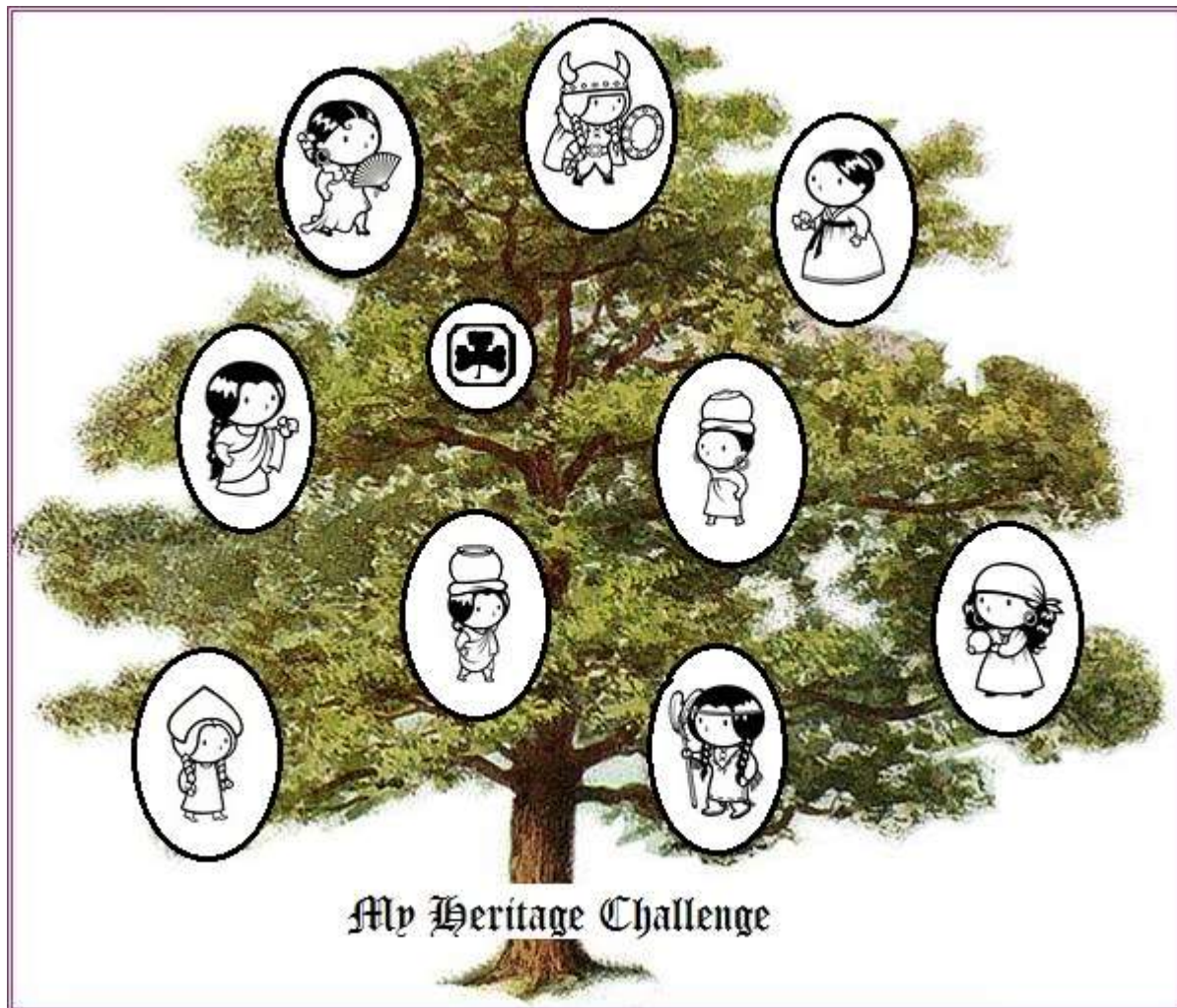


My Heritage Challenge

Saskatchewan Council Program Committee



Girl Guides
of Canada
Guides
du Canada



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Girl Guides of Canada-Guides du Canada
Saskatchewan Council
Program Committee

Who are you? What made you that way? Your family has made you what you are today. Your parents and grandparents lived lives different than yours, and because of that, you are who you are today! Find out from your family what cultures have shaped your life by looking at your heritage. Your heritage is made up of the countries your family came from in the past, your province's past and your country. Your Unit may have girls from many different backgrounds, countries, cultures and faiths. This is all part of your heritage. Through this Challenge, you will find out more about the people in the countries that make up your heritage and what it was like to grow up in the past.

This Challenge is a great way to have fun and accomplish varying heritage-related parts of your program. For example, Pathfinders who complete this Challenge will also have earned their Around the World at Home badge. If this is how you are using this Challenge, check the back pages to see which program requirements you meet. (*Note: not all tasks in this Challenge fit into the programs of all the branches, so if you are trying to complete parts of your program, please cross check carefully.)

The Heritage Challenge requirements are listed in each section. Please ensure you complete each of the five sections in order to complete the Challenge and purchase your crest. Crests may be purchased from Girl Guides of Canada-Guides du Canada at the Saskatchewan provincial office at provincial@girlguides.sk.ca

As a special request, **we ask that all participants find a special way to thank someone who helped you learn about your heritage, and find time to let us know what you thought about the Challenge** (e-mail program@girlguides.sk.ca). Thanks and have fun!

You and Your Family

How do you celebrate you? How do you celebrate those you love?

Sparks choose 2; Brownies 3; Guides 3; Pathfinders 2; Rangers 2; Adults 2.

1. What does your name mean? How did you get it?
2. Make a poem, poster, song or dance about you, your family, and the things you like to do.
3. What do you do on your birthday? What would it be like if you lived in a country of your heritage? How would your birthday celebrations be different if you had lived 50 years ago?
4. Locate your grandparents' homes on a map. Do they still live near where they grew up? Why or why not?
5. How did your family get to Canada? What was it like when they got here or what was it like for them to grow up here? What would your mom, aunt, or grandma have done at your age?
6. Share a family treasure or a family story from the past.
7. Sing a song about the past.
8. Create a history timeline, photo collection, scrapbook or family tree.

Your Culture

Sparks choose 2; Brownies 2; Guides 3; Pathfinders 3; Rangers 4; Adults 4.

9. What celebrations do you enjoy? What makes them fun? Make a symbol from a celebration or ceremony from your heritage. Learn how it is traditionally used.
10. Make a toy, craft or piece of art from your heritage.
11. Read, write or learn a story or poem from your heritage.
12. Make a collection of stories, folktales, nursery rhymes, poems or songs from your heritage.
13. Learn a song, make a musical instrument or listen to music from your heritage.
14. Help prepare and eat a food from your heritage.
15. Dress a doll, create a costume or draw a picture of you in clothing from your heritage. Share it or host a fashion show.
16. Learn a dance from your heritage.
17. Play a game from your heritage.
18. Learn about the customs of your heritage.
19. How much do you know about your own culture or faith? Learn about an aspect of your culture or faith that your family doesn't practice, or learn something about a friend's culture or faith that is different from yours.
20. What do people assume about your culture or faith just by looking at you? How does it make you feel? What is the truth about what they see? Share a way that you have jumped to conclusions or a way that you politely corrected someone about a false assumption.
21. Participate in a cultural exchange or host a cultural demonstration or foreign activity fun day.

Your Community

Sparks choose 1; Brownies 1; Guides 2; Pathfinders 3; Rangers 3; Adults 3.

22. How did your city or town get its name? Tell, dramatize or draw about the life of early settlers. Discuss your community's history.
23. How did your community start? What did it look like when it was founded? How does it look now? How is it changing?
24. Visit two of the following: a historic site; a display of history of mining, farming, fishing or forestry; a unique natural site; a historic government building; or an early building in your community. How did these contribute to your community's heritage?
25. Find out about a story, legend, monument or landmark in your community.
26. Communities are awash with a mix of cultures. Discover the cultural make up of your community. Try to attend a festival that celebrates many cultures or see if you can attend a religious festival different from your own. Contact your town or city office to discover what cultural events happen in your home.
27. How is your heritage different from someone else's in your community? How is it the same?
28. Visit a place in your community to learn more about your heritage and your community.
29. What sort of folklore exists in your community? Create a scrapbook, quilt block, collage, skit or puppet show about a local legend, folktale or folk hero. If you can't find a local example, use an example from your heritage.
30. Write a play about people in your community.

Saskatchewan

Sparks choose 1; Brownies 2; Guides 2; Pathfinders 3; Rangers 3; Adults 3.

31. Read a poem or story written by a Saskatchewan author.
32. Learn a song about Saskatchewan.
33. Visit an art museum, craft show or exhibit by an artist in Saskatchewan.
34. Visit a place such as a museum, antiques store, pioneer village or historic landmark.
35. Share how Saskatchewan got its name and explain the symbolism on the coat of arms or flag.
36. Saskatchewan's heritage is rich in Aboriginal cultures. Make a symbol or craft from one of them and find out its purpose or any folklore associated with it.
37. Play an Aboriginal game.
38. Learn a dance or ceremony that is traditional to one of the First Nations of Saskatchewan.
39. Listen to an Aboriginal folktale. Make one of your own.
40. Use an Aboriginal invention. See if you can find one that was used by the Aboriginals in your area.

Canada

Sparks choose 1; Brownies 2; Guides 2; Pathfinders 3; Rangers 3; Adults 3.

41. Canada's heritage is yours, too! Tell a Canadian folktale or legend and learn two Canadian folk songs.
42. Learn more about art, handicrafts, music, dance, sports, literature, theatre or architecture in Canada's past.
43. Make a meal, jam, jelly, relish, preserves or smoked meat the way the settlers would have done.
44. Make an item using a traditional method: quilting, embroidery, basket weaving, rug braiding or sewing clothing, the way settlers would have.
45. Knit, weave, crochet or mend two holes and darn a sock.
46. Learn how to spin wool to yarn, make soap, mould candles or use natural dyes.
47. Participate in an activity with others such as a traditional sleigh ride, quilting bee or taffy pull.
48. Use a traditional art form from 75 years ago.
49. Make a traditional toy from 75 years ago.
50. Discover a Canadian who has contributed to Canadian culture. Create a story, song or poem; play charades; or play 20 questions using famous Canadians.
51. What would it be like to be new to Canada? What do you have to do to become a citizen?
52. Talk to someone who has immigrated to Canada.
53. Compare Canada to a country of your heritage. How would your life be different if your family hadn't emigrated?
If your family is from Canada, investigate if they moved around the country or province. Would your life be any different if you lived in a different part of the province or country? Base your answer on your family's homes.
54. Visit and learn about a national park or historic site and find out how it was created and how it is used.
55. Share your favourite things about Canada through a blog, web posting, community poster or other public presentation.

Here are the parts of the girls' programs that are found in the Heritage Challenge (HC).

Sparks:

- * The World Around Me Keeper
 - Explore each girl's cultural history. (any part of this Heritage Challenge)
 - Check out birthday celebrations from around the world. (HC #3)
 - Make a craft from another WAGGGS country. (HC #10)
 - Make a craft from one of our aboriginal/First Nations communities. (HC #36)
 - 2 (or more) of the following:
 - Read a story about a child in another WAGGGS country. (HC #11)
 - Make up a story about a girl in another WAGGGS country. (HC# 11)
 - Sing a song from another WAGGGS country, and one from Canada. (HC #13)
 - Make a puppet of a person from another WAGGGS country. Put on a play. (HC #15)
 - Listen to a story about people moving to Canada. (HC #5)
 - Try a snack from another country. (HC #14)

Brownies:

- * Key to Me
 - Interest Badges
 - Girlfriends Through Time
 - Draw a picture of what your grandma and mom wore when they were your age. (HC #15)
 - Ask your grandma and mom what they liked to do when they were your age. (HC #5)
 - Read a story about another time. Discuss it and explain how things are different from today. (HC #6)
- * Key to My Community
 - #4 - Celebrations
 - Discover a ceremony from a culture different from yours. (HC #9)
 - Have a meeting to share snacks from your own culture or faith. (HC #14)
 - Interest Badges
 - Aboriginal People in Canada
 - Find out about the Aboriginal People who lived in your area. (HC #36, 37, 38, 39, 40)
 - Learn an Aboriginal song, dance, game, folk tale or ceremony. (HC #37, 38, 39)
 - Make an Aboriginal symbol and learn its history. (HC #36)
 - Use an Aboriginal invention. (HC #40)
 - Play an Aboriginal game. (HC #37)

- Family Heritage
 - Interview an older relative about when she was young. (HC #5)
 - Locate your parents' or grandparents' homes on a map. Why did your family move from that place? When did they come to where they are now? (HC #4)
 - Share a family treasure and tell its story. (HC #6)
 - Prepare a food that is part of your heritage. (HC #14)

- Your Day
 - Share how you celebrate your birthday. (HC #3)
 - Ask how others in your Unit celebrate their birthdays. (HC #3)
 - Learn how someone in another country celebrates a birthday. (HC #3)
 - Create a poster, poem, dance or song about you, your family or friends, and things you like to do. (HC #2)

- Special Days
 - Make a symbol of a celebration from another culture. Know what it means. (HC #9)
 - Interview someone from another country. Share a food from their home country. (HC #14)
 - Discuss your favourite celebration and share a story about it. (HC #9)

Guides:

* Beyond You

Discover Your Community

- Learn about customs and heritage of a cultural group in your community OR share something from your culture with your Unit (traditional clothing, birthday celebrations, religious festivals). (HC #3, 27)

* Interest Badges

Cultural Awareness

- Learn about someone of a different culture. (any of HC)
- Look at things that are particular to that culture (food, clothing, weddings, birthdays and religious celebrations). (HC #3, 9, 14, 15)
- Discuss the things that are the same (school, celebrations, sports, family life). (HC #27)
- Play a game that is from another culture OR listen to a folktale from another culture. (HC #11, 17, 37, 39)
- Create a toy, craft, piece of art, a simple musical instrument, a song, story or poem to remind you of this culture. (HC #36, 39)
- Find a special way to thank this person for sharing with you. (HC intro)

Folklore

- Visit a museum, fair, place of interest to learn about Canadian folklore. (HC #28)
- Create a scrapbook, quilt block, etc. about a legend/folk tale/folk hero. (HC #29)
- Perform a skit, puppet show, etc. about a legend, folk tale, or folk hero. (HC #29)
- Find a Canadian myth or legend and tell it to others. (HC #41)
- Learn two Canadian folk songs. (HC #41)

Heritage

- Create a history timeline, family tree, photo collection, scrapbook going back several generations OR find out how you got your full name. (HC #1, 8)
- Make a toy or food dish or learn a game, song or dance that your ancestors might have enjoyed. (HC #10, 13, 14, 17, 18, 43, 49)
- Visit and learn about a national park or historic site and find out how it was created and how it is used. (HC #54)
- Learn more about art, handicrafts, music, dance, sports, literature, theatre, architecture in Canada's past. (HC #42)
- Read an early Canadian, Inuit, or First Nations story OR find out about a story, legend, monument or landmark in your community. (HC #25, 39, 41)
- Discover a Canadian who has contributed to Canadian culture. Create a story, song, or poem; play charades; or play 20 questions using famous Canadians. (HC #50)
- Visit a historical society, museum, historic building, cemetery, library, town hall to learn about your heritage OR celebrate your heritage. (HC #26, 28 or any)

Provincial/Territorial Heritage

- Read a poem or story written by a Saskatchewan author. (HC #31)
- Learn a song about Saskatchewan. (HC #32)
- Visit an art museum, craft show or exhibit by an artist in Saskatchewan. (HC #33)
- Share how Saskatchewan and your community got their names. (HC #22, 35)
- Tell, dramatize, or draw about the life of early settlers. Discuss your community's history. (HC #22)
- Make a meal, soap, candles, quilting, embroidery, basket weaving, rug braiding or sewing clothing the way settlers would have done. (HC #43, 44)
- Visit two: a historic site; a display of history of mining/ farming/ fishing/ forestry; a unique natural site, a historic government building, an early building in your community. (HC #24)
- Explain the symbolism on your provincial coat of arms or flag. (HC #35)

Heritage Home Skills

- Make jam, jelly, relish or preserves, sterilizing jars and sealing OR help to seal and freeze vegetables. (HC #43)
- Help someone to smoke meat or preserve it. (HC #43)
- Knit, weave, crochet OR mend two holes and darn a sock. (HC #45)
- Learn how to spin wool into yarn, make soap, make candles, or make natural dyes. (HC #46)
- Do an activity with others such as a quilting bee or taffy pull. (HC #47)
- Use a traditional art form from 75 yrs ago. (HC #48)
- Make a traditional toy from 75 yrs ago. (HC #49)
- Visit a place such as a museum, antiques store, pioneer village or historic landmark. (HC #34)

Pathfinders:

* A World to Discover

Around the World at Home

- Learn international dance(s). (HC #16)
- Make an international craft. (HC #10)
- Listen to international music. (HC #13)
- Participate in a cultural exchange. (HC #21)
- Dress in international fashion. (HC #15)
- Have an international night. (HC #21)
- Learn about different faiths. (HC #19)
- Discuss false assumptions. (HC #20)

Rangers:

* Community Connections

- #9 - What is it like to be new to Canada? (HC #51)
- #13 - Shout out about Canada! (HC #55)
- #14 - Discover a local culture. (HC #26)
- #15 - Write a play about people in your community. (HC #30)
- #25 - Talk to someone who has immigrated to Canada. (HC #52)
- #28 - How is your community changing? (HC #23)

* Explore Your Creativity

- #6 - Hold a cultural demonstration. (HC #21)
- #10 - Look at fashion around the world. (HC #15)

* Global Awareness

- #5 - Compare Canada to other countries. (HC #53)
- #6 - Collect stories, nursery rhymes, drawings or songs from around the world. (HC #12)
- #7 - What are the folk tales from your culture? (HC #12)
- #11 - Make a meal from a different culture. (HC #14)
- #12 - Hold a foreign activity fun day. (HC #21)
- #14 - Find out about different faiths/religions. (HC #19)