

## Short and Snappy – When the Going Gets Tough...



### Objective:

To introduce useful activities for volunteers to use in tough situations, and to encourage volunteers to share their own experiences and tips.

### Length:

20 minutes

### Materials

### Needed:

White board or poster for front of room (to write down situations for all to see); copies of the Activity Sheet (next page)

### Introduction (spend 2 minutes on this section)

Sometimes things can get a little bit out of hand during a Girl Scout troop meeting or activity. Girls get hyper, giggly, squirmy, argumentative, stop participating, lose their attention, or sometimes things just get too loud.

1. Ask the group to share some stories of when they faced a difficult/tough or out-of-hand situation in Girl Scouts.
2. Write down 5 of them on the board/poster sheet.
3. Tell participants that today's activity will discuss tools and resources for dealing with such situations.

### Discussion and Activity (spend 15-20 minutes on this section)

1. Break everyone up into smaller groups.
2. Give each group the list of "tranquilizer" activities (next page).
3. Have each group read through the list, and discuss the activities, sharing additional activities and ideas of their own that they have used in the past.
4. Have each group choose an appropriate activity to use in each of the 5 tough situations written on the board (from earlier discussion).
5. Bring groups back together to share their ideas.

## Activity Sheet

### Active "Tranquilizer" Activities:

1. **Laugh In:** Throw a handkerchief in the air. Players must laugh loudly as long as it is in the air, and become totally quiet the instant it touches the ground. Repeat 3-5 times.
2. **Panic:** Everyone is seated in chairs in a circle. Everyone numbers off (including IT). IT stands in the center of the circle and is blind folded. Everyone changes seats, but keeps the name number. IT calls out any three numbers. The players whose numbers are called must switch places without being tagged by IT, who is guided by the sounds of their motion. All three must end up in a different chair. Anyone who is caught becomes IT. If IT hasn't caught anyone after several tries, she may call "Panic!" and everyone must find a new seat.
3. **Wiggle Bug:** Players stand in a circle. A small object is passed around the circle from hand-to-hand as music plays. The leader starts the object saying, "This is a Wiggle Bug. If you get caught with the Wiggle Bug, it bites and gives you the Wiggles." When the music stops, the girl caught with the Wiggle Bug must choose some kind of motion, and must continue doing that motion for the duration of the game. If she is caught another time, she chooses a new motion and adds it to the first one.
4. **Down by the Banks:** Make a circle and put your hands out with palms facing up. Place your right hand on top of the left hand of the person on your right. As you sing, pass a slap to the left. Keep passing the slap around the circle. Whoever's hand gets slapped on "plop" is out (or re-starts the game).  
Lyrics: Down by the banks of the Hanky Panky; Where the bullfrogs jump from bank to banky; Singin' Eep, Op, Soda Pop; Skip-skoppa-doodley and a KER-PLOP!

### Quiet "Tranquilizer" Activities:

1. **Collective Art:** Have each girl fold a sheet of paper from top to bottom enough times to make eight sections between fold lines. Each girl draws her portion, fold the paper over, and then passes the paper to the next girl. In order, they draw: 1) a hat; 2) top part of a face with eyes; 3) lower face with nose and mouth; 4) neck and shoulders; 5) waist; 6) hips; 7) legs; 8) feet. When everyone is finished drawing, unfold the paper and see the results.
2. **Murals:** Lay out a large piece of newsprint or butcher paper. Let the girls each draw a part of a large mural scene. They might want to draw themselves at camp, marching in a parade, or other Girl Scout activity.
3. **Identification Game:** Put mysterious items (from outdoors, the room, your pocket, or your purse) in a bag. Have girls in turn close their eyes and try to identify the items by feel. They should not share their thoughts with the others, but write it down a piece of paper. After everyone has gone, show the items, and girls can see if they guessed correctly.
4. **Telephone:** Players sit in a circle and the leader whispers a brief sentence into their neighbor's ear. They then pass it on in the same way, with each girl passing the message around the circle until the last girl gets it. She then says it out loud, and the leader says the original sentence.

Activities taken from Girl Scouts of Silver Sage (<http://www.girlscouts-ssc.org/content/dam/girlscouts-girlscouts-ssc/documents/What-to-Do-Instead-of-Screaming-2.pdf>)

