

# make friends

Having fun and meeting new friends are an important part of growing up, and there's no better place to begin than Rainbows. Girls get involved in all kinds of exciting activities - from singing, games and dancing, to dressing up and face painting (as well as the chance to get busy with a mixing bowl!).

## have fun!

### Girlguiding UK: Essential Facts

- We're the biggest voluntary organisation for girls in the UK, with more than 600,000 members!
- Girls get involved in all kinds of fun and rewarding activities, make lasting friends and learn positive values for life.
- There's plenty on offer for every age:

Rainbows	5 - 7 years <small>(from age 4 in Northern Ireland)</small>
Brownies	7 - 10 years
Guides	10 - 14 years
Senior Section	14 - 25 years
Leaders	18 - 65 years

- Rainbows meet in a safe and creative environment, with one adult dedicated to every five girls to help bring out the best in them all!
- We always welcome extra help in all kinds of areas. Whatever you can offer, everyone benefits! Get in touch for more info.

### Join us!

Getting involved in guiding couldn't be easier. Check out the contact details below and discover a whole new world of fun, friends and adventure!

Tel: 0800 1 69 59 01  
Email: [join.us@girlguiding.org.uk](mailto:join.us@girlguiding.org.uk)  
Web: [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

Your local contact:

Ages  
5-7

# Rainbow guides

surprise  
yourself



Girlguiding

Welcome to the world of...

# Rainbow guides

Girls shine in Rainbows, and that's clear from the moment they join. Our leaders are trained volunteers who are dedicated to making sure everyone is safe and having a great time. Parents can help out in lots of ways too, and contribute to the same goal - a fantastic start in guiding for young girls everywhere.

laughing

art

making things

making friends  
working together  
games  
adventure

# FUN

sport

challenges

learning

singing

Try this out at home -  
bubble Fun!



Here's how

- 1 Stir 1 tablespoon of washing up liquid into a mug of water
  - 2 Shape one end of a pipe cleaner into a loop and fasten it
  - 3 Dip the circle end into the mug
  - 4 Blow gently through it and see a bubble appear!
- How many bubbles can you make with one breath?  
What is the biggest bubble you can make?



The fun doesn't stop at seven,  
because that's when Brownies begin