

## The Olympia Badge – Appendix for Rainbows (Age 5-7 years)

The WAGGGS Olympia Badge is a sport-oriented activity pack created by the Greek Girl Guides Association, inspired by the fact that Athens (the original place for the Olympic Games) hosted the Olympic Games again in 2004.

### Aims of the Olympia Badge

- To promote knowledge of Sports
- To support women as peacemakers
- To enhance public image of Guiding as an active community of motivated volunteers.
- To fulfill WAGGGS' mission for the development of girls and young women in sport.



### The Three Categories of the Olympia Badge

**Stadium** (Body) represents the harmonic development of body and is linked with the mental effort to acquire skills and fitness and appreciation of both environment and ourselves. The activities relate to practicing sports and developing the body.

**Temple** (Mind) represents the spiritual dimension of our existence, the development of the mind and the acceptance of other people's minds and ideas. The activities relate to the spirit of the Games and their history, values, symbols etc.

**Theatre** (Cultural) represents the balanced development of our soul, our cultural and emotional self-respect and tolerance, and our inner peace that is the prerequisite for the peace around us. The activities relate to intercultural character of the Games, the special culture of the Games and the artists that have been inspired by the Olympic Spirit in their work.

### The Olympia Badge "Medals"

To earn the Badge, girls must complete the number of activities listed below. To obtain the bronze, silver or gold medal, you must complete activities from each of the three categories and we encourage you to choose a good balance of physical, mental and emotional activities. For example, a Brownie wishing to obtain the Silver badge should complete 2 activities from Stadium, 2 from Temple and 2 from Theatre categories.

Badge Section	Bronze	Silver	Gold
Rainbow	3	6	9
Brownie	3	6	9
Guide	3	6	9
Ranger	3	6	9

## Olympia Badge - Rainbows

### STADIUM (Body)

1. Choose three different types of Olympic sports and learn as much as you can about them. Try one of these sports with your group.
2. Run, swim, cycle, sail, paddle, walk or ride a course that fits the shape of the Olympic symbol.
3. Find out what kind of food people in China eat on a daily basis to maintain a healthy body. *Play the **Food Match** game at the end of this pack.*

### TEMPLE (Mind)

1. What is the Olympic symbol and what is its meaning? Make the symbol of the Olympic Games using five different materials and decorate your house or meeting place.
2. Tangram is an ancient game that originated in China. Try to create a shape related to the Olympic Games using all 7 pieces provided, without any pieces overlapping any others. *Use the template at the end of this pack to play the **Tangram Squares** or **Animals** game.*
3. Find out about a traditional game played by children in China which incorporate the elements of fair play, self-esteem, leadership and fitness skills. Play one with your unit. *Play **Shuttlecock** or **Catch the Dragon's Tail** game at the end of this pack.*

### THEATRE (Culture)

1. Draw a stamp or banknote to celebrate the Olympic Games this year.
2. Watch a team sport, such as rugby, soccer, volleyball, or basketball in your community and say how it promotes the message of peace such as that promoted by the Olympic Games.
3. Find out about the 2008 Olympic mascots. Make a peace greetings card featuring one or more of the mascots.

## Games Resources

### STADIUM (Body)

#### Food Match game

Symbolism is a very important part of Chinese people's life. A lot of Chinese foods are also symbolic, especially during traditional festivals or other special occasions.

#### Set up:

- This can be played individually or in groups of 3-4 players.
- Cut up the food pictures so there is a complete set of 14 for each individual or group (there are 4 sets displayed here) plus one spare set.
- Enlarge the label sheet so that everyone can see it, or write it on a board.
- You will also need tape or sticky tak to attach the pictures to the label sheet
- Each individual or group sits on the floor with a set of food pictures.

#### How to play:

1. Using the list below, discuss the foods and why they are symbols.
2. Hold up the picture so that everyone can see what the food looks like.
3. When everyone is ready, call out one of the labels (such as 'Happiness'). The players should find the matching food picture and stand up holding it.
4. The player who stands up with the correct picture first gets to stick it on the label sheet.
5. When all the spaces on the label sheet have been filled, the individual or group holding the least number of pictures is the winner!

*Alternative game play:* Each player has a label sheet and must match the pictures to the words.






#### Symbols:

<b>Black moss seaweed</b>	Wealth
<b>Dried Bean Curd</b>	Happiness
<b>Chicken</b>	Happiness and marriage (especially when served with "dragon foods," such as lobster. Family reunion (if served whole)
<b>Eggs</b>	Fertility
<b>Egg Rolls</b>	Wealth
<b>Fish served whole</b>	Prosperity
<b>Lychee nuts</b>	Close family ties
<b>Noodles</b>	A long life
<b>Oranges</b>	Wealth, luck
<b>Peaches</b>	Peacefulness
<b>Pomelo</b>	Abundance, prosperity, having children
<b>Seeds (lotus, watermelon, etc.)</b>	Having a large number of children
<b>Tangerines</b>	Luck
<b>Red Boiled Egg</b>	Newborn baby

## Chinese Food Match game - Label sheet

WEALTH	
HAPPINESS	
HAPPINESS AND MARRIAGE	
FERTILITY	
WEALTH	
PROSPERITY	
CLOSE FAMILY TIES	
A LONG LIFE	
WEALTH, LUCK	
PEACEFULNESS	
ABUNDANCE, PROSPERITY, HAVING CHILDREN	
HAVING A LARGE NUMBER OF CHILDREN	
LUCK	
NEWBORN BABY	

Food Pictures (4 sets of 14 pictures)

			
<b>Black moss seaweed</b>	<b>Black moss seaweed</b>	<b>Black moss seaweed</b>	<b>Black moss seaweed</b>
			
<b>Dried Bean Curd</b>	<b>Dried Bean Curd</b>	<b>Dried Bean Curd</b>	<b>Dried Bean Curd</b>
			
<b>Chicken</b>	<b>Chicken</b>	<b>Chicken</b>	<b>Chicken</b>
			
<b>Eggs</b>	<b>Eggs</b>	<b>Eggs</b>	<b>Eggs</b>
			
<b>Egg rolls</b>	<b>Egg rolls</b>	<b>Egg rolls</b>	<b>Egg rolls</b>
			
<b>Whole fish</b>	<b>Whole fish</b>	<b>Whole fish</b>	<b>Whole fish</b>
			
<b>Lychee nuts</b>	<b>Lychee nuts</b>	<b>Lychee nuts</b>	<b>Lychee nuts</b>
			
<b>Noodles</b>	<b>Noodles</b>	<b>Noodles</b>	<b>Noodles</b>

			
<b>Oranges</b>	<b>Oranges</b>	<b>Oranges</b>	<b>Oranges</b>
			
<b>Peaches</b>	<b>Peaches</b>	<b>Peaches</b>	<b>Peaches</b>
			
<b>Pomelo</b>	<b>Pomelo</b>	<b>Pomelo</b>	<b>Pomelo</b>
			
<b>Seeds</b>	<b>Seeds</b>	<b>Seeds</b>	<b>Seeds</b>
			
<b>Tangerines</b>	<b>Tangerines</b>	<b>Tangerines</b>	<b>Tangerines</b>
			
<b>Red boiled eggs</b>	<b>Red boiled eggs</b>	<b>Red boiled eggs</b>	<b>Red boiled eggs</b>

## TEMPLE (Mind)

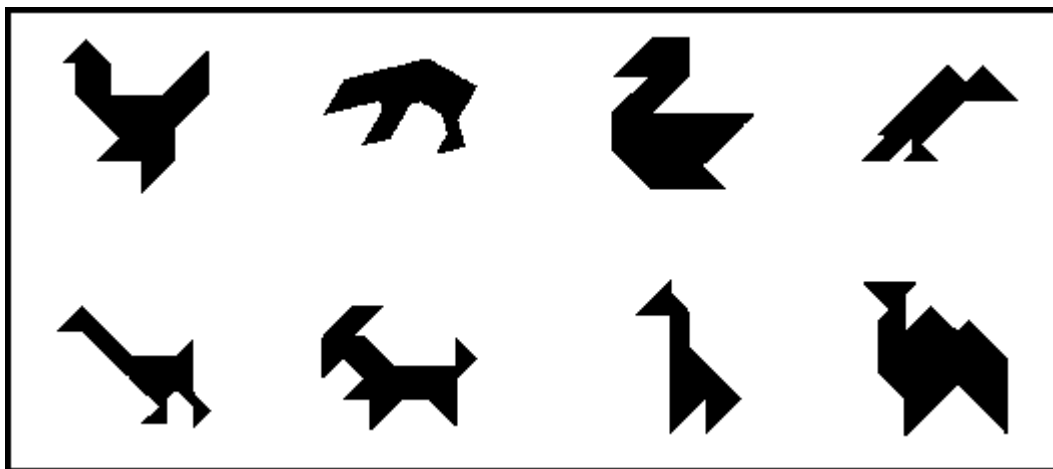
Using the template below, cut out card Tangram puzzles for each player. Players can form groups for this game.

### Tangram Square game:

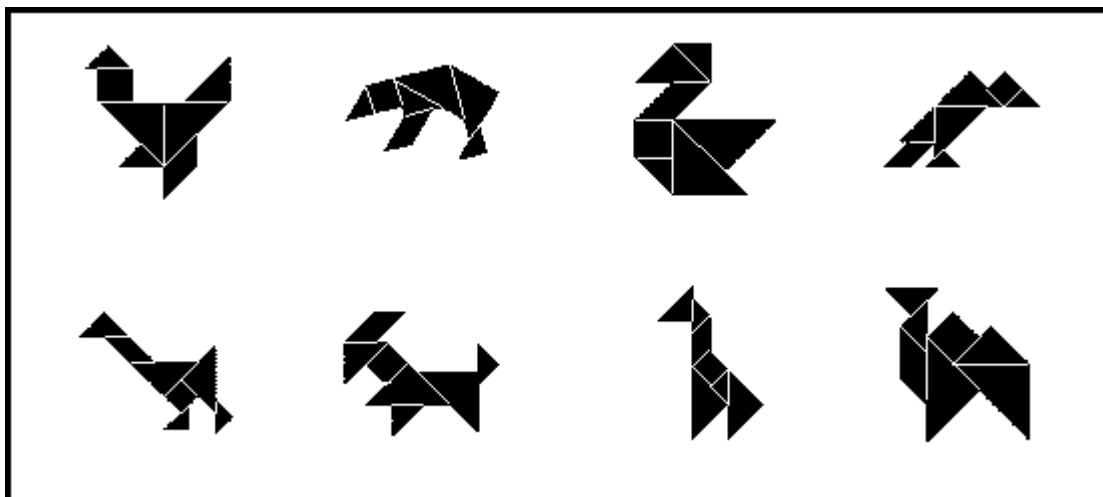
- Make a square using only one tangram piece.
- Make a square using two tangram pieces.
- Make a square using three tangram pieces.
- Make a square using four tangram pieces.
- Make a square using five tangram pieces.
- Make a square using six tangram pieces.
- Make a square using all seven tangram pieces.

### Tangram Animals game:

Use the tangram to make the following animals:

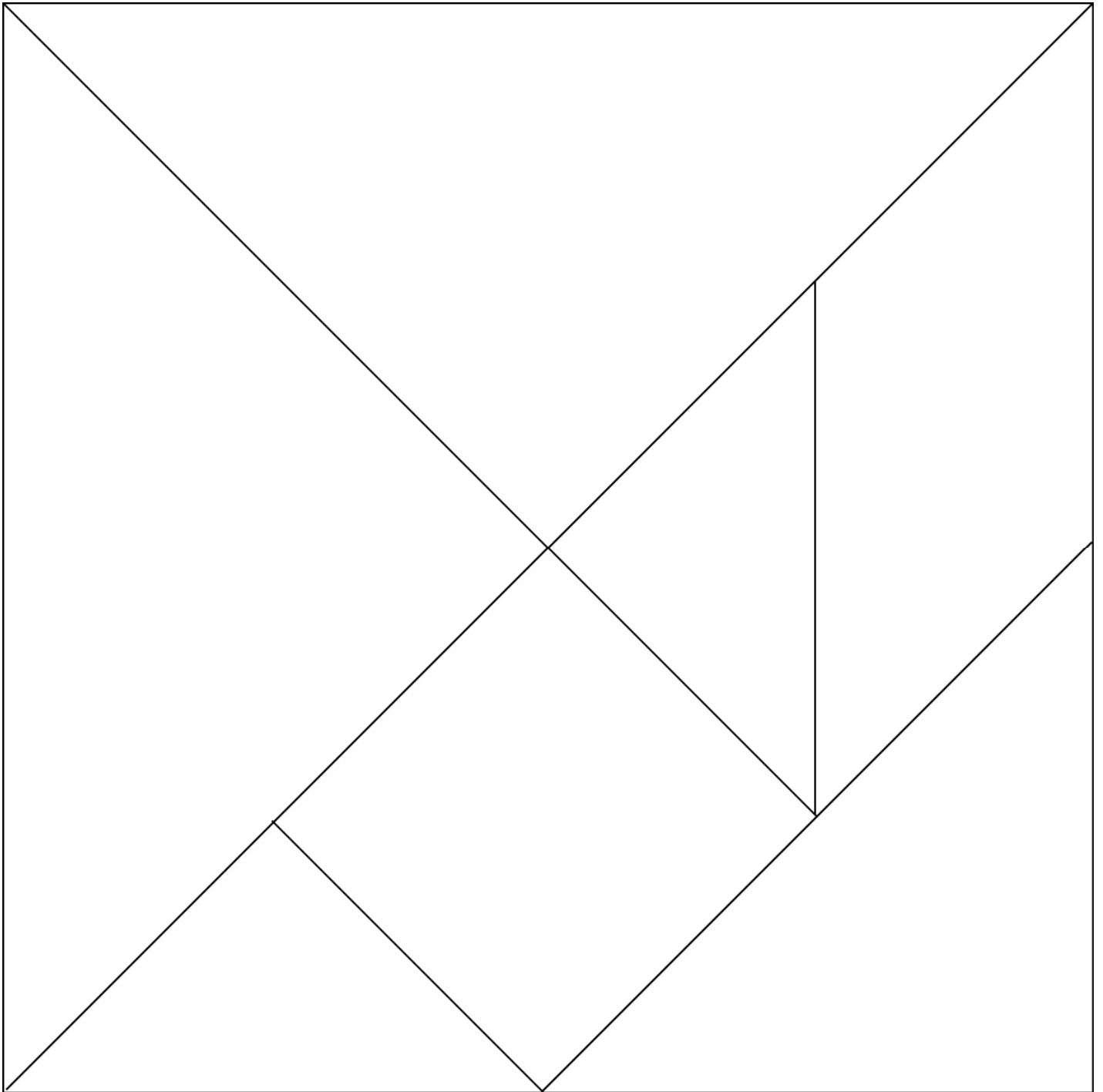


### Solution



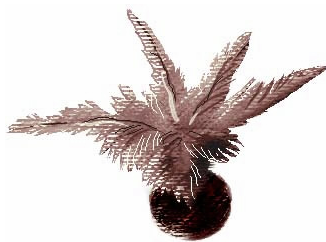
## Tangram template

You can photocopy this template to play the Tangram Squares and Animals games.





## Shuttlecock Game



This is an interesting game for all age groups. Many of the Chinese develop considerable skill in playing it.

**Number of players:** 1 – 20 players.

**Equipment:** A shuttlecock. This can be made of four chicken feathers and a piece of thick cardboard: Cut out a circular piece of cardboard about one and a quarter inches in diameter. Paint it with acrylic or poster paint. Attach the four feathers in place with a piece of cellophane glued to the cardboard disk. A piece of metal, such as a heavy bolt, can be added to give the shuttlecock the necessary weight.

### **How to play:**

The player tosses the shuttlecock into the air and then kicks it with her/his foot back up into the air. Players continue this as long as they can to stop the shuttlecock falling to the ground. Count the number of kicks as you play.

When players become fairly skillful, they kick the shuttlecock not only with the instep but with the knee, or sometimes alternating the heel and instep kicks.

The winner is the one with the highest number of kicks.

## Catch the Dragon's Tail

**Number of players:** 10 or more. This is best played outdoors.

**Set up:** All players stand in a line, their hands on one another's shoulders. The first person in line is the head of the dragon, and the last is the tail.

### **How to play:**

1. The head tries to catch the tail by maneuvering the line around so that she/he can tag the end player. The line must not break.
2. All the other players do their best to keep the head from catching the dragon's tail.
3. When the head catches the tail, the front player takes a rest. The end player moves up to become the new head. All other players move up one position.
4. The game ends when there are only two players forming the dragon.