Brownies

Six-week flexible programme plan - example

This programme plan is written to be delivered through a blended offer. This is where you make guiding work for you and your unit. This could be through how often you meet, how long, and in what way. In this example plan, the unit meets virtually once every three weeks (for a slightly longer time than a typical unit meeting), with one activity sent home for the girls to complete in the other weeks.

Some of these programme activities can be found on our website at [Adventures at home](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/), but you should use the programme resources you have available as well.

Check out our [adaptation suggestions](https://www.girlguiding.org.uk/information-for-volunteers/programme-and-activities/planning-your-programme/adapting-programme-activities/) on our website to help you adapt a range of programme activities.

These examples are suggestions only. If you’re using a digital platform that puts a time limit on calls, you might need to edit, amend or delete some information to make the plan work for your unit.

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| **Things to do before starting a virtual meeting** |
| [ ] [Receive consent forms from all girls](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/online-guiding-and-virtual-unit-meetings/safe-online-guiding/)[ ] [Check your meeting meets safeguarding rules](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/online-guiding-and-virtual-unit-meetings/safe-online-guiding/) – for example, the right number of adults[ ] Send out the meeting link for girls to join in[ ] Decide on a platform that will work best for you and your unit. Check the terms and conditions, including age requirements, as many are changing their features regularly.[ ] Discuss the plans with your leadership team, and decide who’ll lead each part of the meeting. Also think about who will monitor the chat function and waiting room.[ ] Make sure you’re in [a suitable space](https://www.girlguiding.org.uk/making-guiding-happen/policies/digital-safeguarding-policy/digital-safeguarding-procedures/), and that your internet connection, sound and video work |

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| Week commencing | Activities planned | Time | Themes covered  |
| Week 1\_\_/\_\_/\_\_Virtual meeting | **Welcome and meeting rules** Spend some time welcoming girls back. What’s one thing they want to tell the group?Create some meeting rules with the girls. For example, try not to speak over each other. Make sure the girls know how to use your online platform.Speak to the girls about how Brownies is going to run over the next few weeks and what they can expect. | 10 mins5 mins | **Themes:**Know Myself □Express Myself □ Be Well □Have Adventures □Take Action □Skills For My Future □(Tick themes as appropriate) |
| **Virtual activity suggestions****Ice breaker**[Higher or lower](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/virtual-games/) virtual game.**Main activity:**[Pop-up cards](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/pop-up-cards.pdf) 3D craft and design unit meeting activity, Express Myself | 10 mins45 mins |
| **Wrap up**[What’s in my bag](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/virtual-games/) virtual game.Speak to girls about the activity you’re sending home (see week 2). Let them know whether they need to bring it to the next virtual meeting. | 10 mins5 mins |
| Week 2\_\_/\_\_/\_\_Activity at home | **Activity to be done at home**[Storytime stars](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/monthly-challenge-and-activities/) Brownie challenge.Send the girls the [Storytime stars challenge sheet](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/brownies-challenge-stargazing.pdf). |  | Know Myself □Express Myself □ Be Well □Have Adventures □Take Action □Skills For My Future □(Tick themes as appropriate) |
| Week 3\_\_/\_\_/\_\_No meeting |  |  |  |
| Week 4\_\_/\_\_/\_\_Virtual meeting | **Welcome and meeting rules** Spend some time welcoming girls back – girls could show the activity they completed at home.Remind girls of the meeting rules set out previously.  | 10 mins | Know Myself □Express Myself □ Be Well □Have Adventures □Take Action □Skills For My Future □(Tick themes as appropriate) |
| **Virtual activity suggestions****Ice breaker or:**[Picture perfect](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/virtual-games/) virtual game.**Main activity:**[Impact-o-meter](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/brownies_impact-o-meter.pdf) Make change skills builder, Take Action. | 10 mins60 mins |
| **Wrap up**[Guess who?](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/virtual-games/) virtual game.Speak to girls about the activity you’re sending home. Let them know whether they need to bring it to the next virtual meeting. | 10 mins5 mins |
| Week 5\_\_/\_\_/\_\_Activity at home | **Activity to be done at home** [Fizzy flying](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-7-10/activity-videos/) Out of this world unit meeting video, Have Adventures.Send the girls the activity video for them to complete at home over the next two weeks. Remind them that they’ll need adult supervision to complete this.  |  | Know Myself □Express Myself □ Be Well □Have Adventures □Take Action □Skills For My Future □(Tick themes as appropriate) |
| Week 6\_\_/\_\_/\_\_No meeting |  |  |  |

There’s a wide range of activities you could send the girls to complete at home. For example, you could use our Brownie challenges or How-to videos. You could also set three challenges for them to complete. For example, a treasure hunt, a mind puzzle and to keep a happiness diary for a week. Check out our social channels for more suggestions of quick activity ideas!