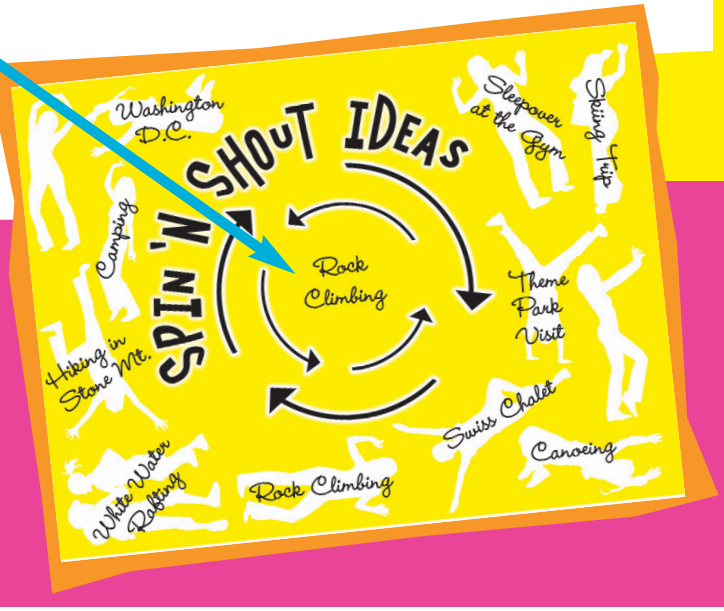
SPIN 'N SHOUT

YOUR TROOP/GROUP GOAL IDEAS!

This fun activity is sure to activate the body and the brain!

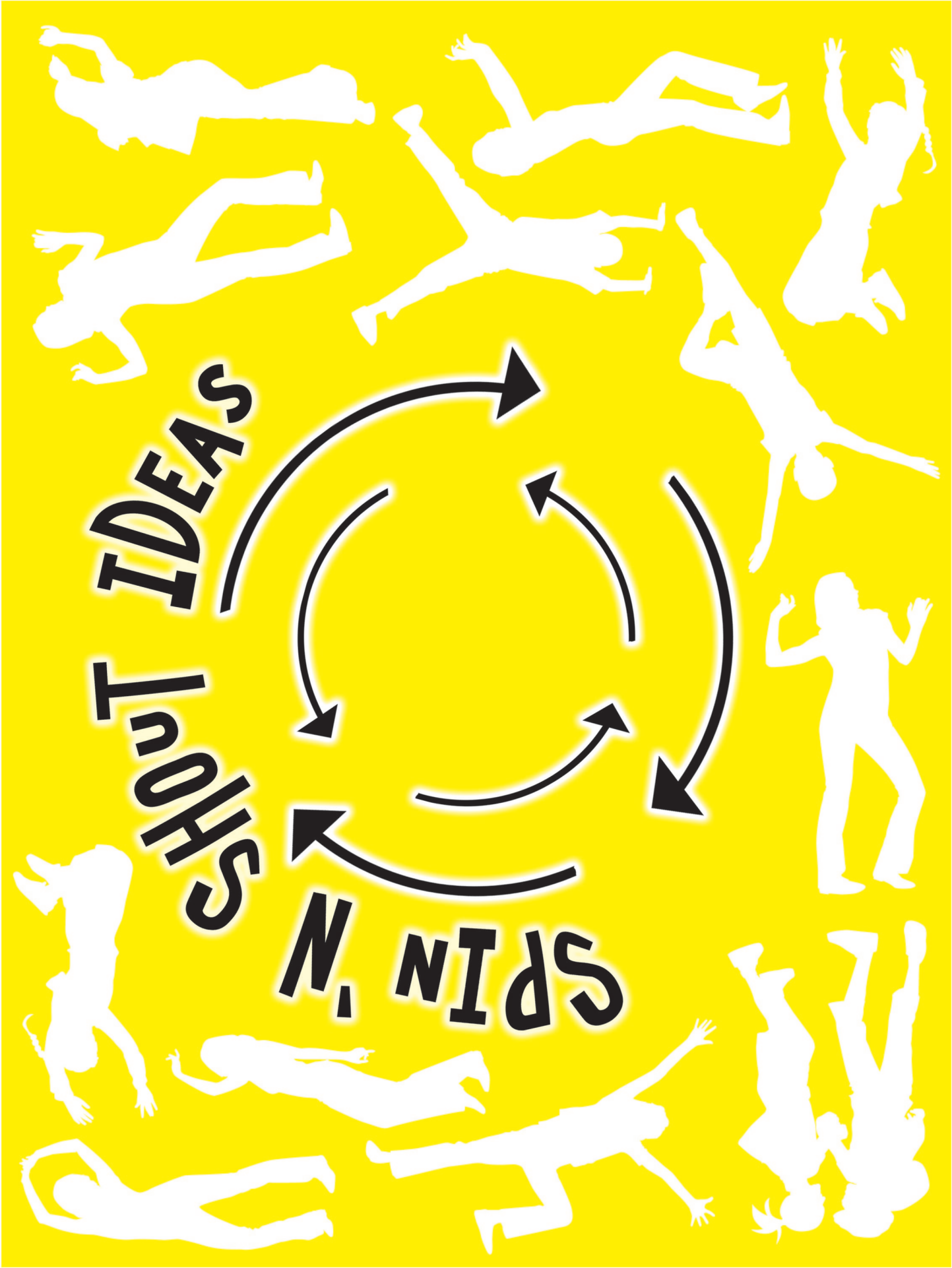
Grab a favorite song, turn on the music, and get moving! This brainstorming game will have the girls dizzy with endless goal ideas to determine what your troop will do with the cookie proceeds.

1. Have the girls form a circle. Designate one girl to be the **"spinner girl"** and have her stand in the center with her arms extended out to the sides, as if she were an airplane. Turn on the music, and the girls in the circle ***RUN*** around counter-clockwise while the girl in the middle ***SPINS*** clockwise with her arms extended.
2. Stop the music and everyone stops moving and stands in place. The girl in the middle is now pointing at two girls on opposite sides of the circle. The girl she is pointing to with her **left hand *SHOUTS AN ACTION COMMAND*** (example: HOP). The girl she is pointing to with the **right hand has to *PERFORM* the action command** (HOP) as she shouts her idea for the troop cookie goal. Write the ideas on the **Spin 'N Shout Sheet** (go to www.littlebrownie.com to download file).
3. The girl who shouted her idea switches places with the "spinner girl" in the center. Repeat the activity... but this time the girls in the circle ***HOP*** instead of run, since that was the last action command. Continue playing the game until every girl has given at least one idea.
4. Play as long as you like. When the game is over, help the girls evaluate their ideas, eliminating any that are impractical. The girls can vote or use consensus to select a troop/group goal. Write the selected troop/group goal in **the middle of the Spin 'N Shout Sheet.**
5. STEP UP the game a little by playing a second time to expand upon the troop/group goal. For example, if "camping" was chosen as the goal, come up with activity ideas to do on the trip, such as hiking, rock climbing, and canoeing.



ACTION COMMAND IDEAS:

- twist
- jump like a frog
- crawl
- run and clap
- skip
- run backwards
- fly like a bird
- shake
- chicken dance
- surf
- hop on one leg
- jumping jacks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