

Bring-a-Friend Challenge/Instant Meeting – April 2022

Girl Guides of Canada – Nova Scotia

A Bring-a-Friend meeting is an easy way to grow Guiding! Bring-a-Friend nights are easy to plan and run!

This instant meeting has everything you need to run a successful Bring-a-Friend meeting including invitations, activity ideas, a sample meeting schedule, and some tips and tricks.

We've designed this Bring-a-Friend Challenge to coincide with the start of Try Now Join Later. For more information on Try Now Join Later please visit

https://www.girlguides.ca/WEB/GGC/Join_Us/Try_Now_Join_Later.aspx

Free Membership Draw for Participants

To celebrate all of our new friends checking out Guiding, we will be having a draw for two free memberships for each Area!

One free membership will be for a current member, and one will be for a new member.

To participate in the draw current members must bring a friend during the challenge which runs the month April 2022.

To enter the draw leaders will gather the following information:

For the current member: full name, IMIS, unit and District of the current member.

For the potential member (the Friend): full name, parent/guardian name, phone and/or email of the potential member.

Information can then be passed on to your District Commissioner.

The final day to submit participant names to your District Commissioner is Friday, May 6, 2022.

Planning your Bring a Friend meeting

A Bring a Friend meeting requires a bit of advance planning but not much more than a normal meeting.

Safe Guide still applies on Bring a Friend night, make sure you have enough leaders to meet ratio for Bring a Friend night. If you anticipate lots of Friends joining your meeting, consider reaching out to your District for support from other guiders.

Consider using our Instant meetings in this challenge or search for some on the platform for your Bring a Friend night. Instant Meetings do most of the hard planning for you!

An Instant Meeting is included here for each branch but feel free to change it up depending on your unit. Some units might love more involved crafts, and some may love more active games. Just try to include a bit of everything to help give the Friends an idea of what a normal meeting might look like. Other great instant meetings can be found on our National website.

The activities listed in the instant meetings are just ideas. Feel free to play your unit's favorite game or do a different craft. You know your unit best.

Tips and Tricks

- Send invitations out 2-3 weeks before your Bring a Friend meeting. There are printable ones attached to this instant meeting for younger branches, Pathfinders and Rangers may want to design their own digital invitations to share with their friends.
- Ask for Friends to RSVP but also know that some Friends may not RSVP and might just show up the night of so be sure to prep some extra supplies.
- Drop off and pick up may take longer than in normal meetings.
- Be prepared to answer questions about your unit, Try Now Join Later, and Girl Guides. Direct people to the National website as there is lots of information on there.
- Get your unit involved in the planning of the Bring a Friend meeting.
- Email the parents/guardians of your group a heads up about the Bring a Friend night when you send home the invitations, so they know what is going on.

Program Connections

These activities can count towards the Spirit of Guiding or Healthy Relationships in the platform as Unit's Own. Please note, there is no NS crest for this, however the Guide Store often has Bring a Friend crests in stock.

Bring a Friend Instant Meetings

The Instant Meetings here are 90 minutes long. If your meeting is longer than 90 minutes add in more activities to fill the time.

The meetings all follow this general lay out:

| Bring a Friend Instant Meeting | |
|--------------------------------|--|
| Time | Activity |
| 10 minutes | Drop off and Quiet self-led activity |
| 10 minutes | Opening and welcome. Go over the flow of the meeting with the group (what we are going to do tonight and in what order) and discuss any relevant group rules |
| 10-15 minutes | Introduction/Welcome activity (a couple options are given, choose your favorite) |
| 5-10 minutes | Discussion (options are given related to the craft you choose) |
| 15-20 minutes | Craft or activity (two options are given, choose one unless you have extra time) |
| 20-25 minutes | Game (several options are given, choose what will fill your time) |
| 10 minutes | Wrap up and closing |

Want some more Instant Meeting Ideas? Don't love the activities included here?

In the platform search by your Branch and Instant Meetings to get a great list of ideas. Here are some of our favorites:

- Sparks – Unicorn Adventures Instant Meeting
- Brownies – Astro Adventures Instant Meeting
- Guides – Engineering a Fair Instant Meeting
- Pathfinders – Earth Justice or t For the Love of Art Instant Meeting
- Rangers – What the Forensics or Engineers Rebuild Instant Meeting

Sparks/Brownies

| | Activity |
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| 10 minutes | <p>Drop off and Self-Led activity</p> <p>Coloring pages - Have coloring pages and coloring supplies laid out and have girls and their Friends work on them as they arrive. Coloring pages are included below.</p> |
| 10 minutes | <p>Opening and welcome.</p> <p>Do your normal opening.</p> <p>Sit everyone down with their Friends in your circle. Go over the flow of the meeting with the group (what we are going to do tonight and in what order) and discuss any relevant group rules.</p> <p>Do introductions</p> |
| 10-15 minutes | <p>Introduction/Welcome activity</p> <p>My Name is...I like to.... Activity from the platform</p> <p>This or That</p> <ul style="list-style-type: none"> - Everyone lines up in the middle of the room, leader stands at the front of the line and calls out the “this or that” options and points to the side of the room for each option. For example Cats and Dogs, if the girls prefer cats they go to the front of the room if they prefer dogs they go to the back of the room. Once everyone is on a side of the room call them back to the middle line and start again. |
| 5-10 minutes | <p>Discussion - Take a break and talk about friendship.</p> <p>If you are doing the Friendship Potion activity below then talk using these discussion points: What are the ingredients of a good friend? What makes a good friend?</p> <p>If you are doing the planting activity below then have a discussion using these discussion points: How are friendships like flowers? How can we help them grow? Can we stop caring for flowers once they bloom or do we need to spend time with them?</p> |
| 15-20 minutes | <p>Craft or activity</p> <p>Friendship “potion” sensory bottle</p> <ul style="list-style-type: none"> - make a sensory bottle with different items inside that represent friendship. - Give each person the same set of supplies and as a unit decide on what each item stands for in your friendship potion. - Leader holds up one of the small items, ask girls what that ingredient of friendship it could stand for then add it to your bottles together. (some ideas: gold and silver beads for new and old friends, emoji beads for feelings, glitter for letting your friend shine) - After you’ve added all the items to your bottles, fill them with water and put the lids on tight (you can also add a line of glue or silicone to the inside of the lids to help seal them). |

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| | <p>Friendship flowers - Great for indoor or outdoor meetings</p> <ul style="list-style-type: none"> - Decorate small terracotta pots with paint - Add soil and plant a flower - Print out the flower care instructions and have the girls color the border or back of the instructions. Swap instruction art with another girl in the unit. <p>Any craft your unit will love!</p> |
| <p>20-25 minutes</p> | <p>Game - It's time to get moving!</p> <p>Wax Museum</p> <ul style="list-style-type: none"> - Person who is "it" turns their back to everyone else they move around and pose and when the person who is "it" turns around they see if they can catch someone moving. <p>Animal Charades</p> <ul style="list-style-type: none"> - Print pictures of various animals and place them into a hat or bowl, have girls take turns choosing an animal from the bowl and they act out the animal until someone guesses it. <p>Freeze Dance to your unit's favorite playlist</p> <p>Your unit's favorite game!</p> |
| <p>10 minutes</p> | <p>Wrap up and closing</p> |

Guides

| | Activity |
|---------------|---|
| 10 minutes | Drop off and Quiet self-led activity Bookmarks (included below) <ul style="list-style-type: none"> - Have bookmarks and coloring supplies laid out and have girls work on them as they arrive. If they don't finish the bookmarks they can finish at home or if you have time at end of meeting. |
| 10 minutes | Opening and welcome. Do your normal opening. Sit everyone down with their Friends in your horseshoe. Go over the flow of the meeting with the group (what we are going to do tonight and in what order) and discuss any relevant group rules. Do introductions |
| 10-15 minutes | Introduction/Welcome activity Friendship Bingo <ul style="list-style-type: none"> - Hand out prefilled BINGO cards and have everyone go around find a person who matches the squares to make BINGO! There are a ton of free printable Get to Know You BINGO cards available with a quick Pinterest or google search. - Beach Ball ice breaker <ul style="list-style-type: none"> - With a sharpie print "get to know you" questions on a beach ball (How many siblings to you have? What is your favorite color, book, etc.)? Throw the ball around in a circle when people catch the ball the closest question to their right hand they read and answer then throw the ball to someone who has not had a turn. |
| 5-10 minutes | Discussion If you are doing the Warm Fuzzy Catapult activity below then have a discussion using these discussion points: What is a warm fuzzy? What things can you say to a friend to make them feel good? Why should we help our friends? If you are doing the Make New Friends Mosaic activity below then have a discussion using these discussion points: Share the lyrics of the Make New Friends song Discuss what each line means |

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| <p>15-20 minutes</p> | <p>Craft or activity</p> <p>Warm Fuzzy catapults – Great for indoor or outdoor meetings</p> <ul style="list-style-type: none"> - Build popsicle stick catapults to fire your warm fuzzies (pom poms) across the room at targets. <p>Make New Friends Mosaic</p> <ul style="list-style-type: none"> - Illustrate the lyrics of the Make New Friends song then put them together as a big mosaic. - Give each Guide a line of the song and a square of paper (any size). They can then illustrate the piece of paper with whatever they think is appropriate for their line. At the end of the meeting put them all together in one big mosaic! - You can also do this with ceramic tiles and sharpies. Just be sure to spray them with water-based polyurethane afterwards so they don't wash off (can be found at craft and hardware stores). - Tip: Put names on the backs so everyone can take theirs home at the end of the night. |
| <p>20-25 minutes</p> | <p>Game – time to get moving</p> <p>Wax Museum</p> <ul style="list-style-type: none"> - Person who is it turns their back to everyone else they move around and pose and when the person who is it turns around they see if they can catch someone moving. <p>Sports Pictionary</p> <ul style="list-style-type: none"> - Print names of various Olympic sports and place into a hat or bowl, have girls take turns choosing a slip from the bowl and drawing until a timer runs out or their team guesses it. Tip: if some girls are uncomfortable being in front of a large group try breaking into your patrols for this game. <p>Your unit's favorite game!</p> |
| <p>10 minutes</p> | <p>Wrap up and closing</p> |

Pathfinders and Rangers

| | Activity |
|---------------|--|
| 10 minutes | <p>Drop off and Quiet self-led activity</p> <p>Bookmarks</p> <ul style="list-style-type: none"> - Have bookmarks and coloring supplies laid out and have girls work on them as they arrive. You can also put out hole punches and ribbon, or self-laminating sheets (clear contact paper works great for laminating things like this!) |
| 10 minutes | <p>Opening and welcome.</p> <p>Do your normal opening.</p> <p>Go over the flow of the meeting with the group (what we are going to do tonight and in what order) and discuss any relevant group rules.</p> <p>Do introductions</p> |
| 10-15 minutes | <p>Introduction/Welcome activity</p> <p>Guess Who Cards</p> <ul style="list-style-type: none"> - everyone takes an index card (or piece of paper) and writes down their favorite things to the categories below. Then they are all passed in and shuffled. A leader reads the cards out one at a time and the unit tries to guess who it belongs to. <ul style="list-style-type: none"> o Categories: Favorite color, Favorite book, Favorite movie or TV show, Favorite Sport, Favorite subject at school. <p>Two Truths and a Lie</p> |
| 5-10 minutes | <p>Discussion</p> <p>If you are doing the Friendship Jewelry activity below then have a discussion using these discussion points:</p> <p>Share the lyrics of the Make New Friends song</p> <p>Discuss what each line means</p> |
| 15-20 minutes | <p>Craft or activity</p> <p>Friendship jewelry inspired by the song Make New Friends</p> <ul style="list-style-type: none"> - pendants or bracelets with gold silver beads/wire in a circle shape, rings with gold and silver wire <p>Any craft you think your unit will love!</p> |
| 20-25 minutes | <p>Game</p> <p>Pictionary</p> <ul style="list-style-type: none"> - Print names of various popular books and movies and place into a hat or bowl, have girls take turns choosing a slip from the bowl and drawing until a timer runs out or their team |

guesses it. Tip: if some girls are uncomfortable being in front of a large group try breaking into smaller groups of 4 or 5 for this game.

Cup Stack game

- Instructions found here <http://mssepp.blogspot.com/2012/11/teamwork-cup-stack.html>

Draw My Picture Game

- Break into pairs and sit back to back
- One person will be the artist and the other the apprentice.
- The artist will have 60 seconds to draw a simple picture on a piece of paper without the apprentice seeing.
- The artist will then describe it to the apprentice who has to try to recreate the drawing.
- The artist cannot say what the final picture is but instead can use lines like “draw a circle in the upper corner in yellow. Draw a large square with smaller squares inside of it in the middle of the paper.”
- After 2-4 minutes stop the game and check out the apprentice’s masterpieces. Then switch roles.

Your unit’s favorite game!

- Wrap up and closing

Invitations and printables are on the next few pages

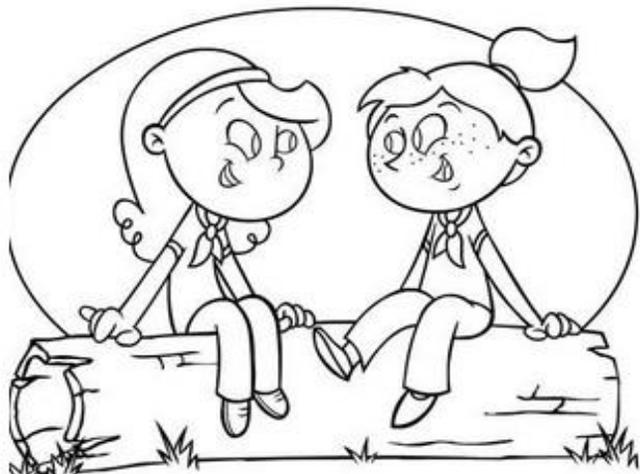
Hello friend!

You are invited to join us for a special
Bring a Friend night! Join us as we
experience what Girl Guides is all
about.

It'll be a blast! If you have questions,
please email my unit leaders (contact
information is in the RSVP section).

Hope to see you there,

You're invited to Bring a Friend Night!



What: Bring a Friend Night with the
_____ unit

When:

Where:

What to Bring:

_____ no later than

_____ RSVP to



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