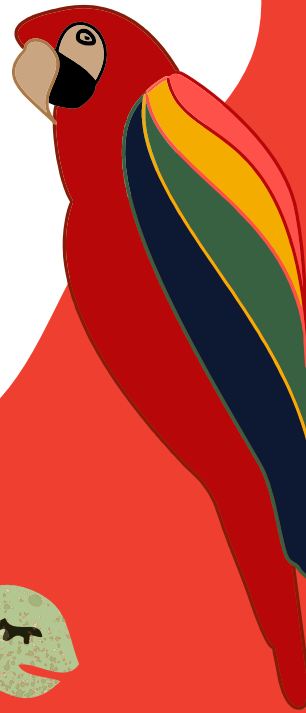




WE DISCOVER, WE GROW

Girlguiding

London & South East England



Activity sheets

GROUPS GATHER

45 minutes

Aim

Learn the names given to groups of the same animal when they gather together and build a comfy place to sleep as a group.

How to play

1. When animals are gathered in groups, they have names e.g. a pack of wolves.
2. Your leaders will read out an animal and two group names. Can you choose the correct one?
3. Stand by the number that is correct and you'll win a token.

Then

4. Sometimes animals live together in groups. Gather materials in your group to make a comfy place to sleep.
5. Build a nest like a bird using a the peg as a beak. Beware: predators (leaders) will steal your materials if you leave the nest unguarded!

Can be played as teams or individuals, and will help develop vocabulary.

Animal	Correct Answer	Incorrect Answer
Dogs	Pack	Gang
Fish	School	Army
Geese	Gaggle	Family
Elephants	Parade	Charm
Gorillas	Band	Bloat
Animal	Correct Answer	Incorrect Answer
Owls	Parliament	Herd
Porcupines	Prickle	Streak
Rhinoceroses	Crash	Shiver
Lions	Pride	Covey
Penguins	Muster	Host
Frogs	Army	Knot
Grasshoppers	Cloud	Dole
Snails	Hood	Mustering
Seagulls	Squabble	Stand
Chickens	Brood	Pack



Do all animals have the same nests, or do they nest separately?

Do you agree with the group names, or do you think another name would be better?

Make sure there are no trip hazards!



GONE

45 minutes

Aim

Animals around the world are in danger!
Discover why and how you can help.

What you'll need

Pens, paper and pictures of animals

Extinct	Nearly Extinct
Dinosaur	Giant Panda
Dodo	Black Rhino
Great Auk	Sea Turtles
Pyrenean Ibex	Amur Leopard
Passenger Pigeon	Gorilla
Gulf Porpoise	Pangolin
Woolly Mammoth	Sumatran Elephants
Sabre Toothed Cat	Northern bald ibis
Stellers Sea Cow	Pygmy three-toed sloth

What to do

Ask the girls if they know why some animals are in danger of becoming extinct and what is putting them under threat.

Examples:

Destruction of where they live

Poaching (killing animals for body parts)

Climate change (temperature increases mean some animals are unable to adapt).

Then

Divide the room into two sides - 'Extinct' and 'Not extinct'. Show girls pictures of animals. They must decide which they fit into and run to the correct end when the animal is called out.

Next

Design a poster to promote saving the world.

Help support a charity like WWF by organising a bake sale, good as new sale or your own idea.



Which animal that's now extinct would you have liked to have seen and why?

Find out some facts about it and share with the unit.



GROW

45 minutes

Aim

Everything grows over time. Make your own animal that grows.

What you'll need

Old tights, sawdust, grass seed, eggs and eggshells, sand, marshmallows, spaghetti.

Beware of any sharp edges on the eggshells!

What to do

Did you know snakes, turtles, fish, frogs and crocodiles bury their eggs in sand or fix them to plants? Bury whole eggs and empty eggshells and see if the girls can find the eggs instead of the eggshells.

When a giraffe gives birth its baby is already five foot tall. Build a tower at least as tall as you with spaghetti and marshmallows. How difficult is it to make it stable?

Mother animals feed their babies milk to help them grow strong enough to migrate. Make your own animal by mixing grass seed with sawdust and filling the leg of an old pair of tights with it. Keep it well watered and in good light and watch its hair grow!

Also try

Collect frogspawn and watch it change into tadpoles and eventually frogs. How long does it take?

Make sure there are no trip hazards!



OBJECTS

30 minutes

Aim

To use objects imaginatively and in different ways

What you'll need

A selection of objects including a potato masher.

Before you start

Did you know some animals use objects to help them find, catch and open food as well as to keep themselves clean and build their homes?

Sea otters use stones to hammer limpets off the rock and crack the hard shell, while elephants use branches to swat at flies. American alligators gather sticks on their heads during nesting season to trick desperate birds to dive down to collect the sticks.

What to do

1. Get into small groups and choose an object - what is it used for currently and what else could it be used for?

2. Try out some different uses for your object. Can you:
 - Pick up something with it?
 - Peel a banana with it?
 - Put your socks on with it?
 - Make the bed with it?

3. Swap with another group and try another object.

4. Come back together and show the rest of the group what you can do with the other objects.

Also try

Male and female penguins are so devoted they trek hundreds of miles to feed their chicks, leaving their partners balancing their egg, and then the chick, on their foot. See who can stand on one leg the longest.



OBSERVATION

Be aware of any allergies!

60 minutes

Aim

Everyone likes eating eggs and drinking milk, but what else you can do with them?

What you'll need

Eggs (raw and/or cooked in shell), vinegar, milk, food colouring, cotton buds, liquid soap.

What to do

Animals provide us with eggs and milk to eat but how else can they be used?

1. Place an egg in a bowl and cover with vinegar. Leave for 12 hours - what do you think will happen?
2. The egg should now bounce, as when the calcium carbonate in the eggshell and the acetic acid of the vinegar combines, it releases carbon dioxide that can be seen as bubbles around the eggshell.
3. Pour a thin layer of milk into a shallow dish and carefully add drops of food colouring. Then dip a cotton bud into the liquid soap and press it down onto a coloured spot in the milk. Watch what happens!

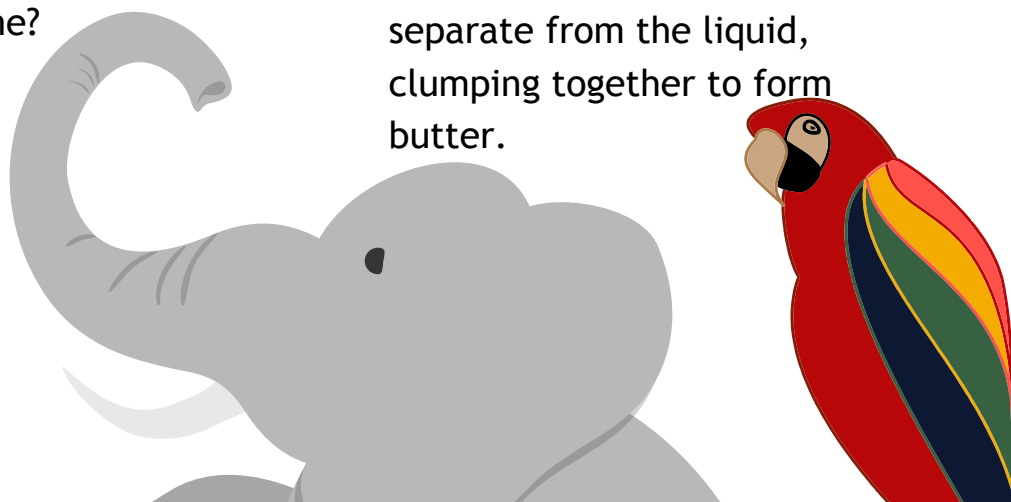
What happened when the cotton bud was put into the milk? Why do you think it stopped moving after a period of time?

Why do you think that happened?
 Why do you think it stopped moving after a period of time?
 What else did you observe?
 Milk is made up of minerals, proteins and fats but when the soap enters the milk it causes the fat to break up and attach with the soap molecules. The food colouring helps to show this.

Next

Half fill a jam jar with cream or whole milk, securing the lid tightly on the jar before you start shaking. After shaking for between 5-20 minutes the liquid will turn into buttermilk and butter.

Remove the lump of butter and spread it on some bread and eat. The buttermilk could now be used to make scones! Cream contains a lot of fat molecules which when shaken separate from the liquid, clumping together to form butter.



OWL

30 minutes

Aim

To find out about food chains and explore nature.

What you'll need

Plastic cups, broken plastic forks, macaroni.

Before you start

There are over 200 different owl species found throughout the world, they are nocturnal and so are active at night. They feed on insects, small mammals and other birds using their talons (claws) to catch their prey.

Can you draw where owls fit into the food chain? Can you think of other food chains?

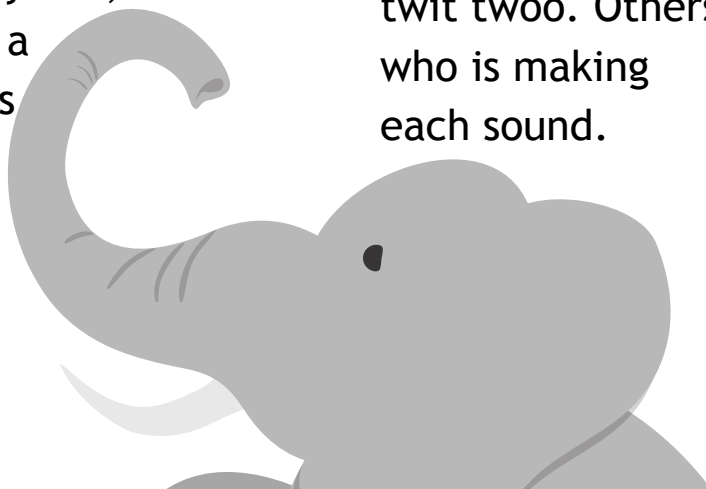
What to do

Rainbows are divided into groups of three to become an owl family. Baby owl holds a plastic cup to represent her stomach, while the parent owls have broken plastic forks for their claws. Macaroni is spread on the floor. On a signal, the parents collect food for their baby owl, using their "claws"! After a suitable time see who has the most food.

Most animals can only turn their heads so far without snapping their necks or causing a stroke. But owls can rotate theirs almost a full rotation! Do you think this helps with hunting? Why?

Barn owls can be recognised by their heart-shaped face. Do you know the names of any others? Suggestions: Tawny, Snowy, Eagle, Little, Long Eared, Blakistons Fish (largest and rarest found in Russia, China & Japan)

Tawny owls make the characteristic "twit twoo". It is actually a duet: the twit (the contact call of both sexes) & the twoo (the territorial call of the male). Choose girls in pairs to twit twoo. Others must guess who is making each sound.



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WALK LIKE AN ANIMAL

15 minutes

Aim

Challenge yourself to move like an animal in different ways.

What you'll need

Pictures of different animals, paper, pencils.

What to do

1. Animals have different numbers of legs. Can you think of some? For instance: those with two like birds; those with four like cows; those with six like ants or butterflies; those with eight like spiders or lobsters; those with many legs such as millipedes and centipedes; those with none such as snakes or worms.
2. Group girls into threes or fours and give them some pictures of animals. Look at them carefully and put them in the correct group for the number of limbs/legs they have!
3. Your leader will then call out the name of an animal, and as a group you will attempt to copy its movement.
4. Examples of ways to move: slither like a snake; jump like a kangaroo; walk like a crab!
5. Ensure everyone takes part. You may need to pair with other Rainbows to form a centipede or caterpillar.
6. Why not sing Cassie the Caterpillar? Find the lyrics in the Song Book if you don't know them!
6. Come back together as a unit and think about the following questions. Why do animals have different numbers of legs? How do animals use their legs differently? Kangaroos use their tails like a leg to help with their balance. Bears can walk upright on two legs and use all fours when they run or climb trees!

Check the area for hazards first!

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Make sure you wash your hands after the activity!

WORMS

Be aware that some girls will not want to touch worms!

60 minutes

Aim

Charm the worms from the ground and get yourself a new pet.

What you'll need

A patch of grass, sticks, craft materials, a large glass jar/plastic bottle each, soil, sand, gravel, leaves/grass, worms.

Before you start

Earthworms use their skin to breathe as they don't have lungs. Baby worms hatch from cocoons smaller than a grain of rice. Birds attract worms to the surface of the ground to eat them, can you do it too?

What to do

1. To make the worms new homes (wormeries), put a layer of gravel in your jar/plastic bottle. Add alternate layers of soil and sand, finish with soil and top with grass or leaves.
2. To catch the worms, try tapping the ground with a stick or tapping your feet quickly, slowly getting heavier until you're jumping up and down.

3. See who can catch the longest or fattest worm! Which method works best?

4. There are some great worm songs! Try singing The Wiggle Worm to your worms - the lyrics are in the Song Book.

Also try

Make some edible soil using bourbon biscuits and chocolate whip, then eat it with jelly worms.

Make sure to check the outside space for dangers first!

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WARM IN WINTER

45 minutes

Aim

Discover what animals do in winter.

What you'll need

World map, clay, scissors, paper, pens/paint, signs saying 'migrate' and 'hibernate', pictures of animals, string/ wool.

Before you start

During the winter some animals move to warmer countries. This is called migrating. Some animals choose to hide away and sleep for the whole of the winter. This is called hibernating.

What to do

1. Using pictures of animals, can you decide if they hibernate or migrate and place them under that heading?
2. Where in the world do they go? Find out which countries these animals travel to when they migrate. Take a look at the world map and, using the string, plot where they travel to and from.
3. Hedgehogs usually hibernate from October/November through to March/April. Why not make your own hedgehog?

4. With the clay, mould an egg shape and lay it sideways. Using scissors, snip into the back to make spikes, then pinch the other end to make eyes. Allow to dry before painting.
5. Turn a painted hand print into a hedgehog. Don't want to get messy? Draw around your hand and cut it out. Place an eye under the thumb.
6. Make a migrating bird from craft materials or have a go at some origami.
7. Play the RSPB migration game - download it from the region website.

Also try

Help support local animal charities by making a poster about them.

Invite local RSPB group to visit and talk about how you can help birds during the winter.



WIDE AWAKE

30 minutes

Aim

Get limbered up and ready for the day!

What you'll need

Room to move, relaxing music or animal sounds, one long black sock per person, scissors, felt, black card, glue.

Before you start

Clear a space in the hall or move outside if the weather permits.

What to do

1. Yoga poses were invented thousands of years ago in India. It's said they were created by mimicking the natural environment - that's why so many are modelled after animals.
2. After a good night's sleep, have a good stretch like an animal. Try being a walrus: lie on your tummy, lift your head and shoulders off the ground, place your palms flat next to your shoulders, and arch up! Or pretend to be a pig: lie on your back with your chin tucked in. Hug your knees into your chest, grab the outer parts of your feet with both hands and roll like a pig in mud! Oink!

3. Have you ever tried meditation? Sit quietly with your eyes closed and listen to a meditation story or some relaxing music.

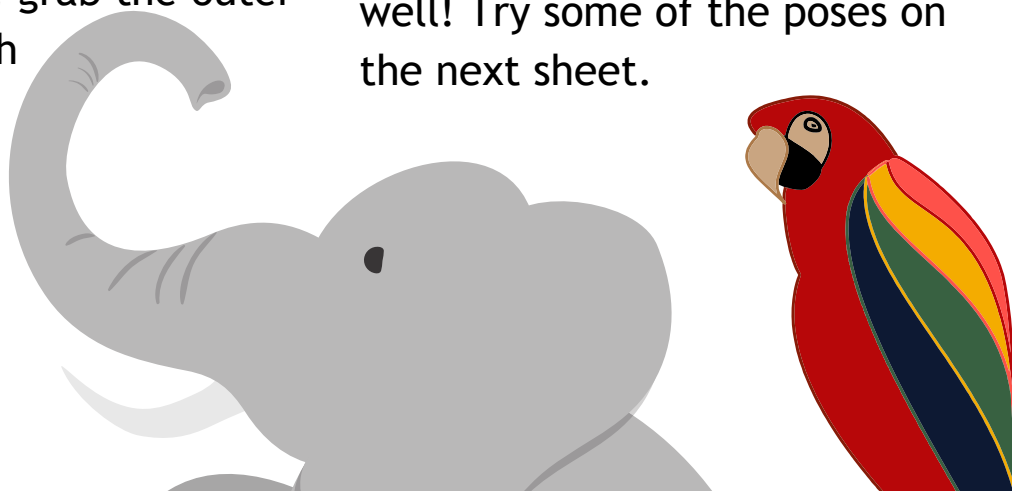
4. Did you know that some animals are wide awake at night? These animals are called nocturnal. Can you think of any?

5. Using the socks, make a bat sock puppet - create wings from card or felt.

6. Why not play a game of sleeping lions? All girls lie on the floor and pretend to be sleeping lions. Anyone who moves is out! Breathing and blinking don't count.

Also try

Yoga before going to bed as well! Try some of the poses on the next sheet.

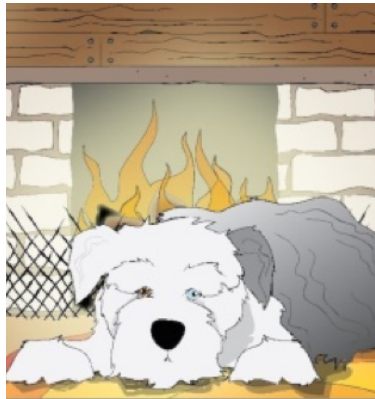


WIDE AWAKE YOGA POSES



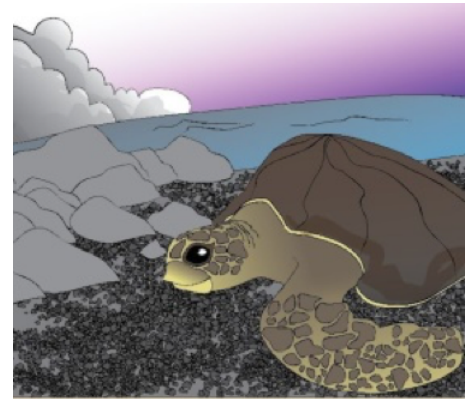
Eagle Pose

The **Eagle** is perched on a pine tree. Good night, Eagle.



Downward-Facing Dog Pose

The **Sheepdog** is stretching beside the warm fire. Good night, Sheepdog.



Extended Child's Pose

The **Turtle** is nesting in the black sand. Good night, Turtle.



Cobbler's Pose

The **Butterfly** is floating around the pink roses. Good night, Butterfly.



Cat Pose

The **Lioness** is watching her sleepy cubs. Good night, Lions.



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Girlguiding



INSECTS

45 minutes

Aim

Identify insects and where they may live.

What you'll need

Biscuits, icing, chocolate buttons, red shoe lace sweets, plates, dice.

What to do

1. Insects come in all shapes and sizes. Why not go on a bug hunt? Use a spotters' list and mark off what you see. Count how many legs and wings they have when you find them!
2. Can you find an insect home, like an ant hill?
3. Read *The Very Hungry Caterpillar*. Can you show the stages of change from caterpillar to butterfly in an edible format, or with crafts?
4. Biscuit Beetle: a normal beetle drive, except this is edible! Girls take it in turns to throw dice and assemble a beetle. Roll a 6 for the biscuit body; 5 for two Dolly Mixture eyes; 4 for an icing nose; 3 for icing hair; 2 for two halved ears made of chocolate buttons; and 1 for a red boot lace mouth! Use icing as glue. The first player to finish shouts beetle!

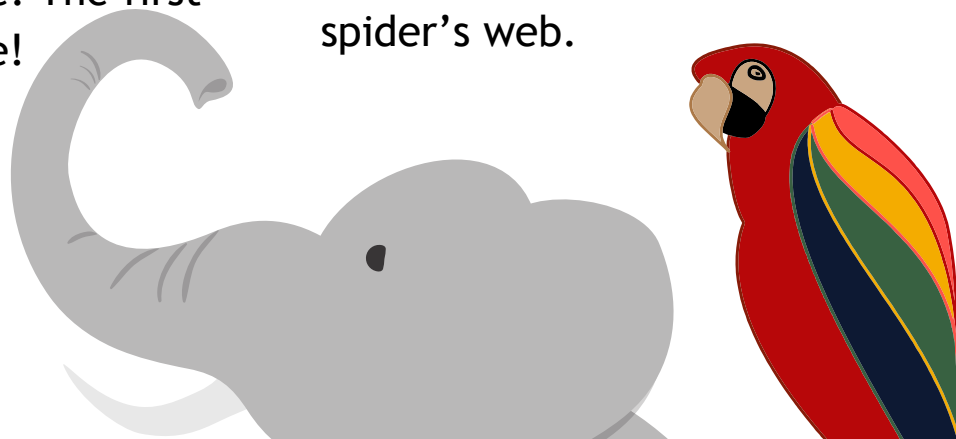
5. Caterpillar Crawl: girls split into two teams and work in relay - half at each end of the hall. The first person in each team crawls down to the other half of their team, where the first person of that half holds onto their feet and the two crawl back.

The first person of each half joins 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 a reward - the first caterpillar to reach it and hold it up wins.

Also try

Nail art cobwebs! Use wood nails and string to create a spider's web.



INVENT AN ANIMAL

30 minutes

Aim

To make yourself an animal placemat for mealtimes.

What you'll need

Pens, paper, laminator/plastic wallet, magazines with pictures of animals in, glue.

What to do

1. If you could invent an animal, what would it look like? What would it eat? Would it live in the sea or on the land? How many legs and eyes would it have? The possibilities are endless.
2. Think carefully and draw your invented animal, give it a name and tell us where it lives.
3. Your leader will be able to protect your picture for you to use as a placemat at mealtimes.
4. Now, all sit in a circle with a piece of paper and a pen.
5. Draw an animal head on the top $\frac{1}{4}$ of the paper and then fold it down so you cannot see what has been drawn.

6. Pass the paper to the left. Now draw the arms and chest of an animal, which doesn't have to be the same as the head you drew. Fold the paper over again and pass to the left.
7. Draw the legs, fold once more, pass to the left and draw the feet. Pass once more.
8. Now open the paper. What do you have?

Also try

Cut out pictures of animals from magazines and stick them together to make a weird and wonderful animal. Use coloured card/paper and give girls instructions on what to cut (blue oblong for a body, green legs, etc). Animals will be unique!

Be aware - cutting skills will vary!!



LICK

45 minutes

Aim

Use your limbs like an animal!

What you'll need

Pens, paper.

What to do

1. Animals make great use of their tongues. Can you name at least two animals & what they use their tongues for? For example cats wash themselves/their young, giraffes pull leaves off trees, anteaters catch prey. Which animal has the longest tongue?
2. What can you do with your tongue? Can you touch your nose, roll it into a tube, or make a noise with it?
3. Elephants use their trunks like an extra limb. They can lift trees, move boulders and pick branches from the highest trees. Act like an elephant by swinging one arm in front of you like a trunk!
4. Play Elephants Can Fly: girls stand in a space, raise their arms and pretend to flap their wings when leaders call out 'birds can fly' or other flying things.

When the leader calls out 'elephants can fly' or 'dogs can fly', girls should keep their arms down. Those that move are out!

5. Try using different body parts for activities. Can you write your name using the hand opposite to the one you usually use? Pick up a pencil with your feet and draw with your toes? Use your fingers to comb your hair?

Also try

Some animals like starfish can grow a new leg if they lose one. Could you cope if you lost a hand or arm?

Talk about disabilities and how even the simplest everyday task must be adapted. Can you button a jumper with one hand? How easy is it to stand on one leg?



LIFT OFF

45 minutes

Aim

See how you compare to animals in terms of speed and strength.

What you'll need

Stopwatch, football, book, stick.

Before you start

Many animals either fly or jump high to obtain food. Swallows eat 'on the wing', catching insects without even landing so they can feed their young.

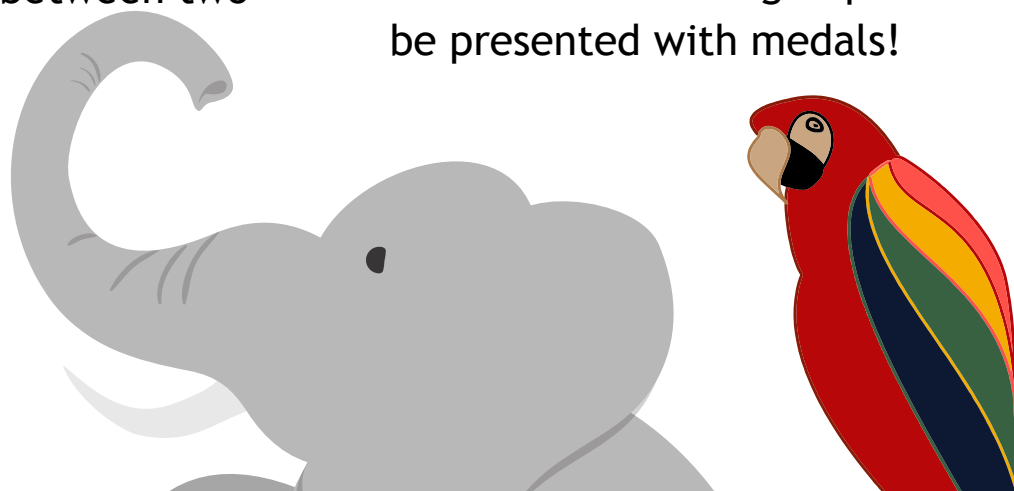
What to do

1. The kangaroo rat can jump a whopping 45 times its own body length! They are the longest jumpers of all mammals relative to their body size. Who can jump the furthest and the highest?
2. The fastest land animal is the cheetah, with a recorded speed of between 109.4km/h and 120.7km/h. The peregrine falcon is the fastest bird, with a diving speed of 389km/h - the fastest of all animals! Use a stopwatch to time how fast you can move between two marked points. Who is fastest?

3. The slowest mammal in the world is the three-toed sloth, averaging a distance of just 0.15mph. Time who can take the longest to move between two marked points using pigeon steps.
4. Primates like chimpanzees and gorillas throw sticks and rocks. How far can you throw a stick?
5. Dung beetles are the world's strongest insect and animal relative to their body weight. Lift a book over your head with one hand - how long can you keep it there?
6. Zebras have the most powerful kick of any animal on the planet. How far can you kick a football?

Also try

Girls could work in groups and be presented with medals!



Girls will need to be quiet and patient for this activity to work!

LIGHT

Wash hands at the end of this activity!

60 minutes

Aim

Make and use a light source to attract insects, specially moths.

What you'll need

Outside space, white sheet, rope/washing line, pegs, bright light, cheap red wine, sugar, old towels.

Before you start

Some animals use distant light sources like the moon to navigate. One theory about why moths seek lightbulbs is that they're using them like the moon, but the light dazzles them!

What to do

1. Moths can normally be seen when it's dark, when they're looking for food and are drawn to gardens by strong scents from plants.
2. Observe moths by attracting them to a light source so you can see them close up.
3. Peg a white sheet to a rope/washing line outside, turn off nearby lights and switch on a torch. Wait patiently for moths to fly in! Identify them with a chart.

4. Some moths are more attracted to sugary treats than light, so encourage even more by soaking strips of old towel in a mixture of cheap red wine and sugar and hang it next to the sheet.

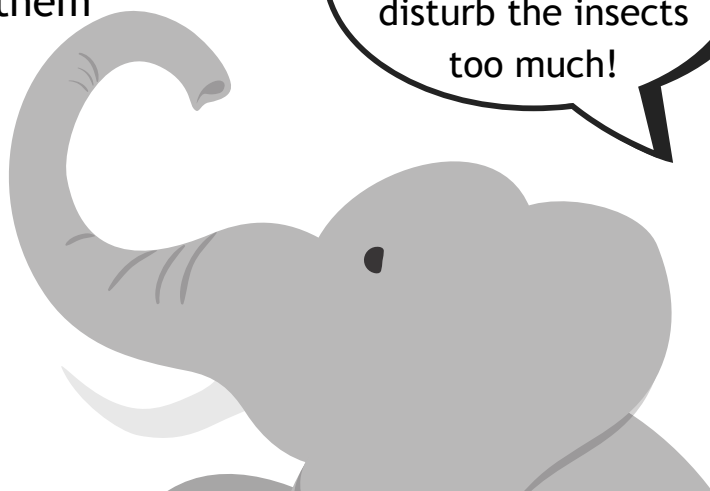
5. Is anything else attracted to the bright light?

Also try

Play a game where one side of the room is for butterflies and one side is moths. Read out the following statements and girls should run to the correct side!

Butterfly	Moth
Active during day	Seen at night
Long thin antennae	Short antennae
Wings closed in rest	Open wings in rest
Brightly coloured	Dull and drab

Check the area for hazards and don't disturb the insects too much!



If you go outside for this, wear appropriate clothing!

DARK

60 minutes

Aim

Discover what animals do in the dark!

What you'll need

CD's, Jaffa Cakes, tin foil/shiny paper/glitter and glue, a bag.

Before you start

Some animals are more active at night and known as nocturnal. Our skies at night, although dark, can be lit up by both the moon and stars.

What to do

1. Some animals have quite poor eyesight and adapt to living in little or no light, like moles. Moles dig deep turns which act as runways where they make their nests and travel throughout their territory.
2. Pretend to be moles and crawl around a marked area in the dark. How easy is it to see where you're going? Make it more difficult by putting obstacles in the way!
3. Sometimes the only sign of an animal in the dark is its eyes shining brightly. Hang old CD's at different heights to represent different animals in a marked area.

Shine a torch and see if it picks up any of these 'eyes' glinting. Ask girls to guess what animal it is based on the height of its 'eyes'!

Also try

When it's dark, our eyes take time to adjust. Wear a blindfold and try to identify items by touch only.

When you look up into the sky, the moon doesn't always look the same. Can you depict the 'phases of the moon using Jaffa Cakes? Cut away or eat what's not required.

Wish on a star. Ask everyone to make a sparkly star shape and put it into a bag. Each girl takes a turn to take a star out of the bag while reciting 'star light, star bright, first star I see tonight. I wish I may, I wish I might, have this wish I wish tonight.'



Remember to check
for allergies!

DINNER

60 minutes

Aim

Animals eat all sorts. You may be surprised by some of them!

What you'll need

Pictures of animals, foods that they eat, birdseed, oranges, string and wooden skewers, fir cones, peanut butter and monkey nuts.

What to do

1. Animals eat many different things. Some eat meat like big cats; some eat grass like cows; some eat fish like seals; some eat insects like birds; some eat nectar like bees; some eat leaves like giraffes; and some eat fruit like monkeys!
2. Why do animals eat different things? For example due to their size, where they live, the food available to them.
3. Some of the food animals eat can be eaten by humans! Why not try some? Make it more difficult by wearing a blindfold. Try: plain peanuts (beware nut allergies!), sunflower seeds, bamboo shoots, fish, fruit, even dried insects!

Also try

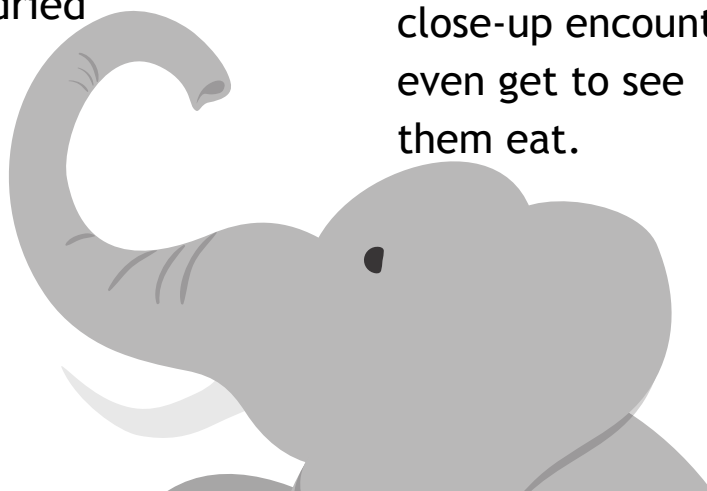
4. Try these ideas to make a feeder for a bird:

Halve an orange, scoop out the flesh, poke wooden skewers through to make a perch, tie it on a string, fill it with birdseed and hang it up!

Spread peanut butter into the gaps of a fir cone, dip in bird seed and hang up.

Thread monkey nuts onto string and hang them in trees!

Why not identify and keep a record of the birds that visit? Take it further and make bird pudding using fat, fruit and nuts. Invite someone from the local RSPB to visit and talk more about how you can help birds, or invite someone from a local wildlife hospital for a close-up encounter! You might even get to see them eat.



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Check for potential hazards!

DISGUISE

45 minutes

Aim

Find out why animals have patterns on their fur and feathers.

What you'll need

Pictures of animals and backgrounds to match, animal mask templates, craft materials, a blanket.

What to do

1. Animals use disguise to blend into their surroundings - this is called camouflage. Some animals disguise themselves to look like other animals so they don't get eaten. Using the craft materials, can you make yourself an animal disguise?
2. Can you recognise a person just by their shape? Everyone runs around until the leader says 'stop'. Curl up into a ball and close your eyes. A blanket is placed over one person, then everyone else gets up - can you guess who is under the blanket?

Some girls might not want to be covered by the blanket - check and respect their wishes!

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Also try

Some animals like mountain hares or arctic foxes change the colour of their fur in winter from brown to white. Why? Because they live in snowy areas - they'd be easy prey if they were brown against white snow!

Use pictures, coloured card or animal print paper to make a scene where the animal of your choice is hidden. Ask other people to find the animal!

Use images of animals in their natural habitats to show how they hide, and how much they stand out when they're not in their natural habitat!

