



November 22-24, 2013

Age/Group: Brownies

Program Duration: 1.15h

Equipment/Supplies Needed:

Sticks (ribbon, foam, stapler, scissors, glitter stickers etc...) Glass Jar with lid, glow sticks, scissors, fine glitter

Fairy Hike – piece of brown fabric
 Unconventional Hike – random objects
 Who Was Here? Luggage Tags
 Colour Swatch – paint chits or river rocks
 Pin-terest – colourful plastic clothes pegs
 Picture This – cardboard frames, digital cameras (if you have access)
 Camouflage Woozle – pipe cleaners
 Egg-cellent Scavenger Hunt – egg cartons
 Egg-citing Egg Heads – egg carton, ½ egg shell, markers gardening tools, soil, grass seed, water and watering can
 Tweets for the Birdies – pine cones, twine, gelatine & hot water with bird seed mixed in, large container
 Night Hike – cloak and lantern, glow bracelets or pixie dust jars, smart phone – tablet – computer LCD or star chart
 Hug a Tree – blind folds
 Timber Wolves – onion and knives
 Black Bear Tea Party – disposable cups
 Red Tail Hawk & Red Ant Game – Magnifying Glasses
 Brown Bat and Mouse – blindfold and noise maker
 Skunks – different scents (dollar store spray or extract [vanilla, maple, lemon etc.] with a sponge applicator)
 Animal Tracking – Track sheet, bird seed
 Chickadee Chatter – sit upons
 Squirrel Game – 6 beans per player
 Quick Frozen Critters – 4 pylons, scarves (to mark foxes and rabbits), food tokens, hula hoops

Pre-Activity Setup: Know the hiking route you are taking the girls and where each activity will take place

Safe Guide:

First Aid Kit Location:
 Carry a first aid kit with you outdoors

Staff Required:

1:5 with minimum of 2 staff.

Emergency Communication:

Cell phone – who is carrying it?

Other:

GGC Program Components:

Key To Living World

Wondrous Walks

Seasons Come and Go – Tree Pictures all seasons

Happy Hiking #1

Terrific Trash #1 (fairy wands and glass jars,#2 egg cartons collectors)

Grow Your Garden #2 Eggciting Egg Heads

Bird Watcher #1,#2,#3 Tweets for the Birdies, Animal

Tracking and Chickadee Feeding

Exciting Introduction

Entrance Activity:

Making Fairy Wands and Pixie Dust Jars.

Fairy Wands – use a piece of stick and ribbon, foamy cut out for the top (can be stapled because glue will not dry in time).

Pixie Dust Jars (great for a night hike while at Camp)
 (great for camp or night activities)

Jar with lid, glow sticks and extra-fine glitter

-remove jar lid and cut ends off glow stick and pour liquid from glow stick into jar. Add extra fine glitter then close the jar and shake to coat inside of jar. You can combine glow stick colours and/or glitter colours. Make sure girls put their names on jars so they can keep them. Small jars can be threaded on a string and worn as a pendant.



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Walk and Hike Etiquette: Pair up Brownies in partners and tell them that you are going on a walk, but for safety they have to stay with their buddy the whole time and walk side by side. As a good buddy and Brownie partner, they are to look out for their buddy and make sure they are ok the whole time, if one partner stops to look at something, ask a question or tie a shoe, then the other partner stops too. Spread accompanying leaders throughout the line of girls and ALWAYS assign one leader to be the last person in line at all times.

Time: 5 minutes

Body Of Activity

Instructions and Activities

Wonderous Walks and things to do...

Fairy Hike – tell the Brownies a story that you went on a walk and found a fairy home. Ask them what they know about fairies? Let them know the fairies you found are NATURE Fairy's – might be different than the fairies on TV or in books. These ones live in nature and use everything in nature to live comfortably in the woods. You will take them to show them where you found the fairy home, but when we visit it, we will need to be very quiet – we don't want to scare the fairies, and we want to bring them a present to leave for them to say thank you for the visit. Take the girls on a walk and allow them to find "nature gifts" for the fairy (a leaf might be an umbrella for the fairy, a rock might be a table etc. Start the girls off by giving them an example of something found in nature that could be useful to a fairy) Ahead of time you want to walk your route and sprinkle some fairy dust along the walk (chalk mixed with a small amount of sparkles) will tell you and the Brownies that fairies are around. At the end of your walk, have a natural piece of fabric on the ground. Tell the Brownies that they need to be very quiet, and the fairies might be home, if not we will just leave our presents for the fairies to use when they get back. Lift the fabric and show the girls the fairy house... leave your presents and walk away.

Unconventional Hike – pre walk your hiking route and place unconventional items along the trail for girls to find (eg. T shirt, plastic animals, stuffed toys, anything that is man made and not normally found along the trail). HINT: Make a check list for your Brownies to check off the items found so that it is not always the first person in line picking up the item and no one else sees them.

Who Was Here? Tags – pre walk your hiking route and place tags in areas of interest. Allow the girls to explore the area and let them answer who they thought might have been there?

Colour Swatch Hike – get colour swatches (free) from the local paint store (or use river rocks) and challenge the Brownies to find matching objects in nature that match their colours. When they match their colour, give them a different colour.

Pin-terest – this works best when you are going to walk a trail to a point and then return along the same route. Give each girl a coloured plastic clothes peg and tell her to find something interesting to look at along the hike. When she finds it she simply clips the pin to that point. Once you have reached your destination and are returning...have the girls explore all of the pins of interest and see if they can guess why another Brownie chose to clip her pin there. (have a leader be the last person in line and pick up the pins so you don't have to return afterwards.

Tree For All Seasons – have girls chose a tree in early September and take pictures of the tree (or the tree and girl), return to the same trees each season to see how the tree looks and changes through the season. "Summer" Picture in early September, "Fall" picture in October, "Winter" picture in January and "Spring" picture in May. What a great year and memory, a collage with all 4 seasons together.

Picture This – Use picture frames and give to each girl, allow them to explore an area and take the best "nature" picture. Take their buddy to the place where there picture was taken and explain why they chose to take that picture. TECH: Allow girls to use digital cameras and take nature pictures...you will be amazed what they capture. 4 Seasons of a Tree. Have girls take a picture of a tree in all 4 seasons and then create a collage about the tree showing all the pictures taken (this is a full year project...you might need to help by taking the "summer" pictures.



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Camouflage Woozles— give the girls some natural coloured pipe cleaners and some crazy coloured pipe cleaners. (Cut a standard sized pipe cleaner in half for a good sized for this project) Get the girls to twist the pipe cleaners into 2 caterpillar “woozle’s” (nature coloured and crazy coloured). Go on the walk and have the girls hide their woozles along the way. Return the group and allow the girls to find other Brownies Woozles. (Chances are you will find most to all the crazy coloured Woozle’s and less nature coloured Woozle) this leads to a great discussion about animals and the colours they use for hiding.

Egg-cellent Scavenger Hunt – use an egg carton and label the cups with descriptive words or colours. (e.g. shiny, hard, soft, fluffy, brown, grey, green) have girls collect samples from nature in the cups as they walk.

Egg-citing Egg Heads – use a walk as a way to gather materials for a fun craft. Have different stations where girls collect what they need to make an egg shell craft. Stop 1 egg carton, stop 2 ½ egg shell. Stop 3 draw a face on the egg shell leaving the opening for the “hair” to grow stop 4 put soil in the egg shell [use a trowel and a small “hoe (fork)"] stop 5 plant grass seed stop 6 water lightly with a small watering can. Take home and water it, leave in the sun and watch your egg head’s hair grow. Once the hair is long enough, give it a creative hair cut!

Tweets for the birds – use a walk to go bird watching and collect materials for a recycled bird feeder craft. Stop 1 collection of pine cones, stop 2 twine (to tie up the pine cones) stop 3 gelatine with hot water and with bird seed mixed in (allergy friendly option to peanut butter or lard) NOTE: You need to mix together when girls are ready to smear their pinecones because if premixed, the gelatine will set! Do outside because this gets really messy. Hang up the bird feeder in a bird friendly place and track birds who visit. Can be combined with “Animal Tracks and Chickadee Feeding Hike (found below)

Brownie Magic Pick Nick – at the mid-point of your walk and whatever activities you are doing, hide a Kelly Kettle of hot herbal tea or Edible Wilds Tea or hot chocolate and reusable mugs for everyone. We will be doing Cedar Tea, Pine Needle Tea, Stag Horn Sumac Tea and Spruce and Birch tea. Bring some sugar to sweeten it up. Boil water in the Kelly Kettle and steep tea in mason jars. Add in some left over Girl Guide Cookies. Use a big blanket and sit and have a picnic. Winter time if you have Jell-O powder or real maple syrup, you can sprinkle it over fresh powdered snow for a frozen treat. (Make sure it is fresh powder with no pollutants)

Night Hikes

Show up dressed in a cloak and carrying a lantern. Can give each girl a glow bracelet or make pixie dust jars to take with them for comfort.

Start walk and have the girls follow you and your lantern, move them into a dark spot away from cabin lights. Gather girls together and have them get their night eyes ready. Have the girls close their eyes count slowly to 10 and then open their eyes. Do this 3 or 4 times asking girls to notice how much they could see each time after they closed their eyes. Where do you think the light comes from? Light from the moon and stars and it was reflected off the snow.

Walk a little further and make another stop. Show the girls some night sky art, have them take their imaginary paint brush and trace the horizon line showing the beauty of nature that is only seen at night.

Walk a little further and gather the group together, tell the girls that we are going to spend 2 minutes being perfectly quiet, not moving our feet or arms, being statues and just listening to what we can hear. Have the girls spend the two minutes and then give each girl a chance to name what they heard. Tell them that sound at night, because the air is so still, travels much further than during the day, you will always hear way more at night, if you take the time to stop and listen.

Walk a little further and gather everyone around and ask them what types of animals do they think are active at night? These animals are called nocturnal and use their senses much more than humans do to be able to hunt and live in the dark.



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[WINTER] Walk a little further and find a fresh area of undisturbed snow, tell the girls you are going to make a snow mural. Have each girl lay down side by side and make a pose in the snow (can be angles or just funny poses) and then have their buddy help them get up so that the whole group has left an imprint in the snow. The girls can come back to this spot and visit it again tomorrow.

Walk a little further, have the girls find a comfortable spot to sit down and tell them a story. You can use constellation stories below or make up your own. (keep your stories short because girls are not insulated from the cold when they are sitting on the ground)

"Who named the constellations? Thousands of years ago, stargazers noticed that some groups of stars seem to form patterns in the sky. As you use your imagination; you may be able to see the shape of a water dipper or soup ladle in one of the groups of stars in the sky. Early stargazers imagined that some of the constellations formed shapes that looked like people or animals. The Greek and Romans named the constellations after their heroes in the stories of their gods and goddesses. Even though the shape of each constellation does not look exactly like the person or animal, it is named for, the names were passed on from generation to generation, and we still use these names today."

Ursa Major: (The Great Bear) Hera, the queen of the gods, was very jealous of a beautiful young woman named Callisto. Hera plotted to hurt Callisto. But Zeus, the king of the gods, changed Callisto into a bear to keep her safe.

Ursa Minor (The Little Bear) Callisto's son Arcas was out hunting one day when he saw a large bear. The bear was really Callisto. Zeus didn't want Arcas to shoot his own mother, so he changed Arcas into a small bear. Just as a small bear can be found near his mother, Ursa Minor can be found in the sky near Ursa Major.

Orion: Orion was a giant hunter who roamed the forests of the earth with only his dog, Sirius, for companionship. One day Orion saw seven beautiful sisters walking through the forest. Hoping to make one his wife, he chased after the girls and frightened them. They fled from Orion, calling to Zeus for help. Zeus turned the seven sisters into birds, and off they flew, leaving Orion alone once again. The constellation named after the lonely hunter Orion seems to move westward in the winter months with faithful Sirius, the Dog Star, following close behind."

Walk a little further into an open clearing where you can see the stars. Point out Ursa Major, Ursa Minor, Orion and the Milky Way. Let the girls lie on their back and just enjoy the view. Get them to make up a story about the stars and tell it to their buddy. **Use a smart phone or tablet to view the constellations through a program like "Star Walk"

Let the girls know you are going to be walking back to the cabin now. Ask them to stay together as a group and remind them to use their eyes to look at everything, their ears to hear everything, and their nose to smell with. Just like the animals that are nocturnal, it is their chance to see, hear and smell all they can.

Not able to get outdoors, indoors you can download "stellarium" and show the night sky with an LCD projector.

Other Great Nature Apps

iTrak Wildlife LITE (free) (shows animal tracks for common species)

Shows many great pictures of track in various terrain (including snow), shows signs: including scat, skulls in many views, Notes: gives you basic information about the tracks (size of front vs hind tracks and info about the gait and similar species and how they differ. There is a link to Wiki with all of the information contained there as well as a similar tab showing pictures of similar animal tracks that are close.

Falcon Guides Scats & Tracks of North America (lite version might be free)(\$6.99)

Search the species list by portrait, scat or tracks. Once animal is chosen, the information given includes an illustration, tracks, range, track trail, scat, habitat, similar species and then other signs. There is also a glossary of terms to help you better understand.



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Star Walk (\$2.99)

This is a star map that you point the tablet at the sky and it will show you the stars, constellations, planets and satellites that are in the sky. I enable the shadow pictures of the constellations to allow campers to get an idea of the picture the stars are making. Information related to what you are looking at is at your fingertips.

Nature Tap (free)

By shape or colour (birds and insects) with accompanying pictures, and information including the latin scientific name, discussion, identification features and range. The bird identification includes one of the calls that the birds make. There are games that can be played where you match names with species, a matching game or a slide puzzle.

Audubon Field Guide – Birds, Insects, Trees and Flowers (\$6.99)

Excellent field guides allowing searches through multiple courses (colour, shape, specific feature, etc) Recommend that you get the package bundle of all four together to save \$\$\$\$. Excellent all around nature knowledge for what you can find outdoors

Gaia GPS (\$19.99)

Offline Topographical Maps and Hiking Trails. Take a little while to learn to use it but well worth it. Gives you the Topographical map and will map the route you have hiked in bright red. Will also calculate the distance you have travelled and the time it took you to travel it. You can import and export way points as well.

5 Sense Animal Hike

Choose activities you would like to lead, you may not cover every activity on each hike. Try and make sure you hit most senses.

(feel) Hug a tree: in partners one girl is blindfolded and their partner leads them no more that 15 steps to their tree. The girl uses her hands to explore up and down the bark of the tree, she can smell it too but spend the time to get to know the tree. When she is ready and knows her tree, the partner leads her 10 Steps away from the tree and removes her blindfold. The girl then has to go and find her tree again. The partner then switches roles.

(smell) Timber Wolves scent their territory: Onion Hike, one partner takes the onion and rubs it on trees creating a smelly path that her partner will try to follow. Have there be 6 stops along the path and they need to be along a reasonably straight route. (Send each group in a different direction). The partner follows the path by smelling the tree and finding all 6 spots. When the groups switch, move to a different part of the forest where there won't be any onion smell from the first group.

(hearing) White Tail Deer Ears: Human ears are on the sides of our heads and are not as strong as deer ears, which swivel around and have trumpet amplifiers to get sound in. First I am going to walk backwards down this straight path and talk in a normal voice, when you can no longer hear me, please put up your hands. (Adults will usually stop hearing first). Once most of the group can no longer hear the person who is walking and talking. Have the group cup their hands around their ears, creating deer ears and start the experiment again but the talker will just walk further back, you will be amazed at how far away from the group you are still heard with deer ears.

(smell) Black Bear's Tea Party: Bears depend deeply on their sense of smell, it helps them locate food, and water and live. Today we are going to make tea for the bear, so you and your partner will go out into the woods and find the most beautiful smelling tea possible. Once you choose the smelliest decadent tea possible, put a sample in your tea cup and then share your teas with another group. When you get a chance to smell the tea, please describe what you smell to the owner of the tea so that the can help others describe the tea. When everyone has had a few chances to smell other groups tea, ask the girls to return the tea to the forest, collect the tea cups and move on.

(cooperation) Red Ant Game: Magnifying glasses observe ants. What do you see ants doing? Ants spend a lot of time going to and from colony they follow smell trails and if they lose the trail they may never find their way home. Get the whole group up on a log, have half of them going to the colony and half of them going to the food source but they cannot lose the trail so they will have to cooperate without touching the ground to make sure that all ants get to where



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they are going without losing the trail and never making it home again. The task is completed when the two groups have switched sides of the log.

(vision) The Red Tailed Hawk is an animal who relies on vision to see what is going on around them and find its food as it soars way above it. I am going to get you to take the magnifying glass and you are going to sit quietly in a spot and see what you can find close around you. You must stay sitting down until you hear me call the group back to this point to discuss what you have seen. We are going to be fairly close together, so please stay quiet and focused on your work so others can focus on theirs.

(hearing) Brown Bats and Moths use hearing to fly at night, their vision is quite poor. They eco locate to find their food, like moths. The bat is blindfolded, the moth is not. Both are given shakers and when the bat shakes, the moth must respond. The rest of the group forms a protective ring around the two players and will gently redirect the bat into the middle of the circle if they get off course. Players switch when the bat catches the moth. Can increase the challenge by adding more bats and moths into the circle.

(vision) Snowshoe Hare turns white in the winter to help hid itself against the snow, turns brown in summer to hide in the trees. The forest is teeming with colours and we are going to look around the area to match up some colours. Here are some paint swatches or river rocks, (hand one easier colour out to each group) have the girls go and find the closest match to that colour and then have them come back and give them a more challenging colour. Keep progressing to the more difficult colours. Debrief: how many of you were surprised to find a colour in nature that you thought you would never find? What are the easy colours to find? What are the harder colours to find?

(smell) Skunks lay smelly trails to fend off predators, other animals who are trying to hurt them. This strong smell lasts a long time and is hard to get off, so it warns other animals not to mess with skunks. We are going to use some strong smells today but these are not unpleasant to lay trails for other groups. The sponges that are soaking in essence of smell in a glass jar. (Extract lemon, peppermint, cherry, vanilla etc). Have each group lay a trail using the sponges soaked in the smell to mark their trail. These trails can be laid close together and can overlap. Each group then swaps trails and follows the trail left by another group. Have each trail start from the same location but initially head off in different directions, only so the groups know where to come back to when they can no longer smell the trail.

(hearing) Rabbits use their ears to warn them when danger is near; they have an incredible sense of hearing. They stay still when they think danger is approaching and listen to see what will happen. Have the group spread out and lie down and spend 2 minutes just listening to the forest around them. The quieter everyone stays, the more that everyone will be able to hear. Bring the group back together and have them discuss what they heard and what they think was making that noise.

Animal Tracks and Chickadee Feeding

Read: That Chickadee Feeling by Frank Glew (take it out from the library or see if someone owns it)

Talk to students about what they hope to see on the walk today? (they will say animals). Voles, mice, squirrels, rabbits, hares, weasels, mink, muskrat, skunk, raccoon, coyote, wolf, deer, bears, moose. Tell them that the chances of seeing animals is actually quite small because we make too much noise when we are in camp and they tend to hide so that we won't see them. They do leave lots of clues to the fact that they have been around. What might these clues be? Animal Track and Scat (poo). What animals might we find here in our forests? Voles, mice, squirrels, rabbits, hares, weasels, mink, muskrat, skunk, raccoon, coyote, wolf, deer, bears, moose. Which are still active in winter? Most warm blooded animals are still active in winter, but insects, reptiles and amphibians are cold blooded and hibernate. Bears and chipmunks do hibernate too.

Go for a walk in the woods in areas where people have not been walking. If you have recently had fresh snow, it will make the track finding easier. When you find a set of tracks, allow the girls to try and use their folders to identify the tracks. Remind them that the drawings are close to the tracks but will not be perfect. Identify as close as possible to the animal.



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Allow the girls to spread out in an area within set boundaries and have them search for tracks in the woods. If there are little to none, find a new area of woods. Keep track of all the different tracks found, and make sure on a discovery, that each girl gets a chance to examine and identify the tracks without destroying them.

Go down towards the water if the camp has a waterfront, it might be possible to find more tracks around the water or frozen into the mud/sand.

If no tracks are found, then break the group up into pairs and send them off into fresh snow and have them try and recreate their own animal tracks in the snow within a certain area. Then have the groups rotate around and try and identify the tracks that other groups have created.

Have groups make a tracking story in the snow where multiple animals are involved. For example a vole is attacked by a fox, who is chased away by a wolf. Have groups try and guess the story that has been recreated.

Chickadee Chatter Explain to your girls that chickadees make four different calls:

1. In the fall and throughout most of the winter, they will call out CHICK-A-DEE-DEE-DEE, CHICK-A-DEE-DEE-DEE, CHICK-A-DEE-DEE-DEE. This call is a message to neighbouring chickadees that means "Hey, guys, I found some food and I would like to share it with you."
2. In the late winter and early spring, the males in the area will change their start to try and attract a female to mate with. To do this, they begin a call that sounds like FEE-BEE, FEE-BEE, FEE-BEE. Roughly translated, this means "I'm single and I'm available."
3. Once nesting begins, the chickadee pairs prefer to have some privacy. They warn intruding birds that this is their nest site, by calling CHICK-A-DEE-BOO, CHICK-A-DEE-BOO, CHICK-A-DEE-BOO. This roughly translates to "this is our nest, please find your own area."
4. The final call is one that is used to confuse a hawk that may be in the area. It is their defence call. By calling CHICK-A-DEE-DEE-DEE-DEE-DEE-DEE-DEE-DEE etc., the birds make it very difficult for the hawk to zero in on one bird; this in conjunction with remaining very still ensures the survival of the individual birds.

To play the game, lay out all the sit-upons in a suitable location (e.g., open field, forest with little undergrowth). Give a bag of birdseed to several of the leaders; they play the role of birdfeeders. Explain to the girls that when you call out CHICK-A-DEE-DEE-DEE, they have to call it out and visit as many birdfeeders as they can (the whole time, they are calling out the CHICK-A-DEE-DEE-DEE song). At some point, you will call out FEE-BEE, FEE-BEE, and FEE-BEE. Girls then have to find a partner, and a nest site (sit-upon). To reserve a nest site, birds must place one of their feet on the sit-upon. The first time the nesting takes place, there will be plenty of sites, but as the game continues, remove some sites (a little like humans cutting trees down). Continue with the game by cycling through the different calls. If you call out HAWK. The birds must freeze, and call the defence call. Any bird that moves while there's a hawk in the area becomes lunch! Continue cycling through the calls, and while the girls are collecting food you should remove several of the nest sites and then call FEE-BEE etc. When nest sites become scarce, any chickadee approaching a taken nest will be warned off by the CHICK-A-DEE-BOO, etc. call. Some birds may find that they do not have a place to nest, as a result of human impacts on the environment.

[This works best if the chickadees have been fed at this location on a regular basis, better chances of success] Tell the girls that you are now going to take them to the Chickadee feeding site but tell them to be silent when they approach so as to not to scare the birds away. When they arrive, they need to spread out and sit quietly with their hand full of bird seed. Sit down and get comfy (this can take a while and does not always work). Reach their hand out and hold it palm up with bird seed in their palm. They can sit the whole time like that or slowly move their hand up when they see chickadees in the area. When the chickadee comes to eat, try hard not to react or say anything that will spook the bird, it will fly away. If someone does scare the bird, don't give up, just stay quiet and wait until the birds return.



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Animal Simulation Hike (More involved Games for Older Brownies)

The Squirrel Game

Explain to the girls that they will be playing the role of squirrels, trying to survive the winter season. Squirrels spend their summers and falls gathering nuts and seeds from trees and hiding them away for the winter. Red squirrels tend to hide their food in one midden; grey squirrels often have multiple caches of food.

Give each player six beans/corn pops/whatever. This represents their food supply for the winter. Explain that it is currently the month of November and the squirrels need to finish hiding their food. Give them a short time to hide their food in at least 2 separate places. They must return to where you are standing by the time you call "It's December... one... two... three!"

Now it's the month of December, and the snow begins to fall. At your signal, all squirrels need to go and find two pieces of food and return to you, before you call "It's January... one... two... three!". Squirrels who are not back in time (sometimes they forget where they hid their food, sometimes they're just slow) have died, and need to go to Squirrel Heaven (a designated waiting spot).

Surviving squirrels need to go back to their caches and return with two more pieces of food before you call "It's February... one... two... three!". Again, squirrels who did not survive the round go to Squirrel Heaven.

For the last round of the game, any squirrels who have died re-enter the game as blue jays, in competition with the remaining squirrels for the food. All animals need to go and find two more pieces of food and return to you before you call "It's March... one... two... three!"

Debrief: Squirrels who survived the entire game and found all their food are healthy and able to reproduce in the spring. What are some reasons squirrels may not have found all their hidden food? (They may forget where they placed it, food may have been stolen by another squirrel, etc.) Do you think that we found all the food that was hidden during the game? (No... see reasons above.) What happens to seeds that are hidden by squirrels for the winter and not eaten? (They sprout in the spring and grow into trees!)

Hawk and Mouse

The leader takes on the role of the hawk. All of the girls become mice. Hawks hunt their prey by sight; if they can see something moving, they will pounce!

While leading the girls on a hike, and with your back to the girls/mice, the hawk flaps their wings and walks quickly along the path, as if you are simply flying from one place to another. At any point the hawk can suddenly stop flapping and turn around. At this point all the mice must freeze. If the hawk catches a mouse moving, that mouse has been "eaten" and that player goes to the back of the group. When the hawk resumes flying, the mice can move again. Their goal is to be as close to the hawk as possible without getting caught moving when the hawk turns around!

Oh Deer

You divide the girls into two equal teams, and line them up facing each other about 25 feet apart (this distance is an estimate, if this is too close together you'll know). One team are the deer, and the other team is the food, water, or shelter.

Each round the deer must decide whether they are hungry, thirsty or cold. If the deer are hungry they hold their stomachs, if they are thirsty they cup their hands and if they need shelter they hold their hands together over their heads (tented).

The other team of girls decides whether they are food, water or shelter and they make the same symbols. The deer turn back to the other girls, and on the count of three they turn around with their symbol showing and the food, water or shelter is making their symbol too (they decide as well what they'd like to be.)

The deer then run across the space and catch their food, water or shelter. Only one deer per person. If there are more deer that need water than there are ponds, then the deer die and stay on the side of the necessities. The deer that get what they need, reproduce and take their new deer with them back to the deer's team. After each round the number of deer is counted, and recorded.

Play the game about 10 times, so that the girls can see how the subsequent generations of deer are dependent on the numbers of the previous generation



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Quick Frozen Critters

Escaping from predators is certainly an important aspect of survival in the wild. But if an animal spent all its time hiding, it would starve to death! Regardless of the danger, animals do have to spend part of their day looking for food – and keeping a sharp eye out for predators at the same time! Besides being quiet and well camouflaged, animals use many strategies to escape their predators - including hiding, calling a warning to others, fighting their attacker, or freezing in place. This game will illustrate the challenge of searching for food in a dangerous world, and how effective some of these different strategies can be.

Mark the play area boundaries using the four pylons. Divide the campers into two groups – rabbits and foxes. There should be one fox for every six rabbits. Give each fox one of the scarves that are all the same colour; have them tie these around their upper arm to mark them as predators. Give each of the rabbits one of the remaining scarves; have them tuck these into their back pockets to represent their life. Line up all the rabbits at one end of the playing area. At the other end of the field, scatter the beanbags and other tokens. These are food items. In the middle of the playing area, scatter the six hula-hoops. These are temporary hiding spots that the rabbits can use. The foxes begin the game ranged throughout the playing area. They may not enter the hula-hoops, nor can they guard them.

In order to survive, each rabbit must collect three food tokens. However, they can only take one token from the other end of the playing field at a time, and make it back to their starting point before returning for a second or a third. The foxes need to tag two rabbits and collect their scarves in order to survive. "Dead" rabbits sit on the sidelines until the end of the round. In order to cross the playing area to get to their food supply, the rabbits will have to be crafty! There are two ways they can avoid being tagged by the foxes. They can "freeze" (*they must stand as still as possible*); the foxes cannot "see" frozen rabbits and must ignore their presence (*e.g., no guarding frozen rabbits!*). Rabbits can also jump into the hula-hoop in order to avoid being tagged – but only one rabbit per hoop at any one time! Each round of the game lasts 5 minutes. This will help encourage timid rabbits to come out of their hiding places in search of food... because if they don't have enough at the end of the round they're dead!

Hide! (also known as Camouflage)

This game is spontaneous. So once you've described the rules, be prepared to play at any time! Basically, at any point during your camp or meeting, one of the players (doesn't matter who) yells "HIDE!" Everyone except the girl who called "hide" scatters and hides wherever they can, although they must be able to still see the girl who started this round. The girl who yelled "hide" remains where she is, eyes closed, and counts to twenty. Then she opens her eyes and looks around her, trying to find all the hidden people. She must call them out of their hiding spots by name. When she's found as many people as she can, she holds one hand over her head and makes a number with her fingers (e.g. three, four, etc.) Players who are still hidden at this point must call out the correct number. The first player to do so wins the round!

Sources: *Project Wild, Ontario Ministry of Natural Resources, Scanlon Creek Outdoor Centre, Vivian Outdoor Centre*

Creative Free Play: When all else fails, let their imagination go.

The Village – find fresh snow, pine needle carpet, leaf litter carpet, lots of downed sticks etc. Start by building the walls to your "house," allow girls to build their own houses...or stores...or restaurants. Then start visiting the other houses and the creative play begin. I have dined at restaurants and eaten pine needles, adopted a pet stick names "Slimy," and had to report some concerns over road building through my house to the "city mayor." Just give a few hints and the girls will take charge and play with you. Theirs...and your imagination is the limit. When doing this with mixed branches, I have had Pathfinders play just as much as the Sparks and Brownies. Brownies Honor!

Time: too many to do in the allotted time, so pick and choose what you like to do...

Conclusion

At the end of the hike, gather girls together and share...what was your favourite activity, what was one thing that you learned or really surprised you about the activities on the hike. What is one thing you can learn from the activities that we have done today?

Time: 3 minutes

Clean Up and Departure Instructions: stay as a group and rotate to next session or back to site, if counsellors are not there, wait at the picnic tables outside