

# Waterwater everywhere Challenge



**Girlguiding**

North East England

Charity No: 1000858

[girlguidingnortheast.org.uk](http://girlguidingnortheast.org.uk)

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# Water Water Everywhere

## Introduction

Welcome to the North East England Water challenge pack

We want as many girls as possible to safely have a chance to experience water-based activities. We hope this pack supports leaders to give our young members a water adventure.

## About the activities

You don't have to be near the coast, open water or a water venue to enjoy water fun. Each section has activities which can be done in the unit meeting place. We want units to get involved in water activities when and where they can.

If you can take your unit to the beach or visit a local water sports centre then you will find lots of information to help you plan for your day out.

Wherever you enjoy the water, it's important to ensure everyone stays safe and remembers to look after the environment. Leave nothing behind and respect everything you find.

We have divided the Challenge into 4 parts:

**Water Safety** (please refer to the [Mayday resource](#) for more information)

**On your Doorstep**

**Coastal**

**Inland**

We suggest everyone does 2 activities from Water Safety plus a minimum of 3 from the other sections.

## How to order your badges

Order your badges from the [Girlguiding North East England online shop](#). All activities are appropriate for all sections and many require minimal resources. For some activities you may need enough space for your unit to move safely.

# Water Safety

Leaders should always follow Girlguiding risk assessments and local guidance, please see the Girlguiding link below for support with water risk assessments:

Swimming in open water

Water activities can be fun and exciting, but they need to be safe. It is important that everyone understands the risks and knows how to look after themselves and each other.

For support with all aspects of water safety please check out:

The Water Safety Code

Water Safety England

Swimming in open water

We would recommend using this pack in conjunction with the [RNLI Mayday](#) pack to teach the girls in your unit about water safety. Making sure your unit understands how to stay safe on and around water is fundamental to saving lives.

Girls should know the key 4 water safety messages from the RNLI:

- Stop and Think
- Stay Together
- FLOAT
- Call 999 or 112 for the Coastguard

The activities aim to reduce the chances of getting into danger in, on or around the water. We have included activities on the effects of hyperthermia and hypothermia, on using rescue techniques and to help the girls feel confident.

# Water Safety

## Hypothermia

### What it is:

Hypothermia happens when the body gets too cold and can't warm itself up properly. It can creep up on someone without them realising as it can occur from longer term exposure in water, as well as immediate exposure such as falling into cold water.

### Common signs to watch for:

- Shivering that doesn't stop
- Slurred speech
- Feeling very tired or confused
- Cold, pale skin
- Clumsiness or poor coordination

### What to do:

- Get out of the water
- Remove wet clothing
- Dry off and put on warm, dry layers
- Drink a warm (not hot) sweet drink if available
- Stay with a leader and keep warm
- Call for medical help if symptoms don't improve

### Activity - Cold Clues (APPENDIX 1)

- Give the groups the short scenarios in Appendix 1 (e.g. "Ella has been swimming in a lake for 10 minutes and won't stop shivering")

Girls to decide:

Is this safe or unsafe?

What should happen next?

# Water Safety

## Hyperthermia

### What it is:

Hyperthermia happens when the body overheats, often on hot days or after lots of activity. This can easily happen when someone doesn't take on enough fluids along with exposure to the sun and heat. It is very common in young people who are splashing around a swimming or paddling pool and are distracted by the fun.

### Possible signs:

- Feeling dizzy or faint
- Headache
- Nausea
- Hot or flushed skin
- Confusion

### What to do:

- Move to shade
- Drink cool water
- Loosen tight clothing
- Cool down gradually
- Tell a leader immediately

### Activity – Too Hot or Too Cold? (APPENDIX 2)

- Cards with symptoms
- Girls sort into:
  - Hypothermia
  - Hyperthermia
  - Both

# Water Safety

## When you have finished outdoor swimming

i.e rivers, seas and pools

Key safety habits:

- Warm up slowly
- Strip off wet kit: Get out of your wet swimwear immediately.
- Layer up: Put on dry, insulated clothing using a layering system (thermal base layer, warm fleece or jumper, and a windproof/waterproof outer layer). Don't forget a woolly hat, gloves, and thick socks.
- Drink warm (not boiling) fluids: Sip a warm drink. A warm, sugary beverage will help fuel the energy your body uses to shiver.
- Eat a light snack: Shivering burns a lot of calories, so refuel with some food.
- Keep moving: Gentle movement helps circulate your blood and naturally warms you from the inside out
- Tell an adult if you feel unwell later

## Activity - After-Swim Checklist

In your unit, design one of the following to remind everyone how to stay safe after taking part in water activities:

- Poster
- Phone checklist
- Mini leaflet

Include what to do and why it matters

## Checking Water Quality

Before entering water, check:

- Is the water moving or stagnant?
- Does it smell unusual?
- Is there foam or scum on the surface?
- Are there warning signs nearby?
- Are other people / groups avoiding the water?

Clear rule for the unit:

If you're unsure, don't go in – choose another activity instead

# Water Safety

## **Activity – Would You Swim Here? (APPENDIX 3)**

- Show photos (or descriptions) of:
- Clear flowing river
- Stagnant pond
- Frothy water
- Blue-green algae bloom
- Girls vote yes/no and explain why

## **Frothy Water, Stagnant Water & Blue-Green Algae**

### **Frothy water:**

Foam on water can sometimes be natural, but lots of thick foam may suggest pollution.

### **Stagnant water:**

Still water that doesn't move much can allow bacteria and algae to build up.

### **Blue-green algae:**

This can look like green paint, scum, or streaks on the water. It can be harmful to people and animals.

### **Clear safety message:**

Never ignore warning signs or enter water with blue-green algae.

## **Activity – Spot the Risk**

- Girls create their own "unsafe water" warning sign
- Include:
  - What it looks like
  - Why it's unsafe
  - What can the person do instead of entering the water

# Water Safety

## **Along the riverbank/canal or any open water spot**

Don't walk near the water's edge.

Are there any lifesaving devices nearby such as a life buoy or defibrillator?

This is essential for any body of water.

**Task:** Find out how you could use what is around you to help someone in trouble in the water. You could throw a rope or life buoy. If nothing is around you - encourage them to float like a starfish until help arrives. In your unit meeting place - or outside, Get the girls to all lay on the floor in the Starfish shape . For more information, visit: [RNLI: Safety float](#)

# On your doorstep

## **Rainy day fun**

### **Rain Gauge Challenge**

Make a simple rain gauge using a clear plastic bottle with the top cut off. Mark measurements in centimetres on the side.

Place it outside in an open area.

Record rainfall daily for a week or longer. This can be done at home or checked weekly at your unit meeting place.

To take this further as a unit. You could discuss patterns and compare with weather forecasts.

### **Rain Art**

Draw on paper with water-soluble markers.

Place the artwork outside in light rain.

Watch how the rain transforms the colours.

Dry and display the finished pieces.

### **Puddle Jump Olympics**

Choose a safe outdoor area with puddles.

Set up jumping challenges (distance, style, splash size).

Make sure girls have waterproof clothing and boots or a complete change of clothes.

You could celebrate with fun awards like 'Biggest Splash' or 'Best Jump Style.' If you need more inspiration then look at the Sensory Trust website.

### **Rain walks**

Instead of changing plans when it is raining, why not plan a rain walk as part of your unit meeting or residential. No need to stop having fun because it is raining. Rain walks are a good grounding and calming activity.

Walk through a natural area during or after rain.

Encourage girls to notice sounds, smells, and textures.

Share observations and feelings afterwards.

# On your doorstep

## **Pond Life Explorers**

Let's become mini explorers and look at what we can find

## **Pond Mini Safari**

Choose a safe pond location with clear access and shallow edges.

Provide children with nets, trays, and magnifying glasses.

Demonstrate how to gently sweep the net through the water and empty contents into a tray.

Discuss the importance of each creature in the pond ecosystem.

Return all creatures carefully to the pond.

There are a great number of resources regarding pondlife and this can be used to help identify what you find: RSPB: Helping Nature

## **Pond Sketching**

Find a quiet spot near the pond with a good view.

Provide sketch pads, pencils, and coloured pencils.

Have a go at drawing plants, animals, and reflections.

What have they spotted that they hadn't seen before.

Maybe create a group mural or collage from individual sketches.

## **Eco Survey**

Walk around the pond and record what you can see

Use magnifying glasses or binoculars for closer inspection.

Discuss findings what can it tell us about the pond health.

Compare results with other local ponds if possible.

If you take part in this activity during May to August, you can also take part in the Fresh Water Habitat Trust's Big Pond Dip. To find more details and to take the survey please see their website Big Pond Dip.

# On your doorstep

## **Build a Mini Pond**

Choose a safe outdoor space with partial sunlight (e.g. your unit meeting place if it has a garden, community garden, or even at your local campsite).

Make sure you get permission from whoever owns the venue.

Use a container (e.g. washing up bowl) and line it with pond liner (or strong plastic).

Add rainwater or dechlorinated tap water.

Place stones, gravel, and native aquatic plants.

Create ramps or shallow areas for wildlife access.

Monitor over 6 – 8 weeks and record visiting creatures.

Discuss how even small ponds support biodiversity.

You can use the pond creation toolkit on Pond Creation Toolkit to create your pond.

Bear in mind that all water can be a danger to children.

## **Safe Pond Setup Basics**

**Keep it Small and Shallow:** For young children, a "mini" pond (e.g. a container on a patio) is safer than a large, deep feature.

**Container:** Use a watertight container such as a half-barrel, or large washing-up bowl.

**Placement:** Place the container in position before filling, as it will be too heavy to move later.

Ensure that children are not unattended at any time near the water.

## **Fun Activities for Paddling Pools & Splash Parks**

Before carrying out any activities at paddling pools and splash parks please check all requirements and health and safety advice, this can be found on the council website or owner of the site's website. These are also displayed on boards around the pools.

# On your doorstep

## **Water Run**

What you need: Small cups or buckets

### **How it works:**

Fill each cup with water from the pool or splash feature.

Carry them carefully to a “finish line” without spilling.

Try walking, tiptoeing, hopping, or balancing the cup on your head.

## **Swimming pool**

Please remember before visiting your local pool you must check the operating policy, swimming pools place clear restrictions on adults taking children to ensure safety. Generally, children under a certain age (commonly 8 years old, though this can vary by pool) must be accompanied in the water by a responsible adult, and pools usually set a maximum ratio, such as one adult to two children or one adult to one non-swimmer. Adults are expected to actively always supervise their children, remaining within arm’s reach of younger or inexperienced swimmers rather than watching from the poolside. Some pools also restrict access to certain areas, such as deep water, slides, or diving areas, based on a child’s age, height, or swimming ability. Additional rules may apply during busy sessions, lessons, or family swims, and pool operators can refuse entry or ask groups to leave if supervision requirements are not met.

Take a trip to your local pool and see what they have on offer for your unit (i.e water floats, fun float inflatables). To ensure a safe environment for the girls we would recommend a private booking.

# On your doorstep

## **Mermaid or Pirate Training**

Girls choose to be mermaids, pirates, or sea explorers.

Set challenges like:

- Glide through the water without making a splash
- Walk the "plank" (a line on the ground)
- Find hidden "treasure" (a toy or shell)

## **Pool Games**

Organise relay races using floats or kickboards.

Play water tag or treasure hunts with sinkable toys.

Try synchronized swimming routines.

Ensure lifeguard supervision and follow pool rules.

## **Swim Challenge**

Set personal goals (e.g. swim 10 metres, try a new stroke).

Track progress over time.

Celebrate achievements with certificates or stickers.

# Coastal

If visiting the coast, please use the RNLI Mayday resources for support and check all guidance on the Girlguiding website. Remember to take all litter and craft materials home with you.

## **Create**

### **Sand Sculpture Showdown**

Build something amazing from sand: a sea creature, lighthouse, or guiding symbol.

### **Sea Shanty Singalong**

Learn a traditional sea shanty or create your own.

### **Design a Lighthouse**

Draw, build, or collage a lighthouse.

### **Seaside Sketchbook**

Sketch or paint what you see at the coast: waves, shells, cliffs, or wildlife. Create a map of your beach or coast, labelling cliffs, dunes, piers, and coves.

### **Sea Creature Sculpture**

Make a marine animal from recycled materials, real or imagined.

### **Build a Mini Reef**

Construct a colourful reef model using recycled materials.

### **Seaside Sound Map**

Sit quietly, listen to the sounds of the sea, and draw what you imagine from them.

## **Explore**

### **Rockpool Safari**

Investigate tide pools and identify creatures using magnifiers or ID sheets.

Rockpooling

Rockpool detective

### **Sea Mythology**

Invent your own coastal legend or sea creature, then write, draw, or act out your story.

# Coastal

## **Sea Food Web Game**

Try this activity from SAS Ocean School to show how marine animals depend on each other to survive: SAS Food Chain Challenge

## **Tide Tracker**

How do the tides work? Observe tide changes over time or compare your observations to tide charts.

## **Wave Science Experiment/Sea in a bottle**

To make a simple wave experiment (wave bottle), fill a clear plastic bottle halfway with water, add blue food colouring, and then fill the rest with clear oil (baby or vegetable). Seal the cap tightly, turn it horizontally, and rock it side-to-side to observe slow-motion waves created by the density difference between the liquids. This website has loads of great ocean themed experiments to try! Beach Erosion Challenge and Ocean Waves.

## **Protect**

### **Beach Clean Challenge**

Collect and sort beach litter safely and see how much you've saved from the sea. Discuss where it might have come from and how to reduce it. Ensure that the girls wear gloves and use litter pickers during this activity. Recycle what you find where possible and place any other rubbish in the bins.

### **Visit a local SEA LIFE centre or aquarium**

to learn about marine life and conservation efforts.

### **Build a Coastal Campaign**

Design posters or social media posts to raise awareness about **protecting coasts and oceans.**

### **Mini Marine Biologist**

Design cards with facts about your favourite marine animals.

# Coastal

## **Adventure**

### **Coastal Hike**

Plan and complete a scenic walk along the coast, observing landmarks and wildlife. For more information on the walking scheme and level needed to complete your walk see the Girlguiding website: [Walking Scheme | Girlguiding](#). See if your county has a walking adviser or contact our region adviser for support: [walking@girlguidingnortheast.org.uk](mailto:walking@girlguidingnortheast.org.uk).

### **Shipwreck Treasure Hunt** (APPENDIX 4)

Set up a pirate-style clue trail along the shore.

### **Night by the Coast**

Go stargazing or a supervised twilight beach walk.

### **Map the Coastline**

Draw and label coastal features or invent your own fantasy island.

### **Coastal Photography Quest**

Capture the coast's beauty and wildlife in photos.

### **Coastal Scavenger Hunt**

Search for natural items like shells, stones, feathers, or seaweed. Take care not to remove anything from protected areas. Check local tide times if completing this activity.

## **Make a splash**

Lots of fun can be had out on the water – maybe your unit can organise a trip. Guidance on water activities can be found on the Girlguiding website: [Water classification and Health, safety and welfare policy](#)

### **Paddleboarding / Kayaking / Canoeing**

Try a new water sport.

### **Bodyboarding or Surfing Taster**

Learn to ride small waves safely.

### **Snorkelling Discovery**

Explore marine life through snorkelling.

### **Beach Volleyball or Frisbee Tournament**

Organise a fun game on the sand.

### **Boat Trip / Coastal Cruise**

Observe the coast and marine wildlife from the water.

# Inland

## **Rivers & Canals**

Canal & River Trust (formerly British Waterways): are a charity responsible for the majority of canals and navigable rivers in England and Wales. The Environment Agency manages navigation for 634 miles of rivers in England. You can find out more information here: [Who maintains the UK's canals and rivers?](#)

If you are local to rivers or canals then why not get out and about and see where your adventure can take you. As with all water activities, follow guidance on water safety. You should check if there are any protected footpaths along the way. More information can be found on the website: [Towpaths for Everyone](#)

## **Scavenger hunt**

Carry out a scavenger hunt alongside a river path or canal.

### **Take a trip on a narrowboat**

You could even have a sleepover on board! (West Yorkshire West County have a narrowboat that you can book for a stay for a fun adventure. See the [Spirit of Guiding](#) More information can be found here: [Narrow Boating](#)

### **River trust crafts**

Try one of the crafts from the canal and river trust challenge pack. [Canal Trust Explorers](#)

### **Make a river or canal collage**

Make a collage whilst you are out on a walk. Collect natural objects from alongside a river. Take a picture and share it on social media or with local leaders.

# Inland

## **Barge Art**

Traditionally known as 'Roses and Castles', barge art is a distinctive form of 19th century British canal folk art. It is used to decorate narrowboats and their equipment. It is characterised by vibrant, colourful pictures which typically include roses, castles and romantic landscapes. Have a go at 'upcycling' items with Barge Art. It can be anything from a tin can to old metal objects.

## **She Paddles – Paddleboarding for Girls**

Find out who the 'She Paddles' Ambassadors are, who is your local ambassador? – could you invite her to visit your unit? See the She Paddles website . Or find your local Paddleboarding association and organise a visit. Check that anyone instructors have appropriate qualifications before taking your unit.

## **Wetlands**

Wetland areas, which include swamps, marshes, bogs, and fens, are among the most biodiverse ecosystems on Earth, supporting a wide array of mammals, birds, fish, reptiles, amphibians, and invertebrates. They act as vital breeding grounds, nurseries, and feeding areas for many species

## **Wetland and Wildlife Trust**

Find out about their work or arrange a visit to one of their centres on the following link - Wetland and Wildlife Trust

## **There are many different wetland types.**

You can find out more about wetlands on the Wetland and Wildlife Trust website using this link - WWT - Wetland habitats

Once you have had a look at this then try the picture quiz in Appendix 5.

## **Make an origami swan**

WWT - Fun and learning

## **Make a toad hall or a bug hotel.**

If you need some help then check out these instructions from the RSPB:

RSPB - Homes for amphibians

RSPB - Build a minibeast hotel

# Inland

## Environment

**Write a letter to your local MP** campaigning for cleaner water.

**Learn how long it takes** for items that you regularly find in water to decompose and disappear.

**Go on a local water litter pick** or arrange your own litter pick locally. You'll still be helping as every bottle you pick up won't land in water.

**Find a local organisation** who is protecting water – what do they do?

**Eco award**, take a look at the Girlguiding Eco award.

### **Links to Activity Finder & RAs for adventurous activities**

You can find information on water activities on the Girlguiding Activity Finder. What will your next adventure be? Find an adventure activity

# Where to go

## Finding your local waters activity or water sports centre

This list isn't fully comprehensive, but it will give you lots of ideas of where, across North East England, you can try out water sports and water-based activities.

If you know of another venue, why not share the details with your guiding friends.

Always follow the most up to date advice on the Girlguiding website.  
Water-based adventure activities guidance

Location	What it offers	Contact
Tees Barrage, Thornaby	Bell boating, paddlesports, raft building, powerboat trips, family rafting, white water rafting, and stand-up paddleboarding	<a href="https://tbiwwc.com/">https://tbiwwc.com/</a>
North Yorkshire Water Park, Scarborough	Wide choice of water & land based activities	<a href="https://www.northyorkshirewaterpark.co.uk/">https://www.northyorkshirewaterpark.co.uk/</a>
Rother Valley	Water activities, cycling, trails etc	<a href="http://www.Rvcpc.org.uk">www.Rvcpc.org.uk</a>
Doe Park, Bradford	sailing, canoeing, kayaking, stand up paddle boarding, dragon boating and raft building. Activities on land include high ropes, Jacob's ladder, high pole, crate stack, climbing/abseiling and an aerial obstacle course	<a href="https://www.bradford.gov.uk/sport-and-activities/outdoor-adventure/doe-park-water-activities-centre/">https://www.bradford.gov.uk/sport-and-activities/outdoor-adventure/doe-park-water-activities-centre/</a>
Surf Schools (found along the Northeast coast)	Dexters Surf School Scarborough, Saltburn Surf School	<a href="https://dexterssurfshop.com/">https://dexterssurfshop.com/</a> <a href="https://www.saltburn-surf.co.uk/">https://www.saltburn-surf.co.uk/</a>
PGL – Newby Wiske Northallerton, Caythorpe Lincolnshire, Dearne Valley Rotherham	Wide range of land and water based activities	<a href="http://www.pgl.co.uk">www.pgl.co.uk</a>

# Where to go

Location	What it offers	Contact
Carlton Minniott Outdoor Centre	Wide range of land and water based activities	<a href="https://www.carltonlodge.org.uk">https://www.carltonlodge.org.uk</a>
Peat Rigg Nr Pickering	Wide range of land and water based activities	<a href="http://www.peatrigg.org.uk">www.peatrigg.org.uk</a>
East Barnby Outdoor Centre Nr Whitby	Wide range of land and water based activities	<a href="https://outdoored.co.uk/east-barnby-outdoor-centre/">https://outdoored.co.uk/east-barnby-outdoor-centre/</a>
Scaling Dam Sailing Club	Sailing, Paddle Boarding Kayak, windsurf, open water swimming	<a href="https://members.scalingdam.org/">https://members.scalingdam.org/</a>
Welton Waters Hull	Sailing, Powerboating, Kayaking, Open Water Swimming, Archery, Team Games, Bush craft and much more	<a href="https://www.wwac.org.uk/">https://www.wwac.org.uk/</a>
Leeds Sailing and Activity Centre, Yeadon, Leeds	Wide range of land and water based activities	<a href="https://active.leeds.gov.uk/our-centres/leeds-sailing-and-activity-centre#facilities">https://active.leeds.gov.uk/our-centres/leeds-sailing-and-activity-centre#facilities</a>
White Rose Canoe Club, Roundhay Park, Leeds	Canoeing, Kayaking, Paddleboard and more	<a href="https://www.whiterosecc.org.uk/">https://www.whiterosecc.org.uk/</a>
North East Wake Park Stockton	Wakeboard, Aquapark, SUP, open water swimming	<a href="https://www.northeastwakepark.co.uk/">https://www.northeastwakepark.co.uk/</a>
CBK Adventures Whitley Bay	Kayaking, SUP	<a href="http://www.cbkadventures.co.uk">www.cbkadventures.co.uk</a>
Green Withens West Yorkshire	Sailing, Bellboating, rafting.	<a href="https://www.greenwithens.org.uk/">https://www.greenwithens.org.uk/</a>

# Links to the programme

## Rainbows

### **UMA**

Swimming to safety  
Hidden nature  
Under the sea  
Stop that leak  
Underwater fireworks

Bear'y good games  
Secrets of survival  
Snacks for quacks  
Promise potion  
Fish are friends  
Big blue whale

### **Interest badge**

Hobbies  
Great outdoors

## Brownies

### **UMA**

Keep on throwing  
Sea shanty sing song  
Nature noises  
Water run  
Dancing in the rain  
Super soaked

### **Skills builders**

Finding fluids  
Made to measure

### **Interest badge**

Sportsperson

# Links to the programme

## Guides

### **UMA**

Patch up plastic  
Surfs up  
Litter lotto  
Biodiversity  
A-Z nature  
Adventure sounds  
Catch of the day  
Uncover and  
discover  
Thirsty work

### **Skills builders**

Waterproof

### **Interest badge**

Clean planet  
Entomology  
Personall best  
Day tripper  
Fitness

## Rangers

### **UMA**

Land art  
Speedy  
scavengers  
Save the seas  
Empty oceans  
Tidal tug  
Gutted  
Leave only  
footprints  
Get rafty

Get rafty  
Rain collector  
Put it out  
Think straight  
Fuels of the future  
Tic tac H2O  
Jianzi

# 15 minute fillers and games

There are always occasions when it is useful to have some filler activities on hand. Here is a selection of activities which have a loose water connection.

## **Captains Coming**

A game of following instructions and well as competing with others. Go through each instruction and action, before starting the game.

**Port** run to the left of the room

**Starboard** run to the right of the room

**Upper deck** run to the front of the room

**Lower deck** run to the back of the room

**Man overboard** sit on the floor and row a boat

**Submarines** lie on the back and stick one leg straight up (for the periscope).

**Man the Lifeboats** find a partner, sit together, and row!

**Bombs overhead** lie on tummy, with hands together overhead to give a streamlined look.

**Captain's coming** stand up straight and salute.

**Captain's Daughter** say 'Oh la la!'

**Scrub the deck** kneel on the floor and scrub the deck

**Climb the riggings** stand and pretend to climb a ladder

**Rum Rations/Captains Table** run to the leader and line up one behind the other. The person who is at the back of the line is out.

## **Fishes in the Sea**

Sit the girls in a circle either on the floor, or on chairs, they need to be facing outwards.

Select four fish names, then go around the circle giving girls a different fish name e.g. Cod, Haddock, Crab, Prawns, Cod, Haddock, Crab, Prawns, Cod etc.

Once every girl has a fish name, call out the name of one fish e.g. Haddock.

Every girl who is a haddock needs to run round the circle and back to their chair.

The last one back is out. You can also call 'Fishes in the Sea' and all girls need to run round the circle at the same time and back to their own place.

# 15 minute fillers and games

## **Fish fingers**

One participant stands at the front and turns around to face away from the rest of the group.

Another child is chosen to shout 'fish fingers', in the silliest voice they can make.

The child at the front has three chances to guess who said it.

Swap over and have someone else at the front of the group.

## **Flappy Fish**

*What you need: newspapers and paper fish*

Divide the girls into teams, each team has a rolled-up newspaper to use as a flapper and a paper cut out fish to flap.

The aim is for each team to 'flap' the fish from one end of the room to the other.

When all members of the team have had a go, the winner is the first team to complete and be sat down.

## **Shark & Seaweed**

Mark out 2 medium sized safe zones (large enough for half the unit to stand in), one on each side of the room.

Pick 1 person to be the shark. That person stands in the middle of the room ready to catch the fish (everyone else). The rest of the unit are all standing in one of the safe zones.

When you say 'go', the girls run across the sea to the other safe zone. The shark has to try and catch them. If they're caught, they stand still where they are and become seaweed.

People who are seaweed can also catch fish, but they're not allowed to move off the spot where they've been caught.

Continue playing until you're left with 1 fish – they then become the shark in the next round.

If girls stay too long in the safe zone, do a countdown starting from 5. If they haven't left by then, they become seaweed.

# 15 minute fillers and games

**The Lighthouse Game** (*check if any of the girls have sensory issues*)

**What you need:** a blindfold

One girl is chosen as the boat and blindfolded (check with the girl beforehand this is ok).

one girl is the lighthouse and stands anywhere.

Everyone else is a rock sitting on the floor anywhere.

The lighthouse calls beep beep and the boat has to try and get to them without crashing into a rock.

If the boat gets near a rock, the rock must say swish swish and if the boat touches a rock the game ends, if it makes it to the lighthouse the game ends.

## **Sardines**

This is like 'hide and seek' but in reverse.

Just one child is hiding in this game and all the others are seeking.

That child hides whilst the others close their eyes and count to 20.

The children then all scatter to try and find the person who is hiding.

If a child finds the person hiding, they join them in their hiding position.

When the next person finds the two hidiers together, they also join them.

Continue this pattern.

In the end, you will have everyone squished together like sardines!

The last person to find the group is the next person to hide first.

## **Tadpoles**

**What you need:** A beanbag

In a circle around the room, girls are divided into groups of 3.

2 people (mummy frog and daddy frog) form an arch with their arms, with the 3rd(tadpole) crouched under the arch.

The beanbag is placed in the middle of the circle.

The leader calls out either mummy frog, daddy frog or tadpole.

The girls in that position then race around the circle and back through their own arch (the tadpole will have to stand up to form the other half if mummy or daddy are running) and tries to grab the bean bag.

The person who gets the beanbag earns a point for their team.

# 15 minute fillers and games

## **Songs:**

Baby Shark

Barges

Five blind jellyfish

Land of the Silver Birch

Little Green Frog

My Bonnie lies over the Ocean

Pirate Song

Singing in the Rain

Swimming, swimming in a swimming pool

Theres a hole at the bottom of the sea

Forty-four years on an Iceberg

Many of the lyrics can be found in this resource: [Centenary-Song-Book.pdf](#)

# Appendices

## Appendix 1 – Cold Clues

### Scenario 1:

Amelia has been swimming in a lake on a cool day. She gets out of the water and won't stop shivering, even after a few minutes. She says she feels very tired.

### Scenario 2:

After paddleboarding, Sienna is quiet and clumsy. She drops her drink and her speech sounds a bit slurred.

### Scenario 3:

Layla has been standing around in wet clothes after a water activity. Her skin feels cold and she says she just wants to sit down and sleep.

### Prompt questions:

What signs can you spot?  
Is this safe or unsafe?  
What should happen next?

## Appendix 2 – Too Hot or Too Cold?

Cut these out and ask groups to sort them.

### Hypothermia (Too cold)

Uncontrollable shivering

Cold, pale skin

Slurred speech

Feeling very tired or confused

Poor coordination

### Hyperthermia (Too hot)

Headache

Feeling dizzy or faint

Feeling sick

Hot or flushed skin

Confusion

### Both

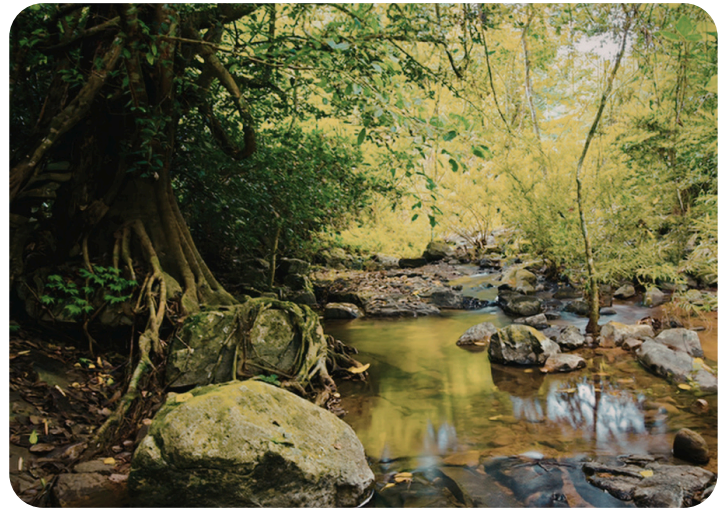
Feeling unwell

Confusion

Needing help from an adult

# Appendices

## Appendix 3 – Would you swim here?



# Appendices

## Appendix 4 – Shipwreck treasure hunt

### Preparation

Set the boundaries.

Clearly show the area girls can explore and explain any no-go zones (cliffs, dunes, rock pools, waterline).

Explain the challenge – Girls must find items from a list (as set by leaders) or complete small challenges.

### Treasure hunt option – Turn it into a story-based challenge!

Example storyline:

“You are explorers searching for lost coastal treasure. Each clue leads you closer to the final prize!”

**Clue 1:** Go to where the waves reach the sand

**Clue 2:** Look for something tall that helps sailors find their way

**Clue 3:** Find a place where stones meet water

Girls can photograph the location once they find it and show you the picture before getting the next clue.

Each section of the coast is different, try scouting the area out beforehand to decide on your clues.

# Appendices

## Appendix 5 - Wetlands identification quiz!

Can you identify these different types of wetlands?

Answers from: Ditch, Estuary, Lake, Lagoon, Peat bog, Pond, Reedbed, River/stream, Saltmarsh and Wet grassland.



# Appendices

