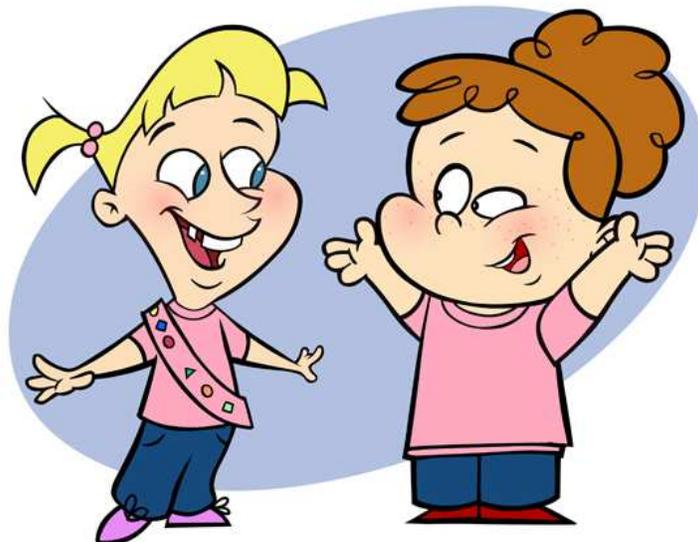


Spark Instant Meeting Booklet

#2



BC Program Committee

December 2009

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ECO PAK: BIRDS

PROGRAM CONNECTION: Going Outside Keeper.

LENGTH OF ACTIVITY: 1 hour.

OPENING AND GATHERING: Print off nature-themed colouring sheets.

GAMES: Choose one or more games from the Eco Pak CD:

- Oh Deer (page 7 of the Eco Pak booklet)
- Mosquito to Mushrooms (Draw out sequence on large paper or chalkboard for younger girls) (page 15 of the Eco Pak booklet)
- Make a Tree (page 22 of the Eco Pak booklet)
- Bat and Moth (page 7 of the Eco Pak booklet)

BIRD TALK: Read a story about birds and show pictures of the Steller's jay, our provincial bird.

BIRD FEEDER: Make pine cone bird feeders. Materials required:

- open pine cones
- peanut butter
- string or wire
- bird seed

Tie wire or string onto a pine cone. Slather with peanut butter and roll in bird seed. Hang from a tree to feed the birds. Peanuts are a favorite food of our provincial bird, the Steller's jay. Remember that you need to keep feeding the birds until the berries are out in late spring!

CLOSING: Enjoy your regular meeting closing.



MUSIC

PROGRAM CONNECTION: Let's make Music.

OPENING: Use your usual meeting opening.

MAKING INSTRUMENTS: Set up round-robin stations to make all of these musical instruments. Once the girls have completed their instruments, put on a musical show for the parents at the close of the meeting!

Rainsticks: Download some rainstick music from the Internet, as well as some pictures of some very fancy rainsticks. Materials required:

- cardboard paper towel tubes
 - scraps of cardboard
 - scraps of fabric
 - coloured electrical tape
 - aluminum foil
 - unpopped popcorn, rice, beans or dried peas
 - crayons, markers and stickers
1. Before your meeting, cover one end of each rainstick by cutting a cardboard circle to fit the end of the paper tube. Next, cut out a bigger circle from scrap fabric and attach the cardboard circle to it. Then place the two circles on the end of the tube (cardboard inside for strength) and attach them firmly to the end of the tube using coloured electrical tape. (You may wish to use only the fabric circle, dispensing with the cardboard one).
 2. Go to the meeting with a cover attached to one end of each rainstick and the cover for the other end prepared, ready to put in place once the rainsticks have been filled.
 3. Take a piece of aluminum foil about one and a half times the length of the paper tube and about four inches wide. Roughly roll the foil lengthwise. Then twist it into a loose spiral approximately the length of the paper towel tube. Push into the tube (the girls can do this).
 4. Now add things to the tube which will rattle when the tube is rocked back and forth, such as un-popped popcorn, rice, beans, dried peas or lentils, etc.
 5. Once this is done, put the other end of the rainstick on for the girls, and let them decorate with crayons, markers, stickers, etc.

Tambourines: Materials required:

- paper plates
 - jingle bells
 - yarn or ribbon
 - crayons, markers, stickers, etc.
1. Using a paper punch, pre-punch holes in the rims of the paper plates so that the holes match up when the girls place two plates together to make a tambourine shape.
 2. Have the girls thread the yarn or ribbon through the holes, picking up a jingle bell at each hole.
 3. Have them tie off the yarn when they have made it all the way around the tambourine.
 4. Let them decorate tambourines with crayons, markers, stickers, etc.

Shakers: Materials required:

- toilet paper tubes or empty film canisters
 - dried beans or rice
 - crepe paper streamers
 - paint, felts or crayons
1. If using toilet paper tubes, squeeze together and staple one end of the tube.
 2. Insert $\frac{1}{4}$ cup beans or rice.
 3. Staple the other end closed, or snap the lid on the film canister.
 4. Colour the tube then attach colourful streamers to the end.

Coffee Can Drums: Materials required:

- large empty coffee cans
 - parchment paper
 - duct tape
 - chop sticks for beating drum (optional)
1. Cut the lids off both ends of the coffee can and make sure there are no sharp edges.
 2. Cut a circle of parchment paper large enough to give a 2-inch overhang all around the coffee can.
 3. Stretch the paper taut over one end of the coffee can and secure temporarily with elastic bands.
 4. Secure with tape.
 5. Use hands or chopsticks to play the drum.

Closing: Enjoy your regular meeting closing.



TAKING IT OUTDOORS MEETS ACTIVE LIVING

PROGRAM CONNECTIONS:

- Going Outside Keeper
- Being Healthy Keeper

MATERIALS REQUIRED:

- skipping ropes
- ball
- activity equipment as given below

OPENING: Use your usual meeting opening.

ACTIVE GAMES (to burn off some of that after school energy): Choose three or four short activities for five to 10 minutes each.

Skipping Challenge: Have girls partner up and count each other's skips and set a unit record. Keep track for future meetings to see who can break the record. Choose an unlikely girl to demonstrate and start off the record; that gives her a chance to be "record holder" even if it is for a short time.

Skipping Demonstrations and Routines: To make this non-competitive you can have the girls practice to put on a demonstration of fancy skips, jumps and tricks. Many girls know these moves from "Jump Rope for Heart" demonstrations at their schools.

Salmon Survival: 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 (the 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 the 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 no "salmon" left.

NATURE ACTIVITIES AND/OR CRAFT: Choose two or three activities. (Ideas borrowed with permission from http://dragon.sleepdeprived.ca/camping/camping_11.htm.)

Leaf prints: Materials required:

- leaves
- paper
- ink or crayons

Make leaf prints by inking from an ink pad and then roll onto the paper. Leaf rubbings can be made by placing the leaves under the paper, and rubbing crayons over top. Glue paper onto a larger piece of card stock to frame the picture.

Magnifying glass hunt: Use string to square off a piece of ground and then see what you find in your small patch. Discuss the findings as a group. Who found the smallest thing? The most interesting thing? Anything that moved? Anything that doesn't belong in nature? Use your Eco Pak tools!

Sock Walk: Have large white sport or wool socks for the girls to put over their shoes. Have them walk a bit and see what they pick up on the bottom of their socks. This works best in a field or forest. Look at what interesting things were picked up. Hopefully you might have found some seeds. Talk about how animals transport seeds from one place to another.

COMPLEX GAMES: Choose two or three activities depending on time and weather outdoors.

Trash Relay from Eco Pak Booklet: Materials required:

- trash (an assortment of trash including waste, compostable items and recyclable items)
- rubber gloves
- large buckets or containers

Divide the girls into teams to race in a relay. Divide the trash into piles (same number of piles as teams of girls). Put a pair of rubber gloves in front of each team at the start line. Place the piles of trash half way between your start and end lines. At the end line, place three buckets/containers labelled “Garbage”, “Recycle”, and “Compost”.

The object of the game is to put on the rubber gloves, run (walk, skip, crab-walk... whatever the girls decide) to the trash, select an item, run to the end and put it in the proper category, run back to the start and hand off the gloves to the next girl in line. The relay can be run until every girl has gone once/twice/etc., or when all the trash has been sorted.

Eco-message: Once the trash is sorted talk with the girls about what they found in the garbage and how much of it was in the wrong place. Talk about the ways in which we can reduce our garbage, but when we do make it, how we can make sure it gets put in the right place.

Don't Throw Your Garbage in your Neighbour's Yard (borrowed with permission from www.guidinguk.com.) Source: The 4th Girl Guides of Wandering Hills District, Calgary Area. Materials required:

- hula hoops (or rope set out in circles on the ground) for each team
- bean bags, 6 per hoop

Put a hula hoop or loop of skipping rope in each corner of your play area. Put equal numbers of bean bags in each hula hoop. Divide the kids into teams of five or six; each team stands by their hula hoop. This is their yard! Yell Go! Each group has to empty their hula hoop by carrying the bean bags, one per trip, to another team's yard. Tossing is acceptable if the bean bag lands in the hoop; if not they have to retrieve it and put it in. Watch out for the other team members so that you do not bump into each other. Count the number of bean bags in each hoop at the end of the game (10 minutes) and the team with the fewest bean bags (the least garbage) wins.

Talk to your girls about the environment and what happens to garbage if it isn't disposed of correctly—simply throwing the garbage at your neighbour doesn't help clean up the Earth.

CLEAN-UP AND CLOSING

SPARKS GO CAMPING DAY CAMP

PROGRAM CONNECTIONS:

- Going Camping Keeper
- Going Outside Keeper
- BC Camping Challenge

MATERIALS REQUIRED:

- food for snacks and lunch
- fun foam for name tags
- safety pins
- colouring sheets
- pencil crayons
- markers
- crayons
- magnifying glasses
- paint chips for nature walk observations
- material for simple compass
- small objects for Kim's Game

PREPARATION: Book camp and complete Safe Guide paperwork. Order Fall Camping Challenge crests. Create menu and go grocery shopping. Find a story about fall for story time. Find colouring sheets on fall theme and make copies. Make name tags in leaf shapes ahead of camp.

ARRIVAL: 9:00 a.m. Sparks should have had breakfast before arrival. Upon arrival Sparks are signed in by their parents and receive their name tag. They can then work on colouring sheets while waiting for the others to arrive.

OPENING: Welcome Sparks to camp and begin with Spark Opening. Explain about fire drill and the boundaries. Assign buddies. Introduce Guiders and parent helpers, giving their camp names. Follow Safe Guide criteria (fire drill, etc.). Explain the activities for the day camp.

CRAFT: 9:45 a.m. Give a simple explanation about how a compass works and have the Sparks decorate the compass colouring sheets with crayons, markers or pencil crayons. Show the Sparks a compass and discuss how to find north, south, east and west.

ACTIVE WIDE GAME: 10:30 a.m. Play an active game such as Dwarfs, Giants and Wizards.

SNACK: 11 a.m. Have a snack and drink. Goldfish crackers and gummy fish would be fun as they will be learning a song about fish later on. Explain to the Sparks what will happen next.

EXPLORATION WALK: 11:15 a.m. Hand out magnifying glasses to each Spark and explain about looking for bugs with their magnifying glasses. Remind the Sparks of the buddy system and go for walk to explore the campsite, looking for fallen leaves and bugs. When you have finished exploring, discuss what you have observed.

ACTIVE WIDE GAME: 11:45 a.m. Play an active game such as an adaptation of Rock, Paper, Scissors.

LUNCH: 12 noon. Enjoy a "Mixed Up" lunch.

QUIET TIME: 12:45 p.m. Read a story about Fall to the Sparks. Explain to the Sparks what will be happening in the afternoon.

NATURE OBSERVATION WALK: 1:15 p.m. Remind the Sparks of the buddy system. Go on a nature observation walk using paint chips to observe how the colours of nature have been used in paint colours.

SNACK: 2:15 p.m. Enjoy a snack and a drink while discussing what the Sparks observed on the nature walk. After snack explain to the Sparks about the next activities.

KIM'S GAME: 2:30 p.m. Rope off a small area and hide small objects for the Sparks to find using magnifying glasses or flashlights. The items can be small plastic bugs or marbles, tiny toys, a key ring, a paper clip, etc.

CAMPFIRE AND CLOSING: 3 p.m. Sing songs familiar to the Sparks and teach them a song about fish. Have a Spark Closing and crest presentation.



CSI CHALLENGE

PROGRAM CONNECTION: Exploring and Experimenting Keeper.

MATERIALS REQUIRED:

- spot the difference puzzles (one copy per person)
- activity supplies as noted below
- CSI Challenge crests

ARRIVAL: “Spot the Difference” puzzle appropriate to the girls’ age and interests. There are some Guiding-related ones with the CSI Challenge on the BC Girl Guides website .

OPENING: Use your usual opening, then explain that in this meeting you will be learning how police, detectives and scientists use scientific knowledge to solve crimes.

GAME: “How Good a Witness Are You?” Version 1

Find a partner. While your partner turns her back, make three changes in your appearance. For example, you might tuck in your shirt, put your hair behind your ear and remove your belt. When you have finished, tell your partner to turn around and try to identify the changes. Then switch roles.

CRAFT: “Fingerprint Art”. Materials required:

- non-toxic ink pad (washable ink makes for easier clean up, but permanent ink is better if you are planning to colour over the fingerprints with marker)
- paper, card stock, envelopes and/or craft foam, depending on what you are making
- markers, crayons or pencil crayons

Press your thumb or finger onto an ink pad then onto your card stock. Use a fine marker, crayons or pencil crayons to add details.

CLOSING: Read a short story in which science is used to solve a mystery or crime. End with your usual meeting closing.

