

### **Come On, Nova Scotia Guiding, let's Lace 'em Up!**

Results from a National survey conducted by Globe Scan and Girl Guides of Canada-Guides du Canada, from randomly selected registered girls and their caregivers show caregivers are very satisfied with Guiding and the activities offered. A small percentage of those surveyed though, thought Guiding needed more focus on the outdoors and being active.

Well, N.S. Guiding, LET'S SHOW THEM!!!

Here are some great activities that can be completed during your weekly unit meeting, a sleepover/camp or even a Community or District event. Most of these activities are inexpensive to carry out and could potentially turn into membership recruitment as well.

ACTIVE LIVING is more complex than just moving around - it's about physical and mental health.

To earn this challenge, please complete the number of activities from each section depending on your branch:

- Sparks/Embers-1 from each section-total of 3;
- Guides-1 from each section plus 1-total of 4;
- Pathfinders/Rangers-1 from Healthy Eating and Physical Activity, 2 from Mental Health plus 1 additional-total of 5.

Depending on your branch, attempt to complete a service component of the challenge also. Of course, you are welcome to complete more, the sky is the limit!!!

Want the girls to help choose the activities? Print the sneaker and let them decide on the options, then once they've completed them, they can colour them in.

#### **Physical Activity**

- P1. Check out the YWCA or other community resources for activity classes, Tai Chi, Tae Kwon Do or Zumba are some examples.
- P2. Host a bring a friend night and be physically active. Perhaps a dance party with music and light refreshments, maybe glow bowling or rock climbing, how about creating an obstacle course for them to follow and then play some wide games. Need some wide game ideas? [http://dragon.sleepdeprived.ca/games/wide\\_games/wide\\_games.htm](http://dragon.sleepdeprived.ca/games/wide_games/wide_games.htm)
- P3. Use active transportation to get to your meeting or to a unit outing.
- P4. Most everyone loves music of some sort, so why not try moving to the music in a way that makes you feel comfortable? Not sure where to start, check out you tube videos of various dance moves. There's also dance videos for Wii, Xbox and Playstations that can get you moving. Turn the music up and move in a way that feels good to get your groove on!
- P5. At your unit meeting, have the girls take turns demonstrating a physical skill they are good at. Some examples...cheer move, how to dribble a basketball.
- P6. Plan a community night with your unit (or Guiding community) and do something physical. Maybe a group hike, scavenger hunt (with prizes), skate, or swim.
- P7. Geocaching is a great physical activity that also encourages team building and perhaps a bit of competition. There are many community recreation departments that offer basics of geocaching, or reach out to your local Guiders and friends for help. Geocaching apps can

be downloaded onto your smartphones or tablets and around every corner there's caches. Make sure when you find a cache with a log, you are able to at least sign your unit name and also, that when you have found the cache, you log it. It's super cool to look at the history of the geocaches and see unit names. You can also find Geocaching material that are available for print for those that would rather print before you join in. Looking for a great prize to put in your cache? Why not use up those retired unit badges/insignia, check around, I'm sure someone has some they'd offer to give you.

- P8. Offer to help with household chores such as mowing the lawn, washing the car, vacuuming, floor cleaning, etc. (this is active living too!)
- P9. SERVICE: Volunteer at one of the many fun runs/walks they have in the province such as Relay for Life, Sole Sisters, Bluenose, Fiddlers Run, Maritime Race Weekend, etc. There are many components to putting together a race, registration bags need to be stuffed, water stations, clean up after the race, etc. Many opportunities for girls to give back to their community.

### **Healthy Eating**

- H1. Try at least 1 new fruit and 1 new vegetable during your meeting.
- H2. Who says you can't play with your food? Using food in different colours and shapes create food art. Make a simple stick person using celery sticks and cherry tomatoes or a rainbow. Make categories for most artistic, most colourful, and have your unit judge all of the entries, similar to an awards show. Or you could award each participant a winner with their own category. Of course, they get to eat their reward!
- H3. Book a nutrition tour of your local supermarket with their in-store dietician. Superstores offer guided tours that you can book through here: <http://www.fieldtripfactory.com/>
- H4. Host a Master Chef style competition. Give each participant some ingredients and have them create a recipe, prepare and serve a snack or meal to the judges (the leaders). This would be a great camp activity, or even a bridging event and have guests come in and judge. Remember to check for allergies, and monitor when using stoves, burners, etc. Prepare appropriate safe guide documents if using fire, etc.
- H5. Plan and cook a meal for your friends or family or community.
- H6. Try a new way to eat or drink your fruits/veggies using an appliance. Some examples are: food processor, blender, juicer, dehydrator.
- H7. Learn the difference between fuel foods and fun foods. Make up a commercial or public service announcement about a fuel food. If possible, video tape it and play back to the girls. Or, invite another unit and/or caregivers to your meeting to watch in person.
- H8. SERVICE: Look at the Canada's food guide and plan a snack or meal. IF possible, purchase those ingredients or bring in from home and donate to the local food bank, soup kitchen or women's shelter.

### **Mental Health**

- M1. Learn one quick way to release stress eg. Breathing, meditation, mindfulness, yoga.
- M2. Mindfulness is described as being present and fully focused on a task and assessing how your body reacted to that task. Take a food object of your choice, something small that the girls can hold easily. Have them relax, perhaps turn down the lights, play some soft, soothing music. Look at the object, ask them to describe the colour, shape, any small imperfections. How does it feel, is it sharp, heavy, what is the texture? How about smell, is it pleasant, offensive. Now let's talk about the taste, was it worth the wait? Reflect now on how challenging the activity was. What did you notice about your body, your thoughts, your breathing? Share with your group.
- M3. Feelings from a Hat! On slips of paper, either write or draw pictures of several different feelings and place in a hat. Have each person draw from the hat and act out the feeling while the rest of the group try to guess it. Talk about the feelings after, were they easy to

demonstrate, were some more difficult to guess? Examples of feelings: sad, confused, happy.

- M4. Feelings memory game-using clipart from the Internet or hand drawn, create a memory game for your unit using facial expressions of feelings. Have them take turns flipping the playing pieces over to reveal feelings and find the pairs. Once the pairs have all been found, discuss the feelings with the girls.
- M5. Make a stress ball - <http://familycrafts.about.com/cs/craftsupplies/ht/StressBall.htm>
- M6. Invite a nurse or guidance councilor into your unit meeting. Find out what types of services or resources are available in your community or school to assist girls with mental health questions or concerns. With your unit, create a list of questions to ask your guest. For example: my friend hasn't been coming to school lately, and doesn't answer my calls, texts. Her facebook statuses are very sad. What can I do?
- M7. At your unit meeting, make a "feeling grateful" jar by decorating a container with bright coloured paper, flowers or glitter, etc. Take it home and each morning either draw a picture or write down something you are grateful for. Bring it to your meeting and share with your unit.
- M8. Say at least 1 nice thing to a friend, family member or someone at school each day for a week
- M9. Based on your strengths, what type of superhero would you be? Draw a picture of yourself as a superhero or use the link here to print and cut out superhero costumes: <http://thebroodinghen.blogspot.ca/2010/08/superhero-paperdolls.html> , create a comic of your superhero and how you would make a difference in the world or using costumes, have a dress up time where you get to show what your superhero costume is.
- M10. OPTIONAL-Have an active campfire using songs with lots of actions.  
Here are some examples: 40 years on an Iceberg, Aunt Ola, Disco, Swimming Pool, , My Bonnie, Alice the Camel, Head and Shoulders, Knees and Toes, Herman the Worm, My Name is Joe.

### **Resources:**

- Listed below are resources for several organizations that promote physical activity, campfire song links as well as mental health experts.
- Participation <https://www.participaction.com/en-ca>
- Hike N.S. <http://www.hikenovascotia.ca/>
- Sport N.S. <http://www.sportnovascotia.ca/FindaSport/OurMembers/tabid/257/Default.aspx>
- Nova Scotia Trails: <https://nstrails.com/>
- More Walking Trails: [www.southshoreconnect.ca/](http://www.southshoreconnect.ca/);  
<http://www.highlandconnect.ca/>;<http://www.halifax.ca/rec/>;<https://fundyconnect.cioc.ca/>
- <https://valleyconnect.cioc.ca/>;<https://capebretonconnect.cioc.ca/>
- Kids Help Phone: <https://kidshelpphone.ca/>
- Songs for Campfires: <http://dragon.sleepdeprived.ca/>
- Program Connections:
- We've included the program connections for each branch below, if you find more, please let me know so I can add them to the list. [Ns-program@girlguides.ca](mailto:Ns-program@girlguides.ca)

Please complete the Order Form, on the Challenges page, to order your Provincial Active Living Crests.