

# Recipe Book for Fun & Successful Meetings



In celebration of  
100 years  
of Girl Guides in Canada

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## Introduction

In this Recipe Book, you will find over 100 tips and hints, craft & game ideas, recipe ideas, as well as, themes for meeting nights, sleepovers and camps. The Program Committee would like to thank all of the Guiders who submitted their favourite tried and true recipes for a fun and successful meeting.

Each Unit has received one copy of this book, please be sure to make copies to share with your co-Guiders, this will also be posted on the BC Girl Guides website. We hope you keep this Recipe Book close by and find it useful in planning, organizing and leading your Unit meetings, camps and sleepovers.

Yours in Guiding,

BC Program Committee

***Produced by the BC Program Committee on behalf of BC Council in celebration of the 100<sup>th</sup> Anniversary***

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## TIPS & HINTS

### Choosing Helpers

- *Stella Vallee is a Spark Leader in Tall Totem District, Rivers North*

I devised an idea to alleviate the "pick me" syndrome with the younger girls, and also to take pressure off my mom helpers. All girls names are put into a special "take turns bag", which has 2 pockets. When I need to choose someone as a helper, to be "it" in a game, or to choose a game or song, I pull a name out and transfer it into the other pocket, until everyone has had a turn at something. I find it really helpful, and the girls catch on quickly. *Area*

### Collecting Dues

For dues, I had a cloth made up with little squares, and put letters on, at the beginning of the year each girl picks a letter, and then each week, they go and put their dues in their square. - *Debbie Fee is a Guider with 1<sup>st</sup> Quesnel Sparks*

We bought small, zippered purses from the dollar store that are just big enough to hold the attendance/dues booklet and a pen. The patrol leader collects the dues and puts it in the purse. Then when the treasurer gets the purses she can easily record the dues that each girl paid and money doesn't get lost. - *Sherri Cochrane, 4th Abbotsford Guides, Fraser Skies Area*

For dues for Brownies and Guides, make small draw string cloth bags and sew the patrol/circle emblem on the outside of the bag (maybe have a mom that sews do these up for you). You can keep the book and pen inside the bag and the money stays separate into their patrols/circles so you can double check their accounting at the end of the night.

### Openings

*Tamara Claxton, 1st Valhalla Guides, Ghost Valleys District, Kootenay Area*

At the beginning of each guiding year, we have our girls decorate a small (fist sized) rock however they want - ie. Painting, hot glue-gunning on beads or sequins, feathers, etc. The returning girls may decorate a new rock, or add to theirs from the previous year. We use these rocks in our opening every night. Each girl places her rock in the middle of our circle to form the "campfire ring" and someone also places the rocks of the girls who are absent that night. Then we sing "Fire's Burning" as our opening song, usually in a round. After collecting dues, we each take a quick turn telling of a "good deed" we did to help someone out (preferably outside our family and friends) during the previous week such as holding a door for a stranger or helping another kid at school feel better or raking leaves for our neighbour with our parent's permission, of course!

## **Bags**

*Connie Wray, Saltspring Island, Pacific Shores Area*

I made a bag out of denim, the size to fit their program books, for each girl. They decorated their name, etc on it with fabric paints. It has helped them remember their book (most times) and they can put their badge sash and scarf in it to remember to bring to Guides.

## **Lend a Hand Bag**

This is a great idea for Brownies, but can easily be adapted to any other Branch.

Materials needed:

Nice bag – either paper or cloth  
Card stock or light cardboard  
Decorations of your choice

Markers  
Scrap paper  
Unit list

Simply take the bag and taking the light cardboard or cardstock and make a divider to run down the middle of your bag. Taking your Unit roster and the scrap paper, write each girls name on a piece of paper and put on one side of the bag. Decorate as you wish.

Each week, select one or two girls to “Lend a Hand”. The girls can help with setting things up, selecting/leading a game or to help clean up at the end of the meeting. As you select a girl each week, please that slip of paper on the other side.

## **World Friendship Bank**

*Colleen McKenna, Girl Program Specialist, BC Program Committee*

Make a small bank from a tea tin and create a CWFF Label. Brownies are to collect pennies each week for good deeds done. Each meeting the Brownies put their good deed pennies into the tin and relate at least one of their good deeds to the unit. Some time we sing “Have a penny in my hand –it goes here, it goes there- it’s for Guides (Brownies) everywhere”

This helps Brownies remember that they are part of a larger Global organization every week.

## **CWFF Money Containers**

*Joyce Wenner, Provincial Lones Adviser*

Take a plastic juice bottle -750 ml size- with a twist off lid. Wash and dry it to make it into a Guiding member from another country. A 2 inch Styrofoam ball can be glue to the bottle cap to make the head by painting it flesh colour and adding googlie eyes, bead nose and mouth make of foam or felt scraps plus hair out of strands of wool. Arms are made of pipe cleaners and a bead glue to each end to form the hands or just fold back and form a note in the end. Use scarps of felt paper or material to fashion a uniform from another WAGGGS country and fill with coins for Feb 22.

### **Gathering the Girls**

*Neala St. Hilaire, Chatham District, SVI Area*

A song that was my life saver in Sparks for many years:

“Can we make a circle, circle, circle?”

Rhythm:     ti  ti   ti   ti  ta ta  ta ta  ta ta

Can we make a circle, yes we can!”

Rhythm:     Ti  ti   ti   ti  ta ta  ta ta  ta ah

It worked every time and was always so much more gentle than trying to be heard above the joyful noise!

### **Program Trackers**

*Connie Wray, Saltspring Island, Pacific Shores Area*

It was hard for the girls to keep track of what they finished in the program and what they needed to do. So I made the old fashioned chart with every girl's name on it and their program needs. They love it. I get them to put the sticker on the "box" when they do they program part. It is instant satisfaction for them and helps me to remember to put it in their records. (I use colour coded dots for each week). The only problem is trying to curb their enthusiasm!

### **Patrol or Circle Boxes**

*Alix McKenzie, Provincial Program Adviser*

These are a great idea for Brownies and Guides.

Have a box (the clear plastic totes that have the snap shut handles work great), one for each circle or patrol that you have. Print off a copy of the patrol/circle emblem or have the girls draw and colour one to stick on the lid of the box.

Pencils  
Pens  
Markers  
Scissors  
Glue sticks

Paper  
Some crosswords/puzzles/ colouring  
Dues book/bag inside the box  
Knot cards with small pieces of rope  
Anything else you can think of

You can have the first girl from each circle/patrol be responsible for getting the box as she arrives at the beginning of each meeting. If you include some sort of small activity inside the box, the girls can go to their circle/patrols as they arrive and quietly sit as they wait for all of the girls to arrive.

The patrol/circle boxes are great for when the girls are working in groups, you will always have enough scissors and pencils for the girls in each group!

## **Challenge Bags**

*Alix McKenzie, Provincial Program Adviser*

Great resource for the beginning of your meeting when you need 5 extra minutes to get things set up, take money for cookies etc., or if you have a parent that needs to talk to you.

As the girls arrive ask them to go into their Circle groups/Patrols and give each Circle/Patrol a Challenge Bag. Here are some ideas of what can be in these Challenge Bags (be sure to change them up regularly)

- Puzzles
- Word games
- Spot the differences
- Promise Colouring Booklet

## **Shared Leadership**

*Tracey Mozel, Provincial S.T.E.M. Adviser*

Designate one Guider to handle administrative tasks at each meeting—e.g. collect money or forms from parents, handle questions from parents, etc.—so that she can focus on those jobs without being distracted by activities, set-up, and so on

When planning meetings, have each leader be responsible for different parts of each meeting. For example: If you have three Guiders, break the meeting into three chunks and have each person be responsible for a portion. This role models to the girls that their leaders can share and work together in a team; soon they will be modeling the same behaviour! Make sure you switch it up each meeting so all Guiders get a turn doing something different.

## **Gathering time at the beginning of meetings**

*Colleen McKenna, Provincial Girl Programs' Specialist*

Keep Brownies and Sparks calm (and not running about playing tag) while the girls arrive by mounting calendar pictures of animals or nature scenes onto card stock and cutting up into simple puzzles. Store in freezer sized baggies. As the girls get proficient at the puzzles, cut the puzzles into smaller pieces to make them more challenging. Usually after Christmas, we jumble them altogether so the girls need to separate out the pieces to their puzzles.

Keep the girls active at the beginning of meetings while the others arrive by having themed activity sheets for the night. Colouring sheets, word finds and Crossword puzzles are great options. You can create your own puzzles by using puzzle sites on the internet, such as [www.puzzlemaker.com](http://www.puzzlemaker.com)

## **Fill time at a meeting because an activity was cancelled, or a guest speaker did not show up**

*Colleen McKenna, Provincial Girl Programs' Specialist*

Take a shoebox or brown lunch bag and label it as "Unit Activity Kit". Write or type quick activities or games that require few supplies that are usually on hand and that can be easily set up onto separate slips of paper. When you have a gap in your meeting that needs to be filled, have a girl pull a slip of paper and read out the activity- that is what you will do next. You can have the girls write down ideas and put them into the box.

Sample Ideas for the slips of paper:

- Count how many bunny hops it takes to get across the gym/hall floor. Repeat, seeing the fewest number possible- repeat seeing the largest number possible.
- Each girl creates a new yoga pose and names it- then she teaches her pose to the unit.
- Each patrol or circle creates an obstacle course...other patrols test them out.
- Have each girl create a self portrait with craft supplies on hand- decorate with as many different craft scraps available.
- Go to [www.guidezone.e-guiding.com/i\\_jm\\_games.htm](http://www.guidezone.e-guiding.com/i_jm_games.htm) for more great ideas!

**Cookie Store-** use empty cookie boxes and pretend money to practice selling and making change. Create scenarios for the girls on index cards for role playing.

**Promise Inuksuk:** Cover different sized boxes with plain brown paper. Write out the promise, with segments on each box. Have the girls create different shaped Inuksuk, so that the promise still reads correctly.

**Fun Foam Tattoo Traders-** make traders by adhering temporary tattoos to fun foam. We used Girl Guide Tattoos. Cut the fun foam with wavy scissors around the tattoos. Make it water proof by covering with a thin layer of diluted glue. Use safety pin to stick on hat!

**Edible Reef Knots:** Use shoestring liquorice to practice your reef knots. Girls can eat their knots once they have done them correctly!

## **Imagination Market**

*Joyce Wenner, Provincial Lones Adviser*

Have an Imagination Market bucket ready for meetings that go arye or you just need a filler. Load up with ribbon, buttons, beads, pipe cleaners, feathers, magazines, glitter, stickers, craft paper, envelopes, glue, stamp pad ink, foamy shapes, etc. Let the girls make what they want. I find this is a great way to use up leftovers from other crafts and let the girls imaginations run wild making cards.

## **Collages**

*Joyce Wenner, Provincial Lones Adviser*

To make an easy collage without using glue take Mac-tac clear contact paper and have the girls add things to it either in a theme of for an event. When completed top with another sheet of the same size piece of Mac-tac and edge with coloured duct tape to make a frame effect. Hang on wall. Best part is its waterproof, durable and inexpensive. Made these as a farewell reminder of their year in the unit- added some pictures of them and cut out letters spelling their name too to personalize.

## **Message Center**

*Joyce Wenner, Provincial Lones Adviser*

Purchase an over the door shoe holder for 12 pairs and make a name label for each pocket. This is a great message center for back and forth correspondence of notes and newsletters plus younger girls can drop their dues into the pocket. It is portable and easy to fold up for storage.

Make a mail box center out of recycled clean 1 litre milk containers. Glue containers stacked in rows of four by six [less if smaller sized unit.] cover outside with Mac-tac or paper

## **Welcome Kit**

Develop a welcome kit to welcome new members to your unit. Some things to include:

- Picture of the unit
- Description of some of the activities you have done: hikes, camps, events, etc
- Statements from members finishing this sentence: "I like Girl Guides/Brownies because....."
- Time and place of the meeting

**Note:** This kit could also be used to introduce your unit to your Pen Pals.

## **First Aid Kit**

*Alix McKenzie, Provincial Program Adviser*

This is a great little first aid kit that the girls can use for camp, outings and even have in their pocket of their uniform cargo pants for unit meetings and events.

Materials needed:

- Small tin (like an Altoids tin)
- Bandages (various sizes)
- Needle and thread
- 2 quarters
- Any other item you think would be handy and that will fit in the tin
- Small pencil (golf pencils are perfect) and piece of paper
- Handy wipe or two
- Pair of latex gloves

Have the girls make their kit and encourage them to keep it with them. It is even really handy to have in your purse.

### **Memory Books**

*1st Sangster Brownies, Straits District, SVI Area. Unit Guiders are Carla MacRae, Eva Herbert and Shelann Kowalewsky.*

We ask the girls to bring in duo tangs or small binders for their memory books. We take pictures throughout the year at unit meetings and at weekend events. Periodically we get the girls to organize their photos onto pages that will go into their books. We make up the pages on the computer and include the name of the event and the date. We leave lots of open space on the pages so the girls can add in their pictures and comments. We provide them with small embellishments like stickers and cut outs. They are also invited to put badge work and program work that they have completed into the book. We also like to get a picture of all the Owls and the Brownie for a special page.

### **Add on to this project**

*Cathy Griffith, Port McNeill*

As a Guider I also type up a wrap-up at the end of the year listing all the events, activities and badge work we worked on as a whole which we add in.

### **Cookies**

*Gwen Walwyn is a Brownie Guider in Pender Harbour District, Lions Area*

Cookie selling time. We do a practice run with the girls dressing up as different characters and using empty boxes in lieu of cookie boxes. Some of the "customers" are given questions to ask the cookie sellers. This helps everyone have the same information.

### **Learning About the Four World Centres**

*1st Sangster Brownies, Straits District, SVI Area. Unit Guiders are Carla MacRae, Eva Herbert and Shelann Kowalewsky*

We make passports for the girls. We set up a bunch of chairs in the middle of the room and explain that this is a plane that will take them around the world. We go through the whole spiel of checking passports and ensuring that they fasten their seatbelts. Every stop is a new country that contains the world centres. We have a station set up to represent Our Cabana in Mexico where the girls get to learn about Brownies in Mexico and a little about the Our Cabana itself. At this station they tried tortilla chips with salsa and guacamole. Next they travel to Pax Lodge in England. Here they learn about brownies in England and about Pax Lodge. They sampled tea biscuits and ice tea. In India the girls learn about Sangam and what Brownies do there. They tried a flat bread and chai tea. Finally at Our Chalet in Switzerland they tasted Swiss chocolate, learned about the culture and brownies and practiced yodeling. At each station they recorded some simple facts in their passports.

## Mini-Gadgets

### Instructions

Give each group a Ziploc bag with paddle pop sticks, coloured craft match sticks, tooth picks and some bamboo skewers, some thin twine, or embroidery floss and a pair of scissors - they could also use the Ziploc bag.

Girls can also have access to some camp books and their program books.

- Create the most luxurious camp that you can with the items you were given.
- As well as creating a luxurious camp you also need to create a raft which floats with weight on it for 5 minutes.
- Have a competition between patrols and see who can:
  - Build the camp with the most gadgets
  - Make the best tents
  - Make the camp that most of the girls would like to be at
  - Keep their rafts afloat the longest
  - Get their rafts the farthest
  - Win the raft races
  - Get the most weight on their raft before it sinks

## Heart Thank You

*Joyce Wenner, Provincial Lones Adviser*

These are great for giving as a Thank You to special guest, parent helpers and other leaders!

Cut out a heart shape and trace on red Bristol board or red construction paper. Cut out lace trim and glue to outside edge of heart. Cut out verse below and glue in centre of heart. Place a tea bag and two Girl Guide cookies (one vanilla and one chocolate) in a small clear bag and staple to the top of the heart. Curling red/white ribbon to the top of the heart adds a nice touch.



# GAMES

## **Nature Matching Game**

- *Gwen Walwyn, Brownie Leader, Pender Harbour District, Lions Area*

Use paint chip samples cut in half lengthwise. Hide half of each piece, the girls get the second piece and have to find its partner. Ones they find that don't match are to be left in place for the next girl. You can vary the difficulty by choosing "natural" colours which blend in better.

## **Musical Laps**

- *Fran Kwiecien, 2nd Courtenay Sparks, Comox Valley District, Pacific Shores Area*

The previous Guider of my Sparks unit taught me that musical chairs isn't always about having someone out. Instead, those who don't find a chair, find a lap! It is SUCH a hoot. By the time we get down to only 2 or 3 chairs, the girls are just beaming from ear to ear. It also earns big smiles having the adults demonstrate it for them.

## **Street Smarts**

- *Fran Kwiecien, 2nd Courtenay Sparks, Comox Valley District, Pacific Shores Area*

Maybe it's just my Sparks' parents but without the adult helpers being hands on and willing to be silly & funny & comical & dramatic, I don't think my Sparks would have nearly as much fun. To demonstrate street proofing, I had one parent pretend to be a car, one a bicycle, one a dangerous stranger, and I was the bully. We each stood in a circle and had the girls revolve around the outside. Another Guider led them around the circle and explained what to do. The girls had hands-on experience in how to act around the vehicles as well as the other "scary / bad" people.

## **Bedroll Game**

Demonstrate a proper bedroll first. Split the group into teams. Each team has a dice (I made big ones out of cubes of foam and put the dots on with Sharpie markers)

- 1 spot = ground sheet
- 2 spot = sleeping bag
- 3 spot = Pj's and toque
- 4 spot = extra blanket/pillow
- 5 spot = roll up
- 6 spot = rope & tie-off

The girls work as a team and roll the dice. They cannot do a step in bedroll prep until the spot has been rolled i.e. the team MUST roll a one first, they cannot do the next step until a two is rolled, etc. Makes for lots of jumping and screaming when a few teams are trying to win.

## **Parachute Water Cycle**

*Julie Thomson, Sun Valley District, Monashee Area*

Supplies:

- Cut out about three dozen water droplets out of blue construction paper.
- Old bed sheet or parachute.

How to Play:

1. Put the water droplets in the center of an old bed sheet - this is the ocean or a lake.
2. The children hold onto all sides of the sheet and gently toss the water droplets up and down - this is when the sun heats up the water and it evaporates into the sky, to make clouds.
3. At the shout of "Rain!" the children toss the sheet high into the air, making the water droplets fly - the clouds are now full of water – shake the parachute to make all of the water drops fly off like rain..
4. Have the girls collect all the rain drops - they are like the rivers and streams bringing the water back to the ocean or lake.

## **Bag of Buttons Game**

Equipment: Large Bag of Buttons  
Large indoor play area  
Something to use for points (popsicle sticks work well)

Set-up: Have the girls stand in a large circle. Place the buttons on the floor in the middle of the circle. Number each girl from one to three.

How to Play:

The Guider shouts out a number from one to three. All the girls with that number run in a clockwise direction on the outside of the circle, through the gap that she left and into the middle. When the first girl gets to the middle, the other girls start counting to ten.

The girls in the middle put one hand behind their back and pick up as many buttons as they can with the other hand. When the others reach ten, the middle girls count their buttons. The one with the most gains a point. Everyone goes back to their places and starts again.

You can play for as long as you want, but about 10 minutes is long enough! The girl with the most points is the winner. This game can be done as a team or individually.

### **Food Storage for Camp**

*Carla MacRae, Eva Herbert and Shelann Kowalewsky, 1st Sangster Brownies, Straits District, SVI Area*

We have made index cards with pictures of food cut from grocery ads. We talk about how to store food and what types of food need to be stored in a cold place. We talk about how to keep bugs and animals away from food at camp. We play a relay game using the index cards. The girls are divided into teams. At the end of the playing area there are two bins. One is a cooler and the other is a tote box. The girls draw a card from the pile and run to drop it into the correct storage box. Then they return and tag the next girl for her turn. After all cards have been placed in the boxes, we take them out and go through them with the girls to see how they did and if any cards need to be moved.

### **Re-Use, Re-cycle, Re-claim Game**

Prepare sets of cards from the list below. One set per group, each set on different colored cards

You will need 5 containers marked: **Burn, Garbage Can, Compost, Re-Cycle, Re- Use**

#### **To Play:**

Place the 5 containers at one end of the room.

Girls form teams or Patrols at the other end of the room. On a given signal the first girl in each team will run up to the containers and choose the top card on their pile of cards and place it in the container she thinks it belongs in. She runs back to her team and the next girl runs to the containers, and so on until all the team members have had a turn and all the cards in the pile have been allocated to a "bin".

When a team is finished they let the Guider know and wait for the other teams to finish.

#### **Discussion:**

A discussion should follow the game and all the bins should be checked to make sure that the proper disposal of the items is handled correctly. The color of the card will indicate the team that made the choice. If a card is different from others in the bins, question the reasoning as to why they chose to dispose of the "item" that way.

#### **List:**

Orange peels, Spray can, Corks, Wrapping paper, Plastic Bags, Leftover Vegetables, Bones, Rubber Bands, Glass Jars, Potato Peelings, Lettuce Leaves, Popsicle Sticks, Beer Bottles, Egg Shells, Paper Towels, Newspapers, Aluminum Foil, Lawn Clippings, Tea Leaves, Pencil Shavings, Birthday Cards, Motor Oil, Disposable Plates, Styrofoam Egg Cartons, Plastic Containers, Pizza Delivery Cartons, Plastic Milk Jugs, Stove Ashes

### **Fly Swatter Hockey**

*Colleen McKenna, Girl Programs Specialist, BC Program Committee*

Play hockey with fly swatters and crumpled up piece of newspaper. Create goals with coats or jackets. This is a great game to fill extra time at the end of a meeting. Three players and a goalie on each team is plenty depending on the space. We play that when a girl scores a goal, she rotates out and an observer joins in.

## **Tennis/Badminton Racket**

*Luci Wilcox, Monashee Area*

### Materials Needed:

Panty Hose  
Wire Coat Hanger  
Duct Tape  
Badminton Birdies

### Instructions:

Make rackets by bending a wire clothes hanger in a diamond shape. Squeeze the bottom together about 3 inches (the "hook" part will be below this). Cut off a leg of the hose and pull down over the wire. Tape the bottom with duct tape. Tape around the "handle" that you squeezed together.

## **Hula Hoop Pass**

### ***Description:***

Have the group form a circle holding hands. Ask two people to let go of their grip long enough for them to place their hands through a hula hoop before rejoining them.

The team task is to pass the hula hoop around the circle in a specified direction until it returns to the starting point.

Another way to play is two use two hoops and have them go around the circle in opposite directions.

Note: You can also use loops of rope (about hula hoop size)

## **Rope Push**

### ***Description:***

Split the group into half, and place a line that separates them from each other.

Then place a rope perpendicular to that line with one half on either side.

The challenge for the group is to have their side of the rope all the way on the other side and vice versa, at the end of a given time.

After a while of trying to throw the rope back and forth, they might figure out that they can simply hand their side to the other while trading with the other team, but that becomes the challenge so let them figure it out.

# CRAFTS

## **Knotty owl camp pillow**

*Riley O'Rourke*



## **Ice Candles**

*Debbie Fee, 1<sup>st</sup> Quesnel Pathfinders, Northern Lights Area*

When we went winter camping, we made ice tea light holders for our pathway to the bathroom at night. We used cans, and froze water in it, and punched holes and then defrosted the ice and put tea light in.

## **Wool Dolls**

*Fran Kwecien is a Spark & Brownie Guider in Comox Valley District, Pacific Shores Area*

Wrap wool around 6" cardboard length. Hold it at the top, & cut the bottom, then using a small piece of wool for the ties, tie it about an inch from the top, for the head. Separate the wool evenly & insert more wool (also wrapped around cardboard for consistent lengths, but about 4") for the arms. Tie off the arms at each end. Cut the wool so the hands are pointy. Tie a wrap around the waist. Separate the legs & tie off the feet.

## **Homemade Play Dough**

*Marlene Graham, Sparks Guider, Fraser Skies Area*

1 cup of white flour  
1 cup of water

½ cup of salt  
1 tsp of oil

½ tsp of crème of tartar  
liquid food colouring

Mix all of the materials together in a saucepan and cook over low heat until mixture holds together. Remove from stove and keep mixing until it doesn't stick to the bottom or sides of the pan.

When the clay is warm, knead it on a floured board and put into an airtight container. Can be used over and over again for up to 4 weeks if it is stored in an airtight container.

## **Faux Fossils**

*Marlene Graham, Sparks Guider, Fraser Skies Area*

*This is a great way to teach the girls how to work with plaster of paris when it's too wet to go outside and find some tracks.*

Gather a few things from nature such as a branch, shells, pinecones etc.

Take some modeling clay, enough that can fit into your fist and shape it into a ball. Press the ball onto a sheet of wax paper or newspaper and flatten it until it forms a thick circle or oval.

Press your objects that you have gathered gently but deeply into the clay so that they make a deep impression.

In a sandwich size ziploc bag, pour in a cup of plaster of paris and ¼ cup of water. With the bag almost closed, squeeze and knead the bag until the plaster is all mixed and a bit on the thick side.

With a plastic spoon, spoon the mixture onto the modeling clay impressions and all over the top. Let it dry for two hours. When dry, gently peel off the modeling clay and what you will end up is a real 3-D impression.

## **Turtle Craft**

*Julie Thomson, Sun Valley District, Monashee Area*

Supplies:

- Green felt
- Styrofoam ball (we used 2 1/2" balls), cut in half using a craft knife
- Green paint
- Green pom-pom (we used 1" pom poms)
- Googly eyes
- Glue
- Glitter glue

Instructions:

Pre-cut balls in half and paint green. To help with painting, stick a skewer into the flat side of the half-ball, then hold the skewer while painting. Allow to dry (put skewers into a cup).

Pre-cut turtle bases. First trace around the half-ball, then draw four legs and a tail. Cut out the pattern, then trace onto felt (I used a Sharpie marker).

At the meeting, have the girls glue the flat part of the styrofoam half-ball onto the felt base. Glue on the head and eyes. Add detail using glitter glue or paint.

## **Camp Table Cloths**

I love to use paper tablecloths which the girls can then use to create their own placemats or just color on as an activity.

## **Styrofoam Shrink Art**

*Stella Vallee, 1st Terrace Sparks, Tall Totem District, Rivers North Area*

I like to do this one at Spark sleepovers, so the girls can be more involved with the process. This is not only a cute craft, but also a great hat trader, and promotes re-cycling of Styrofoam. Have the girls completely color an 8 oz. Styrofoam cup, using lots of bright colors. To keep track of the cups, I use masking tape to write the girls names on and tape to a cookie sheet with the corresponding cup. The cups are then melted in the oven, and as they melt down, they create the cutest hat shapes. The melting process only takes a few minutes, so you can do it in small groups and the girls love to see them melt down. Remove before they melt away and let completely cool. You can then make a hole; be careful as the crack easily; insert a fancy chain or ribbon and a pin. (You only need to color the outside of the cup.)

## **Puzzle Picture Frame**

*Alix McKenzie, 1<sup>st</sup> Belmont Park Pathfinders, Pacific Skies District, SVI*

This is a great craft to do with your girls at the beginning of the year, or a great gift for girls that are advancing.

Materials needed:

- Wooden Photo Frame
- Small puzzle pieces (approx. 30 pieces per girl)
- Different shades of branch colour acrylic paint
- Paint brushes
- Hot glue
- Card stock
- Markers / Pens

Have the girls paint the picture frame, with a light coat of paint (so that you will not see wood underneath), while they are waiting for the frame to dry, have the girls paint the puzzle pieces with any of the colours provided (for example: different shades of blue). While you wait for the paint to dry on the frame and puzzle pieces, have the girls cut out the card stock to the same size as the opening of the frame, then they can write out with the Promise or Law and decorate as they wish. Now the girls can start hot gluing the puzzles pieces onto the frame, trying to get as much of the frame covered by the pieces. Once the girls are done, they will have a great keepsake to have in their rooms, so they can see their Promise & Law everyday!

## Sidewalk Chalk

Required: Large clean bucket, smaller bowl, water, plaster of Paris, small containers, newspaper, and washable tempera paints.

Spread out newspaper on a work surface. Fill the large plastic bucket half full with plaster of Paris and slowly add water. Mix until it looks like pudding. Use the smaller bowl to mix tempera paint with smaller amounts of the mixture, and then pour coloured mixture into small containers like small yogurt containers. Let it set for about one day, or until it has dried. When containers have dried turn upside down and pop out chalk.

## Moose Hat

*Marlene Graham, Sparks Guider, Fraser Skies Area*

1/3 meter of brown or black fleece  
Chalk  
Matching thread and needle  
Fiberfill  
Black buttons

White buttons that are larger than the black ones  
One pair of crème, brown or black gloves  
1" or large red or beige pompom

- Loosely stuff the gloves with fiberfill and stitch them closed and set aside.
- Cut a three inch wide strip off the top of the fleece
- Fold it in half and set a paper plate or dinner plate on it, close to the top.
- With the chalk draw around the top of the plate but when you come down the side of the plate...draw a straight line right to the bottom...do this on each side.
- Pin both layers of fabric together on the inside of the chalk line. Cut out with pinking sheers or straight scissors.
- Sew around the curved and side edges with a blanket stitch. Sew around the bottom with a blanket stitch.
- Turn in side out.
- Turn up the bottom about 3-4 inches to form a brim.
- With the strip of left over fabric, cut out four leaf shape (makes two ears), sew around the edges and stuff lightly and stitch closed.
- Hand sew the gloves in place at the top of the hat...hand sew the ears in front of them
- Place and sew the white buttons for the eyes and glue the black ones on top of white ones.
- Glue on the red or beige pompom for nose.

# THEME IDEAS

*Submitted by multiple Guiders*

## **Monthly Unit Meeting Themes**

- Bring scrap lumber or other building materials, hand tools, nails, screws, etc. Divide the girls into small teams and challenge them to design and build something useful.
- Friendship / Bring a Friend Night – check out the National Girl Guide website for a toolkit with invitations and permission slips etc. and have the girls choose their favourite activities and do those during the evening.
- All the Cookie Crumbs – utilize the cookie Instant Meetings from the BC girl guides website or the Cookie Manual also found on the BC Girl Guides website
- CSI - just download a copy of the BC Program Committee's C.S.I. Challenge Booklet off the BC Girl Guides website. It has all you need for a great couple of meetings or a camp!
- Science Night – look at the Science in a Box (ask your District Program Adviser about this)
- Birthday Party Party – celebrate everyone's birthdays all at once
- Spirit of Giving – Great Christmas meeting to complete community service projects and deliver them!
- Engineering – Bridges, cars, rockets and structures
- Iron Chef Challenge / cooking or baking
- Bone Challenge / Halloween party
- Active Living Night – bring in some different people to do “tasters” of different sports/activities
- Skit/Drama Night – Use your District's Arts to Go Toolkit
- Girl's Choice – put all the girls suggestions on slips of paper and draw an activity out of the bag
- International Night – use your District's World Tour Binders or invite your Area International Adviser to come to a meeting

- Family Culture Night – have the girls bring things to share about their family, have the girls bring parents/grandparents in to talk about where their family is from
- Progressive Dinner – travel from house to house as each girl has prepared a different part of the meal
- Healthy Eating Night – Show the girls how to make smoothies and other healthy snacks
- Eco Pac outside – take your District's Eco Pac and go for a walk around your neighbourhood see what wonders they can find
- Outdoors in the City – simply go for a walk, have the girls do a scavenger hunt, photo challenge of what makes their community so great, or things that they could change in their community
- Photo Scavenger Hunts – always popular, pick a topic and start clicking!
- Spa Night – make your own spa products, bring a beauty expert in to talk about make up/skin care, talk about self esteem and body image
- Such Style! – Newspaper fashions show, or any other recyclable materials you can find, have the girls create and then walk the runway!
- Birds – make different types or bird houses and hang them in your neighbourhood or meeting place. Go for a bird walk, have some books on hand and binoculars so the girls can try to identify the birds they see.
- Public Speaking 101 – have Toastmasters come in to help with some public speaking techniques
- Heritage Home Skills – canning, pickling, weaving, make some butter, darning socks etc...

### **Outings**

- |                            |                                   |
|----------------------------|-----------------------------------|
| • Firehall                 | • Movie Night                     |
| • Police station           | • Petting Zoos                    |
| • Adventure Smart sessions | • Animal rescue facilities / SPCA |
| • Library                  | • Orienteering                    |
| • Grocery Stores           | • Geocaching                      |
| • Naturalist               |                                   |
| • Local Parks              |                                   |
| • Observatory              |                                   |

### Camp/Sleepover/Day Camps

- Hold an all-night meeting. Visit radio/TV stations, fire/police departments, 24-hour gyms/pharmacies/restaurants, the projection booth at a movie theatre, and other facilities in your community that are open at night. Find out what goes on in your community at night, and wrap up with an early-morning breakfast.
- Places, Trains and automobiles – International
- Creepy Crawly Camp – great for Halloween
- Finding Your Way – map & compass or geocaching
- Knot Fun – all about knots and camp gadgets
- Flower Power – flower identification, flower arranging, tie dye, pot your own plant, make chia pets, plant a community garden
- Fear Factor – Great for the older girls. You can get them to stretch themselves into trying something they may not have otherwise. Based on the popular TV show. Google “Fear Factor” to get some great activity ideas and then take a look at the program book to put a twist on some of the activities.
- Space –make your own paper mache helmets, dress like the astronauts, do the moon walk, star gazing/sleeping under the stars (have astronomer come out to help with this), make your own rocket and launch it.
- Underwater – So many things: water safety, water pollution, water cleanliness in our country compared to other countries. It could include animals in the ocean and cleaning the beaches clean.
- Circus – Juggling, dressing up for the circus, applying clown make up, perform magic tricks.
- Jungle – Check out the Camp in a Box from the BC Camping Committee for “Sparks Go Wild”
- World Centres – Check out the Four World Centre binders (from the International Committee). Each binder contains tonnes of great ideas for each of the World Centres
- Hollywood – Get dressed up as your favourite movie star, walk the red carpet, design your own outfit. How about a fashion show? Paper bags, newspapers or even camp gear can be used to create great new fashions.

- Bats – make bat boxes for local camp or perhaps in your neighbourhood. Look into the Adopt a Bat project, have someone who works with Bats come teach the girls about Bats and the environment. Games and crafts using bats. Also makes a great Fall/Halloween camp.
- Spa – make your own homemade spa products; get pampered with the foot massages and pedicures. Make sure that they girls bring their robes and prettiest slippers.
- Amazing Race – based in the TV show, race around camp to do different tasks. Have envelopes with different activities that pairs of girls have to complete. Great for teambuilding!
- Western – make horses (with a stick for body and sock for its head), wrangling games, horseback riding, learn how to care for a horse.
- Country Fair – using the heritage home skills: make your own butter, jam, canning, darning socks, sewing on buttons, needlework, leatherwork etc.
- Olympics – just like the real thing, summer or winter, or both! Have sports and games. Make medals for each participant.
- Pay it Forward - have a jam packed weekend of various community service projects, including one for the camp!
- On the High Seas – this could be anything from a pirate type theme, or for the older girls it could be a canoeing camp, or leaning boat safety etc.

**Some more great thought starters . . .**

- |                  |                   |
|------------------|-------------------|
| • Peace          | • Mad for Science |
| • Harry Potter   | • Twilight        |
| • Survivor       | • Disney          |
| • Alien          | • Princess        |
| • Murder Mystery | • Fairy           |
| • Bugs           | • Winter Skills   |

# RECIPES

## **Microwave Smores**

*Gwen Walwyn is a Brownie Guider in Pender Harbour District, Lions Area*

We have made "microwave s'mores" at our local pool when we go there for a swim. We also use Nutella on the crackers instead of chocolate slices (stickier and "glues" the s'more together).

Microwave s'mores: Spread nutella on one graham cracker, top with marshmallow and microwave about 8 - 11 seconds. Top with a second nutella - covered graham cracker, squish gently and enjoy : )

## **Mexican Some-mores**

*Kim Collins and Glenda Larocque, 1st Sooke Guides, Harbour District, SVI Area*

Take a large tortilla

Sprinkle 1/4 cup mini marshmallows and 1/8 cup chocolate chips (estimations) on one half

Brush the edges with melted butter

Roll up like a burrito and place seam down on a baking sheet

Brush with melted butter

Sprinkle with a cinnamon/white sugar mix

Bake at 350 degrees until golden brown. Let cool slightly before serving as filling is very hot.

Goes great with Hot chocolate!!!!

## **Friendship Soup**

*Carla MacRae, Eva Herbert and Shelann Kowalewsky, 1st Sangster Brownies, Straits District, SVI Area.*

Each girl brings one can of soup (no cream based soups). We then mix all the soups together in a large pot and heat. It tastes different every time and the girls love it!!

## **Pizza bagels**

### **Ingredients:**

1 standard-sized bagel, cut in half

tomato sauce

shredded mozzarella cheese

pizza toppings

seasonings like oregano, basil, and

pepper

### **Directions:**

Set the oven to low heat. Spread tomato sauce on each bagel half.

Sprinkle the shredded cheese all over the tomato sauce on each half.

Add your favourite toppings. Put a light sprinkling of seasonings on each half.

Put your bagel halves on the baking sheet. Bake in the oven on low heat for about 5 to 8 minutes. You'll know they're done when the cheese is bubbly.

Let cool for a minute, then enjoy your tiny pizzas!

## **Wacky Cake (also known as "The One Pan Wonder")**

*Ali Gaul, 47th Raven Brownies, Raven District, SVI Area*

Ingredients:

1 1/2 cups unbleached all-purpose flour	1 teaspoon vanilla
1 cup sugar	1 teaspoon vinegar
3 tablespoons unsweetened cocoa	5 tablespoons vegetable oil
1 teaspoon baking soda	1 cup cold water
1/2 teaspoon salt	

Directions:

Preheat oven to 350 degrees F (175 degrees C).

Sift flour, sugar, salt, soda, and cocoa together into an 8x8 inch ungreased cake pan. Make three depressions with a (clean) finger. Pour oil into one well, vinegar into second, and vanilla into third well. Pour water over all, and stir well with fork.

Bake at 350 degrees F (175 degrees C) for 30 to 40 minutes, or until tooth pick inserted comes out clean.

It is fantastic on its own...but you can frost with your favourite icing for extra fun!

## **5 Minute Chocolate Mug Cake**

*Christine Bishop, 1st Langley Valley Brownie Unit, Fraser Skies District*

4 tablespoons flour	3 tablespoons milk	A small splash of vanilla extract
4 tablespoons sugar	3 tablespoons oil	
2 tablespoons cocoa	3 tablespoons chocolate chips (optional)	1 large coffee mug
1 egg		

Add dry ingredients to your largest mug and *mix well*. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips, vanilla extract, then mix again. *Mix well especially at the bottom.*

Put your mug in the microwave and cook for 3 minutes at 1000 watts (high). The cake will rise over the top of the mug, but don't be alarmed!

## **Friendship Salad**

*Cathy Griffith, 1st Port McNeill Girl Guides*

We like to have a Friendship Salad when we have sleepovers or go camping. Each girl is to bring a piece of ripe fruit or an equivalent like a bunch of grapes and we encourage everyone to think beyond oranges and bananas for variety. Then at our event the girls each help cut up fruit and we make a huge fruit salad. Not only is it fun but sometimes the girls get to experience a new kind of fruit and we all eat alot more fruit this way.

## **Apple Pie On A Stick**

*Lea Thompson, 2nd Fernie Girl Guides*

Love to make these over a campfire. Delicious and quick.

1 apple per person                      1 cup granulated sugar                      1 tablespoon cinnamon

Push a wooden stick or dowel through the top of the apple to secure it on the stick. Place the apple two or three inches above the hot coals. Turn the apple continuously. While the apple heats up the skin turns brown and the juice will drip out. You can remove the skin with a knife when it is loose. Combine the sugar and cinnamon in a bowl. Roll the apple (while still on the stick) in the mixture. Put it over the hot coals again until it turns into a glaze. Let it cool and eat.

## **Worms in Dirt**

*Kyla Cockriell, 11th Prince George Guides and District Treasurer, Heritage District, Rivers North Area*

In addition to being a great snack it introduces girls to measuring and weighing of items.

Supplies	Gummy worms	Refrigeration
Ziploc bags	Milk	Measuring cup
Chocolate instant pudding mix	Markers	Scale
	Scissors	

Each girl gets a Ziploc bag and writes their name on it. They start by weighing out a portion of the instant pudding mix (I purchase the 113 g boxes and divide that into 4 so each girl weighs out ~ 28g). They pour the dry mix into their bag. Then they add a gummy worm (or 2 or 3) to the dry pudding mix. Then they measure out the milk (1/2 cup for 1/4 of the 113 g box of pudding) and add it to their bag.

The Ziploc bag is sealed tight and the girls can mush and squish their concoction until it's well combined (no lumps of powder remaining).

The bags get refrigerated; usually about 1/2 hour is long enough. Clip one of the bottom corners of the bag and the girls can squish the pudding and worms into their mouths - no utensils needed!!

This is a great activity for Brownies and Guides, but Sparks and older girls enjoy it too!

## **Lianne's Famous Cinnamon Buns**

*Lianne Duina-Smith, Deputy Provincial Program Adviser*

### **Ingredients**

20 Frozen Dough Rolls	¾ cup Raisins (optional)
1 cup Brown Sugar	¼ cup chopped nuts (optional)
1 pkg. Vanilla Instant Pudding Mix	¼ cup candied fruit (optional)
2 tbsp. Cinnamon	1/3 cup Melted Butter

### **Method**

Grease a 10 inch Bundt pan. Place the frozen dough rolls in the bottom of the bundt pan. Sprinkle with brown sugar, vanilla pudding powder, cinnamon and optional ingredients (raisins, nuts, candied fruit). Pour melted butter over all the frozen dough rolls. Cover pan with a clean damp tea towel. Let stand overnight to rise.

Bake at 350F for 25 minutes. Let sit 5 minutes then turn out of the pan.

## **Kitty Litter Cake**

*Lianne Duina-Smith, Deputy Provincial Program Adviser*

**Serving Size:** 24      **Notes:** This is a fun cake! It might look gross, but it does taste good!

### **Ingredients:**

1 (18 oz.) box spice or german chocolate cake mix	
1 (18 oz.) box white cake mix	1 litter box (preferably a NEW one!)
1 pkg. white sandwich cookies	1 plastic scoop
1 large box vanilla instant pudding mix	green food coloring
12 small tootsie rolls	

### **Preparation:**

Prepare cake mixes and bake according to directions (any size pans). Prepare pudding mix and chill until ready to assemble. Crumble white sandwich cookies in small batches in blender, they tend to stick, so scrape often. Set aside all but about 1/4 cup. To the 1/4 cup cookie crumbs, add a few drops green food coloring and mix using a fork or shake in a jar. When cakes are cooled to room temperature, crumble into a large bowl. Toss with half the remaining white cookie crumbs and the chilled pudding. You probably won't need all of the pudding, mix with the cake and "feel" it, you don't want it soggy, just moist; gently combine. Put mixture into clean litter box.

Put three unwrapped Tootsie rolls in a microwave safe dish and heat until soft and pliable. Shape ends so they are no longer blunt, curving slightly. Repeat with 3 more Tootsie rolls and bury in mixture. Sprinkle the other half of cookie crumbs over top. Scatter the green cookie crumbs lightly over the top, this is supposed to look like the chlorophyll in kitty litter. Heat remaining Tootsie Rolls, three at a time in the microwave until almost melted. Scrape them on top of the cake and sprinkle with cookie crumbs. Place the box on a newspaper and sprinkle a few of the cookie crumbs around. Serve with a new pooper scooper.

## **Taco Popcorn**

*Note: This recipe is especially for kids with diabetes, but it can be a nutritious part of almost anyone's diet. Kids with diabetes may need to pay extra attention to the amount of carbohydrates they eat to maintain control of their blood sugar levels.*

This low-fat and low-carbohydrate treat is excellent for your next movie night. The spices add an interesting flavour to the snack. If one serving doesn't fill you up, have two servings - they'll count as only 1 carbohydrate exchange.

**Prep time:** 15 minutes

### **Ingredients:**

7 1/2 cups air-popped popcorn  
butter-flavoured cooking spray  
1 1/2 tsp. cumin  
1 1/2 tsp. garlic powder  
1 1/2 tsp. onion powder  
1 1/2 tsp. Worcestershire sauce  
cayenne pepper (optional)

### **Utensils:**

oven (You'll need help from your adult assistant.)  
large baking pan  
measuring cups  
measuring spoons

### **Directions:**

Preheat oven to 300 degrees Fahrenheit (148 degrees Celsius).  
Put popcorn in a large mixing bowl.  
Lightly coat popcorn with cooking spray. Toss and coat again.  
Combine cumin, garlic powder, onion powder, and cayenne pepper (optional).  
Sprinkle spices over popcorn and toss to coat evenly.  
Drizzle Worcestershire sauce over popcorn and toss again.  
Spread popcorn evenly in large baking pan.  
Bake for 10 minutes, tossing once.

**Serves:** 6

**Serving size:** 1 1/2 cups