

BETTY'S JOURNEY

A COLLECTION OF INSPIRING
EVENTS & ACTIVITIES



#GETONBOARDWITHGIRLGUIDINGMIDLANDS



Thank you for taking part in Betty's Journey

The tour of the Region by Betty Bus is a fantastic way to showcase what Girlguiding can offer to girls, young women and volunteers. We now want her journey to continue using this activity pack, which is aimed at all sections to accelerate our growth alongside doing our bit for the environment. Don't forget, all members can gain a badge by taking part in these exciting activities - please share them on social media and with the Region office. Let's keep Betty moving along by growing our membership and helping our environment.

Clare Shinton

Chief Commissioner

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1) HINTS & TIPS TO MAXIMISE GROWTH

Social Media (Facebook, Twitter, Instagram)

Social media is a great way to quickly and easily communicate. It's current, happening in the here and now but most importantly it's mostly free. Before you begin please ensure you're familiar with our policies and procedures, including our guidelines on how to use our brand (girlguiding.org.uk).

As you may know Facebook is the biggest social networking site in the world. It allows you to have a personal page or profile, post updates and share links, add friends and communicate through comments and messages.

Why not start by setting up your own closed Facebook group for your unit and also look to engage with local community groups to extend your reach?

Betty Bus gives us all such compelling content to use and we've explored some more creative ideas to get you started:

1) **Word association games** - get conversations going to increase engagement. Start with Betty and see where it leads it you...

2) **Use hashtags to extend your reach** - especially Betty's own
#Getonboardwithgirlguidingmidlands #Betty #throwbackthursday
#Community #Sustainableguiding

3) **Show that we're a fun, diverse UK wide movement** - use photos and video content to grab attention as people flick through.

For example:

- Photo competitions - best photo on the day when Betty Bus visited your area. Ensure the correct photo permissions are in place of course.
- Video contest - shake it up a bit and get creative.
- Caption competition - has endless possibilities and people just love to join in and share a moment of fame.

4) **Instagram stories** - little 24-hour scrapbooks for your account where you can add pictures, video, text, stickers, and other special effects throughout the day. These are hugely popular, you can be spontaneous and creative without worrying about perfection. But please remember branding and photo permissions.

**The opportunities are endless, get started today and have some creative fun.
Stay safe online, check out our Digital Safeguarding policy
Girlguiding.org.uk**

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Reach Out and Engage with your Local Community

Visibility is key to ensuring that you raise your profile locally, resonate with the local community and become the leisure activity of choice for young girls and women.

Here's a few suggestions from Team Betty:

Advertise your unit:

- Put posters in prominent places locally, using recycled paper where possible. Cafes, shops, library, Village Hall / Community Centre etc are all good places to grab attention. Consider how your poster will make an impact, they can get lost with all the others that soon appear. Try using a border, bright coloured flowerheads glued to the paper, anything that jumps out from the wall.
- Advertising Girlguiding on menus in local restaurants.
- Article in community / parish or village magazines.
- Leaflet drop to local housing, particularly new developments. Take the whole unit out for a walk wearing full uniform, drop leaflets into houses and create a really strong visual presence.
- Set a trail and take your unit out to follow it. Be seen out and about enjoying activities. This captures attention and can even be related to something happening in the calendar or locally, such as a pumpkin trail at Halloween or tennis balls during the next Wimbledon fortnight.

Networking:

Talking and actively engaging with people is one of the most powerful ways of sharing our messages. You could do some of the following:

- Hold an event at your local school / college / university - who can pitch a tent the fastest, have a s'more tasting event....
- Look for opportunities to speak about Girlguiding at a local function.
- Wear your uniform to school / to work.
- Deliver random pots of kindness to your unit meeting place neighbours - little surprise gifts, all with a little Girlguiding note and how to join. Could be a spring flower, an Easter egg or just a Friday night bar of chocolate.

Create some noise and fundraise at the same time:

- Hold a treadmill relay race/row/cycle/danceathon.
- Recycle ink cartridges.
- Cake sale plus- have flyers and info to hand out with contacts etc.
- Tie-dye event - create your own t-shirt. Charge an entrance fee and people can create their own designs. You could also ask a local artist to create custom pieces to sell.

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2) FUN ACTIVITIES TO EARN YOUR BETTY BUS BADGE

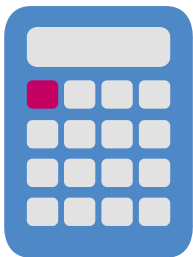
Betty has travelled hundreds of miles through the Midlands and we have a unique opportunity to collectively offset some of these miles. Here are some suggestions to work towards offsetting our carbon footprint.

Build these into your plan for the term, have some fun and earn a Betty Bus badge. There are no entry requirements, do as many or as few as you have time for. Look out later for some specific activities which are aligned to our programme, which can count towards those Unit Meeting Activity minutes or Skill Builders.

Understanding what our Carbon Footprint is and how we can all work towards offsetting it.

Create a carbon footprint calculator & make your pledge

A quick and easy activity to do as part of a group discussion. This allows units to introduce the initiative and also encourages us all to make smarter choices.



Simply choose a range of activities and record everyone's preference. For example reading a book scores 1 while watching TV scores 2, having a shower scores 1 but having a bath scores 2. Once you've chosen your activities, ask the girls to record their choices and the higher the score the worse carbon footprint they have.

Once you've identified your carbon footprint it's time to make your pledge to reduce it !

Paint everyone's foot with brightly coloured water based paint, stamp them on to a large board or piece of paper and have a discussion on how you intend to make your reductions. Everyone signs the board next to their commitment and makes it visible for all to see in the unit.



Some good ideas to use to reduce yours:

Carpool to meetings, turn off the lights, don't waste water, ride your bike / scooter to meetings, recycle and reuse all your unit meeting paper, turn off your laptop, have a unit composting evening, use re-usable pouches for unit meeting snacks, grow some fruit & make jam, eat less meat, reuse carrier bags....and lots, lots more.

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Experiment with science to understand climate change

Create weather in a bottle:

- Fill a plastic bottle 3/4 full with water. Add a drop of washing up liquid, then replace the lid tightly. Leave it to stand for 10-15 minutes. Hold the bottle top and give the bottle a swirl, turning from the wrist. Stand the bottle upright. You've created a tornado!
- Fill a bucket with ice and place a bottle of water inside. Add 6 tablespoons of salt and top up the bucket with water. Leave it for 30 minutes. Carefully remove the bottled water and pour it into a glass. Place an ice cube from the freezer on top of the water in the glass and watch as it freezes instantly!

Plastic Bottle Bird Feeder



Brilliant for the environment in more ways than one, this is perfect for attracting wildlife to your garden.

You will need:

- A large drinks bottle (ours is a tonic water bottle)
- 2 wooden spoons or spatulas
- Birdseed
- String
- Small eye screw
- Craft knife

Using the craft knife cut two holes at opposite sides of the bottle, about a third of the way up. The holes should be big enough to slide a spoon/spatula through so it sits snugly.

Then slide one of the spatulas (or spoons) through both holes so it comes out the other side. The bowl of the spoon should be up against the side of the bottle.

Make the hole where the bowl of the spoon (or wide part of the spatula) is located a bit taller, like a narrow arch - enough so that some seed will spill out onto the wood. (Don't make it too wide though, or the seed will go everywhere!).

Repeat above with two more holes about two thirds of the way up the bottle. Locate them so that the wooden spoons will cross at right angles. Fill the bottle with birdseed.

Screw the eye screw into the bottle lid, then screw the lid onto the bottle. Attach the string to the eye of the screw and ta-da - your bird feeder is ready to hang!

Homemade Gifts

Why not fill an old jam jar with cake mix or create handmade decorations for festivities from old clothes, paper and other recycled materials. Here's a selection of other gifts all made from recycled materials:



Plastic Bottle Pom Pom Catchers

These are so much fun they're addictive. Make them at camp or save 20 mins at a unit meeting then have a challenge to find the winner!

You will need:

- A large plastic bottle (2 litres ideally)
- Wool + a woollen pom pom
- Craft knife, scissors, decorative tape or felt

Cut off the bottom half of the bottle. Take the top half and decorate the cut edge with tape or felt. Tie a length of string or wool to the pom pom and tie the other end to the neck of the bottle (just under the lid). And you're done, enjoy!

Blossom Printing

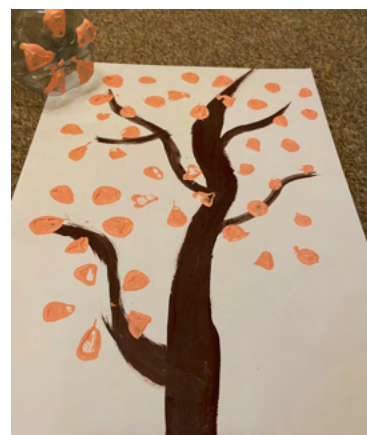
Using the petal shapes from the bottom of a plastic bottle create some blossom.

You will need:

- A large plastic bottle base as shown in the picture
- Paints

Paint a tree trunk onto your paper. Choose a paint colour for your blossom and pour it onto an old plate or plastic tray.

Dip the end in the paint and print.



A Plastic Bottle Octopus



Our younger members will really enjoy making these sea creatures. Let them choose the colours and decorations to encourage creativity.

You will need

- 1 empty plastic bottle
- Craft knife, scissors
- Poster paint
- Decorations for the top
- PVA glue
- Black permanent marker

Cut off the bottom of the water bottle. Paint the rest of the bottle. When the paint is dry, cut 8 strips in the bottle as shown in the picture. Start at the bottom and go up to about 8cm from the top, just leaving enough room for the head. Add a ribbon, bow or other decorations. Draw on the features with the marker pen.

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A Cute Cat Planter



Creating planters out of old plastic bottles is a really attractive addition to your garden. They brighten up a dark corner and help the environment by recycling materials.

You will need:

- A large plastic bottle, with a flower shaped base
- White poster paint
- Black & pink permanent markers
- Gravel
- Craft knife & scissors

Use the marker pen to mark out the top of the planter, leaving the cat's ears on the bottle. Don't forget to leave room for a small plant, ideally about 12cm from the base to the tips of the ears.

Use a craft knife to make the first incision in the bottle, then using the scissors cut around your marked shape. Don't snip off the ears. It's now time to paint the bottle. You may need up to three layers to ensure a good coverage and leave plenty of drying time.

Once painted add all the face details with permanent markers.

When planting up, pop a couple of drainage holes in the base with your craft knife and fill a layer of gravel in the bottom. Plant up with your favourite plant and enjoy!

Pretty Plastic Bottle Flowers

Create some cheery & bright flowers to brighten the girls' rooms.

You will need:

- 1 empty plastic bottle with lid
- Scrap paper
- Poster paint
- Decorative tape
- Coloured sticky dots
- Craft knife, scissors, PVA glue
- Sand, soil and pebbles
- Drinking straw or twig



Remove the bottle lid and put to one side. Cut the water bottle in half, put the bottom half of the bottle aside. Paint the top of the water bottle. You may need to allow up to three coats to get it looking perfect.

Once the bottle is dry, cut slits, about 2.5cm wide, in the top half of the bottle. You should end up with about eight 'petals'. Bend the petals outward. Add decorations, we used colourful sticky dots.

Screw the lid back on the bottle, then squeeze some PVA glue into the inside of the lid and insert the straw or twig into the glue. Screw up the bottle label (or scrap paper) and wad it into the lid to surround the straw. Use the decorative tape around the edge of the bottom half of the bottle. Put some sand or soil into the bottom half of the bottle and pack it down a bit.

Insert the bottom end of the straw into it and add some pebbles or stones on top of the sand to help stabilize the straw.

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An Apple Gift Box



Looking for a creative way to pack up a present for a teacher at the end of term? An apple couldn't be more traditional.

You will need:

- 2 plastic drinking bottles with bottoms that look like apples (the size doesn't matter so long as they are the same size)
- 1 twig
- Red & green felt or tissue paper
- Green card or an old greetings card
- Any left over decorations or a flower from a greetings card
- Craft knife, scissors, PVA Glue

Cut the bottoms off the two plastic bottles using the craft knife to make the first cut. Use the scissors to trim the bottles to the right height. Cut the twig so it's about 3 cm long.

Use the craft knife to make a cross-shaped cut in the bottom of one of the bottles, then push the twig through (it should be held firmly in place, but if not, use a little glue).

Wrap your gift or treats in the felt or tissue paper and arrange inside the bottom of the bottle without the twig (try to make it approximately apple shaped as pictured). If the two bottles are exactly the same size, cut a couple of small 2cm long slits into opposite sides of the bottle with the twig in it. (This will make it easier to slide it inside the other bottle.) Slide the bottle with the twig inside the other bottle to create the box. Cut the green card into leaf shapes and glue them on.

Add finishing touches with any extra decorations - we added a flower.

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There are many other ways you can focus on the environment too:

- Why not commit to fundraise and agree to plant x number of trees with your unit...an excellent PR activity and great to raise the visibility of Girlguiding locally.
- Buddy up travelling to your unit - encourage car sharing or group walking.
- Also, encourage everyone to try out Ecosia, an internet search engine, which commits to planting trees, particularly in areas of deforestation.

Watch out later this month for a potential initiative with a leading environmental charity....more news soon

3) ALIGNING BETTY'S JOURNEY TO OUR PROGRAMME

There are oodles of Unit Meeting Activities, Skills Builders and Interest Badges across all sections, but particularly relevant are "Have Adventures" & "Take Action".

Some great examples include:

Rainbows

Unit Meeting Activities: Tree-mendous Senses, Birdie Builders, Trails and Trackers, A Race Against Time, Stop that Leak, Mascot Maker, All My Friends

Skill Builders: Growing Cups of Kindness, Charity Challenges, Care About My Cause

Interest Badges: Helper, Recycling, Nature

Brownies

Unit Meeting Activities: All Creatures Great & Small, Blow Us Away, Charity Choices, Unfantastic Plastic, Insect Invaders, Local Munch, Trash Fashion

Skill Builders: Impact-O-Meter, Environmental Detectives, StART Making Change, Believe it or Not

Interest Badges: Charities, Speaking Out, Grow Your Own

Guides

Unit Meeting Activities: Carbon Calculator, Packaging Puzzle, Recycle Revival

Skill Builders: Big Changes Start With Small Steps, Testing Out Tactics, Wear Your Heart on Your Sleeve

Interest Badges: Natural Remedies, Conscious Consumer, Upcycling

Rangers

Unit Meeting Activities: Tote-ally-Tee, Wonky Munch, Sow it Grow it, Fuels of the Future, Our Choices our Voices, Palm Oil Protest

Skill Builders: Leave Only Footprints, Fight the Cause, Flameless Food, Mend Reuse Recycle Upcycle

Interest Badges: Protesting



ORDER YOUR LIMITED EDITION BETTY BUS BADGE TODAY



Limited Edition Betty Bus Badge

There are two ways to pay, complete this form

1) Make your cheque payable to "The Guide Association Midlands - Events" and send to, 21 Lower Church Street, Ashby de la Zouch, Leicestershire, LE65 1AB

2) Password protect the form using the word **Badges** and email it with "BADGE ORDER" in the subject line of your email, to: midlands.headoffice@girlguiding-midlands.org.uk

Payment may be made online to Lloyds Bank (if using a personal account, you must be sure that your unit has sufficient funds to reimburse you).

Sort code 30-92-15 - Account number 19655768

Account Name GUIDE ASSOC MIDS EVENTS

Quote Reference **Leader's membership number** so we can match payment to this form

Your Name	
Address for Delivery	
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Contact Number	
Membership Number	
Unit name	
Section	
Pledge	

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Confirm Payment receipt	Cheque Number	Bacs Transaction date	
Initials		Updated August 2022	

Betty Bus Badges		£1 Each
Number Required:		
Total		£
Add required amount for postage		
Single badge		0.50p
5-50 badges		£1.00
51 - 99 badges		£1.50
100 - 150 badges		£2.00
TOTAL (badges & postage)		£

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We hope that you enjoy using these activities in your units. From an Equality, Diversity and Inclusion viewpoint we are aware that we haven't made any adjustments to the activities. As there are so many aspects of diversity and inclusion, we would be unable to include them all, but we hope that you will consider how you can adapt them appropriately to suit the needs of individual girls whether it be a physical disability, a communication issue such as autism, a medical condition or a religious or cultural adjustment.

If you require further advice or support, please contact Midlands Region Diversity & Inclusion Team: inclusion@girlguiding-midlands.org.uk

A sincere thank you to all the Betty Bus team who have contributed their experience, commitment and laughter to this project.
A unique experience.

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