

If you have a girl with additional needs, always ask parents what methods they use to help their children manage as they may have some simple ideas which would make it easier for you to involve the girl. Also, find out how she copes at school or college, i.e. extra help or adaptations.

How can I adapt? Make templates larger, and with thicker card for girls with visual or physical problems.

- Use wikkistix – www.wikkistix.com or different textured paper to make an outline easier to feel and cut out. You can get Easi-grip scissors as well as left-handed ones www.peta-uk.com.
- Use fatter or triangular crayons or use pencil grips which makes pencil control much easier. You may need to stick the paper down so that the girl doesn't have to worry about the paper moving. Sometimes you may have to do activities at the table whereas with other more able girls you could have worked on the floor.

Hearing difficulties: Perhaps a girl with hearing difficulties would be able to understand simple drawn instructions. Make sure the room is not too noisy and always look at her when giving instructions. Check that she can always see you as well.

Physical disabilities: Some running around games could be done crawling or bunny hopping or using the method that the disabled child uses to move herself around the floor. You may need to make allowances for wheelchair users or have someone to push if they are not able to self-propel. There will be instances when you just cannot integrate the child in the activity and you will have to alter your programme or give the girl in question an alternative but related task.

Visual disabilities Make sure that all areas are free of obstructions and are well lit. Any written documents, such as craft instructions, information sheets are in large print format. Ask the girl or parent what is the best font size for them (a Sans Serif typeface at 16 point is generally acceptable). (Most Girlguiding UK resources are available in large print and/or electronic format.) Printing should be on contrasting colour paper (black on white or black on pale yellow is best) and on matt (non-glossy) paper.

Learning Disabilities Keep instructions clear and simple. Give one instruction at a time. Maybe give visual instructions or demonstrate the task. Allow extra time to complete the activity.

Allergies: You will need to be aware of all allergies when cooking. All volunteers need to be aware of the signs of an allergic reaction and know how to treat it.



Safety:

Be aware of safety when using of knives with those who cannot see well or who have difficult hand function. **Dycem** is useful to stop bowls slipping around.

Buddy support: Sometimes all that is needed is an extra helping hand or even a Buddy, but with some more severely affected girls you may find that you will just have to do the majority of the work for her.

Out and about: you may need extra adult help in order to maintain your adult/girl ratios.

RAINBOW RESOURCE

Most of the activities in the various Rainbow Roundabouts can be adapted for those with Special Needs. Many girls of Rainbow age need help with fine motor activities anyway.

LOOK

WELSH DAFFODIL

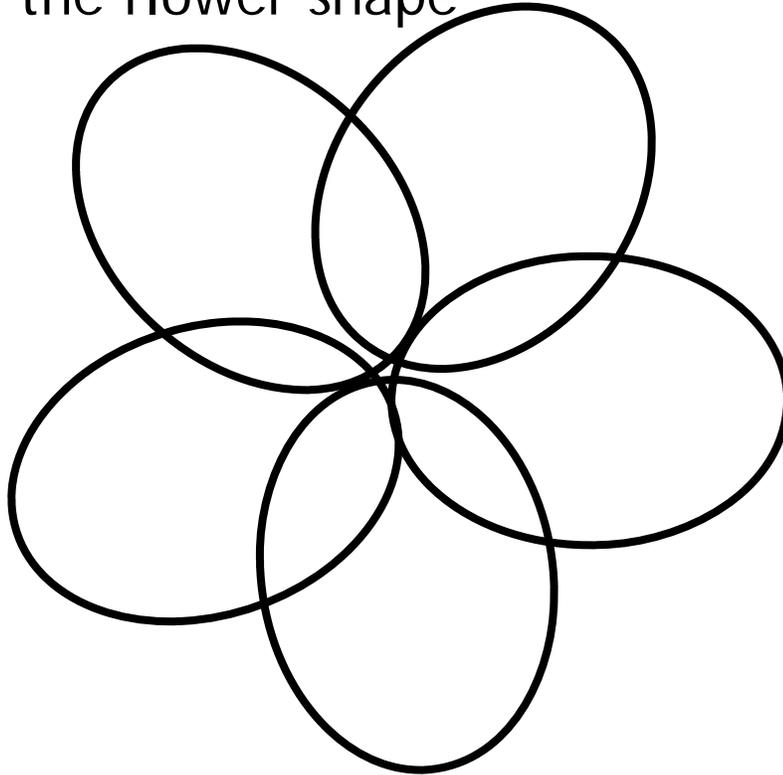
- Strip of yellow tissue paper about 10cmx5cm.
- Green pipe cleaner
- Flower shape in yellow card cut from a template
- Sticky tape
- Green paper or tissue
- Scissors
 1. Wrap the tissue paper around your finger to form a tube. Twist the bottom to secure and wrap the pipe cleaner around the twist.
 2. Make a small hole in the flower shape and thread the pipe cleaner through it so that the trumpet sits in the centre of the flower. Tape the pipe cleaner to the back of the flower.
 3. Bend the pipe cleaner to make a realistic stem shape. Cut some long thin leaves from the green paper and tape them to the stem.

Adapt

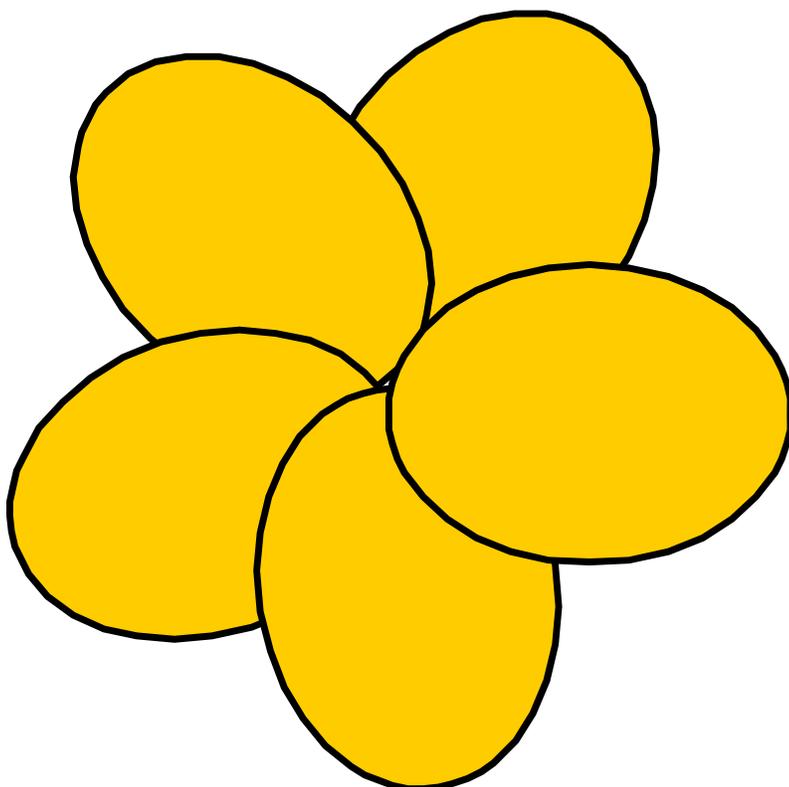
Use larger, thicker card to make a template, or cut one yourself for a girl with visual or fine motor problems. Try the Easi grip scissors to make it easier, or outline the template with something a girl with poor vision can feel and follow with the scissors.

Make sure a Rainbow with hearing difficulties understands the instructions by giving her simple, clear instructions or draw some pictures, or she can follow a friend's actions.

Colour in the flower shape



Cut out the flower shape



LEARN

BARFI

Ingredients

- 2 cups desiccated coconut plus extra for rolling
- 1 cup icing sugar plus extra for rolling
- 2 cups condensed milk
- food colouring (optional)
- hundreds and thousands(optional)

Equipment

- mixing bowl
- mixing spoon
- greaseproof paper
- tray

Method

1. Mix all the ingredients together in a bowl.
Add a few drops of food colouring if using.



2. Roll about 20 walnut sized balls from the mixture



3. Coat the balls in icing sugar and coconut and leave to set on a tray lined with greaseproof paper.



Always make sure hands and utensils are clean before you start.

Adapt

Using cups is easier than using scales for measuring

Check for allergies and Diabetes before you choose this activity or use the food colouring.

Make sure none of the girls have sensory problems before asking them to put their hands in the mixture.

You can wrap padding or pipe insulation round the spoon handle to make it easier to hold.

Put Dycem or a damp cloth under the bowl to stop it sliding.

Use pictures to show how the recipe works.

Check the height of the work surface as a girl in a wheelchair will not be able to see a kitchen worktop. You can use a table or she could have her own bowl on her knee.

LAUGH

GLORIOUS MUD

- bowls of mud mixture or brown paint
- plenty of paper, lining paper or wallpaper is ideal
- plastic sheeting or newspapers to cover the floor (or do this activity outside)
- brushes, sponges and sticks
- old shirts to cover clothes
- soap, warm water and old towels for cleaning

When the floor and the Rainbows are protected, let them experiment making patterns with their bare hands and feet on the paper. They may want to use brushes, sponges or sticks to make swirls and shapes.

Rainbows can make their own mixture by mixing 3tsp cornflour and 3tbs water in a cup and then add brown poster paint.

Adapt

Check for allergies

Check that every Rainbow is willing to put her hands or feet in the mixture.

Make sure that girls with visual difficulties know exactly what you are going to do.

Some girls will only be able to work with their hands as they may be unable to get to the floor.

You may have to do this at a table instead.

Pad brushes and sticks to help girls with poor hand function.

LOVE

LOVE TREE

- paper preferably shiny
- scissors
- felt tip pens, crayons or paint
- hole punch
- ribbon
- a real branch or a tree drawn on a large sheet of paper.

Rainbows cut out hearts from the shiny paper. On the non shiny side they can draw or write a message to someone they love. Punch a small hole in the top of the heart and hang it from the branch with ribbon.

Adapt

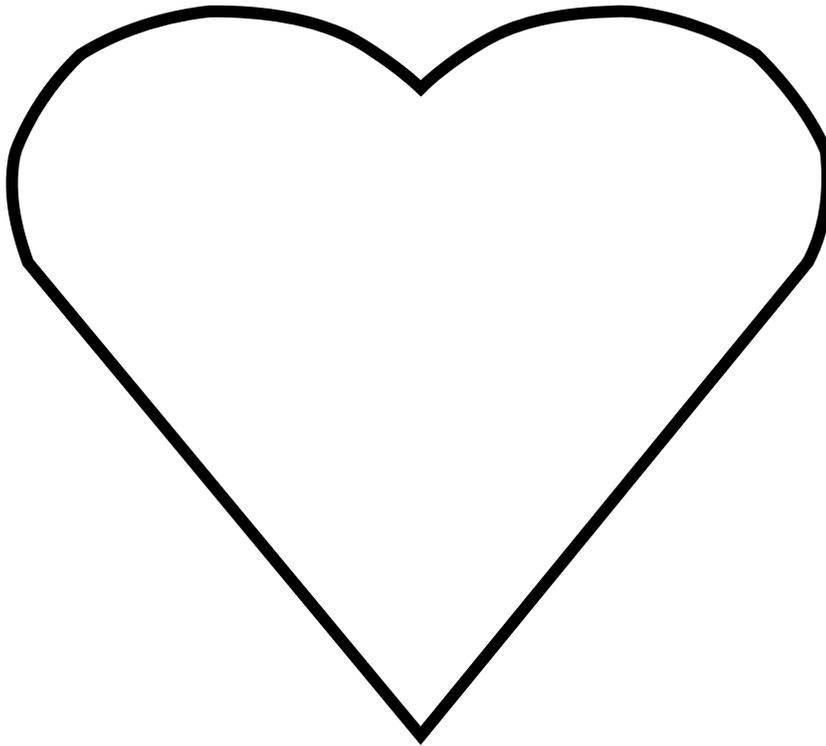
Make a thicker, larger heart template for the girls to use and Easi grip scissors if necessary.

Use chunky crayons for those with fine motor problems to draw or write their message.

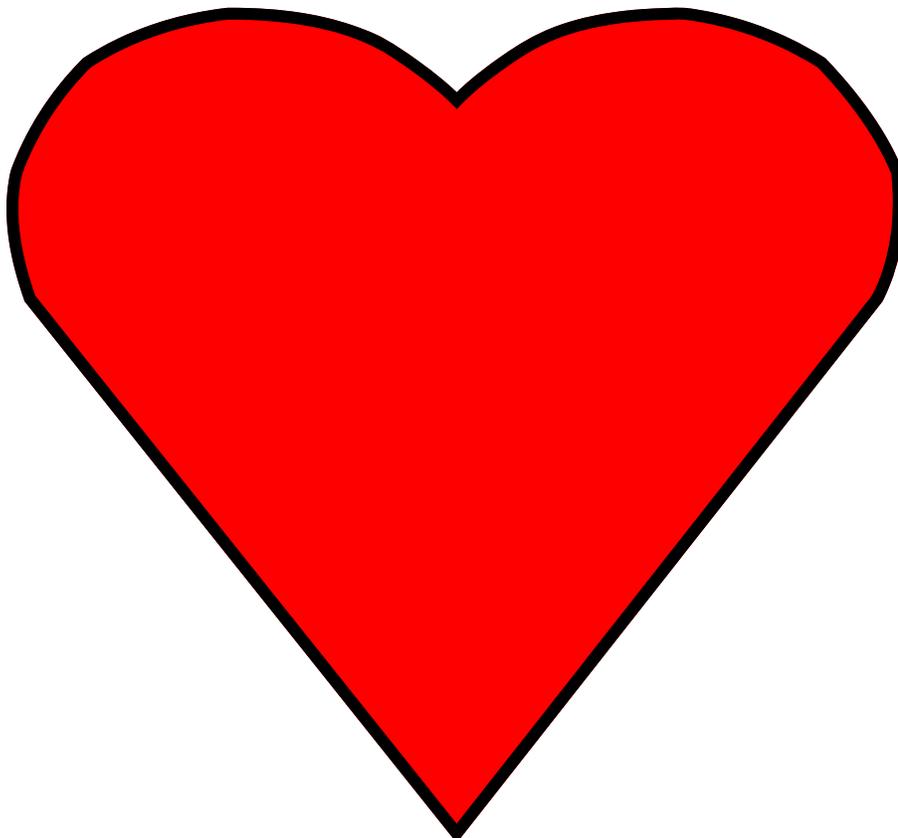
You may have to help some girls with the hole punch and ribbon threading.

Give clear instructions or draw pictures for girls with hearing problem.

Colour in the heart in red



Cut out the heart





Ideas For Adapting Activities



