



## Learn to sign

Learn some of the basic words in sign language and practise them with your friends.

### Welcome



### Name



### Please/Thanks



### Hello



### Good



### Morning

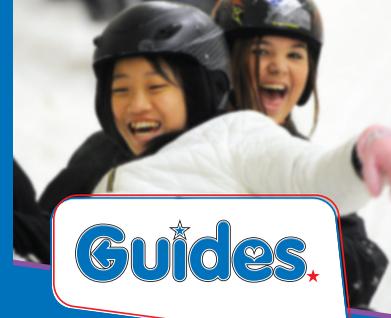


### Night



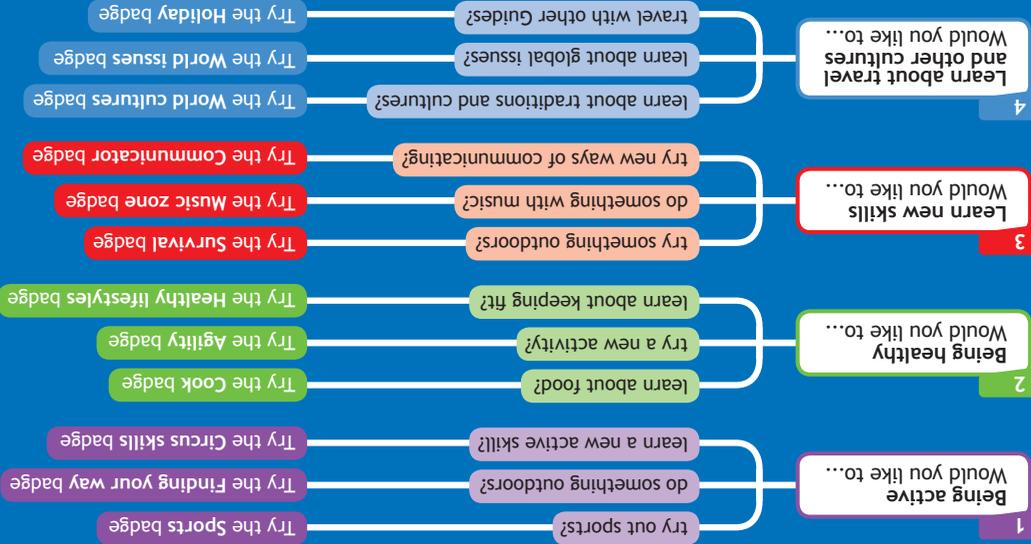
## Guides

Want to find out more about Guides?  
**TRY SOMETHING NEW TODAY**



## Find where your nearest Guides meet!

[www.girlguiding.org.uk/](http://www.girlguiding.org.uk/) interested



## Which badge should you do first?

Which of these are you most interested in?

Whatever you're into, there'll be something for you to enjoy at Guides. Find out what kind of badge you could go for first by trying out our interests quiz.

Guides get involved in anything from adventure sports to performing arts, travel and taking part in community action projects. By joining you can become part of a worldwide community of girls who come together to have fun, learn and make things happen.

## About Guides



## Welcome

Guides have the chance to get out there and do something really different. They are girls aged 10 to 14 who explore new places, go on camps, holidays and trips, meet new friends at events like the BIG GIG, and try exciting activities.

## Build a shelter

The Debris Hut shelter is a very basic shelter to make if you have access to a lot of branches and leaves.

- 1 To make the frame, lean a long pole (such as a thick branch or fallen log) against a tree, stump or rock.



2

Then gather plenty of longish branches or dead wood and lean these against the pole to form a sloped roof.



3

Next, thatch the shelter with leaves, grass, mud, pine boughs, or anything else you can come up with. Whatever you are using, remember to pile it on as thickly as possible - you'll need more than you think to waterproof it!



**Remember:** if you are using dead branches, leaves, or any other flammable material to build the shelter, you will have to be VERY careful where and how you build your campfire if you are making one.

## Cook up some fun

### Naan bread

#### Ingredients

- 250g plain flour
- 2 tsp sugar
- ½ tsp salt
- ½ tsp baking powder
- 110-130ml milk
- 2 tbsp vegetable oil, plus extra for greasing
- Butter for serving

For the topping use chopped herbs, seeds, chilli or garlic or whatever you like!

#### What to do

1. Sift the flour, sugar, salt and baking powder into a bowl. In another bowl, mix together the milk and oil.

2. Make a well in the centre of the flour mixture and pour in the liquid mixture. Slowly working from the centre, incorporate the flour from the edges of the 'well'. Knead well for 8-10 minutes, adding a little flour if the dough is too sticky.
3. Place the dough into an oiled bowl, cover with a damp tea-towel and leave in a warm place for 10-15 minutes. Form the dough into five balls.
4. Preheat the grill to medium. Roll the dough balls out quite thinly in a teardrop shape. Sprinkle over your chosen topping and press into the surface. Place the naans onto a hot baking sheet and grill for 1-2 minutes. Brush with butter and serve hot.

## First aid

It's useful to know basic first aid techniques. You never know when you might need them.

### How to make a sling for a broken arm

1. Take a square of cloth and cut or fold it diagonally to make a triangle.
2. Slip one end of the bandage under the arm and over the shoulder. Bring the other end of the bandage over the other shoulder, cradling the arm.
3. Tie the ends of the bandage behind the neck.
4. Fasten the edge of the bandage, near the elbow, with a safety pin.

1 & 2



3 & 4



## Stargazing

Try this challenge known as The Roman Army Test.

- You need to get a good view of the stars at around 9pm on a clear night.
- Look up towards the north east early evening and you should be able to see The Plough.
- The handle of The Plough is made up of three stars and it is the middle star called Mizar that you need to focus on.
- If you look for a few seconds longer you should be able to see a second star appearing just next to Mizar.

This star is called Alcor and if you could see this star in ancient Roman times you would have been recruited as an archer in the Roman army.

### THE PLOUGH



## My name is...

Want to introduce yourself to Guides around the world? Here's how...

### Spanish

**Mi nombre es...**

(Mee nom-bray ess...)

### Italian

**Mi chiamo...**

(Mee kee-ah-mo...)

### Estonian

**Minu nimi on...**

(Min-nu nee-me on...)

### Russian

**Меня зовут...**

(Min-ya za-voot...)

### Japanese

**Watashi wa... desu**

(Wa-ta-she wa [name] desu)

### Swahili

**Jina langu ni...**

(Gee-Na Lan-Gu Ni...)

