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| **Week commencing**   | **Activities planned**  | **Timings** **(mins)**  | **Resource level**  | **Themes covered**  | **Total hours completed**  |
| **Week 1**14/09 | **Welcome**Welcome back returning Guides and introduce newcomers. Explain the meeting rules and run through toilets and fire exits. Ask Guides if there are any they’d like to add or change. |  10 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Icebreaker**Play a getting to know you game to learn everyone’s names. Hello my fabulous friend – UMA, pack 3, Know myself | 10 | None  |
| **Main activity**K is for kindness – UMA, pack 2, Take action | 30 |  Low |
| **Wrap up**Ask Guides what they liked most about their first meeting. Ask each patrol to come up with one idea for the types of activities they’d like to do this term. Share ideas with the unit.  |  10 |  None |
| **Week 2**21/09 | **Welcome**Remind girls of rules, split into patrols to see if there’s any new rules each patrol would like to add. Encourage each patrol to have their own rule to add. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Main activity**Surfs up – UMA, pack 7, Be wellHELP – UMA, pack 1, Have adventures |  3015 |  NoneNone |
| **Wrap up**Give the girls a choice of different UMAs for an upcoming meeting. Decide together which you’d like to run. You could ask girls to vote or for each patrol to pick a UMA that they’d like to do this term. You can work each UMA chosen into your term plan. |  5 |  None |
| **Week 3**28/09  | **Welcome**Welcome everyone and ask the unit what their favourite thing was about the past 2 unit meetings. Tell Guides they will be choosing their activity this week. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Icebreaker**Play your unit's favourite game. Ask the returning Guides to teach new Guides how to play. |  10 |  None/Low |
| **Main activity**(dependent on Guides choice)Stor-elay, UMA, pack 2, Express myself**OR**Particularly peckish penguins, UMA pack 8, Know myself |  3030 |  LowMedium |
| **Wrap up**Ask girls which Skills builder they would like to focus on this term. What skills do they think are the most important? Give them a choice of the skills builders in your collection. |  5 |  None |
| **Week 4**05/10 | **Welcome**Welcome everyone in, remind Guides of the meeting rules. Ask girls if they know what the Guide law and promise are. Introduce the Guide law and promise. |  5 | None   | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Icebreaker**Choose and play a [5-minute filler](https://girlguiding.foleon.com/guiding-magazine/guiding-winter-2022/5-minute-fillers). Each week you could ask a different patrol to choose the icebreaker and then run it. You could write them up on cards for the girls to look through. |  5 | None/low |
| **Main activity**Activity about the Guide law:Directors cut, UMA, pack 5, Know myself |  45 |  Low |
| **Wrap up**Clear up and say goodbyes. Ask girls if there are any special ways they’d like to do their promise. Ask girls to get into Patrols and come up with 3 fun places/ways they could make their promise. For example, it could be around the campfire, on a Guide camp, on a trip, during a sporting activity. Make room for girls to ask questions about the Gudie promise and law. |  10 |  None |
|  **Week 5**12/10  | **Welcome**Welcome everyone and remind them of the meeting rules.8 |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Icebreaker**Ask girls if they have any new games they want to share with the group. Play one. |  5 |  None |
| **Main activity**Take a vote, Skills builder, stage 4, Skills for my futureBlack hole breakout, UMA, pack 7, Have adventure |  3015 |  LowNone |
| **Wrap up**Spend some time talking about different opportunities available to girls outside of guiding. There could be things in your local area that present leadership opportunities, volunteering or sports and clubs. Ask girls to write questions on sticky notes and to put them up on the wall. Answer what you can and bring the answers you don’t know the following week. Clear up and say goodbyes. |  10 |  None |
|  **Week 6**19/10 | **Welcome**Welcome everyone and remind them of the meeting rules. Go around the group and ask everyone to share one fun thing they’re looking forward to this term at Guides. |  10 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Icebreaker**Balloon frenzy – UMA, pack 10, know myself | 10 | Low  |
| **Main activity**Chain reaction, Skills builder, stage 4, Skills for my future | 30  |  High |
| **Wrap up**Clear up and say goodbyes. Ask girls to bring a coat next week because you’ll be going outdoors for your activity. |  5 |  None |
| **Week 7**26/10 | **Welcome**Remind Guides of the meeting rules. Chat about what they like to do during autumn. Explain you’re going to have an autumnal themed meeting this week. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Main activity**Warm in the wild – UMA, pack 1, Have adventures |  45 |  High |
| **Wrap up**Pack up, head inside. Encourage girls to take inspiration from all the sweet treats available at this time of year. They can try making their own and add a seasonal twist with [the Confectionery interest badge.](https://www.girlguiding.org.uk/what-we-do/our-badges-and-activities/badge-finder/confectionery/) Lead a discussion about interest badges. Encourage returning Guides to give examples of their favourite badges. |  10 |  None |
| **Week 8**02/11 | **Welcome**Welcome Guides and remind them of the meeting rules. Introduce the topic of Diwali and ask if any Guides are celebrating at home. |  5 | None  | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Icebreaker**Torch tag: Choose someone to have the torch and get them to count to 30. Turn off the lights. Everyone else should hide. The person who has the torch tries to tag people by shining the light on them and saying their names. When someone is tagged, they move to one side until the game finishes. The game is over when everyone has been tagged.  |  5 |  Low |
| **Main activity**Celebrate Diwali, have a look on [our website](https://www.girlguiding.org.uk/what-we-do/blog/celebrate-the-upcoming-festivities/) about how you could do this– you could give girls [the Diwali badge](https://www.girlguidingshop.co.uk/products/browse-our/holiday-badges-new-brand/diwali-holiday-woven-badge--8186/). |  45 |  Low/medium |
| **Wrap up**Clear up and say goodbyes. | 5  | None  |
| **Week 9**9/11 | **Welcome**Welcome Guides and remind them of the meeting rules. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
| **Icebreaker**Play a game and ask Patrol leaders to run it. |  5 |  None |
| **Main activity**Huddle and waddle – UMA, pack 11, Know myselfSuperpower pairs– UMA, pack 11, Express myself | 20 20 |  LowLow |
| **Wrap up**Clear up. Talk to girls about opportunities in Guiding outside of the unit – you could suggest they try out the [Guide camp permit](https://www.girlguiding.org.uk/what-we-do/our-badges-and-activities/badge-finder/guide-camp-permit/), become a [Rainbow or Brownie helper](https://www.girlguiding.org.uk/get-involved/become-a-volunteer/young-volunteers/rainbow-or-brownie-helper/) with a local unit, or [become a member of Amplify](https://www.girlguiding.org.uk/about-us/our-organisation/how-girlguiding-is-run/our-youth-steering-group-amplify/), who help staff and senior volunteers make decisions about the future of Girlguiding. |  15 |  None |
| **Week 10**16/11 | **Welcome**Welcome Guides and remind them of the meeting rules. Introduce UK parliament week and talk about decision making. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
|  **Main activity**[Why, why why?](https://www.girlguidingshop.co.uk/products/guides/resources/uma-guides-take-action-parliament-and-me-why-why-why--0004x/) – UMA, UK Parliament week, Take action |  60 |  Low |
| **Wrap up**Chat to girls about why they think decision making is important. What kind of decisions would they like to make about their unit? Give them an opportunity to plan a trip in the UK or ideas for your next camp. Clear up and say goodbyes. | 5  | None  |
| **Week 11**23/11 | **Welcome**Welcome Guides and remind them of meeting rules. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
|  **Icebreaker**Choose and play a [5 minute filler](https://girlguiding.viewer.foleon.com/guiding-magazine/guiding-winter-2022/5-minute-fillers). You could write up the different icebreaker activities on cards and ask Guides to look through them and choose one. If they have more ideas for games, get them to create their own card for the collection. |  5 |  None/low |
| **Main activity**Better letter forward – Skills builder, Stage 4, Take action |  45 |  Low |
| **Wrap up**Ask girls what kind of crafts or fun things they’d like to do for their end of term party next week. |  5 |  None |
| **Week 12**30/11 | **Welcome**Welcome Guides and remind them of the meeting rules. |  5 |  None | Know myself □  Express myself □  Be well □  Have adventures □  Take action □  Skills for my future □  (Tick themes as appropriate)   | UMA:Skills builder: |
|  **Icebreaker**Play your unit's favourite game. | 5  | Low  |
| **Main activity**Seasonal crafts, winter party. Present badges that have been earned this term. Give girls the opportunity to do their promise. |  40 |  High |
|  **Wrap up**Ask girls what they’ve enjoyed this term. Find out the kind of things they’d like to do next term.Take a moment to have a ‘You said, we did’ reflection: Look back on decisions girls have made this term and explain how you, as leaders, have actioned their choices. This will help them see how they have had an impact on the unit and use their voice. You can do this each term to encourage their participation in the unit decision making. |  55 |  None |