



SCOUTISME
FRANÇAIS



WORLD ASSOCIATION
OF GIRL GUIDES
AND GIRL SCOUTS

OLYMPIA BADGE FRANCE 2024

ACTIVITY PACK

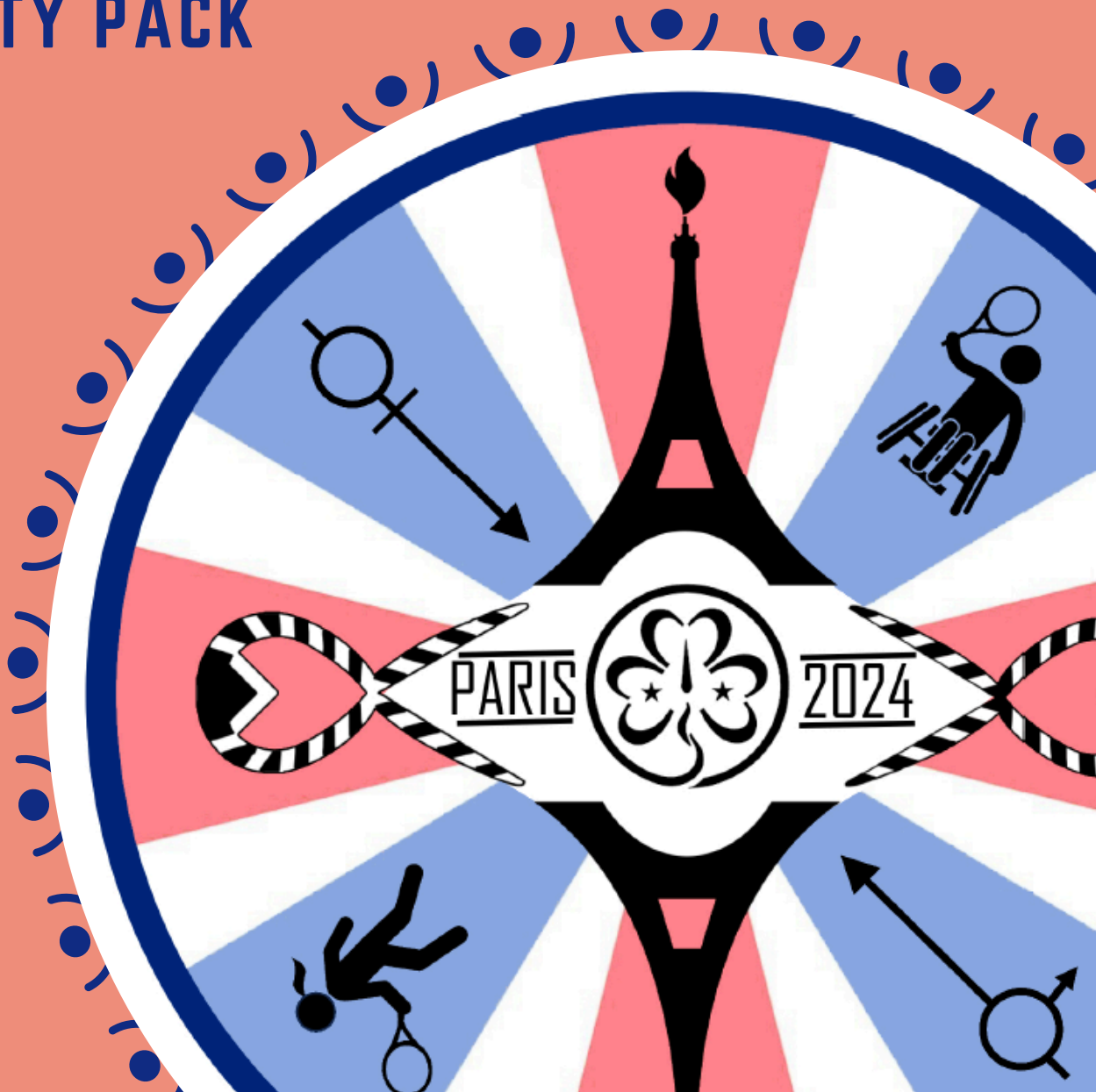


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Finally, we are grateful to each and every one of you, all those who will bring this activity pack to life and who promote the values of Guiding and Scouting around the world on a daily basis. It is in this spirit of brotherhood and sisterhood that we conclude this work, with the feeling that we have been able to open a window on Scouting as it is lived in France!

The Olympia Badge team



French Scout
Federation



ÉCLAIREUSES • ÉCLAIREURS
DE FRANCE

Eclaireuses et Eclaireurs
de France



Eclaireuses et Eclaireurs
Israélites de France



Eclaireuses et Eclaireurs
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Eclaireuses et Eclaireurs
Unionistes de France



Scouts et Guides de France



Scouts Musulmans de France

History

- History of the Olympia Badge

The Olympia Badge was originally created by the Girl Guides of Greece in 2004 to celebrate the return of the Olympic Games to Athens, 108 years after Greece hosted the first international Olympic Games in modern times. The Olympia badge was designed to remind everyone of the primary purpose of the Olympic Games, which are a truly global celebration of international peace and friendship.

In 2008, 2012 and 2020, other badges were created by the scouting associations of the countries where the games took place, accompanied by WAGGGS (they are presented opposite).

In 2024, it's France's turn to host the Olympic and Paralympic Games. The Games will be held in Paris. It's also the anniversary of the creation of the Olympia badge! It's been 20 years since it was created!

- History of the olympic games

The Olympic Games have a long history dating back to ancient Greece. The first Olympic Games took place in 776 BC in Olympia, Greece, and were dedicated to the god Zeus. The Games were held every four years and included sporting competitions such as running, wrestling, shot-putting and the pentathlon.

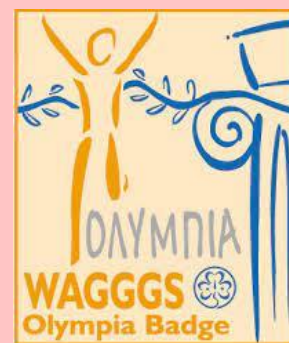
The Olympic Games were interrupted in 394 AD by the Roman Emperor Theodosius I, but were revived in the 19th century by Baron Pierre de Coubertin. The modern Olympic Games began in 1896 in Athens, Greece, and included international sporting events in which athletes from all over the world competed.

Since then, the Olympic Games have been held every four years, with the exception of periods of world war. The Summer Olympic Games include a variety of sports such as athletics, swimming, gymnastics, basketball and football, while the Winter Olympic Games include sports such as alpine skiing, figure skating and bobsleigh.

The modern Olympic Games have become a major global event, bringing together thousands of athletes and spectators from all over the world to celebrate sport, competition and international friendship. The Olympic Games aim to promote peace and unity between nations through sport

- History of the Paralympic Games

The Paralympic Games were created in 1960 in Rome, Italy, to provide a platform for athletes with a physical disability to compete in international sport. The Games have grown to include a variety of adapted sports and are now held every four years, alternating with the Olympic Games. Paralympic athletes compete in disciplines such as swimming, athletics, wheelchair tennis and wheelchair basketball. The Paralympic Games have helped to change perceptions about disability and raise public awareness of the importance of inclusion and equality for all athletes,



- 2004
Olympia badge made by the Guides of Greece for the Athens Olympic Games



- 2008
Olympia badge made by the Hong Kong Girl Guides for the Beijing Olympic Games



- 2012
Olympia badge made by WAGGGS for the London Olympic Games



- 2020
Olympia badge made by the Girl Guides of Japan for the Tokyo Olympic Games.

regardless of their physical ability. The Games provide a platform to celebrate the achievements and talents of Paralympic athletes from around the world.

- **Women and sport**

In France, the history of women's access to sport has been marked by a slow evolution towards gender equality. At the beginning of the 20th century, women were often excluded from sport, which was considered unfeminine and inadvisable for their health. In 1912, Pierre de Coubertin, the founder of the Olympic Games, described women's participation in the Games as "impractical, uninteresting, unattractive and, we are not afraid to add, incorrect".

However, some pioneering women defied convention and began to take part in sporting activities such as tennis, athletics and gymnastics.

During the Second World War, women played an essential role in the resistance and took part in sporting activities to maintain their physical fitness. After the war, public opinion changed and women had more and more access to sport, although some disciplines were still largely male-dominated.

In the 1970s, the feminist movement called for gender equality in all areas, including sport. Laws were passed to promote women's access to sport and to combat discrimination. Since then, many women have excelled in different sporting disciplines and contributed to a better representation of women in the world of sport in France.

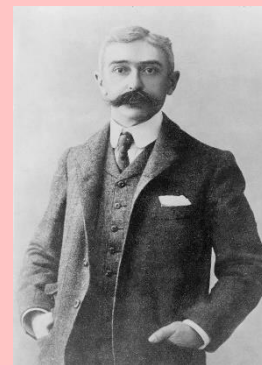
Despite the progress made, inequalities still persist in terms of funding, media coverage and recognition of the achievements of female sportswomen. The battle for gender equality in sport continues to be fought by athletes, associations and government bodies to ensure fair access and equal opportunities for all.

- **The Olympic games and France**

The Olympic Games have a long history in France, dating back to the organization of the Olympic Games in Paris in 1900, which were the second Olympic Games of the modern era. Since then, France has staged the Olympic Games three times: in 1924 (in Paris), in 1968 (in Grenoble, for the Olympic Winter Games) and in 1992 (in Albertville, also for the Winter Games).

France has enjoyed great success at the Olympic Games, winning numerous gold, silver and bronze medals in a variety of sports. French athletes are often highly competitive in sports such as fencing, cycling, judo, swimming, sailing and downhill skiing.

The Olympic Games also had a major impact on France's infrastructure and development, with many sports facilities and urban developments built to host the Games. France continues to be an important country for the Olympic Games, with outstanding sporting results and a strong tradition of supporting Olympic events.



Pierre de Coubertin
(1863-1937)

Pierre de Coubertin, a French visionary, was the founder of the modern Olympic Games, re-establishing this historic event in 1896. Convinced of the unifying power of sport, he advocated the values of education, peace and fair play. His commitment has revived the Olympic spirit and inspired generations of athletes around the world. His legacy lives on in the celebration of sporting excellence and international brotherhood at today's Olympic Games. Fun fact: Pierre de Coubertin was one of the founders of the *Éclaireurs Français*, one of the movements behind the *Eclaireurs et Eclaireuses de*



ALICE MILLIAT
(1884-1957)

Alice Milliat, a pioneer of women's sport, played a crucial role in the inclusion of women in the Olympic Games. A tireless campaigner for gender equality in sport, she founded the International Women's Sports Federation in opposition to the International Olympic Committee. Thanks to her efforts, women's events were added to the Olympic Games in 1928. Her legacy lives on today, symbolising the fight for the recognition and inclusion of women in sport.

The 2024 Olympia Badge

The Olympia badge was created to remind everyone of the primary purpose of the Olympic Games: to truly celebrate international peace and friendship.

It is also an opportunity for Girl Guides and Girl Scouts to develop their knowledge and skills through physical, creative and spiritual challenges, while discovering the culture of the country hosting the Olympic and Paralympic Games!

- How to get the olympia badge?

Level	Ages: 6 to 9	Ages: 9 to 13	Ages: 13 and older
Golden	Have completed at least 6 stages of the course	Have completed the 9 stages of the course	Have completed the 9 stages of the route and immortalized it, or have organized an activity in one of the disciplines.
Silver	1 activity of your choice in each of the 3 disciplines	1 activity of your choice in each of the 3 disciplines	5 or more activities of your choice, including at least 1 in each discipline
Bronze	Have done 2 activities	Have done 3 activities	Have done 4 activities

Like the Olympic medalists of ancient Greece, Girl Guides and Girl Scouts who take part in one of the Olympia badges compete in all three categories (stadium, temple, theatre).

By taking part, you've already earned a medal - congratulations! By taking part in the 2024 Olympic Badge Kit activities, you will receive a neutral badge.

But how do you know the value of this badge? You will need to complete a certain number of activities in each category to receive a gold, silver or bronze certificate. For more details, see the appendices.

The activities can be spread throughout your year or camp, or take the form of stands at a major match (e.g. the Olympics). Don't hesitate to adapt the number of activities to be carried out according to the age groups present in your Member Organization.

You can purchase the badges from [WAGGGS shop](#) and organise a special award day for your unit.

Kinds of activities



The body, Stadium

Activities focus on physical development, body confidence and an understanding of the environment in which we evolve. Stadium activities focus on sport and physical development.



The mind, Temple

Activities relate to intellectual, spiritual and moral development. These activities can also be linked to the spirit of the Games and their history, their values of international solidarity and memory.



Culture, Theatron

The activities relate to emotional and social development, particularly tolerance in our culture and emotions, and peace-building. Theatron activities deal with the intercultural nature of the Games, the particular culture of the Games and the artists who have been inspired by the Olympic spirit in their work.

Share your successes and those of your team with WAGGGS on social media using the hashtag **#OlympiaWAGGGS**.

If you have any questions or comments, please contact: olympiabdge@waggs.org

Sport for all

- **Safeguarding and Creating a Brave Space**

Safeguarding at WAGGGS means the actions we take to prevent harm and promote the welfare of the children and young people we work with and for. Of particular importance is the need to create safe and supportive spaces for Girl Guides and Girl Scouts to participate in our work, to reduce risks and for any (safety and welfare) concerns to be raised and responded to. It is highly recommended that you refer to your safeguarding policy of [WAGGGS's Safeguarding policy](#) before doing the activities with young people. While the games in this activity pack are generally safe for children, it would be beneficial for the participants if leaders or facilitators could conduct a risk assessment prior to implementing the activities to identify possible safety risk and put in place preventive measures to ensure no harm is committed to all participants.

Make sure to secure informed consent when using or publishing photos, videos or testimonials from young people online. Please your organisation's consent form or refer to WAGGGS' image, story, and [video consent form](#).

It is important that you create a space for children and young people to feel supported and comfortable to talk about their experiences. It is essential to have an agreed code of conduct that is supportive, sensitive and understanding of diversity and difference. We want children and young people to feel safe and encouraged to speak out and share their experiences, concerns and points of view. We want participants to feel encouraged; that's why we are setting not only a safe space but a 'brave space'.

To create a brave space, ask participants to define their group code to ensure the full participation of children and young people. Ask the group the following questions so that the guidelines are tailored to the group's needs:

- **How can we make this a safe and brave space?**
- **How can we support you or your friends if you or they experience discomfort or harm?**
- **How can we empower everyone to participate in the activities?**

- **Body Confidence and Sports**

Engaging in sports has countless benefits to overall health and wellbeing, including positive self-esteem, good mental and physical health, lifelong friendships, and leadership skills. However, research shows that young people who identify as girls often drop out of sport

Developing your Leadership Mindsets through Sports?

WAGGGS defines leadership as working together to bring positive change to our lives, the lives of others, and our wider society. When we talk about leadership, we often talk about skills and knowledge (e.g. communication skills). Instead, WAGGGS focuses on our daily behaviours, values and attitudes (e.g. how we react to things) and has created six mindsets, or ways of thinking, to help us practise these leadership behaviours every day, until they become habits



As you go through each of the games in this activity pack, you are practising the [six leadership mindsets](#).

We've highlighted where a particular activity will help you apply a certain mindset - keep an eye out for the icons!

because they are worried about their looks when taking part. These worries stem from societal pressures that suggest girls should look and act in certain way when playing sports. These pressures also confine women and girls to sports that are stereotypically identified as girls/women's sports (e.g. gymnastics or volleyball). But the reality is everybody and every type of body can play any sport and can be an athlete. Learn more about WAGGGS evidence-based [programme, Free Being Me](#), to help young people improve body confidence and address appearance-based anxieties and discrimination.

Focusing on and appreciating what our bodies can and cannot do (instead of how it looks), and what they do differently to others is one of the proven ways to positively improve body confidence. Here are some recommended activities to integrate body confidence-boosting messages and practice body functionality appreciation while enjoying the games:

After each game, invite participants to stand in two concentric circles (one small circle inside a bigger one, so everyone is facing a partner).

- People standing in the bigger circle ask their partner: *If your body could talk to you, what would it say today? How is it feeling? Which parts are working well today? How did your body help you to do this activity? Try and be as specific as possible! What has it done/seen/heard/felt today? What would it tell you that it needs today? What would you like to say back to your body?*
- The smaller circle then moves to the right, so each person has a new partner. The people in the small circle ask their partner the same question(s).

It is common to think about our bodies in terms of appearance. But the more we practice thinking about and appreciating what our bodies can do and experience, the easier and more natural it will come.

• Adapting Activities for Inclusivity

A high-quality Guide and Scout experience should be REAL: Relevant, Exciting, Accessible and Learner-led. Activities should be delivered in an inclusive learning environment where all participants feel welcome, valued and safe to express their identity and participate in the games, regardless of their background. While the activities were designed in a way that is gender and culture inclusive, we encourage you to adapt certain aspects of the activities to further suit your group.

Some questions you can ask yourself before conducting the games could include:

- **Are the activities suitable for everyone?**
- **Can everyone move around easily?**
- **Can everyone do the activity at a similar pace?**
- **Are materials for the game available in your context? What are the alternatives?**
- **Does anyone need additional support or assistance to meaningfully participate in the games?**
- **Is it appropriate in your context to do the games in a co-educational setting?**

You are now ready to start the games! **Good luck!**

Welcome!



IDEAS TO SPICE UP YOUR CEREMONY!

I. The opening ceremony

The eyes of the world are on you, your heart is beating fast, you're representing the colours of your group, and you're marching with your head held high. To the sound of your favorite music, march with your flag along a predefined route. Together, once you're all involved in the parade, form a circle, like an Olympic ring that unites you and brings you together. The Olympic torch arrives from outside the circle. Place it in the middle of you and pass it through everyone's hands, like a chain, and together shout: "**We declare these Games open!**"



Choose a flag

Identify which of the 205 countries taking part in the Olympic Games are the least well known and draw their flags (corresponding to the number of children).

II. Warm-up

Before starting sporting activities, it is essential to warm up! We therefore offer you a warm-up session. It is recommended to follow a progression from feet to head, or vice versa, rather than an anarchic order.

- **Ankles:** foot movements. Rotate the heel with the toe on the ground, or take the foot in your hand and rotate it.
- **Legs:**
 - Muscles: running, heel-buttocks, knees-chest.
 - Tendon: Legs apart, touch the right foot with the left hand and vice-versa; touch the ground with the palms; bend one leg keeping the other straight, foot back and sole on the ground.
- **Pelvis:** rotations of the trunk (not the pelvis, which can hurt the back).
- **Abs:** various types of abdominal movement: a succession of sit-ups, scissors, pedalling in the air while lying down, two people back to back holding each other by the elbows and leaning forward while lifting their partner (good for the partner's back), etc.
- **Back:** extensions, push-ups.

Be careful to explain this last movement carefully: young teenagers tend to arch their backs when doing it, which is very bad for the back.

- **Arms:** large circles with arms outstretched, small circles with arms outstretched, tapering circles (palms up for greater effect on the tendons). Bend and unfold the elbows, carry.
- **Wrists:** turn wrists together.
- **Neck:** nod your head: say "yes" and "no"; turn your head in one direction then the other.



Make a torch




With cardboard, cotton, paint, crepe paper, make a torch.



Colorfull teams

Form teams of 4 to 8 guides/girl scouts. Find a team name, choose a color and make scarves in that color! Throughout the badge you will encounter activities to carry out as a team and others individually.

III. Athletes, ready? Go!

 <p>Players</p>	 <p>Game time</p>	 <p>Material</p>
<p>Between 12 and 30 players</p>	<p>10 min - 20 min</p>	<p>Scarves Recomended : closed-toe shoes</p>

Once the warm-up is complete, we offer you a first major collective and traditional game of French scouting, “the hawk”, as a rite of entry into the Olympic games.

Aim of the game :

Cross an area of around thirty meters without having your scarf caught by “the hawks”

Unfolding :

The future athletes, guides and scouts, stand at one end of the field, behind the line, with their team scarf stuck in the back of their pants. 2 or 3 hawks (leaders or chefs) take up a position in the middle of the field with scarves tied around their heads.

When the starting signal is given (“Athletes, Ready? Go!”), the future athletes must cross the length of the field without having their scarves caught by the hawks. The caught players in turn become hawks at their side and tie their scarf around their head.

Then, a new wave is launched and the players try to cross the field again. This continues until the last player is caught. All the guides and girl scouts then find themselves with their team scarves around their heads, like real athletes, the Olympics can begin!



How to use the map ?

You will find linked to this booklet a map to print in A3 format and to display at your camp site.

Through this map, we invite you to experience the adventure of the Olympia badge through a story, a folklore which links the activities developed in the booklet together. During a day or two, the places drawn on the map can be materialized at your campsite. The teams move from place to place throughout the day to experience the associated activities.








The Body



I. The GOAL BALL

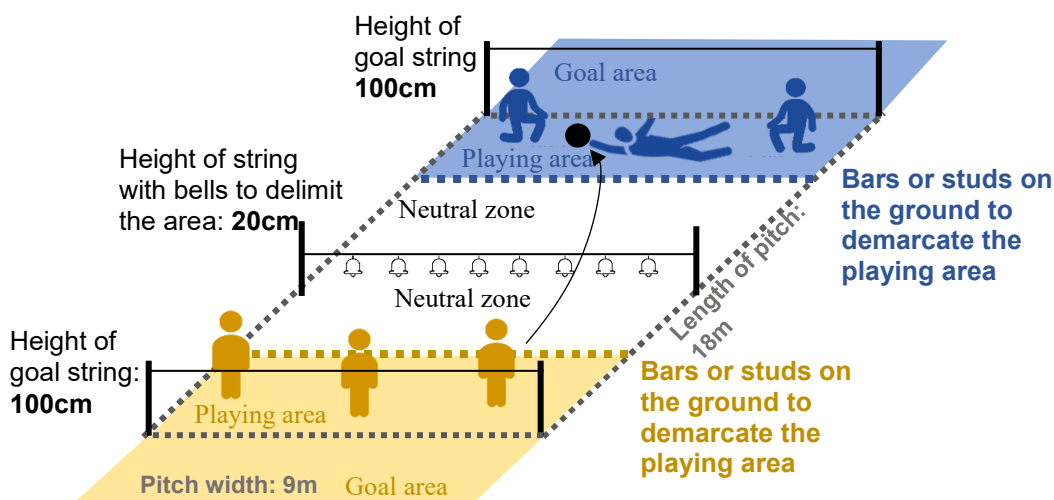
 playersP	 Game time	 Material
6 players + 1refere	25 min	A sound ball, bells, stakes, ropes, blocks

Aim of the game : score as many goals as possible within a set time by throwing a hand-held sound ball low to the ground.

Rules :

Each team is made up of three players who alternate between attacking and defending. The attacking team forcefully rolls a ball filled with bells along the ground towards the opposing goal, defended by three opponents, with the aim of scoring. Tactile/embossed markings on the ground help the players to find their bearings. The ball must bounce at least once in the throwing team's half for the shot to be validated. The players stay on their side of the field by stretching out, taking it in turns to attack or defend.

The team that wins the match is the one that scores the most goals at the end of the two 12-minute halves. Those attending the game must be silent so that the players can listen to the ball movements.



The GOAL BALL, a paralympic sport

Goalball is an official Paralympic discipline. It is a team sport specially designed for the visually impaired and blind. It was invented in 1946 for veterans of the Second World War who had lost their sight. Thirty years later, goalball made its debut at the Paralympic Games for men only, and it was not until 1984 that women also took part in the tournament.

Make a sound ball

Material :




- A balloon
- Newspaper
- Paper glue
- Bells

Steps :

- 1- Inflate the balloon
- 2- Cover it with a strip of newspaper soaked in glue in several thicknesses.
- 3- Once dry, make a small hole in the ball to insert the bells
- 4- Close the hole with strips of newspaper soaked in glue. Let dry.



II. Cockfighting




 Players	 Game time	 Material
2 players	5 min	A rope to mark off the playing area

Rules :

Demarcate a playing area: a circle 3m in diameter.

2 players face each other. They crouch down and hold each other by the arms near the elbows. They have to move to throw the other off balance, without losing their own balance and without getting up again. The first player to get their opponent to put their knee on the ground wins the game.

III. Dodgeball

 Players	 Game time	 Material
Between 8 and 24 players divided into 2 teams	15 - 30 min	Pedestals, 1 ball Recommended : closed-toe shoes

Aim of the game : to make all the members of the opposing team "prisoners".

Rules :

To do this, the players must try to touch the opposing team's players with the ball:

If the player is touched (but does not actually catch the ball), he goes into the "prison" behind the opposing team.

- If the player catches the ball intended for him (without the ball falling to the ground), the player who threw the ball is taken prisoner.
- If the ball touches more than one person, all the players touched before the ball falls to the ground are taken prisoner.

When a player is taken prisoner, he takes the ball into the prison and tries to throw it at the opposing team. If he manages to hit a player, he is released!

During a game of dodgeball, when a player manages to recover the ball, he can no longer move until he has thrown it back.

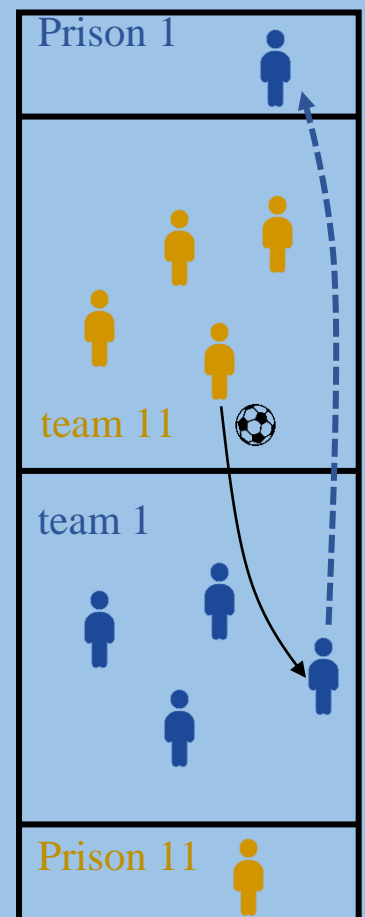
When the ball goes out of play, the prisoners in that half of the pitch pick it up and throw it back.

When an entire team ends up in prison in the opposing camp, the opposing team has won the game!




Variation :

2 players face each other with a scarf stuck at the back of their pants and one hand behind their back. Without leaving the play area, with only one hand, they must steal the scarf from the other. The first player to get there wins the party.

Dodgeball plan



IV. Thèque

 Players	 Game time	 Material
Between 10 and 30 players divided into 2 teams	30 min'	A bat (or racket), tennis balls, blocks, a circle, a whistle Recommended : closed-toe shoes

Setting up the game

We place the bases (plots) on a circle of approximately 20m, at regular intervals. We form two teams:

- **Team A** : batsmen. They will throw and run. Their goal is to cross all bases in the circle before Team B's receiver gets the ball. They designate a pitcher who will be responsible for throwing them the balls to beat.
- **Team B** : the "wrestlers". Distributed on the field, they must catch the opposing team's balls as quickly as possible and transmit them to a member of the team designated as receiver. He is placed in a circle from which he has no right to escape.

Rules

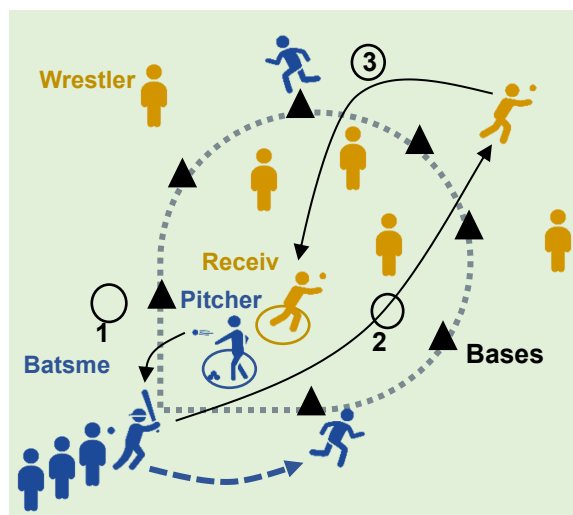
The game is played in two phases at the same time, with the roles reversed in each phase.

- ① A member of team A, equipped with a bat, hits a ball transmitted by the pitcher (he is allowed three tries, otherwise he passes his turn). When the ball is "good*" he puts down the bat and starts running from base to base in the same way as the other players of the team already present on the bases.
- ② While the players of team A run, the players of team B try to recover the ball and pass it to the receiver of their team
- ③ When the receiver of team B collects the ball and places it in the circle, the referee whistles. Members of Team A running must be positioned on bases or must have completed their full lap, otherwise they are eliminated. There must not be more than 2 players on a base and doubling is prohibited on the turn. **Each player from team A who finishes a round scores a point. 5 points for a full lap without stopping.**

* **A ball is good** if it does not bounce before the catcher's circle and flies into the alignment between first and last base.

Case where the ball is "caught" by an opponent:

- If the batsman has not dropped his bat he can play again.
- If he has already started running he is eliminated. His teammates running between the bases remain in play, but must return to the location from which they started..



Ultimate is played by 2 teams of 4 to 12 players with a disc. Ultimate is based on fair play and is played without referees.

Aim of the game : to get the disc into the opponent's end zone by a succession of Frisbee passes. To score a point, the disc/Frisbee must be caught by a member of the team in the end zone.




Rules : At the start of the game and after each point is scored, the teams stand on their end line. The team that scored the last point throws the disc. The other team takes possession of the disc where it lands and becomes the attacking team.

Passes are made between players of the same team. The opposing team, in a defensive position, must do everything in its power to prevent the frisbee from being passed, without touching the other players. A player who catches the disc must not move; he may keep a pivot foot. He has ten seconds to throw the disc to a team-mate. He may not throw the disc to himself. When the disc falls to the ground, or is intercepted (caught or knocked down by a defender), both teams carry out a turnover and immediately change roles (attack/defence).

A game can be played within a pre-defined time. The team that scores the most points wins // The game can also be played by points, by setting the number of points to be scored before the game starts!



V. Cross-country skiing




 Players	 Game time	 Material
2 teams of 3 players	10 to 20 min'	Pedestals, skis to make opposite

Rules :

Each team positions itself on the ski boards. When the starting signal is given, each team advances by lifting one ski after the other, trying to reach the finish line as quickly as possible. This can be a straight line or a whole course. The team that gets there first wins.

Variation : The players are blindfolded except for the one who is in last position on the skis. To give direction information, the latter must tap the right or left shoulder of his teammate in front. In this way, information is disseminated to the leader. (Determine your team code in advance: 2 shots to go straight, one shot to stop, etc.)

VI. Tic tac toe relay

 Players	 Game time	 Material
2 teams of 4 to 8 players	10 min	Two-color blocks or scarves, sticks for the grid

Aim of the game : Line up 3 blocks/pieces of fabric diagonally/horizontally/vertically, in a grid of 9 squares (3 x 3).

Rules:

The 2 teams are positioned around twenty meters from the tic-tac-toe grid.

When the starting signal is given, the first player in each team runs as fast as he can to drop a ball of his own colour into a hoop. He comes back to clap the hand of the second player to take over. It's the second player's turn to run to the tic-tac-toe, find out how his team-mate has played and drop a tic-tac-toe in a hula hoop to start forming a line of tic-tac-toe markers. He returns to tap the hand of the third player, who also places a peg in a hoop. A square can only be occupied by one peg. If, after three rotations, none of the teams has succeeded in lining up its three beacons, the relay continues; the relay players are then invited to move a beacon to an adjacent square.

The first team to line up 3 studs (horizontal/vertical/diagonal) wins the game.

Make skis

Material :

- two boards per team
- strong straps
- nails and a hammer

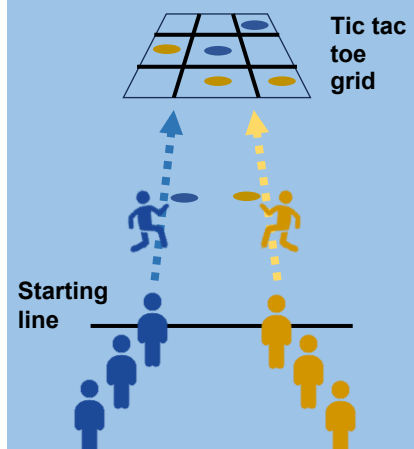
Steps :

As a team, make the pair of skis you'll need for the event. To do this, cut off the ends of the planks to make tips like real skis. Then attach the straps to each ski using nails and hammers. Adjust the number of straps and the length of the boards according to the number of members in each team. Don't hesitate to ask for help if you need it!

!/\ Protect your fingers with gloves when you use the hammer and nails. Also be careful of splinters that could hide in the boards, especially if you're using pallet boards for example.



Plan of tic tac toe relay



Variation




In pairs, move forward with one leg tied.



The Mind



I. The visualisation

 Players	 Game time	 Matériel
Individually	20 min	...




Unfolding :

You too can try a visualisation exercise:

1. Find a quiet place where you can relax.
2. Sit comfortably and close your eyes.
3. Start by breathing deeply to relax and refocus on yourself.
4. Visualise a place that brings you peace and quiet, such as a beach, a forest or a garden.
5. Imagine yourself in this place, using all your senses to immerse yourself completely in the experience. Notice the smells, sounds, colours and physical sensations.
6. Continue by imagining the goals you want to achieve. Visualise yourself succeeding, feeling joy, pride and satisfaction.
7. Hold this mental image for as long as you like, feeling more and more self-confidence and motivation.

This visualisation exercise can be used to boost your self-confidence, relieve stress or improve your performance in various areas of your life, such as an exam or a task to be completed and especially to a sporting activity. It also helps to improve the mindset of managers, in particular their ability to think things through. Doing this also improves your leadership mindsets, particularly the reflective mindset.

II. Reflection

 Players	 Game time	 Material
Individually	20 min'	...

The visualisation, what is it ?

Visualisation is a mental technique that involves mentally picturing images, sensations and situations in order to achieve a specific goal. It can be used to visualise success, improve sporting performance or create a state of relaxation. It's a technique used extensively by French athletes during training. It was this, in addition to physical training, that enabled French athlete Florent Manaudou to win the gold medal in the 50 metre freestyle at the London 2012 Olympic Games.

Sports words :

Eugénie Le Sommer, professional footballer: "When I was little, I didn't have any idols in football. It wasn't on television, the media didn't talk about women's football. I only had male role models. Today I'm happy to see that all that is changing. Young girls can now identify with us, and that's where evolution comes in."

Aline Cham, beach volleyball champion: "I've already had to deal with inappropriate remarks, but mainly on social networks. Fortunately, it's easy to filter, you see them coming, so you don't look and block them. We can receive very inappropriate messages and insistent looks because of our outfit: a swimming costume. The problem today is that people still don't know that it's an Olympic sport, that it's very physical, and they only see swimming costumes on the beach".

Here we offer you a time for personal reflection. Sit down in a quiet place and think about whether you have ever experienced discrimination in a physical activity because of your gender. What types of discrimination do you think girls and women experience in sport? What do you think can be done to reduce this discrimination?

Share your thoughts and experiences with the members of your team.

WAGGGS believes in girl/youth-led advocacy, where girls and young people are the ones choosing the issues they care about, choosing the change they want to see in the world and choosing how to get there. Addressing discrimination is one area of work that guides and scouts around the world are doing at various levels. Many are speaking-up and engaging their leaders and decisions makers to make meaningful changes in young people's lives. WAGGGS defines advocacy as influencing people to make decisions that will improve our lives and the lives of others. [Speak Out for Her World](#) and [Action on Body Confidence](#) are some of the advocacy-specific tools that WAGGGS provide for young people to address issues important to them, such as gender discrimination in sports and appearance-based discrimination.

III. Talk with pictures

 Nombre de joueurs	 Temps de l'activité	 Matériel
As a team	15 /20 min	Paper, markers

Introduction :

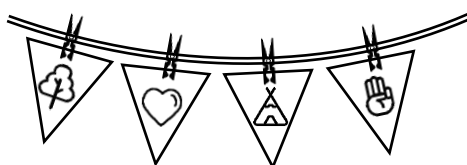
"Pictograms are much more than just graphic symbols. They are designed to transcend linguistic and cultural barriers in order to communicate effectively with people all over the world. Each pictogram represents a specific sporting discipline, ranging from athletics to swimming and cycling. Thanks to their simplicity and clarity, these symbols enable spectators to instantly understand the sports represented, making it easier to engage and involve the public." (source : francesignaletique.fr)

Rules :

Inspired by the pictograms of the Olympic Games, on sheets cut out in the shape of a pennant, illustrate the universal values of scouting as a team in order to make them accessible to all.

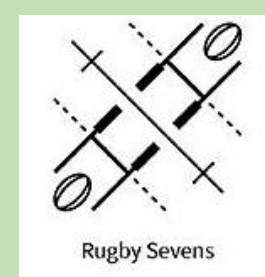
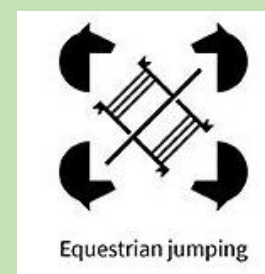
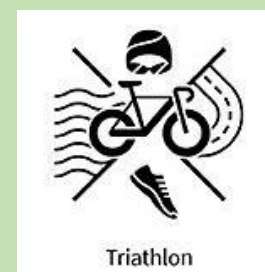
Example of more or less complex values to illustrate: campism, nature, adventure, co-education, sharing, fraternity..."

Hang these pennants using clothespins on a rope to create a garland.






Sarah Ourahmoune, Olympic boxing vice-champion, Rio 2016:
 "When I started training, I was told that boxing was a difficult sport, that I was going to break my nose or my eyebrow and that I should choose another activity. In those days, men weren't used to seeing women in the gym, or only because they were dating boxers. It took a long time for attitudes to change, and there's still work to be done. Today, even if women's boxing has been democratised, not everyone accepts seeing a woman in the ring."

Pictograms of 2024 Olympics games



IV. Decrypt the motto

 Players	 Game time	 Material
As a team	10 min	Paper, pens

Rules : Decode the following sentence following the Water-Closet code above:




“IOZOY, GRZOY, MUXZOY, IUSSATIZKX”

Hint: it's the Olympic motto in Latin!

Then think about what this motto means to you? Share your thoughts with the group.

To go further, think of a new currency and code it yourself (code ideas opposite).

V. Memory game

 Players	 Game time	 Material
Individually, in pairs or in two teams	15 min	Cutting card game in annex

Introduction : Do we really know the countries of origin of each sport? Through this card game, MEMORY, we invite you to check your knowledge on the subject. You will find in the annex the cards necessary for the progress of the game!

Rules : We offer you different game formats for this activity..

Several players (2 or more): All the cards are spread face down on the table. The first player turns over two cards. If the images are identical, he wins the pair and plays again. If the images are different, he puts them back face down where they were and the next player plays.

The winning player is the one who has collected the most pairs of cards when the whole game has been turned over and collected into pairs.

Alone: You can also play the memory game, against yourself! With your leader, set a maximum time for turning over the cards and collecting the pairs. Your aim is to collect as many pairs of cards as possible before the timer runs out! The time decreases as the age of the Girl Guide/Girl Scout increases.

Team versus team: A game master shows an illustration of a sport. The two teams sit face to face with a sound object that they must activate when they think they have found the correct country of origin. The first team to find the correct answer scores a point. The winning team and the one that scores the most points.

The olympic motto

"The original Olympic motto was adopted when the Olympic Movement was created in 1894, on the initiative of its founder Pierre de Coubertin, who wanted a slogan that expressed excellence in sport. It was Pierre de Coubertin who proposed this motto, borrowed from his friend Henri Didon, a Dominican priest who taught sport to his pupils near Paris. These three words encourage the athlete to give the best of himself at the moment of competition".

Water closet (W=C)

A	G	N	T
B	H	O	U
C	I	P	V
D	J	Q	W
E	K	R	X
F	L	S	Y
G	M	T	Z
H	N	U	A
I	O	V	B
J	P	W	C
K	Q	X	D
L	R	Y	E
M	S	Z	F

Code MORSE

A	• —	N	— • —
B	• • • •	O	— • — • —
C	• — • —	P	— • — • — • —
D	• — • — • —	Q	— • — • — • —
E	• • • •	R	— • — • — • —
F	• — • — • —	S	• • • •
G	• — • — • —	T	— • — • —
H	• • • •	U	• • • •
I	• • • •	V	• • • •
J	• — • — • —	W	— • — • —
K	• — • — • —	X	— • — • —
L	• — • — • —	Y	— • — • —
M	— • — • —	Z	— • — • —

Code MAYA

A	B	C	J	K	L
D	E	F	M	N	O
G	H	I	P	Q	R

S	W
T	X
U	Y
V	Z



The Culture



I. In the kitchen !

 Players	 Game time	 Material
4 to 6 players	20 min	Salad bowl, whisk, ladle, flat edge frying pan

Prepare a colourful buffet for the opening ceremony!
Here's a recipe for "crêpes", a French speciality!

Ingredients :

For about 30 crêpes:

- 500 g flour
- 5 eggs
- 1 litre of milk
- 100g melted butter

To garnish and decorate the crêpes:

- Different coloured jams
- Pieces of fruit
- Icing sugar...

Step 1 : Place the flour in a bowl and form a well. Add the whole eggs, sugar, oil and butter.

Step 2 : Mix gently with a whisk, adding the milk as you go. The resulting mixture should have the consistency of a slightly thick liquid.

Step 3 : Heat a non-stick frying pan and lightly oil it with a paper towel. Pour in a ladleful of batter, spread it over the pan and wait until it is cooked on one side before turning it over. Cook all the crêpes in this way over a low heat. Be careful with the pan, which can be very hot. Take precautions to avoid burning your fingers (for example, by using a spatula and oven gloves).

Step 4 : Then wait until it is cooked on one side before turning it over. Cook all the crêpes in this way over a low heat.

Step 5 : Individually, fill and decorate a crêpe in the colour of a country. For example, decorate a crêpe in the colours of France (blue, white, red). You can use blueberrys, icing sugar and strawberry jam.

Step 1 :



Step 2 :



Step 3 :



Step 4 :



Step 5 :



II. Sing your anthem

 Players	 Game time	 Material
As a team	20 min	Paper, pens

Introduction : Here you have the Olympic anthem, written in 1896 by Kostís Palamás. Sung at every opening ceremony of the Olympic Games, this anthem gives the spirit of the Games a boost and expresses the spirit of cooperation. In the same way, French scouts divided into teams have to choose a team name at the start of the year or camp and invent a team cry that they have to shout out loud at unit gatherings. This develops team spirit!

For example, shout for the Beavers team could be: "The Beavers, always stronger!", or for the Black Panthers team: "The Black Panthers will make history! "

Unfolding : With the same idea in mind, choose a team name together and think about the values you hold dear within the team. Using this as a basis, decide on a team cry and even start writing a short anthem. Sing it at the start of each event! To take it a step further, suggest a musical accompaniment for your anthem.

III. Let's dance

 Players	 Game time	 Material
As a team	30 min	A speaker

Unfolding :

You will find a simplified version of the Olympic dance by following this link : [here](#).

As a team, with the music in the background, learn the few steps of the chorus of the official dance of the Olympic Games (presented opposite). Then, taking inspiration from the characteristic movements of a sport, invent some dance movements representative of this sport. Memorize this choreography well, you can present it to the group during the closing ceremony. Put on your most comfortable sports clothes and closed-toe trainers.

"O Ancient immortal Spirit, pure father
Of beauty, of greatness and of truth,
Descend, reveal yourself and flash like lightning here, within the glory of your own earth and sky.

At running and at wrestling and at throwing,
Shine in the momentum of noble contests,
And crown with the unfading branch
And make the body worthy and ironlike.

Plains, mountains and seas glow with you
Like a white-and-purple great temple,
And hurries at the temple here, your pilgrim,
O Ancient immortal Spirit, every nation."



1. Open your arms by drawing a circle in front of you



2. Close your arms against yourself by crossing them



3. Project your hands in front of you with your arms outstretched while moving your right foot forward



4. Stepping back, project your hands toward the sky while drawing a circle.

Did you know ?

Breakdance will be an official sport at the 2024 Olympic Games. It is a dance style developed in New York in the 1970s. It is characterised by its jerky body movements, its acrobatic aspect and its figures on the ground. A breakdancer is called a breakdancer, Bboy or b-boy (for a man), Bgirl or b-girl (for a woman).

Although it is thought to have originated in the United States, records show that a form of breakdance was danced in Africa, more precisely in Kaduna, Nigeria, in the 1950s.

(source: wikipedia)

It's your turn to discover this discipline! Try out a few figures (without hurting yourself!)

Breakdance tricks



French rhymes:

Followed rhymes:

... better
... stronger
... hapiness
... kindness

Cross rhymes:

... better
... hapiness
... stronger
... kindness

Kissed rhymes:

... better
... hapiness
... kindness
... stronger

IV. Poetry workshop

 Players	 Game time	 Material
Individually	30 min	Paper, pens

Introduction : French poetry is rich and diverse, and occupies an important place in the country's art and culture. The rules of classical poetry are many and varied: generally speaking, a French poem is divided into stanzas (paragraphs) of 4 lines each, and each line has the same number of syllables (6, 8, 10 or 12). The lines rhyme with each other in different configurations:

Example taken from the french poem "Les forces" by Alphonse de Beauregard, written in 1912. This poem presents alexandrines (verses of 12 syllables) and here a kissed rhyme

"Vingt/-qua/tre/ cham/pi/ons/ du/jeu /na/ti/o/na/	1	2	3	4	5	6	7	8	9	10	11	12
Sur / le / pré/ lu/mi/neux /se/ sont/ for/més /en/ ligne ;	1	2	3	4	5	6	7	8	9	10	11	12
Coup / de/ si/flet /: la/ jou/te en/co/re /que/ bé/nigne	1	2	3	4	5	6	7	8	9	10	11	12
Ac/cu/se à / cha/que ins/tant /un/ ef/fort/ plus/ bru/ta/."	1	2	3	4	5	6	7	8	9	10	11	12

Other example in english taken from the poem Olympics Games by Ken Budden, written in 2012. This poem is written with a followed rhymes.

Only for those of a special breed,
Living a dream, a chance to succeed,
Yesterday's hopes and desires coming true,
Making your mark with records anew

Unfolding : Individually or in small teams of 2 or 3, choose a sport that is close to your heart and honour it with a short poem (2 to 3 stanzas) using some of the rules set out above.

Olympic games symbol



"The five interlaced rings represent the five continents united by Olympism. As for the six colours (including the white in the background), they represent all the nations. Indeed, at least one of these colours was present in the flag of every country when the flag was created. The flag is the symbol of the universality of the Olympic spirit. »

Source : Paris.fr

V. The collective fresco

 players	 Game time	 Matériel
Collectively	30 min	Paint, markers, pastels... large white sheets

Unfolding :


As a group, think of ways to illustrate cooperation, like the acronym of the Olympic Games. Use paint, pastels, markers, etc. to represent these symbols of cooperation on a large fresco.

Find a place in your school or at your camp to display this large fresco. If you're at camp, you can make a billboard out of wood and string (a crumpling technique) to show off this large fresco, a souvenir of the event!

You can also use colours you find in nature for this fresco: beetroot, dandelion, spinach, tea, etc., or natural elements found on the ground for a collage: leaves, branches, stones, etc.

Use clothes that you don't mind staining for this activity.

VI. Apprentice reporter

 players	 Game time	 Matériel
Individually or as a team	1 hour	Cf : list opposite

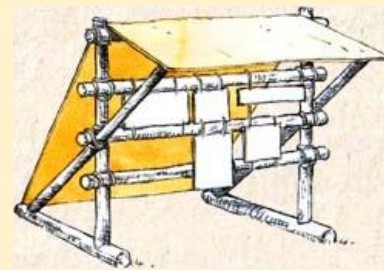
Unfolding :

Keep a record of this event and spread the word!

You can simply take a camera and make a photo report of the games. If you have a bit more equipment at your disposal, make a short video report of a sporting activity from different viewpoints. Example of point of view :

- report on player preparation and activity set-up
- wide shot of the activity as it unfolds
- interview with a player
- close-up of audience reaction
- ...

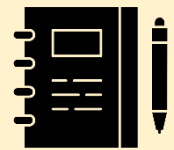
If you want to go further, organise a retrospective by first making a montage of your various rushes, accompanied by music and a voice-over. A 1-2 minute video is all you need! If you have the opportunity, and respect image rights, post it on social networks! Make sure to secure informed consent when using or publishing photos, videos or testimonials from young people online. Please your organisation's consent form or refer to WAGGGS' image, story, and [video consent form](#).



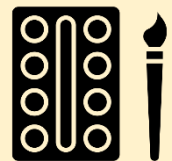
Inspiration : a scout camp notice board made of wood and string

The good reporter's kit

a notebook to take note



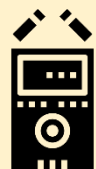
Pencils, watercolors, to illustrate the event in drawings



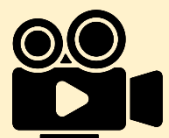
A camera, to capture the most beautiful moments



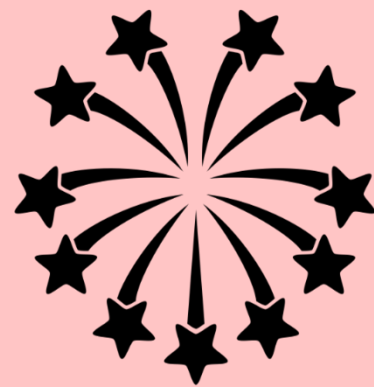
A recorder, to capture testimonies



A camera, to film big games !



End clap !



The closing ceremony

Enjoy a lovely evening under the stars to celebrate the end of this great event. Armed with torches, gather in a circle around a podium made beforehand:

- Once everyone has calmed down, ask each team to shout out their team cry or anthem.
- Now it's time to present the team medals and distribute the individual badges and certificates. This can be done to music
- You can also take advantage of this collective moment to view the photos and videos produced during the event and unveil the great collective fresco of cooperation!
- Before breaking up the assembly, join in with the official Olympic dance, inviting each team to perform a few dance steps!
- One last time, congratulate yourselves on taking part in this Olympia Badge and wish each other a good night!

Don't hesitate to take photos and videos to immortalise this moment and share it on the networks with #OlympiaWAGGGS!



IDEAS TO SPICE UP YOUR CEREMONY!



Prepare torches

⚠ For the leaders

- Branches of dry wood
- Strips of cotton fabric
- Wire
- Paraffin wax

On the end of the branch, roll up a certain amount of fabric strip. Hold the fabric tightly with the wire. Dip this end in the paraffin. Your torch is ready. When you light it, always have a bucket of water to hand.



Make medals










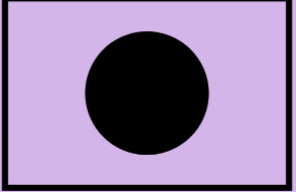




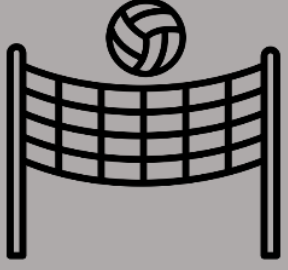

Use cardboard and ribbon to make medals: gold, silver and bronze for all the sporting events.


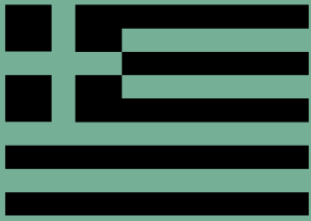

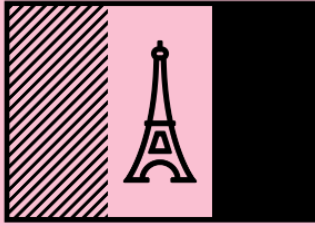


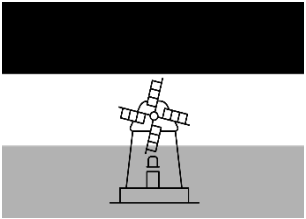



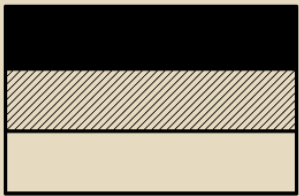
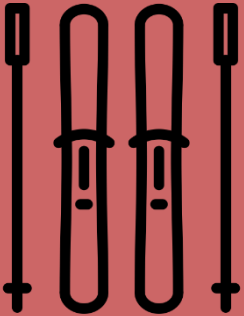
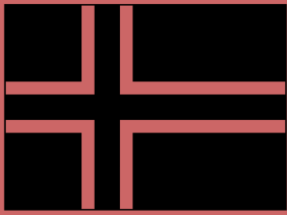

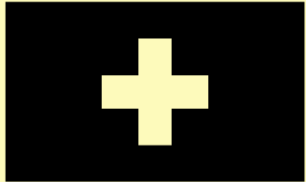


Build a podium

Using pallets, cardboard boxes or crumpled cardboard, design and build a podium.

Appendix : Memory cards

 <p>Baseball</p>	 <p>Egypt</p>	 <p>fencing</p>	 <p>Italia</p>
 <p>Rowing</p>	 <p>England</p>	 <p>Badminton</p>	 <p>China</p>
 <p>Judo</p>	 <p>Japan</p>	 <p>Taekwondo</p>	 <p>korea</p>
 <p>Hockey</p>	 <p>Canada</p>	 <p>Volleyball</p>	 <p>United state</p>

 <p>Athletics</p>	 <p>Greece</p>	 <p>Tennis</p>	 <p>France</p>
 <p>Waterpolo</p>	 <p>India</p>	 <p>Golf</p>	 <p>Holland</p>
 <p>Surf</p>	 <p>Peru</p>	 <p>Handball</p>	 <p>germany</p>
 <p>Ski</p>	 <p>Norway</p>	 <p>Bobsleigh</p>	 <p>Switzerland</p>

ANNEX : certificate of participation

Olympia badge certificate of participation

Name :

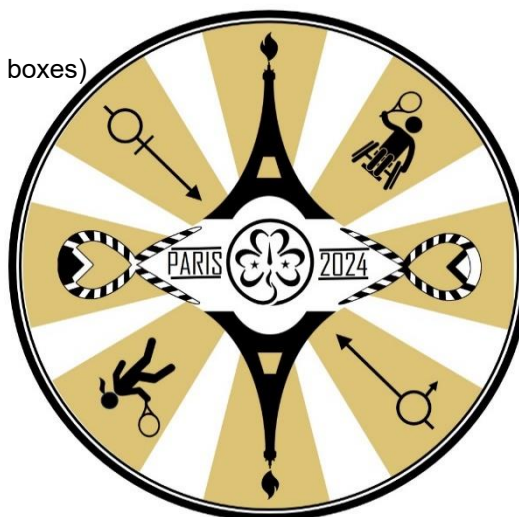
Team :

Participation : (check the boxes)

- The goal ball
- Cockfighting
- Dodgeball
- theque and ultimate
- Cross-country skiing
- Tic-tac-toe relay
- In the kitchen

- Visualization
- A time for reflection
- Talk with pictures
- Decrypt the motto
- Memory game

- Sing your anthem
- Let's dance!
- Poetry workshop
- The collective fresco
- The apprentice reporter



Well done !
Gold level

Olympia badge certificate of participation

Name :

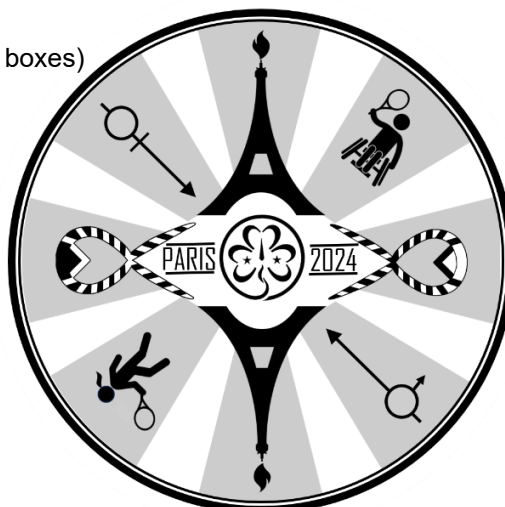
Team :

Participation : (check the boxes)

- The goal ball
- Cockfighting
- Dodgeball
- theque and ultimate
- Cross-country skiing
- Tic-tac-toe relay
- In the kitchen

- Visualization
- A time for reflection
- Talk with pictures
- Decrypt the motto
- Memory game

- Sing your anthem
- Let's dance!
- Poetry workshop
- The collective fresco
- The apprentice reporter



Well done !
Silver level

Olympia badge certificate of participation

Name :

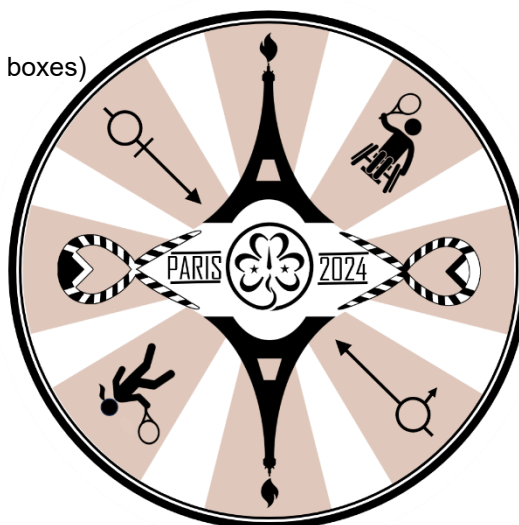
Team :

Participation : (check the boxes)

- The goal ball
- Cockfighting
- Dodgeball
- theque and ultimate
- Cross-country skiing
- Tic-tac-toe relay
- In the kitchen

- Visualization
- A time for reflection
- Talk with pictures
- Decrypt the motto
- Memory game

- Sing your anthem
- Let's dance!
- Poetry workshop
- The collective fresco
- The apprentice reporter



Well done !
Bronze level

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