





WE DISCOVER, WE GROW

Girlguiding

London & South East England



Games Book



Below you will find a selection of games chosen by our team of volunteers that you can play with your Rainbows at your unit meeting, during your visit to a zoo, farm, wildlife park, aquarium, or nature reserve, or at your sleepover.

The games can be played in groups or teams. No matter where or how they are played, just enjoy and have fun!





Chasing and tag games

Humpitty Lumpitty (Australian)

You will need: nothing.

How to play:

- One Rainbow is mother kangaroo.
- She stands at one end of the room.
- Everyone else lines up at the other end.
- They creep up to mother kangaroo saying:

*"Humpitty, Lumpitty, hop and go one.
What are you doing out there in the sun?"*

- If mother kangaroo says an action like walking, skipping, hopping, etc, the Rainbows must go back to the beginning and do that action.
- If she says running, she chases the Rainbows to the other end and anyone caught becomes a baby kangaroo and helps to catch next time.

Mr. Bear

You will need: Any object suitable to be the 'honey pot' (beanbag, cup etc).

How to play:

- One Rainbow is chosen to be Mr. Bear and lays down in the middle of the circle pretending to be fast asleep - with eyes shut tightly - next to her pot of honey.
- The Rainbows all say together:

*"Isn't it funny that a bear likes honey. Buzz, buzz, buzz, I wonder why he does?
Go to sleep Mr Bear."*

- The adult then silently chooses one Rainbow who creeps into the middle of the circle and takes the 'honey pot.'
- As soon as it is lifted, the Rainbows all say 'wake up Mr. Bear!' upon which the bear chases the thief once around the circle and back to their spot trying to tag them.
- If they are tagged, they are the new Mr. Bear.





Mr. Crocodile

You will need: nothing.



How to play:

- One Rainbow is chosen to be the crocodile and stands in the middle of the hall. All the others stand at one end.
- The Rainbows call out, “Please, Mr. Crocodile, can we try to cross the river?” and the crocodile calls out, “yes, but only if...” and suggests things like “you are wearing blue,” “you had toast for breakfast” etc.
- Any Rainbows to whom this applies can try to cross by running to the other side of the hall whilst the crocodile tries to catch them.
- Any that are caught join the crocodile in the middle.
- The winner is the last Rainbow to be caught.

Run Rabbit

You will need: nothing.

How to play:

- Split the Rainbows into five groups - rabbits in the middle, and rats, hamsters, gerbils and guinea pigs in the four corners.
 - Call out two group names who must swap corners without being caught by the rabbits.
 - Anyone caught becomes a rabbit.
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Circle games

Animal Balloon Pass

You will need: balloons, music, slips of paper.

How to play:

- Write the names of animals onto slips of paper and insert into the balloons. Blow them up.
- Girls sit in a circle on the floor.
- Pass the balloon around the circle of girls and when the music stops, they pop the balloon.
- They then must act like and make the noise of the animal that was hidden in their balloon.

Buzzy Bees

You will need: One flower shape per girl (about the size of a saucer) and one bee shape (smaller than the flowers). Lay the flowers on the floor in a circle and hide the bee under one of them.

How to play:

- The Rainbows stand in a circle around the flower, then move around in a circle saying:

“Buzzy, buzzy, buzzy bee, buzz if you like but don’t sting me”.

- Each girl then picks up a flower - the one with the bee underneath is stung.
- Any Rainbows stung can be the next ones to place the bee, whilst the other Rainbows turn their backs.
- Play a few times and see if anyone has avoided being stung.



Buzzy Bees 2

You will need: flower shapes, bee shapes.

How to play:

- Place the flower shapes on the floor, one per Rainbow.
- Hide one to three bees under different flowers depending on the numbers, without the girls seeing.
- Girls skip around the circle singing:

*"Walking through the flowers,
Listen for the bees,
Which of you can find it, 1, 2, 3"*

- On three, the girls all choose a flower to stand on. When they've all chosen they look underneath to find who has a bee.
- Whoever has a bee hides it for the next game.

Duck, Duck, Goose

You will need: nothing.



How to play:

- Rainbows sit in a circle.
- Choose one Rainbow. She walks around the circle tapping Rainbows heads and saying 'duck, duck, duck'.
- When she chooses, she says 'goose' and taps her chosen Rainbow.
- Both Rainbows run around the circle and race back to the same space.
- The last person back to the space is up and the game is repeated.

Earth, Water and Air

You will need: a ball.

How to play:

- The girls all form a circle, with one chosen to stand in the middle.
 - She throws a ball at someone and says 'earth', 'water' or 'air'.
 - The girl must respond with an animal (if its earth), a fish (if its water) or a bird (if its air) before the middle girl can count to 10.
 - Once something has been said it cannot be said again.
 - The girl is out if she fails to name one or repeats one.
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Hedge, Hedge, Hog (like Duck, Duck, Goose)

You will need: nothing.

How to play:

- Girls sit in a circle.
- One girl walks round the circle and touches each girl on the shoulder and says “hedge” until she decides to say “hog”.
- The girl that is the hog jumps up and both run around the circle.
- The last person back becomes the new caller.

Honey Bear

You will need: an object that can be a 'honey pot' (a paper cup, keys. etc.)



How to play:

- Girls sit in a circle around one girl who rolls up into a ball (knees and head tucked under).
- The girl in the middle must keep her eyes closed.
- Put the honey pot on her back.
- The girls around the edge all sit quietly.
- Pick one to creep up and take the honey. She then sits down and holds the honey behind her back and all the girls put their hands behind their backs.
- Then they say, "honey bear, honey bear, your honey's not there!"
- The bear (girl) in the middle sits up and must guess which girl stole her honey.
- Once the correct girl is found she takes the place of the bear.

The Hawk Flies High (Höken Flyger Högt - Sweden)

You will need: nothing.

How to play:



- Everyone stands in a ring.
 - When the leader calls out "the hawk flies high!" everyone jumps.
 - The leader varies the calls with different kinds of birds: "the seagull flies high, the eagle flies high" and so on. After every call, the girls jump.
 - After a while the leader starts calling out other animals that cannot fly: for example "the mouse flies high". Now you shouldn't jump!
 - Anyone that jumps takes one step backwards and has to help check who's jumping at the right moment and who isn't.
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When Pigs Fly

You will need: nothing.

How to play:

- Girls stand in a circle with a leader in the middle.
 - The leader shouts out an animal which really does fly ('geese fly', 'ducks fly', 'crows fly' etc).
 - When the girls hear this, they flap their arms as if they were wings.
 - Leader then calls out an animal which does not fly (e.g. 'pigs fly', 'cows fly') the girls then stop flapping - anyone still flapping is out and sits down.
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Guessing games

Animal Pairs Game

You will need: cards with pictures of adult and baby animals on them.

How to play:

- Girls will need to match the baby animal with the correct adult animal.
- All adult animal cards are placed on floor with picture facing down.
- Leader holds up a picture of a baby animal and asks Rainbows what it is called e.g. a puppy.
- Tell the Rainbows that the puppy is now grown up. What is it called now?
- See if they can identify the name of the adult animal and find it in the pile on the floor.

Creature Sizing

You will need: cards of well-known animals, of sizes very large to very small.

How to play:

- Each Rainbow is given a card.
- Without saying the name of the animal, they make its sound or mimic its actions.
- They attempt to form a line with the biggest at one end and the smallest at the other.

Hedgehogs

You will need: a blanket (parachute).

How to play:

- Rainbows move around doing the appropriate action when the leader calls out:
 - "Hedgehogs walk" - the girls walk.
 - "Hedgehogs stop" - the girls stop.
 - "Hedgehogs sleep" - the girls put their heads down with their eyes closed.
- The leader covers one of the girls with the blanket and calls out:
 - "Hedgehogs wake up" - the other girls open their eyes, sit up and guess who is covered.



The Ostrich

You will need: nothing.

How to play:



- One Rainbow is chosen to be the ostrich with a loose tail feather.
- The remaining Rainbows are explorers who have been asked to obtain this feather, as it is very valuable.
- The ostrich is asleep and the explorers are chosen to creep up to her in turn.
- If the ostrich hears a sound, she squawks and tries to bury her head in the sand.
- The explorer must stop, and another girl has a go.

- As a variation, a Rainbow could be an injured bird or animal which the RSPCA wishes to help. They have asked if the Rainbows can creep up and catch her without disturbing her.

The Zoo

You will need: cards with letters on that spell out the name of an animal found at the zoo - a different colour for each group (each animal name must have the same number of letters).

How to play:

- Cards are hidden around the hall or a designated area.
 - The girls, in teams, must find the cards and spell out their animal e.g. E.L.E.P.H.A.N.T on blue cards K.A.N.G.A.R.O.O on yellow cards.
 - The first group to spell the animal wins.
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Visit to the Zoo

You will need: cards/pictures of animals.

How to play:

- Girls split into two groups who face each other.
- One-line sings:

*"We all went to the zoo one day,
To see all we could possibly see."*

- The second line then sings:

*"Show us, show, we beg of you,
One of the things you saw at the zoo."*



- The first group look at the pictures and decide on an animal. They then have to mime the animal and the second group have to guess what it is.

The game can be adapted for other situations e.g. farm, just change the words of the song to reflect that.

Water, Land, Air

You will need: rope.

How to play:

- Everyone stands in a big circle.
 - Use a rope to make a circle inside that circle - this is a 'pond'.
 - Call out the name of an animal. If they think the animal lives in the water, they should jump into the 'pond'. If it is an air animal, they run around flapping their arms. If it is a land animal, they sit down.
 - Examples of animals: fish, frog, crocodile, flamingo, turtle, newt, crab, seahorse, starfish/ cheetah, giraffe, goat, sheep, snake, lizard, mouse, horse, bear/ parrot, seagull, blackbird, thrush, sparrow, eagle, hawk.
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Relay races

Animal Jigsaws

You will need: pictures of animals cut up, a dice for each team.

How to play:

- Divide girls into teams and give each a dice.
- Place cut up pieces of pictures in the middle of a designated space.
- Teams could either have the same or different pictures, but they must have the same number of pieces. Pictures could be on different coloured card for each team.
- Girls take turns to throw the dice. When the set number (decide beforehand what it will be) is thrown, they can collect a piece of the picture.
- The first team to finish gets a round of applause from the others!

This game can be adapted to fit in with any animal.

Caterpillar Crawl

You will need: nothing.

How to play:

- Girls split into two teams and work in relay - half at each end of the hall.
- The first person in each team crawls down to the other half of their team, where the first person of that half holds onto their feet. They both crawl back.
- The first person of each half joins on the back of the line and everyone crawls together as one long caterpillar.
- Once the whole caterpillar is at the end, they are the winner! Use a giant leaf as the reward and the first caterpillar to reach it and hold it up wins.



Centipede Race

You will need: a chair.

How to play:

- Divide girls into equal sized teams of three or more.
- Each team lines up in front of each other.
- Place a chair at the other end of hall in front of each team.
- Teams become centipedes by putting their hands on the waist of the person in front.
- On the start signal, the centipedes must make their way down the hall, round the chair and back again.
- First back to the start is the winner.
- Girls could also kneel on their hands and knees and hold the ankles of the girl in front, then shuffle to the end of the room without letting go.

Elephant Race

You will need: chairs.

How to play:

- Girls are in teams and play the game as a relay.
- The first person in the team puts one arm in front of them as a trunk and the other hand behind them as a tail.
- They run to the other end of the designated area and back.
- The next girl can only run if they have been picked - tagged by the elephant's trunk.
- This girl uses her trunk to hold onto the first elephant's tail and they both run to the other end of the designated area and back.
- This is repeated until all girls in the team are joined in one long line.
- First group to sit down wins.

Fish Relay

You will need: tissue paper fish, loosely rolled up newspapers, a blue paper 'pond'.

How to play:

- Split the Rainbows into teams. Each team needs a fish and two newspaper 'beaters'.
- Half of the team stands at one end of the hall; the other half at the other end opposite them.
- The fish is moved across the floor to the other half of the team by beating the floor behind it to waft it along.
- The game is played as a relay race. When each Rainbow has had a go, the fish is put in the pond and the first team to do so is the winner.





Insect Relay Race

You will need: pictures of insects.

How to play:

- Divide the girls into two teams. At the start of the game, discuss how various insects move differently depending on their body shape, wings and feet.
- Show the girls the pictures and talk about how each insect moves and demonstrate:

Grasshoppers (short hops)

Caterpillars (crawl slowly)

Fleas (long lumps)

Butterflies (fly with graceful wings)

Cockroaches (scurry quickly)

Ants (run on all fours quickly)

Bees (fly vigorously)

- Girls will run to the pile of pictures, pick up the top card and return to their team by moving like the insect on the card.
- Whichever team has all their members sitting down first wins!

Kangaroo Hop

You will need: one tennis ball per team, a chair.



How to play:

- Girls line up in teams opposite a chair.
- The first Rainbow grips the ball between her knees and hops around the chair and back to her place.
- The ball is given to the next rainbow, who does the same.
- The first team to finish is the winner.

Penguin Waddle

You will need: one beanbag per team.

How to play:



- Emperor penguins protect their eggs by balancing them on their feet.
 - Divide the Rainbows into teams.
 - The first girl puts a beanbag onto her feet and must shuffle to the end of the hall without losing the beanbag “egg”.
 - Repeat until whole team has moved their eggs.
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Squirmy Worm Race

You will need: a chair.

How to play:

- Divide the girls into equal size teams of three or more.
 - Each team lines up in front of each other.
 - Place a chair at the other end of hall in front of each team.
 - Teams become squirmy worms by putting their left hand through their legs and grabbing the right hand of the Rainbow behind them.
 - On the start signal, the worms must make their way down the hall, around the chair and back again.
 - First team back to start is the winner.
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Running games

Baby Animal Game

You will need: 16 cards with pictures of adult and baby animals e.g. one cat, one sheep, one duck, one hen, three kittens, three lambs, three ducklings and three chicks. Four chairs.

How to play:

- Cards are put face down in the centre of the room.
- Girls stand around the edge of the room.
- On the word 'Go' they run forward, pick up a card and make the noise of that animal, calling the rest of their family.
- When they have found them all, the adult animals sit on a chair with their babies around them.
- Repeat several times, removing an 'adult' card each time if you wish to make it an elimination game. You're out if you haven't got a pair!

You could make more sets of animals if you have a larger unit.

Beetles, Bees and Bananas

You will need: nothing.

How to play:

- Girls are put into two teams, each standing in the centre of the hall.
- One team are the "beetles", the other are the "bees".
- When the leader calls "beetles" that team runs to their side of the hall and is chased by the "bees".
- Any that are caught join the opposite team.
- With the call of "bees", the action is reversed.
- With the call of "bananas", both teams remain still.



Eggs, Caterpillars and Butterflies

You will need: nothing.

How to play:

- Girls run around and do the associated action when the leaders call out:
Eggs - curl up in a ball on the ground.
Caterpillars - crawl round the room.
Butterflies - pretend to fly around the room.

Game can be adapted so the last two girls to do the action are out.





Fishes in the Sea

You will need: nothing.

How to play:

- Rainbows sit in a circle.
- Go around the circle giving each girl one of three fish names e.g. whale, shark, dolphin.
- Say a name. All girls with that name jump up and run around the circle and back to their space as fast as possible.
- Add other commands:

Choppy sea - they must hop.

Rough sea - they must jump.

Calm sea - they must walk.

Tides turn - they must walk the opposite way around.

Fish in Water

You will need: nothing.

How to play:

- Rainbows move around the hall - they are fish swimming around the sea. When a leader calls out the below girls, need to do the appropriate action:

Octopus - get in pairs so that you have eight limbs.

Starfish - lie on the floor spread-eagled.



Sharks - use hands to snap like a shark's mouth.

Fishing nets - converge in a group around the leader.

Pretty Polly, Pretty Polly (like Simon Says)

You will need: nothing.

How to play:

- Parrots often repeat themselves e.g. "Pretty Polly, pretty Polly".
 - Tell the Rainbows that they are parrots and they can only do what you say when you say something twice.
 - Rainbows must obey commands like "stand up", "sit down", "stand on one leg" etc. However, they should only do it when you repeat yourself, i.e. "scratch your head, scratch your head". If you only say it once, the Rainbows must not do it.
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Sheepdogs

You will need: nothing.

How to play:

- The aim of the game is for the 'dogs' to round up and catch the 'sheep'.
- One girl is chosen to be the sheepdog and the rest are sheep.
- Once a sheep is caught, they hold hands with the sheepdog so that their arms become like a 'pen' that they try to catch another sheep in.
- The 'chain' which forms is really one long line which makes it easier to herd.
- The last girl caught starts the next game as a sheepdog.

Squirrel in the Tree

You will need: nothing.



How to play:

- The girls are divided into groups of three.
- In each group of three, two Rainbows join hands and form a tree for the third Rainbow (the squirrel), who will stand between them.
- The leader calls, "squirrels change trees".
- All the trees raise their arms while the squirrels run to find a new tree.
- If there are extra squirrels the challenge is to get to a free tree.

Stepping Over Creatures (Like Ladders)

You will need: nothing.

How to play:


- Rainbows stand in two lines facing each other.
 - Each pair of Rainbows is named after a different creature.
 - The girls lie on their backs with feet touching and a good body width between each pair.
 - The leader calls out a creature. The pair with that creature's name stand up and step carefully over the legs of the others to the top of the line.
 - They then run down the outside of the lines to the end and step back over the legs until they reach their own place again and lie down.
 - The leader can call more than one creature's name.
 - When "fire" is called, all stand and race to the end of the hall away from the fire.
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The Menagerie Races

You will need: nothing.

How to play:

- Girls are divided into groups of four - four dogs, four cats, four lions etc.
 - The first group of girls must race to the other side of the designated area/hall.
 - Whoever gets there first is the winning animal of their group. Whilst the group are running, the other girls make their animal's noise - so for dogs, they bark.
 - The next group then run, and so on.
 - The winning dog, cat, lion etc have to race together to find the winning animal!
 - As they do, other girls make the noise of their group's animal.
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