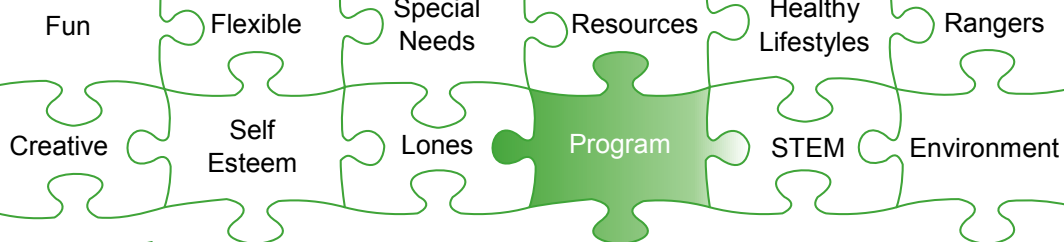




Girl Guides
of Canada
Guides
du Canada

BC PROGRAM COMMITTEE



FunFinder

October 2014

Colour Me Healthy Issue

Healthy living is an important part of the Guiding program at all levels. Finding new ways of getting active, eating healthy and promoting self-esteem can be difficult for Guiders, so this issue of the FunFinder is meant to

help with ideas that encourage girls to "Colour Me Healthy!" Inside the issue you'll find many ideas on the "Colour Me Healthy" components.



ACTIVE LIVING GAMES

Sports Relay

Supplies

- ♦ soccer balls
- ♦ basketballs
- ♦ volleyballs
- ♦ safety cones

Directions

1. Divide the girls into groups of six.
2. Have the girls line up in their teams behind a marked line.
3. Designate the other end of the relay course with cones.
4. The first girl will travel with the soccer ball by

kicking it to the cone and back. She will give the second girl a high-five when she returns. The first girl will go to the end of the line and sit down.

5. The second girl will dribble a basketball to the cone and back. She will give the third girl a high five when she returns. The second girl will go to the end of the line and sit down.
6. The third girl will continuously keep the volleyball in the air by bumping it with hands

as she moves to the cone and back. The third girl will give a high-five to the fourth girl when she returns.

7. The relay will continue with the fourth girl moving to the cone with the soccer ball, the fifth girl dribbling the basketball and ends with the sixth girl bumping the volleyball.
8. The winning team is the one with all six girls sitting down in a row first.



Hula Hoop Competition

Supplies

- ♦ hula hoops

Directions

1. Each girl should have a hula hoop.
2. Have all the girls start at the same time.
3. See which girl can keep the hula hoop up the longest.

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Watch for a ***new*** Colour Me Healthy Challenge coming from the BC Program Committee this Guiding year!!



The BC Program Committee is a busy and rewarding committee to be a part of. We create challenges, produce the FunFinder, provide trainings for Guiders and host Girl Events. We work as a team for many of our activities, but also have individual responsibilities based on our positions.

We are currently looking to fill a number of positions on our team with dedicated Guiders who are passionate about the program.

Please see the last page for more information.

Passing Relay

Supplies

- ♦ footballs
- ♦ badminton rackets and birdies
- ♦ hockey sticks and pucks
- ♦ safety cones

Directions

1. Divide the girls into pairs and three to four different teams.
2. Have one set of girls line up along a marked line on the gym floor.
3. Position their partners opposite to them on another mark line on the gym floor. The partners should be facing each other and should be about 5 metres away from each other.
4. When the leader says "START", the first pair of girls will pass a football back and forth while they are in line. The two girls will move to a designated place marked by a cone and then return back to where they started.
5. When the first pair returns to the start, the second pair pass the football back and forth and do the

same thing.

6. The relay will continue until all pairs in the line have completed a turn.
7. Do another relay, but this time hitting a birdie with badminton rackets.
8. Continue the relay with stick handling the puck across the gym floor with hockey sticks.



Skipping Relay

Supplies

- ♦ single skipping ropes
- ♦ safety cones



Directions

1. Divide the girls into teams of three.
2. Place a cone 10 metres away from the start line.
3. Line all the teams up at the start line.
4. The first girl skips forward to the cone and back. The first girl tags the second girl and then goes to the back of the line and sits down.
5. The second girl skips backwards to the cone and back. She tags the third girl.
6. The third girl skips with crossing and uncrossing her arms to the cone and back.
7. The first team to have all three girls finish their skipping wins.

Freeze Dance

Supplies

- ♦ something to play music on (CD player, MP3 player and dock, etc.)



Directions

1. Start the music playing and get the girls dancing. Upbeat music is best and music that the girls might know words/dance moves to is even better.
2. After everyone has really started grooving, pause the music. When the music stops, everyone must freeze in their exact position.
3. The Guider is the judge - those who move after the music stops sit out for the next round.
4. Start the music again with the remaining players.
5. Repeat until one dancer is left standing.

Alternatively: Give a point for every time the music stops and the entire group is frozen successfully. The game is "won" by everyone once the group reaches a certain number.

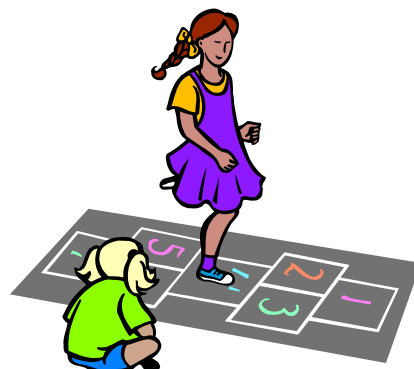
Hopscotch Designs

Supplies

- ♦ chalk or masking tape
- ♦ concrete playground or sidewalk
- ♦ markers (eg. rocks, sticks, coins)

Directions

1. Divide the girls into teams of four.
2. Each team will design its own hopscotch pattern. Decide how many numbers the hopscotch pattern will have. The team may decide to use painter's tape or use chalk on the concrete playground outside.
3. Advise the girls to draw or make the squares or X's large enough for the girls to place their feet.
4. Each girl will choose her own marker using objects that are commonly found on the playground.
5. The first girl starts off by throwing the marker into square #1. She hops on only one foot, retrieves the marker and hops back out.
6. The second girl will repeat what the first girl did and this continues until all the girls have done this.
7. Once everyone is done, the first girl will throw the marker into square #2. She hops into square #1 and then square #2 to pick up the marker. The rest of the girls will do the same.
8. Everyone will make their way up to the highest number on the hopscotch design and then work back down again to square #1.



Human Battleship

Supplies

- soccer-sized dodge ball
- vision barrier across the room; this can be made with either a line tied across the room/space you're playing in and sheets hung down from it OR with taller tables and sheets or even a room divider if available. Use your imagination and resources - the only requirement is that one team cannot see the other through the barrier when sitting on the ground and that the barrier is not too high to throw over.

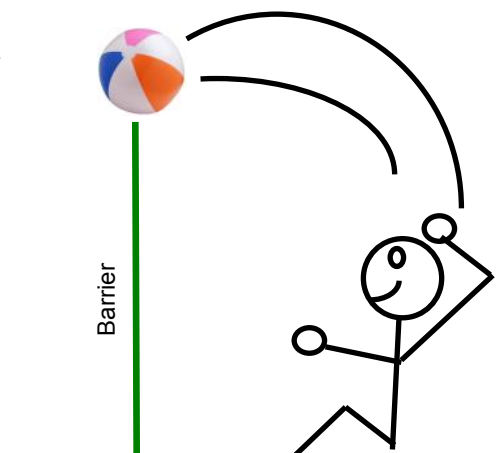
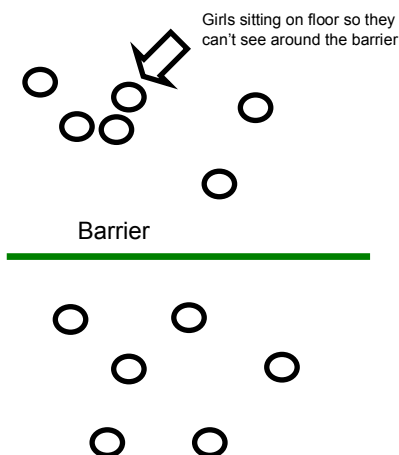
Directions

1. Split the girls into two groups.
2. Have one group sit on each side of the barrier so they can't see those on the other side. Each team can sit in whatever formation they like (some teams may choose to spread out while other teams may sit in groups). Don't let the girls sit too far back to keep the play fair.
3. Once everyone is seated, each team takes a turn lobbing the ball

over the barrier and trying to hit the team sitting on the other side.

4. When a person is hit they have been sunk and exit the playing area.
5. The targets on each side can dodge as best they can with their legs and upper body, as long as they don't move from the spot they are sitting on.
6. Once the ball has hit the ground, the defensive team is free to scoop

- it up and lob it over to try and hit the opposing team. Don't catch the ball before it hits the ground! This counts as a hit! NOTE: the ball will bounce beyond the reach of the sitting targets. Guiders can retrieve the ball on either side in this case and give it to the offensive team.
7. To win the game - one team must knock out all players on the opposing team.



Walking Games

Talk to the girls about being active – they will most likely bring up games or sports – suggest to them that it can be as simple as walking and that walking can be made fun or more interesting by creating games out of walking.

Divide the girls into teams to take part in the Walking games-give them a set of cards to be followed in order – when they complete their games there will be a reward of some super silly snacks!

Use this list of ideas to create your cards:

1. You can only walk on lines or cracks—this can work on gym floors, sidewalks, patched pavement, blocks, etc.
2. Walk around every object you encounter twice.

3. "Tightrope" walk on a curb or line.
4. Walk backwards for a predetermined length.
5. Follow only squiggly lines of chalk or pavement sealant or sand or tape lines.
6. Walk a distance tossing a ball back and forth between your two hands or with a partner—you must keep walking and count how many times before a drop.
7. Follow patterns in carpets or floors.
8. Walk tossing a ball or other object in the air and catching it—the toss should be higher than your head.
9. Using a skipping rope, keep walking over the rope each time you turn the rope.
10. Walk toe to toe for a certain length.
11. Kick an object as you walk, continuing to keep the object in front of you.
12. Walk up a hill, then walk backwards down the hill.
13. Find a spot where you can make

prints (sand, dirt, mud) and see how you can change the prints you leave as you walk.

14. Play I Spy for things that can be seen while walking—find 5 objects to do so with a theme.
15. Create a funny kind of walk—become a monkey or a crocodile or a lion or a horse.
16. Walk like a giant with long strides.
17. Walk in a circle as fast as you can for one minute, then take your pulse.
18. Do drama walks—walk like a princess, an astronaut on the moon, walking through quicksand, stepping on hot lava, walking on clouds, on ice, through thick jungle grass.
19. Walk on your toes only, then on your heels, walk without bending your knees.
20. Create compass walks where directions must be followed to uncover the treasure or clue.

Balloon Bust

Supplies

- ♦ balloons in as many colours as you have teams
- ♦ 2" to 3" circles of cardstock – enough for one per letter in the word times the number of teams playing.

Before the meeting

- ♦ Choose a word that is 8 to 12 letters long, e.g. LEADERSHIP, ADVENTURE or CHALLENGING. You can choose the same word for all teams, or a different word for each team.
- ♦ Write one letter of the word on each circle and insert each into a balloon, making sure that the right letters make it into the right colour of balloons.
- ♦ Make sure you have more balloons than letters, e.g. 20 balloons for 12 letters. The more balloons, the more fun the game will be.
- ♦ Mix the balloons up and put them into garbage bags until you are ready to use them.

Directions

1. Divide the group into equal sized teams.
2. Assign each team a colour. Those are the balloons that they will be trying to pop.
3. Assign all teams a home base that is an equal distance from the balloons. This is where they can bring their letters to assemble the word.
4. Empty the garbage bags of balloons in the centre of the room.
5. Each team starts at their home base in a line. The first person runs up, retrieves a balloon of their colour and returns to their home base. Once there, they pop the balloon to find a letter (or not). Each person in the team takes a turn going in to find a balloon, bring it back and pop it to find a letter. The team that correctly spells their word first wins.

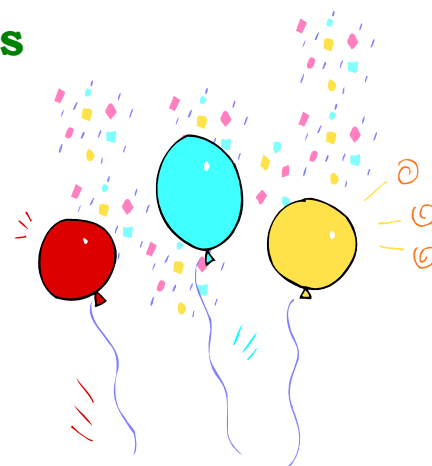
More Balloon Games

All ages love to play with balloons in some way – take advantage of that and have the girls play balloon games. Balloons are inexpensive, easy to carry and keep around, and are relatively forgiving of rough play indoors.

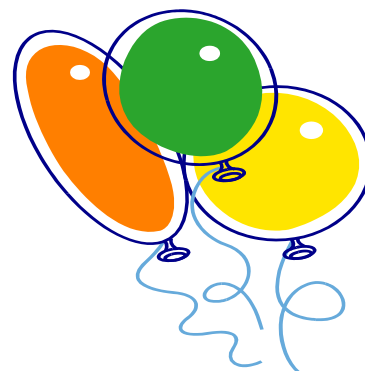


Caution: check for latex allergies before using balloons – if there are allergies, mini inflatable balls can be used or foam balls.

1. Balloon Badminton: tape paint sticks to paper plates and volley a balloon back and forth.
2. Give each person a balloon - the idea is to keep the balloons in the air at all times, keep introducing balloons so that the girls are required to worry about more than one.
3. Every girl has a balloon, but the idea is to keep the balloon balanced on one finger for as long as possible.
4. Ankle Balloon pop: everyone is given a balloon tied to a string which is then tied to their ankle - they are to try and keep their balloon safe while popping the other balloons (restrict this to older girls)
5. Do balloon chair relays where teams must have one girl race to the chair and pop the balloon before being able to return and tag the next girl.
6. Create two-person teams who must race against others - they do so having to keep a balloon between their chests, backs, thighs, heads, noses, etc. Make it even more difficult by making 4 person teams where the first couple must transfer the balloon to the second couple of the team.



7. Using pool noodles cut in half and a couple of laundry baskets, spread 30 to 40 balloons throughout the playing area. Put the girls into two teams - the object is to get as many balloons into the baskets as possible within a time period-the balloons can either be popped once they are in the basket or held for more play later on by the leaders.
8. Balloon game of India: this game was played by Indian children with balloons made of tree gum - two lines of children lie down with their feet touching the feet of the children in the opposite line. The girls must stay lying down with their feet touching - a balloon is put into play and the object of the game is to have the one team line of girls hit the balloon beyond the reach of the other team. More balloons can be introduced and the leaders determine the boundaries and points (which never really matter by the end of the game!).
9. Play crab balloon soccer by splitting the group in half, creating two goals and having the girls play a game of soccer while doing the crab walk.



Plunger Head

Supplies (per team)

- ♦ plunger
- ♦ additional plunger end
- ♦ tennis ball
- ♦ about 30" of string
- ♦ screw with eye
- ♦ silicone sealant

Before the meeting

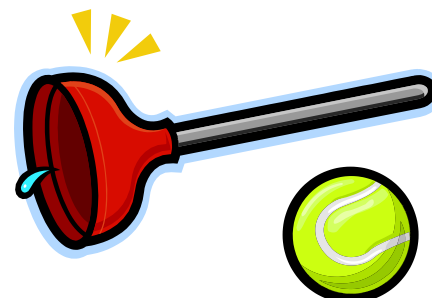
- ♦ Put the additional plunger end onto the end of the plunger stick so that you have an end on both sides.
- ♦ Screw in the screw with the eye so it sits snugly in the tennis ball.
- ♦ Use the silicone sealant to secure the screw in the ball. Let dry
- ♦ Attach the string to the tennis ball by tying it through the screw's eye. Then tie the other end to the centre of the plunger stick.

Directions

1. Divide the group into teams of equal numbers. Line them up at one end of the playing area.
2. Set a line up at the other end of the playing space – at least 10-12 feet away.
3. On the word "go", the first two members of the team place the plunger between them with the plunger ends on their foreheads. They move together to the line at the other end of the playing area.
4. When they arrive, they work together to wrap the string with the tennis ball around the stick. They cannot use their hands other than to keep the plunger on their head. Once they wind it up, they drop the plunger, run back to their team and tag the next players who go to

retrieve the plunger, unwind the string and with the plunger between their heads, return it to the start line drop it and tag the next players.

5. Play continues until the whole team has had a turn. If there are an odd number of players on the team, one will have to go twice.



Capture the Rainbow

Ideally you should try to eat a rainbow of fruits and vegetables to ensure you are getting all the necessary vitamins and nutrients to keep you healthy. This game will help girls remember to eat five servings of fruits and vegetables each day.

Supplies

- ♦ each team will need 5 Ziploc bags with pictures of fruits and vegetables of different colours (each bag has a different colour of fruits and vegetables)
Examples for each bag:
Red: tomatoes, strawberries, peppers
Yellow/Orange: carrots, corn, oranges
Green: peppers, peas, green beans
Purple/Blue: plums, blackberries, eggplant
White: garlic, onion, mushrooms
- ♦ you could also use coloured plastic play food instead of bags
- ♦ cones to mark center line on playing field.
- ♦ hoops to mark "kitchen" and "closet" (2 per team)

Setup

- ♦ you will need a large space to play this game
- ♦ mark the center line on the floor using cones or rope
- ♦ place two hoops on each side of the playing field - one will represent the "kitchen" where the bags of food are, and the other will represent the "closet" where players go if they are tagged
- ♦ place five bags (one of each colour) in each team's "kitchen"

Directions

1. Divide group into two teams. Let teams decide which meal they would like to represent (i.e. breakfast team, lunch team)
2. When the game begins, girls must try to capture the opposite team's bags and bring back to their side of the playing field without getting tagged by the opposite team (just like in traditional Capture the Flag). Players can only carry one bag at a time.
3. As soon as a girl crosses over to the opposite team's side she

must try to avoid getting tagged. If she is tagged she goes to that team's "closet" and cannot be freed until one of her own teammates tags her.

4. Play continues until one of the teams has captured 5 different coloured bags from the opposing team.

Post game extension

Have girls plan a meal based on their team meal name using the fruits and vegetables they captured. For example the Breakfast Team captured strawberries, raisins, banana, green pepper, and onion. The meal could include omelette with chopped green peppers and onions, sliced strawberries and bananas in cereal, and raisins added to oatmeal.

Note: This game fits both the Active Games and the Healthy Eating categories!



HEALTHY EATING ACTIVITIES

Rainbow Fruit Salad



Supplies

- ♦ clear plastic cups (~16-20 oz size)
- ♦ one fruit chopped into small bits for each colour of the rainbow: red (raspberries or watermelon), orange (oranges), yellow (pineapple), green (green grapes), blue (blueberries), purple (red grapes or blackberries).

- ♦ plastic spoons

- ♦ glue
- ♦ clouds cut out of white paper

Directions

1. Glue cut out clouds to the handle end of the spoon (depending on age the girls can cut out their own or just decorate them).

2. Allow each girl to create their own layered rainbow fruit salad by putting the fruit in the cup in the order of the rainbow. The rainbow is enjoyed by looking through the clear plastic cup.
3. Stick in your cloud spoon and enjoy!

Banana Drawing

Supplies

- ♦ bananas
- ♦ toothpicks



Directions

1. Draw a design or picture on your banana with a toothpick. Try not to indent too hard - just enough to indent the peel of the banana.
2. In one hour, your indents will darken and you'll have banana art before you chomp down on your snack.

Canned Food Drive

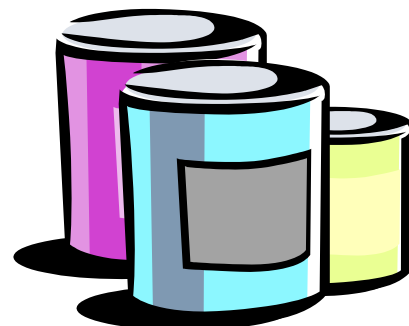
Supplies

- ♦ canned food
- ♦ Canada Food Guide (available online)

Directions

1. Organize a Can Food Drive for the local food bank. Canvas the neighbourhood for can food and collect donations from people.
2. Once your unit has collected all the cans, organize the cans into the four food groups according to the Canada Food Guide.

3. Discuss with your unit what you need to eat to stay healthy.
4. Donate the food that you collected to the food bank.



Veggie Sailboats

Supplies

- ♦ paring knife & spoon
- ♦ red, orange and yellow bell peppers
- ♦ cucumbers cut in rectangular strips
- ♦ zucchini
- ♦ grape tomatoes
- ♦ veggie dip
- ♦ toothpicks
- ♦ cheese slices cut into triangles

Directions

1. Cut the bell peppers and zucchini in half. Hollow out the bell pepper and zucchini and remove the seeds using a spoon.
2. Cut the grape tomatoes in half.
3. Scoop some veggie dip into the bell peppers. Stick a toothpick through a slice of cheese and attach to the bell pepper. Voila – a veggie sailboat!



4. Place a small amount of veggie dip on top of the flat side of the grape tomatoes. Put a toothpick through the "cucumber sails" and attach to the grape tomato "boats". Voila – a mini veggie sailboat!

Kiwi Turtles

Supplies

- ♦ knife
- ♦ plate
- ♦ kiwi slices
- ♦ green grapes

Directions

1. Cut the kiwi into thick slices. A kiwi slice will represent the body of the turtle.
2. Use a large green grape for the head of the turtle.
3. Choose two similar size grapes as the legs of the turtle. Cut the two grapes in half and then place the four pieces around the body.

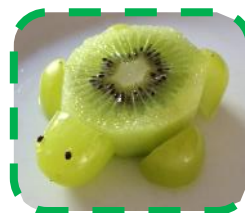
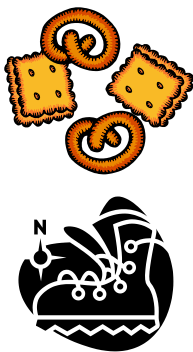


Photo by Van Chau

Healthy Snack Planning

Supplies

- ♦ sticky dots
- ♦ poster paper
- ♦ marker or Sharpie
- ♦ tape



Directions

1. Plan a healthy snack for a hike. Make sure to get everyone's input.
2. Put up some poster paper around your meeting place.
3. Use a marker to record the girls' suggestions on the poster paper. Discuss with the girls that there might be girls with allergies (eg. nuts) or sensitivities (eg. gluten) to food to consider.
4. Give the girls each 3 sticky dots. Have them select their top three snacks that they would like for their hike by placing the dots beside the suggestion.
5. Tally the votes for each snack to determine which snack will be for the hike.

Edible Gift Crafts

Supplies

- ♦ gift tags
- ♦ markers
- ♦ ribbon
- ♦ one-hole punch
- ♦ apples
- ♦ oranges
- ♦ bananas
- ♦ pears



Directions

1. Print little messages onto the gift tags:
 - ♦ Apple – "You are the apple of my eye."
 - ♦ Orange – "Orange you glad we are friends?"
 - ♦ Banana – "I'm bananas for you."
 - ♦ Pear – "You are pear-fect."
2. Attach these little gift tags to the fruit and give as a healthy snack.

Camp Meal Planning

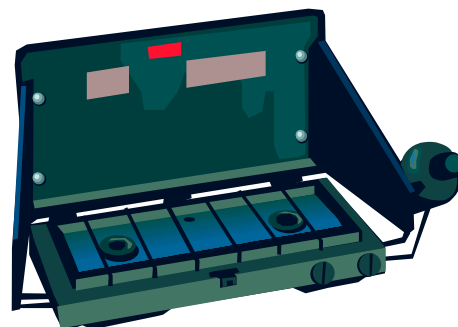
Supplies

- ♦ poster paper
- ♦ marker or sharpie
- ♦ tape
- ♦ scissors
- ♦ glue sticks
- ♦ grocery flyers
- ♦ Canada Food Guide (available online)

Directions

1. Divide the girls into groups of 3-4.
2. Have them plan breakfast, lunch and dinner for an upcoming camp. They must make sure that they cover the four food groups from the Canada Food Guide.
3. Cut out items from grocery flyers and paste them down onto poster paper according to the three different meals.

4. For older girls: calculate how much each meal would cost using the prices from the flyers to get a rough estimate for the budget.
5. Have all the groups come together to discuss their camp menu.



Healthy Egg Smiles

Supplies

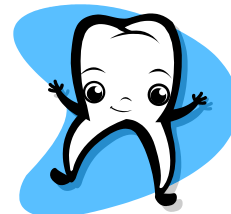
- ♦ 4 hard boiled eggs
- ♦ coffee or tea
- ♦ juice
- ♦ dark soda pop (eg. Coke, Pepsi)
- ♦ water
- ♦ toothbrush
- ♦ toothpaste
- ♦ 4 clear cups

Directions

In this activity the hard boiled eggs will represent your teeth.

1. Fill each clear cup half full with the following beverages:
 - ♦ Cup #1: coffee or tea
 - ♦ Cup #2: juice
 - ♦ Cup #3: dark soda pop (eg. Coke or Pepsi)
 - ♦ Cup #4: water
2. Place a hard boil egg into each clear cup. Make some observations with respect to the eggs' appearance.
3. Leave the four cups undisturbed for 24 hours.
4. After 24 hours, remove the eggs from the cups and make some observations about what each

- beverage did to the eggs. Did the white eggshell change colour? If so, what colour are the eggs now? Are some stains darker than others? Did each beverage stain the eggshell differently?
5. Use the toothbrush and some toothpaste to brush each of the egg. Does this make any difference? Does the toothpaste remove some of the stain?
 6. What can you conclude about how different beverages can affect your teeth? Why it is important to brush your teeth?



Grow Green from Bottom to Top

Supplies/Preparation






- create list of vegetables according to part that is eaten
- print out as many of the pictures of vegetables that will be part of the activity (find pictures online)
- print names of the plant to be taped down
- create a grid of two by 3 squares on the floor using masking tape
- tape the names of the parts in each of the six squares

Directions

1. Have a discussion with the girls about all the kinds of vegetables they eat—ask them to try and think of ones that others have not named—see if the girls can pick the vegetable they name out from among the pictures so that eventually all the girls are holding at least one or two pictures. Play a naming game with the pictures to get girls recognizing all the vegetables.
2. Then talk about how the plants grow—that sometimes we eat the roots or the stems, etc. See if the

girls can guess which part of the plant they are eating by looking at the pictures.

3. Get the girls moving by placing them into teams with a group of photos placed face down on the ground. The girls take turns flipping up a photo, running over to the grid and placing it in the right square—as soon as the leader says correct they run back so another team member can take their turn.
4. Have a selection of some of the vegetables available to try, especially those not as common in most households.

My Vegetable comes from:					
Leaves	Stems	Fruits	Flowers	Roots	Seeds
Lettuce – Red leaf Iceberg Green leaf Butter Romaine Chicory Boston Radicchio Cabbage – Red Green Savoy Napa Brussel Sprouts Bok Choy Spinach Kale Arugula Collards Swiss Chard Mustard Greens Beet Greens Turnip Greens Watercress Endive	Rhubarb Celery Leeks Scallions Asparagus Bamboo shoots Broccoli Kohlrabi 	Tomatoes Eggplants Okra Peppers Squashes Pea Pods Cucumbers Pumpkins Zucchini Snow peas 	Broccoli Cauliflower Artichokes 	Radish Turnips Beets Yams Parsnips Rutabagas Carrots Potatoes Onions Leeks Garlic Shallots Sweet potatoes 	Corn Peas Beans – Lima Pinto Kidney Butter Black Garbanzo 

Smoothie Challenge

Challenge

- ♦ To come up with the most tasty and healthy Smoothie recipe.

Judges

- ♦ Everyone will have the opportunity to taste all smoothies and rank according to preference.

Suggested Ingredients

- ♦ coconut milk, almond milk, whipping cream
- ♦ yogurt, frozen coconut milk, frozen yogurt, etc.
- ♦ coconut water
- ♦ coconut oil
- ♦ vegetables: avocado, beet, carrots, spinach, kale, etc.
- ♦ sweetener: honey, sugar, etc.
- ♦ berries: strawberries, blueberries, blackberries, raspberries, etc.
- ♦ flavouring: vanilla, chocolate, orange zest, etc.

- ♦ Fruits: Mango, peach, watermelon, pineapple, orange, kiwi, banana, lime, lemon, etc.
- ♦ Spices: cinnamon, nutmeg, etc.
- ♦ Nut butters: peanut butter, almond butter, etc.
- ♦ seeds: flax seed, hemp, chia seed, etc.
- ♦ ice

Additional Supplies

- ♦ blender, handheld blender or Bullet for each team
- ♦ container to blend drink in if using handheld blender
- ♦ small Dixie cups for testing (or have girls bring their own glasses and save the environment)
- ♦ measuring spoons and cups
- ♦ peelers
- ♦ knives
- ♦ spoons

Directions

1. Divide the girls into groups of 2 or 3. The challenge is to create a smoothie that not only tastes good, but has a healthy mix of "good" fat, vegetables, fibre and fruit.
2. Each team will have 2 -3 tries at making a smoothie that has at least one good fat and one vegetable and one fibre in it. Remind them to make their test tries in smaller quantity as they will not be taste testing those.
3. Once the teams have decided on a smoothie recipe that they like, they are to make it in a larger quantity – enough so everyone can have a taste.
4. Have everyone try the completed products and rate them from 1-10.



Frozen Yogurt Fruit Cones

Supplies

- ♦ waffle cone or regular ice cream cones
- ♦ frozen yogurt
- ♦ berries: strawberries, blueberries, blackberries, raspberries

Directions

1. Fill a waffle cone or ice cream cone with some frozen yogurt.
2. Top the frozen yogurt with healthy seasonal berries.



Fruity Palm Tree

Supplies

- ♦ knife
- ♦ plate
- ♦ 1 green apple
- ♦ 1 banana
- ♦ 1-2 mandarins

Directions

1. Cut the apple into slices. Place them on a plate. These slices will represent the palm tree leaves.
2. Peel the banana. Cut the banana into slices and place all the slices together in a row under the apple slices. The banana will represent the trunk of the palm tree
3. Peel the mandarins. Take individual pieces and scatter under the banana trunk of the palm tree. These pieces will represent the sand.



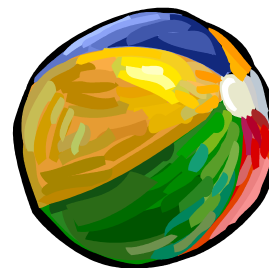
Beach Ball Veggies

Supplies

- ♦ knife
- ♦ red, orange and yellow bell peppers slices
- ♦ carrot sticks
- ♦ cherry tomatoes
- ♦ celery sticks
- ♦ cucumber slices
- ♦ broccoli
- ♦ cauliflower
- ♦ veggie dip

Directions

1. Cut all the veggies up into sticks or slices
2. Arrange all the veggies onto a big round platter so that they look like strips to a beach ball.
3. At the top of the platter, place a healthy veggie dip in a bowl.



Super Silly Snack Creations

Supplies

- ♦ paper
- ♦ markers/pencils

Directions

1. Explain to the girls that snacks are meant to help get through the time between meals—to do so, the snack is best when it has fruits or vegetables and something else such as a dairy food (cheese, yogurt) or a grain (crackers, granola bar).
2. Have the girls try to come up with as many snacks as they can and list them on a sheet or board.
3. Talk about how sometimes we have special snacks to do with a theme such as at birthday parties or camp and how fun it can be to both create them and eat them because of the theme
4. Have the girls create their own super silly snacks –help them out by giving some themes
 - Rainforest
 - Desert Island
 - Robot Land
 - Pirates
 - Outer Space
 - Wild West
 - Under the Sea
 - At the Movies
 - Pyjama Party
 - Princesses
 - Wild Weather
 - Circus
5. Share the girls' ideas, talking about whether the snack is a super silly snack because it meets the criteria, and then arrange to try out a couple of the snacks at future meetings.



Healthy Body and Bones

Have a snack and learn about the body at the same time.

Supplies

- ♦ a variety of vegetables such as: onion, cucumber, celery, peppers, broccoli, mushrooms, baby carrots, lettuce, green onion, mushrooms, etc.
- ♦ dip
- ♦ cutting boards
- ♦ knives
- ♦ a simple drawing of a skeleton

Directions

1. Talk to the girls about the importance of good food for their bodies and bones. You should discuss that what they eat makes an impact on how their bones and bodies grow.
2. Put out the vegetables, cutting boards and knives. Instruct the girls on how to use a knife before they do this activity. (option: pre-

cut the vegetables for younger girls).

3. Give each girl a drawing of a skeleton and ask them to use the vegetables to build the bones. E.g. pepper slices make great ribs, celery make good bones for legs and arms, mushrooms could be good vertebrae and a cucumber piece a face, etc.
4. When everyone is done, they should take a look at everyone else's skeleton to see all the creations.
5. Provide dip and let them eat their snack.



Cereal Olympics

Supplies

- ♦ Shredded Wheat
- ♦ Rice Krispies
- ♦ a variety of cereals in different sizes, shapes and colours
- ♦ milk (powdered) or water
- ♦ marbles
- ♦ glue, paper, scissors
- ♦ 2 buckets
- ♦ small baby pool
- ♦ bowls & spoons
- ♦ milk



Olympic Activities

1. Marble Dig: fill the baby pool with Rice Krispies and marbles. Add milk or water to make a large bowl of cereal. One team member from each team removes their shoes and socks and uses their toes to pick marbles out of the cereal bowl.
2. Creative Cereal Art: each team is challenged to create a piece of art

using the various cereals, glue, paper and scissors. Give a specific amount of time in which to complete the work.

3. Wet Cereal Toss: One person stands at one end of the playing area with a bucket on top of their head. The second bucket filled with water is placed 6 feet away. Beside the buckets of water is a pile of Shredded Wheat Cereal. The object is to take the shredded wheat and one at a time, dunk them into the bucket of water, then attempt to throw them into the bucket on their team mates head.
4. Cereal Eating Relay: members of the team line up. One at a time, they race to a table at the far end of the room, pour themselves a bowl of cereal, add milk, then eat it. When they finish, they run back and tag the next team member who repeats the process. The first team to finish wins.

Food Groups Simon Says

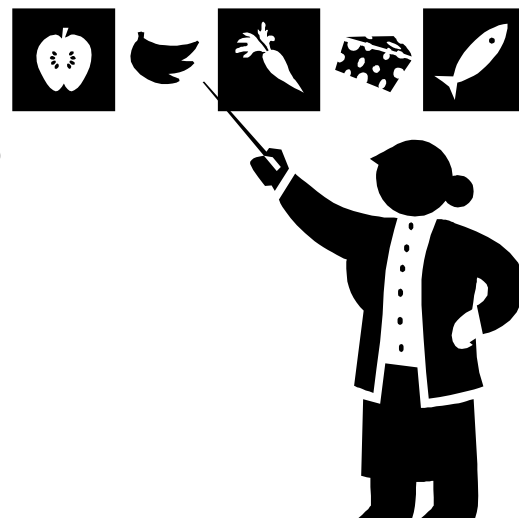
Supplies

- cards with pictures of food representing each of the food groups (one per girl)
- signs labeled with the names of the four food groups.

Directions

1. Hand out a card to each girl.
2. Designate areas for each food group (dairy, fruits/vegetables, grains, meat/protein) with signs.
3. Have girls decide which group their food belongs in and go stand in that corner. Have a discussion with

4. Next have girls scatter around the room. Call out Simon Says statements using the food group names. For example, "Simon says all members in the meat group hop on one foot", "Simon says anyone NOT in the grains group touch your toes", etc. If someone does the action when it's not their turn or when you don't say "Simon Says" they go to the opposite side of the room. There are no eliminations in this version.



Healthy Living Jeopardy

Depending on the size of your group, you can play individually or in teams.

Print the cards and cut them out. Lay out as follows:



Point Value	General Knowledge	Nutrients and Vitamins	Fitness and Exercise	Diet and Healthy Foods	International Foods
100					
200					
300					
400					
500					

1. Under each category, place the questions with the easiest under 100 and the hardest under 500
2. Determine who is the first team to play. That team picks a topic and a value.
3. The answer card is read out and the teams must buzz in if they think they know the question.
4. The answer must be given in the form of a question.
5. A time limit may be put on answering.

6. If the team gets the correct answer, they receive the point value for the question. They then choose the next topic and value
7. If they answer the question incorrectly, the other teams are given an opportunity to buzz in with the correct answer.
8. Continue until all questions have been answered. The team with the most points wins.
9. When all questions have been answered, the teams will have an

- opportunity to play final jeopardy. To do this, they decide how many of their points they wish to risk on the Final Jeopardy question. Once the teams have decided this, the clue is read. The teams have 30 seconds to write down their answer and turn it over.
10. At the end of the time, the teams display their answers and points are awarded for correct answers.

General Knowledge

How long does it take for your stomach to tell your brain that you're full?

1. 5 minutes
2. 10 minutes
3. 15 minutes
- 4. 20 minutes**

This is why you stop eating when you're comfortable, not when you're stuffed.

Which dessert is best for your health?

1. Frozen yogurt
2. Fruit candy
- 3. A small amount of dark chocolate**

Which of the following foods contains the healthiest fat?

- 1. Nuts**
2. Beef
3. Girl Guide cookies
4. French Fries

Which common food naturally helps to fight acne?

- 1. Carrots**
 2. Apples
 3. Potatoes
- Because of the vitamin A.*

What's the best way to figure out if you weigh too much or too little for your body size?

1. Ask the best looking people at your school
2. Look through magazines and see how you compare.
- 3. Ask a doctor**
4. Ask your best friend

Nutrients and Vitamins

Protein is found in many of your favorite foods including pizza, hamburgers and chicken. What is the biggest reason your body needs protein?

- 1. To build and maintain body tissue**
2. To clear out wax from the inner ear
3. To increase blood flow to the heart
4. To strengthen bones

Vitamin A is found in carrots, broccoli and many other veggies. What is vitamin A useful for?

1. Strengthening the immune system
- 2. Strengthening eyesight**
3. Building protein
4. Building strong bones

Calcium is a mineral which is important for developing strong bones and teeth. Which of the following foods is the best source of calcium?

- 1. Yogurt**
2. Chicken
3. Banana
4. Bread

Which of these fruits has the highest amount of Vitamin C?

1. Orange
2. Peach
- 3. Kiwi**

What fruit is as effective as a cup of coffee for an energy boost?

1. Orange
 2. Banana
 - 3. Apple**
- The natural sugar from the apple gives an energy boost equivalent to coffee.*

Fitness and Exercise

What kind of exercise helps to build strong bones and prevent osteoporosis?

1. Swimming
2. Exercise that improves flexibility
3. **Weight bearing exercises like walking, running and lifting weights**

Because these exercises help your bones resist gravity and build strength .

True or False. The more exercise a young woman gets, the better it is for her bones.

False

Though weight bearing and resistance exercises help strengthen bones, too much exercise will decrease body weight and body fat, affecting the hormone production.

How often should you be doing some form of Aerobic exercise each week?

1. 7 days a week for 2 hours at a time
2. Once a month for 15 mins at a time
3. **At least 3 times a week for 30 minutes at a time**
4. At least once a week for 1 hour at a time

Which of the following is not a benefit of exercising?

1. Exercising relieves stress
2. **Exercising makes you more popular**
3. Exercising increases self esteem
4. Exercising strengthens your heart

Which of the following is a good form of exercise

1. Rugby
2. Swimming
3. Just Dance
4. Softball
5. **All of the above**

Diet and Healthy Foods

Your aunt is over for the holidays and wants you to try some of her homemade chocolate cream pie. You're trying to eat healthy but don't want to be rude. What's probably the best thing to do.

1. Eat as much as you can and barf it up when no one is looking.
2. **Have a small piece and walk it off later.**
3. Have 3 pieces to make your aunt happy
4. Tell your aunt "No thanks, I don't want to get fat like you".

Which of the following snacks has more than 100 calories?

1. 1 orange
2. 2 graham crackers with 1 tsp of peanut butter
3. 25 M & M's
4. 6 oz of fat free yogurt
5. **None of the above**

It's an hour before your big game and you're feeling hungry. What's the best thing for you to eat?

1. Spaghetti and meatballs
2. An ice-cream float
3. A cheeseburger and fries
4. **An apple and a muffin**

How many calories do active teens need to eat in a day?

1. 1200 – 1600
2. **1600 – 2000**
3. 2000 – 2400

Did you know that if you are active, between 130 and 290 calories can come from foods containing added sugars and solid fats. Non active teens should have no more than 1600 calories with 130 calories coming from foods containing added sugars and solid fats

You're late for school and don't have much time for breakfast? What's the best thing to do?

1. Skip breakfast and wait until break to have something to eat
2. Grab a juice box and drink it on the go
3. Leave your house without eating and hope you run into someone who's food you can take.
4. **Grab a granola bar and a banana and eat it on the way.**

International Foods

The rice dish 'paella' comes from what country?

Clue: It is one of these 4 countries

1. France
- 2. Spain**
3. Australia
4. Italy

Bangers and Mash come from what country?

Clue: It is one of these 4 countries

1. Israel
2. Greece
- 3. England**
4. USA

Souvlaki comes from which country?

Clue: It is one of these 4 countries

1. Portugal
2. Italy
3. Turkey
- 4. Greece**

Which country does Pho come from?

Clue: it is one of these 4 countries

1. Korea
- 2. Vietnam**
3. China
4. Thailand

Which country does Haggis come from?

Clue: It is one of these 4 countries

1. Ireland
2. England
- 3. Scotland**
4. Wales

Final Jeopardy

From the menu below select the best meal combination including drink, entree and side dish.

Drink: Snack sized strawberry banana smoothie, small 2% milk, small vanilla shake, small coke

Entrée: Original whopper, Original Chicken Sandwich, Tendercrisp BLT Garden Salad, Whopper Jr.

Side: Small onion rings, small French fries, apple turnover, Hershey's sundae pie

From the menu below select the best meal combination including drink, entree and side dish.

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Side: Small onion rings, small French fries, apple turnover, Hershey's sundae pie

Drinks

Snack size Strawberry Banana Smoothie 150
1 cup 2% Milk 330
Sm vanilla shake 400
Sm coke 140

Entrées

Whopper 700
Original Chicken Sandwich 680
Tendercrisp BLT Garden Salad 600
Whopper Jr. 390

Sides

Small Onion rings 150
Small fries 220
Apple turnover 260
Hershey's Sundae pie 300

SELF ESTEEM ACTIVITIES

Planet Happy, Planet Sad

*with thanks to UK Guiding—Look at Me
for original concept*

Supplies

- ♦ paper
- ♦ markers, crayons, pencils

Directions

1. With your group of girls, split them into two groups—one will be assigned Planet Happy and one group given Planet Sad.
2. Ask the girls to draw their vision of what their world would look like—what the girls look like, what they would be doing, how they might be feeling, what they might say and who they would be with; the girls can do this on individual papers to be added to a large mural or can work on their mural together.
3. After a suitable amount of time, the drawings would be displayed and a conversation would ensue...
4. Ultimately, there will be some common threads that will appear in making comparisons—the Planet Happy people will have made connections between support groups such as family and friends and being connected, there will most likely be a connection to fitness and lifestyle, looking happy and healthy, material things (ownership and money), acts of kindness and helping each other



out, and lack of threatening factors such as bullies or divorce. The Planet Sad people are likely to have pictures or speak out about loneliness, difficult family situations, arguments and unhappiness, feelings or portrayals of victimization due to bullying and prejudice; their drawings of inhabitants may be more likely to be overweight or “lazy”, looking less affluent in their surroundings or clothing, less likely to be engaged in active sports or recreation.

5. The conversation in comparing the two worlds helps girls open up about some of the realities and fears they hold about fitting into the world around them and what they can do to turn Planet Sad into Planet Happy.

The Perfect Princess

Supplies

- ♦ paper
- ♦ markers, crayons, pencils

Directions

1. Give the girls paper and drawing supplies (felts, crayons, pencils, paints). Ask the girls to draw the perfect princess (leaders can tell the girls to think of their favourite fairy tale or movie)—let them know if they have trouble drawing a part, they can tell the leaders about it and describe it instead...(leaders can help out by talking about size of eyes, height, curviness, length of hair).
 2. Once the girls have finished, line the pictures up for display and start a conversation.
 3. Ask the girls if they see any similarities in the drawings as to body image, beauty, finished appearance (e.g. clean, groomed, put together), quality of clothing,
- etc. Compile a list of what the girls' answers are under the heading Perfect Princess.
4. Then ask, “Is this the only way there can be a perfect princess? Can you be a perfect princess? In real life, do all girls look like this? Should they try? Is there such a thing as a perfect princess?”
 5. Cross out the word “perfect” and ask the girls to think of ways that a princess should be that any girl can try to be—(recent movies such as Brave and Tangled can help in this respect).
 6. Then talk about what “beautiful” looks like—no one way to look beautiful—think of beauty around the world—there are websites and resources that talk of the many ways women have tried to be beautiful that we would find strange or different.



I'm Special Portraits

Supplies

- ♦ 1 painting canvas for each girl
- ♦ paint
- ♦ paintbrushes
- ♦ positive adjectives cut from magazines or printed from computer (at least 9 or 10 for each girl)
- ♦ glue
- ♦ other decorations (sequins, paper flowers, jewels, etc)

Directions

1. Girls draw a self-portrait in the centre of the canvas (shoulders up).
2. Paint the portrait as well as the background in a way that represents yourself
3. When paint is dry, glue on positive adjectives and decorations.



Self Esteem Twister



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

SELF-ESTEEM WORDS

ACCEPT	BEAUTIFUL
BELIEVE	CARING
COMPLIMENT	DETERMINED
ENCOURAGE	ENTERGETIC
ENJOY	FRIENDLY
GENEROUS	GOOD
HAPPY	HEALTHY
HELPFUL	HOPEFUL
JOIN	LOVING
OPTIMISTIC	POSTIVE
PROUD	RESPECT
STRONG	SUCCESS

Supplies

- ♦ plastic tablecloth
- ♦ permanent marker
- ♦ large paper
- ♦ pens/pencils

Before the meeting

Make a "Twister" board out of a plastic tablecloth – divide it into a grid of 6 x 5 squares and fill letters into each square as shown above using a permanent marker. Make sure that if you are using different words than those shown above, to include all letters necessary.

Directions

1. Post up a large piece of paper and

ask the girls to come up with some words that represent a positive self-esteem. The sample words given here can be made using the "Twister" board.

2. Randomly choose one of the words from the list and have a girl start to spell out the word using her hands and feet on the letters of the board.
3. If the word is longer than 4 letters, or a letter is too far away for the first girl to reach, have another girl join in to continue/complete the word. Keep adding girls until the word is complete. Try to use letters that have not been used yet, but in some cases there are not enough multiples of the letters so you will

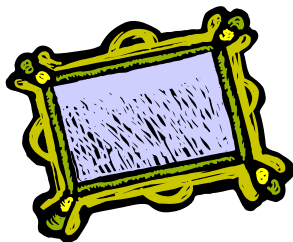
need to reuse some squares.

4. When a word is complete, start another word. How many words can you make at one time?
5. When it gets difficult to add extra girls to the board (you probably won't want more than 6 girls at a time), clear the board and start again with new girls and new words. Make sure that everyone has a chance to play.
6. After the game, discuss with the girls how there were sometimes multiple self-esteem words being spelled at the same time – do they think that we there are many aspects that help us to have a good-self esteem all at the same time?

Love Yourself Mirror Frame Craft

Supplies

- ♦ small hand mirror (one for each girl)
- ♦ fun foam sheets cut into borders for each girl
- ♦ permanent markers
- ♦ decorations (fun foam shapes, stick on jewels, craft flowers, etc)
- ♦ white glue
- ♦ hot glue and glue gun



Directions

1. Have girls brainstorm positive phrases or words together as a group. Girls choose phrases that they like to write on their borders. Use sharpies to write on phrases. Examples of phrases: "Be the best you can be", "you can do anything", "you are strong", "you are capable", "keep smiling"
2. Girls can use white glue to add decorations
3. Using a hot glue gun, glue the frame onto the mirror.



Jenga Self Esteem

Supplies

- Jenga set
- permanent marker
- list of self esteem statements

Before the meeting

Using a permanent marker, write the numbers that correspond with the statements on the top of the Jenga blocks. You can add statements of your own so you have one per brick or you can have them on a select number of bricks. Statements could also be repeated if you want more answers for them.

1. Say a positive word about the person on your left.
2. Share something good that happened this week.
3. What is something positive you've learned this week?
4. My role model is ... The qualities we have in common are ...
5. I Like myself because ...
6. I'm good at ...
7. My favourite place to go is ...
8. My friends would say I'm ...
9. I feel good when I ...
10. I like to ...
11. I'm thankful for ...
12. I love my ...
13. I appreciate...
14. My favourite form of relaxation is ...
15. My greatest talent is ...
16. Share a trait that the person across from you has that you admire.
17. The best compliment I've received is ...
18. My parents encourage me by ...
19. The unique quality that makes me special is ...
20. Share a time when you tried something you were afraid to try. How did it made you feel?
21. When you're feeling confident what emotions do you experience?
22. What is your favourite thing to do and how do you feel when doing it?
23. What does it feel like when someone recognizes something you worked hard to accomplish?

24. What makes you feel like a strong person?
25. What do you do when you see a classmate struggling with something?
26. Of the people in your life who makes you feel the most confident?
27. Name 3 qualities you love about yourself.
28. How do you know when you've succeeded with something?
29. My greatest strength is ...
30. The best feeling I ever had was when ...
31. What do you see when you look in the mirror?
32. I am most confident when ...
33. My biggest goal is ...
34. ... makes me happy
35. I help others feel confident by ...
36. I would like to work to improve ...
37. How do you feel when you're given a compliment?
38. What is something you've done well recently?
39. I feel proud of myself when ...
40. What is your favourite positive saying or quote?

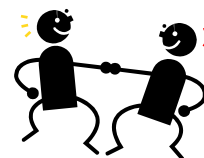
Directions

1. Set up the tower by placing 3 blocks facing left/right. Top this with three blocks facing up/down, then three facing left/right. Continue stacking blocks in this pattern until all the blocks have been stacked and the tower is built.
2. The person who built the tower moves first. They remove one and only one block from any level below the top level. Only one hand should be used to remove the block.
3. Once the block is removed, they match the number on the block with the corresponding number on the self-esteem sheet. If there is a matching number, they should respond to it as indicated.
4. Once the response has been given, play moves to the person on their left.
5. The game ends when the tower falls.

Self Esteem Activity

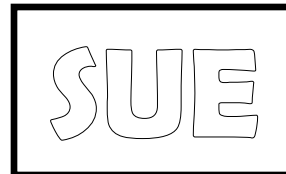
Supplies

- 8.5 X 11" paper with girls' names printed on them.
- coloured pencils or markers
- embellishments
- 8.5 x 11" frames (optional)



Before the meeting

Using a computer, type each girl's name using a large outline font (so there is space to write inside each letter) on one sheet of 8.5 x 11" paper and print out.



At the meeting

1. Have the girls sit in a circle, giving them each their name and a choice of coloured pencils or markers.
2. Start by talking about positive words and self-esteem. Help the girls to understand that it's not only negative words that have an impact. Positive words also have an impact on how people think about themselves.
3. Have the girls pass their name papers to the right so the next person can write a positive word or attribute inside the letters of the name (e.g. leader, caring, thoughtful, athletic, etc.)
4. Once done, pass it to the right again for the next person to add their positive word(s). None of the thoughts or words should be repeated.
5. Keep passing the papers and adding words until it gets back to the person whose name is on it.
6. Have them add one or two positive words of their own to the paper and any embellishments that they would like to dress it up.
7. When complete, put into frames for the girls to take home.

Affirmation Cards for Kids

Supplies

- ♦ 10+ small recipe cards per girl
- ♦ single hole punch
- ♦ binder rings
- ♦ scrapbooking paper
- ♦ coloured pens or print outs of phrases for younger girls
- ♦ glue sticks

Directions

1. Give each girl a set of 10 or more recipe cards.
2. Girls can decorate their cards as they wish using scrapbooking paper and coloured markers/pens.
3. Older girls can write affirmation sentences on their cards. Younger girls could glue pre-typed affirmation sentences on their cards. Examples of affirmation statements are: "I am brave", "I like

to be on time", "I am good at helping others", etc. (for more examples of affirmations visit: www.abundancetapestry.com/101-affirmations-for-children/)

4. Punch a hole in the corner of each of the cards and place on a binder ring. Girls can take their affirmation cards on the go with them and flip through them when they need a reminder of how awesome they are!

BC Program Committee Available Positions

The BC Program Committee is a busy and rewarding committee to be a part of. We create challenges, produce the FunFinder, provide trainings for Guiders and host Girl Events. We work as a team for many of our activities, but also have individual responsibilities based on our positions. We are currently looking to fill the following positions with dedicated Guiders who are passionate about the program.

Healthy Lifestyles Specialist

Purpose

To stimulate and promote Healthy Lifestyle activities through British Columbia in the delivery of the Girl Guides of Canada-Guides du Canada program for girls and Guiders.

Qualifications

Be conversant with the programs for all branches of Guiding (or willing to learn!).

Be enthusiastic about active living, healthy lifestyles choices, self-esteem, etc. and have an understanding of current concerns and issues.

Upcoming Tasks

Create a brand new BC Challenge - "Colour Me Healthy".

Ranger Specialist

Purpose

To stimulate and promote an active interest in the Girl Guides of Canada-Guides du Canada program, especially the Ranger program, throughout British Columbia.

Qualifications

Be conversant with the Ranger program.

Be passionate about girls and Guiders having fun while completing the different levels of program.

Be able to relate well to both girls and

adults.

Should have experience in working with Rangers.

STEM Specialist

Purpose

To stimulate and promote the use of Science, Technology, Engineering and Math activities through British Columbia in the delivery of the Girl Guides of Canada-Guides du Canada program for girls and Guiders.

Qualifications

Be conversant with the programs for all branches of Guiding (or willing to learn!).

Be enthusiastic about STEM and have some work experience in at least one of the fields.

To apply for any of these positions, please contact program@bc-girlguides.org

BC Program Committee

BC Program Adviser

Julie Thomson

Girl Programs Specialist

Carla MacRae



Girl Guides of Canada
Guides du Canada

Lones Coordinator

Vanessa Gale

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STEM Specialist

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