



November 18-20, 2016

## GGC Ontario Council: Summer Camp Lesson Plan



Please ensure you have referenced GGC programming in order to create this Lesson Plan

Age/Group: All

Program Duration: 1.5h

<b>Activity</b> Fire starting	
<b>Equipment/Supplies Needed:</b> Fire building area, fire making supplies – matches, flint & steel, bow drill (depending how advanced the group is). <b>Pre-Activity Setup:</b> Assign groups specific area's to build individual fires (draw circles in the dirt, spray coloured water in a circle in winter) – consider flow of movement as girls will need to go and collect material. Keep movement around the fires to a minimum for safety. Water or sand bucket	<b>Safe Guide:</b> First Aid Kit Location: Staff Required: 1 lead, 1 assistant Emergency Communication: Other:
<b>Exciting Introduction</b> On a non flammable surface (e.g. large rock), lay out three different types of fire starting material (cotton ball dipped in Vaseline, twig, piece of paper). Have the girls vote on which they think would be the best for fire lighting and why. Light each object with a match and see which burns the best. Discuss why certain things burn better than others. Time: 3 minutes	
<b>Body Of Activity</b> Instructions and Activities <ul style="list-style-type: none"> <li>- Explain the fire triangle (fuel, heat and oxygen) and why the fire needs each of these elements to burn</li> </ul> <div data-bbox="672 1289 997 1583" data-label="Image"> </div> <ul style="list-style-type: none"> <li>- Discuss the different types of fuel needed to light a fire (tinder, kindling, fuel or larger sticks)</li> </ul>	

<http://contentinjection.com/wp-content/uploads/2014/03/the-three-essential-ingredients-for-a-fire.jpg>

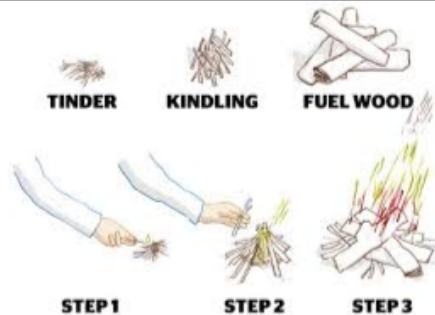
<http://rilind-survival-wild.blogspot.ca/2014/11/how-to-survive-in-wild.html>

[https://en.wikipedia.org/wiki/Bow\\_drill#/media/File:Bow\\_Drill\\_with\\_annotations.svg](https://en.wikipedia.org/wiki/Bow_drill#/media/File:Bow_Drill_with_annotations.svg)

[http://www.grannysstore.com/Wilderness\\_Survival/Sparks\\_Fly/flint\\_steel\\_detail.jpg](http://www.grannysstore.com/Wilderness_Survival/Sparks_Fly/flint_steel_detail.jpg)

<https://i.ytimg.com/vi/gzGjgPWYSY4/maxresdefault.jpg>

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- Discuss different heat sources (match, flint and steel, bow drill).



- From here the lesson can be adapted for three skill levels. The easiest using the match, harder using flint and steel and the hardest using the bow drill.
- Have the girls find tinder appropriate to the type of heat source they are using. E.g. for matches small twigs can work but for flint and steel a tinder bundle works best.
- For matches, have the girls collect a variety of tinder to try and light with a match e.g. twigs, grass, leaves, birch bark, dorito chips, cotton balls in Vaseline
- For flint and steel and bow drill, have the girls build a tinder bundle using a piece of birch bark or other bark filled with grasses, leaves or other flammable materials. Use charred cloth to catch the ember by placing it either against the flint, or underneath the bow drill.



- Teach the girls how to use each method of fire starting and give them ample time to practice. For matches, try using a strike pad as well as using natural objects such as rocks etc.
- If the girls are successful in lighting the tinder or creating an ember have them move on to fire building if time permits.

To create added challenge: fire must burn for \_\_\_\_ minutes.

Tie a string between 2 sticks and the fire must burn the string  
Place a soup can with 1 cup of water on fire and bring water to a boil  
Roast a marshmallow on the fire (one per group member)

Fire Tricks: add a small amount of salt to the fire and the flames will change colours