆ Bush (prints in a bunch)
- ◆ Grass (prints in a row)

Allow prints to dry, then decorate with markers. (Put stems on flowers, faces, antenna and legs on insects and butterflies, etc)

Bug Hunt:

Prep/set-up required prior to event: 1) Determine area and hide plastic bugs (Suggestion: Take notes/map where the bugs are hidden.)

Activity: Scavenger hunt – girls hunt until all insects are found.

Swat the Fly:

Prep/set-up required prior to event: 1) Blow up balloons – “flies” (Extra in case some pop)
2) Determine/mark-off “turnaround” point/area for relay race

Activity: Divide girls into teams. Each team member must swat a fly to the turnaround point and back to the start of the line and passes the swatter off to the next team member. Each member gets a turn swatting the fly. The first team to have all players swat the fly, wins.

ARCTIC DAYS

Basic Description: A great program to hold in the hot summer for girls to celebrate cold winter months by learning about locations with much colder temperatures.

Objective:

Level Suitability: Daisy (Adaptable to other levels by enhancing activities)

Length of Time: A minimum of 2 to 3 hours

Size of Venue Needed: A large venue with lots of open area (gymnasium, meeting room, etc)

GSLE Key Connection(s): Discover

GSLE Process (es): Learn by doing

Projected Outcome(s): Girls will

Possible Collaboration/Partnerships: Local science teacher

Materials/Supplies/Equipment Needed:

Cotton or sm Styrofoam balls	Coffee filters
Construction paper (black, white, blue, orange)	Buckets (1 per team)
Cornstarch packing peanuts (can be found at bookstores or mailing businesses)	Lg foam ball or white balloon
Glue	Tape or string to mark start/finish lines
Yarn (white)	Cardboard
Scissors	Old magazines
Outlines of Polar Bear shape (1 per girl)	Winter music CD
Sm wiggle eyes (2 per girl)	CD player
	Lg paper snowman or snowman cutout

Volunteers Needed: At least 2 adults per activity. Always consult Volunteer Essentials/Safety Wise for required adult/girl ratio. Consider asking local Program Aides to assist with activities

Conducting Event: Post maps on walls to show girls where the Arctic is located in relation to where they live. Divide participants in to groups; number of groups will depend upon number of participants and activity stations. Some presentations may be done with all groups at once (collaborative/educational presentations, etc). Route groups through activity stations (provide directions on “how” in the schedule/agenda for the day). Time allowance for each station will depend upon the length of your event, number of activities and number of participants. Always have a “filler” activity planned for those who finish an activity early

Possible Activities:

Craft Activities:

Prep/set-up required prior to event:

- 1) Cut yarn pieces for polar bear
 - 2) Dye-cut shapes for penguin (feet, eyes, beak, belly, snow, icebergs)
- ◆ Polar Bear – Make shaggy polar bears by snipping up white yarn and gluing inside an outline of a bear. Glue wiggle eyes on face
 - ◆ Penguin – Trace each girl’s handprint on black construction paper, holding the three middle fingers together, but spreading the thumb out to one side and the pinky out to the other (to become the flippers). Cut handprint out and glue, fingertips down, to a background of blue. Glue on belly, feet, eyes, beak, snow, etc.
 - ◆ Snowflakes – Make a wedge shape by folding filter in half and half and half again. Cut out different shapes. Open to reveal “snowflake”. Glue onto black construction paper.
 - ◆ Winter Wonderland - Using their imaginations, girls create a winter wonderland by gluing packing peanuts onto cardboard or construction paper. Designs can be snowmen, igloos, ice sculptures, etc.

Game Ideas:

Prep/set-up required prior to event:

- 1) For Snowflake Hunt, make identical pairs of paper snowflakes (1 pair per girl) Make sure pair-designs are distinct enough to tell apart. Hide (or hang on walls) one of each snowflake pair. Put

other snowflakes into bag/box.

2) For Snowball Relay, mark off start and finish lines about 10-15 ft apart. Mark buckets with different pictures (to identify teams) and place a buckets at the finish line. Scatter cotton/Styrofoam balls for each team between start/finish lines

3) For Pin the Carrot..., cut carrot shapes out of orange construction paper (1 per girl)

- ◆ Polar Bear, Polar Bear – Using the song “Teddy Bear, Teddy Bear”, substitute Teddy Bear for Polar Bear sounds and actions:
 - Polar Bear, Polar Bear turn around,
 - Polar Bear, Polar Bear touch the ground.
 - Polar Bear, Polar Bear growl real loud,
 - Polar Bear, Polar Bear sit on the ground.
- ◆ Freeze Tag – Choose one girl to be “it”. “It” chases others until girls are tagged. Once touched/tagged, that person must “freeze”. Game continues until everyone is frozen. The last person tagged becomes “it”.
- ◆ Snowflake Hunt – Have each girl pick a snowflake randomly from bag/box. Once everyone has a snowflake, tell them they must find their matching snowflake in the room. The first to find her match wins.
- ◆ Snowball Relay – Divide girls into teams; line girls up behind starting line. The object of the game is for teams to fill their bucket with snowballs. Each girl takes a turn to pick up a snowball, drop into their team bucket and run back to tag next teammate. Repeat until everyone has had a chance. The first team finished wins (Variation: Mark a fill line on each bucket. The first team to fill to the line wins)
- ◆ Pass the Snowball – Play like “Hot Potato” but use the large foam ball or white balloon to pass to the sound of winter music.
- ◆ Pin the Carrot on the Snowman – Play like “Pin the Tail on the Donkey”.

WILD, WILD WEST!

Basic Description: Girls explore the cowgirl life through games and crafts.

Objective: To have fun

Level Suitability: Daisy. This event could also involve families by adding in a pot-luck lunch afterwards.

Length of Time: A minimum of 2 to 3 hours

Size of Venue Needed: A large open area (gymnasium, meeting room, etc) is needed for this event. Actual venue size is dependant upon number you plan for (or you may need to set your maximum number of participants dependant upon the size of your venue). Consider holding this event outdoors if there are tables available for girls to work on their crafts.

GSLE Key Connection(s): Discover, Connect

GSLE Process(s): Learn by doing, Cooperative learning

Projected Outcome(s): Girls will develop critical thinking, develop healthy relationships, promote cooperation and team building

Possible Collaboration/Partnerships: Local veterinarian, equestrian

Materials/Supplies/Equipment Needed:

Lg paper grocery bags (1 per girl)	Hula hoops	Play sand
Scissors	Rope or ribbon	Aluminum pie pans or sandbox sieves
Markers/crayons	Rocking horse	Water
Glue	Horseshoe game	Misc give-aways (From Dollar Tree - Sheriff stars, cowboy hats, bandannas)
Misc decorations (sequins, yarn, feathers, etc)	Balloons	Bales of hay
2 – 3 wooden stick horses	Brooms	Checked tablecloths
2 – 3 backpacks	Chairs, boxes, etc	
2 – 3 buckets	Burlap bags	
Envelopes	Gravel/small pebbles	
	Gold spray paint	
	Dishpans	

Volunteers Needed: At least two adults at each activity. Always consult Volunteer Essentials/Safety Wise for required adult/girl ratio. Consider asking local Program Aides to assist with activities.

Conducting Event: Divide participants in to groups (the groups could have “western” names – broncos, mustangs, etc or identify by different colored bandanas); number of groups will depend upon number of participants and activity stations. Some presentations may be done with all groups at once (collaborative/educational presentations, etc). Route groups through activity stations (provide directions on “how” in the schedule/agenda for the day). Time allowance for each station will depend upon the length of your event, number of activities and number of participants. Always have a “filler” activity planned for those who finish an activity early

Possible Activities:

Educational Presentation:

Prep/set-up required prior to event: None

Activity: Brief history of the old west where horses were the main source of transportation. For that reason, people had to know about and now to properly care for them. Have a veterinarian or horse owner talk to the girls about the care and upkeep of horses

Cowgirl Vest:

Prep/set-up required prior to event: 1) Cut out grocery bags to resemble vests (Cut up middle for opening, around bottom for neck hole and armholes on both sides.)

Activity: Have girls decorate their vests using markers/crayons, miscellaneous decorations. If you have give-aways for girls, this would be a good time to give them one of them (sheriff’s badge, cowboy hat, etc)

Pony Express Relay:

- Prep/set-up required prior to event:
- 1) Determine/mark off desired area of start and finish lines
 - 2) Mark buckets with different names/pictures (to identify teams) and place a buckets at the finish line.
 - 3) Fill backpacks with envelopes
 - 4) Set up course – boxes, plants, etc to represent obstacles in their travel

Activity: Give girls a brief history of what the pony express was and how it was used. Divide girls into 2 – 3 teams and line them up behind the starting line. First girl on each team gets on her “pony” and gets the bag of mail. Upon signal to start, girls “ride” through the obstacle course to deliver her mail. She removes one “letter” from her mail bag, drops it into her “mailbox” and rides back through the course to the next girl on her team. Repeat the process until all girls have had a chance to play. The first team to successfully deliver their mail wins.

Rope the Pony:

- Prep/set-up required prior to event:
- 1) Set up roping area
 - 2) Make lassos by tying rope or ribbon to hula hoops

Activity: Explain/demonstrate lassoing. Have each girl stand in a designated area and attempt to lasso the pony by throwing the hoop at the rocking horse.

Horseshoes:

- Prep/set-up required prior to event:
- 1) Set up horseshoe game (Recommended to use shorter throwing distances for young girls)

Activity: Discuss how riders for the Pony Express might have passed their time/what they did for fun (horseshoes). Demonstrate and let each girl have a turn to play.

Cattle Round-up:

- Prep/set-up required prior to event:
- 1) Set up obstacle course (boxes, plants, etc)
 - 2) Set up “corrals”, 1 per team (Could be boxes, hula hoops on ground, etc.)
 - 2) Blow up balloons (“cows”)

Activity: Explain how cattle roamed the countryside and how ranchers would herd them to market to sell. Divide girls into teams. Each team gets a broom and each girl gets a balloon. Upon signal to start, the first girl on each team “drives” her “cow” through the “countryside” to the “corral” at the market. (This is done by sweeping the balloon with the broom.) She races back to the start line and passes the broom to the next girl on her team. Repeat the process until all girls have had a chance to play. The first team to get all of their cattle to market wins.

Potato Sack Race:

- Prep/set-up prior to event:
- 1) Determine/mark off desired area of start and finish lines

Activity: (Another fun game used to pass the time). Have girls get into bags and race to the finish line.

Panning for Gold:

- Prep/set-up prior to event:
- 1) Spray paint gravel and pebbles with gold paint; let dry completely.
 - 2) Mix “gold” into large dishpans filled with play sand and water

Activity: Explain panning for gold and its history. Give girls sieves or aluminum pans to use to hunt for gold.

Photo Opportunity:

Set up “western” decorations (bales of hay, wagon, tables w/checkered cloths, etc) to create a display for photos. Whether you will have a photographer at the event or just allow participants to take their own, be sure to inform them of this prior to the event.

HOLIDAY BROWNIES

Basic Description: Fun activities featuring different holidays celebrated throughout the year.

Objective: To have fun and make new friends.

Level Suitability: Brownie (Adaptable to other levels by changing/enhancing activities)

Length of Time: A minimum of 2 to 3 hours

Size of Venue Needed: Dependant upon number you plan for (or you may need to set your maximum number of participants dependant upon the size of your venue). The water relay will need to be done outside, in a safe location.

GSLE Key Connection(s): Discover, Connect

GSLE Process(s): Learn by doing

Projected Outcome(s): Girls will develop a strong sense of self, develop critical thinking, promote cooperation and team building, advance diversity in a multicultural world and feel connected to their communities, locally and globally

Possible Collaboration/Partnerships: Local craftswomen

Materials/Supplies/Equipment Needed:

(If activities and/or holiday themes are used other than the ones listed, the supply list will need to reflect the needs for the new activities.)

Tables	Snack-size bags of candy corn
Sturdy plastic to cover tables	Easter-themed photo frame kit (Oriental Trading)
Small tote bags (1 per girl)	Glue
Fabric paints, brown, yellow/gold	Med-sized red pom poms (1 per girl)
Acrylic paints (yellow, orange, white)	Med-sized wiggle eyes (2 per girl)
Sharpie markers (to write names)	Small American Flags (1 per girl)
Wet wipes	Plastic buckets (4)
Paper/plastic plates	Large sponges (2)
Plastic cups w/water (paints)	Handouts: Christmas Carols, Halloween Carols (<i>provided here</i>), Easter Songs, Patriotic Songs
Paper towels	Plastic Easter eggs
Small terracotta pots (1 per girl)	Wooden spoons
Foam paint brushes	Cleaning supplies
Tissue paper (yellow and orange)	

Volunteers Needed: At least one adult at each activity. Always consult Volunteer Essentials/Safety Wise for required adult/girl ratio. Consider asking local Program Aides to assist with activities.

Conducting Event: Divide participants in to groups; number of groups will depend upon number of participants and activity stations. Some presentations may be done with all groups at once (collaborative/educational presentations, etc). Route groups through activity stations (provide directions on “how” in the schedule/agenda for the day). Time allowance for each station will depend upon the length of your event, number of activities and number of participants. Always have a “filler” activity planned for those who finish an activity early.

Possible Activities:

Easter – Photo Frame & Egg Role Race:

Prep/set-up required prior to event: 1) Cover work table with sturdy plastic
2) Determine/mark off desired distance for egg role race

Activities: Divide the group in half, with half working on photo frames while the other half does the egg role race. Alternate as necessary. For the photo frame, follow the directions on the kits (Oriental Trading has a lot of choices). For the race – each girl in the group (or determine how many will go at a time) gets a wooden spoon and an egg. On the signal to start, girls role their egg on the ground, using the wooden spoon, towards the finish line.

Christmas – Reindeer Tote Bag & Christmas Carols:

- Prep/set-up required prior to event:
- 1) Cover work tables with sturdy plastic (consider putting plastic cloth on floor as well)
 - 2) Set up paint station – pour paints (brown & gold/yellow) onto separate plastic plates.
 - 3) Christmas Carol booklet/handout sheet

Activity: For the tote activity (messy!), work with only a few girls at a time. The other girls in the group should be singing Christmas Carols. Each girl receives a tote bag; adult should write her name on the bag with Sharpie prior to painting. Girls should remove one shoe/sock. With foam brush, adult in charge brushes brown paint on bottom of each girl's foot. The girl then steps on to the front of the tote bag to create the "head" of the reindeer. Clean paint off foot. Next, adult in charge brushes gold/yellow paint in both palms & fingers of the girl. The girl then places her painted palms at the top and on either side of the "head" to create antlers. Clean paint off hands.

Fourth of July Celebration – Uncle Sam Sponge Relay & Patriotic Songs:

- Prep/set-up required prior to event:
- 1) Determine/mark off desired length of race lanes (2)
 - 2) Fill 2 buckets with water; place at the starting end of each lane
 - 3) Put the empty buckets at the other end of each lane
 - 4) Patriotic song booklet/handout sheet

Game: Divide the group into equal teams; line up behind start line of each lane. Give the first girl on each team a large, non-wet sponge. Upon the signal to start, these girls wet their sponges, run to their empty bucket, squeeze out the water and race back to give the sponge to her next teammate. Repeat until one team has all of their water into the empty bucket.

As a time-filler, sing patriotic songs.

Halloween – Candy Corn Pots & Halloween Carols:

- Prep/set-up required prior to event:
- 1) Cover work tables with sturdy plastic (& floors?)
 - 2) Set up paint station – pour paints (orange, yellow, white) onto plastic plates. Set out cups of water to wash paint brushes
 - 3) Cut tissue paper into squares that will fit into pots
 - 4) If individually packaged candy corn unavailable, then fill snack-sized Ziploc bags with candy (one per girl)
 - 5) Halloween Carols booklet/handout sheet

Activity: Using foam brushes, girls will paint their terracotta pots to look like a piece of candy corn. Line the inside with an orange and yellow square of tissue paper and put bag of candy inside.

Halloween Carols:

Joy to the World (tune – Joy to the World)

Joy to the world,
It's Halloween.

The night of fright has come!

This time of year we wait.

We hope he won't be late.

The Great Pumpkin will come,

The Great Pumpkin will come,

The Great, The GREAT Pumpkin will come.

He rules the world,

On Hallow's Eve.

He's coming here tonight.

Let's go into the pumpkin patch

They'll put us in the booby hatch,

But we will have such fun,

But we will have such fun,

But we, But we will have such fun.

Humphrey the Blue-nosed Pumpkin (tune-Rudolph the Red-nosed Reindeer)

Humphrey the blue-nosed pumpkin had a very obvious nose.

And if you ever saw it, you might even say it shows.

All of the other pumpkins, used to laugh and call him names.

They never let poor Humphrey play in any pumpkin games.

Then one foggy Halloween Eve, the Great Pumpkin did say,

"Humphrey, with your nose so blue, you'll make all the ghosts say BOO!"

Then all the pumpkins loved him, and they shouted out with glee,

Humphrey, the blue-nosed pumpkin, You'll go down in history!

Trick or Treat (tune- Jingle Bells)

Dashing through the streets,
Meeting goblins as we go,
Wearing contour sheets,
Wishing it would snow.

Bells in doorways ring,
Making spirits bright,
What fun it is to come and sing
And get some food tonight.

Trick or treat, trick or treat, trick or treat we say!
Try to get the treats before the ghost takes us
away!
Trick or treat, trick or treat, trick or treat we say!
If you don't have treats for us we'll never go
away!

Spirit Wonderland (tune - Winter Wonderland)

Screech owls hoot, are you listening?
'Neath the moon, all is glistening.
A real scary sight, we're happy tonight.
Waitin' in a spirit wonderland.

In the streets, we're begging for some candy.
We've been waiting for this night all year.

We've tried to embarrass everybody,
And to make a costume filling you with fear.

Later on, while we're eating
What we got trick or treating.
We'll share all our sacks
Of Halloween snacks,
Waitin' in a spirit wonderland.

Shivery Yells (tune-Silver Bells)

We're on sidewalks, we're on porches,
Dressed in costumes to scare.
Through the city we're ringing the doorbells.
Trick or treating, candy eating,
Goosey stuff in our hair,
But the most fun is shrieking out loud,
"Shivery yells! Shivery yells!"
That's the Halloween nitty-gritty.
"Moan and Groan. Leave us alone.
Halloween's just one night a year."

EVENTS SUITABLE FOR JUNIOR (4-5) LEVEL

Life's a Stage

Basic Description: Girls will learn just what goes into making a theater production, from make-up, to masks, to theater lingo while earning the Junior Theater Badge.

Objective: To enhance girls' exposure to the arts

Level Suitability: Junior (Adaptable to other levels by changing/enhancing activities)

Length of Time: A minimum of 2 to 3 hours

Size of Venue Needed: Local theater or school auditorium

GSLE Key Connection(s): Discover, Connect

GSLE Process(s): Learn by doing, Cooperative learning

Projected Outcome(s): Girls will develop a strong sense of self, gain practical life skills, seek challenges in the world, develop critical thinking, promote cooperation and team building, advance diversity in a multicultural world and feel connected to their communities-locally and globally.

Possible Collaboration/Partnerships: Local Arts Council, high school drama departments

Materials/Supplies/Equipment Needed:

Materials to create masks (felt, cardstock, paper, etc)

Markers/crayons

Ribbon

Assorted decorations (sequins, feathers, etc)

Glue

Scissors

Stage make-up

Bowl

Wet wipes

Blank paper

Pens or pencils

Pieces of paper with lines from movies

Volunteers Needed: At least one adult at each activity. Always consult Volunteer Essentials/Safety Wise for required adult/girl ratio. Consider asking local Program Aides to assist with activities.

Conducting Event: If the event is being facilitated by a theatre or drama club, they may have their own plan of conducting the event, using the badge requirements as a guideline.

Divide participants in to groups; number of groups will depend upon number of participants and activity stations. Some presentations may be done with all groups at once (collaborative/educational presentations, etc). Route groups through activity stations (provide directions on "how" in the schedule/agenda for the day). Time allowance for each station will depend upon the length of your event, number of activities and number of participants. Always have a "filler" activity planned for those who finish an activity early.

Possible Activities:

Masks:

Prep/set-up required prior to event: 1) Have patterns for different types of masks ready for girls to use to create their own.

Activity: Have girls create and decorate their masks. Divide group up and give each group about 10 minutes to make up a short skit and perform for the others using their masks. Or, give each group topics/suggestions to spur their creative thinking or a written script to perform.

Character Acting:

Prep/set-up required prior to event: 1) Write different characters on pieces of paper (examples: ballerina, clown, singer, detective, skier, elephant, monkey, airplane, boat, statue, etc)

Activity: Have each girls draw one piece of paper and act it out without talking. The rest of the group must guess who or what she is.

Mirror Mimic:

Prep/set-up required prior to event: None

Activity: Group girls in pairs; have one being the “leader” and the other the “mirror”. Try to have them mimic each others moves and actions. (After a few minutes, have them swap “leader” and “mirror”.)

Make-over Magic:

Prep/set-up required prior to event: None

Activity: Have facilitator demonstrate how to apply theatre make-up to reflect different characters (examples: clown, man, animal, etc) If time allows, apply to make-up to each girl, or draw names of several girls to the get the makeovers.

Center Stage:

Prep/set-up required prior to event: 1) Write lines from movies on strips of paper

Activity: Have girls draw strips of paper and go on stage to read their lines. (If some girls are too shy to do this alone, you can send them in pairs and have a couple of lines for them to say) See how load they can say their lines. If an experienced facilitator/actor is present, have them teach girls about projection, where to focus their look, meanings of stage terms (upstage, center stage, back stage, down stage, etc)

Professional Performance:

Prep/set-up required prior to event: None

Activity: If possible have collaborating group present a performance for the group. Or, have them work with the girls to rehearse and present their own short play for the parents before leaving.

JUNIOR CSI

Basic Description: Inquisitive girls attempt to solve a crime scene through finger printing, dental impressions, and so much more!

Objective: To have fun while learning the science behind real-life criminal investigations.

Level Suitability: Junior (Adaptable to older girls by enhancing activities)

Length of Time: A minimum of 2 to 3 hours

Size of Venue Needed: Dependant upon number you plan for (or you may need to set your maximum number of participants dependant upon the size of your venue).

GSLE Key Connection(s): Discover, Connect

GSLE Process(s): Learn by doing, Cooperative learning

Projected Outcome(s): Girls will gain practical life skills, develop critical thinking, promote cooperation and team building, resolve conflicts, advance diversity in a multicultural world, and feel connected to their communities, locally and globally.

Possible Collaboration/Partnerships: Local law enforcement officers, science teachers

Materials/Supplies/Equipment Needed:

Styrofoam plates	Marker	Black permanent-ink pen
Scissors	Wet wipes	Black water soluble pens
Ink pens (one per girl)	Drinking glass	Container of water
Sm note pads (one per girl)	Cocoa	Paper (several sheets)
Chunk of cheese or chocolate	Small soft brush (soft camel hair or fiberglass)	Small glasses
Black stamp pad	Transparent tape	Isopropyl rubbing alcohol
Fingerprint cards (FBI card template)	Light-colored construction paper	Pencils
Clear packing tape	Paper coffee filters	Stapler
		Assorted small items

Volunteers Needed: At least one adult at each activity. Always consult Volunteer Essentials/Safety Wise for required adult/girl ratio. Consider asking local Program Aides to assist with activities.

Conducting Event: Divide participants in to groups; number of groups will depend upon number of participants and activity stations. Some presentations may be done with all groups at once (collaborative/educational presentations, etc). Route groups through activity stations (provide directions on “how” in the schedule/agenda for the day). Time allowance for each station will depend upon the length of your event, number of activities and number of participants. Always have a “filler” activity planned for those who finish an activity early.

Activities:

Telling the Tooth:

Prep/set-up required prior to event:

- 1) Cut styrofoam plates into six equal wedges; cut off 1” from pointed end of wedges. (Need 2 wedges per girl)
- 2) Cut a thick chunk of cheese or chocolate

Activity: Give each girl 2 wedges of styrofoam. Holding the wedges stacked together, girls place the wedges into their mouths as far as possible, bite down firmly and remove. Label the top and bottom wedges “Top Teeth” and “Bottom Teeth”. Have girls study the teeth impressions. Count the number of teeth in the top and bottom impressions. What other characteristics of the impressions do you see? Compare the top teeth impressions with the bottom. Are there teeth missing, spaces, chips, etc?

If possible, have one of the girls bite into the chunk of cheese/chocolate without the others noticing. (If this isn’t possible, then do it before the activity starts and also prepare a set of Styrofoam impressions for use next)

Girls practice being a forensic dentist by trying to identify who took the bite of the cheese/chocolate by comparing the impressions with the bite in the cheese/chocolate.

EVENTS SUITABLE FOR CADETTE (6-8), SENIOR (9-10) AND/OR AMBASSADOR (11-12) LEVELS

CREATIVE COOKING

Basic Description: Under the guidance of professional chefs, girls will plan, shop and prepare a delicious, healthy meal.

Objective: To gain important life skills

Level Suitability: Cadette, Senior, Ambassador

Length of Time: A minimum of 5 to 6 hours

Size of Venue Needed: Venue size depends upon how many girls are allowed or register. (This event is best suited for a small group of no more than 25-30 girls) A full-sized kitchen is necessary.

GSLE Key Connection(s): Discover, Connect,

GSLE Process(s): Girl led, Learn by doing, Cooperative learning

Projected Outcome(s): Girls will develop a strong sense of self, gain practical life skills, develop critical thinking, develop healthy relationships, promote cooperation and team building, resolve conflicts, feel connected to their communities.

Possible Collaboration/Partnerships: Local caterers, dieticians, restaurants/restaurant managers, grocers, farmers

Materials/Supplies/Equipment Needed: This list is primarily dependant upon the menu planned, but the following would be required regardless of menu:

Aprons (1 per girl)
Oven
Pots, pans
Knives

Mixing bowls, utensils
Measuring spoons, cups
Something to tie back or
cover hair

Plastic gloves
Cookbooks/instructional
materials

Volunteers Needed: Always consult Volunteer Essentials/Safety Wise for required adult/girl ratio. Adult drivers will also be needed to transport girls between locations (Even girls with driver's licenses are not allowed to drive themselves or others).

Conducting Event: Begin in the primary location with the educational portion presented by professionals. Girls would then be transported to the local grocery for shopping, then back to the primary location for more instruction and food prep/cooking/dining. If desired, parents could be invited to come at the end of the event and dine with the girls.

Possible Activities:

Careers: Invite different people in food-related careers (caterers, chefs, grocers, waitresses, farmers, etc) to speak to the group about the different careers related to foods.

Cooking 101:

Have girls instructed by professional cooks. Cover safety, how to follow recipes, how to use knives, how to choose fresh produce and meats, planning complete and healthy meals, how to plan for different sized groups, etc. This would also be a good avenue to discuss unhealthy eating habits (fast food, snacks, etc). Under the guidance of the professional facilitator, have girls plan a full menu of foods which they will prepare.

Let's Go Shopping:

Once the menu has been planned, have girls make a shopping list of everything they need to purchase. Discuss shopping on a budget, purchasing name brands vs generic brands, etc. Divide girls into groups of 2 to 5 and divide up the shopping list among the groups. Following Volunteer Essentials/Safety Wise guidelines, have adults transport girls to the local grocery store (It is recommended you contact the store manager well prior to the event to let them know you will be coming). An adult also needs to be in charge of paying for the purchases. Once shopping is done, transport girls back to primary location. (If the season is right and time allows, a visit to a local Farmers' Market would be beneficial)

Let's Cook:

Again under the guidance of the professional facilitator, girls will cook their meal from start to finish. While food is cooking, have additional speakers lined up to speak on topics such as properly setting tables, table manners, clean-up, etc. Have girls prepare the room and tables for dining and decide how the meal will be served (buffet-style, family-style, or plated and served). Divide responsibilities among the group (including clean-up).

Enjoy!:

Participants (and guests, if planned) sit down and enjoy the feast!

Clean-up:

Everyone participates in the clean up. Don't forget sweeping, vacuuming and/or mopping, properly disposing of trash, washing/drying/putting away dishes and equipment.

CAREER CONFERENCE

Basic Description: This event will highlight several career paths which might be of interest.

Objective: To expose girls to a variety of career paths and provide direction for learning about others.

Level Suitability: Seniors, Ambassadors

Length of Time: A minimum of 3 to 4 hours (Dependant upon how many careers are highlighted, whether field visits are planned, etc)

Size of Venue Needed: Dependant upon number of girls

GSLE Key Connection(s): Discover, Connect, Take Action

GSLE Process(s): Learn by doing, Cooperative learning

Projected Outcome(s): Girls will develop a strong sense of self, gain practical life skills, seek challenges in the world, develop critical thinking, develop healthy relationships, advance diversity in a multicultural world, feel connected to their communities, advocate for themselves and others, feel empowered to make a difference in the world.

Possible Collaboration/Partnerships: Business professionals from a variety of careers (media, medical, legal, non-profit, service-oriented, entertainment, retail, fashion, law enforcement etc)

Materials/Supplies/Equipment Needed: Dependant upon activities planned.

Volunteers Needed: Dependant upon activities planned. Always consult Volunteer Essentials/Safety Wise for required adult/girl ratio.

Conducting Event: Dependant upon activities planned. Girls could rotate through sessions with different speakers or speakers could alternate speaking to group. If field visits are planned, adult drivers will be required to transport the girls between locations.

This could be planned as an overnight event where girls stay at a local hotel and are able to swim as an evening activity. In that case a certified lifeguard would be necessary.

Possible Activities: Dependant upon career topics. Consider sessions on resume writing, proper dress for interviews, how to conduct yourself during an interview, etc.

POWER SURGE!

Basic Description: Girls will receive instruction in self-defense and the Martial Arts.

Objective: To empower girls and build self-confidence

Level Suitability: Cadette, Senior, Ambassador

Length of Time: A minimum of 2 to 3 hours

Size of Venue Needed: Dependant upon number of participants. Choose a venue with a large room, with plenty of room to move around.

GSLE Key Connection(s): Discover, Connect, Take Action

GSLE Process(s): Learn by doing, Cooperative learning

Projected Outcome(s): Girls will develop a strong sense of self, gain practical life skills, develop critical thinking, develop healthy relationships, promote cooperation and team building, resolve conflicts, become resourceful problem solvers, advocate for themselves and others.

Possible Collaboration/Partnerships: Local instructors in self-defense and/or Martial Arts, law enforcement officers, professional counselors

Materials/Supplies/Equipment Needed: Dependant upon actual activities.

Volunteers Needed: Dependant upon actual activities. Always consult Volunteer Essentials/Safety Wise for required adult/girl ratio.

Conducting Event: Dependant upon activities planned. Girls could rotate through sessions with different speakers or speakers could alternate speaking to group. If field visits are planned, adult drivers will be required to transport the girls between locations.

Possible Activities: This event could include different sessions that focus on building girls' self-esteem and self-confidence. Topics could include peer pressure, relationship violence, basic self defense techniques, stress, yoga, etc.

FLOWER CHILD

Basic Description: Girls will be transported back in time to the “groovy” 1960’s – 1970’s.

Objective: To have fun and bond with friends.

Level Suitability: Cadettes, Seniors, Ambassadors

Length of Time: A minimum of 2 to 3 hours (This event lends itself well to an overnight or lock-in)

Size of Venue Needed: Dependant upon number of participants. A large venue with room to move.

GSLE Key Connection(s): Connect

GSLE Process(s): Learn by doing, Cooperative learning

Projected Outcome(s): Girls will develop healthy relationships, promote cooperation and team building, advance diversity in a multicultural world.

Possible Collaboration/Partnerships:

Materials/Supplies/Equipment Needed: Items needed is dependant upon the activities planned, but include:

Items to tie-dye (t-shirts, totes, bandanas, etc)

Paints

Heavy plastic (to cover tables, floors)

Bowls or pans for tie-dying

Misc items representative of the era (Smiley face jewelry, peace symbols, paper flowers, bandanas, large tinted glasses, beaded anything)

Volunteers Needed: Dependant upon actual activities. Always consult Volunteer Essentials/Safety Wise for required adult/girl ratio.

Conducting Event: Dependant upon activities planned. Girls should rotate through and participant in all activities. Foods/snacks should be things that were popular during this era.

Possible Activities:

Tie-dying (shirts, totes, etc)

Playing game from the era (Research online)

Listening to music from the era (Research online)

Creating macramé

Making beaded jewelry