

FunFinder

April 2022 

Forest Stewardship

“Stewardship means being responsible for something and taking good care of it - like protecting your belongings and using them carefully without harming or wasting them. So, whether we use a forest for hiking, hunting, or getting wood, we need to be good forest "stewards" so that other people can use the forest today, tomorrow, and for many years to come.”

Adam K. Downing, Sanford S. Smith, James C. Finley, Shelby E. Chunko

<https://extension.psu.edu/from-the-woods-forest-stewardship>



Doing your Part!

Calling all Sparks, Brownies, Guides, Pathfinders, Rangers, Junior Leaders, LINK and Adult Members! You might be thinking “I don’t own a forest, how can I be a forest steward?” The great news is, even if you don’t own a forest, you can still do your part to protect all of our magnificent forests in BC and around the world. There are lots of things that Girl Guides can do!

You are a forest steward when you choose to use products from renewable resources. You are a forest steward when you recycle wood and paper products. You are a forest steward when you keep the forest beautiful by not littering. You are a forest steward when you don't damage plants and trees unnecessarily. You are a forest steward when you protect the forest from wildfires.

Someday you might have a forest of your own. You will be a forest steward when you plan for and choose to do things in your forest that keep it healthy and productive for plants, wildlife, and people.



The forest is a great place to explore, but it must be taken care of when we visit.

Here are some simple tips to keep the forest happy.

- ⇒ Give animals their space. The forest is their home and we don’t want to disturb it.
- ⇒ Keep the forest clean. Pick up after yourself and leave no trace.
- ⇒ Extinguish all fires completely. Do everything you can to prevent wildfires.
- ⇒ Do not feed any animals that you see.
- ⇒ Advocate for the forest. Help the forest even when you are not on an adventure.
- ⇒ Check out all of the forest themed activities in this issue of the FunFinder!

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Walking in the Forest

Let's take a walk in the forest.
Walking in the forest. Walking in the forest. We're not afraid. We're not afraid.
Walking in the forest. Walking in the forest. We're not afraid. We're not afraid.
One step. Two steps. Three steps forward.
One step. Two steps. Three steps back.
Stop. Look. What's that?
It's a deer.
We're not afraid.

Let's stomp.
Stomping in the forest. Stomping in the forest. We're not afraid. We're not afraid.
Stomping in the forest. Stomping in the forest. We're not afraid. We're not afraid.
One step. Two steps. Three steps forward.
One step. Two steps. Three steps back.
Stop. Listen. What's that?
It's an owl.
We're not afraid.

Let's jump.
Jumping in the forest. Jumping in the forest. We're not afraid. We're not afraid.
Jumping in the forest. Jumping in the forest. We're not afraid. We're not afraid.
One step. Two steps. Three steps forward.
One step. Two steps. Three steps back.
Stop. Look. What's that?
It's a rabbit.
We're not afraid.

Let's skip.
Skipping in the forest. Skipping in the forest. We're not afraid. We're not afraid.
Skipping in the forest. Skipping in the forest. We're not afraid. We're not afraid.
One step. Two steps. Three steps forward.
One step. Two steps. Three steps back.
Stop. Listen. What's that?
It's a woodpecker.
We're not afraid.

Walking in the forest. Walking in the forest. We're not afraid. We're not afraid.
Walking in the forest. Walking in the forest. We're not afraid. We're not afraid.
One step. Two steps. Three steps forward.
One step. Two steps. Three steps back.
Stop. What's that smell?
Pee-yew!

Find the tune here: <https://supersimple.com/song/walking-in-the-forest/>

Songs to Sing

Tree Song

Once upon a time
There was a tree
The prettiest tree
That you ever did see!

Chorus:

*And the tree was in the ground
And the green grass grew all around, all around,
And the green grass grew all around!*

Now on that tree
There was a branch
Just the prettiest little branch
That you ever did see!

Chorus:

*And the branch was on the tree
And the tree was in the ground
And the green grass grew all around, all around
And the green grass grew all around!*

...add on twig, nest, egg, bird, wing, feather, flea, elephant!

Actions:

Ground: move both arms out from the body horizontally (i.e. as a movie director would when saying "cut!")

Tree: two hands trace parallel lines starting at the level of your head and heading downwards

Branch: hold one arm out as a branch

Twig: hold up your pinkie finger

Nest: cup your hands

Egg: make a fist

Bird: one hand pointed forward at your face as a beak, the other sticking out behind as a tail

Wing: flap one arm

Feather: trace the path a feather would take as it falls through the air

Flea: indicate something really small

Elephant: trace the outline of something really big!

Special thanks to the **British Columbia Youth Forum Rangers** for contributing these activities.

Forest Stewardship Pledge Activity

I, _____, pledge to be more aware of my impact on the forest. I will be a forest steward and be more conscious and responsible. I will try to change my behaviour and protect the forest in the following ways:

Forestry Products

- Only print items when absolutely necessary.
- Look for items made from recycled forest products.
- Reduce or eliminate paper towel usage and choose reusable cloths instead.
- Look for products made from bamboo.
- Choose to support companies that minimize packaging.
- Reduce, reuse and recycle paper and cardboard.
- Use a reusable shopping bag for grocery shopping.
- Support sustainable brands.



Fun in the Forest

- Take only pictures, leave only footprints.
- Stay on the trail when hiking.
- Pack out all garbage and recycling after spending time in the forest.
- Pitch tents on tent pads or in areas that are free of small plants and bushes.
- Do not rinse soaps or shampoos into streams, rivers, ponds or lakes.
- Only use biodegradable soap and keep wash stations at least 200 feet from water sources.
- Urinate 200 feet away from water sources, trails and campsites to avoid impacting the natural environment.
- Pack out your toilet paper if you do not have access to garbage facilities.



Wildfire Management

- Be aware of local fire bans and restrictions before heading into the forest.
- Clear an area at least 3m around the fire of twigs, sticks & leaves.
- Build campfires on bare soil.
- Do not leave your campfire unattended.
- Extinguish fires completely before leaving the area.
- Burn only combustible biomass found in forests, such as dried moss, needles, grasses, small twigs, shrubs, branches on the ground, downed trees, and logs.
- Report unattended fires.
- Don't play with matches, flint or lighters.
- Keep camp stoves and lanterns away from combustible materials.
- Perform regular maintenance on your camp stoves and lanterns to help prevent malfunctions.



Wildlife Management

- Do not feed any animals that you see.
- Give animals lots of space.
- Protect their food sources by keeping the forest clean and staying on the trail.
- Protect their water sources by keeping pollutants out of creeks, rivers, ponds and lakes.



Special thanks to the **British Columbia Youth Forum Rangers** for contributing this activity.

How to Make an Upcycled Bird Feeder

A sheltered southeastern exposure is best for hanging a bird feeder since birds like to feed in the sun and out of the wind. Birds also prefer to have a clear view over their feeding area so they can see any predators. Try keeping a log of the birds that visit your feeder. Share what you see with your unit.

Materials:

- Toilet Paper Rolls
- Bird Seed
- Nut butter (or alternative)
- Biodegradable string/twine
- Scissors
- Plate or bowl

Instructions:

1. Spread a layer of nut butter all over the outside of the toilet paper roll.
2. Place the bird seed onto the plate (or in the bowl).
3. Roll the toilet paper roll in the bird seed until you have covered all sides.
4. Cut a length of string or twine long enough to thread through the toilet paper roll, tie a knot and create a loop for hanging outside.
5. Thread the string/twine through the toilet paper roll and tie a knot to create a loop.
6. Hang your bird feeder from a tree or post outside.
7. Take some time to see what kind of birds visit your feeder!

Three Sticks

A playing area (woods or grass) is split into two halves. Each team makes a pyramid with 3 sticks in their own half of the field. A border made from sawdust, sand, sticks, rocks or any other material is marked out around the pyramid at a distance of



5 metres. Each team must now try to knock down their opponent's pyramid. Prisoners can be taken by tagging any opponents who are in your own field. Prisoners are placed within the 5 metre perimeter around the pyramid. If a player reaches the border without being tagged they may knock the pyramid over. Then all the prisoners are freed and the players have a free return to their own field.

Knocking Game

This game should be played in the dark with a larger group of people.

3-4 people hide in together within the designated playing area with a bag of glowsticks.

About every minute, the hiders use sticks or rocks to make a knocking sound. The rest of the group, the seekers, tries to find them.

Anyone who finds a member of hiding team receives a glowstick. The hiders remain hidden until everyone has a glowstick.

Packing Game

Remember all those hours of Tetris®? Put those skills to work playing this packing game with your unit to help them practice putting everything away after a fun camp in the woods.

- * Get some tubs, bags, or anything else that you would use to store camping supplies and pack them fully before the meeting.
- * Empty the tubs and pile the supplies before starting the activity.
- * Break your unit into groups of 3-5 and assign each a tub and pile of equipment.
- * Whoever can pack everything up fastest is the winner!

Tissue Paper Fire

It is important to make sure that you are following safe fire practices when camping or hiking in the forest. Clear an area at least 3m around the fire, of twigs and sticks. Brush any leaf litter and other debris away so the area is down to bare soil. Mark a boundary around the fire pit area with logs or sticks. Make sure there is plenty of room to move around the fire. Always check with local authorities before lighting a fire of any size. The BC Wildfire Service publishes local fire bans and restrictions: <http://bcfireinfo.for.gov.bc.ca/hprScripts/WildfireNews/Bans.asp>

Materials:

- Red tissue paper
- Orange tissue paper
- Yellow tissue paper
- Glue stick
- White paper
- Scissors
- Pencil

Instructions:

1. Draw and colour a campfire scene on your white paper
2. Cut the red, orange & yellow tissue paper into small squares
3. Using the eraser end of your pencil, wrap a square of tissue paper around the eraser
4. Apply glue to the part of the tissue paper that is against the pencil eraser
5. Use the pencil to press the tissue paper down onto the white paper
6. Repeat using all three colours of tissue paper until you have achieved a desired fire shape

Get Out!

(Sung to “BINGO”)

What happens if there is a fire ?

Do you know what to do ? Oh !

GET OUT ! QUICK , GET OUT !

get out ! Quick ,get out !

get out ! QUICK, get out !

Stay very low and go. GO !



What happens if there is a fire ?

Do you know what to do ? Oh !

STAY OUT ! DON'T GO BACK !

stay out ! Don't go back !

stay out ! Don't go back !

Don't go back in the house. No !

What happens if there is a fire?

Do you know what to do ? Oh !

GET HELP ! CALL FOR HELP !

get help ! call for help !

get help ! call for help !

Campfire Cones

Ingredients:

- Ice cream sugar cones
- Selection of yummy ingredients: mini marshmallows, chocolate chips, caramels, sliced fruit, Nutella, or whatever you like!

Directions:

1. Fill the cone with yummy ingredients
2. Wrap the cone in foil and bake it, grill it or heat it over a campfire
3. Unwrap the cone and enjoy!

Edible Camp Fire Starters

Using corn chips (or other chips with a high fat content) to start a fire is a common method used by campers and hikers. Since the chips have a high fat content, they burn easily and for a decent amount of time. This makes them a multifunctional camping essential — both as a snack and as a fire starter! Simply pile the chips and other kindling together to help start a fire. Try a variety of chips to see which ones work the best: Doritos, Corn Chips, potato Chips or Cheetos.



Fire Starters

With the correct supervision, youth members from all branches can learn to make and use homemade fire starters. Always be sure to check SafeGuide to see if your activity is **green**, **yellow** or **red**!

Materials:

- Egg cartons or toilet paper rolls
- Melted wax

Filler:

- Wood chips
- Small dried sticks
- Sawdust
- Lint
- Cotton balls

Instructions:

1. Gather your desired filler materials and other supplies
2. Fill your egg cartons or toilet paper tubes with your filler material (don't pack them too tight)
3. Once filled full, pour melted wax over the egg carton, or into the toilet roll, to fill the spaces
4. Allow it to solidify before moving
5. Bring on your next camping trip for a toasty warm fire

Fire safety

(Sung to "Skip to my Lou")

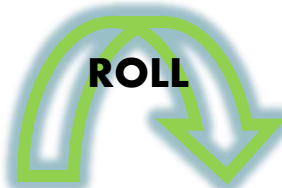
I found matches what do I do?
I found matches what do I do?
I found matches what do I do?
I'll throw them away or give them to you.



I see a fire, what do I do?
I see a fire, what do I do?
I see a fire, what do I do?
I'll get help- that's what I'll do.



If my clothes catch on fire
If my clothes catch on fire
If my clothes catch on fire
I will know just what to do:



Stop, Drop; lay down and roll
Stop, Drop; lay down and roll
Stop, Drop; lay down and roll
This is what we all should do!

Knot Tying Craft

Knot-tying skills are essential when camping. With these cool crafts, everyone in your unit can get some practice working with knots. [Here](#) is a link to a video for some easy macrame feathers -



perfect for a younger age group or anyone at the beginner level. If you're looking for something a bit more advanced, you can try out this awesome bracelet project using cobra stitch knots [here](#).

Winter Fire

We gather in the frosty air, around the camp-fire glow.

The dancing light spreads through the night and sprinkles diamonds on the snow.

And as the fire warms the air, I can feel it start.

To creep inside and spread out wide, to warm my Guiding heart.



How Many Words Can You Make?

How many words can you make out of the letters in
FOREST STEWARDSHIP

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____

⇒ _____



Important Discussions for Your Units

- What is a wildfire?
- How does a wildfire start?
- When are wildfires most likely to occur?
- How do wildfires impact the environment?
- Why are wildfires so destructive?
- How can we stop wildfires?

<https://cnr.ncsu.edu/news/2020/09/wildfires-expert-answers-to-your-burning-questions/>

Leave No Trace Challenge

Leave No Trace Categories

As the warm weather approaches, everyone is itching to get back outside. When you head into the woods, it is important to remember your duty to be good stewards of the natural world. There are so many ways to 'leave no trace' when taking your unit outside! Try this game to learn about them!

⇒ Give everyone a piece of paper with a grid like this one on it:

Animals	Campsites	Fire
Food	Garbage	Paths
Planning	Plants	Water

⇒ Call out a letter of the alphabet, and have everyone write one (or more, if you want to make the game harder) thing they can do to ensure they 'leave no trace' in that area. Whoever fills out their card first is the winner.

⇒ Sample game if the letter "**S**" is used:

⇒ **BONUS:** Use a different word starting with the letter, to keep the same word from being used every time.

⇒ If this is a little challenging, try listing a category instead, and have everyone try to come up with a tip for each letter of the alphabet.

Animals S pace should be given to wildlife	Campsites S mooth ground should be found for campsites, not created	Fire S tay near the campfire
Food S nacks should not be left out	Garbage S hut trash away to deter animals	Paths S tep only on the marked trails
Planning S hop for reusable camping supplies	Plants S tep lightly to avoid trampling plants	Water S oap doesn't go in streams or lakes

Campfire Breakfast Hash

Ingredients:

- ❑ 1/4 cup butter, cubed
- ❑ 5 cups (1.2kg) refrigerated, shredded hash brown potatoes
- ❑ 1 package (200g) frozen fully cooked breakfast sausage links (or a meatless alternative), thawed and cut into 1/2-inch pieces (optional)
- ❑ 1/4 cup chopped onion
- ❑ 1/4 cup chopped peppers
- ❑ 12 large eggs, lightly beaten
- ❑ Salt & pepper to taste
- ❑ 1 cup shredded cheddar cheese

Directions:

1. Set up a grill grate or cast-iron cooking tripod over your campfire.
2. In a deep 12-in. cast-iron or other heavy skillet, melt the butter. Add the potatoes, sausage, onion and peppers. Cook, uncovered, over the campfire until the potatoes are lightly browned, 15-20 minutes, turning once.
3. Push the potato mixture to the sides of pan. Pour the eggs into center of pan. Cook and stir over the campfire until the eggs are completely set. Season with salt and pepper. Move skillet away from the hottest part of the fire; stir the eggs into the potato mixture. Top with cheese; cover and cook until cheese is melted, 1-2 minutes.



Although s'mores and hot dogs probably come to mind when you think of campfire food, you can cook just about anything over a campfire with the right tools. Keep the following points in mind:

- ⇒ Make sure you are building a fire in a safe place.
- ⇒ Use the right equipment and method for the food you wish to cook.
- ⇒ Never use plastic in campfire cooking, as plastic melts.

Some cooking tools make campfire cooking a cinch, while others are a little more involved. It all comes down to the time and effort you want to put into meal creation, and how long you plan to camp. Preparation is key.

Campfire Cooking Tips

Recommended cooking Surfaces:

- Grill grate
- Rotisserie grill and spit
- Dutch oven stand
- Cast-iron cooking tripod

Pots and pans for campfire cooking:

- Cast-iron or aluminum grills, griddles, skillets and dutch ovens

Campfire utensils:

- Steel tongs
- Long-handled spoon (wooden, aluminum or stainless steel)
- Long-handled tongs (aluminum or stainless steel)
- Stainless steel skewers
- Heat-resistant grill gloves

<https://www.tasteofhome.com/recipes/camper-s-breakfast-hash/>

Have You Completed the Let's Get Cooking Challenge Yet?



This BC Camping Challenge provides tools and resources so that Sparks and Brownies can have fun learning the basic skills for meal prep, cooking and patrol duties at camp. With the help of the Let's Get Cooking activities, crafts, recipes and games, Guiders will be ready to get Sparks and Brownies cooking at camp. Talk to your Sparks and Brownies and decide if you are up for the challenge!

Special thanks to the **British Columbia Youth Forum Rangers** for contributing these activities.

SAFE GUIDE CONNECTIONS

Are you heading out into the forest for a hike or camp? Will you be gone for a few hours? All day? Or a few days? Will you be in the front country or back country? Be sure to sign in to GGC Member Zone and check out the most recent version of Safe Guide! Everything you will need to plan a safe and exciting adventure is outlined for you: activity levels; activity guides & planning; Safe Guide forms and submission timelines; first aid requirements; and supervision requirements.

<https://www.girlguides.ca/web/>

Forest Survival Kit

- ◇ Flashlight & batteries
- ◇ Signaling devices
 - ◇ Whistle
 - ◇ Mirror
- ◇ Water or water purification system
- ◇ Extra food
- ◇ Fire starters
- ◇ Bug repellent
- ◇ Compass/GPS & map
- ◇ Sunscreen, sunglasses & hat
- ◇ First aid kit
- ◇ Emergency blanket
- ◇ Shelter/tarp
- ◇ Rope & knife
- ◇ Extra clothes

Check the weather before you leave.

Let someone know where you're going and when you'll be back.

Dress appropriately for the weather & terrain.



WORD SEARCH

Adventures in the Forest

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

Bobcat	Hike	Mountain Lion	Grub	Trees	Rock
Flower	Wolf	Bugs	Ivy	Eagle	Possum
Woodpecker	Leaf	Acorn	Pinecone	Rabbit	Beaver
Porcupine	Weasel	Coyote	Fox	Frog	Chipmunk
Snakes	Skunk	Raccoon	Squirrel	Bees	Birds
Fish	River Otter	Caves	Picnic	Deer	Bear

Fire Safety Bookmark

Cut out this fire safety tip sheet and use it as a handy bookmark. Or laminate it and add it to your daypack as part of your “Be Prepared Kit” for hikes and camping trips.



Den Building


Building a den is a great activity test out a variety of ways to make a survival shelter while exploring your creativity and learning some of the basic mechanics of construction. This is a great team building activity for youth from all branches, from Sparks to Rangers.

For the best dens, you need to get creative with different woodland materials like twigs, leaves, logs and bracken. Experiment with a mix of man-made and natural materials and add in camping equipment – tarps, tent poles and pegs all make for useful modifications.

Get the kids into patrols and make it an exciting survival challenge. Set the scene:

- * Your patrol was out for a hike and wandered off the trail.
- * You have realized that you are lost and made the decision to stay put and prepare for nightfall.
- * Before you start a fire you decide to make a shelter to keep you dry overnight.
- * Your patrol has one hour before nightfall to build and test a shelter.

Now, let them lead the way with the construction and planning.

 As a bonus challenge, have the kids huddle in their shelter while you throw water over the top to simulate rain! See which group stays the driest.



Special thanks to the **British Columbia Youth Forum Rangers** for contributing these activities.

Edible Campfire

Edible campfire!



First, clear an area to prepare for the fire and get a bucket of water nearby.



Next, make sure to tie your hair up, and then make a fire pit ring. I used chocolate rocks but you can use anything else you have.

Now, add a fire starter, (raisins) and some tinder, (broken chow mein noodles).



Next, add the kindling, (hickory sticks) in whatever formation you would like.



It's time for the fire! Light an imaginary match and add some orange or red candies. I used cheezies.



Now, place some bigger logs, (pretzels) in the fire, and then add some more flames as the fire grows.



Roast some mini marshmallows and then you're done your edible campfire! Now it's time to eat it!



Special thanks to the **British Columbia Youth Forum Rangers** for contributing these activities.

Experiential Scavenger Hunt

Make a list of items that would most likely be found in the area you are camping and/or hiking in. Here are a few suggestions. You'll need to select items that are age appropriate and also available in your location. Be creative. This activity is a lot of fun for everyone.

Find:

Wild Flowers
Dead tree
Pine cone
Berries
Vine
Poison ivy
Stream or creek
Blade of grass
Clover leaf
Moss
Pine tree
Seeds or seed pod
Eroded soil
Smooth/shiny rock
Mud
Grain of sand
Fern
Y-shaped twig
Trash
Pine needles
Acorn or other nuts
Tree with blossoms
Hole in a tree
Ponded area in a creek
Dark or light green leaf
Small pebble
Unusual shaped leaf
Rocks with many colors
Different shades of green or brown
Dew on a flower or leaf
Fungus on a tree
Shows next season is coming

Animal tracks
Worm
Caterpillar
Squirrel
Bird
Ant
Butterfly or moth
Snail
Beetle
Feather
Lizard
Ladybug
Spider web
Birds nest
Insects on a tree
Deer tracks
Animal hole in the ground
Deer
Frog
Leaf with insect holes
Evidence of the presence of animals
Evidence of the presence of people

Listen to:

Leaves under your feet
Wind in the trees
Sound of a bee
Birds singing
Cricket
Water running in a creek
Noises in the woods

Feel:

Tree bark
Prickly plant
Wet mud
Rotten wood
Wind blowing on face
Texture of various rocks

Smell:

Pine tree
Flower
Mud
Green grass
Fresh air
Cedar tree

Watch:

Animals eating
Leaf falling to the ground
Spider web w/insect
Ant moving something
Wind blowing the leaves
Fish jumping
Clouds going by
For something funny
For something unusual
Sunlight coming through trees
Sunrise or sunset
Stars in the sky
Lightning Bugs
Reflection in the water
Trail markers
Animal homes or shelters



BC Council

BC Girl Guides Youth Forum

This issue of the FunFinder was created and edited by the BC Girl Guides Youth Forum. The Youth Forum is a group of Rangers who provide input and insight into Provincial Council initiatives and decisions.

Each spring the BC Youth Forum puts out a call to Rangers to apply to join them.

Email us at bc-youthforum@girlguides.ca for more information!



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