

FunFinder

December 2019



A New Year - A New Challenge

“I’d put money on the sun and solar energy, what a source of power. I hope we don’t have to wait until oil and coal run out before we tackle that” - Thomas Edison, 1931.

Coming in the new year, the BC Program Committee will be introducing a new challenge on sustainability. Rather than focusing on traditional ideas of sustainability and activities similar to what you will find in this edition of FunFinder, the new challenge will encourage girls to investigate alternative sources of energy! Stay tuned for the big release.



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“It’s Not Made Out of Paper!”

How do you think of *sustainability* at your meetings? When I was a Brownie Guider in James Bay, 20 years ago, we didn't call it sustainability, we just always shared how and why it was important to respect the environment. To leave no trace when hiking, to lug-a-mug, and to bring a cloth napkin to events. It was always the *Guiding Way*.

One Christmas, our unit spent three meetings making presents to give to someone special. We used soap, ribbon, silk flowers, and a shower curtain ring. The girls worked very hard and did a wonderful job. They also made boxes out of old Christmas cards so the presents were already wrapped. When the meeting was over and the parents came to pick up their girls, I overheard one of the Brownies say “Mommy, I made a special present for you! You can’t see it till Christmas - and IT’S NOT MADE OUT OF PAPER!”



Wow! What a lightbulb moment. How many crafts and activities had our unit done that year that were made out of paper? How many things did they bring home from school and other activities that were also made of new materials?

From that time on I've tried to make a conscious effort to question what happens to a craft when it goes home? How much “stuff” is this meeting adding to the landfill? And could we do same activity with something recycled? I've learned that it is okay to not to do a craft for a few weeks and then spend a little bit of money on something that the girls will keep.

How much paper or non-recyclables do you use for your meeting? Do you ever stop and think about how many Ziploc bags you use to put together that craft, or could you use envelopes instead or collect the Ziplocs and reuse them? Do you have your Rangers bring their own travel mugs when you meet at a coffee shop to plan a meeting? My challenge to you is think of *sustainability* when planning your meetings and events with your units, and let’s truly embrace what it means to “protect our common environment”. - *Holly Arnold “Squirrel”, BC Program Committee*

Games and Activities

Recycling Sorting Game

Where does waste belong? How can we get better at sorting our garbage and recycling? Test your unit's knowledge with this fun relay game!

Materials:

- Different Sorting Bins (refundables, garbage, compost, mixed recyclables)
- Variety of Recycling and Garbage Items (mixed paper, glass/metal containers, compost etc.)

Instructions:

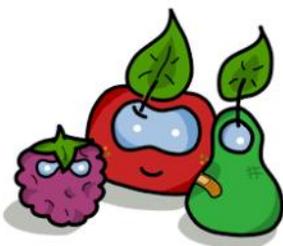
1. Divide the girls into teams, forming a line away from the bins.
2. Place a bunch of recycling and garbage in front of them.
3. Have them grab an item to sort, running to the other end of the meeting space, placing it in the correct bin.
4. At the end of the game, sort through the bins to see if all the items were placed correctly, and discuss why certain items need to be sorted a specific way.

Note: For older branches, seek out tricky items such as batteries, coffee cups, or pizza boxes to truly test their sorting knowledge!

Superhero Fruit or Vegetable Skit

Instructions:

1. Discuss the fruits and vegetables grown locally in your area.
2. In groups, create a skit about one of these fruit or vegetables.
3. Act out how the fruit or vegetable is a superhero and saves the day.
4. Ask each group to share in the skit the importance of the chosen fruit or vegetable, and why locally-grown foods are significant.



Sustainable Food Choices

Instructions:

Discuss the different criteria that affect the "sustainability value" of a product such as:

- ♦ where the food was grown
- ♦ how it was grown
- ♦ when it was grown
- ♦ what method of transportation was used to ship the food from the farm to the grocery store

Emphasize the importance of buying locally to reduce greenhouse gas emissions associated with transportation.

Hosting Sustainability Events

Instructions:

1. Plan and organize events such as swap meets, clothing drives, garage sales, etc. that promote sustainability awareness. This help divert reusables from the landfill and help contribute to social sustainability.
2. Make posters to advertise the event. Highlight the importance of practicing the "3Rs" reduce, reuse and recycle.
3. Host the event at a school or community centre and help the environment!

Grow Your Own Food Activity

Materials:

- Soil
- Paper Pots
- Seeds (bean, tomato, carrots, cucumber etc.)

Instructions:

1. Place soil into paper pot and make a hole with your finger. Place the seed into hole and cover it with soil.
2. Label the cup with the seed name and place it by the window. Water the soil.
3. It will take 1-2 weeks for the seed to germinate. You can then transplant your seed to an outside garden at home or in your neighbourhood to grow your plant or vegetable. Try eating what you grew!

Special thanks to *Van Chau, BC Camping Committee* for contributing the following activities.

Sustainability Pledge Activity

I, _____, pledge to be more aware of my impact on the Earth and environment. I will be an environmental steward and be more environmentally conscious and socially responsible. I will try to change my behaviour and practice sustainable actions in all of the following categories:

Technology

- Turn off laptops and desktop computers when I am not using them.
- Set my laptop or computer to “sleep mode” to conserve energy.
- Recycle old devices instead of throwing them into the garbage.



Water Consumption

- Turn off the water when brushing my teeth.
- Do not let the water run when washing the dishes.
- Take shorter showers. Take showers instead of baths.
- Avoid buying bottled water. Use a reusable water bottle instead.
- Do not dispose of toxic chemicals down the sink, toilets or storm drains.
- Wash clothes with cold water.
- Hang clothes to dry rather than use the dryer.



Waste Reduction

- Reduce, reuse and recycle paper, cardboard, beverage containers, glass and cans.
- Compost organics.
- Avoid using plastic straws. Use paper straws instead.
- Avoid purchasing items containing Styrofoam packaging.
- Use a reusable shopping bag for grocery shopping.
- Use rechargeable batteries instead of one-time use batteries.
- Use compact fluorescent light bulbs instead of LED light bulbs.
- Use metal cutlery in my packed lunch bag instead of plastic disposable cutlery/utensils.
- Choose environmentally friendly products.
- Pack lunch in reusable containers rather than plastic bags.
- Pack a waste-free lunch.
- Buy local.
- Have a Swap, Share and Repair event where I can swap clothing, accessories and small household appliances with others.
- Reuse school supplies that are still in good condition from the previous year.
- Donate used clothing to a charity to prevent them from going into the landfill.
- Shop at a thrift store for second hand clothes.



Energy Conservation

- Turn off the lights when I leave the room.
- Unplug electronics when I am not using them.
- Wear warmer clothes at home and turn down the heat.
- Close curtains and blinds at night to keep the warm air in.
- Take the stairs instead of the elevator.
- Take public transit or carpool.



Special thanks to Van Chau, BC Camping Committee for contributing this activity.

How to Make Reusable Facial Wipes

A lot of waste happens in the washroom! When washing your face or removing makeup, dirt, or sunscreen, using disposable cotton pads or makeup wipes becomes wasteful very quickly. Check out this easy way to make your own, machine washable facial wipes/cotton pads!

Materials:

- Cotton Flannel
- Scissors
- Needle and Thread or Sewing Machine
- Sewing Pins
- Small Cup to Trace
- Pen

Instructions:

1. Make sure that your flannel is clean and lay it flat on your table or work surface.
2. Decide and cut out the shape and size of your wipes. The easiest way to get even sizes is to trace an object like a cup or jar. It should be 3-4 inches across. You can also make them square or rectangular by cutting straight lines.
3. Stack two or three pieces of flannel, depending on your desired thickness, and pin together. Sew either with a blanket stitch by hand or with a sewing machine.
4. Enjoy your reusable cotton pads! When they get dirty, simply throw them in the wash with your clothes. To not lose them it might be helpful to put them in a mesh laundry bag.

What is Sashiko Mending?

Sashiko or Boro mending is a Japanese method of repairing things to make them better than before. Basically, you patch a rip using white embroidery thread in a fancy pattern so you actually are improving the product, not just repairing it. The patterns can range from very simple to complex. Pinterest has lots of examples of samples!



Materials:

- Embroidery Thread
- Patch(es)
- Fabric Pencil or Chalk
- Needle

Online Resources:

- [Sashiko Mending Is a Clothing Life Saver](#)
- [Visible Mending: Patches and Sashiko](#)
- [Pinterest](#)

This makes a great sustainability craft because it is all about repairing something and making it more beautiful than it was before!

Shared by **Anne Simonen**, 1st West Nelson Guides

Signing Up for Shoreline Clean-Up

Have you considered organizing your own Shoreline Clean-Up in your community or neighbourhood?



All you need is a site coordinator with you during the event, and anybody can organize their own clean-up! All units who register receive a special crest and other fun resources! This is a great service opportunity for units of all ages. To find out more information and to register, visit <https://www.shorelinecleanup.ca/>

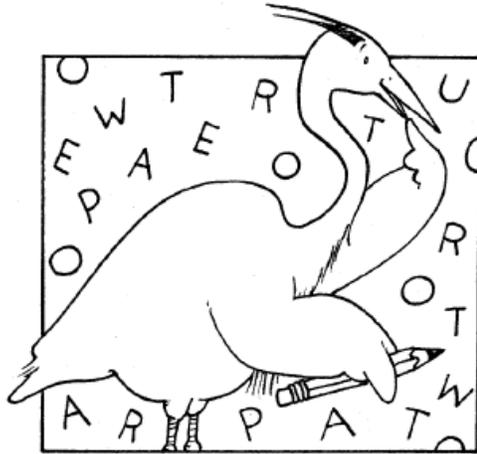


Bringing the Aquarium to you!

Did you know that the Vancouver Aquarium has different Mobile Outreach kits that you can borrow to use at your meeting? These kits can be sent anywhere in BC!

Check out the [Vancouver Aquarium](#) website or send an email mobile@ocean.org for more information!

How Many Words Can You Make?



How many words can you make out of the letters in

W A T E R

Important Discussions for Your Units

- Find out the source of water for your community. How is it purified for drinking?
- Name 5-10 ways we use water every day. How can we conserve water at home?
- Explain at least three alternative means of producing energy that are non-polluting.
- Find out the main causes of water pollution in your area. What are the adverse effects of polluted water?

Activities from Water For Life Challenge (2015).

What Are You Going to Do with All Those Guiding T-Shirts?

You've been to SOAR *how* many times now? And that entire box is *full* of Guiding t-shirts? It is hard to get rid of shirts when they carry so many memories so here's a way to use those t-shirts you never wear and put them on display by making **Guiding T-Shirt Cushions!**

Instructions:

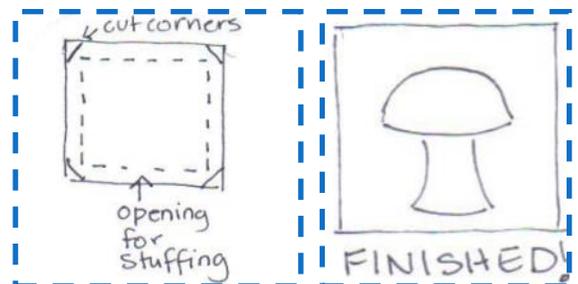
1. Choose a shirt and lay it flat—you may even need to iron it! Cut the side seams open, cutting off the sleeves, and cut straight across under the neck. You should now have two rectangular pieces of fabric.
2. Making sure your picture is where you want it, cut the front into a square. Cut a piece of fusible interfacing the same size. Following the instructions that came with the interfacing, iron it to the back of your square.
3. For the back of the cushion, you can use the back of the t-shirt or woven, coordinating fabric. To use the t-shirt back, cut it to the same size as the front and iron interfacing to it. If you are using woven fabric—purchased, old pillow case or perhaps a piece of an old Guiding dress, skirt or blouse—cut it to the same size as the front.
4. Pin right sides together (the sides that will show when finished are on the inside) and sew $\frac{1}{2}$ " from the edge all the way around, leaving a gap (about 4") in one edge. Clip the corner seam allowance at a 45° angle and turn the cushion cover right-side out. Iron it flat. Stuff with Polyfil and hand-sew the opening closed.

Materials:

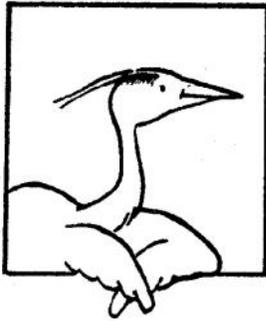
- Guiding T-Shirt
- Iron-On Interfacing (woven, non-stretchy)
- Iron
- Matching Thread
- Polyfil Stuffing or Pillow Form
- Woven Fabric (optional)

Notes:

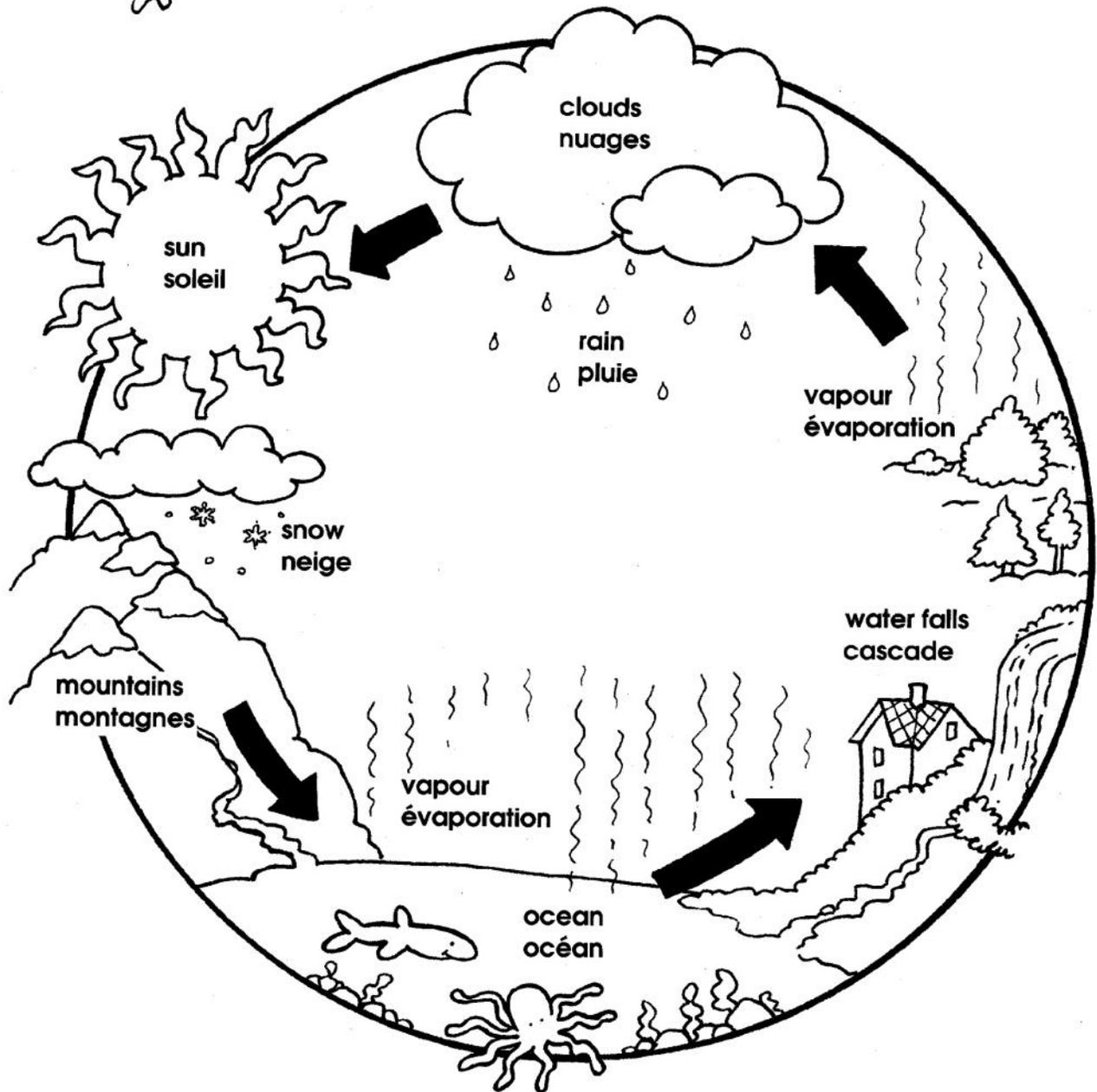
- You can sew this by hand; however, using a machine is the best way to go!
- If you use a pillow form, you will need a larger opening.
- The t-shirt fabric will stretch, despite the interfacing, so don't be too vigorous with the Polyfil.



Originally published in My Own - BC Lones Newsletter (Spring 2008). Submitted by Old Glory Trefoil Guild Members Deyanne Davies, Sandy Coleman and Angeline McCaskill.



The Water Cycle At Work



**Voici comment fonctionne
le cycle de l'eau.**



Oh Deer! Game

Instructions:

1. Set the boundaries of the playing area, and divide the girls into two groups with equal numbers.
2. One group will represent the limited resources (food, water, and shelter). Each resource will be displayed as an action symbol with hands. To represent "food", the girls will need to put both hands in front of them on their stomach. To represent "water", the girls will put both hands over their mouth. To represent "shelter", the girls will form a roof by putting both hands over their head.
3. The other group will represent the deer that need to get the limited resources.
4. Have one group form the "deer line" on one side of the playing area and the other group form the "resource line" on the opposite side of the playing area. Have the two groups face away from each other so that they are looking away from the center of the playing area.
5. Have each "deer" decide what resource it is looking for. Make the appropriate corresponding symbol that is associated with that resource.
6. Have each "resource" decide whether she is going to represent food, water, or shelter for this particular round. Then have them make their symbol using their hands.
7. On the count of three, ask both lines to turn and face each other. The "resource line" does not move. All the deer, while still displaying their action symbol with their hands, must run to the resource line as fast as they can and find their matching resource. Each deer must tag their corresponding resource (e.g. a deer making the action symbol for shelter needs to tag the shelter resource). The deer are going to compete for limited resources.
8. If a deer is successful in getting its resource, the deer takes the resource back to the "deer line". This is to represent the deer surviving and reproducing when it is successful at getting the resources it needs. This will increase the deer population when resources are plentiful. If a deer does not find the resource it needs, it dies and joins the "resource line". If a resource is not tagged, then it stays in the resource line.
9. Play several rounds and discuss what happens to the deer population when resources are available and when resources are diminished. The cycle of supply and demand is nicely demonstrated and observed in this game.

The purpose of this game is to give girls an understanding of limited resources such as food, water and shelter. They can learn the effects of increasing and decreasing population on limited resources. The bigger the population, the more competition there will be for the resources.

Discuss natural events and how they can have an impact on the supply of the resources that are needed to support a healthy deer population.

Oil Spill Clean Up

Suppose a giant oil tanker hits a rock, and millions of gallons of oil spill into the ocean. Your unit is in charge of the cleanup! How do you keep the oil from spreading? How do you clean it up?

Materials:

- 1 Bowl/Basin of Water (the "ocean")
- 1 Cup with Dish Detergent
- 1 Empty Cup
- 1-2 Paper Napkins
- 1-2 Small Sponges
- 1-2 Drinking Straws

Instructions:

1. Divide the girls into small groups.
2. An "oil spill" (darkly coloured oil, e.g. olive oil, looks best) is poured onto each group's "ocean".
3. The group's task is to clean up the spill. For older branches, the Guiders can act as "weather" (blowing through a straw = wind, a water gun = rain), interfering with the girls' progress.
4. After a set period of time, have the girls get together to discuss what did or didn't work for them. Groups can also discuss who would typically respond to these type of disasters that occur around the world.



Have You Completed the Eco-Pak Challenge Yet?

Revised in 2014, this BC Program Challenge provide tools and resources so that BC Members can naturally integrate environmental considerations into their thinking and actions. With the help of the Eco Pak we hope to provide you with a sample of games, activities, experiments, ideas for service projects, links to Guiding challenges, and a list of some resources so that you can start incorporating environmental stewardship as part of the whole Guiding program. Talk to your unit and decide if you are up for the challenge!

Special thanks to **Colleen McKenna, Deputy Provincial Commissioner** for numerous contributions to FunFinder!

Ecological Footprint



An ecological footprint is a measure of the amount of usable land and water that humans (either individually, as a city, or a country) consume to produce resources they need and to absorb their waste. An ecological footprint can be used to determine our supply and demand on the planet's resources. It is important to understand that we must make good decisions about sustainability make an effort to reduce our footprint.

Calculating Your Ecological Footprint

Instructions:

1. Calculate your ecological by completing the following [QUIZ](#).
2. This quiz will give girls an idea of the type of impact they have based on factors like transportation choice, housing type, energy use, and the location of where they live.
3. Have the girls share with the rest of the group the size of their ecological footprint.
4. Discuss ways that they can reduce the size of their footprint (e.g. eating less meat, walking instead of driving, composting kitchen waste and yard clippings, recycling, purchasing locally grown products, etc.)

Other fun options include:

- [Plastic Pollution Calculator](#)
- [Clean Energy Quiz](#)
- [Climate Change Quiz](#)
- [Environmental Literacy Quiz](#)



Earth Day may be April 22, but what you do EVERY DAY matters!

Here are some quick and easy tips to “help you go green, protect the earth, save money, and make every day Earth Day” adapted from www.earthday.org.

Check out their website for even more ideas!

1. Learn about and incorporate environmentally-friendly, non-toxic cleaning products.
2. Carpool, ride your bike, or take public transportation whenever you can!
3. Use reusable cloth towels instead of paper towels.
4. Donate clothing or household items instead of throwing out. Even better, host a clothing drive in your community!
5. Reduce meat consumption to help curb carbon emissions from the livestock industry, or try “Meatless Mondays.”
6. Identify and remove invasive plants in your yard or garden and replace with native plants.
7. Turn off lights when leave a room and electronics when not in use.
8. Switch to using cold water when washing clothes at home, and hang your clothes to dry.
9. Compost kitchen scraps and coffee grounds for use in your garden or if they can be collected. This helps turn waste into fertilizer!
10. Remember to grab your reusable bag before running errands, or taking your own cup or mug to your meetings and camps!

Natural Resource Field Trip

Visit one of the following sites and learn what measures are being taken by industry and/or government to conserve these resources for future use.

- Sawmill
- Smelter
- Other Sites that Harvest Natural Resources
- Pulp Mill
- Mine

Program Connections

There are many program connections throughout this issue, and even more fun activities available! Check out some of following activities on the Girls First Platform and have fun exploring new and old traditions.

Sparks

- Plastic Free Party
- Plastic Free Fun & Games
- Upcycle Spy
- Reusable Napkins
- Sound Storm
- Nature's Match
- Recycled Garden
- Make Your Mark on Earth
- Earth Justice



Brownies

- Plastic Free Party
- Plastic Free Fun & Games
- Trash to Treasure
- Reusable Napkins
- Sound Storm
- Timber Tag
- Needs and Wants Footprints
- Earth is Home
- Curbside Collection Relay



Pathfinders

- | | |
|------------------------------------|--------------------|
| Plastic Free Party | Upcycle Your Style |
| Plastic Free Fun & Games | Coral Chemistry |
| NSP Step 1: Picture a Better World | Stand for Justice |
| Aquatic Ambassadors Challenge | Earth Circle |



Guides

- Plastic Free Party
- Plastic Free Fun & Games
- Upcycle in a Bottle
- Reusable Napkins
- Coral Chemistry
- Sound Storm
- Rethinking Needs and Wants
- Aquatic Ambassadors Challenge



Rangers

- | | |
|---------------------|------------------------------------|
| Plastic Free Party | Aquatic Ambassadors Challenge |
| Protect Your Person | Plastic Free Fun and Games |
| Upcycle Décor | NSP Step 1: Picture a Better World |



Girl Guides BC Program Committee

BC Council

Our Guiding programs support and fulfill the Guiding Vision and Mission. Carrying out the program reinforces the values of the Guiding Promise and Laws.

The Program Committee works to support all levels of Guiding, creating resources and hosting events throughout the province.

Email us at bc-program@girlguides.ca for more information or to express interest in joining the committee!



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