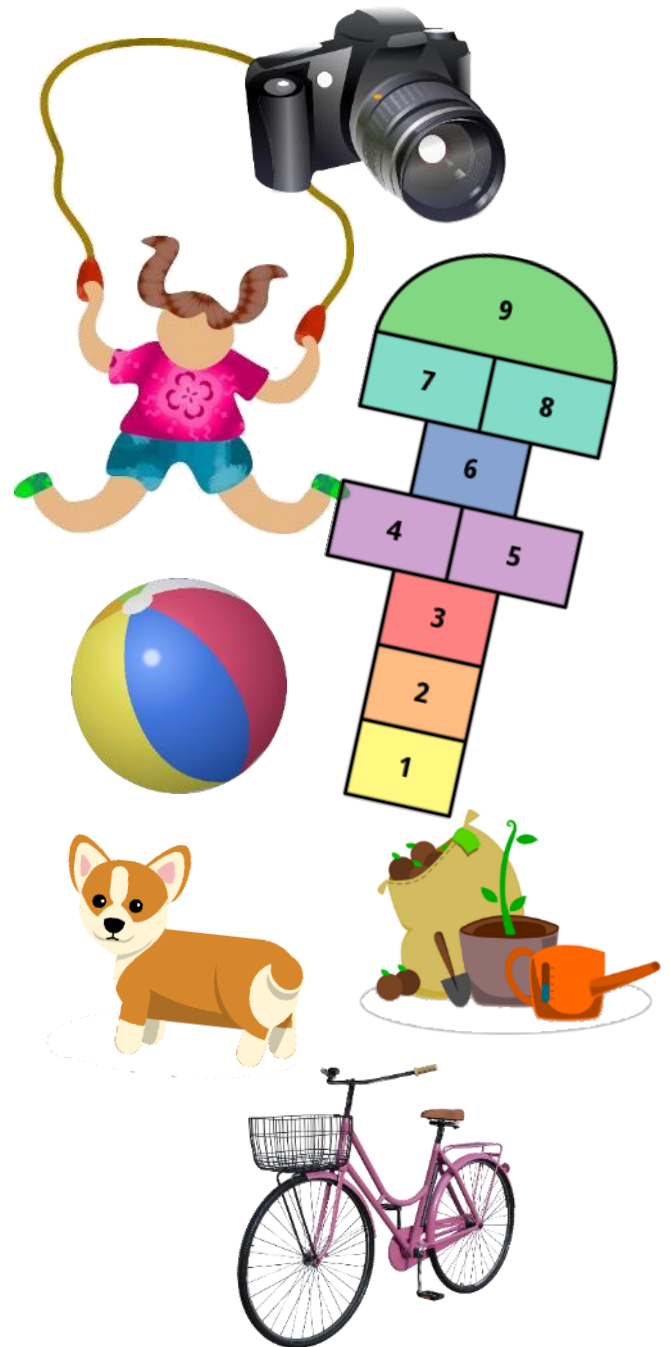


## GB Outdoor Activity Ideas

If it's not possible to use your normal meeting hall, or if you just want to enable greater social distancing through outdoor activities, hopefully these games and activities will give you some inspiration!

### ***Important points to remember:***

- You might need additional adult help for outdoor activities, especially if you are meeting in a public area such as a park.
- Explain to parents the drop-off and collection procedures to ensure that all children are always accounted for. Encourage parents not to congregate in the area during GB.
- Ensure that hand hygiene is carried out at the beginning of the session, and between activities where necessary. Set up a sanitising station or ask girls to bring their own sanitiser.
- An attendance register should be kept, including all adults and children present, remember that this now doubles as our contact tracing list.
- We have included or adapted activities to avoid holding hands or playing closely together to enable social distancing, encourage the girls to play apart.
- There are some activities that use balls, ropes, or other equipment, these should be cleaned and sanitised after each group has used them.



## Physical Activities

### Tightrope Walking

Mark out your tightrope on the ground with a long piece of string or tape.

Challenge the girls to walk along it without losing their balance - forwards, backwards, sideways.

Variations:

- Add obstacles to jump over
- Create "islands" from coats, hoops etc. connected with tightropes
- Form zigzags or curves

### Obstacle Courses

These can be as simple or as creative as you want! Do them individually or in teams, as a race or just for fun.

- Jump over: coat, ball, bench
- Crawl under: table, blanket
- Go through: hoops, ropes
- Challenges: tightrope, hopscotch
- Make it harder: wear a blindfold, keep one hand behind your back

### Follow the Leader

Everyone lines up behind 'the leader'.

As the leader moves, everyone must follow and copy her every action e.g.

- Hop
- Skip
- Jumping Jacks
- Dance
- Silly Walk

### Dodge Ball

The goal is to hit your opponents with the ball while dodging being hit yourself. If you catch a ball that has been thrown at you, the thrower is out.

This is a fast-paced game. Use a soft ball and agree no aiming at the head!

## Sports Day

Take turns trying out a selection of challenges such as:

- Egg (or potato!) and spoon race
- Sprint
- Hula-Hoop
- Limbo
- Bean Bag / Ring toss
- Crab walk race
- Balloon Waddle (between knees)
- Backwards race
- Sack Race

### Helicopter

One person stands in the centre and spins a skipping rope around on the ground.

The players must jump the rope as it comes around. If the rope hits you, you are out. The last person standing is the next helicopter.

*Variation:*

Everyone holds a cup of water. Whoever is holding the most water after five jumps wins!

### Skipping

There are so many variations of skipping games!

See what rhymes your girls know.

Try new styles such as double-dutch or Chinese.

### Orienteering

There are permanent orienteering courses set up in many of the Forest Parks and other public venues around Ireland and many offer downloadable maps. See [here](#) for a full list.

### Cycling

Learn about safety on the roads, bicycle maintenance, or simply go for a cycle together.



## **Educational & Service Badgework Activities**

### **Nature Study**

Invite someone with an interest in, or specialist knowledge of, birds or plants to take the girls on a walk of the local area and learn about the native species.

### **Public Art**

Complete an art project outdoors in your local area. E.g. paint a mural, build a fairy village, “yarn bombing”. For a less permanent installation, try chalk drawings, or sand sculptures.

Check if your local Tidy Towns group have projects you could help with and be sure to contact your local council for permission if required.

### **Gardening**

Learn about gardening and look after a garden for six weeks or more. This could also be a service project if your church or a local charity needs help with upgrading a garden area.

### **Local Knowledge**

Take a walk around your local area to find out what services and public amenities are available.

### **People with Additional Needs**

Review some of the public buildings in your area to see if they are accessible to all. Consider the challenges for people who use wheelchairs or walking aids, or those with a sight impairment.

Have the COVID-19 restrictions added any extra challenges for these people?

### **Photography**

Visit a place of natural beauty or historical significance and try out different styles of photography.

### **Pet Care**

Have some of the girls bring their pets and learn about different kinds of animals and how to look after them.

Visit a farm or zoo and learn about different kinds of animals.

### **Charity Fundraising or Support**

Many charities are facing challenges in raising money this year. Find out how you can help e.g. raffle tickets, street collection, sponsored walk or skip, choir, or other performance in a public area.

Follow all guidelines set out by both the charity and the Gardaí for fundraising.

Some charities are also collecting personal items to give to people living in homeless accommodation, or for women escaping domestic violence.

## **Spiritual Activities**

Spending time in nature is a wonderful way to connect with God and celebrate the beauty of creation.

This year’s **God Cares For Me** Scripture Programmes and Explorer Programme Ideas include ways for us to appreciate the world around us in prayer and reflection.

### **My Church**

See if your church needs any support in planning alternative types of services and community outreach due to the COVID-19 restrictions.

Explore the grounds to learn about the history and architecture of your church.



## Classic Playground Games

### Traffic Lights

One player calls out green, orange, or red to the other players.

- Green = run around fast as you can
- Orange = walk in slow motion
- Red = freeze.

Anyone caught moving on a red light is out; the last remaining player wins.

### Kick the Can

Pick a central spot for the can (or another item) and choose one person to be on.

The person who is on counts to 100 while everyone else hides.

When she gets to 100, she starts searching, if she finds someone, she shouts their name and both girls run towards the can. If the hider kicks it first, she is now on. If the seeker kicks it first, the hider is in jail.

Captives can become free if other hiders kick the can without being spotted. The game ends once everyone has been captured.

### Hopscotch

Draw a hopscotch grid with chalk and have some fun playing the traditional game, or try these variations:

Timer: See who can finish it in the shortest time, or within a time limit.

Kick It: Move the marker from space to space as you hop.

Categories: Instead of numbers, put a category in each square and girls must name ten things as they hop e.g. animals, shapes, colours.

## Just for Fun Games

### Hit The Deck

Mark out 3 parallel lines equal distance apart. Name them *upper deck*, *middle deck* & *lower deck*.

When the leader calls one, everyone must stand on the right line.

When the leader calls "hit the deck" everyone must lie down (or squat if the ground isn't suitable for lying on).

The last person to drop is out. The last person left wins.

### Ship Shore

The leader calls out the actions.

If someone does the wrong action, or if it is an action that requires them to get into groups and there is a person without a group, then they are out.

Ship: move towards the ship (one side of the playing field)

Shore: move towards the shore (the opposite side of the playing field)

Scrub the decks: Mime mopping

Climb the ropes: Mime climbing ropes

Captain's coming: Each person must stand at attention and salute.

Octopus: Lay on their backs with their arms and feet waving in the air.

Man overboard: Two girls stand a few feet apart and mime rope pulling action.

Lifeboat: Three girls must act like they are rowing a boat while they sing "Row Row Row Your Boat".

Walk the plank: Whole group gets into a straight line; last person is out.



## Other Activities

### Giant Bubbles

Even the adults will get a kick out of these huge bubbles, an ideal project for a big outdoor space.

Bubble Mixture:

- 1 Litre of hot water
- 250ml washing-up liquid
- 2-4 tablespoons of glycerine

Bubble Wands:

- Straws or sticks
- String
- Tape (if using sticks)

Make the bubble mixture in advance and allow it to settle.

Girls can make their own wands using one of the methods in the picture.

If using straws, simply thread the string through and tie a knot.

You will need a container for the bubble mixture big enough to fully submerge the straws.

If using sticks, you might need to tape the string to the sticks, so it doesn't slide off.

Girls can take turns dipping their bubble wands in the mixture and see who can create the biggest bubbles.

For big groups, consider having a few containers of bubble mixture for smaller groups to avoid queuing.



## Scavenger Hunts

There are lots of different ways to do this, depending on the age of your group, and the space available to you.

You can give girls an individual "bingo" sheet to tick off the things they have found, or ask them to write them down, rather than have them collecting items and bringing them back.

A-Z: Find one item to represent each letter of the alphabet

Colours: Find one item for each colour of the rainbow

Sense: Find items you can see, hear, or smell. Find items with very different textures (e.g. soft, spiky, lumpy etc.)

### Treasure Hunt

Older girls could be given a map, or a list of clues to help them find treasure.

For younger girls simply hide the items around the area and let them search.

Each "treasure" could have a letter, so they end up with a word or phrase.

### Credits:

[Safefood.net](http://Safefood.net)  
[Family Fun Twin Cities](http://Family Fun Twin Cities)  
[Wired.com](http://Wired.com)  
[Ultimate Camp Resource](http://Ultimate Camp Resource)  
[Red Ted Art](http://Red Ted Art)

