

TRAIL SIGNS

AN INSTANT MEETING FOR GUIDES FROM THE BC CAMPING COMMITTEE

Prep work of laying a trail needs to be done before the meeting or one leader to be setting up the trail while the others start the meeting

This is an outdoor meeting – possibly at a park, trails, or field. Remember to follow Safe Guide and make sure girls come prepared for the meeting.

Remember to adapt this guide for your unit as needed.

Meeting Plan

Before the meeting: Set up a trail for the girls to follow.

- 5-10 min: Gathering: Mazes
- 5 min: Guide Opening
- 10-15 min: All About Trail Signs
- 10-15 min: Following Directions
- 15-20 min: Follow the Trail
- 20-30 min: Make a Trail
- 10-15 min: Trail Signs Hat Craft
- 5 min: Guide Closing

120 minute meeting. Approximate activity times shown.

Program Connections

Beyond You: Explore the Outdoors and Nature

3. Learn trail signs and follow a trail.

6. Outdoor activity.

Related Interest Badges

Naturalist (play a game using trail signs),

Outdoor Adventures (follow a trail outdoors containing at least 5 signs)

Meeting Supplies

- printed mazes
- pencils, crayons, markers
- branches, rocks
- "Following Directions" instruction cards and pictures
- plastic page protectors (optional)
- masking tape
- mini trail signs
- mini craft plastic bag
- mini rocks
- mini twigs
- safety pin

Gathering: Mazes

Directions

Download a variety of mazes from the internet:

<https://www.google.ca/search?q=printable+mazes>

Supplies

- printed mazes
- pencils, crayons, markers

All About Trail Signs

Learn about the different types of trail signs and how to read them.

Reminder to use branches that have fallen already, not to break new ones to use.

Discuss how this is helpful and when you would use trail signs.

Reminder about removing the trail signs only when finished with them.

Practice making some trail signs. (Girl Guide Trail signs are on the last page)

Supplies

- branches & rocks

Following Directions

Source: *Treasure Box resource, BC Program Committee*

Note: Have some girls start on this activity, while others start on "Follow the Trail".

Download the instruction cards and pictures from the BC Girl Guides website:

<http://www.bc-girlguides.org/Documents/BC/program/TreasureBox2013-FollowingDirections.pdf>

Supplies

- 'Following Directions' instruction cards and pictures (found on the BC Girl Guides website)
- plastic page protectors (optional)
- masking tape

Directions

1. Print out the 'Following Directions' pictures; as there are two pictures per sheet, cut each sheet in half.
2. Put each picture inside a page protector.
3. Lay the sheets out on the floor in a grid, as shown at the right.
4. Tape the pictures/page protectors in place using the masking tape.
5. Give each girl a 'Following Directions' instruction sheet. They then follow the instructions on the sheet by stepping/hopping on the pictures. Eight girls can play at a time.

	A	B	C	D	E	F	G
1							
2							
3							
4							
5							

Answers to "Following Directions"

- Start at the pig (F4), end at the dog (B3).
- Start at the snake (B4), end at the campfire (E3).
- Start at the happy face (B1) end at the cat (G1).
- Start at the cat (G1), end at the hiking boot (C1).
- Start at the rabbit (E2), end at the butterfly (C5).
- Start at the mouse (A2), end at the dolphin (B5).
- Start at the bird (F2), end at cowboy hat (D4).
- Start at duck (B2), end at swimming (D3).

Follow the Trail

Note: Have some girls start on this activity, while others start on “Following Directions”.

Have the girls go in groups (circles or different groups of 3-5, depending on your unit size) and follow the pre-set trail you laid prior to the meeting. Leave space in between the groups so they aren't just following the group in front of them. Remind girls not to pick up/remove the markings. After the girls are finished, have a leader remove the trail signs.

Once the groups are back, debrief the trail. What was easy, hard, etc.?

Make a Trail

Have the girls work with their group to design a trail for another group to follow. Allow each group about 15 minutes to set up their trail.

Switch groups and have them follow a different group's trail.

Trail Signs Hat Craft

Print out of some diagrams of trails signs - images can be found on the internet, or use the attached image from the Guides on the Go program book.

<https://www.google.ca/#q=trail+signs&tbm=isch>

Directions







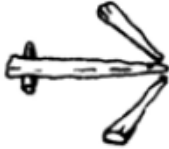








1. Search the internet for some images or diagrams of trail signs.
2. Print the image onto a small piece of cardstock so that it can fit inside the small plastic bag.
3. Place the trail sign card, 10 pebbles, and 5 toothpicks or small twigs into a small plastic bag. Seal the bag closed.
4. Add a safety pin to the corner of the plastic bag and attach to a camp hat.

Supplies

- pebbles (aquarium gravel works well)
- toothpicks or small twigs
- mini craft plastic bag
- printed trail signs sheet

Trail Signs

Source: *Guides on the Go! The Guide Program, Girl Guides of Canada.*

	Rocks	Pebbles	Sticks	Long Grass
Straight ahead				
Turn right				
Turn left				
Do not go this way				

I have gone home



Number of paces
in direction indicated

