



Girl Guides
of Canada
Guides
du Canada

BC Program Committee



FunFinder

March 2012

Celebrations: April through June

Our December 2011 edition of the FunFinder received many positive reviews, so we have decided to continue on the celebrations theme throughout 2012.

We hope you enjoy this edition and are able to use these ideas in your units.

NEWS

Patrol Website

There's a place online just for Pathfinders and Rangers in Canada. It's called "Patrol" and you can find it at <http://patrol.girlguides.ca/>. Girls can learn about scholarships, trips, international volunteer opportunities and what's new in Guiding.

On this website is a blog for girls by girls. It's at http://patrol.girlguides.ca/patrol_blog. The girls blogging would love to receive comments! New bloggers will be starting soon, so get your girls to check it out!



Pitch-In Canada Week: April 23-30



Millions of volunteers participate in Pitch-In every April. This year is the 46th annual Pitch-in week. Help to clean-up, restore and/or preserve our environment by getting your unit involved. The Pitch-In website (<http://www.pitch-in.ca>) has resources specifically for Guiding,

including a program tie-in list, colouring books to print, educational activities and lots more. Register your group early to receive a crest and free garbage/recycling bags in the mail. If you would like to purchase crests for your unit, do so soon, before supplies run out.

Active Living Resource Handbook

In February of 2012 a new resource for Guiders in BC was published to the Provincial website. The "4 Seasons of Fun and Fitness" Active Living Resource Handbook is meant to help you add active living into your meetings. The activities are meant to be fun and enjoyable. There are many

different options for activities that require balance, fine motor skills, gross motor skills and cooperative play. At the end, there is a listing of local resources for physical activity and nutrition in BC. We encourage you to add your own resources to the list to help increase

knowledge of active living opportunities in your area.

You can find this resource for download from the Resources > Program > Active Living section of the BC Website (<http://www.bc-girlguides.org/resources/program/active-living/>)

Inside this issue:

<i>April Fool's Day</i>	2
<i>National Children's Book Day</i>	4
<i>Look at the Sky Day</i>	5
<i>Jelly Bean Day</i>	7
<i>Richter Scale Day</i>	9
<i>Space Day</i>	11
<i>Mother's Day</i>	13
<i>Lucky Penny Day</i>	14
<i>World Environment Day</i>	15
<i>Eat Your Vegetables Day</i>	17
<i>Dragon Boat Festival</i>	18
<i>Program Committee Positions</i>	20

Enthusiasm wanted!

We are looking for creative, enthusiastic Guiders to join the Provincial Program Committee team, as follows:

- ♦ STEM Resource
- ♦ Environment Resource
- ♦ Arts Resource
- ♦ Healthy Lifestyles Resource
- ♦ Lones Adviser

April Fool's Day

Apr
1

History of April Fool's Day

Nobody is really sure of why April Fool's Day started, but legend says that began in the 1500s in France when New Year's Day was moved in the calendar. New Year's used to be celebrated during the week between March 25th and April 1st.

It was moved to January 1st, as it is now, around 1582. They didn't have telephones or internet back in those days, so information traveled very slowly. It took some people years to learn of the change! Others refused to change, and continued to celebrate New Year's on April 1st.

The people who did not switch to the new calendar were labeled as "fools" and people began to play pranks on them. Over time, the tradition became that people engaged in practical jokes on the first day of April.

Game: I Am Having A Party Game: Poisson d'Avril



(from *Campfire Activities*,
Girl Guides of Canada)

Supplies: none

Instructions:

1. The Leader of the game says, "I am having a party and I would like you to come, but you have to bring the right things. I will bring peaches, what will you bring?"
2. The person next to her says what she will bring. Unless it begins with the letter A, the leader will say "Sorry, you cannot come," and asks the next girl until she gets the right response.
3. After an item starting with "A" has been chosen, the next item must begin with the letter "R."
4. The gimmick is that items must be chosen in the correct order so their beginning letters spell the word PARTY.

In France they call April Fool's Day "Poisson d'Avril", which means April Fish. It is called this because it is easy to catch young fish. It is common practice to attach a paper fish to somebody's back as a joke.

Supplies:

- ♦ paper fish
- ♦ tape

Instructions:

1. Explain "Poisson d'Avril" to the girls and tell them that sometime during the meeting you will be taping a fish to somebody's back. If the girls notice the fish, they are not to say anything.
2. When the "victim" notices the fish, everyone yells out "Poisson d'Avril!"
3. Repeat with several "victims" throughout the meeting.



Game: How Good A Witness Are You?

(from *BC Girl Guides CSI Challenge booklet*)

Version 1:

Supplies: none

Instructions:

1. Ask all the girls to find a partner.
2. While one partner turns her back, the other partner makes three changes in her appearance. For example, she might tuck in her shirt, put her hair behind her ear and remove her belt.
3. When she has finished, her partner turns around and tries to identify the changes.

Version 2:

Advance preparation:

Before your meeting, arrange for a volunteer to dress in peculiar attire (bright colours and patterns, funny hat, mismatched socks or shoes, lots of costume jewelry, etc.).

Instructions:

1. During the meeting, have the volunteer walk quietly through the room, taking care to walk past each girl.
2. Once the volunteer has left the room, have the girls describe everything they can remember about her or him. Ask questions to see how much they observed.



Game: Can You Follow Directions?

Supplies: worksheet and pencil for each girl

Instructions: on the worksheet:

This is a test. You will only have two minutes to complete this test, so work quickly.

1. Read all instructions before doing anything else.
2. Print your name on the top of the page.
3. Draw a smiley face on the bottom left corner.
4. Draw a star in the middle of the paper.
5. Write your age in the bottom right corner.
6. Print the day of the week under your name.
7. Draw a circle around your age.
8. Underline your name.
9. Colour in the star.
10. Now that you have finished reading the instructions, only do what was directed in the first sentence.

April Fool's Day Puzzle

Unscramble these April Fool's words to solve the puzzle.

RKTIC

KEJO

HOLSOIF

NAKRP

FUYNN

Legend says that April Fool's Day began in this country:

Game: This Is My Nose



(from *Campfire Activities, Girl Guides of Canada*)

Supplies: none

Instructions:

1. The girl who is IT stands in front of another player, points to a part of her own

body, and calls it by another name.

2. The second girl must then respond by pointing to the part of her own body named by IT and calling out the part of the body pointed to by IT. For example, IT points to her knee and says, "This is my nose." The second girl must

then point to her nose and say: "This is my knee."

3. The second girl has until the count of ten to give her answer. If she does not answer correctly, she becomes IT. You may wish to change this so that a player with a correct answer becomes IT.

Music: Silly Songs

There are lots of silly songs to sing, and I'm sure you must know many of them. "The Window" is a fun song that makes light of nursery rhymes.

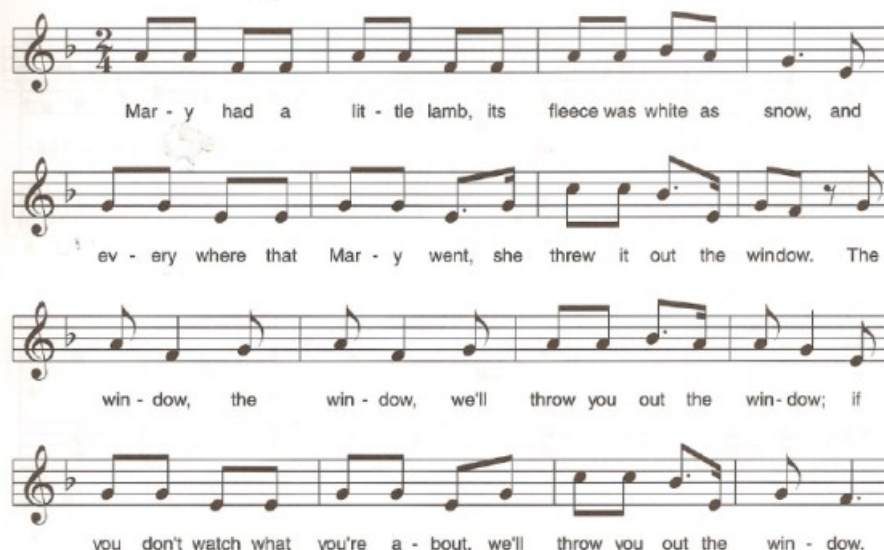
Divide the group in two, then take turns singing nursery rhymes, ending each with "threw it out the window," as indicated in the song.

An example:

Jack and Jill went up the hill to fetch a pail of water, Jack fell down and broke his crown, and threw it out the window!!!

Other nursery rhymes: *Twinkle Twinkle, Old Mother Hubbard, Humpty Dumpty, Jack Sprat, Jack be Nimble, Rock-a-bye Baby, Little Miss Muffet, Itsy Bitsy Spider, Ba Ba Black Sheep...*

The Window



(Public Domain song from *Campfire Activities, Girl Guides of Canada*)

National Children's Book Day

Apr
2

The Book Remembers

April 2nd is International Children's Book Day and is celebrated on Hans Christian Anderson's birthday. This year's theme is 'The Book Remembers', a reminder that books can be invaluable sources of history: The book remembers the time in

which it was written. In honour of International Children's Book Day, and to celebrate this year's theme, the Canadian Children's Book Centre has put together a list of Canadian children's books which are evocative of life in Canada throughout history.

Let's get reading!

A list of books celebrating the history of Canada are listed at [The Canadian Children's Book Centre website](#). These include:


The Hockey Sweater

Written by Roch Carrier
Illustrated by Sheldon Cohen
Tundra Books, 1984
ISBN: 978-0887761744
Grades 2-6 Category: Picture Book

Mary of Mile 18

Written and Illustrated by Ann Blades
Tundra Books, 2001 (c1971)
ISBN: 978-0887765810
Kindergarten-Grade 5
Category: Picture Book

"Reading" Activities

- ♦ Have your meeting at the local library or invite a librarian to visit.
 - ♦ Challenge the girls to bring in a few of their favourite books to share with the other girls. Girls can be assessed for their Reading badges.
 - ♦ Invite a local Children's author or illustrator to come to the meeting and talk about their favourite books from when they were the same age as your girls.
 - ♦ Discuss story lore and do story telling
- 
- ♦ of all types.
 - ♦ Create a story that passes on— the first girl starts a story and stops after a sentence or two- perhaps even mid-sentence. The next girl continues the story.
 - ♦ Read a legend aloud and then do a craft based on the legend. Get a book of legends from the library or find one on a website such as this one: <http://www.unc.edu/~rwilkers/title.htm>.
 - ♦ Service Project: Collect gently used books from neighbours, relatives and friends to donate to

Craft: Bookmarks

Supplies:

- ♦ Cardstock
- ♦ Decorative items: stickers, stamps, ribbon, beads
- ♦ pencil crayons
- ♦ hole punch
- ♦ Laminator

Instructions:

1. Friendship bookmarks: have each girl write her name on the bookmark in marker- pass the bookmarks around the circle and Guiding friends add stickers, doodle and add inspirational phrases to their friend's
2. Promise bookmarks. These are a great way to help girls to learn their promise. Brownie template available from [Guiding Jewels](#).



Program Connections:



Sparks: In My Community Keeper, Additional activities (visit a library)

Brownies: Hurray for Reading badge



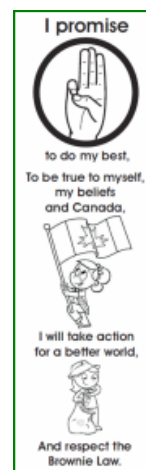
Guides: Reading badge

Pathfinders: Service project (read to younger children); Lending a Hand



the local children's ward at the hospital, library or charity that collects books

- ♦ Pathfinders: learn how to volunteer at your library in the "Raise a Reader" campaign or for the Summer Book Club.



Music: Weather Songs

Celebrate with Song

- Raindrop Round (p 38)
- If Ya Didn't Have Rain (p 40)
- The Sun and the Rain (p 131)

Jubilee Songbook

- Rainy Day Grace (p 53)
- Rain Song (p 55)



Program Connections:

Sparks: The Going Outside and Exploring and Experimenting Keepers

Brownies: Key to STEM, Key to the Living World: Weather Watch, Interest Badge: Exploring Space

Guides: Beyond You - Try New Things and Learn about the Environment, Weather Badge, Science Badge

Pathfinders: Outdoor Know How #9 Predicting the Weather, Knots, Knives and Outdoor Lore #6 and 7, Exploring a Theme (Everything Comes from STEM)

STEM: Weather Folklore

Discuss folklore sayings - some examples follow.

"Halo around the sun or moon, rain or snow soon."

Often this is true. The halo around the sun or moon is a layer of cirrus clouds which is made up of ice crystals. The colorful halo around the sun or moon is actually the ice crystals acting like tiny prisms, forming a circle around the moon. This cloud often is seen before rain or snow.

"Red Sky at night, sailor's delight. Red sky in the morning, sailor take warning."

When there is good weather there is

often a red sunset in the west. The red colour is created by the setting sun's light shining through the lower atmosphere, which contains dust, salt, smoke and pollution. These particles scatter away some of the shorter wavelengths of light leaving only the longer wavelengths (the oranges and reds.) Good weather is associated with high air pressure systems which cause air to sink and bring air contaminants near the earth, making the sunset even redder than usual. This would be the "red sky at night."

Since high pressure generally brings fair weather, this type of red sky at

sunset would indicate that clear weather is approaching, which would "delight" a

sailor. Weather systems often move from west to east so when the sky is red in the eastern morning sky the high pressure system may have passed and an area of low pressure may follow. Low pressure usually brings clouds, rain or storms, a warning for sailors.



Activities that Involve the Sky...

- Take a walk outside and look at the different types of clouds that are in the sky.
- Talk about the different types of clouds and how weather can be predicted by the clouds and the sky.
- Make a chart and track the weather for a week. How much did the weather change each day.
- Make a "weather watcher" tool, such as a rain gauge. Use a clean jar. Leave it outside for a week and mark off how much rain fills the jar. Try it another week and compare results.
- Visit a weather station, or interview

a weather reporter or meteorologist about weather forecasting. Find out what kinds of equipment are used to watch and predict weather, why weather stations are useful, how the data about weather is interpreted and how accurate weather predictions usually are.

- Make a cloud mobile with wooden chopsticks, cotton and thread.
- Read some Weather Legends such as Native American Lore and the Science of Weather by Carole G. Vogel.
- Print up some weather [colouring pages](#).

- Make a craft such as making a picture of the sky with cotton balls for clouds, or colouring a rainbow with wax crayons and doing a watered down blue paint wash over top.
- Extension to the Night Sky- Discuss Star Legends, Constellations.



STEM: How Do Clouds Form?

(from BC Girl Guides Science in a Box Booklet)

Have you ever seen mist sitting over a lake or field, or steam rising from a hot bath and wondered why it was there? Well, when water vapor hits cooler air, the invisible droplets start clinging together until they become big enough for our eyes to see, but they remain small enough to float in

the air. The mist hovering over a lake or field is very much like a cloud in the sky. Clouds are gatherings of water droplets that have evaporated from the earth. As temperatures cool, more and more droplets gather combine until they are too heavy to keep floating in the cloud. Then they fall from the sky and we have rain. If the air temperature is lower than 0°C, the droplets will keep condensing until they turn into snow.



STEM: Make Your Own Lightning

(from the Guide Program Book)

Supplies:

- modeling clay
- a metal cookie sheet or pie tin
- a rug or piece of wool fabric
- a metal spoon

Instructions:

1. Use the clay to make a handle so you don't touch the metal directly. Form the clay into a lump and put it on the top of the cookie sheet or pie tin.
2. With your hand on the clay, rub the metal cookie sheet or pie tin across the carpet or the piece of wool for about a minute.

3. Take your spoon and hold it close to the metal.
4. How close do you have to get before something happens?
5. Try it with the lights out.



STEM: Make Your Own Fog

(from the Guide Program Book)

Supplies:

- narrow glass jar
- very hot tap water
- ice cubes
- a small zippered sandwich bag.

Instructions:

1. Pour the water into the jar
2. Place the ice cubes in the bag and zip the bag closed.



3. Put the bag over the mouth of the jar making sure that the bag does not fall in.
4. Observe for a few minutes.

STEM: Make your own Wind Energy

Governments and corporations around the world are seeking out clean, renewable sources of energy. The wind is one such source of energy. In this experiment, build your own pinwheel to catch wind energy, and see if you can use it to do something useful.

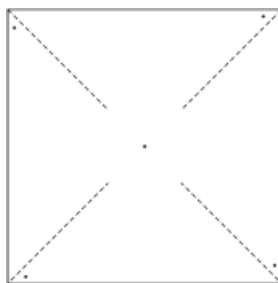
Supplies:

- Paper
- Scissors
- Pin
- Pencil or dowel



Instructions:

1. Cut the paper into a square, if it isn't already.
2. Cut a diagonal line from each corner in toward the center of the paper. Do not cut all the way through; cut only about 2/3 of the way from the corner to the center.
3. On each corner, bend one point down into the centre of the paper. Poke the pin through the points and the center of the paper to hold your pinwheel together.



4. Poke the pin into the top of the pencil. Blow on it. The energy in your breath makes the pinwheel spin.

What else you can do with this:

Can you make your pinwheel do work? Try building a structure that uses the spinning pinwheel to lift a small load. You might want to use building blocks (e.g., Lego or K'nex), scraps of wood or dowelling, string or other found materials. For a load, try a small envelope or paper basket with a few pennies or paper clips in it.

Links for more [weather experiments](#)

Jelly Bean Day

Apr
22

STEM: Jelly Bean Math

Supplies:

- 15 jelly beans per girl, in a variety of colours

Instructions:

1. Distribute the jelly beans to the girls. Have them separate the beans by colours.
2. Put them in order from largest to

smallest groups of colour.

3. Put the jelly beans into groups of four.
4. How many are left over?
5. Put the jelly beans into groups of three. How many are left over?
6. How many piles of five can each girl make?
7. Eat two jelly beans. How many

- are left?
8. Eat five more jelly beans. How many are left now?
9. Eat the rest, or save them to take home.



Craft: Fingerprint Jelly Bean Creatures



Supplies:

- Paper
- Plate
- Paper towel
- Washable paints
- Markers

Instructions:

1. Put a little bit of each colour of paint onto a plate.

2. Dip your finger into one colour of paint then make a fingerprint on the paper. Do not "finger paint" – just make a fingerprint. You can make multiple prints of the same colour, or lots of different colours.
3. When the paint is dry, decorate the prints to make Jelly Bean creatures.

Game: Rainbow Relay/Jelly Bean Olympics

(submitted by Carla MacRae, Straits District Program Adviser)

Supplies:

- set of large coloured cards with actions on them (which match the colours of the candies you are playing with)
- one bag of 20 jelly beans per girl (put in more if you want the game to last longer or less if you want it to be shorter)
- activity supplies needed for stations (skipping ropes, hula hoops, balls etc--depends on what you write on the action cards)

Instructions:

1. Each girl gets a small bag of jelly beans with a random mixture of colours.
2. Around the playing area (inside or

outside) set up large coloured action cards as stations. Place the appropriate equipment in each station.

3. When the game starts, the girls choose a colour of jelly bean they have in their bag, find the matching colour action card, and do the action. When they complete the action they get to eat a jelly bean that matches that station colour.
4. Girls continue going to different stations that match the colours of the jelly beans they have left in their bag, until they are out of jelly beans.

Examples of action cards:

- Hop on one foot and throw a ball up and catch it 5 times, then eat 2 blue

jelly beans

- Skipping Rope. Count to 20 while skipping then eat 1 yellow jelly bean
- Rub your tummy while patting your head, count to 10, then eat 1 pink jelly bean
- Say the promise while running on the spot, then eat 1 orange jelly bean
- Do 5 jumping jacks, then eat 1 green jelly bean
- Hula Hoops. Count to 20 and eat 1 red jelly bean
- Reach up to the ceiling and breathe in 3 times, then eat 1 blue jelly bean



Game: Beans

Supplies:

- ♦ None

Instructions:

The girls can be dancing or walking around the room. The leader then calls out a type of bean, and the girls must respond appropriately.

Examples:

Jelly bean – wobble like a bowl full of jelly

Jelly Belly bean – lie on the floor, tummy down, and wiggle

Jumping bean – jump around

Runner bean – run around the room

Baked bean – lie on the floor like you are sun tanning

Chili bean – shiver

Frozen bean – stand still

Broad bean – stretch your arms and legs out as far apart as possible

Black-eyed bean – stand in one spot

and over an eye with your hand

Beany baby – lie on the floor and cry like a baby

French bean – strike a pose and say “oooh-la-la”

Kidney bean – bend over and touch your toes

Beanstalk – pretend to climb a beanstalk

Mean bean – stomp around angrily

Laughing bean – laugh!

Craft: Peace Pin Project

(adapted from the Girls United Girl Guide Challenge)



Supplies: Template by Julie Thomson

- ♦ A set of jelly beans for each girl, including one of each of the rainbow colours
- ♦ craft glue
- ♦ a piece of cardstock, cut so that all of the jelly beans can be glued on to it, with a small hole punched in top to attach a pin. (you can use

the template shown here, printed 2” diameter, or create your own).

Instructions:

1. Tell the girls to only pick up the colour you are referring to, and glue it onto the paper provided. Explain the significance of each colour as they work. With younger girls, you may wish to read “The Colors of Friendship” by Adrian Iron Thunder, as found at <http://www.inspirationpeak.com/shortstories/colors.html>.
2. Red signifies the Courage to take action
3. Orange signifies the Energy to get involved
4. Yellow signifies Loyalty to your friends
5. Green signifies Hope for a future free from fear
6. Blue signifies Faith in yourself & Trust in others. “A true blue friend”

7. Indigo signifies Power & Dignity for all
8. Violet signified the Strength to stand up for what you believe
9. White signifies a wish for Peace.
10. Taken together the colours of the rainbow represent our hope for a peaceful, bully-free tomorrow.
11. Allow the glue to dry, then pin the completed project onto your shirt or camp hat as a token of peace and as a commitment for a bully-free tomorrow.
12. Note: you may wish to take these home and spray them with a spray sealant, such as shellac, then return them to the girls the following week.



Game: Jelly Bean Sort

Supplies:

- ♦ Jelly beans
- ♦ A chart with questions for each colour

Instructions:

1. A bowl is passed around and each girl and Guider takes a handful of coloured candies with the instruction that they are not allowed to eat them, yet. Do not

display the chart until after the girls have their candies – why they are taking the candies is a surprise!

2. The chart is then put up and each colour stands for something they must reveal about themselves, or a story they must tell.
3. Each girl goes through all the candy in her hand, answering a

question for each colour before eating it. If she has more than one of the same colour, then she must answer that question more than once, but with a different answer each time.

For samples of questions, see the “Candy Sort Game” in the BC Girl Guides Getting to Know you Games document on the [BC Girl Guides Website](#).

Richter Scale Day

Apr
26

The Richter Scale

In BC earthquakes are a threat to us. Although the biggest threat is along the coast of the province, we should all be familiar with what earthquakes are, how to prepare for them, and how they are “measured”. We can measure the amount of energy released during an earthquake with the Richter Scale. This measurement does not indicate how much damage there is from an earthquake, as that can vary based on the location of the earthquake. If the same strength of earthquake occurs in two different places – for example, at the bottom of

the ocean and in the middle of a big city, it will create more damage in the city.

The Richter Scale was first developed in 1935 in California, where there are a lot of earthquakes. It is measured using an instrument called a seismograph. This is a logarithmic number – which means that every time you increase by a whole number, the earthquake releases ten times more energy. So, for example, an earthquake of magnitude 5.0 on the Richter Scale has released 10 times

as much energy as a 4.0 earthquake, and 100 times as much energy as a 3.0 earthquake. Each increased number is a lot more energy!

Most earthquakes are less than 3.0 on the Richter scale; these are called microquakes and people can’t even feel them. The biggest earthquake in history happened in Chile in 1960 – it measured 9.5. Earthquakes over 9.0 magnitude only happen about once every twenty years. The earthquake that devastated Japan in March of 2011 measured 9.0.

Game: What Time is it, Miss Earthquake?

(from the BC Girl Guides ShakeOut Challenge booklet)

Supplies: none

Instructions:

Play similarly to “What time is it, Mr. Wolf”

1. Choose one girl to be “Miss Earthquake” (IT). All of the girls are lined up along a wall, while Miss Earthquake is at the other end of the room, with her back towards the other girls.
2. All of the girls call out together “What time is it, Miss Earthquake?” and IT yells out a time, such as “5 o’clock!” IT keeps her back to the other girls, while they take as many steps as the “time” (in this case, five steps – big or small).
3. Repeat step two until IT decides to rumble loudly! When the girls hear the rumble, they must duck and cover. As soon as IT rumbles, she turns around to
- check the girls – anyone not ducking down will need to return to the wall and begin again.
4. When a girl reaches Miss Earthquake, she is safe and now she becomes IT and the game starts again.



Challenge: ShakeOut BC

BC Girl Guides now have a new challenge and crest promoting Earthquake Preparedness.

In co-operation with ShakeOut BC, BC Girl Guides will join their Girl Scout sisters in California and Oregon to complete this ShakeOut Challenge.

Visit the challenge page on the BC website (at <http://www.bc-girlguides.org/resources/challenge-crests/>) for full challenge details and to order your crests.



Earthquake Wordsearch

AMPLITUDE
DROP
EARTHQUAKE
EPICENTRE
FAULT
HAZARD
MAGNITUDE
ROLL
SHAKING
STOP
STRIKE
TSUNAMI

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

STEM: Build a Seismograph

Scientists use seismographs to measure the movement of the earth during an earthquake. The base is attached to the ground and moves when there is an earthquake. A pendulum hanging from the base does not move when the base moves, and the difference between the moving base and the stationary pendulum can be recorded.

Supplies:

- Cardboard box with one side open
- Disposable cup
- String
- Felt tipped marker
- Tape (duct or masking)
- Hole punch or scissors (to make holes in the cup and the box)
- About 1 cup of pebbles, sand, marbles, etc.
- Paper



Instructions:

1. Remove the lid from the box, and stand the box on its side so that the open end is facing you.
2. Make a hole in the bottom of the cup and insert the marker so that the writing end points down. You can tape the pen into position so it doesn't slip through the hole.
3. Put the pebbles in the cup around the pen.
4. Make two holes in the middle top surface of the shoe box.
5. Make two holes, opposite each other, near the rim of the cup.
6. Thread the string through the two holes at the top of the cup, and up through the two holes in the box. Tie the ends of the string together so that the cup hangs freely in the box. The end of the marker should just touch the bottom of the box.
7. Place a piece of paper in the bottom of the box. You can tape it in place to make sure it doesn't move.
8. Shake the box (gently, at first) to replicate an earthquake. The pen will make marks on the paper to show how much the box moved.



Photo by Julie Thomson

Game: Earthquake Repairs



Supplies:

- for each team, you will need two sets of building supplies (for example, blocks or rocks - about 10 per set)

Instructions:

1. Divide the group into teams.
2. Separate each team in two, and

- give them each a set of building supplies.
3. Send half of the team to the far end of the room with their supplies. Have the teams facing away from each other.
4. Build a structure for each team on the close side of the room ("home base"). The girls on the far side should not be able to see these structures.
5. Explain to everyone that the girls on the far side of the room have experienced a devastating earthquake. They have only the remains of a structure. The girls at home base must go, one at a time, down to the far end and explain how to build the structure so that it matches the home base

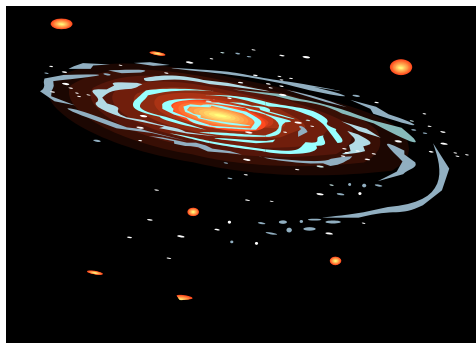
- structure. They may not touch the supplies at the far end – only explain what to do. Each girl who goes to the far end may explain how to place one piece of the structure, then return to home base and send another messenger to continue to help with the building project.
6. The winning team completes accurately building their structure first.



SPACE DAY (first Friday in May)

May
4

Learn about Astronomy:



In all levels of our program, we have some sort of space-related activities.



In **Sparks** it is part of the Exploring and Experimenting keeper.



In **Brownies**, it is part of the Key to STEM, and there is the Exploring Space interest badge.

In **Guides** there is an Astronomy badge in the Beyond You program area.



In **Pathfinders** the Galactic Adventures module can be found in the Exploring a Theme program area.

One resource you can use is your local Astronomy club or Astronomical

Society. The members of these organizations have a passion for astronomy and will more than likely come to your meeting or camp free of charge so that they can share their passion with the girls. A list of clubs in BC can be found at http://www.skynews.ca/pages/clubs_list.html#BritishColumbia



STEM: Popping Rockets

(from BC Girl Guides Science in a Box booklet)

Supplies:

- Copy or printer paper
- Plastic 35-mm film canister (MUST be one with a cap that fits INSIDE the rim)
- Effervescent (fizzing) antacid tablet (the kind used to settle an upset stomach)
- tape and scissors
- Paper towels
- Water
- safety glasses

Adult supervision recommended.

Instructions:

1. First decide how to decorate your rocket. Will it be tall or short? Will it have fins or no fins?
2. Tape the film canister to the paper then wrap the paper around it, making sure that the lid of the canister is at the bottom, facing down. Cut out all the pieces that you will need for your

- rocket. Make a cone for the top.
3. If you are adding fins, attach them to the rocket body.
4. Before "blasting off," make sure you have your eye protection on!
5. With the rocket upside down, remove the canister lid and fill the canister about one third full of water.
6. Drop half of an effervescent antacid tablet into the canister and snap on the lid, ensuring that it is tight.
7. Place your rocket (right side up) in the middle of an open area, and move away from the rocket - it is important to make sure you are not too close when it blasts off!
8. Your rocket will blast off!

What is happening:

You are creating a gas when the tablet reacts with water. Pressure builds up until the small canister can no longer contain the gas. The lid pops off, gas escapes, and the canister shoots up into the air.



Music: Twinkle, Twinkle Little Star

Twinkle, twinkle, little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.

When the blazing sun is gone,
When he nothing shines upon,
Then you show your little light,
Twinkle, twinkle, through the night.

In the dark blue sky you keep
And often through my curtains peep
For you never shut your eye
Til the sun is in the sky.

As your bright and tiny spark
Lights the traveller in the dark
Though I know not what you are
Twinkle, twinkle, little star.

Twinkle, twinkle, little star.
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.

Twinkle, twinkle, little star.
How I wonder what you are.
How I wonder what you are.

Game: The Star Finder

We see different views of the Universe from where we live as Earth makes its yearly trip around the solar system. That is why we have a different Star Finder for each month, as different constellations come into view. Also, as Earth rotates on its axis toward the east throughout the hours of the night, the whole sky seems to shift toward the west.

Supplies:

- Download and print out your own Star Finder game sheet from page 35 of the [Science in a Box booklet](#) (see "Resources in Your District") or from the NASA Space Place [website](#)
- You may also want to download and print out a Star Finder from the [Royal Astronomical Society](#) to help you locate the stars in the sky at varying times of the year. Often, your local Astronomical Society will have these available free of charge.

Instructions:

1. Fold the Star Finder game sheet as you would a "cootie catcher" (<http://bit.ly/ybXi2x>)
2. As with a "cootie catcher", stick your thumbs and two fingers into the Star Finder.

3. Choose one of the top four squares, then open and close the Star Finder as many times as the number shows.
4. With the Star Finder now open, look inside and choose one of the constellations that is visible. Now open and close the Star Finder once for each letter of the constellation's name. For "Lyra," open and close the Star Finder 4 times, once for each letter: L - Y - R - A.



When you have finished spelling the constellation, choose one of the four constellations that are now visible. Open the "cootie catcher" to find a constellation name to try and find in the sky this month. Note that you may not be able to find every constellation every month! If this is the case, just try to find the constellation that is nearest to the part of the sky you picked. Or, just find any constellation.

Game: Pin the Stars on the Sky

(variation of *Pin the Tail on the Donkey*)

Supplies:

- Star stickers
- Large sheet of paper
- Masking tape
- Blindfold
- Crayons, markers, glitter glue, etc.

Instructions:

1. Tape the paper to the wall so it is at about shoulder height.

2. Either cover the girl's eyes, or put on the blindfold (if she is comfortable with a blindfold).
3. Stand a few feet away from the wall, give the girl a star sticker and spin her around a few times, then have her walk



- to the paper and stick the star onto it.
4. Repeat for about 5-10 stars.
5. Remove the blindfold and use your imagination to connect the stars into a constellation using the crayons, etc.
6. Make up a story about the newly invented constellation.

Online Resources

- [Printable space activity book](#)
- [On the Moon Activity Guide, with activities for grades 3-12](#)
- [To the Moon and Beyond, for ages 5 and older](#)
- [Family Space Day activities, perfect for Sparks and Brownies \(ages 5-8\)](#)
- [Constellation Legends](#)
- [Outer Space crafts and activities](#)
- [Astronomy Connect-the-dots](#)
- [NASA's Space Place, with lots of fabulous space and science-related activities](#)

Mother's Day

May
13

What do people do for Mother's Day?



Many people in Canada express their gratitude towards mothers and mother

figures on Mother's Day. Mother figures may include step-mothers, mothers-in-law, guardians (eg. foster parents), and family friends.

It is the time for people to thank mothers and mother figures who took the time to care for them and help them through life's challenges.

Some people give cards, flowers, or chocolates, and/or make handmade items or special meals on Mother's Day. Others take their mothers or mother figures to the movies, a restaurant, café, or a day in a park. Some mothers and mother

figures also receive special gifts such as jewelry, clothing, accessories, and gift vouchers for services or products.

(with permission from TimeandDate.com)

Craft: Mothers Day Styrofoam Hat

Supplies:

- dark coloured cookie sheet
- 8oz Styrofoam cups
- acrylic paint in pastel colors
- small silk flowers
- pastel or sheer ribbons
- low temp hot glue gun
- magnets (optional)

Instructions:

Preheat oven to 250 degrees F.

Note: This craft needs to be made on a dark coated cookie sheet at 250 degrees F in an electric oven. The cups will not melt properly on the silver sheets.

You may want to experiment with different temps until you receive satisfactory results by baking one or two cups at the recommended temperature and time first. If they

seem to melt too quickly or the ends curl up and under, try reducing the temperature and try again.

1. Place the Styrofoam cups open end down on a dark coated cookie sheet, place them about 1-2" apart.
2. Bake in the oven for approximately 3 minutes, do not walk away! [It will take about 1 minute to see any changes to the cups, and then the heat will begin to melt and shrink them rather rapidly after that.]
3. Remove the cookie sheet from the oven and set aside to cool completely. **DO NOT** try to remove the cups from the cookie sheet until they are completely cooled. As they cool, the Styrofoam that is stuck to the



sheet will relax and release from the sheet so you can remove them.

4. Paint your "hats" with pastel acrylic paints- one coat is usually enough- and let them to dry completely.
5. Once dry you can decorate them with small silk flowers, pretty beads, and ribbons using a hot glue gun.
6. If you want you can add a longer ribbon to attach as a corsage or you can hot glue a small round magnet to the bottom of the hat on the brim.

Online Resources

- [Making Learning Fun](#)
- [Great Colouring Pages for Mom](#)
- [DLTK Mother's Day section](#)
- [Danielle's Place Mother's Day Crafts](#)
- [Kaboose Mother's Day Crafts](#)

Craft: A Tea Poem for Mom

For a quick and easy Mother's Day craft, when time just isn't your best friend.

Supplies:

- tea-bag that has a string tag or it's own packaging
- Cardstock
- Pencil crayons

Instructions:

1. Cut the cardstock to any desired shape (for example: a teacup, a teapot, a flower) and attach the teabag.
2. Write a poem on the card:
**Here's a gift for Mother's Day.
I'll do my best in every way.
But if you get upset with me,
relax and have a cup of tea.**

Lucky Penny Day

May
23

What's a penny worth?



A penny doesn't buy you much, if anything, these days, but it was used to buy your grandparents "penny candy" or "a penny for your thoughts". They may also have worn penny loafer shoes, if they lived in the 1950's, or went to a penny arcade to try their luck at various games.

There is a superstition that says if you pick up a penny that is lying face up and give it away it will bring you good luck, or, as the saying goes "**Find a penny, pick it up, and all the day you'll have good luck.**"

This started because many years ago

people believed that all metals came from the gods, thus it was lucky to find something from the gods.

The first Canadian pennies were released in 1858 and were made at the Royal Mint in London, England. They were then shipped to Canada. In 1908 the Royal Canadian Mint was opened in Ottawa.

Pennies were once made of 95% copper, but as of 2000 the Canadian penny is made up of 94% steel, 4.5% copper plate and 1.5% nickel.

In the early nineteenth century, a 'luck-penny' was defined as 'the cash which the seller gives back to the buyer after the latter has paid him.'

However, today a penny is no longer considered valuable - we throw them in wishing wells hoping our wishes will come true, or we collect them in a jar.

Another old saying is "**a penny saved is a penny earned.**" Even though it takes 100 pennies to make a dollar, collecting pennies in piggy banks is still popular. Over the years, Guiding members have saved pennies to give as a CWFF donation. Another use for a penny is as a handy screwdriver when nothing else is available!

Handy or a nuisance - you decide!

Craft: Penny Necklace

This is a great craft to not only discuss the value of a penny, but also to tie into a wide variety of current program themes.

You can choose the shape of your necklace to coordinate with your current topic of choice. **Nature:** cut out a tree, leaf or flower shape, **STEM:** cut out an atom, shuttle, calculator or recycling bin, **Active Living:** cut out running shoe, apple, or baseball. The ideas are endless!

Supplies:

- ♦ Construction paper (3 colours)
- ♦ White glue or a glue stick
- ♦ Scissors
- ♦ A hole punch
- ♦ String or yarn
- ♦ A penny

Instructions:

1. **Choose a shape:** stars, hearts or circles are the easiest. For each necklace, cut out the shape - one



on each colour of paper and one smaller than the next so that they fit inside of each other (the smallest must be bigger than a penny).

2. **Glue a penny** onto the center of the smallest shape.
3. **Punch a hole** in the top of the largest shape.
4. **Thread enough yarn** through the hole to wear it as a necklace.

Game: Polka Dot Penny

Supplies:

- ♦ White plastic tablecloth
- ♦ 1 can or variety of sizes
- ♦ Permanent markers
- ♦ Masking tape
- ♦ Dustpan and broom
- ♦ Bag/bowl
- ♦ Pennies
- ♦ Prizes —1 for each Girl

Instructions:

1. With the tablecloth over the table, trace around the can(s) with the

markers to create circles all over the surface. You can have the girls do this, or have it prepared in advanced.

2. Using masking tape, mark a throwing line several feet back from the table.
3. Each Girl gets 3 to 5 pennies per turn. Standing behind the line, she tosses the pennies, one at a time, onto the now polka-dotted table.
4. If a penny lands entirely within a circle, she wins a prize: this could

be anything even a piece of penny candy.

5. The dustpan and broom along with a bowl or bag will be a great help for sweeping the pennies off the table after each Girl is finished their turn.

VARIATION:

In each circle, ask a Program question or have something for the girls to recite out loud. The questions may work better if they are true or false questions.

World Environment Day

Jun
5

Instant Meeting for Sparks and Brownies: Birds

For a digital copy of the Eco-Pak, please contact program@bc-girlguides.org

10 mins: Opening and Gathering

- ♦ Crossword puzzle / word search activities from Eco Pak or print off nature themed colouring sheets

15 mins : Games from Eco Pak CD

1. Oh Deer ([page 7 of Eco- Pak](#))
2. Mosquito to Mushrooms (Draw out sequence on large paper or chalkboard for younger girls) ([page 15 of Eco- Pak](#))
3. Make a Tree ([page 22 of Eco- Pak](#))

4. Bat and Moth ([page 7 of Eco- Pak](#))

10 mins: Bird Talk

- ♦ Read a story about birds and show pictures of the Stellar Jay, our Provincial Bird.

15-45 minutes: Bird Feeder

- ♦ Depending on time and ages/ skill levels of girls make a bird feeder. Try making a pinecone bird feeder, rolled in bird seed, or drill holes in a log to fill with suet. Great bird feeder ideas are found on the internet. Try : http://www.kidscanpress.com/assets/w_KidsCottageBook_0199/

[PDFs/ KidsCottageBook_0199_activity.pdf](#) or <http://www.craftybirds.com/allbirdhouses.html>

10 mins: Campfire and Closing

- ♦ Sing nature songs or songs loosely related to nature.

Examples of songs found in *Songs for Canadian Girl Guides* include: Land of the Silver Birch, Canoe Song, Tall Trees; *Jubilee Song Book* ideas include: Barges, Happy Wanderer; *Sing a Song for Sixes*: Crocodile Song, Six Little Ducks

Craft: Log Feeder for Peanut Butter Suet

Supplies:

- ♦ Log or branch 7" to 14" long
- ♦ One stick of 1/4" dowel rod
- ♦ Sturdy wire or jute for hanging
- ♦ Wood glue
- ♦ Medium size eye bolt



Instructions:

1. Cut a piece of a log to be somewhere between 7" and 14" in

length, depending on the number of holes you want to fill with suet. (The one in the picture at left is 7" long with a total of 8 holes). The thickness of the log above is 4" - that can also vary. It will be easier to use a straight piece of log or branch for this feeder.

2. Drill holes about 1" in diameter and about 3/4 of an inch deep. In a 7" log, drill 2 holes (see picture) on all 4 sides.
3. Use a quarter inch dowel rod for the perches. Drill small holes below the larger holes and insert the 1/4" dowels into these holes. Glue in place with wood glue.

4. Screw a medium or large size eye bolt into the top end of the log. Using about a 10" piece of wire or jute, make a looped hanger through the eye bolt for hanging. We used a nail and screw on opposite sides of the log for our hanger, so the Brownies could try using a screwdriver and hammer, as well as an electric drill. (imagine the handle of a pail).
5. Stuff the holes with the peanut butter suet from the recipe below.
6. Sparks can make these too- have a parent volunteer cut and drill the holes prior to your meeting!

Recipe: Peanut Butter Suet

Supplies:

- ♦ 1/2 cup of lard
- ♦ 1/2 cup of peanut butter
- ♦ 6 cups corn meal

Instructions:

1. Put the lard and peanut butter in a pan. Cook it just until it melts.
2. After it melts, take it off the stove and stir in the corn meal. It does take a lot of corn meal. Add more if necessary. The right

consistency would be when it sticks together so you can put it in the holes in the log. You don't want the mixture too dry or you will have a mess when putting it in the holes but you don't want it too moist.

World Environment Day

Jun
5

Instant Meeting for Guides and Pathfinders: Water

For a digital copy of the Eco-Pak, please contact program@bc-girlguides.org

10 mins: Gathering and Opening

- ♦ Crossword puzzle or word search activities from the Eco Pak

20-30 mins: Activities from Eco-Pak

- ♦ Weird Web (page 17 of Eco- Pak)
- ♦ Who Am I (page 18 of Eco- Pak)
- ♦ Habitat/ Shrinking Island (page 7 of Eco- Pak)
- ♦ Waterfowl and Oil Don't Mix (page 36 of Eco- Pak) demonstration

30 mins: Yellow Fish Road Project

- ♦ Download a program guide from the Yellow Fish Road website at <http://www.yellowfishroad.org/resources.html>.

30 mins: Active games

1. Salmon Survival
 - ♦ Source: *Guide Instant Meeting Booklet, BC Program Committee 2009*
 - ♦ All the girls line up across one side of the playing area; they are the salmon. A girl stands in the centre of the hall; she is the fisher. The Guider shouts
 - ♦ "fast current" and all the salmon try to get across to the other side of the area, without getting caught by the girl in the middle (fisher). If someone is caught they stay where they were tagged, becoming "fishing nets". On the next call of "fast current" the same girl remains as fisher and the salmon
 - ♦ try to run to the other side of the area again. Any girls that have become nets remain where they

were standing but can stretch to catch anyone that runs close enough for them to reach. Eventually there will be only a few, or none, of the salmon left.

2. Hooks and Ladders (page 13 of Eco- Pak). An active game that simulates how salmon migrate upriver to spawn.
3. Water Cycle Relay (see the December 2011 issue of the Fun-Finder, available online at <http://www.bc-girlguides.org/resources/provincial-newsletters/>)

10 mins: Campfire and Closing

Sing nature songs or songs loosely related to nature. Examples of songs found in *Songs for Canadian Girl Guides* include: Land of the Silver Birch, Canoe Song, and Tall Trees. *Jubilee Song Book* ideas include: Happy Wanderer, Something to Sing About, Skye Boat Song, Cuckoo

Craft: Terrarium

Make your own "rain forest" or terrarium out of recycled containers. Grow a plant, such as a tulip from a bulb. Plant seeds and watch your rain forest grow.

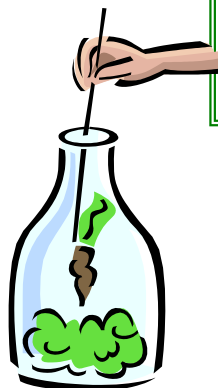
Supplies:

- ♦ Large plastic soda bottle
- ♦ Sharp scissors or knife (girls should work only with an adult while cutting the bottle.)
- ♦ Dirt or potting soil
- ♦ Plant seeds or seedlings
- ♦ Water

Instructions:

1. Remove the label from the bottle. You can throw away the label, but save the cap for later.
2. Wash out the bottle and cap with soap and water.

3. Cut the bottle all the way around near the bottom, leaving 3-4 inches at the bottom.
4. Pour dirt or potting soil in the base - do not push the dirt down.
5. Plant a few seeds or seedlings in the dirt.
6. Lightly water the seeds or seedlings according to the amount of "rainfall" your terrarium should receive.
7. Cover the base of the bottle with the top of the bottle. You will have to work with it a little to fit back inside the base of the



Program Connections:

Sparks: Going Outside Keeper

Brownies: Wood Works Badge, Bird Watcher Badge, Key to I Can :Tool Girl

Guides: Beyond You-Explore the Outdoors and Nature, Water Badge

Pathfinders: Up Close and Personal with Nature

Challenges: Eco Pak Challenge: Fun and Games, Taking it Outside

bottle.

8. Place the terrarium where it will receive sunshine and watch for the seeds or seedlings grow and change.

Eat Your Vegetables Day

Jun
17



It's Veggie Day!! This is a great opportunity to share how wonderful veggies can be!!

Vegetables and fruit have important nutrients such as vitamins, minerals and fibre. They are low in fat and calories. A healthy diet rich in

vegetables and fruit may help reduce the risk of cardiovascular disease and some types of cancer.

Check out the [Health Canada](http://www.healthcanada.gc.ca) website.

Challenge: Active Living

This is a great opportunity to complete the **Healthy Eating** component in our [BC Active Living Challenge!](#) Active Living is an important part of our Guiding program that emphasizes fun, health and wellbeing. In this exciting challenge you will explore different aspects of Active Living including [Healthy Eating](#), Fitness and Self Esteem.



Active Living Resource Handbook

The Program Committee has just completed the New [Active Living Resource Handbook](#).

We have included activities for all seasons and all ages, as well as **instant meeting** ideas and **easy games** that can be added into any meeting.

At the end, there is a **listing of local resources** for physical activity and nutrition in BC.

Visit the [BC Girl Guides Website](#) to download the pdf for this amazing resource tool!

Activity: VEGGIES “ROCK”

Have the girls create their own personal 'Veggie Bands'

Supplies: (for each group):

- Pen and Paper
- Copy of categories

Instructions:

1. Break into groups
2. Name the “band”
3. Have the girls write down different veggies (to join their band) and what they taste, feel, shape, colour, etc..
4. Ask the girls to submit band

member combinations for each of the categories.

5. Share their group's favourite “veggie” band with each other.
6. Discuss!

Veggie Band Categories:

Dinner Dynamos - veggies that are good on the dinner plate

Snack Pack - different after-school snacks using veggies

Lunch Bunch - veggies that are fun to eat as part of your lunch

Pizza Partners - veggies that you can

add to your pizza

Pasta Pals - veggies that you can toss into your favourite pasta

Salad Sizzlers - veggies that make up your favourite salad combo

Dippy Dos - veggies that are fun to dip - and favourite dip ideas

Crazy Combos - whacky ideas for veggie combos - peanut butter and raisins on celery, etc

Rockin' Rollups - veggies that are good in pita or tortilla rollups

Body Buddies - veggies that are good for specific parts of your body

Nutrition Tours

Nutrition tours at your local grocery store are a fun, hands-on activity for girls to learn about nutrition.

Here are some online resources; try calling your local grocery store to see if they offer tours, as well.

Choices Markets

<http://www.choicesmarket.com/Storetour.aspx>

Save-on-Foods, most locations

<http://www.saveonfoods.com/nutrition-tours>

Activity: Rainbow of Food



Food comes in a rainbow of beautiful natural colours to choose from! Do you eat a colourful variety of foods?

Supplies: Coloured felt pens and paper, supermarket flyers, glue. Leaders may wish to bring examples of colourful fruits/veggies for ideas.

Instructions:

At your meeting use coloured felt pens to draw a rainbow. Cut out and paste foods of each colour onto the rainbow. Try eating fruits and vegetables of all the colours of the rainbow (blue/purple, green, yellow, orange, red) this week. Why are these bright-coloured foods healthy- what vitamins and nutrients do they contain?

Dragon Boat Festival

Jun
23

Chinese Origins



The Dragon Boat Festival, also called Duanwu Festival or Double Fifth, is an annual celebration in China. It is celebrated on the fifth day of the fifth month of the lunar calendar, the basis of the Chinese calendar. This is not May 5th, as it is based on the Chinese

calendar. In 2012 the festival will be celebrated on June 23rd.

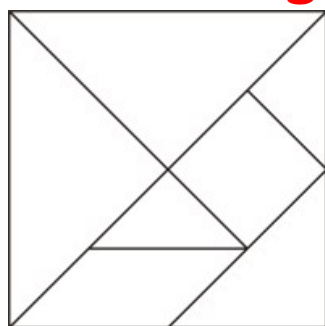
There are a number of theories about the origin of the Dragon Boat Festival. The most popular is that it commemorates the death of a Chinese national hero, Qu Yuan, over 2,000 years ago. Qu Yuan died in the Mi Lo River, and townspeople threw dumplings into the water to keep fish from eating his body. Read more about this legend [online](#).

The Dragon Boat Festival is now celebrated with dragon boat racing. The

boats are often elaborately decorated and feature dragon heads and tails. They measure more than 10 metres in length, and are paddled by crews of 20 to 22 paddlers.

On this day, people celebrate by eating zongzi (glutinous rice dumplings), to represent the dumplings that were thrown into the water after Qu Yuan's death. The dumplings are usually shaped like pyramids, and are filled with dates, beans, egg, meat, or other fillings.

STEM: Tangram Dragon Boat



A tangram is a Chinese puzzle game that is made of seven flat shapes, which are called "tans". The sizes of the

tans are standard, as shown.

You can put the tans together to form pictures, and there are thousands of possible shapes you can build with them. How are they related to STEM? Well, there are lots of [mathematical concepts](#) that we can learn about

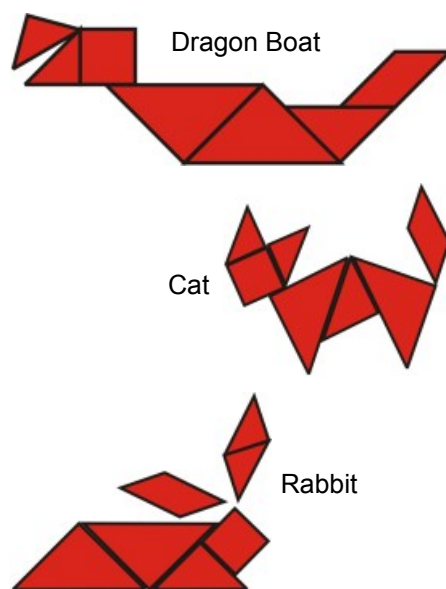
through tangrams. Plus, they teach logic and spatial reasoning.

Supplies:

- ♦ Craft foam or cardstock paper
- ♦ Scissors
- ♦ [Tangram template](#)

Instructions:

1. Trace the template onto the craft foam or cardstock.
2. Cut out the shapes.
3. Use the shapes to make a dragon boat (as shown top right).
4. See what other shapes you can make with the tangram pieces.



STEM: Egg Balancing Experiment

On the day of the Dragon Boat festival, it is considered good luck if you can make a raw egg stand on its end at exactly noon.

Supplies:

- ♦ One egg for every 2-3 girls
- ♦ salt

Instructions:

1. In groups of 2-3, have girls practice standing the egg on end.
2. Once each girl has had a chance to

practice, have a countdown to "noon": who can get their egg to stand exactly when the countdown ends? (Repeat the countdown 2-3 times, so each girl has a chance to try.)

3. If you can't get the eggs to balance, try making a tiny mound of salt on a smooth, flat surface (such as a table). Very carefully balance the egg on the mound of the salt, then gently blow away the excess salt.



Game: Chinese Dragon Tail Tag

Supplies:

- ♦ None



Instructions:

1. All of the girls form a line, with their hands on the shoulders of the girl in front of them.
2. The first girl in the line is the dragon's head. Her goal is to catch the tail (end girl in the line).
3. All of the girls in the line try to save the tail from being tagged, but without ever becoming split from the group.
4. Once the tail is caught, she moves to the front of the line and now becomes the head.

Arts: Ribbon Dance

(from Zoe's Trek Around the World challenge, Beijing, China)

Traditional Chinese Ribbon dance is seen in many celebrations. You do not need to know all of the moves. You can do your own dance with a ribbon, a string, a veil, or another flowing type of fabric and discover some of the beauty and fun of the Ribbon Dance.

Supplies:

- ♦ 4 to 5 five meters of lightweight fabric, about 45 cm wide
- ♦ a stick or staff about 45 cm long
- ♦ Needle and thread or duct tape

Instructions:

1. Attach the ribbon to the stick - you can wrap it around the stick then sew the fabric in place or use colourful duct tape to attach it.
2. Now, be inventive! See how the fabric moves when you dance with it.
3. Try using a different shape of fabric. Make a very large triangle or square. This is especially fun and exciting to do with two or more people. How can you work together to make the fabric flow

into the shapes you want?

4. Break up into groups of four to six and create a dance featuring the fabric. Help them pick music to fit the mood of their dance. Have the groups show their dances to each other.



Game: Chopstick Relay

(adapted from Zoe's Trek Around the World challenge, Beijing, China)

In China they use chopsticks instead of forks to pick up their food. Try your skill with chopsticks!

Supplies:

- ♦ A pair of chopsticks for each team
- ♦ Various objects to try and pick up: mini marshmallows, marbles, pretzels, candies, etc.
- ♦ Two bowls per team

Instructions:

1. Split the group into teams. Place

the bowls on two tables, set about 5 feet apart.

2. On "go" the first girl on each team goes at the first table and uses the chopsticks to pick up an object from her team's bowl.
3. Carry the object to their second bowl, located on the other table. If the object is dropped on the ground, pick it up (with your hands) and put it back in the starting bowl, then pass the chopsticks to the next player.
4. When the object has been successfully moved to the ending

bowl, pass the chopsticks to the next player.

5. The only time hands can be used is when returning dropped objects from the floor to the starting bowl.
6. You can time this race, or continue until one team moves all of their objects to the ending bowl.
7. If you are timing the race, the winning team is that which has the most objects in their ending bowl.

Online Resources

- ♦ [Colouring pages](#)
- ♦ [Chinese activities from the British Museum](#)
- ♦ [How to draw a Chinese dragon](#)
- ♦ [Dragon boat craft](#)
- ♦ [Dragon boat puppets](#)
- ♦ [Chinese crafts for kids](#)

BC Program Committee

BC Program Adviser
Julie Thomson

Ranger Adviser
Ciara Martin

Lones Adviser
Joyce Wenner

Girl Programs Specialist
Colleen McKenna

Communications Liaison
Kirsten Goll

Arts Resource
Vacant

Environment Resource
Vacant

Healthy Lifestyles Resource
Vacant

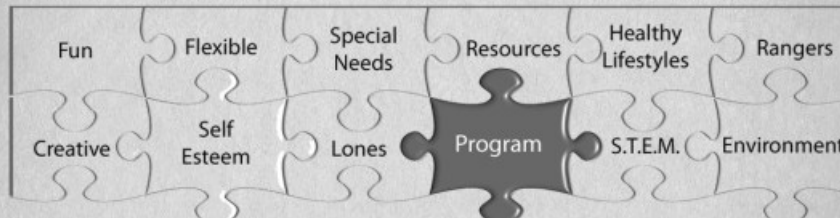
STEM Resource
Vacant



Girl Guides of Canada
Guides du Canada

WANTED

The BC Program Committee is looking for YOU!



Positions available NOW:

STEM - Release your inner science geek. Put on your lab coat and goggles and promote science, technology, engineering and math in the program.

Healthy Lifestyles - (formerly Active Living) "Only five more, keep up the good work!" This job is for you if you have a zest for a healthy lifestyle. Be our fitness and relationship guru.

Arts - Lights, camera, action! Do you love to sing, dance, act and create artistic wonders? It's your time to shine. Don't delay, audition today for this role!

Environment - Are you a carbon footprint expert? Passionate about going green? Share your enthusiasm and help our Members save the earth.

Positions available SOON:

Lones - Don't forget about the girls that are registered in Guiding but are unable to attend meetings for various reasons (studies, illness, work or distance from an active Unit).

Girl Programs Specialist - Sparks, Brownies, Guides, Pathfinders - oh my! You are familiar with them all and are enthusiastic about sharing fun ways to implement the program.

REWARDING OPPORTUNITY

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

This publication may not be reproduced, in whole or in part, in any form, or by any means, electronic or mechanical, for use other than for Guiding activities within Canada, without the prior written permission of the BC Program Committee. program@bc-girlguides.org