



Welcome to

Smile!

The Programme

Girlguiding Midlands is holding an amazing weekend full of incredible activities for you to take part in online - either as a unit or as an individual - and all of the programme details are in this booklet.

Our weekend's theme is **Smile!** and to celebrate **World Thinking Day**, we have an **international** flavour so you can be learning more about other countries and guiding around the world while taking part in fun activities and challenges.

- ★ Welcome!: **Saturday 20 February 2021 10:00am**
- ★ Virtual Campfire: **Sunday 21 February 2021 at 3:30pm**
- ★ Promise Renewal: **Monday 22 February 2021 at 6:00pm**

All sessions will be streamed via the **Girlguiding Midlands Facebook page @GirlguidingMidlands** and available to watch after the event too - *more details on the 'What's Happening' pages inside!* - and, if you are not able to watch online, there are still lots of **activity ideas** here for you to use at home or in your unit meetings!

Smile! - The Programme

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★ 'The Programme' is the information you will need to plan how you and your guiding groups will join the event over the Thinking Day weekend.

Also look out for:

- ★ 'The Booklet' with more details about session providers and resource lists
- ★ 'The Songbook' so everyone can join in the Campfire and, of course,
- ★ 'The Badge Order Form' which will be published ASAP!

SMILE!

Sleep somewhere different
or in the style of a different
country.

Make music or a craft from
another country

Imagine you are an explorer,
where would you go?

Learn a dance from another
country or learn about the
animals around the world

Experience the culture of a
country by trying the food or
finding out more about it

Finally, living our promise,
do a good turn to make
someone **SMILE!**

What's
happening on
Saturday 20
February?

Saturday

SESSION	START	END	WHO FOR? ★
Opening & Welcome	10:00	10:15	    
Navy Explorer	10:15	10:45	  
Laughing Yoga	10:45	10:55	    
African Drumming	11:00	11:50	    
Lippan Art	12:00	12:30	  
Zumba Dance Fitness	12:30	12:45	   
Irish Dance	13:00	13:45	  
Creepy Crawlies	14:00	14:30	    
Line Dancing	14:30	15:00	   
Crafts for Rainbows & Brownies	15:00	15:45	 
Hedgehog Care	15:00	15:25	    
Crafts for Guides & Rangers	16:00	16:45	 
Indian Cookery	17:00	17:30	    
Storyteller	17:30	18:00	 
#LeadOutLoud - JLS 2019	18:00	18:15	 
Growth - WAGGGS Academy 2020	18:15	18:30	 
Crafts for Adults	18:30	19:15	 

★ All of our sessions are open to all ages and everyone is welcome to join if they are interested; this is just an indication of the target age range of the content.

What's
happening on
Sunday 21
February?

Sunday

SESSION	START	END	WHO FOR? ★
Yoga for Girls	9:30	9:50	  
Yoga for Adults	9:50	10:15	  
Bollywood Dance	10:15	10:40	  
Chocolate Pizza Workshop	10:45	11:15	   
Bollywood Dance Workshop	11:30	11:55	  
Army Explorer	12:00	12:30	   
Haka Tribal Dance	12:30	12:45	   
Animal Movement	12:45	13:00	 
Reptile Showcase	13:00	13:25	  
Astronaut Experience	13:30	14:15	  
Irish Dance Demonstration	14:15	15:00	  
Campfire!	15:30	16:00	    

All sessions will be streamed via the **Girlguiding Midlands Facebook page** - **@GirlguidingMidlands** - and there will be sessions for all interests and all ages, from Rainbows to Trefoil Guild and everyone in between!

The videos will be available on **YouTube** for a week or so after the event and, if you are not able to watch online, you can still be part of the challenge and get your badge by completing the activity ideas at home!

★ All of our sessions are open to all ages and everyone is welcome to join; this is just an indication of the target age range of the content.

Sleep

Sleep somewhere different or in the style of a different country. Here are a few suggestions for you.



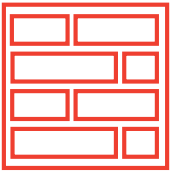
Siestas - This is a Spanish tradition of having an afternoon nap and dates back thousands of years. It is believed that it gave farmers the opportunity to rest and restore energy in hot climates and is widely practiced in Spain, Italy and other European Countries. The people use the pause at mid-day as an opportunity to go home, eat lunch with the family and nap.



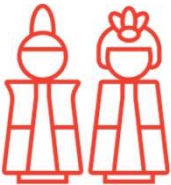
Meditation or Yoga - In Mexico, meditation is common before bedtime. Unlike watching TV or using electronic devices the quietness can help induce sleep. Yoga is practiced in many countries to relax and unwind, and think about our breathing and bodies.



Sleep in a Hammock - In South and Central America, hammocks are a common way of sleeping dating back over 700 years. It is believed this originated to keep people safe from small animals and insects in ancient times.



Sleep on the Floor - The Japanese sleep on thin mattresses on the floor over a tatami mat, made of rice straw and woven with soft rush grass.



Worry Dolls - The people of Guatemala create worry dolls to help them sleep. The dolls are dressed in traditional Mayan costumes and the idea is to tell the dolls your worries, put the doll under your pillow and sleep soundly.

Ideas for you to try:



Join our storytelling session online



Try yoga or laughter yoga, join in the sessions

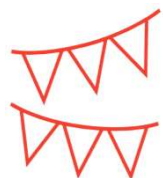


Sleep somewhere different

Find out about sleep in another country



Make a worry doll or listen to a bedtime story before you go to bed



Make the flag of your chosen country, or some bunting, and decorate your sleeping area

Make

Make music or a craft
from another country!

We will have **three** amazing craft sessions over the weekend, something for everyone! Each session will have three different crafts from the World Centres - Sangam, Our Cabana, Pax Lodge, Our Chalet and Kusafiri - and a Peace themed craft in recognition of the WAGGGS World Thinking Day theme.

You will need scissors and a glue stick for all of the sessions; you will find a list of the other resources in the Smile! Booklet along with details of all of the sessions.

Ideas for you to try:

- ★ Take part in one of our virtual craft sessions
- ★ Create a different craft from anywhere in the World, find out about that Country
- ★ Listen to different kinds of music from around the world
- ★ Take part or listen to the African drumming session
- ★ Make your own music, improvise for instruments using items in the home, you could try recording it



- ★ The WAGGGS World Thinking Day topic this year is **Stand Together for Peace** - what ideas do you have for crafts to celebrate the three themes of **Stand Up, Stand Strong and Stand Together?**

For Rainbows and Brownies

- ✧ Rangoli Doily (India - Sangam)
- ✧ Cacti (Mexico - Our Cabana)
- ✧ Zentangle Kusafari Logo (Africa)
- ✧ Peace Flags (WAGGGS WTD)

For Guides and Rangers

- ✧ Milk Bottle Elephants (India Or Africa - Sangam/Kusafari)
- ✧ Telephone Box Pen Tidy (England - Pax Lodge)
- ✧ Butterflies (Mexico - Our Cabana)
- ✧ Peace Doves (WAGGGS WTD)

For All Adults

- ✧ Straws Weaving (Mexico - Our Cabana)
- ✧ Victorian Paper Pricking (England - Pax Lodge)
- ✧ Edelweiss Clip (Switzerland - Our Chalet)
- ✧ Rainbow Iris Folded Card (WAGGGS WTD)

Imagine

Imagine you are an explorer, where would you go?

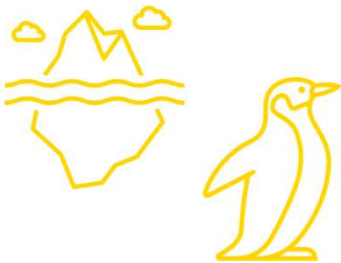
Ideas for you to try:



There are so many places you could explore in the world!



from the hot dry Sahara Desert in Africa or the Gobi Desert in China



to the cold frozen areas within Antarctica.



If there is no-where on Earth that you would like to explore, then how about Space?



Listen to one of our speakers talking about their adventures



Think about packing your bag for that adventure, what would you need?



Make a video of an adventure using models or computer graphics



Draw a picture, make a poster or write a story showing somewhere you would like to explore



What else could you imagine doing?

Learn

Learn a dance from another country or learn about the animals around the world.



Music and dance can often be associated with different areas of the world. They are often performed wearing certain clothes or traditional costume.

Below are some examples, find out about others.



Switzerland: Traditional Folk

China: Dragon Dance

Brazil: Samba

Cuba: Salsa

Russia: Ballet

Argentina: Tango

Japanese: Kabuki

Austria: Viennese Waltz



Learn about animals and where they originate from around the world.

We have 3 sessions for you to explore over the weekend;

Reptiles & Rodents

Creepy Crawlies

Prickles Hedgehogs



Hedgehogs are starting to wake from hibernation. They are commonly found in the UK but are also found throughout the world.

They are currently a species in decline in the UK but we can all do something to help them.

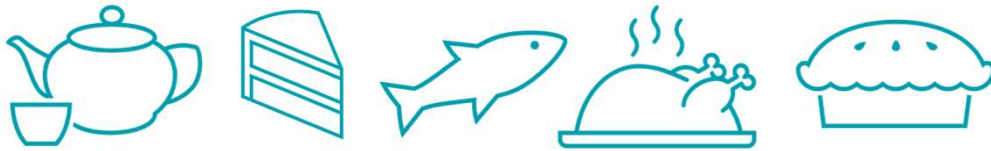
Maybe this could be linked to your good turn?

Ideas for you to try:

- Watch a dance online and have a go at the moves (or make up your own dance)
- Take part in a unit Strictly Come Dancing event and share your moves with your unit
- Find out about dancing that is associated with England, Ireland, Scotland and Wales.
- Find out about the Chinese Dragon dance performed at New Year. (You could link with Chinese new year activities in 12 Ways to Celebrate)

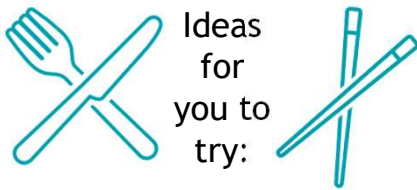
Experience

An important part of experiencing a culture is tasting the food! Many countries have food styles, dishes or types of food associated with them.



England is well known for Afternoon Tea, Fish & Chips, Roast Dinners with Yorkshire Puddings or Steak & Kidney Pie.
What about other countries?

Experience the culture of a country by trying the food or finding out more about it.



Ideas for you to try:

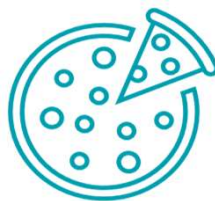
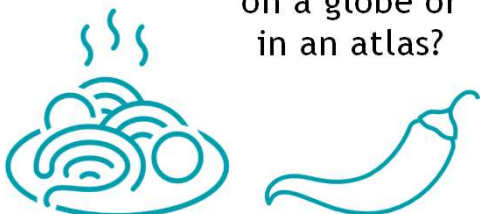


Watch and take part in an online cookery session to create a dish from another country



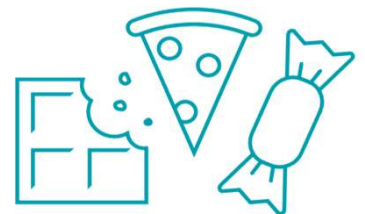
Taste foods from around the world or find out where our food comes from - you might be surprised at the range of food available in the UK.

Can you find all the places on a globe or in an atlas?



Make your own pizza and create your toppings, find out the most popular in your unit

Try a chocolate pizza; learn how to make one in our online workshop



Smile!

Live your
promise;
do a good turn
to make
someone smile.

Everyone smiles in the same
language.



Be the reason someone
smiles today.



If you see someone without
a smile, give them one of
yours.



A smile is a curve that sets
everything straight.



A smile doesn't always mean
you're happy, sometimes it
means you are strong.



Never regret anything that
made you smile.



- ★ Finally, as we think about our Guiding & Scouting friends around the world, on World Thinking Day, we remember our own promise, 'to do a good turn every day'.
- ★ We would like everyone to do a good turn to make someone smile.
- ★ There are lots of things you could do, from
 - ✧ helping out at home,
 - ✧ supporting a neighbour,
 - ✧ sending a card to someone who is on their own
 - ✧ or collecting pennies for the World Thinking Day Fund
- ★ You can choose what you would like to do to make someone smile
- ★ We would love it if you share your good turn on social media using **#GGMidsShareASmile** so we can see all the positivity you are spreading!

This is great practice ahead of the Region Share-A-Smile campaign which will launch on 1 March 2021; look out for details of how you can take part and where to get your badges!



Thinking Day

Promise

Renewal



Join us online for a fantastic region wide, World Thinking Day promise renewal!

Monday
22 February 2021
6:00pm

[for approx. 30 minutes]

This will be a chance for **every member** of Girlguiding Midlands to be together online, hosted by **Chief Commissioner Clare Shinton**, who will lead each section through the renewal of their promise.

To be ready to be part of this event, you should 'like' the **Girlguiding Midlands Facebook page** as soon as possible - **@GirlguidingMidlands**

There will be more information shared on the Region Facebook page, via the e-Newsletter and on the Region website in February 2021:

www.girlguiding-midlands.org.uk

We'll also be posting tips about how you can watch individually or 'virtually together' as a unit so keep checking back!

Our Promise links us to other Girlguiding members and the ten million people involved in guiding across the world.

Although we may have different languages, cultures and beliefs, each member makes a commitment to do her best, to be an active citizen of her community and the wider world, to help others and to develop her spiritual side. These themes run through everything we do.

Our inclusive Promise for all is a shared commitment for every member - from all faiths or none. This unity is what makes guiding so special.

All Girlguiding members are invited to make the same Promise:

"I promise that I will do my best, to be true to myself and develop my beliefs, to serve the Queen and my community, to help other people and to keep the (Brownie) Guide Law."

With a shorter version just for Rainbows:

"I promise that I will do my best to think about my beliefs and to be kind and helpful."