

# Toadstools and Pixie Dust

Creating Magical Outdoor Activities

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# Welcome to Toadstools and Pixie Dust

1. Please find a chair to make your home in for this session
2. Go to the craft tables and follow the instructions there to make a quick craft that will be needed for this session
3. Introduce yourself to 3 new people and find out their names, where they are from and what six they were in as a Brownie (or would like to have been in)



# Who Am I

- Vicky Wallace, Camping Program Coordinator – GGC OC
- B Phe (outdoor adventure leadership) B Ed
- Currently a Ranger Guider with 12<sup>th</sup> Qu'appelle Rangers
- 9 Years Camp Director at Camp Woolsey
- 19 as Summer Camp Staff at Woolsey
- 5 Years as a Ranger working in a Brownie Unit
- Brownie myself many years ago...



# NDD



# Nature Deficit Disorder

- **Nature deficit disorder** refers to a hypothesis by Richard Louv in his 2005 book *Last Child in the Woods* that human beings, especially children, are spending less time outdoors resulting in a wide range of behavioral problems. This disorder is not recognized in any of the medical manuals.
- Louv claims that causes for the phenomenon include parental fears, restricted access to natural areas, and the lure of the screen. Recent research has drawn a further contrast between the declining number of National Park visits in the United States and increasing consumption of electronic media by children.
- Richard Louv spent ten years traveling around the USA reporting and speaking to parents and children, in both rural and urban areas, about their experiences in nature. He argues that sensationalist media coverage and paranoid parents have literally "scared children straight out of the woods and fields", while promoting a litigious culture of fear that favors "safe" regimented sports over imaginative play.
- In recognizing these trends, some people argue that humans have an instinctive liking for nature—the *biophilia hypothesis*—and take steps to spend more time outdoors, for example in outdoor education, or by sending young children to forest kindergartens or forest schools or to organizations like GGC.



# Goals of this session

- To give you lots of great ideas to take back and use hands on with your girls.
- OUTSIDE for me can be anywhere that has “green space” this includes but not limited to: a school yard, a wood lot, nature trail, camp, field, forest, farm etc...



# Outside Etiquette

- Buddy system – pair the girls up and remind them that they need to walk side by side with their buddy. If one buddy stops to tie their shoe or look at a flower, then the buddy stops too. You are lookouts for each others health and safety.
- One Guider leading the group, and one Guider (more importantly) at the back of the group being the last person. No one gets behind her (and carrying the first aid kit).
- Group should stay within visual range of the first and last Guiders



# How To Create The MAGIC

- Have a background story to the activity you are going to do. This can be a picture book you read, a legend or fable or even something you make up yourself
- Add in costumes – even just key items help build the excitement
- Make the activity active – how can the Brownies move and do things hands on
- Make things seem like they were completely by accident (even though they were planned)



# Woodland Fairy

- Legend of the Woodland Fairy  
(including their hard work finding useful gifts for other woodland creatures, and how they never ask for anything themselves)
- Challenge the Brownies to find something during the nature walk that they think would help the Woodland Fairy.
- Find the Woodland Fairy's Home (a piece of fabric left at a key spot in the woods) and get the Brownies to leave presents.



# Unconventional Hike

Can you find along our trail:

- ☐ a family of ducks
- ☐ a badge
- ☐ a pair of scissors
- ☐ a photograph
- ☐ a pair of sunglasses
- ☐ a Brownie Program Book

# Unconventional



# Unconventional





# Who Was Here? Hike



Who Was Here?



# Who Was Here? Hike



# Colour Swatch

- Nature Search for the colours from river rocks or paint chips



# Pin - terest

- Girls chose what they find interesting along a trail and mark with a clothes peg, when you return along same path, everyone can look at what has been marked and try and figure out what others thought were interesting.

# Trees For All Seasons





# Picture This

- Give the girls boundaries of where they are allowed to explore and a picture frame. Have them take pictures and show them to their buddies.



# Camouflage Woozle

- Every girl makes 2 Woozles out of pipe cleaners. One has nature colours (brown and green) and one has unnatural colours (pink and bright blue). Have the girls walk along and hide their Woozle's. Then on the walk back challenge the girls to find other peoples Woozles. They are only allowed to find 2 and not their own.



# Egg-cellent Scavenger Hunt

- Everyone please take half an egg carton. In each cup please write 1 adjective.
- Adjectives: describe a noun – like hard, fuzzy, brown or shiny.
- Presto – instant scavenger hunt for a walk outdoors. Girls to collect small samples of their adjectives.



# Egg-citing Egg Heads Lets Go On A Small Hike

So we have just walked a distance and look, we have found a station with...

Then we walk a little further and find a station with...

And even further up the trail someone finds...

Now we all do this and voila an Egg Head to take home!



# Tweets for the Birds

- Walk along and collect materials to make bird feeding stations.
- Pine cones, twine, gelatin and bird seed
- At Camp Woolsey – we often find bits of non-natural feeders that then need to be thrown out from well intending crafts. Try not to use peanut butter because of allergies.
- That Chickadee Feeling is a great book and you can try to feed them if it is an area where they are fed regularly.



# Rest Stop

- So we have been hiking and exploring and doing all manner of creative things. Nothing better on a day like today then to have a rest, snack and hot drink.
- Kelly Kettles allow you to heat water quickly with a small contained fire in the base. Fuel is twigs and bark and fed through the top.
- Cedar tea, pine tea or cedar and birch twig tea.



# Night Time

- Ways for girls to be comfortable – allow flashlights, give glow sticks or make the pixie jars
- Get Night Eyes
- Night Sky Art
- 2 Minutes of Silence
- Coloured Crayon – write down the colour you think you have
- Star Walk or Indoor cloudy night Stellarium



# 5 Senses Hike

- (feel) Hug a Tree
- (smell) Timber Wolves Scent Trail
- (hearing) White Tail Deer Ears
- (vision) Red Tailed Hawk
- (hearing) Brown Bat and Moth



# Chickadee Chatter

- CHICK-A -DEE-DEE-DEE = hey guys, I found some food
- FEE-BEE FEE-BEE = I'm single and available
- CHICK-A-DEE-BOO = This is our nest, find your own
- CHICK-A-DEE-DEE-DEE-DEE-DEE-DEE-DEE etc.  
confuses predator along with freezing ensure survival.



# Still Time Left – More Activities

- Squirrel Game
- Hawk and Mouse
- Oh Deer
- Quick Frozen Critters
- Hide!



# Still More Time

- Favorite outdoor activity is creative play.
- Move into fresh snow or pine needled or leaf litter. Start to build your house (make small wall boundaries), each girl will start to build their own fantasy house...and soon the village will be born and visiting to other houses, and restaurants, and pet shops and ... and ... and ...
- I have played this game with PATHFINDERS!



# Thanks for Playing

- Remember to make the magic
- Remember to be safe and use the buddy system
- Carry a first aid kit
- Be creative and have fun

