

# **What Can We Do Outside Tonight Handbook**



# **What can we do outside tonight?**

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These games were collected from Saskatoon Area Leaders who were looking for quick ideas to use with their units outside. Thank you to all the leaders who contributed to this issue. We would like to continue to add games and activities to this handbook to offer a variety of options for leaders around the province. If you have a game or activity to contribute, please send it to Saskatoon Guide House attention to the Program Advisor.

This handbook provides ideas for all guiding branches. Some activities can be played through all branches while others are more age appropriate. Please find suggested branch levels indicated next to the activity title where appropriate. Some activities also require materials or equipment to play them properly, this information will also be listed for each game.

Activities that do not require equipment

Hidden Stars  
Trapper Tag  
Human Chair  
Surprise Tracks  
Hikes  
Find a Tree  
Coloured Eggs  
Snake Tag  
Duck, Duck, Goose

***Let's get started!***

**1. Owls** (All Ages)

For increased difficulty play in low light

Equipment required: Four piles of tokens. Tokens can be anything small and plentiful such as bread clips, paper clips, small stones or pop can tabs.

Description: Four of the players are chosen as “owls” and each owl is given a different pile of tokens. The owls hide within a designated area and start to count to themselves. Each time they reach 20 they must give a loud call “hooting” like an owl. The other players scatter and try to locate the hidden owls by their noise. Each time an owl is found, she gives up one of her tokens.

**2. Clothespin Game** (All Ages)

Equipment required: Bag of wooden clothespins (3-5 per girl), arm bands to identify teams (use ribbon or surveyor's tape)

Description: Divide group into two teams. The object is to pin your clothespin on the other team without getting one pinned on you. (This usually involves a lot of running around)

After a set time, stop the game and get each team to count the total number of clothespins on them.

### **3. Coloured Ice Cube Hunt** (Sparks, Brownies, Guides)

Equipment required: Trays of ice coloured with vegetable food coloring or Jell-O powders.

Description: Bury or hide ice cubes and have a hunt. Some of the Jell-O powders will 'glow' or reflect the light of a flashlight.

### **4. Hidden Stars** (All Ages)

Equipment required: none

Description: This is best played in a place where there is good cover. The leader stands in a highly visible spot with her eyes closed or blindfolded if necessary for five minutes. During this time the players 'Stars' all hide, but they must be able to see the leader from their hiding place. The leader must try to find each of the 'Stars' while remaining in her spot. She may turn around to try and find all the girls in a set time limit. This is excellent practice for the Stars to keep still. What usually gives the hidiers away (other than bright clothing) is their movement. (It's amazing how itchy your legs get when you're trying to keep perfectly still.)

### **5. Metro Medley** (Guides, Pathfinders)

Equipment required: 2 hats (conductor style hats are great), 2 whistles

Description: Divide the group into two teams- Teams line up at each end of the playing area (shuttle formation). The first person on each team becomes the conductor. On "Go", each conductor dons the hat, hangs a whistle around her neck and runs to the far end of the playing area where one half of her team waits. Here the conductor picks up her first 'car' by bending down and placing her right hand between her legs. The conductor blows the whistle and the two players run to the other end to pick up a third car.

The relay continues until all players on the team are apart of the ‘metro’. The conductor signifies a complete train by blowing the whistle three times.

### **6. Camouflage Game** (All Ages)

Equipment required: 250 toothpicks- leave 50 in their natural color, stain or paint 50 in each of the following colors: Blue, Red, Green, and Brown.

Description: choose a location with lots of grass and weeds. Mark off an area approximately 3 feet x 6 feet (1m x 2m) with string and scatter the toothpicks within. The toothpicks represent worms.

Tell the girls they are a flock of birds. Playing the flock leader, fly with the girls to the prepared area and tell them it is time to stop for a meal. The girls must try to catch as many worms as they can in 15 seconds.

Count the number of worms of each color that were caught. Discuss the value of camouflage. If you were a worm, what color would you want to be?

This is best done in groups of 6-9.

### **7. Reflector Game** (Brownies, Guides, Pathfinders and Sr. Branches)

Equipment required: 2 flashlights, sets of 3”x3” cards for matching relays- Use white cards if playing in snow, or black if playing in summer. Tape the back of each card with bicycle reflector tape that will reflect the flashlight beam.

Description: The cards are placed, shiny side up and clearly visible. Explain the boundaries in which the cards are hidden. The game can be played as a relay where each girl finds a card then passes the flashlight to the next team member or the whole group can search simultaneously. The relay cards can carry messages (eg. Be prepared or Lend a hand). The rest of the team members can help decode the message as their teammates finds the cards. Cards that have been covered in mac-tac or are made of waterproof material (like old x-ray film) can last many seasons and can be used for night trails or other teaching games.

### **8. Gold Rush or the Canister game** (Guides, Pathfinders, Sr. Branches)

Equipment required: Approx. 60 clear film canisters (available from most camera stores). Red and yellow surveyor’s tape, and rope

Instructions: Divide the canisters in half and mark one set with the red surveyor's tape in each canister and the other set with the yellow tape. (Other items may be used as 'gold', but film canisters are waterproof, durable and will last many games.) Distinguish teams with arm bands- use the surveyor's tape as armbands. Each team's safe zone must be delineated by rope and centre line must be indicated in some way as well.

Description: The two teams are given adjacent territories and different arm bands to distinguish them. The object of the game is to find 'gold' on their own territory (red 'gold' on the red territory, and yellow 'gold' on the yellow territory) and deliver it to the safe zone headquarters in the middle of enemy territory. Once they cross the centre line into enemy territory they can be tagged (and arm band removed) by the other team members and have all gold they are carrying seized. Enemy gold can be delivered to the safe zone for additional points. To continue to play- the player without the arm band must return to their territory and the leader will provide them with another armband. The game stops at an arbitrary time limit (while they are still having fun) and the gold in the safe zones is counted to see who won. The game involves a lot of skulking and some strategy. Slower girls can act as decoys (in enemy territory without gold) and many girls can run together to outsmart the defence of the enemy. This can be played on an open field, but works best in a location with a bit of cover. To encourage girls to keep crossing the line, we give 100 points for every piece of your own gold and 200 for every piece of enemy gold in the safe zone. We also do not allow "guarding" of the enemy safe zone- defensive players must be 10-20 paces away.

### **9. Trapper Tag (A.K.A Fox and Goose) (All Ages)**

Equipment required: enough snow to stomp out paths

Description: In a large flat area make a circle in the snow about 40 large paces across. Inside the circle make criss-crossing paths in any direction (some can dead end). There can be a small (3 foot) circle in the centre that is the 'safe zone'. One player, the Trapper (or fox) chases the others (the geese) but they must stay on the paths. Players who are caught become trappers (or foxes) and trap more geese.

## **10. Snowball Spud** (All Ages)

Equipment required: enough snow for snowballs (if there isn't enough snow a soft rubber ball will work)

Description: Form the girls in a small circle. One player stands in the centre, armed with a snowball. They drop the snowball and call the name of the one of the other players. If she calls 'Susan' for instance, the other players scatter as fast as they can while Susan picks up the snowball. When she has it she yells "Stop" and the players all stand still. Susan throws the snowball at one of the other players. If she hits them, they pick up the snowball and try to hit someone else and so on until someone misses. A player who misses scores "1 spud". Everyone makes the circle again and the game continues until someone gets to "3 spuds."

## **11. Kim's Compass** (All Ages)

HINT: For younger units, start playing with a reduced number of compass points. Start with the 4 main compass points for Sparks, 8 points for Brownies and 16 for Guides and up. Keep the game fun- you can always increase the number of points to make it more difficult.

Equipment required: 16 random articles (rubber bands, buttons, pens etc)

Description: mark out a 6 foot circle (use sidewalk chalk on pavement or a spray bottle with food coloring in the snow.) Mark the 16 points of the compass on it with large letters. Ideally, try to line up the points to the correct orientation by using a real compass. Next to each of the points place one of the articles (for example: a comb on north, a Kleenex on South, a hat on East etc) HINT: to make sure all items go back in the right place- write down what item went on which point. Give the girls 3 minutes to memorize which item was on each point and then collect all the items in a bag. Have the girls see how many items they can remember and which point they were placed on. When the girls get one right- replace the item in its spot.

## **12. Human Chair** (All Ages)

Equipment required: None

Description: This game takes about 3 minutes to play, and is very fun so play it a few times. Have all players stand in a circle shoulder to shoulder, have

everyone turn to the right and squish closer together. Have everyone slowly sit on the knee of the person behind them at the same time. This forms the human chair. There are no winners, just see how long the chair can stand. This generally gets the girls laughing, especially when the chair breaks and everyone ends up on the ground. Replay game and have everyone turn to the left. Alternatives- arrange girls by age, height or patrols.

### **13. Surprise Tracks** (Sparks, Brownies, Guides)

Equipment required: Snow

Description: Take advantage of a fresh snowfall by going tracking. Back allies can tell stories:

- Which way do drivers take to get out of their garages?
- Who took their garbage out today?
- Where do those dog tracks come from, which way are they going and which human footprints belong to the dog owner?
- Look for bird tracks and strange formations where snow has fallen from trees.

### **14. Hikes** (All Ages)

Equipment required: pencil and paper for each group

Description: Collect the sounds, colors and textures of your neighbourhood. Divide the girls into two groups (each with a Guider) and give them the same route to travel, then send the groups in opposite directions. Compare the list of sounds, objects of the same color (or one object for each color of the rainbow) and objects with various textured surfaces (Be sure to do a rubbing of the texture)

### **15. Mini-Treasure Hunt** (All Ages)

Equipment required: Film canisters or matchbox for each girl

Description: Provide each girl with a film canister to fill with small treasures. The idea is to collect as many different objects as possible. If insects are to be included they should be counted but not collected.

## **16. Scents, Scents, Scents** (All Ages)

Equipment required: Spray bottle for each scent, a few tablespoons of scents (lemon, peppermint, almond extract, vanilla extract, coffee) diluted in about a ½ cup of water.

Description: Three people (deer) set out separate scent trails (using the spray bottles) and then hide at the end of the trails. Divide the group into three groups (wolf packs). Each group follows one of the trails to locate the scent maker (deer). The area does not have to be large and the scent trails should cross over each other much the same way animal tracks do.

## **17. Cold Effects** (Brownies, Guides, Pathfinders (depending on camp experience))

Equipment required: multiple coffee cans/soup cans of same size, water, thermometer, old wool sweater or scarf, leg from jeans, fleece material and other clothing materials of different fabrics.

Description: This activity is a great way to show girls how to properly dress for winter and is best done on a cool/cold meeting night. Put equal amounts of water of warm temperature (ideally close to body temperature) in each can and record its temperature. Dress each can in different fabric; be sure to include wet jeans on one and one with multiple warm layers. Set the cans outside. Bury one undressed can in the snow and leave one undressed can above ground. Check the temperature of the water in the cans every 30 minutes through the meeting.

## **18. Stalking** (Brownies, Guides, Pathfinders)

Equipment required: Blind fold, and flashlight for the stalker

Description: There are different ways to do this using your senses;

Hearing: One girl (the prey) stands in a spot and is blindfolded or closes her eyes, everyone else fans out. The hidiers try to creep up and stalk the prey. If the prey hears anyone she shines her flashlight on them (or points if she doesn't have a flashlight) and they sit out

Seeing: Same as above except the girls hide from view of the prey and try to stalk the prey. If she sees anyone they are out.

Touch: Maybe best for older girls. (Like blind man's bluff) The girls stand still and the blindfolded prey wanders around and tries to touch the stalkers and describe who she has caught. Need to think of height, hair length etc.

### **19. Find a Tree** (Sparks, Brownies, Guides)

Equipment required: pencil/ crayons and paper for a tree rubbing

Description: To be done in partners. Go to a clearing in the park or woods. One partner blindfolds the other (using scarf, toque, bunnyhug hood reversed etc). The seeing partner gently spins the blindfolded partner a couple of times and leads them gently by the arm. Remember to instruct the leader to verbalize instructions for her blindfolded partner if there are obstacles. Have the seer lead her partner to a tree and allow the blindfolded partner to get to know her tree. Get her to feel the tree, do a rubbing of the bark texture, note size, shape, smell, and leaves. After a couple of minutes have the seer lead her partner back to the start. Once there, remove the blindfold and have them try to find 'their' tree by remembering what they just felt and smelt. Repeat this for the other partner.

### **20. Tree Rubbing** (All Ages)

Equipment Required: Paper, Crayons, Pencils

Description: Have the girls locate a tree and hold the paper on the trunk and or leaves and rub the bark/leaves with the crayons. They can make a picture of the tree or include the rubbing in an identification chart. Be sure to try different tree species so they get an idea of how the bark/ leaves differ.

### **21. Hunt for 'Gold'** (Sparks, Brownies, Guides)

Equipment required: Gold spray paint, ordinary rocks of different sizes, tin pie plates with small holes in the bottom for 'panning gold'

Descriptions: Ahead of the meeting spray paint the rocks and bury the 'gold' in the playground sandbox, lake edge or shallow stream edge. Have the girls take the tin plates and pan through the sand to find the gold. This activity works well to celebrate St. Patrick's Day- the girls place the found gold in a

pot, for added fun attach streamers of different colors (rainbow) to the pot and have them stream out around the area where the gold is buried.

## **22. Coloured Eggs** (Sparks, Brownies)

Equipment required: None

Description: This game is like ‘Tag’ or ‘What time is it Mr. Wolf’. One girl is “it” and stands a distance away from the rest of the girls with her back to the group. She calls out a color and turns around. Any girl wearing that color must run and try not to get tagged. If someone gets tagged they are now “it.”

## **23. Blind Walk** (Sparks, Brownies, Guides)

Equipment required: blindfolds

Description: This activity works on trust building and what its like to go without sight. Have girls pair off and blindfold one of the girls in each group. Have the sighted partner lead the blindfolded girl in a tour around the meeting area. Girls will need to walk slowly to ensure that the blindfolded girl is comfortable and trusts her partner. The tour can take up to 10 minutes per girl. At the end of each tour ask the girls what is like to go without their sight. A variation of this would be to have one leader guide a line of blindfolded girls on a tour. Each girl would have to pass along information to the person behind them regarding things to watch out for by feel.

## **24. Homemade Ice Cream** (All Ages)

Equipment required: This is a wonderful treat both in summer and winter. The girls can make it using a 1lb coffee tin can inside a 1kg coffee tin or a medium seated beg inside a larger sealed bag. HINT: May need to double bag.

Ingredients:

1 cup whipped cream

½ cup sugar

½ tsp vanilla

1 cup milk

1 egg beaten

Fruit, jam, chocolate or nuts as desired

Ice cubes

¾ cup rock salt

Directions: Mix all ingredients well (except salt and ice) in a 1lb coffee tin or bag. Seal well.

-Place this can or bag inside the larger can.

-Pack ice around the ice cream mixture.

-Pour rock salt evenly over ice.

-Roll can for about 10 minutes (playing soccer with it will mix it very well)

-Drain off excess water. If using a can carefully remove lid and stir contents which will be partially frozen. Replace lid on inner can. Add more ice and a little more salt.

-Replace the lid and continue to move around for another 10 minutes or until frozen.

Makes 3 cups of ice cream, if you use frozen fruit this will also decrease the freezing time. A great treat for the girls that they can make themselves.

## **25. Recycle Collages** (Sparks, Brownies, Guides)

Equipment required: Gloves for each girl, plastic bags, pieces of cardboard, and glue

Description: This activity can be used to combine time outside with an art project. Have the girls go in singles, pairs or groups to clean up the area outside the meeting place. Girls can carry two bags- one for the messy garbage and one for things that can be used to make a collage. After a period of clean up the girls can come into the meeting place or if the weather is nice- make the collage outside! Have the girls view each others works of art and brain storm how many different kinds of garbage has been located and how some of it might harm the environment. Be sure to warn the girls not to pick up any needles or broken glass and to tell a leader as soon as they find any.

## **26. Snake Tag** (All Ages)

Equipment required: None

Description: Line girls up in rows of 5-7 behind the leader. Each girl holds the waist of the girl in front. The leader tries to tag the girl at the end of the line. If the leader tags her then the girl at the end moves to become the leader. Game continues until all the girls have had a chance to lead.

**27. Blow Bubbles** (Sparks, Brownies, Guides)

Equipment required: liquid dish soap, bubble blowers

Description: When the temperature is -20C to -30C bubbles will not pop.

**28. Snow Painting** (Sparks, Brownies, Guides)

Equipment required: Squeeze bottle, food coloring or Jell-o

Description: Have each girl in the unit bring an empty squeeze bottles from dish liquid, bubble baths etc. Incorporate a bit of easy science and have the girls decide which colors will result from mixing certain colors together. We have used the colored water to make the circle for a game of “Fox and Geese” or to just let the girls use their imaginations and make snow magic. The colored water adds a finishing touch to the outside of a snow structure like a quinzy or a snow fort.

**29. Duck, Duck, Goose!** (Sparks, Brownies, Guides)

Equipment required: None

Description: Everyone in your group sits (or stands if it’s wet or cold) in a circle, and one person remains outside the circle. Have the girl on the outside walks around the circle touching each head and saying ‘duck’ each time. When she decides to say ‘goose’, the girl whose head is touched at that moment has to get up and run in the opposite direction of the other girl. Whoever gets back to the newly vacated spot gets to stay there and the girl who didn’t make it back to the spot gets a chance to go around touching the girls heads.

HINT: Change the words to work on themes such as; WAGGS countries:

Australia: Wallaby, Wallaby, Kangaroo. World Centers: Sangam: Cobra,

Cobra, Mongoose! Our Cabana: Donkey, Donkey, Coyote! Our Chalet:

Mountain, Mountain, Avalanche! Pax Lodge: Crown, Crown, Queen!

Holidays: Easter: Chic, Chic, Bunny! Halloween: Ghost, Ghost, Boo!

Valentine’s Day: Love, Love, You!

You get the idea, there is a great deal of room for creativity!

### **30. Leaf People** (Sparks, Brownies, Guides)

Equipment required: Markers, goggle eyes, stickers, pipe cleaner, and scraps of material.

Description: This is another very broad activity that can be made more complex to challenge your older girls. Have the girls find a variety of leaf sizes and shapes outside. Your unit could incorporate tree identification here or a litter chase. The leaves will be the basis for your 'people'. Have the girls simply color with markers on the leaves, or add goggle eyes (very popular!), stickers, pipe cleaner arms or glasses, scraps of material for clothes and other leaved for decoration. The leaves could even have hair or dress them to match a theme like princess, fairy, camper, Halloween etc. This works best in the fall and you may need to remind your unit that it is not right to pull anything off of a live tree.

### **31. Sardines** (Brownies and up)

Equipment required: None

Description: (This game is the opposite version to hide and seek.) One person is chosen to hide inside a designated playing area. The other players enter the area and quietly begin to search for the hidden person. Do not use any flashlights or aids. When a person finds the hidden player, they very quietly join them. The other players try to find the hiding spot, and as they do they sit down quietly in the hiding spot. The last player to reach the hiding spot becomes the hider for the next round.

### **32. Capture the Flag** (Guides and up)

Equipment required: 2 large flags of different colors, (armbands) ribbon of the same colors as the flags to distinguish each team.

Description: The rules are simple. Divide into two teams in an area that has both a wooded area and an open field. Divide the play area in two parts so that one team (A) has one side, and team (B) has the other side. Each team will receive a flag to hide in the area; they will also have a jail for anyone that they catch in their play area. You should have a jailer for the inmates of the jail. Allow each team several minutes to hide their flag. Once the flags are in a safe place, signal the players to search for the flags. When a player from team A

enters into team B's territory, a player from team B tries to tag them and send them to jail. You can only get out of jail if one of your team mates touches you again without them getting caught. Use colored ribbon tied to the arm of the one team to distinguish who's on which team. The first team to find the other teams flag and return it to their territory is the winner. For a variation you can use water balloons and if they find the water balloon they have to get it back to their territory without it breaking. This could be very challenging.

### **33. Hammer Time** (Guides and up)

This game is great but requires lots of supervision. This is a great way to teach the girls how to use tools and proper safety techniques. It amazes me how much the girls love to play this game (and adults too!)

Equipment required: 2 hammers, nails, 2 pairs of safety glasses, and 2 cutting blocks with a flat surface (large blocks of wood)

Description: Divide into two teams. Have one girl (wearing safety glasses!!) approach the cutting block and the other team mates remain 10 feet behind her for safety reasons. Place a nail into the block enough to get it to stay on its own. Have the girls compete against each other to see who can drive the nail into the block the fastest. The alternative is to do it in the fewest number of hits. For older girls play it as a relay- as soon as one girl drives in her nail the next team mate preps her own nail and drives it. This can be done as a timed relay event, or as the team that can get through all its girls the fastest. Another option is to have the two teams compete to see how many nails they can drive into the block within 30 seconds.

Additional supervision may be required to ensure that each girl is taking the proper precautions before approaching the block and that their safety glasses are in place. Remember to instruct the girls where to place their nails so that they don't risk hitting a nail that's already been driven into the block.

Need more ideas? Here is a list of some classic outdoor games that require minimal equipment

- Hopscotch (sidewalk chalk and a rock required)
- Jump rope (jumping rope required)
- Red Light Green Light (No equipment required)
- What time is it Mr. Wolf? (No equipment required)
- Dodge-ball (soft rubber ball required)