

Short & Snappy

Songs and Games

Information to Share (Spend 5 minutes on this section.)

Objective

To understand the uses and deeper benefits of Songs and Games; and to learn some specific songs and games to use.

Length

20 minutes

Materials Needed

Positive attitudes;

Instruction sheet (with song and game instructions)

- Songs and games provide flexible programming:
 - They are time fillers (waiting for girls to arrive, while your co-leader is setting up materials, etc.).
 - They can be used quickly to handle over-excitement or behavior problems (they get girls focused; get their energy out so they can calm down).
- Songs and games help girls get out of their comfort zone/come out of their shell:
 - By singing songs with actions, or playing structured games, girls are able to step out of their comfort zones in a safe environment without feeling self-conscious.
- Songs and games give girls confidence:
 - They help to get girls loosened up, and provide a leadership opportunity, as girls can be the ones to lead the songs and games.
- Songs and games melt away negative social barriers:
 - When girls arrive at Girl Scouts, they bring with them all kinds of barriers from school and other non-Girl Scout activities, for example, popularity and cliques at school.
 - Songs and games put all the girls at an equal level in a structured activity, where everyone is silly and has fun together. By the end of a couple of songs or games, girls are having fun and not thinking about who is “cool.”
- Songs and games are FUN!



Activity – Learning Songs and Games (Spend 15 minutes on this section.)

Pick 2 (or more if there is time) of the songs and games below to play/sing:

- Game: Cooperative Musical Chairs
 - o Set up a circle of chairs with one less chair than the number of people present.
 - o Play music as players circle around the chairs. When the music stops, players must sit in a chair.
 - o Unlike the traditional game, the person without a chair/seat is not out.
 - o Instead, someone must make room for that person.
 - o Then, remove another chair and start the music again.
 - o Players should end up on one another's laps and sharing chairs!
 - o Afterwards, discuss the teamwork and cooperation that it took to play the game.
- Game: I Never
 - o Put chairs in a circle – 1 less than the number of people.
 - o The person who does not have a chair starts by standing in the middle of the circle and says something they have never done ("I never.....").
 - o Anyone who has done that thing must stand up and find a new chair (not the one right next to them).
 - o Whoever is left in the middle says the next "I never."
 - o Possible "I nevers" could be: eaten frog legs, gone skydiving, gone bungee jumping, been to another continent, seen an elephant in the wild...
- Game: Magnetic Force
 - o Tell the girls they are going to act like magnets.
 - o When you shout out an instruction, all the girls who fit that description must act like magnets and race together to form a tight bunch.
 - o The group disbands when you call out another instruction, and a new magnetic force comes together.
 - o Suggestions for magnetic attractions –
 - o • Everyone who is wearing blue socks
 - o • Everyone who is wearing jeans
 - o • Everyone who has two eyes
 - o • Everyone who watched television last night
 - o • Everyone who has a dog
 - o • Everyone who likes pizza
- Song: Linger (prior to the training, look it up on youtube.com for the tune)

Mmm, I want to linger

Mmm, a little longer

Mmm, a little longer here with you

Mmm, it's such a perfect night

Mmm, it doesn't seem quite right

Mmm, that this should be my last night with you

Mmm, but come September

Mmm, we'll all remember

Mmm, our camping days and friendships true

Mmm, and as the years go by

Mmm, I'll think of you and sigh

Mmm, this is good night and not goodbye.