



YOUTH FORUM CHALLENGE Program Guide



YOUTH FORUM CHALLENGE



Welcome to the 2022 Quebec Provincial Youth Forum Challenge.

The challenge consists of **eight different parts**. Each Youth Forum member has created one section based on one of their passions. The eighth and final section was created together as a group.

Guiders, in each section, there is a part that explains where this activity fits into the Girls First platform. Please read through these notes, as each activity in this challenge counts towards the program in one way or another.

To order the crest by challenge section, use this [order form](#). QC council units who do the challenge will receive the crests for **FREE** while supplies last. Units from other provincial councils can order crests using their unit pcard.

Crest Order Form

To earn a section of the crest:

Sparks must complete 2 activities from each section and 1 activity from the Team Building section

Embers must complete 2-3 activities from each section and 1 activity from the Team Building section

Guides must complete 3-4 activities from each section and 2 activities from the Team Building Section

Pathfinders must complete 4 activities from each section and 2 activities from the Team Building Section

Rangers must complete 4 activities from each section and 2 activities from the Team Building Section

Good luck and have fun!



Zoé: Camping Skills



1. Knots Race

Required material(s):

Rope, shoelace or a Guiding scarf

Discover how to tie different knots by looking at diagrams. We suggest learning how to tie a Reef Knot, Clove Hitch and Bowline Knot. However, you may choose to try different knots depending on the age of your youth members as well as their past experiences with knot tying. Before searching for how to tie each knot, ask your group if anyone already knows how to tie the knot. If they do, ask them to demonstrate for everyone else. Try to discuss and come up with ideas as to where these knots would be useful. Once everyone has practiced a couple of times, hold a knot race! See who can tie the knots the fastest. We encourage you to consult the Girls First platform for knot-tying resources if needed.

How does this activity fit into the program?

For **Sparks**, **Pathfinders** and **Rangers** this counts as a Units Own activity for the Camping Skills and Adventures badge

For **Embers**, this counts as the “Knot” Your Average activity for the Camping Skills and Adventures badge

For **Guides**, this counts as the What’s “Knot” to Like? Activity for the Camping Skills and Adventures badge

For **all levels**, if you tie Reef knots, then this also counts as the Tying Reef Knots activity for the Our Story badge.

2. Campfire

Plan and carry out a campfire. Start by brainstorming your units' favourite songs. Once you have a list, organize your songs as your unit best sees fit. Usually, campfires start out slow and small, maybe with a gathering song, and work its way to a large fire, with active songs. Then, the fire dies down to embers, which usually consists of calmer, slower songs and a closing.

How does this activity fit into the program?

For **all levels**, this counts as the Come Together at the Campfire activity for the Spirit of Guiding Badge





3. Map it out

Required material(s):

- A physical map of your meeting area or access to google maps
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Plan your urban hike using a physical map or google maps. Find a destination you would like to hike through, and look at markers you can use during your urban hike to see how far you have walked. Maybe it's a specific park, store, or municipal building, it's up to you.

How does this activity fit into the program?

For **all levels**, this counts as the Urban Hike activity for the Local Communities badge

4. Construct Your Campsite

Required material(s):

- Paper, colouring pencils/markers or a computer
 - If you choose to physical build your site: tents and other camping materials
-

Design your ideal campsite by either drawing/virtually designing it or building it in person. Start by brainstorming what you would want at your campsite. Would you be camping in tents? How many would you need? Then, choose your ideal location. Once you have decided on a space, start organising the site. Would you place the tents in a circle? Where would you put your campfire? Are you missing anything else? Once you have your ideas, draw/build your campsite either in small groups or as a unit.

How does this activity fit into the program?

For **Sparks** and **Embers**, this counts as a Units Own activity for the Camping Skills and Adventures badge

For **Guides**, this counts as the Guide Camping Awards Planning activity for the Camping Skills and Adventures badge

For **Pathfinders** and **Rangers**, this counts as the Site Designer activity for the same badge



5. Do's and Dont's of Camping



Read the following statements to your group. Once everyone has heard the statement, ask your youth members to raise their hand or go to one side of the room if they agree with the statement, and the opposite if they don't. Once everyone has taken a side, discuss why your youth members think it is a "Do" or a "Don't". Once you have gone through the statements you choose to say, maybe ask your youth members if they can come up with any questions. Guiders, in advance, read through the statements below. Please adjust them according to your group's age and experience. These may be too easy or difficult for them.

1. When you go camping, you should bring your fun pair of jeans
2. At a campsite you should never clean up your garbage. Just leave it there!
3. Before going camping, you should not check the weather. You'll deal with it while camping.
4. You should leave the campfire burning all night, while unattended.
5. When you go camping, you should always bring at least one First Aid kit.
6. When you go camping, you should bring your computer or iPad.
7. Before leaving to camp, you should check your tents to make sure that you have all the required pieces and that there are no problems with the tents.
8. Before camping you shouldn't make a meal plan. You'll figure out meals once you're at the site.
9. When you're walking in the forest for a hike, you should make your own paths, and not use the established ones.
10. When you go camping, you should bring your big mattress from your bed at home.
11. When you are packing to go camping, you should most probably pack some warmer layers, especially for the night.
12. When you go camping, you should bring your pet hamster.
13. You should never book your campsite before you leave, there will be plenty of space when you get there.
14. Look around your campsite before you choose to set up your tent. It is always good to check for big rocks, the hard ground or even slants.
15. When you go camping, have fun, but be safe. Your safety as well as your group's safety is the most important.

How does this activity fit into the program?

For **all levels**, this activity counts as a Units Own activity for the Camping Skills and Adventures badge



Chiara: Communication



1. Debate It

Read one of the prompts below. Then, split the youth members into two groups to debate it. For younger members, you may choose to group-debate right away. However, with an older group, try splitting the unit into smaller teams, and give them a couple minutes to formulate their arguments. Please do whatever is best for your group and adapt the activity to best fit the age of your unit.

Prompt ideas:

- Dogs are better than Cats (or vice versa)
- Chips are better than chocolate
- Hiking is more fun than swimming
- Reading is more fun than watching television
- Pancakes are the best breakfast food
- Everyone should always have three-day weekends, and a four-day school/work week
- The best summer Olympic Sport is Gymnastics
- Chocolate Mint Cookies are better than the Vanilla Chocolate sandwich cookies

How does this activity fit into the program?

For **all levels** this activity counts as a Units Own activity for the Life Stuff badge

2. Statement Spectrums

Required material(s):

- The prompts below
- Tape to mark six lines on the floor or six different markers

Start by marking six different lines on the floor using tape, or any other marker. The lines will represent strongly disagree, disagree, somewhat disagree, somewhat agree, agree and strongly agree. Have your youth members go to a line. Next, a Guider should read out a statement either they created or one from the list below. Once the statement is read, have youth members move to the line that they feel best suits them. Once everyone has moved, ask if any youth member





would like to share why they have chosen their line. Next, repeat the process with another prompt. If you are meeting virtually, simply have the youth members change their username to what their opinion would be and move onto the discussion from there.

Prompt ideas:

- Camping is my favourite activity in Girl Guides
 - Active songs are the best songs to sing at a campfire
 - Math is the best courses in school
 - I want to travel the world
 - When I am older, I want to become a Girl Guide Leader
-

How does this activity fit into the program?

For **all levels** this activity counts as a Units Own activity for the Life Stuff badge

3. Make a Story

Required material(s):

- Paper
 - Pencils/a writing utensil
-

On individual pieces of paper, each youth member should write the first sentence to a story. Once everyone has finished writing, have each member pass their paper to the person to their right. They must write the next sentence to the story. Continue this process until each member ends up with their initial paper. If you are a small group, you may choose to go around the circle with the same stories more than once. When everyone has their own story, write a one sentence conclusion, then share your story with the rest of the group. For online units, use the private chat to pass on the story.

How does this activity fit into the program?

For **all levels** this activity counts as a Units Own activity for the Our Story badge





4. Pictionary

Required material(s):

- Paper
 - Pencils/a writing utensil
 - A list of drawing prompts
-

Pictionary is a fun game where one person draws a picture of something, and everyone else must try to guess it correctly as fast as possible. For this game, one youth member will randomly have to select a prompt. Once they are prepared, they can start drawing their prompt. Everyone else must try and guess what they are drawing. The first person who guesses it correctly draws next. If you are holding an online meeting, either use the annotate function or search online for a Pictionary platform you can all play on.

How does this activity fit into the program?

For **all levels** this activity counts as a Units Own activity for the Spirit of Guiding badge

5. Future Thinking

Required material(s):

- Magazines
 - Poster board/cardboard
 - Glue
 - Scissors
-

With your group, set a “time period” for your goals. Are you looking at the next couple months? The next year? Next, think about your goals and aspirations for this time-line. This can be done through group discussion or individually, whatever works best. After you think of some goals, start looking through the magazines and choose images and words that best represent these goals. Cut them out and glue them to your poster board. Once everyone is finished, you can choose to ask participants explain to the unit their vision board and what they hope to accomplish.

How does this activity fit into the program?

For **all levels** this activity counts as the Into the Future activity for the Life Stuff badge





Isabella: Self-Care

1. Gratitude/Reflection Journal

Required material(s):

- Paper
 - Pencils/a writing utensil
-

Challenge your unit to reflect on their day through journaling at the end of your meeting. For inspiration, your unit can follow the prompts or use their own. Younger units may choose to draw instead of write.

- What are 3 things you were proud of yourself for doing today?
 - What is one thing you would like to accomplish during the next meeting?
 - Reflect on your general mood, what activities made you happy?
 - Name 3 reasons why you are grateful for the youth/guiders in your unit?
-

How does this activity fit into the program?

For **all levels** this activity counts as a Units Own activity for the My Mighty Mind badge

2. Meditation

During your meeting, take time to follow a guided meditation. Choose one that best suits your unit, as well as your meeting space. You may choose to use one from the internet, or one a Guider in your unit already knows. Your unit can be sitting on mats, in chairs, or on the ground, whatever position they feel most comfortable in. Afterwards, reflect on this activity. How did it make you feel? Would you like to try this again?

How does this activity fit into the program?

For **Sparks**, **Embers** and **Guides**, this counts as a Units Own activity for the My Mighty Mind badge

For **Pathfinders** and **Rangers**, this activity counts as the Dealing with Disconnection activity from the Life Stuff badge





3. Relaxation Routine

Ask your youth members to take a minute and reflect on 3 activities they can do throughout the week to help relax. It could be drawing, taking a walk-in nature, talking with friends or even playing games. Each person's list can be different. One at a time, discuss your lists and the reasons for why they chose each activity. Once everyone has shared, vote as a unit on two activities that each member can do at some point before your next unit meeting.

How does this activity fit into the program?

For **all levels** this counts as the Find Your Best Balance activity for the My Physical Self badge

4. Participate in your hobby

Have your youth members track how often, and for how long they take part in their favourite hobby over the course of the week. This could be reading, creative writing, or any other activity that they enjoy doing. At your next unit meeting, discuss if your unit had noticed any changes in their mood? Did they feel more content after doing these activities? As well, ask and discuss why they love partaking in their hobby/hobbies.

How does this activity fit into the program?

For **all levels** this counts as a Units Own activity for the My Mighty Mind badge

5. Relax through physical Activity

As a unit, try some physical activity such as yoga or Pilates that can strengthen your body and clear your mind. You can find guided yoga online, if you choose to do so. Practice your chosen activity for at least 10 minutes and reflect on how your unit feels afterwards.

How does this activity fit into the program?

For **all levels** this counts as a Units Own activity for the My Mighty Mind badge





Naomi: STEAM

1. Math Brain Teaser Kahoot

Required material(s):

- A computer
 - Electronic device for each member who chooses to play
-

Go on the Kahoot! webpage and choose a math related Kahoot that best suits your unit. Once you have selected it, play at your next meeting. If wifi and electronics are not available, Guiders can copy the questions and answers onto a paper to do at their next unit meeting.

How does this activity fit into the program?

For **all levels** this counts as a Units Own activity for the Science Lab badge.

2. Stop Motion Videos

Required material(s):

- A computer
 - Paper and pencil crayons or clay
-

Have you ever heard of a Stop Motion Animation? Learn about this form of animation through discussion. Has anyone in your unit watched a stop motion movie? Have they ever made one before? As a unit or in smaller groups, make a short stop-motion animation video. Your group can use paper or clay to make characters. Use an online platform to make the video.

How does this activity fit into the program?

For **all levels** this counts as a Units Own activity for the Science Lab badge.



3. Elephant Toothpaste Experiment

Required material(s):

- Dry Yeast (one packet)
- Hydrogen Peroxide
- Tablespoon Measuring Cup
- Empty 16 oz Soda Bottle
- Food Colouring
- Measuring Cup
- Mason Jar or Small Cup
- Warm Water
- Tray
- Goggles

Try the Elephant Toothpaste Experiment that can be found on the Girl Guides Quebec Official Youtube Channel. Follow the instructions from the video and try the wonderful experiment for yourself. Find the video through this link:

<https://youtu.be/jwyxFBAAKsQ>

How does this activity fit into the program?

For **Sparks**, **Embers** and **Guides**, this counts as the Elephant Toothpaste activity for the Science Lab badge

For **Pathfinders** and **Rangers**, this counts as a Units Own activity for the Science Lab badge

4. Cup Stacking using Elastic Bands

Required material(s):

- Elastic bands
- Plastic cups
- String

Divide your unit into small groups. Provide each group with the same number of cups and one elastic band that has multiple long strings tied to it. There should be one string for each member of the group. Once everyone is ready, set a timer for 10 minutes and see which team can build the tallest tower. Participants are not allowed to touch the cups. They are only allowed to hold their strings. Participants



must communicate with each other to manipulate the strings and elastic to move cups and build a tower.



How does this activity fit into the program?

For **all levels** this counts as a Units Own activity for the Science Lab badge

5. Marshmallow Construction

Required material(s):

- Marshmallows
- Toothpicks

In small groups or individually, use marshmallows and toothpicks to make wacky, but stable structures. See how long, and high you can make your structure, and try to give it unique and fun features.

How does this activity fit into the program?

For **all levels** this counts as a Units Own activity for the Science Lab badge

Prachi: Get Moving!

1. Balloon Volleyball



Required material(s):

- Balloons
- Rope or tape or any other marker

Blow up 1 balloon the size of a volleyball (medium size). Split the room/area in 2 with a rope or any other marker, like tape. Each player has to work together with their group to make sure that the balloon doesn't hit the floor. It's like volleyball, but the ball is lighter and moves quicker! Each time the balloon hits the floor, a point is assigned to the team. The team who reaches 15 points loses, so make sure you keep the balloon in the air!

How does this activity fit into the program?

For **all levels** this activity counts as a Units Own activity for the My Physical Self badge





2. Animal Race

Line up everyone at the starting point and pick a host to call out different animals a couple metres ahead of the “starting line.” Instead of running when you hear go, youth members must move like the animal that’s called. For example, if the host yells “crab,” the players must move on all fours until the next animal is called. Make sure the host calls out different animals every few seconds to keep the game speedy and quick!

How does this activity fit into the program?

For **all levels** this counts as a Units Own activity for the My Physical Self badge

3. Chair Stretches

Required material(s):

Chairs

Learn how to do different stretches while sitting on a chair. Can you take stretches you usually do and adapt them to work while sitting down? If you are in need of inspiration, search different stretches through the internet. Try to participate in between 7 and 10 different stretches.

How does this activity fit into the program?

For **all levels** this activity counts as a Units Own activity for the My Physical Self badge

4. Exercise Charades

Create a list of exercises your unit members can all participate in and may already be familiar with. Next, choose one youth member and give them one of those exercises. They should read the description silently and attempt to act out/demonstrate this exercise to the rest of the unit. Players must guess the exercise. The first to guess correctly is the next to demonstrate an exercise.

How does this activity fit into the program?

For **all levels** this activity counts as a Units Own activity for the My Physical Self badge



5. Spell Your Name



Share the list below with your unit and as a group, have each youth member spell out their names by doing the corresponding exercises below or get creative with the exercises your unit members can each participate in and do together.

A 10 Sit-ups	N 45 Butt Kicks
B 30 Arm Circles	O 1 minute Wall Sit
C 15 Mountain Climbers	P 10 Squat Jumps
D 10 lateral lunges	Q 16 Side Leg Raises
E 25 Jumping Jacks	R 10 touch the floors on one leg
F 30 Second Flutter Kicks	S 45 High Knees
G 15 Crunches	T 5 Burpees
H 45 second sprint in place	U 10 push-ups
I 10 Squats	V 16 knees to elbows
J 20 Calf Raises	W 15 Lying down leg raises
K 10 Jumping Lunges	X 10 Supermans
L 30 second plank	Y 12 Jump lunges
M 16 Lunges	Z 10 frog jumps

How does this activity fit into the program?

For **all levels** this counts as a Units Own activity for the My Physical Self badge



Emma: Expression Through Art



1. Writing

Required material(s):

- Paper
 - Writing Utensils
-

Write a short story or poem about your favourite camp, a fictional camp or your favourite guiding experience. If none come to mind, write about what you hope to do during this guiding year or next.

How does this activity fit into the program?

For **Sparks**, this counts as the Comic Strip Stories activity for the Art Studio Badge
For **Embers** and **Guides**, this counts as a Units Own activity for the Art Studio Badge
For **Pathfinders** and **Rangers**, this counts as the World Builder activity for the Art Studio Badge

2. Art

Required material(s):

- Art
 - Art supplies (paint, colour pencils or anything else your unit would like to use)
-

Using your art skills draw yourself as a Girl Guide doing your favourite activities. Use whatever methods you'd like. You can use pencil crayons, paint, or anything else you'd prefer to use.

How does this activity fit into the program?

For **Sparks**, **Embers**, **Guides** and **Pathfinders**, this counts as the Units Own activity for the Art Studio Badge
For **Rangers**, this counts as the Story Art activity for the Art Studio Badge

3. Dance

In small groups or as a unit, play your favourite song and create choreography to go with it. If you do this in smaller groups, don't forget to share your dance with the rest of your unit!



If this is not possible, ask the youth members and Guiders to teach the unit their favourite camp songs and gestures that go with it!



How does this activity fit into the program?

For **Sparks**, this counts as the Prop it Up Dance activity for the Art Studio Badge
For **Embers**, this counts as the Dance Charades activity for the Art Studio Badge
For **Guides**, this counts as the Mindful Movement activity for the Art Studio Badge
For **Pathfinders** and **Rangers**, this counts as a Units Own Activity for the Art Studio Badge

4. Music Through Instruments

Required material(s):

Musical Instruments

Do you play an instrument or are interested in learning one? share with your unit, friends and family about why you enjoy playing it. Teach or show the rest of your unit a song/piece you've been working on. Feeling creative? Make your own instrument.

How does this activity fit into the program?

For **Sparks**, this counts as the Kitchen Toons activity for the Art Studio Badge
For **Embers** and **Guides**, this counts as the Making Music activity for the Art Studio Badge
For **Pathfinders** and **Rangers**, this counts as a Units Own activity for the Art Studio Badge

5. Write Your own Music

Required material(s):

Paper
 Writing Utensils

Create your own Camp Song that you can sing at your next campfire. If you'd like, add gestures to it.

How does this activity fit into the program?

For **Sparks**, this counts as the Make Some Noise activity for the Art Studio Badge
For **Guides**, this counts as the Change the Words activity for the Art Studio Badge
For **Rangers**, this counts as the Be Lyrical activity for the Art Studio Badge
For **Embers** and **Pathfinders**, this counts as a Units Own activity for the Art Studio Badge





Evelyn: Sustainability

1. Nature Walk

As a unit, go for a walk around your Neighbourhood or local park. During your walk, try to pick up garbage safely, find three new plants you have never seen, or try to observe the birds and animals that you cross paths with. Take a minute to listen to the sounds around you. What do you hear? Once you return, discuss what was your favourite thing about your walk? Did you learn something new about the nature around you?

How does this activity fit into the program?

For **Sparks**, **Embers** and **Guides**, this activity counts as a Units Own Activity for the Our Shared Planet Badge

For **Pathfinders** and **Rangers**, this counts as the Neighbourhood Audit activity for the Our Shared planet badge

2. Swap!

Required material(s):

Different items to swap

As a unit, bring different items that you are no longer using to your meeting. This can be clothing, accessories, or books. Anything that you think is a good trade. By swapping it with someone else in your unit, you are giving it a second life so that the item does not end up in landfills.

How does this activity fit into the program?

For **all levels** this activity counts as the Host a Swap Night activity as a part of the Our Shared Planet Badge

3. Re-purpose

Required material(s):

Recycled material

For this activity, bring to your meeting different old materials or things that can be recycled, like old boxes, packaging, or anything you think can be re-purposed. Using





the materials you gathered and found, try to re-purpose them into something new. You can try to build different inventions, or useful items like a desk organizer. As well, as a unit, you can try to make art out of the items you have found.

How does this activity fit into the program?

For **Sparks**, **Embers** and **Guides**, this counts as a Units Own Activity for the Our Shared Planet Badge

For **Pathfinders**, this counts as a Upcycle Challenge for the Our Shared Planet Badge

For **Rangers**, this is the Upcycled Innovations Challenge activity for the Our Shared Planet Badge

4. Let's Party!

Required material(s):

- Paper
 - Pencils
 - Kitchen space if you are cooking, preparing or baking your snacks
 - Refrigerator (if applicable)
 - Kitchen items required to prepare the food
 - Napkins, dishes and utensils
-

Have you ever considered how so much of the food we consume is wrapped in plastic? As a unit, plan a party and discuss your favourite snacks. Once you have a list, consider which snacks are plastic wrapped. If you plan on cooking or baking, consider if the ingredients you will use are wrapped in plastic. Next, consider how you can decrease your plastic consumption at this party. Could you buy the same snack but in a different packaging? Can you use compostable utensils and plates at this party? As a unit, you may choose to substitute snacks completely if there is no alternative to the plastic wrapped item. Once you have a plan, buy the snacks and have your party!

How does this activity fit into the program?

For **all levels** this activity counts as the Food for Thought activity for the Our Shared Planet Badge



5. T-Shirt Bags



Required material(s):

- Old T-Shirts
- Scissors
- Elastic bands

Each member in your unit will need an old shirt they are no longer using. First, they must turn the shirt inside out, and cut off both sleeves at the seams. Once everyone has done this, cut the neckline to make it a bit larger. Now you have two options on how to tie your bag. First one is to take an elastic and wrap it around 3 inches from the bottom. Then turn the shirt right side in. Second option is to cut the bottom of the shirt into 4 stripes, then tie them together and turn the bag right side in. Now you have a shopping tote bag made from a recycled shirt.

How does this activity fit into the program?

For **all levels** this counts as a Units Own Activity for the Our Shared Planet Badge

All Together: Team Building



1. Undo the Knot

Required material(s):

- Colourful string

Grab 1 coloured string for every 2 unit members. So, if there's 10 participants, get 5 strings (each pair gets the other end of the same string). Lay all the strings out and slowly begin to knot them. To do so, place all the strings like an asterix and begin folding them over each other, under each other, etc. Do this until a big knot forms. Then, each group must take each end of the strand assigned to them. All the youth members must work together to untangle the challenging knot. There's one exception: you cannot let go of the string. You can go under each other's strings and twist your body to make sure the knot can untangle itself, just don't let go of your side of the string. Remember to communicate with each other!



How does this activity fit into the program?

For **Sparks**, **Embers** and **Pathfinders**, this counts as a Units Own Activity for the Guide Together Badge

For **Guides**, this counts as the Knotted Up Activity for the Life Stuff Badge

For **Rangers**, this counts as the Knot It activity for the My Healthy Relationships Badge



2. Friendship Bracelets

Make fun friendship bracelets as a unit. You can use string, beads, or anything else your unit chooses to. Try different bracelet making techniques, or learn from youth members in your group who already know how to make them.

How does this activity fit into the program?

For **all levels** this counts as the Connection Bracelet activity for the My Healthy Relationships Badge

3. Gratitude Statements

As a unit, show your gratitude for each other by building “When you, I” statements. Going around the circle clockwise, each member must make a statement starting with “when you” for the person to their left and share how it makes them feel.

How does this activity fit into the program?

For **Sparks** and **Embers** this counts as a Units Own Activity for the Our Story Badge

For **Guides**, **Pathfinders** and **Rangers** this counts as the When You, I... activity for the My Healthy relationships badge

