

# girlguiding Shropshire Midsummer Magic

*What you will need...*

# Getting ready for the event...

Before Midsummer Magic starts look out for some videos to help you get ready!

## Den building

Choose somewhere different you could sleep overnight. Perhaps you could build yourself a den or maybe pitch a tent! Look out for some den building ideas from Tuesday 1<sup>st</sup> June to help you prepare.



## Learn to tie knots and prepare your bedding roll

Look out for this video from Thursday 3<sup>rd</sup> June to help you get ready!

## Get ready to be creative - collect:

- Pens and pencils
- Scissors
- PVA glue and glue stick
- Tape







You will need these for activities over the weekend.

Videos will be shared on our Girlguiding Shropshire Midsummer Magic Facebook page and our YouTube Channel!



# Getting ready for the event...

## Rainbows and Brownies







What to Collect	
12 Daisies	
11 Stones smaller than 2p	
10 Straight Twigs	
9 Seeds	
8 Yellow Flowers	
7 Different Leaves	
6 Pine Cones	
5 Berries (Please don't touch them if you're not sure they are safe)	
4 Forked Twigs	
3 Different Scents	
2 Smooth Pebbles	
1 Feather	

The outdoor team have created for you  
This little scavenger hunt to do  
To get you outside and have some fun  
The Midsummer Magic Countdown  
has begun!

Scavenger Hunt:  
Please look out for our scavenger hunt  
video, this will help you gather together  
lots of things you will need.

Videos will be shared on our Girlguiding  
Shropshire Midsummer Magic Facebook page  
and our You Tube Channel!

## Guides and Rangers

What to Collect	Bonus Challenge
12 Daisies 	Can you make a daisy chain?
11 Stones smaller than 2p	Can you stack them in a column?
10 Straight Twigs	Are they all the same thickness?
9 Seeds 	Are they all different?
8 Yellow Flowers	Are they different varieties?
7 Different Leaves 	Can you do leaf rubbings?
6 Pine Cones	Are they about the same size?
5 Berries (Please don't touch them if you're not sure they are safe) 	Can you colour in a picture using them as natural paints?
4 Forked Twigs	Can you make a catapult?
3 Different Scents 	Can you bring the scent with you in some way?
2 Smooth Pebbles	Are they different sizes?
1 Feather 	Is it bigger than 10cm?

# Saturday 5<sup>th</sup> June

## What you will need...

### Fairy Houses 2-3pm :

- From your recycling – small cardboard boxes, cardboard tubes, lolly sticks, lids
- Optional – craft materials and paint

### Miniature Gardens 2-3pm :

- Container e.g. plant tray, biscuit tin lid, old plate
- Garden soil or compost
- Optional items: lid from a jar, green felt, pieces of shrub, flowers (please don't pick wild flowers), stones, twigs

### Miniature Campsites 2-3pm :

- Cardboard box
- Paint and brushes
- Thin card or paper (for tents)
- Stones for campfire circle
- Scraps of red/yellow/orange paper (from the recycling)

### Twig Angel

#### 3-4pm :

- One twig with a fork in it
- 3 short straight twigs
- Small ball white wool

### Twig Heart

#### 3-4pm:

- Cardboard
- Twigs
- Secateurs or strong scissors
- String for hanging

### Ice hanging

#### 3-4pm :

- Shallow container to fit in freezer
  - String
- Small pretty natural items e.g. feather, stone

### S'mores

#### 6.30pm :

- Marshmallows
  - Biscuits
  - Skewer
  - Candle
  - Matches

### Punk and Kindling 6pm:

- Matches
- Bark, Dry leaves, Pine cones
- Bricks
- Water
- Kindling

### Food and craft campfires 6pm:

#### Savoury campfire:

- 3 Crackers
- Red/Yellow/Orange Peppers
- Cream Cheese
- Grated Carrot

#### Sweet campfire:

- 3 Biscuits
- Orange buttercream icing
- Chocolate Sticks (Mikado, chocolate fingers or similar)

#### Creative campfire

- Red and yellow poster paint
- Sticks/twigs/lolly sticks
- 1x ball of cotton wool



# Sunday 6<sup>th</sup> June

## What you will need...

### Breakfast gam:

- Frying Pan
  - Hob
- Knife, fork, spatula, spoon

### Eggy Bread

- Egg
- Bread
- Butter
- Milk

### Vegan French Toast

- 1 tbsp wholemeal flour
- 1tbsp ground almonds
- 100ml oat/rice milk
- ½ tbsp golden syrup
- ½ tbsp vanilla extract
- 1 tsp ground cinnamon
  - 3 slices thick bread

### STEM 10am:

- Stem resources sheet available on next page

### Trash Fashion 10.30am:

#### Recyclable items such as...

- Cardboard or cardboard boxes
- Newspaper
- Crisp packets
- Plastic bags

### Friendship Bracelets 11am:

- 3 pieces of wool approx. 2 metres long

### Environmental Art 11.30am:

- 4 long sticks
- A selection such as...

- Feathers
- Leaves
- Daisies
- Pine cones
- Stones

#### Dreamcatcher:

- 'Y' shaped stick
- Feathers
- Wool or string



## STEM Challenge Midsummer Magic

Here is a step by step guide to support you in getting involved in this challenge. You will need the ability to problem solve, be creative and access to the following materials and equipment:

- Ruler
- Pencil
- Scissors
- Tape or glue
- Cardboard
- Skewers or alternative
- Pulleys (cotton reel, ribbon reel or alternative)

The magic of being an engineer is being resourceful, if you don't have access to all of the above resources think about what else you could consider, maybe accessing natural materials.

## STEM activities!

## STEM Challenge Midsummer Magic

Here is a step by step guide to support you in getting involved in this challenge. You will need the ability to experiment, explore and access to the following materials and equipment:

- Red Cabbage
- Chopping board
- Knife (supervision from a responsible adult)
- Sauce pan and hob
- 5 glasses
- A teaspoon
- A measuring jug
- Sieve
- Tootpaste
- A lemon or lime
- Vinegar (preferably white wine vinegar)
- Bicarbonate of soda





## *Additional Activity Ideas*

*These activities can be enjoyed at any time as part of your Midsummer Magic fun!*

- Choose or create a playlist of songs and create a dance or fitness routine. Take a video and share on the Girlguiding Shropshire Facebook page.
- Create a sketch and share it with your unit of on Facebook.
- Spend some time in the garden being mindful. Follow this link <https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/go-birdwatching/>
- Create a boardgame based upon your section whether it be Rainbows, Brownies, Guides or Rangers
- Make your own musical instrument out of recycled materials
- Play Bingo (sheet attached)
- Play Scattergories (sheet attached)
- Find out about Basic First aid (sheet attached)
- Try the mindfulness activity using your senses (attached)



How many of these things can you spot on your 30 Days Wild adventures?  
 Simply cross off each box as you spot them. To make it a competition, the first to get a line wins, or go for a full house!

<b>BLACKBIRD</b>	<b>ANT</b>	<b>RABBIT</b>	<b>OAK TREE</b>	<b>MALLARD</b>
<b>SWAN</b>	<b>DRAGONFLY</b>	<b>BEE</b> <i>Challenge: choose a particular species of bee to make it harder!</i>	<b>FEATHER</b>	<b>ORCHID</b>
<b>LADYBIRD</b>	<b>DANDELION</b>	<b>BLUE TIT</b>	<b>CATERPILLAR</b>	<b>SNAIL</b>
<b>POND OR PUDDLE</b>	<b>WORM</b>	<b>NETTLE</b>	<b>SPIDER'S WEB</b>	<b>WASP</b>
<b>DAISY</b>	<b>TREE STUMP</b>	<b>BUTTERCUP</b>	<b>ANIMAL-SHAPED CLOUD</b>	<b>BUTTERFLY</b> <i>Challenge: choose a particular species of butterfly to make it harder!</i>

# Additional Activity Resources

*These activities can be enjoyed at any time as part of your Midsummer Magic fun!*

## SCATORGORIES...

Choose a letter at random from the alphabet. Can you think of something in each category which starts with your chosen letter?

- An animal
- A plant
- A colour
- A place
- A magical or mythical creature



# Additional Activity Resources

*These activities can be enjoyed at any time as part of your Midsummer Magic fun!*



## BASIC 1<sup>st</sup> AID

### Minor cuts

- Wash with water (for outdoor activities you can use steripods)
- Dry carefully, preferably with paper towel or similar
- Apply a plaster, checking whether non-allergenic plasters need to be used



### Bruises

- Check for underlying serious injury e.g. fracture
- Apply a cold compress



### Burns

- Immediately cool the skin with cold water for at least 20minutes or until the pain stops.
- Do not burst blisters.
- Leave on any clothing which has stuck to the body.
- Do not apply anything but water.
- Do not apply adhesive dressings.



### Stings

- Apply a cold compress or cold water to relieve stinging
- If insect sting, do not remove the sting yourself – get help
- Watch for an allergic reaction



### Grazes

- Gently rinse with water to get rid of any particles, working from the centre (for outdoor activities you can use steripods)
- Allow to dry naturally; do not cover



**If in doubt, or at all concerned, get medical help.**

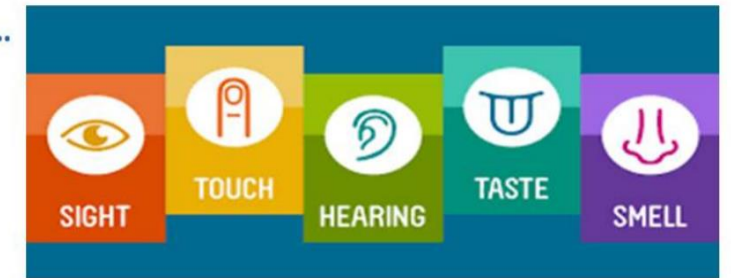
## Practising Mindfulness

### 5.4.3.2.1 Technique:

A simple way to practise being mindful of our senses and what is going on around us is the 5.4.3.2.1 technique. This activity can also work as a means of distracting us if our thoughts are becoming unhelpful. You can either list the things or say them out loud if doing the activity.

### At this moment in time, name...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste.



@HeadStartKent

#headstartmatters

