

The Bharat Scouts & Guides, Uttarakhand
State Headquarter



Ref. No./BS&G UK/SHQ/ 14654-14752 /2026

Date - 28/01/2026 सशक्त युवा, विकसित भारत

From,
State Secretary
The Bharat Scouts & Guides Uttarakhand

To,
District Chief Commissioners and Chief Education Officers:
Districts- Almora/ Nainital/Pithoragarh/Bageshwar/Champawat/ Dehra Dun/ Udham Singh Nagar/ Haridwar/ Pauri/Chamoli/Rudra Prayag/Tehri/Uttarkashi/Shanti Kunj
Subject: Forwarding Information regarding Upcoming National Programme(s)

Dear Sir,

Please note that the State Headquarters is in receipt of the below mentioned programme(s) from the National Headquarters please find the attached mail which are to be forwarded to the eligible participants from Schools and the Degree/ PG Colleges in your respective district.

S No.	Circular No.	Date	Subject
1.	NHQ 19 /2026	27/01/2026	Scholarship Event – Arts 4 Change at Sangam – 01 st to 07 th April 2026
2.	NHQ 21/2026	27/01/2026	Celebration of the 100 th World Thinking Day on 22 nd February 2026

You are hereby requested to forward it to the eligible candidates from your district enabling them to participate in the aforesaid programmes.

Attachment(s): - Copy of NHQ Circular(s)

"Creating Better Uttarakhand"

Yours in Scouting

(R M Kala)
UID- BSG798627234
State Secretary

The Bharat Scouts & Guides Uttarakhand

Copy to: -

1. State Chief Commissioner, The Bharat Scouts & Guides Uttarakhand (Ex-Officio- Director Secondary Education Uttarakhand Govt.)
2. State Commissioner (Scout/ Guide) The Bharat Scouts & Guides Uttarakhand
3. Director, Higher Education, Uttarakhand
4. Regional Officer, CBSE Regional Office Kaulagarh Road, Dehra Dun
5. Joint Director, Higher Education, Uttarakhand
6. State Organizing Commissioner (Scout/ Guide) The Bharat Scouts & Guides Uttarakhand
7. District Secretaries, The Bharat Scouts & Guides Uttarakhand
8. Principal, All PG and Degree Colleges (Kumaon and Garhwal Division) Uttarakhand State





The Bharat Scouts and Guides

Creating Better India

National Headquarters

Address: Lakshmi Mazumdar Bhawan, 16, M. G. Marg, I. P. Estate, New Delhi-110002

Website : www.bsgindia.org Email Id: info@bsgindia.org Phones: +91-11-23378702, 23378667



To
All the State Secretaries,
State Associations of
The Bharat Scouts and Guides,
INDIAN UNION

Circular No.: 19 / 2026

Date : 27th January 2026

SUB: SCHOLARSHIP EVENT – ARTS 4 CHANGE AT SANGAM – 01ST TO 07TH APRIL 2026.

Dear Sir/Madam,

Greetings from the Bharat Scouts and Guides, National Headquarters.

We are glad to inform you that World Association of Girl Guides and Girl Scouts is organizing an Event at Sangam World Guide Centre Pune from 01st to 07th April 2026 to learn more about the WAGGGS Leadership Model and how to grow your own Leadership in today's world.

The Details are here under:

Name of the Event	:	Arts 4 Change
Date	:	01st to 07th April 2026
Venue	:	Sangam, WAGGGS World Center, Alandi Road, Yerawada, Pune, Maharashtra, India
Date of Arrival	:	01 st April 2026 – before lunch
Date of Departure	:	07 th April 2026 - after Lunch
Eligibility	:	Nipun Ranger and Unit Leaders – HWB Holder (18+ to 30 years) of Guide wing . Interested to learn about Leadership Model in more depth. Willing to share the learning from the event with their respective state associations. Good Communication skills in English and Hindi.
About Event	:	Leadership Event.
Event Fee for BSG Participants	:	BSG members are given a scholarship for event fees. Selected members will have to pay Rs. 3500/- As administrative fees payable to Sangam at the time of Registration.
Caution Money	:	Rs. 5,000/- (Non-refundable if selected and not participate) – Ref. Circular No. 110/2023) dated 06 th July 2023. Caution Money is to be remitted through the following link under International event. https://www.onlinesbi.sbi/sbicollect/icollecthome.htm?corpID=2784356 or

		A/c No. – 39696950961 IFSC Code - SBIN0004730 Name of the Account Holder - The Bharat Scouts & Guides
How to Reach		Nearest Railway Station is Pune. Sangam is 05 K.M. away from Pune Railway Station
What to Bring		<ul style="list-style-type: none"> • Camp Kit. • Personal Laptop If possible. • Two sets of correct and complete uniforms as per APRO-III
Last date of submission	:	Kindly send the duly filled application forms with district/state endorsement to info@bsgindia.org with a copy to intdesk@bsgindia.org on or before 15th February 2026 .

State Associations are requested to circulate this information and encourage BSG's Guide Wing members to grab this opportunity and submit their applications on or before **15th February 2026**.

For any queries feel free to contact the undersigned on +917666392611.

Thanking you with regards,

Yours in Guiding,

(DARSHANA PAWASKAR)
DIRECTOR

Encl.: Application Form

Copy to:-

1. All the NHQ Office Bearers of the Bharat Scouts and Guides, National Headquarters.
2. Chairman/Secretary, Railway Scout and Guide Board, Rail Bhawan, New Delhi.
3. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shahid Jeet Singh Marg, New Delhi - 110016.
4. The Commissioner, Navadaya Vidyalaya Samiti, Institutional Area, B-15, Sector - 62, Noida, Uttar Pradesh - 201309.
5. The Director, DAV
6. All the District Secretaries, District Association of Dammam, Riyadh, Muscat.
7. All Assistant Director, Bharat Scouts and Guides for follow-up.



THE BHARAT SCOUTS AND GUIDES

NATIONAL HEADQUARTERS

APPLICATION FOR PARTICIPATION IN INTERNATIONAL EVENTS

Note: Fill the application form in Capital letters

1.	Name of the State Association							
2.	Name of the Event							
3.	Date of Event							
4.	Place of Event & Country							
5.	Name in full as in Passport (Passport details)							
	5.1	Surname						
	5.2	Given Name						
	5.3	Middle Name						
	5.4	Passport No.						
	5.5	Date of Issue						
	5.6	Date of Validity						
5.7	Place of Issue							
6.	Date of Birth							
7.	Place of Birth							
8.	Age							
9.	BSG UID No. (Mandatory)							
10.	Nationality							
11.	Education Qualification							
12.	Full Residential Address with Pin code							
13.	Mobile No.							
14.	WhatsApp No.							
15.	E-mail ID							
16.	Height		T-Shirt Size	S M L XL	Weight		Married	
							Unmarried	
17.	Name of Scout/Guide Group							
18.	Father's/Guardian's Name							

	18.1	Income	
	18.2	Occupation	
19.	Date when joined the Organization		
20.	Rank in the Organization		
21.	Experience in the Organization		
22.	Scout/Guide Qualification		
23.	Training Level Upto HWB/ALT/LT		
24.	Any other Qualification		
25.	Proficiency in Language		
	25.1	Spoken Only	
	25.2	Spoken as well as written	
26.	Food Habits		
	26.1	Vegetarian	
	26.2	Non-Vegetarian	
27.	Have you taken part in any National / International Conference / Events ?		
	27.1	If yes Give Details	
	27.2	Any other activities, please give details with attested copies of documents	
28.	Who will bear your expenses		
			(Please attach a certificate to that effect)

DECLARATION

I understand the nature and purpose of the event for which I am applying, and (if selected) will assume responsibility for following all the discipline directions and for carrying out my obligations before during and after the event. I am joining this event with the consent of my parents and on my own risk and safety.

I will share the event as widely as possible with my District and State. I will ensure that the knowledge and skill gained from the event to promote and stimulate further interest in the Scout/Guide programme wherever possible.

Signature of Applicant

Signature of Parent/Guardian

Strongly recommended, School has No Objection in his participation in the event	
Signature of Head of the Institution)	
Date	
Name of the District Commissioner (S/G)	
(Signature of the Dist. Commissioner (S/G)	
Date	
RECOMMENDATION OF THE STATE AUTHORITY	
Recommended:	
Name of the State Org. Commissioner (S/G)	
Signature of the State Org. Commissioner (S/G)	
Date	
Name of the State Commissioner (S/G)	
Signature of the State Commissioner (S/G)	
Date	
Approved by State Chief Commissioner	(Yes/No)
Signature of State Chief Commissioner	
Date	
Date	
Checked and forwarded to National Headquarters along with Caution Money of ₹. _____/- (Not refundable if selected and not participated)	
Cash / Cheque / D.D. No. /UTR No.	
Name of the State Secretary/Jt. State Secretary	
Signature of State Secretary / Jt. State Secretary	
Date	



The Bharat Scouts and Guides

Creating Better India

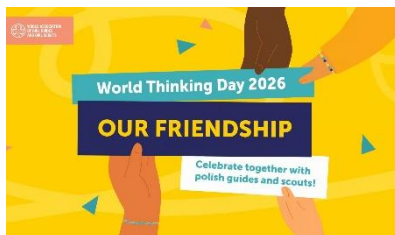
National Headquarters

Address: Lakshmi Mazumdar Bhawan, 16, M. G. Marg, I. P. Estate, New Delhi-110002

Website: www.bsgindia.org Email Id: info@bsgindia.org Phones: +91-11-23378702, 23378667



To,
All the State Secretaries,
State Associations of
The Bharat Scouts and Guides,
INDIAN UNION



Circular No.: 21 / 2026

Date: 27 / 01 / 2026

SUB: CELEBRATION OF THE 100TH WORLD THINKING DAY ON 22ND FEBRUARY, 2026.

Dear Sir/Madam,

Greetings from the Bharat Scouts and Guides, National Headquarters!

World Thinking Day is celebrated annually on **22 February** by Scout and Guide organizations around the world. It has celebrated since 1926; World Thinking Day is a day of international friendship.

In **2026**, we proudly celebrate **100 years of World Thinking Day**. What began as a birthday celebration of our founders has evolved into a landmark occasion for our Movement. This special milestone encourages us to be **curious and creative**, and to build **meaningful connections** with our sisters in Girl Guiding and Girl Scouting, as well as with the wider global community.

This year's theme is '**Our Friendship**'. It is a chance for you to reflect on the friendships you have locally as well as the global community you are part of as Girl Guides and Girl Scouts.

Participants are encouraged to complete activities from **each of the following three sections**:

1. **Friendship Across Time & Traditions**
2. **Growing Together**
3. **100 Years of World Thinking Day**

You will collect beads to create a *friendship bracelet* representing the global community we are all part of together, the friendships you have, and the importance of working together to create a brighter future for everyone.

We have **attached the activity Pack** based on the theme. This activity pack gives you details with the set of activities for you to connect globally. Please use the following official hash tags for this campaign:

#bsgindia, #bsgwtd2026, #wagggg.

Brief report with action photographs may kindly be forwarded to NHQ at girlprogramme@bsgindia.org with a copy of pro@bsgindia.org, on or before **28th February, 2026**, so that the report can be published in BSG NHQ monthly magazine and BSG social media sites for the greater visibility of the movement.

Thanking You

Yours in Guiding

SUREKHA SHRIVASTAVA
DY. DIRECTOR OF GUIDES
(GIRL PROGRAMME)

Copy to: -

1. All the NHQ Office Bearers of the Bharat Scouts and Guides, National Headquarters.
2. Chairman/Secretary, Railway Scout and Guide Board, Rail Bhawan, New Delhi.
3. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shahid Jeet Singh Marg, New Delhi - 110016.
4. The Commissioner, Navodaya Vidyalaya Samiti, Institutional Area, B-15, Sector - 62, Noida, Uttar Pradesh – 201309.
5. The Director, DAV
6. All the District Secretaries, District Association of Dammam, Riyadh and Muscat.
7. All Assistant Director, Bharat Scouts and Guides for follow-up.



OUR FRIENDSHIP



Acknowledgements

Special Thanks to the World Thinking Day Writing Team for their creativity, ideas and support in co-creating this years' pack (in alphabetical order): Amariah Brathwaite (Barbados), Genevieve Nancy Diah (Senegal), Samantha Dunham (Australia), Amany Esam (Egypt), Stephanie Esenwa (Nigeria), Stefanie Fasching-Stadlmair (Austria), Anna Finster (Australia), Penny Giapraka (Greece), Manushri Gopikandan (Malaysia), Lee Huey Yi (Malaysia), Lea Katavič (Slovenia), Verena Kunberger (Germany), Christos Kypriotis (Greece), Tanner Mundy (South Africa), Ivy Okisa (Kenya), Natalie Quinton (Canada), Katie Saxby (UK), Anna Scott (UK), Francesco Travaglio (Italy), Abigail White (Canada), Magdalena Wilim (Poland).

Curated by Verity Shaw.

Designed by Silvana Somoza DG

Additional thanks to all the five amazing WAGGGS World Centre teams, the HSS 2025 participants and to our staff and volunteers; Andii Verhoeven, alongside Lynnea Salinas and Gemma Owen for your contributions.

Special thanks to Nefeli Themeli, Dunni Nuga, Hattie Henshall, Liz Tranter and Mariana Soto.

World Association of Girl Guides and Girl Scouts

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+44 (0)20 7794 1181
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www.worldthinkingday.org

WAGGGS
FOR
HER
WORLD



Our Friendship Our Activity Pack

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Welcome to World Thinking Day

On February 22nd every year, World Thinking Day is celebrated. It is a time when Girl Guides and Girl Scouts around the world celebrate the global movement of the World Association of Girl Guides and Girl Scouts (WAGGGS) by highlighting international friendships and connecting with one another globally to celebrate together. It is an opportunity to learn and take action on global issues by supporting local communities alongside fundraising to support over 10 million Girl Guides and Girl Scouts around the World.

This year marks **100 years** of World Thinking Day as we have been celebrating this special day since 1926 when it was selected to be a day of international friendship at the fourth WAGGGS World Conference in the USA. February 22nd was chosen because it is the birthday of two key figures in Girl Guiding and Girl Scouting history: Olave Baden-Powell, the first World Chief Guide and Robert Baden-Powell, founder of the Boy Scout Movement.

To find out more about the history of World Thinking Day, [click here](#)!

Last year we celebrated **'Our Story'**, reflecting on the symbols and values of WAGGGS, exploring what it meant to be a Girl Guide and Girl Scout over the years.

This year, we are exploring **'Our Friendship'** celebrating 100 years of World Thinking Day. It highlights the importance of friendship and connections to encourage and empower us to work together to continue to build our amazing global community.

To find out more about the
history of World Thinking Day, [click here](#)

Over the next 2 years we will celebrate:

2025: Our Story

2026: Our Friendship

Celebrating 100 years of World Thinking Day. This is a chance to be curious and creative by forming meaningful connections with our sisters in Girl Guiding and Girl Scouting and beyond.

2027: Our People

Highlighting the changemakers of the Movement. We will look at the inspiring members of our Movement and explore how we can create more spaces to ensure we can all grow and thrive together.

2028: Our Future

Marking 100 years of WAGGGS - let's celebrate! Explore our vision, get ready to dream and create the future of WAGGGS together.



The World Thinking Day Fund

A Tradition Since 1932

This Fund has existed since 1932, when a Belgian delegate at the 7th World Conference pointed out that a birthday (World Thinking Day) involves giving gifts. Since then, this tradition has continued. These donations provide **life-changing experiences** for Girl Guides and Girl Scouts around the world, such as the [Juliette Low Seminar](#), helping them grow as leaders and make a positive impact in their communities. Learn more about this in the historical impact reports [here](#).

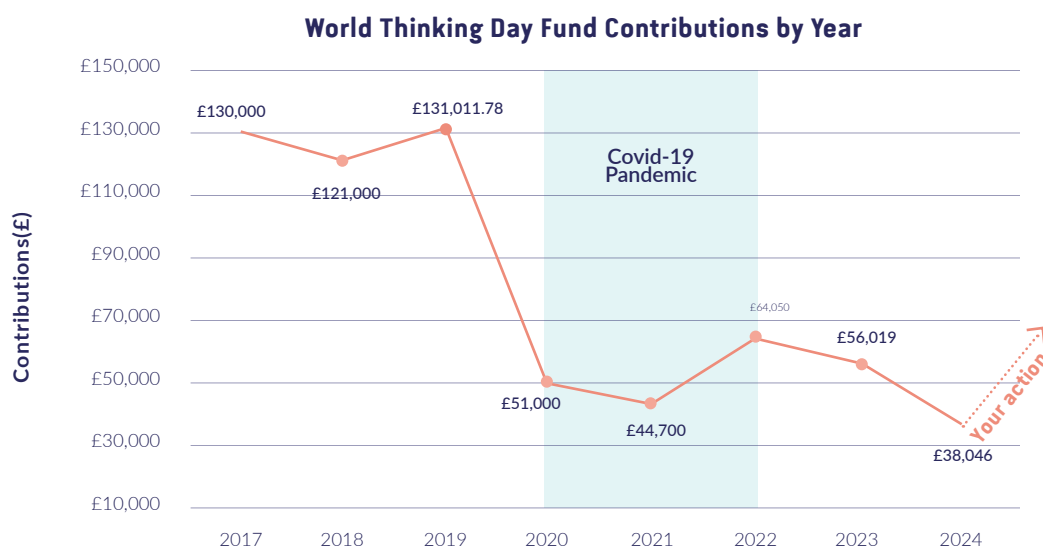
100

Join in this World Thinking Day by adding a fundraising activity to your celebrations and **help support the World Thinking Day Fund!**



The Challenge We Face

Unfortunately, contributions have been declining year after year, making it harder to continue producing these valued resources. The chart below shows how donations to the World Thinking Day Fund have changed over the past several years:



To safeguard the future of the activity pack and ensure that it remains freely available for everyone, **we need your help.**

How You Can Help

As we mark the **100th anniversary of World Thinking Day**, if you use this pack, take part in the activities and celebrations, and enjoy being part of this global tradition, we encourage you, your units, and your Member Organisation to **make giving part of the experience**. Your support will help secure the sustainability of the activity packs, so this meaningful day can continue to inspire for the next 100 years and beyond.





The World Thinking Day Fund

Why Your Support Matters

Each year, the World Thinking Day activity pack is created with care, creativity, and collaboration; but it also requires significant time, energy, and resources to develop, translate, and share with Girl Guides and Girl Scouts across the world. This is only possible thanks to generous support to the World Thinking Day Fund.

WAGGGS has **11.2 million Members in 153 countries and territories**, and your support of the Fund ensures that World Thinking Day continues to be a celebration of friendship, leadership, and action for everyone, everywhere.

By donating, you help:

- Provide free and accessible **World Thinking Day activity packs** in multiple languages
- Support **national and local celebrations** around the world
- Fund **programmes, advocacy, and events** that empower girls and young women to make a difference in their communities
- Strengthen WAGGGS' ability to plan for the future and respond to the needs of our global Movement



How to Donate to the World Thinking Day Fund

Once you have collected your donations, you have a few options for sending them to WAGGGS:

- 1 **Your Member Organisation (MO):** Many MOs collect donations and forward them to WAGGGS on your behalf.
- 2 **Directly to WAGGGS online:** Donate easily [here](#) – this is our preferred option!
- 3 **By cheque or bank transfer:** Complete our [donation form](#) and send it with a cheque in the post, or make a bank transfer and email your completed form to hattie.henshall@waggs.org.
- 4 **QR Code:** also a preferred option!



Once we receive your generous gift, you'll receive a special World Thinking Day 'thank you'. If you are donating as part of a troop or unit, we'll also send you a certificate to celebrate your efforts and show our appreciation. Don't forget to check out page 8 for the different individual donation levels!

If you need any support with donating to the World Thinking Day Fund, please email hattie.henshall@waggs.org. You can also share with Hattie a photo or scan of your donation form, or a screenshot of your bank transfer, to help us process your contribution even faster!

Friendship Gathering: 100 Years of Friendship

Outcome

- Celebrate 100 years of World Thinking Day with a global gathering of Girl Guides and Girl Scouts. Invite friends old and new, near or far to join you online or in person.
- Share stories, songs and sweet treats, build connections and rekindle old friendships and make new memories together.

Fundraising Ideas

- Give what you can to attend the gathering
- Share homemade or locally inspired food and drink
- Host a prize draw with friendship-themed items from around the world

Group Donations

When you take part in a Friendship Gathering your entry donation, plus any money you raise from prize draw, cake sales or other activities will be collected by your leaders and sent to WAGGGS.

You can do this online via QR code or by cheque, credit card, or bank transfer

Group Certificates

Your group will receive a certificate to thank you for your fundraising efforts

Buying your Badge

You can buy your World Thinking Day badge separately through the WAGGGS shop, either individually or through your group.



SHOP NOW

Individual Donations

(Join the Friendship Chain)

You can also make your own personal donation to the World Thinking Day Fund, separate from your group's fundraising and badge purchases.

Suggested Individual Donation Levels

- **Supporter** (£5 / €5.75 / US\$6.50 / AUD\$9.50): Covers the cost of a badge for one person and makes a small donation to the Fund
- **Champion** (£10 / €11.50 / US\$13 / AUD\$18): Covers the cost of a badge for one person and helps another member join World Thinking Day activities
- **Friendship Hero** (£50+ / €58+ / US\$65+ / AUD\$90+): Covers the cost of a badge for one person and supports other groups and WAGGGS projects worldwide



DONATE

Note: your donation represents the cost of producing a badge – it is not a direct purchase.

Certificates for Individual Donors

Every donor receives a **personalised digital certificate** recognising you as a Supporter, Champion or Friendship Hero.

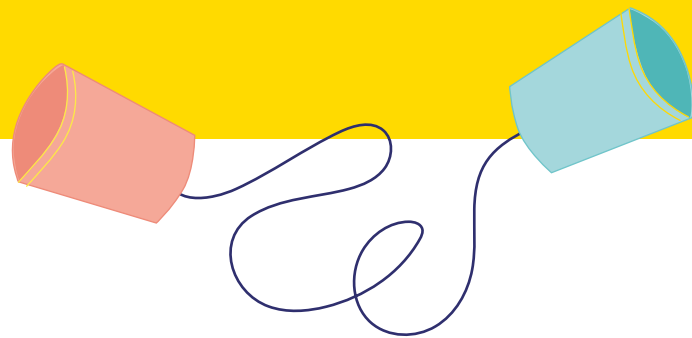
You can print your certificate and display it on the **Friendship Chain Wall** at your event, or share it digitally to help the planet.

Set-up Tips

- Decorate your space with global flags, friendship quotes, and WAGGGS history facts from 1926 to today

How to use this pack

As leaders and facilitators, we encourage you to take time to read, reflect, and actively embed the following guidance as a conscious practice when facilitating activities.

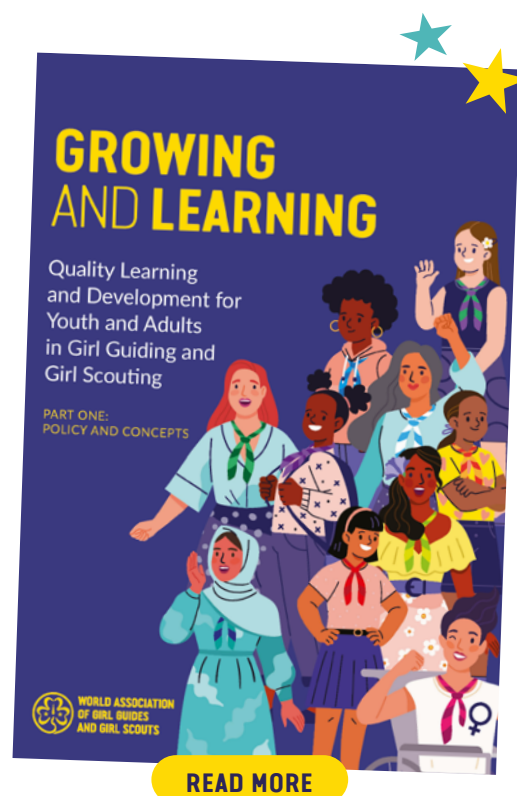


Growing and Learning Together

The **Growing and Learning (GAL)** framework is a learning and development framework we use at WAGGGS that brings together key aspects of our shared educational purpose. Through the growth outcomes, GAL helps us put into words all the magic and positive impact our Movement strives to have on the world around us and the young people we work with.

World Thinking Day is the perfect moment to remind ourselves that our Non-Formal educational approach (supporting members to grow and learn) is firmly rooted in our values (citizenship, integrity and spirituality) and driven by those same growth outcomes.

The World Thinking Day activity pack is built around this framework, inviting every Girl Guide and Girl Scout around the world to *feel connected with something bigger than herself* (Outcome 8), *to care about the world and know how she can make a difference* (Outcome 7) and most of all, celebrating *Our Friendship to be able to form meaningful connections with all* (Outcome 6).



We encourage you as leaders and facilitators of this activity pack to implement the Growing and Learning Framework into the WTD celebrations. As you guide participants through these activities, remember to:

1. **Identify the relevant Growth Outcome(s)** for each activity
2. **Utilise the Leadership Mindsets** and **Girl Guide and Girl Scout Method** to create learner-led experiences
3. **Keep it R.E.A.L.** Ensure your activities are relevant, exciting, accessible and learner-led so that everyone feels empowered to connect and grow.
4. **Create space to grow and learn** where young people can be themselves, feel safe and empowered to fully participate.

How to use this pack



We recognise that some topics that are explored in this resource may be complex, therefore we want to ensure leaders feel supported and empowered to facilitate these activities. It is important to create a girl-focused, engaging and brave space. This brave space should be a supportive and safe environment where every participant feels confident to learn, develop and challenge themselves.

Inclusive

Everyone can meaningfully participate and feels an equal part of the space.

Safe

Everyone is respected, free from discrimination and harm.

Empowering

Everyone feels confident to be themselves

For more information on the Growing and Learning Framework, you can [visit here](#)

Facilitating a Brave Space

- Create some clear guidelines as a group to encourage openness and respect, agreeing on how your group will uphold them
- Vocally state that your space is safe for all those who wish to participate
- Be aware and mindful of what is happening in your local community and the wider world that may be impacting your group members, ensuring your approach allows all voices to have space to be heard
- Be ready and willing to adapt the resource to your local context and your group's experiences
- Avoid making generalisations when speaking about different issues
- Create a plan and communicate this clearly with your group to ensure everyone feels supported to speak up or seek support if they do not feel safe
- Stress the importance of confidentiality



How to use this pack

Keeping it R.E.A.L

One of the ways in which you can adapt this resource to better suit your group is by utilising the REAL method. To ensure that every girl grows and learns through this programme, the World Thinking Day Activity Pack is designed to offer REAL learning experiences.

What this means	What it looks like in this pack	Your role as a facilitator
 Relevant	<p>The activity connects to the lived experience, age, context, and interests of the participants.</p> <ul style="list-style-type: none"> In <i>Paper Dolls Like Me</i>, younger members decorate dolls to reflect their own uniforms and identities, comparing them with those from other countries. In the <i>Gallery of Guiding Moments</i>, older participants share personal stories of friendship through photos or objects. In <i>Together we are Happier</i>, groups connect with their wider community and learn from others' perspectives. 	<ul style="list-style-type: none"> Link each activity to participants' real-life friendships and experiences. Encourage personal reflection and storytelling. Adapt examples to local traditions, cultures, and community life.
 Exciting	<p>The activity feels fun, creative, and sparks curiosity. It includes different types of learning: movement, discussion, hands-on making, and reflection.</p> <ul style="list-style-type: none"> In <i>Human Knot</i>, participants problem-solve together through laughter and teamwork. In <i>Sing Out</i>, groups create and perform songs, chants, or poems to celebrate 100 years of World Thinking Day In the <i>Friendship Scavenger Hunt</i>, children actively explore friendship through playful challenges. 	<ul style="list-style-type: none"> Use music, movement, art, and storytelling to bring energy. Encourage play, role-play, and experimentation. Celebrate imagination and creativity, there are no wrong answers
 Accessible	<p>Every learner feels included, supported, and able to participate fully. Activities are designed to be adaptable to different learning needs and local resources.</p> <ul style="list-style-type: none"> Activities use simple, low-cost or recycled materials (paper, scarves, string, local craft items for beads). Tips provided for adapting to different ages and abilities (e.g. simplifying Garden of Friendship prompts for younger years). 	<ul style="list-style-type: none"> Offer flexible formats (digital/physical, group/individual). Adjust pacing or simplify language where needed. Make time for everyone's voice and contribution.
 Learner-led	<ul style="list-style-type: none"> Participants shape the learning experience through choice, leadership, and action. In <i>Bridge Builders</i>, groups design small collaborative projects with community organisations In <i>100 Acts of Friendship</i>, participants choose and lead acts of kindness. In <i>Threads of Our Connection</i>, each participant creates a bracelet symbolising their learning and friendships. 	<ul style="list-style-type: none"> Let participants take the lead in decision-making and planning. Encourage peer learning, group reflection, and co-facilitation. Support action projects that reflect their passions and ideas.

Our Friendship: An Introduction

The theme for World Thinking Day 2026 is 'Our Friendship'. This is a chance for you to explore and celebrate all the incredible friendships built and developed within the Girl Guiding and Girl Scouting Movement as well as those within your own communities. You can explore what it means to be a Girl Guide or Girl Scout, learn more about the global aspect of our Movement and celebrate the impact and legacy of World Thinking Day over the last 100 years.

Objectives

- ✓ To feel empowered to be yourself and create meaningful friendships.
- ✓ To reflect on the history of World Thinking Day and celebrate 100 years!
- ✓ To understand the importance of friendship in Girl Guiding and Girl Scouting by feeling connected to the Girl Guiding and Girl Scouting Movement now, and in the future.

What does 'Our Friendship' mean to the writing team?

Community

Shared Experience

Being Seen

The ability to be yourself

Acceptance for who you are

Connection

Fun and Laughter

Growing and learning together

Sisterhood

Supporting and uplifting others

What does 'Our Friendship' mean to you?

You can share your ideas
here on Campfire!



How to use this year's activity pack

Girl Guiding and Girl Scouting is often a space where friendships are able to grow and flourish. So this year, we are celebrating those friendships, while also exploring healthy friendships and the importance of community both within our Movement and in the wider world as **we are stronger together**.

The activity pack is separated into 3 sections which explore:



Section 1: Friendship across Time and Traditions

This section celebrates the global sisterhood, connection with other Guides and Scouts globally and our common vision as a Movement



Section 2: Growing Together

This section will give participants a chance to grow and understand themselves better, understand the importance of healthy friendships, and feel empowered to create connections.



Section 3: 100 Years of World Thinking Day

This section is a chance to reflect on the history of World Thinking Day from its origins in 1926 to the impactful day it has become.

Activity age-range

Each section has had the activities separated into 3 suggested age-ranges:

- Younger Years (4 - 8 years)
- Middle Years (9 - 13 years)
- Older Years (14+ years)

This is to help make the pack more accessible for leaders. These are only suggested ages as we encourage you to select the most relevant activities for your group and use this as guidance.

For an additional (optional) challenge, we have included a **FRIENDSHIP** acrostic in the activity pack. We encourage you to challenge yourself by finding and completing the 10 activities that represent the different letters in friendship!



Beads of Friendship




Once you have completed your selected activities from the three sections and your final activity, **your task is to create a friendship bracelet**. This beaded bracelet represents your friendship with one another but also represents the international community that the Girl Guiding and Girl Scouting Movement are part of around the world.

**Our Friendship knows no boundaries or barriers,
we are a global sisterhood,
supporting and empowering
one another from across the world.**

After completing each activity, you should create and collect beads.

We encourage you to complete as many activities as you can because that means your friendship bracelet will have even more beads!

Each section represents a different colour of bead:

-  Friendship across Time and Traditions
-  Growing Together
-  100 Years of World Thinking Day

If you do not have these exact colours, we recommend using 3 different colours beads to represent each section.

Once you have created your friendship bracelet, we encourage you to ask a friend you have made within Girl Guiding or Girl Scouting to tie it onto your wrist. Alternatively, you could swap your bracelets with a friend.

If you do not want to create a bracelet, you could make a key-chain or a collective bracelet (with your entire group) and hang it up in your meeting place.

There are lots of different ways you can create beads, we encourage you to utilise sustainable materials (like wood, paper or clay) but you can also re-use pre-existing beads too. Here are some instructions to support you to create your own paper beads:

Beads of Friendship

Activity Name

Paper Bead Creations



Outcome

Create your own paper beads for your friendship bracelets



Time

30 mins



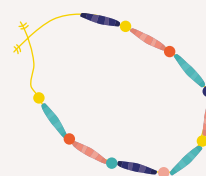
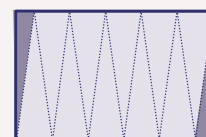
Preparation

- ☐ Coloured paper (Yellow, Green, Blue)
- ☐ Scissors
- ☐ Glue
- ☐ Toothpick or bamboo skewer (to roll)
- ☐ Pencils
- ☐ Ruler



What happens

1. Discuss as a group, how Girl Guiding and Girl Scouting have helped you to make friends and build meaningful connections.
2. Cut your paper into triangle shapes. The base of the triangle will be the width of the bead. The longer the triangle, the fatter the bead will become. We recommend cutting triangles that are 2.5 cm by 10 cm (1 inch by 4 inches) to create 2.5cm beads (1 inch).
3. On your triangle shape, write down some words that are good traits in a friendship (e.g. kindness, loyalty). You can add as many as you like.
4. Add some glue to the tip of the triangle. You can use liquid glue or a glue stick for this.
5. Starting at the wide end, roll the triangle around itself using the toothpick or bamboo skewer. For a symmetrical spiral, keep the triangle centred as you roll but for the opposite, allow the triangle to become slightly off centre.
6. Once you have finished rolling, glue the tip of the triangle to the rolled paper. If the bead does not stay tightly rolled up, add more glue. Hold it for a moment to help the glue to set.
7. Apply a varnish (e.g. ModPodge, or a solution of clear-drying glue and water) to your bead. Let it dry thoroughly and make sure it does not stick to anything using a toothpick or skewer to keep it upright. You can add multiple coats of varnish for a glossier, long-lasting finish.
8. After letting it dry, slide the bead off the toothpick or skewer and you now have your very own paper bead !! If it begins to unravel, put it back on your skewer, add more glue and finish when necessary.



Take it further

You can decorate your beads to make them more unique if you would like! You could write a letter on the top before rolling, so that the beads together make the word FRIENDSHIP or FRIEND.



Tips

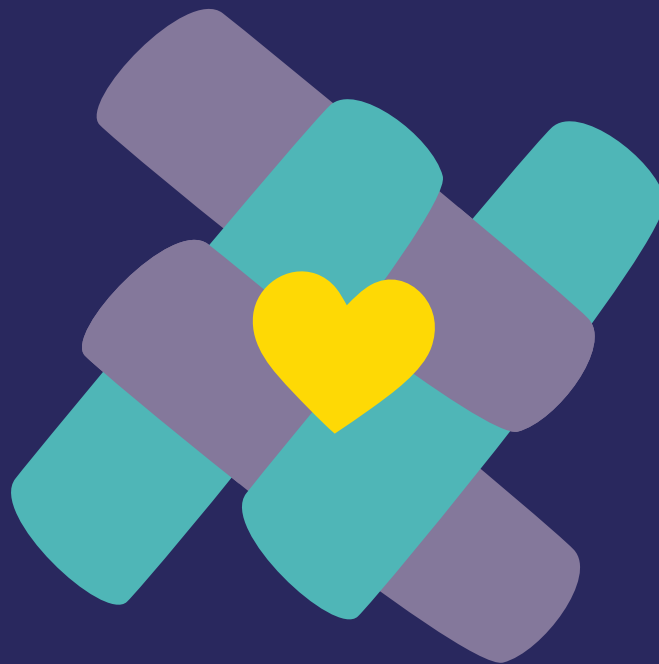
The tighter you roll your bead, the longer it will last.
If you do not have the specific colours for paper, you can use three different colours instead.

Activity Guide

Section	Activity Name	Time	Ages
 Friendship across Time and Traditions	Paper Dolls Like Me	15 mins	Younger Years
	Language of Friendship	20 mins	Younger Years
	Knot of Friendship	15 mins	Middle Years
	A World of Scarves, A World of Friends	20 mins	Middle Years
	Human Knot	15 mins	Middle Years
	Destination: WAGGGS World Centres	20 mins	Older Years
	Tied by Friendship	20 mins	Older Years
	Friendship Through Time	20 mins	Older Years
 Growing Together	Jump In, Jump Out	15 mins	Younger Years
	Friendship Rainbow	20 mins	Younger Years
	Empowering Yourself	20 mins	Middle Years
	What We Bring to the Table	45 mins	Middle Years
	Navigating Friendship	25 mins	Middle Years
	Garden of Friendship	30 mins	Middle Years
	100 Acts of Friendship	10-20 mins	Older Years
	Bridge Builders	30 mins	Older Years
 100 Years of World Thinking Day	Friendship Scavenger Hunt	20 mins	Younger Years
	Postcard to Tomorrow	30 mins	Younger Years
	Sing Out	25 mins	Middle Years
	Timeline of Thinking	30 mins	Middle Years
	Radio Hour: Let's Talk Friendship	30 mins	Middle Years
	International Bonds: Mapping Our Connection	30 mins	Older Years
	Gallery of Guiding Moments	30-45 mins	Older Years
	Together we are Happier	30 mins (up to 1hr)	Older Years
Final Reflection	Threads of Our Connection	20 mins	All ages



Friendship Across Time and Traditions



*This section celebrates the global sisterhood,
connection with other Guides and Scouts globally
and our common vision as a Movement.*





1. Paper Dolls Like Me

 Younger Years



Outcome

- Learn about different Girl Guide and Girl Scout uniforms
- Reflect on the history behind uniform of the Movement



Time

15 minutes



Preparation

- ☐ Images of international Guiding and Scouting uniforms (can be found online)
- ☐ Paper doll template
- ☐ Coloured pencils
- ☐ Paper
- ☐ Scissors



Take It Further

Can you spot any differences or similarities between uniforms in different countries? Which is your favourite?

Take time to learn about the history of Girl Guide and Girl Scout uniforms. Robert Baden-Powell once stated that the “recognised uniform ... breeds an esprit de corps and self-respect, while its world-wide adoption brings the members together under a common visible sign in carrying out their common ideal” (Education in Love in Place of Fear, 1922). Discuss whether you think uniforms continue to unite Girl Guides and Girl Scouts around the world over 100 years later?

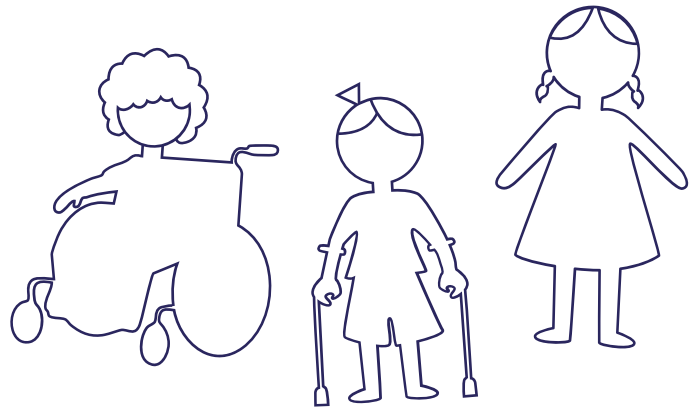


Tips

You can also make a WAGGGS friendship paper doll chain. First, create a paper doll chain with five dolls. Choose one country from each of the five WAGGGS Regions (Africa, Arab, Asia Pacific, Europe, and Western Hemisphere) and add them to your chain. You can learn about the different regions [here!](#)

1

Using the paper doll template ([Appendix](#)), decorate your doll to look like yourself in your Girl Guide or Girl Scout uniform. ***Make sure you include the things that make you unique. Is there anything about your uniform that makes you proud or happy?***



2

Look at images of other uniforms from Girl Guides and Girl Scouts in other countries. Decorate another doll to look like them.

3

Trade dolls with a friend in your group. Discuss with them: What is similar about the dolls? What is different about the dolls? Are there any pins or badges that are similar or different?

Take it further: Discuss as a group whether you can be guides and scouts if you don't wear a uniform? What unifies us as a Movement, if it is not uniform?



4

Your leader can take pictures and share your amazing paper dolls on social media, using **#WTD2026** **#OurFriendship** **#WTDIs100**



2. Language of Friendship

 Younger Years



Outcome

- Learn how to say 'Hello Friend' in different languages



Time

20 minutes



Preparation

- ☐ Paper
- ☐ Pens
- ☐ Tape, safety pin
- ☐ Hello Friend Language list



Take It Further

Using a map, find out where in the world the language you are speaking is used.

You can also visit WAGGGS Website – Our World section to learn which of our Member Organisations speak those languages.

Quiz each other's language memory and skills.



Tips

On the back of the name tag / badge write the country the language belongs to or how to pronounce the language.

- 1 Ask the group if anyone knows how to say 'Hello Friend' in a different language, ask them to share.
- 2 Using the language list, learn and practise saying 'Hello friend' in 5-10 different languages.
- 3 Once you have learnt the different phrases, make a name tag or paper badge with 'friend' written in a chosen language.
- 4 Walk around the space and greet each other using the language on each other's name tag / badge.
- 5 Reflect on how many different languages Girl Guides and Girl Scouts around the world speak. Did you know there are over 11 million girls part of this international movement?

Hola Amiga

Ni Hao Pengyou

Bonjour Mon Amie

English	Hello Friend
French	Bonjour Mon Amie
Spanish	Hola Amiga
Arabic	Ahlan Sadiqati
Swahili	Jambo Rafiki Yangu
Hindi	Namaste mere dost
Chinese	Ni Hao Pengyou
Portuguese	Ola Amiga
Japanese	Konnichiwa Tomodachi
Russian	Privet
German	Hallo Freund
Malay	Apa Khabar, Kawan



Privet

Konnichiwa Tomodachi

Hallo Freund

Hello Friend

Ahlan Sadiqati

Apa Khabar, Kawan

Ola Amiga



3. Knot of Friendship

👤 Middle Years



Outcome

- Learn how to tie a friendship knot on a scarf (necker)
- Understand the symbolism of a friendship knot
- Practice tying it for another person



Time 15 minutes



Preparation

- Scarf/necker



Take It Further

Create a friendship knot circle where you stand back to back and each of you practices tying a friendship knot for the person in front of you.



Tips

Make sure that your scarf is smooth and free of wrinkles.

You can use the following videos to support with tying your own friendship knot:

[How to Tie a Friendship Knot](#)



- 1 Discuss the symbolism of a friendship knot on a scarf. They often represent friendship and unity in Girl Guiding and Girl Scouting. One of the most popular ways to wear a scarf is using a friendship knot.

- 2 Begin by rolling your scarf up until there is a smaller triangle left.

- 3 Drape the scarf over your neck, ensuring the triangle's point is at your back. Cross the right end over the left near your neck.



- 4 Take the end that is now on your left (originally the right end) and fold it back under the other end to create a loop. This is where the knot starts taking shape.



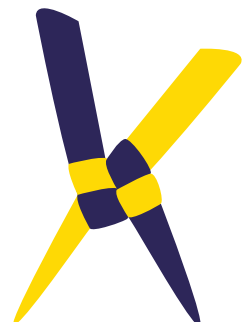
- 5 Now take the other end (on your right) and weave it over and under the loop you just created. Take your time to adjust the fabric as needed.



- 6 Pull both ends gently to tighten the knot. The goal is to make it snug but comfortable, ensuring the scarf stays in place without being too tight.



- 7 Adjust the ends of the scarf so they hang evenly. The friendship knot should sit neatly at the centre of your chest.



- 8 Now you have done it for yourself, try doing it on your friend, practice in pairs.

- 9 Congratulations!! You now know how to tie a friendship knot!



4. A World of Scarves, A World of Friends

 Middle Years



Outcome

- Explore the symbolic meaning of scarves (neckers) in Girl Guiding and Girl Scouting
- Identify values that unify Girl Guides and Girl Scouts in your unit



Time

20 minutes



Preparation

- ☐ Scarf silhouette
- ☐ Pens, crayons or paint
- ☐ Photos of scarves from around the world



Take It Further

Try making your own scarf using fabric scraps or recycled materials to create a sustainable, upcycled version!

Combine all your design ideas to create a 'Scarf of Friendship'! This could become your group's special scarf to celebrate 100 years of World Thinking Day!

Organise an exchange of scarves with a Girl Guide or Girl Scout group from a different location (even from another country!)



Tips

Think about the flag of your local town or area, your national flower, your national animal - you could use this as inspiration alongside the values you stand for.

- 1 Discuss the significance of scarves in Girl Guiding and Girl Scouting, share examples and meanings from your own or other countries.



- 2 A value is the fundamental beliefs that individuals or groups use to determine what is important to them (e.g. being respectful). Reflect on what values unite Girl Guides and Girl Scouts around the world (e.g. being kind to one another). Work together to create a list of 3-6 values with your group.
- 3 Now using the scarf silhouette, design your own scarf, incorporating these shared values.
- 4 Once complete, present and exchange scarves with each other in your group. This is often a tradition at international camps as a gesture of friendship.



5. Human Knot

 Middle Years



Outcome

- Work together to solve a problem, and develop your teamwork skills.



Time

15 minutes



Preparation

☐ None



Take It Further

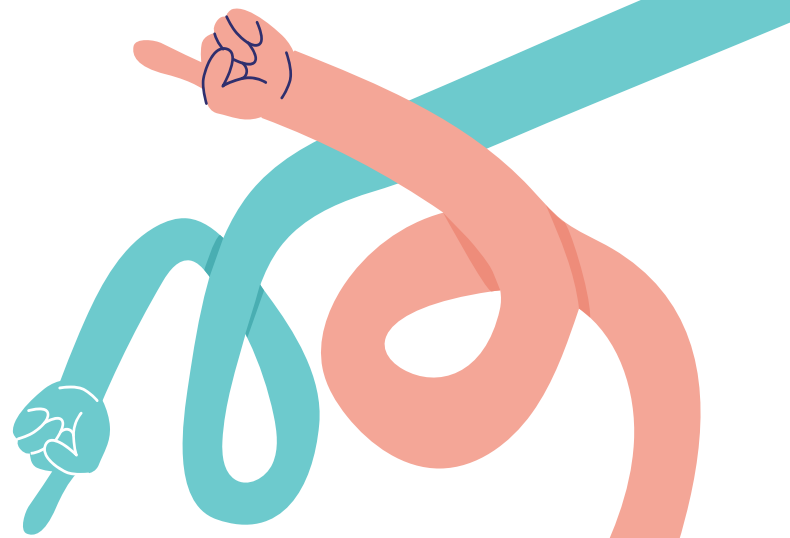
Discuss together the role of teamwork to tackle different challenges or problems. Is it easier to work together alone or do you think we are stronger when we work together as a group? Does this remind you of any issues Girl Guides and Girl Scouts have tackled around together to create collective change as a global movement.



Tips

This activity works best in groups of 6-12 people. If you are in a larger group, divide into smaller groups for easier play. To make it easier to untie the knot, you can ask the girls to hold their hands open above their heads, and then to 'meet' another open and opposite hand, so that thumbs and each finger meet the same of the 'partner hand'. As a facilitator, try not to give advice. Encourage your group to take charge in this activity to develop their leadership and problem solving skills.

- 1 Get everyone to stand together in a cluster (not a circle).
- 2 Each player extends both of their hands and holds on to the hands of two different players. You have become a human knot!
- 3 Now, your task is to untie the knot until everyone is standing in a circle holding hands. But you cannot let go of the hands you are holding. You can step over hands, turn around, try new things and experiment.



- 4 Once the human knot is untangled, ask your group how this game relates to the theme of 'Our Friendship'. Sometimes being a friend is easy but other times you have to work on the friendship. When we talk and work together, we can solve problems that might seem impossible.
- 5 There are other Girl Guides and Girl Scouts all around the world but sometimes, we do not all speak or understand the same language. Play the game again, but this time silently, do not use words or instructions. Did you find it easy or hard?



6. Destination: WAGGGS World Centres

 Older Years



Outcome

- Learn about the 5 different WAGGGS World Centres
- Visualise your personal connection to the global Girl Guiding and Girl Scouting movement by planning a journey to the World Centres



Time

20 minutes



Preparation

- ☐ Pens
- ☐ Paper
- ☐ World map (physical, digital or a globe) to help with visualising journey
- ☐ Stickers/post it notes
- ☐ Internet-access via relevant devices



Take It Further

Reflect on how they can make their journey more sustainable.

Has anyone in your group been to a World Centre before? Do they have any stories to share?



Tips

This could be done outside with a world map drawn by chalk on the ground. You can find out more information about the [WAGGGS World Centres](#) here.

1 Discuss with the group: How long does it take you to get from your home to your meeting place? What transport do you use?

2 Ask your group about the WAGGGS World Centres, do they know any of them? Ask them to mark them on the map using post-it notes or stickers (if it is a physical version). Alternatively they can just point. They are located in:

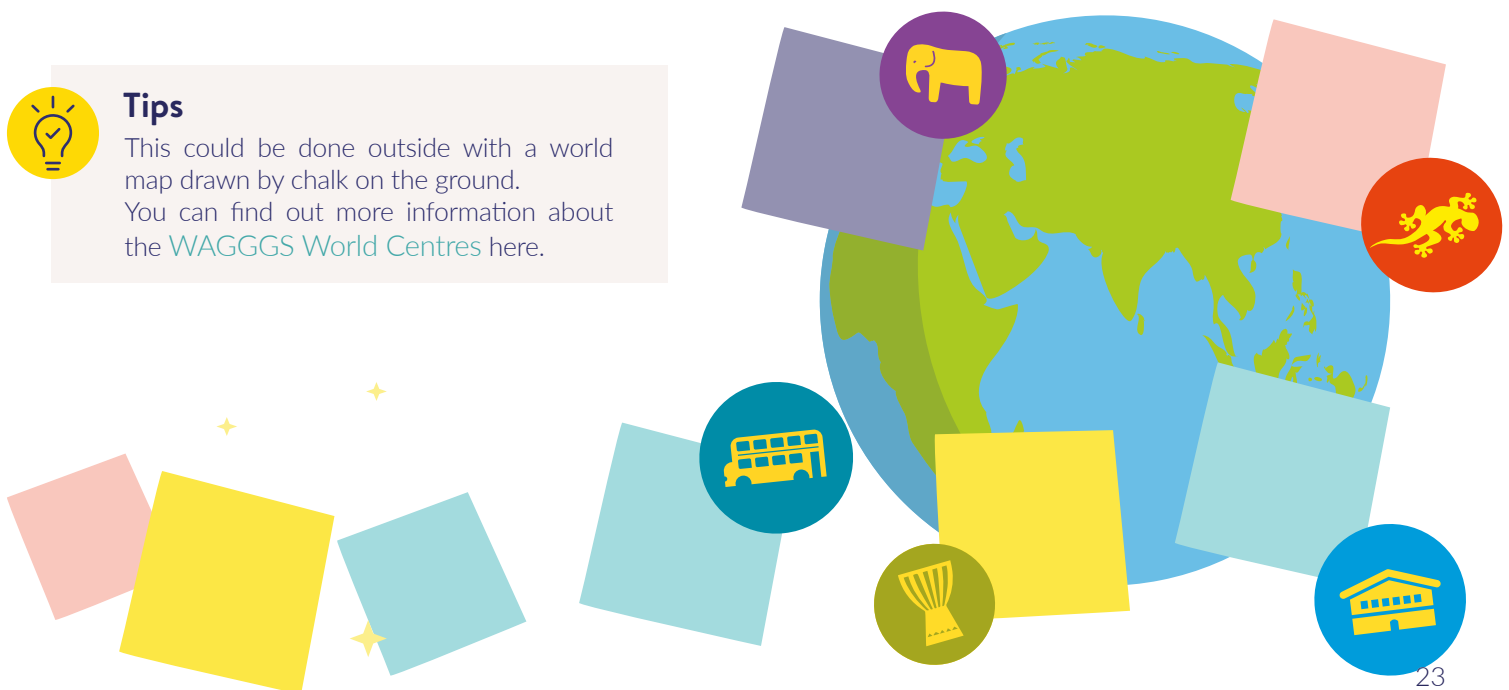
- Adelboden, Switzerland (Our Chalet)
- Cuernavaca, México (Nuestra Cabaña)
- Pune, India (Sangam)
- London, England (Pax Lodge)
- Accra, Ghana (Kusafiri)

3 Use another post-it note or sticker (in a different colour) to identify on the map where your group currently is located.

4 Get into 5 groups and assign each group a different World Centre to focus on. They should create a clear route plan of how they will travel from their current location to their chosen World Centre.

*How long will it take them to travel to each World Centre?
How many forms of transport will you need to take (e.g. plane, car, bus, ferry)?*

5 Discuss and reflect on the role of friendship at World Centres, how do they help people to connect with one another?





7. Tied by Friendship

Older Years



Outcome

- Share traditions and personal identities
- Connect with others through international friendship
- Create a symbolic friendship knot together celebrating the strength and beauty of connection



Time

20 minutes



Preparation

- ☐ Coloured strings, wool, or ribbons (one per participant, around 2 metres each)
- ☐ Scissors
- ☐ A central hoop, large ring, stick or anchor point to tie the collective knot/web
- ☐ Prompt cards



Take It Further

Pair this activity with a cultural sharing night or a friendship night where you exchange stories, recipes, games, or songs from their home countries or communities.



Tips

For younger years, simplify the prompts.

Ensure you have created a brave space together before continuing. Older participants can go deeper by discussing how traditions shape identity and how we can maintain strong friendships even across differences.

- 1 Get everyone to stand in a circle and give each person a piece of coloured string.
- 2 Explain that they will say a prompt and they should pass their string to someone in the group with that same connection (it could be multiple people). [See Appendix.](#)
- 3 Once they have made a connection, they should hold one end of their string, then use the other end to tie a knot with the person they a connection with (e.g. someone who loves being a Girl Guide/Girl Scout).
You can make up your own ideas or use the prompt cards
- 4 Repeat this for several rounds, forming many different connections.
- 5 Bring everyone together to tie their knotted strings to a central ring, branch or display hoop, forming a giant web of strings. This is a visual and symbolic representation of how interconnected you are as a group
- 6 Take time to reflect and discuss what they know about intersectionality in friendships. The definition of intersectionality is the interconnected nature of different social categories like race, class, gender.

You can use the following questions to encourage discussion:

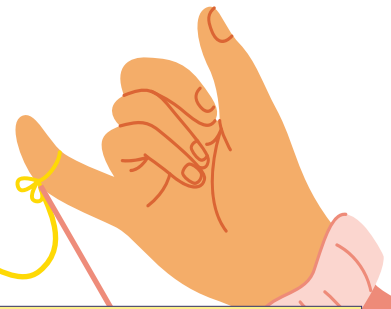
- Did you learn anything new about the people in your group?
- Did any connections surprise you?
- What did you learn or notice about someone else's background or tradition that you hadn't known before?
- In what ways do our unique identities (race, religion, ability, gender, language, etc.) influence how we form and experience friendship?
- Do you have any friends who are Girl Guides or Girl Scouts in different countries? Do they have different guiding and scouting traditions to you?
- How can we create friendships that include and value everyone, even those who are often left out or face more barriers?

- 7 Looking at your friendship knot, what does it symbolize to you now, knowing all the different identities, cultures, and experiences woven into it?



7. Tied by Friendship

Appendix



Someone who has siblings	Someone who likes to dance	Someone who loves being a Girl Guide/ Girl Scout
Someone who likes to go camping	Someone who has a pet	Someone who enjoys cooking
Someone who _____	Someone who _____	Someone who _____
Someone who has had to change themselves to fit in	Someone who has learnt something new	Someone who has reached out for help when they needed
Someone who has challenged themselves recently	Someone who wanted to try something but was told they couldn't	Someone who helped someone in need
Someone who _____	Someone who _____	Someone who _____



Growing Together

This section will give participants a chance to grow and understand themselves better, understand the importance of healthy friendships, and feel empowered to create connections.





8. Jump In, Jump Out

 Younger Years



Outcome

- Learn and discover the similarities within your group. Develop stronger friendships within your group.



Time

15 minutes



Preparation

- ☐ None needed



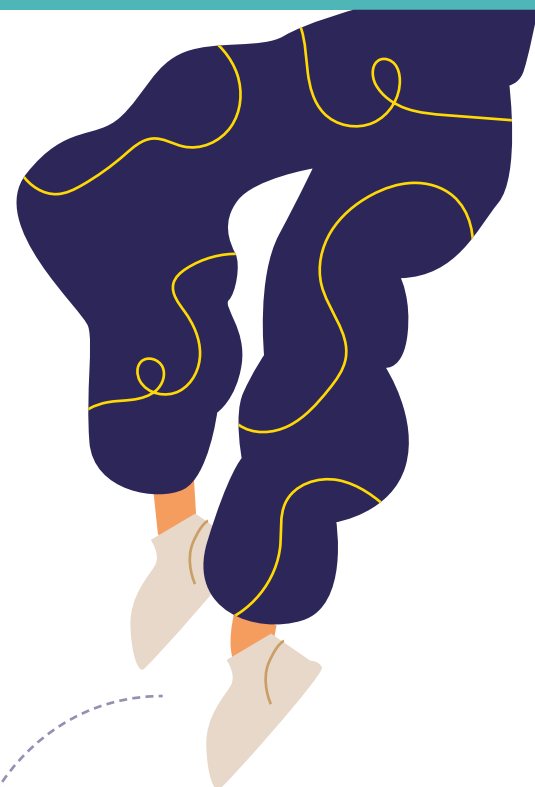
Take It Further

Try to go beyond the superficial things like food or books. See if there is one thing that everyone likes, or dislikes.

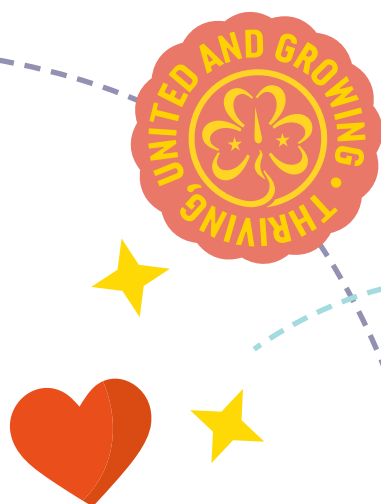


Tips

If the space is small or players cannot jump into the circle, create a different movement.



- 1 Gather your group together and ask them what friendship means to them. *There are no wrong answers.* If someone doesn't want to share right away, they can say "pass" and you can go on to the next girl. Continue until everyone who wants to share has shared.
- 2 Next, everyone stands in a circle. Taking turns speaking, everyone says something that they like (e.g. I like drawing). If any other players like it too, they jump into the middle of the circle. After a second or two, they step back into place.
- 3 Play continues around the circle until everyone has had a chance to share what they like. *Not everyone likes the same things and that's what makes us unique.*





9. Friendship Rainbow

 Younger Years



Outcome

- Create a visual rainbow together
- Celebrate the uniqueness of each person
- Show how everyone brings something special to friendship



Time

20 minutes



Preparation

- ☐ Coloured Paper (red, orange, yellow, green, blue, purple)
- ☐ Pens/Pencils
- ☐ Scissors



Take It Further

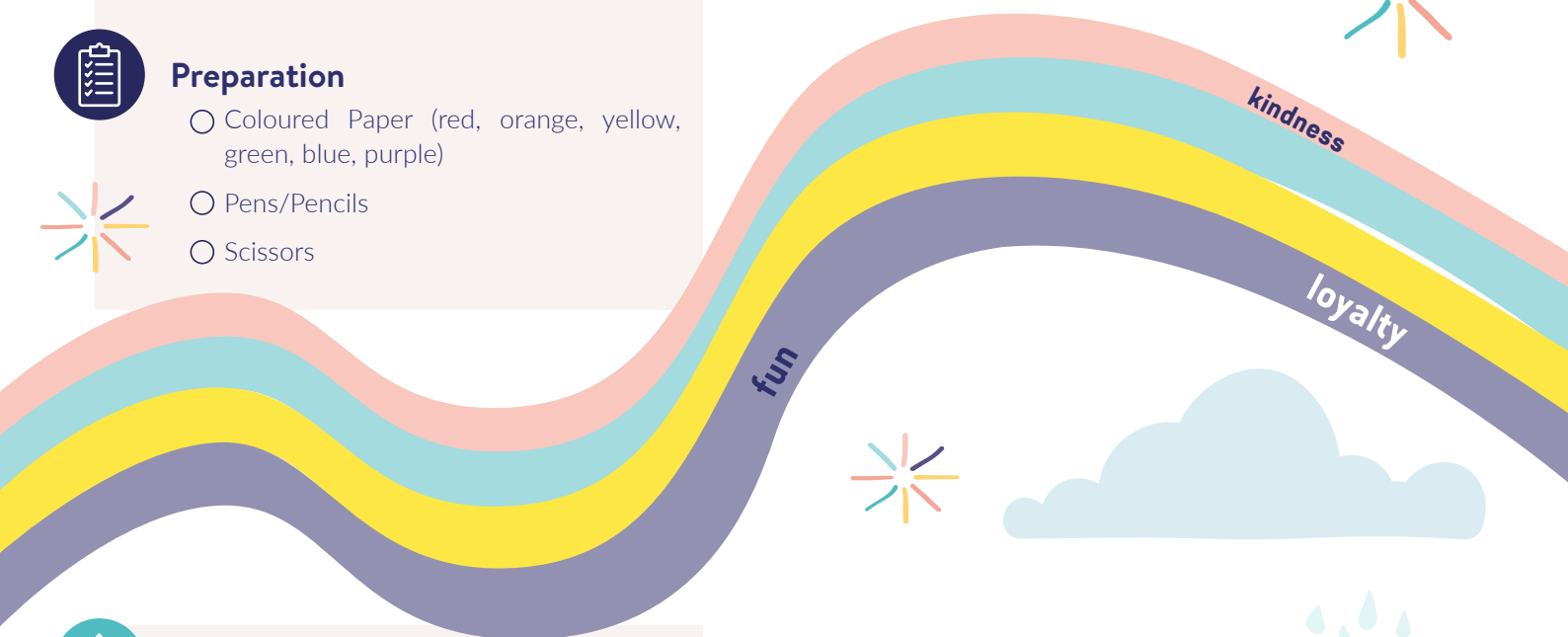
- Reflect on the qualities that make a good friend. Expand upon what has been written and think about examples of people doing those things (e.g. showing kindness by complimenting others)
- How could you make your friends feel special? Put your ideas onto a piece of paper cut into a cloud shape.



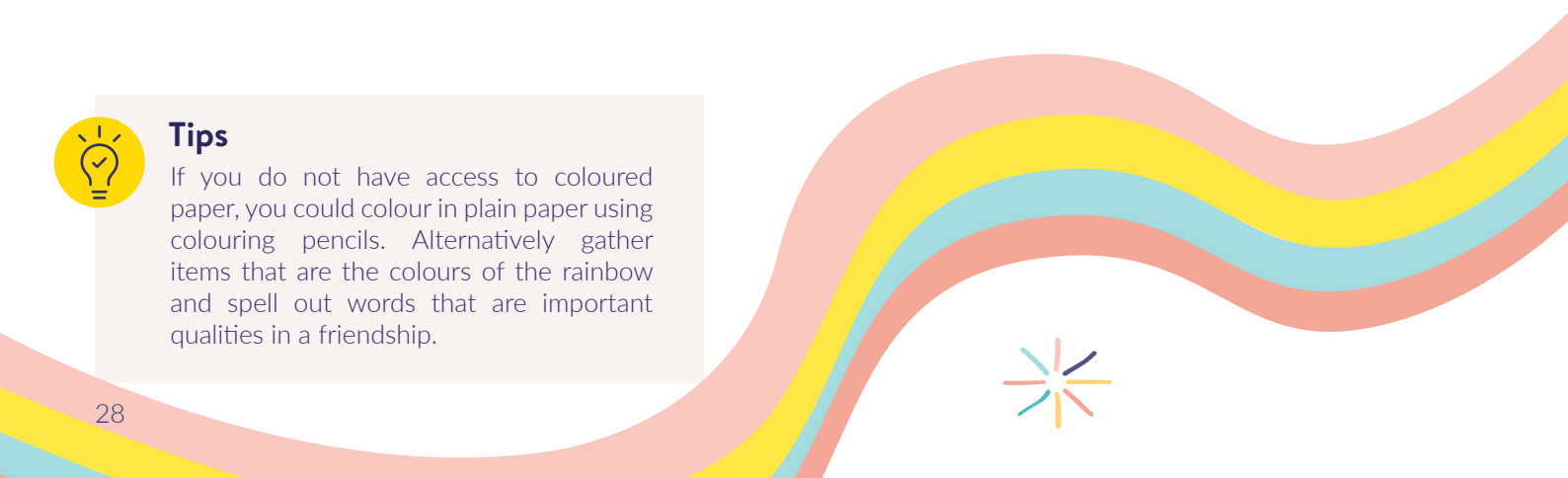
Tips

If you do not have access to coloured paper, you could colour in plain paper using colouring pencils. Alternatively gather items that are the colours of the rainbow and spell out words that are important qualities in a friendship.

- 1 Each person is given a piece of paper that represents a different colour of the rainbow. You can have more than one person with the same colour.
- 2 On their paper, they should write down one quality they bring to friendship (e.g. kindness, fun, loyalty).



- 3 Put all pieces together to create a large rainbow mural. You can take pictures of this and share it on social media using #WTD2026 #OurFriendship #WTDIs100





10. Empower Yourself

 Younger Years



Outcome

- Explore what it means to be a good friend
- Practise kindness to yourself to be a better friend to others



Time

20 minutes



Preparation

- ☐ Jars
- ☐ Paper
- ☐ Pens/Pencils
- ☐ Large Paper



Take It Further

Go on a mindfulness walk where you listen to your inner self and soul, practise replacing negative self talk and become your own cheerleader.



Tips

For younger years, you can replace the reflection with asking questions e.g. *are you kind to yourself? Do you motivate yourself?*

Think about which positive words can replace negative words. E.g. try to say "and" instead of "but"

1 As a group, write down or draw what makes a good friend. Write it on a large piece of paper.

2 Everyone should take some time alone to reflect on these things and how they might apply them to themselves.

3 Remind the group that it is important to be a friend to yourself and treat yourself with kindness. Explain that you will be creating a positivity jar full of all the things you love. You could include:

- Motivational quotes
- Things you like about yourself
- Moments when you were kind to others
- Good memories
- Your favorite song
- Other things that make you feel good

4 Over the next few weeks, take time to actively be kind to yourself and be a good friend to yourself using the positivity jar as a helpful tool for this (and opening one note per day).





11. What we bring to the table

 Middle Years



Outcome

- Encourage team bonding through self-expression and food
- Build awareness of individual strengths and diversity



Time

45 minutes



Preparation

- ☐ In Advance: Ask everyone to bring a food item that represents them individually and within a team
- ☐ Prepare a table or surface for displaying the snacks
- ☐ Optional: whiteboard or large paper and pens for group reflection



Take It Further

Create a team 'menu', a visual map of the group's food items and traits.

Try doing a blind-tasting, what food did you think represented each person and why?



Tips

In case of allergies and dietary restrictions among participants, please encourage everyone to bring pictures or explanations along with their flavour.

Keep the tone light and playful, even during deeper reflection.

For younger groups, simplify language and focus more on the food-fun angle.

1 Read this passage aloud to the group:

Each of us has a different flavour. A team is not one single recipe. It's a table, rich with many dishes, scents, textures, and stories. You will have the chance to explore who we are, through taste and heart.

2 Everyone should share the food item they brought with them that represents who they are individually. Take it in turns and ask the following questions:

- What did you bring?
- Why does this represent you?
- What strength or quality does this bring to the group?

Take it Further

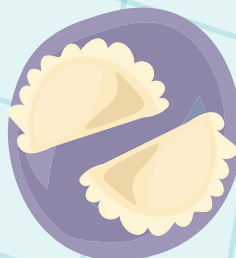
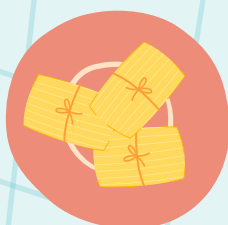
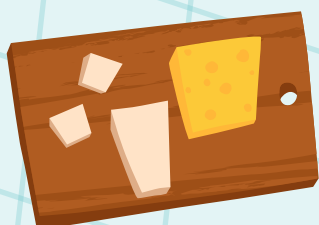
- *How does this quality help you in teamwork?*
- *What would you like to learn from the group or someone specifically?*

E.g. I brought sour gummies, because I'm energetic and sometimes provoke strong reactions, but usually in a good way. I bring momentum and help get things moving when we are stuck.

3 Once everyone has shared their food and tried it. You should discuss the following questions as a group:

- What surprised you about the choices?
- Were there any recurring 'flavours' in the group?
- How can we better mix our ingredients? What can we appreciate more about each other?

4 You can close this activity by sharing the following statement: This activity is meant to highlight that, together, we are not one dish. We are a table. A table where everyone brings something personal; a taste, a story, a strength.





12. Navigating Friendship

👤 Middle Years



Outcome

- Recognise healthy and unhealthy friendship behaviours
- Reflect on personal experiences
- Understand how to nurture and grow meaningful relationships



Time

25 minutes



Preparation

- ☐ Open space for movement
- ☐ Scenario Cards (Appendix)
- ☐ Optional: Fun background music



Take It Further

Work together in small groups to create a poster to help other people recognise unhealthy and healthy signs and behaviours in friendships.

With an adult leader's support, discuss who you can reach out to for further support if you are in toxic and unhealthy friendships.



Tips

You can add your own scenarios to make it more relevant for your group. Ask your group if they feel comfortable to share their own stories.

1 Establish a brave space with your group. Briefly discuss how friendships can have moments of challenge and growth.

2 Explain the movement rules. If you hear...

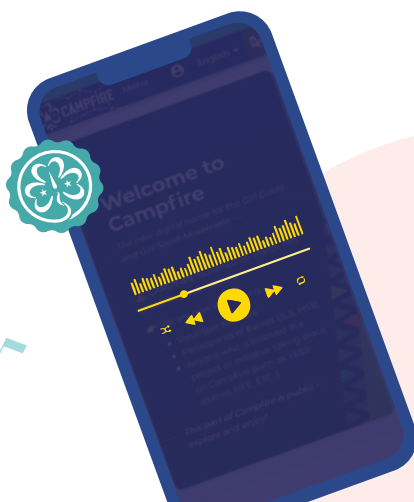
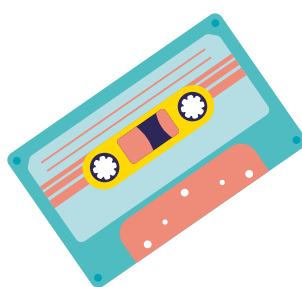
- healthy behaviour, walk/dance faster or move confidently
- uncomfortable or unclear behaviour, move in slow motion
- unhealthy behaviour, freeze (stand still)

If your group does not feel comfortable dancing you could alternatively allow them to move to different points in your space that represent healthy, unhealthy and unclear.

3 During a freeze, pause the game and ask for ideas from the rest of the group. What actions would improve the situation?

4 Continue this activity until every scenario has been read out or tried more than once.

5 Bring everyone back together to discuss how easy or hard they found it to recognise healthy and unhealthy behaviours.





13. Garden of Friendship

👤 Middle Years



Outcome

- Reflect on the qualities of a good friendship
- Explore empathy, boundaries and self-awareness
- Build a stronger sense of connection with others



Time

30 minutes



Preparation

- ☐ Paper
- ☐ Coloured pens
- ☐ Tape or glue
- ☐ Large wall/poster to serve as the 'Friendship Garden' display
- ☐ Access to reflection prompts
- ☐ Optional: calming music, and decorative items (green stems/leaves, butterflies, sun/cloud cutouts for wall)



Take It Further

Encourage the group to identify an area in your community that seems neglected and plant real flowers or start a small indoor plant as a symbol of their growth and commitment to forming new connections.

- 1 Introduce the activity by talking about how friendships are like gardens, they need care, attention, honesty and space to grow. You could share a story to illustrate this like *The Star Thrower* by Loren C. Eiseley (*The Starfish*), or the *Little Prince* by Antoine de Saint-Exupéry.
- 2 Give each individual a piece of paper, get them to draw a flower with their name in the centre and add 4-5 large petals.
- 3 Now place the flowers around your space.
Get everyone to move around the space, filling one another's flowers with positive comments. It could be a compliment or a special memory from your time as friends.
You should do this for every person in your group (even leaders)!
- 4 Now that you have filled in your flowers and discussed the different aspects of friendship, place them around your space by 'planting' them in your designated Garden of Friendship. Encourage people to move around the space and take time to read what each person's flower says.





13. Garden of Friendship

👤 Middle Years

5 Gather in a circle and invite a few volunteers to share one petal from their flower. Guide a conversation around these questions:

- What do we all need for friendships to grow?
- What helps us stay connected even through challenges?
- How does understanding ourselves help us challenge others?

6 Bring everyone back together to have a discussion, you can use the following prompts for support:

- What different qualities do people (in your group) have?
- What is one thing you need from a friendship?
- What is one challenge you have overcome in your friendships?
- What is one hope you have for future friendships?

7 Finally, create an individual pledge about how you will be a better friend, helping the flowers grow in your garden.

You can keep your garden in your meeting space, or participants can take home their personal flowers to remember the kind words of their friends.



Tips

You can decorate and personalise your flowers with colour & drawings.

Instead of petals, it could be leaves that can be hung on a friendship tree near your meeting area. The tree is not standing or alive without its roots into the ground

Younger: Reduce the petals to 2-3 simple prompts (e.g. What makes a good friend? What do you love about your friends?)

Older: Go deeper by discussing topics like emotional safety, toxic friendships and setting boundaries.

Consider pairing this activity with music, poems, or a quiet reflection time to create a calm, safe space.





14. 100 Acts of Friendship

 Older Years



Outcome

- Encourage ongoing kindness and connection through various actions



Time

10-20 minutes



Preparation

- ☐ Paper
- ☐ Pens/pencils
- ☐ Scissors



Take It Further

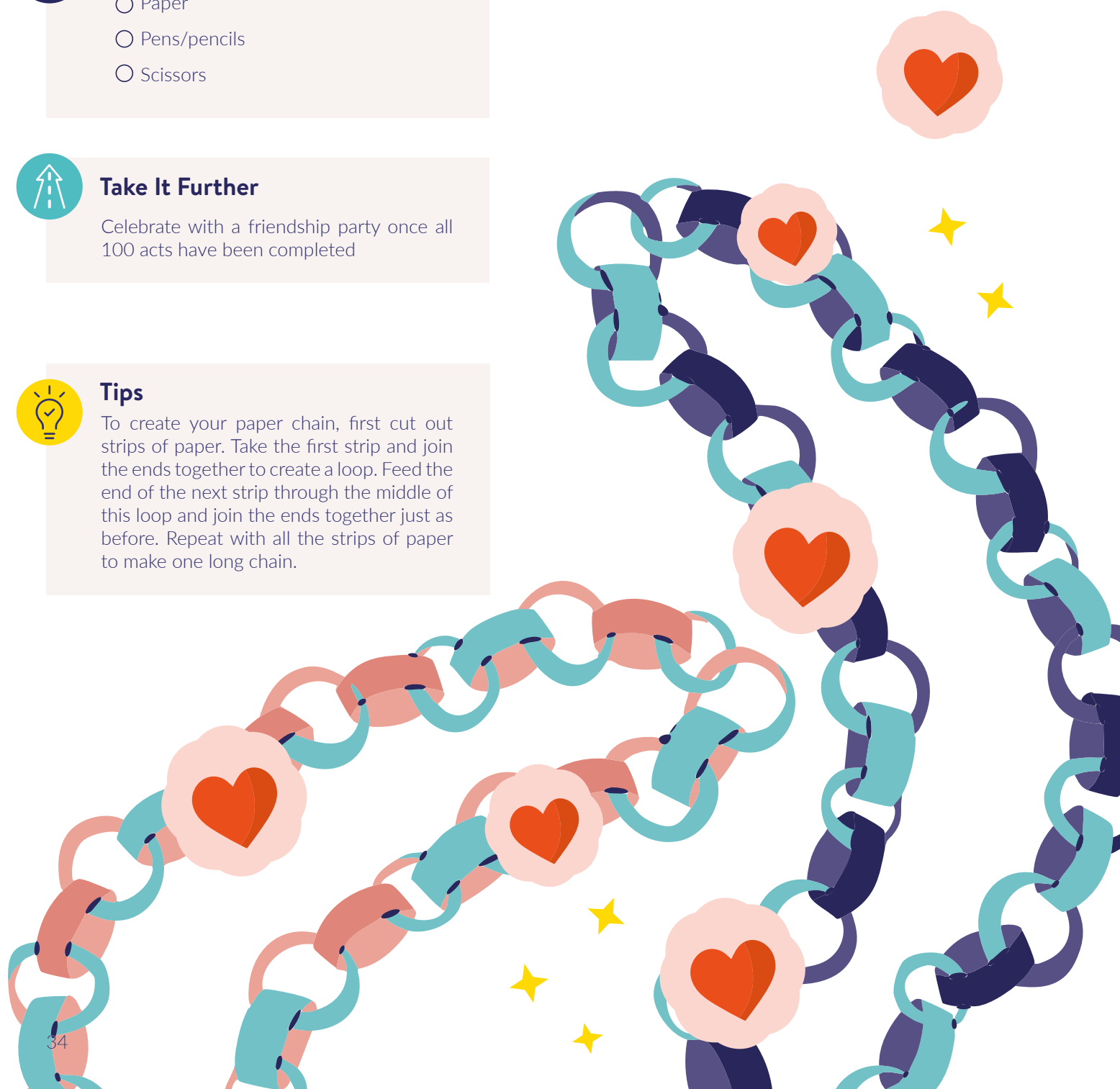
Celebrate with a friendship party once all 100 acts have been completed



Tips

To create your paper chain, first cut out strips of paper. Take the first strip and join the ends together to create a loop. Feed the end of the next strip through the middle of this loop and join the ends together just as before. Repeat with all the strips of paper to make one long chain.

- 1 Brainstorm 100 small, meaningful acts of friendship and kindness (e.g. helping a neighbour, giving a gift, including someone sitting alone, giving someone a compliment).
- 2 Try to complete all 100 acts of friendship and kindness within one month of February 22nd.
- 3 Create a giant paper chain for each act completed. How long can you make it?





15. Bridge Builders

 Older Years



Outcome

- Reflect on the importance of friendship and community
- Identify organisations with shared values
- Strengthen your group's connection to them



Time

30 minutes



Preparation

- ☐ Large piece of paper
- ☐ Pens
- ☐ Post-it notes
- ☐ Internet access or prior research on local organisations
- ☐ Optional: a map of your neighbourhood or city



Take It Further

Contact one of the organisations and invite them for a visit or online meeting (Activity 23).

Organise a community day involving multiple organisations to strengthen the connection.



Tips

It does not have to be a physical map, they can get creative and draw the different community organisations related to your group. Alternatively they could use chalk or natural materials to draw and map it out on the ground.

1 A big part of friendship is often **the community we create around us**. As a group, brainstorm local community groups, clubs, and organisations that share similar goals (e.g. supporting girls, education, helping the environment). You can take some time to research them further.

2 Map this out freely on a piece of paper, by adding your group in the middle then all the other organisations around it.

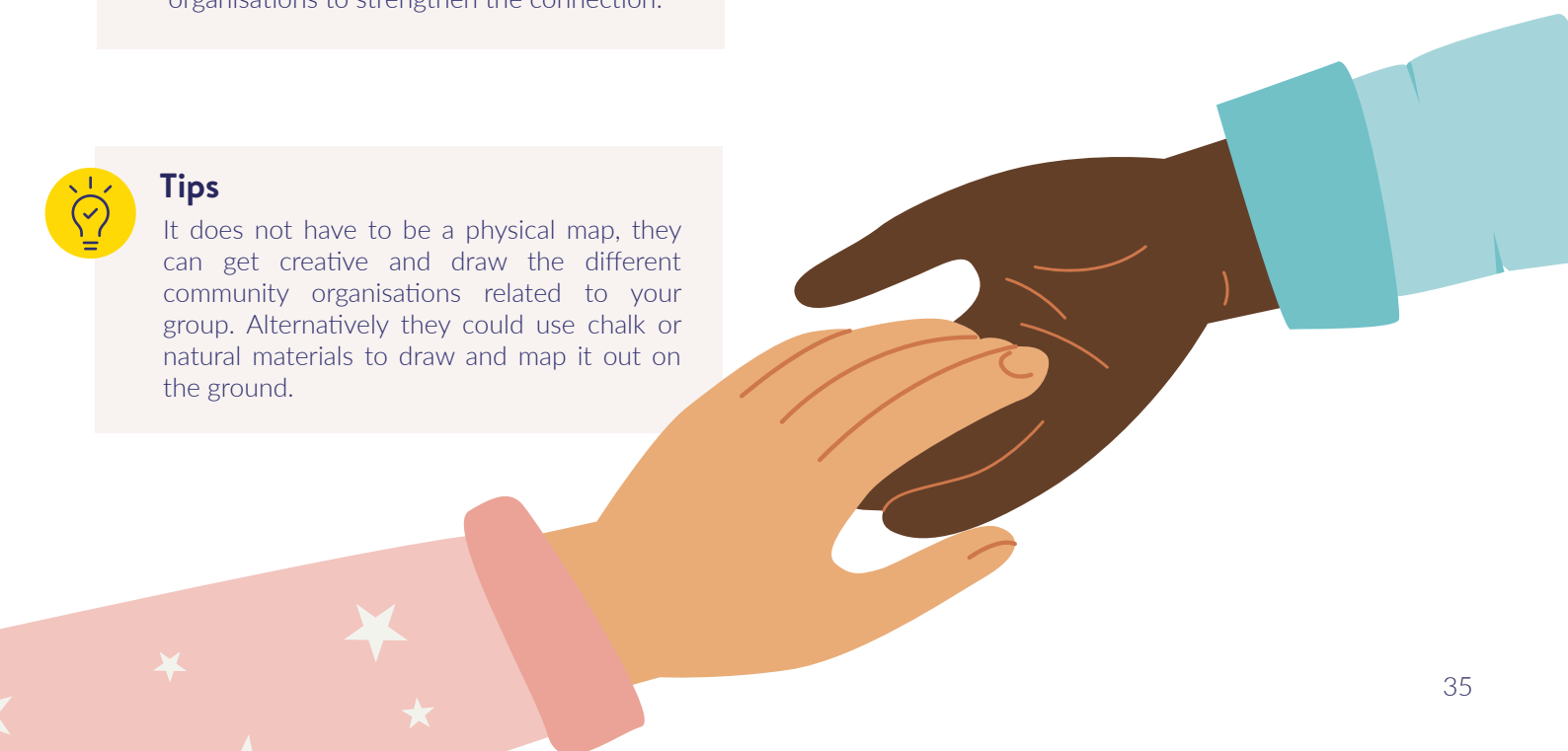
3 As a group, discuss the following questions:

- What do you have in common with these groups?
- What can you offer each other?
- What values do you share?

You could add bridges to your map to represent these connections to the different groups.

4 Get into small groups and have each group choose an organisation. Their task is to design a small, achievable collaborative action (e.g. an event, shared workshop, campaign) and create a short action plan explaining the goal, roles and resources needed.

5 Bring everyone back together and get them to share their ideas. Encourage feedback and help participants reflect on how friendship and collaboration can grow from shared goals and actions.





100 Years of World Thinking Day

*This section will give participants a chance to grow
and understand themselves better, understand
the importance of healthy friendships, and feel
empowered to create connections.*





16. Friendship Scavenger Hunt

 Younger Years



Outcome

- Encourage collaboration by finding out more about friends and build community



Time

20 minutes



Preparation

- ☐ Printed version or access to scavenger hunt tasks
- ☐ Pens/Pencils

- 1 Get into small groups or work individually. Hand out scavenger hunts and pen/pencil to each group.
- 2 Give them the space to move around and complete the scavenger hunt



Take It Further

You could do this outside of your normal meeting place to build connections with your local community (but make sure you get consent and permission before doing this).



Tips

You might not be able to do the scavenger hunt immediately so you could take this home with you and take a few days or even a week to complete the entire scavenger hunt.



17. Postcard to Tomorrow

Younger Years



Outcome

- Reflect on the 100-year anniversary of World Thinking Day by writing postcards to Girl Guides and Girl Scouts of the future
- Imagine the evolution of the movement, explore their dreams for the future and share key values of sisterhood, inclusion and leadership



Time

30 minutes



Preparation

- ☐ Printed postcard
- ☐ Pens, coloured pencils
- ☐ Envelopes or wall (to display)



Take It Further

You could write postcards to another unit based in another country sharing what you are doing to celebrate World Thinking Day 2026!



Tips

Reflect on what Guiding and Scouting was like 100 years ago, how much has changed. Use this as inspiration and guidance for your thoughts and ideas.

- 1 Get participants to think about what Girl Guiding and Girl Scouting will look like 100 years in the future. Discuss as a group what they imagine the world will look like and how different/similar they believe things will be.
- 2 Your task is to write a postcard addressed to a Girl Guide or Girl Scout in the future (specifically in 2126). Encourage participants to think about their hopes for the world and the values of Guiding and Scouting.
- 3 Once you have finished writing your postcard you can now decorate it.
- 4 Come back together as a group and share your thoughts and ideas.
- 4 Participants can keep their individual postcards or alternatively, you could display them in your meeting place to share your ideas for what the future will look like.





18. Sing Out

👤 Middle Years



Outcome

- To celebrate the joys of 100 years of Thinking Day through singing and writing



Time

25 minutes



Preparation

- ☐ Paper
- ☐ Pens/Pencils
- ☐ Access to a timer



Take It Further

If you have time, perform the song, poem or chant. Why not include some dance moves too!

Think about choosing a name or title for your song, poem or chant. It can be simple or could reference something you mention in the song.



Tips

If you are struggling to think of a unique melody, you could use a familiar tune and write new lyrics.

- 1 Brainstorm different songs about friendship.

E.g. 'Make new friends', 'This little guiding light of mine' or 'You've got a friend in me'. You could even try singing some of these songs together.

- 2 Get into small groups of two or three people. They have 10 minutes to work together and write a short poem, song or chant about World Thinking Day, celebrating 100 years of international friendship.

- 3 Bring everyone back together and get them to share their amazing musical pieces with the rest of the group.

- 4 You could even record or share your amazing performances further afield using social media (just make sure you have consent from your participants before doing this!) using **#WTD2026 #OurFriendship #WTDIs100**





19. Timeline of Thinking

Middle Years



Outcome

- Understand the historical importance of World Thinking Day
- Explore how global, regional, national and personal events have shaped experiences and the world around us.



Time

30 minutes



Preparation

- ☐ Large paper or a shared digital board (e.g. Miro) if online
- ☐ Pens/Pencils
- ☐ Post-it Notes
- ☐ Optional: 1 or 3 long ropes/string



Take It Further

Interview older members or community elders about how Girl Guiding and Girl Scouting has changed over time.



Tips

For older participants, they can research events or contribute their own, adding layers like women's rights, climate action or the history of their national girl guiding or girl scouting organisation.

Learn more about [WAGGGS history here!](#)

1 Explain to participants that 2026 marks 100 years of World Thinking Day, a day when Girl Guides and Girl Scouts around the world reflect, connect and take action for a better world. Discuss: What do they know about World Thinking Day? Why do we celebrate it? What are some values or actions that connect us across time?

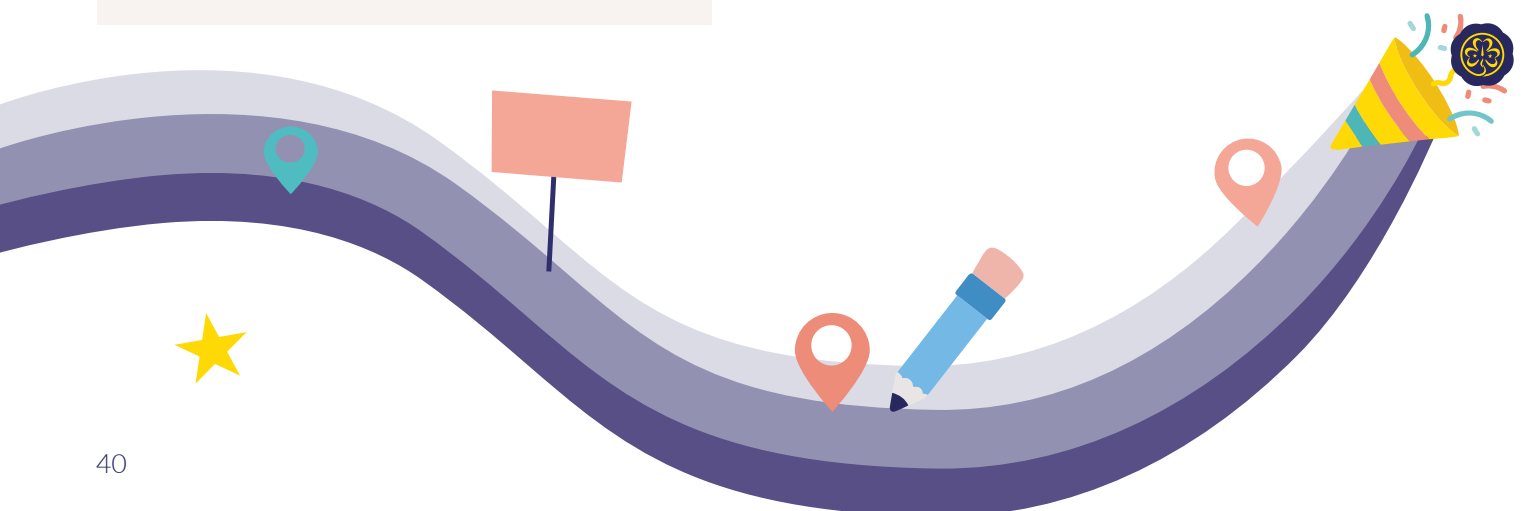
2 Divide into small groups and create a timeline from 1926 until 2026 that has 3 layers:

- **Global Layer:** Add key world events (e.g. formation of the UN, COVID-19 pandemic, major peace agreements, global milestones for women's rights)
- **Guiding Layer:** Add regional events, the foundation of your national organisation and other WAGGGS related events (e.g. 1928: WAGGGS founded, 2013: [Free Being Me](#) launched, 2026: 100 years of World Thinking Day).
- **Personal Layer:** Add their unit's creation date, special moments in their groups history, or the year they joined.

3 Once you have created your timeline, bring everyone back together and take time to reflect. You can discuss the following prompts:

- What do these events show us about the kind of world we live in?
- What challenges or hopes have continued across the last 100 years?

4 Take time to think about both individually and collectively, what the next 100 years will look like? Create a personal pledge about how you will continue to centre friendship and community during your time in Girl Guiding and Girl Scouting.





20. Radio Hour: Let's talk Friendship

Middle Years



Outcome

- Create a short 1920s style radio-play about friendship developing their teamwork, creativity and resourcefulness.



Time

30 minutes



Preparation

- ☐ Paper
- ☐ Pens/Pencils
- ☐ Optional: Sheet (for participants to be behind during performance) and materials to add sound effects



Take It Further

Add music to your radio play, think about what emotions you want to convey through the music and layer it within your show.

Research other radio-shows and listen to them for inspiration:

- *A Comedy of Danger* by Richard Hughes is billed as one of the first radio shows (produced by the BBC in 1924).
- Orsen Welles' adaptation of H.G Wells' *War of the Worlds* actually caused a national panic in the USA when it was broadcast in 1938 as people believed it was real news!

Make your radioplay into a podcast and share it with the rest of the Movement using #WTD2026 #OurFriendship #WTDIs100



Tips

For younger members, provide a story outline in advance and invite them to create the dialogue and sound effects.

For older members, challenge them to create the sound effects and/or music using only their own bodies (e.g. whistling or humming, clapping hands, stomping feet etc.)



- 1 Imagine it is the year 1926. Television has not been invented yet so most people depended on the radio for news and entertainment. A few years earlier, radio plays began broadcasting. These were shows that relied on music, dialogue and sound effects rather than visuals to tell a story and they were a huge success.
- 2 In small groups create your own radio play. It should be all about a girl who is new to Girl Guiding and Girl Scouting and how she will be celebrating her first World Thinking Day with her group.
- 3 Work together to brainstorm a story outline. You can use the following prompts to support with this:
 - What is the name of the Girl Guide or Girl Scout?
 - Where is she from?
 - Who are the others in her group? How do they welcome her?
 - What do they do to celebrate the first World Thinking Day?
- 4 Once you have your basic story outline, go back and think about what sound effects you can add.

E.g. When a character walks into a room, you hear the sound of shoes on a hardwood floor or a door opening and closing.
- 5 Finally, perform your radio show. Make sure every member of the group is in charge of some aspect of the show, whether they are reading a character's dialogue, making sound effects or directing. You could even record the show.



DID YOU KNOW?

(Did you know? The author H.G. Wells lived in London, just up the road from Pax Lodge!)





21. International Connections

 Older Years



Outcome

- Visually track the shared experiences and build connections with people who have walked similar paths (even without having met) in Girl Guiding or Girl Scouting around the world.
- Deepen their sense of belonging in the global movement and expand their web of connection.



Time

20 minutes



Preparation

- Large printed world map or digital version (Padlet Map, Google Earth, Canva Interactive Map, Miro, etc.)
- Sticky notes or pins with strings (for physical version)
- Name tags, markers, colored dots (each color = different event or location type)
- A space to host small group discussions or breakout calls
- A printed/virtual form where each participant answers:
 - Where have you been with Guiding? (countries, camps, events, World Centres)
 - When were you there?
 - Who did you meet?



Tips

This activity works even better with more people so could be run as part of the Friendship Gathering event.

If you are struggling to find connections, think about other people they know or are related to (e.g. mothers, grandmothers) who had been at mentioned places

- 1 Get everyone to place a pin/sticker/dot on each place they've visited with Guiding (physical or digital map)
- 2 Write their name and what event they attended there (e.g. World Thinking Day 2022 at Sangam). As more people participate, the map starts to form visible clusters of shared experience.
- 3 Participants look at the map and find others who have been to the same place, even if at a different time. Start connecting and asking questions like:
 - What brought you there?
 - Who do you remember meeting?
 - Have we met a mutual friend?
 - What have they learnt from this international experience?

Mark mutual connections with a piece of thread or string from one pin to another creating a web-like pattern.



Take It Further

Set up a shared virtual map post-event and invite people to share their Guiding and Scouting adventures and build their connections worldwide.

Invite participants to host mini virtual reunions based on shared locations.

Using another coloured pin, add where each participant would like to go and visit, carry out some activities from the different World Centres in future meetings





21. International Connections

 Older Years

- 4 Once participants have marked the places they have been and explored shared locations, they are invited to connect with others whose paths they overlapped or intersected, even indirectly.

Someone spots a familiar name or place on the board maybe it is someone they met, or someone who attended the same World Centre or event in a different year (that recognition becomes a spark).

- 5 Encourage the initiation of new connections through:

- Someone they already know (from the same or different place), to someone they do not based on the shared location.
- Or themselves, to someone with a mutual friend or location link.

Strings or lines (digital or physical) will begin to crisscross the map, forming a beautiful web of names, countries, cities, and events. It becomes clear that even if we have never met, we are connected through Girl Guiding and Girl Scouting through shared spaces and people. Some connections will be direct. Others will feel like “Oh wow, I’ve heard of you!” or “You were there too?” That is the magic moment.





22. Gallery of Guiding Moments

Older Years



Outcome

- Reflect on their personal journey in Girl Guiding and Girl Scouting by celebrating the friendships they have found
- Recognise the shared values of the movement across time and cultures through storytelling and creative expression.



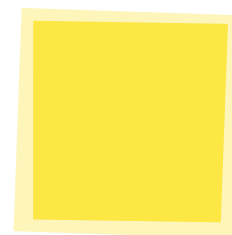
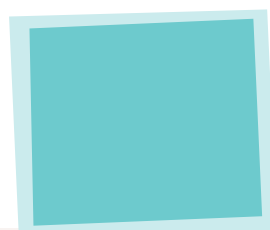
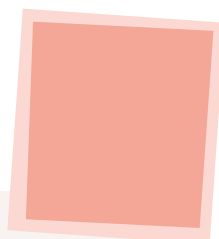
Time

30-45 minutes



Preparation

- ☐ Printed photo or object that represents a meaningful friendship or moment in their Girl Guiding or Girl Scouting journey.
- ☐ Display materials: string, pegs or pens, wall space or boards, tape and markers.
- ☐ Post It notes and pens
- ☐ Optional: Soft background music to enhance the gallery experience



Take It Further

Create a digital version using Canva or a slideshow to share with the wider community.

Host an intergenerational version of this activity with younger/older Guides and Scouts to explore how friendship has evolved in the Movement.

Interview or invite other community members who has been involved in Girl Guiding and Girl Scouting to visit your group for a World Thinking Day celebration (as part of the friendship gathering!)

Partner with another unit from another country and exchange photos and stories to build global friendships, invite other people who are not part of Guiding and Scouting to also experience this.

1 Begin by explaining that for World Thinking Day 2026, it is an opportunity to celebrate Our Friendship and 100 years of global connection. This is a chance for us to showcase those connections and memories by creating our very own gallery!

2 Each participant should display their photo or item and create a short written caption that explains:

- Where was this?
- Who were you with?
- What friendship or connection does it represent?

3 Everyone walks around the gallery, reading and viewing one another's memories. Around each person's memory, they should add responses and kind messages, you can use the following prompts for support:

- This reminded me of _____
- I see shared value in this _____
- This inspired me to _____

4 Bring everyone back together and have a reflection. Ask each person to share (if they feel comfortable):

- One memory or story that moved them.
- One friendship they value in Guiding or Scouting
- What does friendship mean to them within the Movement?



Tips

Instead of creating a gallery, you could instead make a scrapbook that showcases all the amazing memories of friendship from your unit.

For young participants, allow them to draw their memory instead of writing it.

For older participants, encourage deeper reflection with questions like:

- How has Guiding and Scouting shaped your idea of friendship?
- What does it mean to belong to a sisterhood that spans 100 years and the globe?



23. Together we are Happier

 Older Years



Outcome

- Connect and build friendships with other people in your local communities
- Deepen their sense of belonging in the global movement and expand their web of connection.



Time

30 mins of preparation,
30-90 mins of connection



Preparation

- ☐ Before activity: contact an organisation or community group (e.g. a retirement centre, a local charity) and enquire to see whether it is possible for your group to meet and talk for a friendship/connection event
- ☐ Prepare questions for the group to ask related to friendship



Take It Further

You could link this to the Friendship Gathering fundraising activity.

The activity can be done multiple times and with different organisations. You can ask your group as well as the community about which topics they would like to discuss.



Tips

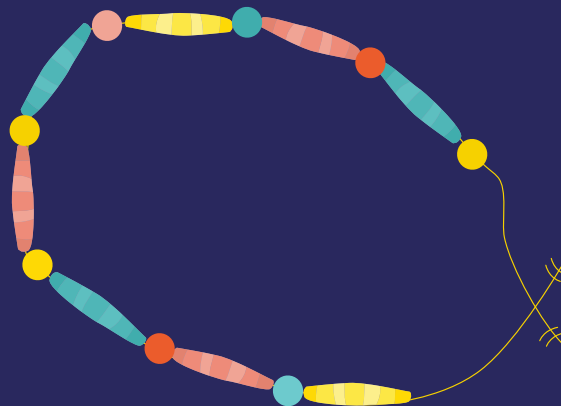
If you're doing something like this for the first time as a leader and facilitator, potentially you could contact an organisation that you know of already. It is also good to maybe talk to the person in charge of the organisation of our community about your expectations about what both groups can offer one another.

- 1 As a group, decide on a local community group they want to connect with. They should not be in their immediate circle, and we encourage them to be different in some way (e.g. different age, different experiences).
- 2 Together as a group, decide on some questions you want to ask the community group you are meeting. They should be about friendship and what it means to them. e.g.
 - Who was your first friend/closest friend/closest relative?
 - How long were you friends for?
 - Where did you meet them?
 - How did you feel when you were with that friend?
 - What does friendship mean to you?
- 3 When you have decided on your questions as a group, make a trip to the organisation or community group and connect with the people there by interviewing them.
- 4 When you have finished your conversations, take time to reflect together. Ask them how they felt when they were talking to the people, what they thought about the conversation, what kind of emotion they felt while talking to them, and what they think about their friendships now after everything they heard.





Final Reflection



After completing your selected activities from the 3 Sections, now is your chance to create a beaded bracelet that represents all you have learnt this World Thinking Day as well as the friendships you have developed as part of this activity pack.





24. Threads of Our Connection

 Older Years



Outcome

- Explore connection through creativity
- Explore collaboration through everyone's personal interests



Time 30 minutes



Preparation

- ☐ Beads
- ☐ Thread / Fishing Line / Elastic
- ☐ Scissors



Take It Further

Make more bracelets and share them with other persons in your community to encourage WAGGGS growth and community involvement

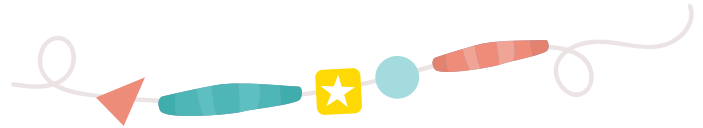


Tips

Use sustainable materials like seeds or wood instead of plastic beads or you can use the paper bead tutorial on page 13 to create your own beads.

1 You will have collected different coloured beads that represent each of the sections. Prepare containers of beads.

2 Cut a piece of thread that is double the length of your wrist



3 Add your beads to your elastic 3-5 beads. Make sure to tie these on securely. You could even weave your thread a few times. While you are making your bracelet, take time to discuss the following questions:



- What does friendship mean to you?
- How do you build friendship with yourself and others?
- Why is it important to celebrate international friendship and community within our Movement?
- In a world that continues to be divided and isolated, how can Girl Guiding and Girl Scouting work together to share international friendship and deliver our mission to create a better world?



4 Once they are happy with how their bracelet looks, they should get someone who has been a friend to them to tie it on their wrist.

5 Share your bracelets online via social media and share your answers from the questions above. We would love to see your friendship bracelets and read your answers!



**Congratulations
for completing
this activity pack!**

Happy World Thinking Day!



Follow this link to order your badge!

Tell us about what you think, find the evaluation form in [WTD Campfire space](#).

We will be recruiting members to work on next year's WTD resource, stay tuned for more information on our socials!

Follow WAGGGS on social media:

 @wagggsworld

 @wagggsworld



**#WTD2026
#OurFriendship
#WTDIs100**



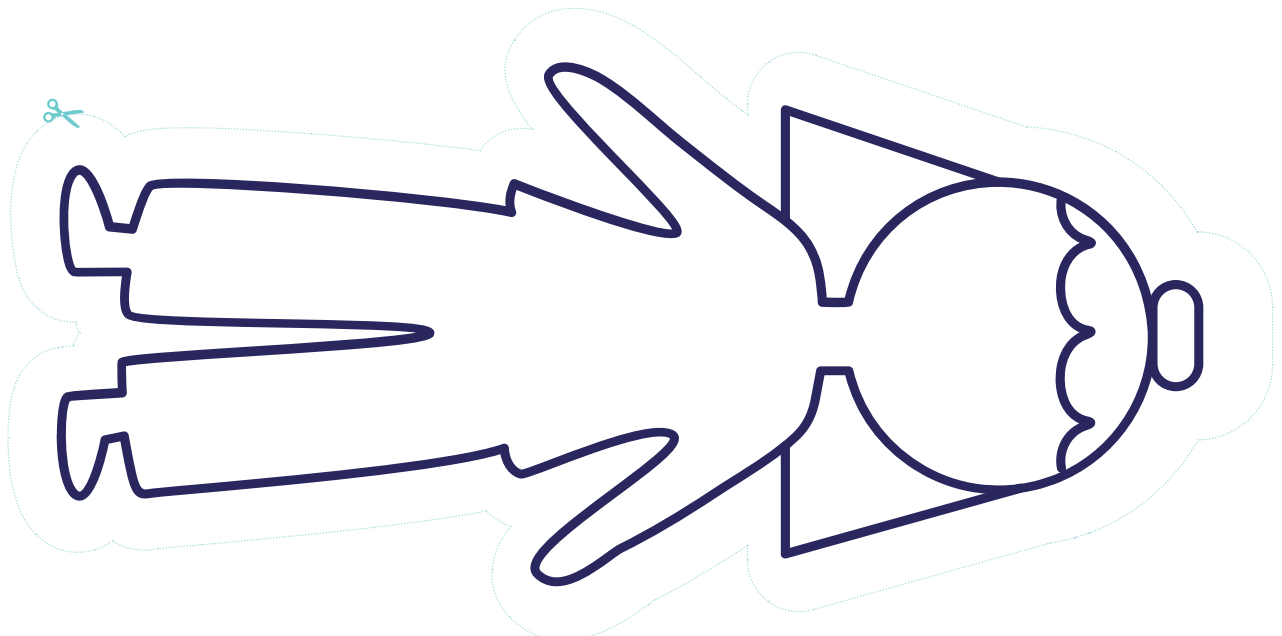
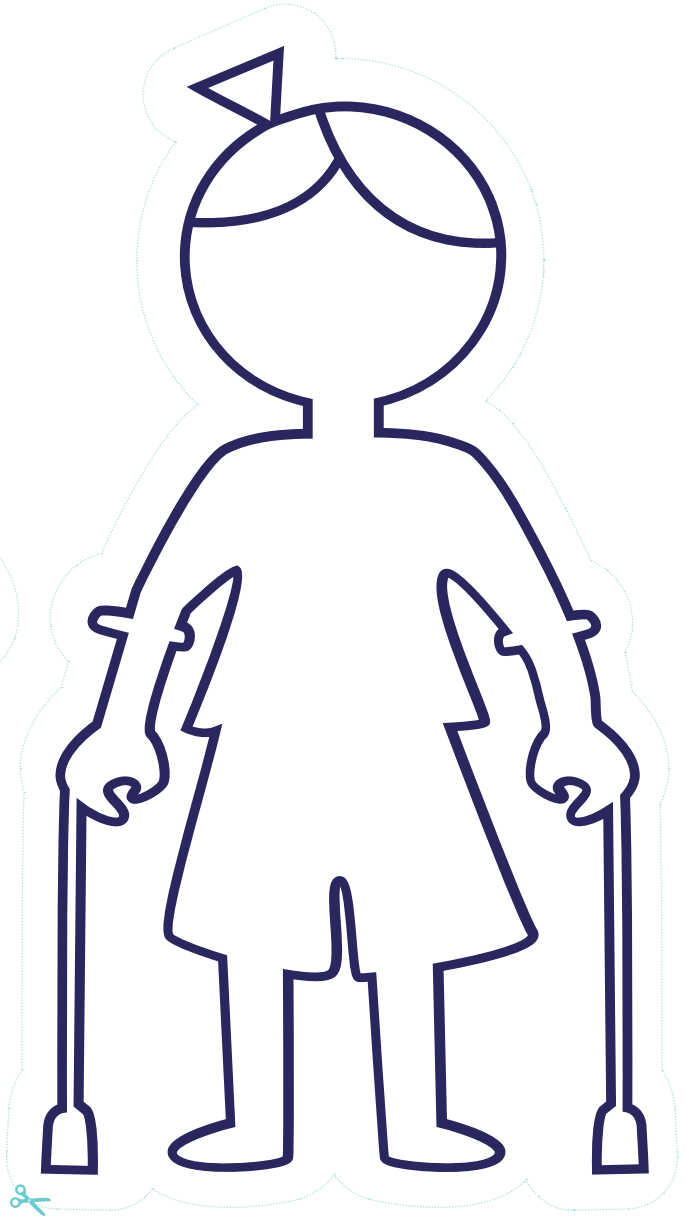
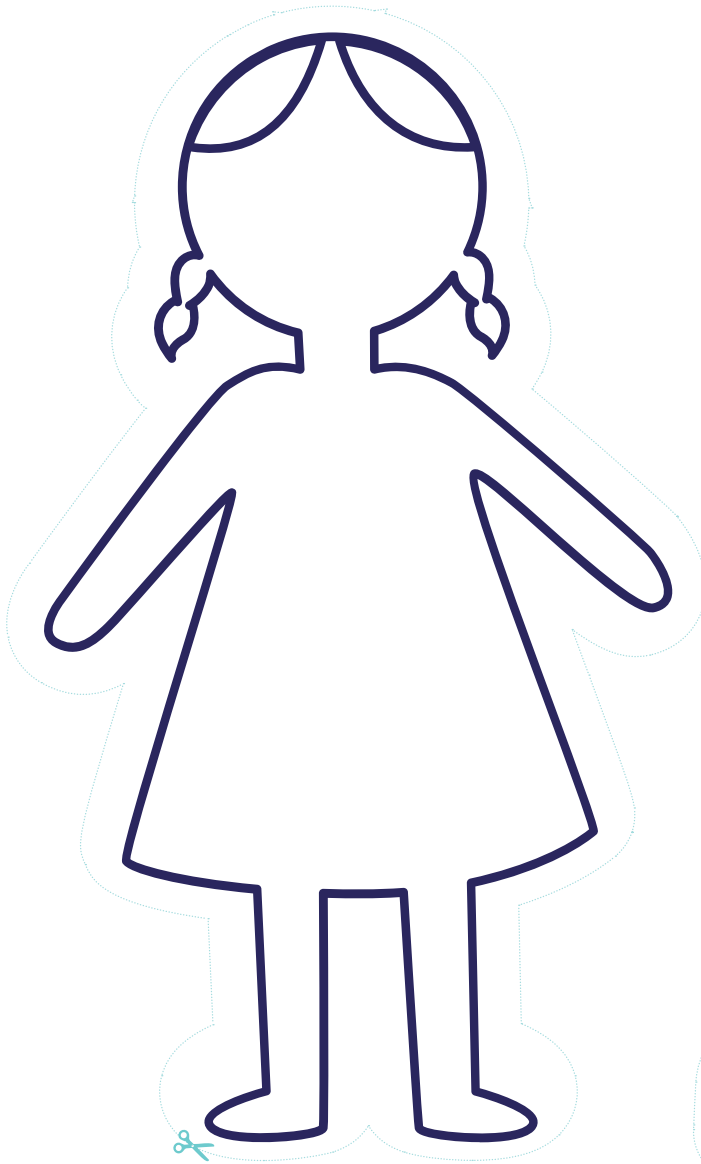
The background is a solid teal color. It features several thick, white, wavy lines that sweep across the page. One large wave starts from the left edge, curves upwards and then downwards, passing behind the text. Another wave is positioned below the first one, also curving across the page. In the bottom right corner, there is a more complex, looping white line that forms a small circle before extending outwards.

Appendix



1. Paper Dolls Like Me

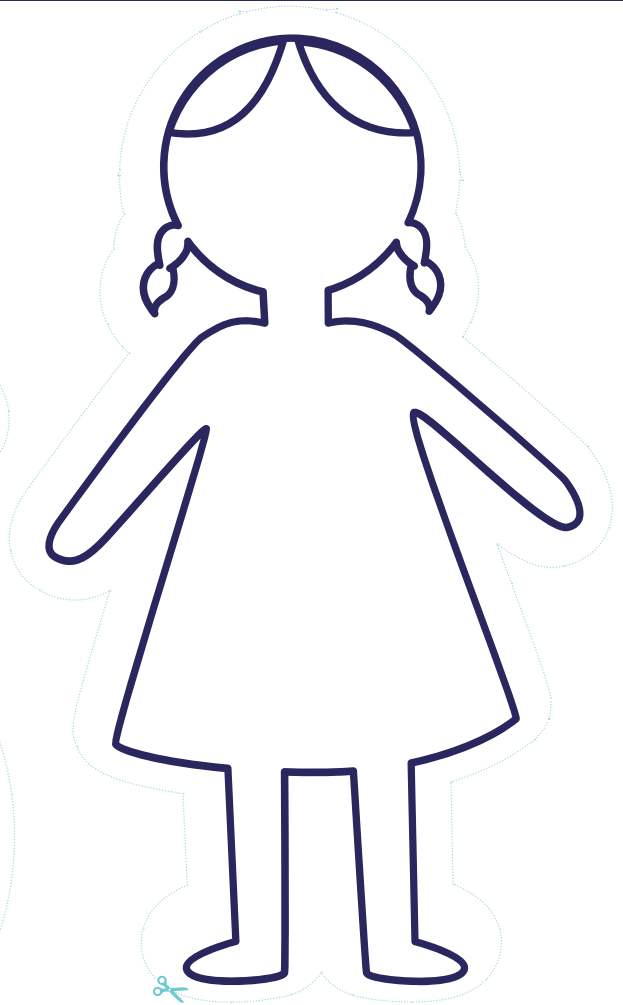
Appendix





1. Paper Dolls Like Me

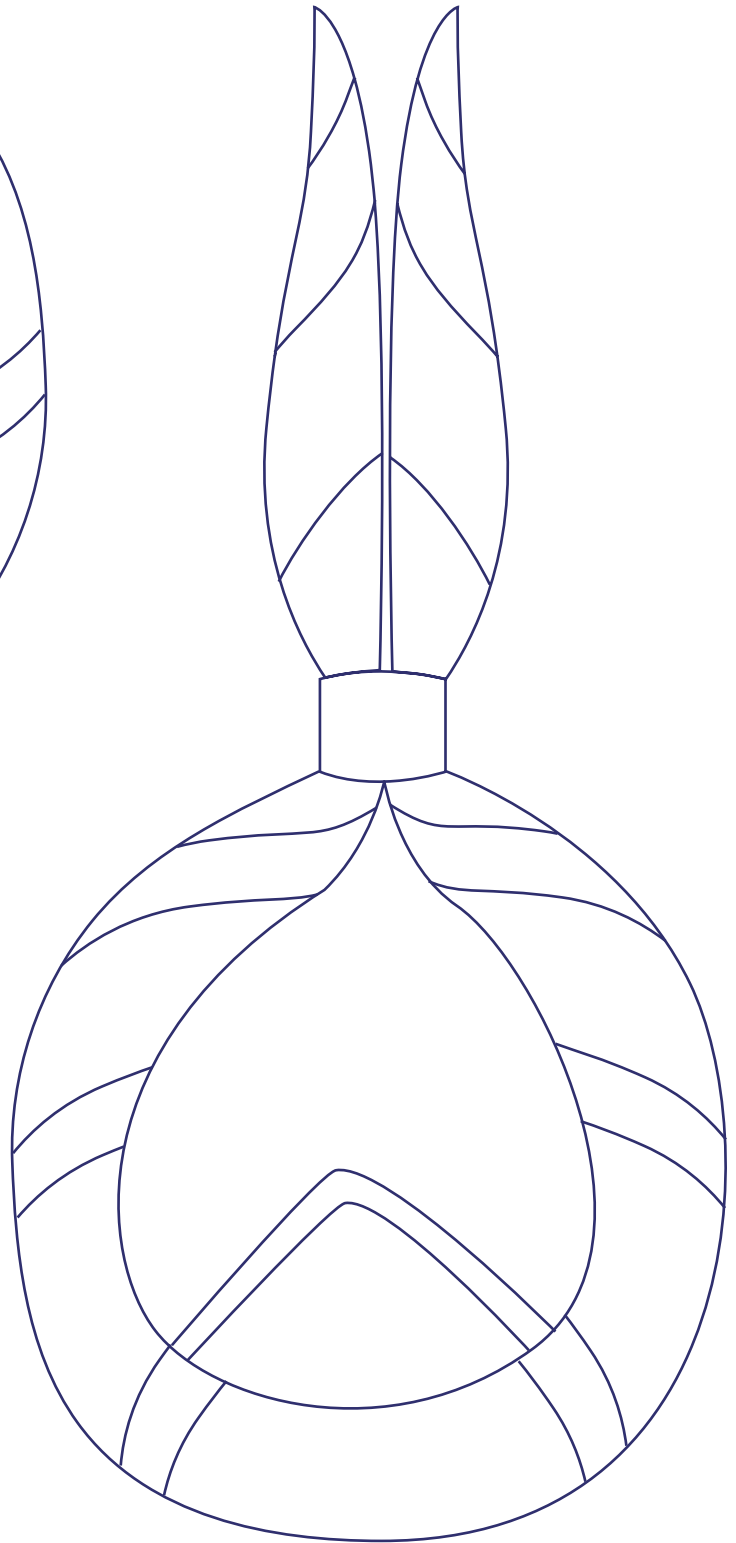
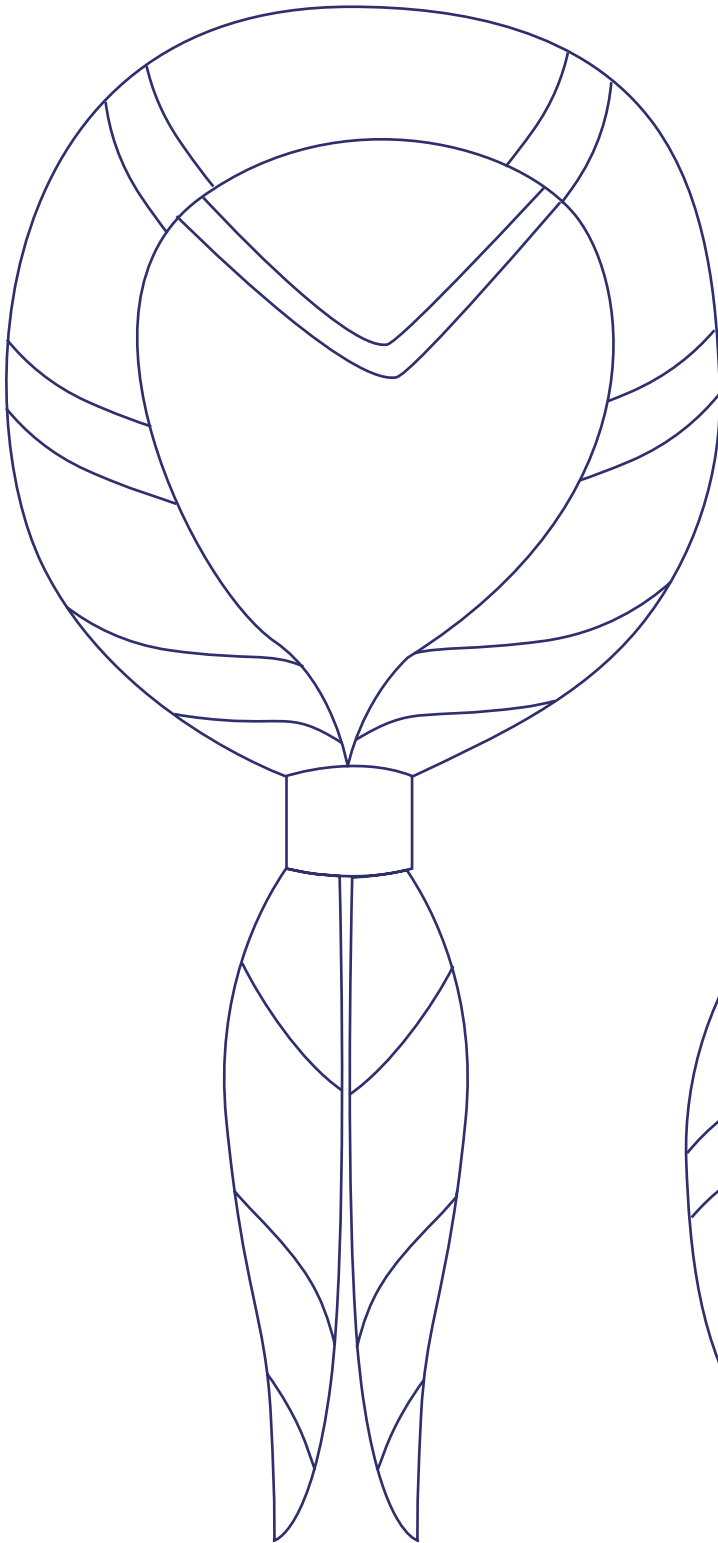
Appendix





4. A World of Scarves, A World of Friends

Appendix





12. Navigating Friendship

Appendix



You get a phone call from your friend, Leah, who says she has an emergency and needs your help. You get to her house and find out she just wanted to hang out with you, there never was an emergency.	You are telling your friend, Nancy, a story and asking for advice. She listens carefully and offers you some helpful tips.
You have just started learning how to skateboard, you fall over but get up again and your friend Lara is cheering you on saying "I believe in you, you can do it!"	Your friend, Gwen, gets angry and upset when you spend time with your other friends and not just her.
You find yourself feeling tired and drained after hanging out with your friends.	You just won a local science-fair for your experiment, your best friend Bella, turned up to cheer you on and celebrate your success.
Your friends keep pressuring you to skip school with them, saying you are 'lame' and 'boring' if you don't join them.	Your friend, Maya, keeps on bossing you around, telling you what to do and when.
Your friend has been calling you mean names and making fun of your appearance.	Grace talks about her friend behind her back in a negative way.
Priah has been purposely doing or saying things to make her friend feel sad or bad.	Tina, Susan and Ariel have planned a trip to the beach, they purposely left you out. You found out about the trip through social-media and were left feeling excluded.
Your friend, Yumi, always wants to play her game, even when you want to play yours.	You tell your friend, Jo, your secrets in confidence but she then shares your secrets with other people.
Your friend, Nia, keeps pressuring you to do something you do not feel comfortable doing.	Your friend, Ani, keeps asking to share your snacks, and sometimes you don't want to.
Your friend, Cleo, told you a secret but you think someone else should know because it could help them.	Your friend, Freya, is really good at football. This is something that you are not good at, and you feel quite jealous.





16. Friendship Scavenger Hunt

Appendix

Write a thank-you note to a friend for something they have done for you	Share a favourite memory with a friend and why it stuck with you	Give someone a high-five or first bump and say something encouraging	Leave an anonymous kind note for someone to find	Introduce two friends to each other and explain why they would get along
Take a selfie with a friend and make a silly face	Write a short poem about friendship	Draw a picture of you and your friend doing something fun together	Tell a friend how they have helped you grow	Compliment someone's laugh or smile
Make a music playlist about friendship and share it with someone	Create a mini 'friendship award' and give it to someone for a specific trait (e.g. best listener or funniest friend)	Recreate an old photo with a friend	Let someone go ahead of you in a line or hold the door open	Find something that reminds you of your best friend and take a photo of it
Make up a secret handshake with someone	Teach someone something small you know (e.g. a dance move)	Share your favourite snack with someone	Introduce yourself to someone new. Ask their name, and try to find something you have in common with each other	Ask a friend about their favourite childhood memory.
Tell your friends something you admire about them that they might not know about themselves	List 3 things you are grateful for about a specific friend, share this with them	Ask your friend how they are really feeling today and listen	Share a mistake you have made in a friendship and what you have learned	Write yourself a note as if you were your own best friend
Write a thank-you note to a friend for something they have done for you	Share a favourite memory with a friend and why it stuck with you	Give someone a high-five or first bump and say something encouraging	Leave an anonymous kind note for someone to find	Introduce two friends to each other and explain why they would get along
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17. Postcard to Tomorrow

Younger Years



