Rangers

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.  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 Rangers is going to run over the next few weeks and what they can expect. | 10 mins  5 mins | Know Myself □  Express  Myself □  Be Well □  Have  Adventures □  Take Action □  Skills For My Future □  (Tick themes as appropriate) |
| **Virtual activity suggestions**  **Ice breaker**  [Guess who](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-14-18/virtual-games/) virtual game.  **Main activity:**  [Hiero-biscuits](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-14-18/activity-videos/) unit meeting activity, Know Myself | 10 mins  30 mins |
| **Wrap up**  [Picture perfect](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-14-18/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. Ask girls to bring in a photo to your next virtual meeting so you can play [Photo captions](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-14-18/virtual-games/). | 10 mins  5 mins |
| Week 2  \_\_/\_\_/\_\_  Activity at home | **Activity to be done at home**  [The Ranger Promise](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-14-18/monthly-challenge-and-activities/) Ranger challenge.  Send girls [The Ranger Promise challenge sheet](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/rangers-promise-colouring-sheet.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 their 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**  [Photo captions](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-14-18/virtual-games/) virtual games.  **Main activity:** [Quickle pickle](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/rangers_pickle.pdf) magazine unit meeting activity, Skills For My Future. | 10 mins  45 mins |
| **Wrap up**  [Knife, fork and spoon](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-14-18/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 mins  5 mins |
| Week 5  \_\_/\_\_/\_\_  Activity at home | **Activity to be done at home**  [Legend of 1,000 cranes](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/for-ages-14-18/activity-videos/) unit meeting activity video, Express Myself.  Send the girls the video of the activity for them to complete at home over the next two weeks. Ask them to bring their cranes to your next session. |  | 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 Ranger 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!