

# Virtual Doughnut SLEEPOVER



**4th Ballarat Guides ~ 1st Sebastopol Guides ~ Delacombe Junior Guides**

## A lockdown won't stop our doughnut fun

This virtual sleepover event was prepared for 3 Guide Units in Ballarat in lieu of an activity day that was cancelled due to covid lockdowns. The day had been intended as a fun way to complete the [Doughnut Challenge badge](#). Planned activities needed to either be adapted or replaced, but the result was our first ever virtual sleepover and the girls had a wonderful time.

This was our first ever virtual sleepover so we are not saying that ours is the best way. It is just the way we did it.

### Activity Packs

We prepared Sleepover Activity Packs for the girls to collect from their Leader's house and provided a list to parents of items that were needed at home. The Activity Packs included:

- instructions and schedule
- Doughnut Challenge badge ([ineedthatbadge.com](http://ineedthatbadge.com))
- themed certificate
- bag label with each letter a different sprinkle colour
- scarf
- hair tie for scarf
- activity book
- doughnut picture to colour
- colour wheel
- corner bookmark
- snaplock bag
- white sock
- square felt icing



- icing template
- embroidery thread
- pancake shake mix
- 10 icypole sticks
- plastic spoon
- various pom poms
- 3 rubber bands

We relied on parents to take photos of the girls completing the activities and they uploaded them via our internal communication systems to share with each other. This made the whole experience very interactive.

### Event Activities

Our sleepover was a combination of activities we completed together on Zoom as well as a variety of offline activities the girls completed either individually or with their families.

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## Cheat Sheet for other Leaders wanting to run this program

- explanation of activities
- program outline for leaders reference
- instructions and schedule provided to parents
- doughnut outline and colour wheel to include in Activity Pack
- pages saved as images and uploaded to internal communication channels to remind of offline challenge

Page 2, 3 and 4

Page 5

Page 6 and 7

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**A Roll Scarves.** We purchased some material with a doughnut pattern and made these into triangular scarves. These were folded and placed in the Activity Pack so that the girls didn't know what they were ahead of time. *Info: They made some interesting guesses*



**B Scavenger Hunt.** Look for items in the house that match colours of sprinkles, as per the colours used to print the name tags for the bags or certificates. *Info: We used a font called PWYummyDonuts.*

Option to extend this activity in their own time and match indoor or outdoor items to colours in colour wheel provided.



**C 000.** Our triple zero emergency number looks like 3 doughnuts. Discuss when it would be appropriate to ring 000 whilst at home.

-> Leads to Challenge 1 when offline (kitchen safety)



**D Doughnut in a Mug.** Instruct the girls how to make the Doughnut in a Mug recipe available in the Resources section of the Girl Guides Ballarat website.

[girlguidesballarat.org.au](http://girlguidesballarat.org.au)



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**E Disappearing Doughnuts.** Use a white icecream container and fill almost to the top with water. Seal the coloured-in picture of the doughnut inside a snap-lock bag. Slowly dip the bag into the water and the picture of the doughnut will disappear. This effect is best observed looking down on an angle. Adjust position for best view.



**F Sock Doughnuts.** Cut the end of the toe off a white sock and roll from one end to the other into a doughnut shape. Cut out the icing template and trace around this shape onto the felt. Cut out the felt. Use running stitch to sew thread on the felt icing to resemble sprinkles.

-> Leads to challenge 3 when offline (stitch icing onto sock to complete the doughnut)



**G Doughnut Bandage.** Use the scarves to demonstrate how to make doughnut bandages (ring bandages) and explain when they would be used. Get the girls to put a clothes peg on their sleeve to show how the bandage would be applied over a foreign object.



**H Sleeping Bag Skills.** The objective of this game is to see who can be quickest to get out of their sleeping bag and pack the sleeping bag away in it's bag (this is a skill that many girls are lacking when they come to camp). For those who didn't have sleeping bags we adapted and asked them to stuff their blankets inside a pillowcase.

-> Leads to challenge 4 when offline (competing against family members)



**I Scavenger Hunt.** Play any game of scavenger hunt from a prepared list. For examples, letters for the first names of the girls, camping items etc.

*We had other activities planned for this timeslot but found that the girls were tired and lacking concentration by this stage. This game finished off the night perfectly.*

**J Challenge 6 when offline. Pancake Doughnuts.** For breakfast, make pancakes that resemble doughnuts.

**K Step Through Doughnut.** Cut a doughnut from an A4 piece of paper and work out how to step through it. The activity book contains an outline with cutting lines that will achieve this. Older girls with better cutting dexterity may need to cut narrower lines to make the circle big enough to step through.





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- L Mini Catapults.** Make a catapult and fling an assortment of small circular objects and attempt to hit a target or land in a container.
- Stack 9 icypole sticks on top of each other and secure with a rubber band at each end.
  - Slide the last stick in the opposite direction in between the 8th and 9th stick.
  - Place a plastic spoon across the top of the pile of sticks and use a rubber band to secure the end to the protruding 10th stick.
  - Place a pom-pom (or other small item) on the spoon head and pull back.
- M Chalk Paint.** Mix  $\frac{1}{2}$  cup of corn flour and  $\frac{1}{4}$  cup of warm water. Add food colouring of choice.
- > Leads to challenge 8 when offline (painting positive messages on the footpath for neighbours to read)



# Leader information - Program



Activity	Activity Pack	At Home
<p><b>2:00 - 3:30</b>  <b>Connect.</b> Welcome. Discuss:                      - request parents take lots of photos and upload                      - at any stage during or after sleepover, sew doughnut badge on camp blanket</p> <p><b>A Activity:</b> Teach girls to roll scarves correctly and use hair tie to secure</p> <p><b>B Activity:</b> Scavenger hunt for items in the house that match colours of sprinkles as per bag name tag. Can extend this in own time with matching colours to colour wheel provided.</p> <p><b>C Activity:</b> Doughnut in a mug for afternoon tea</p> <p><b>D Activity:</b> Our triple zero emergency number looks like 3 doughnuts. Discuss when it would be appropriate to ring 000.</p> <p><b>Challenge 1:</b> colour in picture of disappearing doughnut for next activity  <b>Challenge 2:</b> Look around your house and identify anything that could result in an accident that might need 000 (eg, sharp knife left out). Colour in the kitchen safety picture.</p>	<p>Doughnut badge</p> <p>Scarves and hair tie</p> <p>Name tags</p> <p>Colour wheel</p> <p>_____</p> <p>disappearing doughnut picture</p> <p>kitchen safety picture (activity book)</p>	<p>Mug ingredients</p> <p>Colouring pencils and textas</p>
<p><b>4:30 - 5:30</b></p> <p><b>E Activity:</b> Disappearing doughnuts</p> <p><b>F Activity:</b> Roll the sock into a doughnut and begin stitching the sprinkles onto the felt icing. Instructions to finish the sprinkles then sew the felt onto sock to complete the doughnut.</p>	<p>Coloured in doughnut</p> <p>Snap lock bag</p> <p>sock, felt, cotton</p>	<p>icecream container and water</p> <p>needle and cotton</p>
<p><b>6:30pm</b></p> <p><b>G Activity:</b> First aid - use scarf to roll doughnut bandages</p> <p><b>H Activity:</b> Sleeping bag challenge (time to get out of sleeping bag and pack it away)</p> <p><b>Challenge 4:</b> time family members in sleeping bag challenge  <b>Challenge 5:</b> make sleeping area eg tent from sheets etc and prepare for bed</p>	<p>Scarf, clothes peg</p>	<p>Sleeping bag</p>
<p><b>8:00pm</b></p> <p><b>I Activity:</b> Scavenger hunt to find items beginning with the names of each girl attending</p> <p><b>Challenge 6:</b> Doughnuts and Not Doughnuts (noughts and crosses). Use any household items you have multiples of to play with your family.</p>		
<p><b>SUNDAY</b>  <b>Before our session</b></p> <p><b>J Challenge 7:</b> make pancakes to look like doughnuts and decorate as such</p>	<p>pancake shake mix</p>	<p>sprinkles/ fruit etc</p>
<p><b>9:30 - 11</b></p> <p><b>K Activity:</b> Step-through doughnut  <b>Activity:</b> Mini catapult</p> <p><b>L Activity:</b> Homemade chalk paint</p> <p><b>M Challenge 8:</b> pavement drawing of a doughnut with hopeful messages for a doughnut day</p>	<p>sticks, rubberbands, pom-poms</p> <p>Paint brush</p>	<p>Jar or container for mixing</p>

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We have been working hard to put together a virtual sleepover experience for our 3 Guide Units. We can't camp, we can't have an activity day .... but we can at least join together virtually to have fun and earn the Doughnut Challenge badge.

### SLEEPOVER ACTIVITY PACK

We have created an activity pack that can be collected from your Leader's house prior to the sleepover. We'll let you know when it is ready. This pack will contain goodies needed to complete some of the activities.

### NEEDED FROM HOME

- sleeping bag, blankets etc
- colouring pencils, textas etc
- black permanent marker (eg Sharpie) or texta
- scissors
- empty white container (like an icecream container)
- sewing needle with pink or white cotton
- sprinkles (hundred and thousands)
- bag/packet of cornflour
- jar for mixing
- 2 tablespoons butter, 2 tablespoons sugar, 1 tablespoons milk, 1 teaspoon vanilla extract, 1 egg, 4 tablespoons self raising flour, 1 teaspoon ground cinnamon or nutmeg, jam



### HOW IT'S ALL GOING TO WORK

This unique sleepover will be a combination of activities we complete together on Zoom as well as a variety of offline activities. Depending on age and ability, assistance might be required from other people in the home.



### PHOTOS PLEASE

We would love for parents to take photos of the girls during the Zoom sessions or while completing offline tasks. Upload them to the normal place to share with each other.

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## PROGRAM

All activities will be explained at the time - just like at a normal Guide camp. Bring the Sleepover Activity Pack to each session so you have everything handy.

Let's work on these times being a guideline as to when we expect Zoom sessions to occur. These may need to be adapted as the sleepover progresses and we will make sure everybody knows. It is fine if you are busy, or tired and need to skip a session. If you have spare time between sessions you can complete some tasks in the activity booklet.

We would love for parents to take photos of the girls during the Zoom sessions or while completing offline tasks. Upload them to the normal place to share with each other.

The same Zoom link can be used for each online session:

*(zoom link provided)*



### Saturday

2:00	Zoom activities Offline challenges
4:30	Zoom activities Offline challenges - craft
6:30	Zoom activities Offline challenges
8:00	Zoom activities - supper Offline challenges Sleep

### Sunday

Before 9:30	Offline challenges - breakfast
9:30	Zoom activities Offline challenges





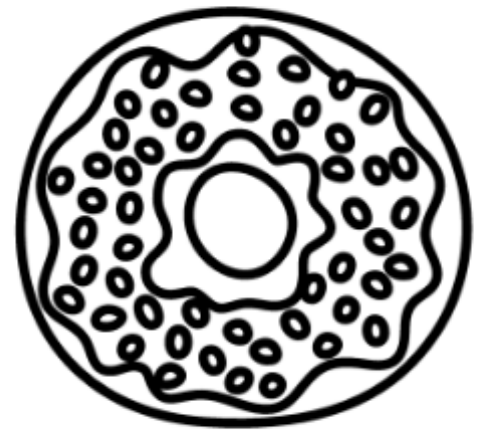


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## Challenge 1 - Doughnut colouring

- Look in your **Sleepover Activity Pack** for the picture of the doughnut. Colour in the picture (we need this for an activity later)
- Alternatively, you may prefer to draw your own doughnut and colour it in.



## Challenge 2 - Household safety

- Look around your own house and make a list of anything that could result in an accident that might need 000 (eg sharp knife left out).
- Find all the kitchen hazards in the picture in your activity book and colour it in.



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## Challenge 3 - Sock Doughnut

We have made a sock doughnut and now we need to decorate it.

- Look in your **Sleepover Activity Pack** for the piece of felt, icing pattern and embroidery thread.
- Cut out your icing shape from the felt.
- Use the thread to decorate the felt with sprinkles
- Stitch the icing onto the doughnut



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## Challenge 4 - Sleeping bag challenge

We have just timed ourselves getting in and out of our sleeping bags, as well as packing them up.

- Have a competition with your other family members to see who can do this the quickest.

## Challenge 5 - Prepare your sleeping area

- Think about where you are going to sleep for the night (not in your own bed) and create your sleeping area. You might like to make a fort or cubby with cushions or sheets. Whatever your parents will allow.
- Set up your sleeping bag and blankets etc.





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## Challenge 6 - Doughnuts and Not Doughnuts

- Find some small items in your house that are:
  - round (like doughnuts)
  - not round (not anything like doughnuts)
- Play a game of Doughnuts and Not Doughnuts (Noughts and Crosses) with your family members.



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## Challenge 7 - Pancake breakfast

- Work together with your family members to cook pancakes for breakfast.
- See if you can make them look like doughnuts with sprinkles and a hole in the middle.



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## Challenge 8 - Positive Messages

- We have just made our own chalk paint. Look in your [Sleepover Activity Pack](#) for the paint brush and decorate your footpath with pictures and positive messages to share with your neighbours.



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