

Spark Program – In A Nutshell

Being a Spark Keeper

- Spark Promise
- Opening and Closing Songs
- *Crystal's New Friend* story plus discussion
- Enrolment
- 2 (or more) of the following:
 - Make a rainbow picture
 - Talk to a friend about Sparks
 - Draw a picture of you in your Sparks uniform
 - Plan an event for the Unit using your cookie money
 - Play a getting to know you game

Being Me Keeper

- Share something that is special to you
- Create a Spark memory book
- 2 (or more) of the following:
 - Make a book of drawings about yourself
 - Make a friendship bracelet
 - Talk about pets
 - Act out a possible future career
 - Bring in a guest to do physical activity
 - Do the Women's History Challenge

Going Outside Keeper

- Play an active game outside for 20 minutes
- Enjoy a nature walk (with a first aid kit, buddy-up, and snacks)

- Have a picnic
- 2 (or more) of the following:
 - Act out things to do on a rainy, snowy, and sunny day
 - Celebrate Earth Day (April 22) with a special project
 - Make a bird feeder from recycled/natural materials
 - Create an animal or insect from craft supplies
 - Make an edible aquarium
 - Have a bike or roller blade parade
 - Participate in the RCMP Hug-A-Tree program
 - Act out how trees “feel” in different weather

The World Around Me Keeper

- Explore each girl’s cultural history
- Check out birthday celebrations from around the world
- Make a craft from another WAGGGS country
- Make a craft from one of our aboriginal/First Nations communities
- 2 (or more) of the following:
 - Read a story about a child in another WAGGGS country
 - Make up a story about a girl in another WAGGGS country
 - Sing a song from another WAGGGS country, and one from Canada
 - Make a puppet of a person from another WAGGGS country. Put on a play.
 - Listen to a story about people moving to Canada
 - Try a snack from another country
 - Do the Cross Canada Challenge

Being Healthy

- Have a healthy snack relay

- Talk about healthy breakfasts
- Play an active game to music
- Check out exercise and heartbeats
- Skate indoors using newspapers for skates
- Discuss safe play
- Show how to correctly apply a band-aid
- 2 (or more) of the following:
 - Read a story about being healthy
 - Talk about eating well and being physically active
 - Explore fruits and veggies
 - Learn a song about being thankful for food
 - Do the Bone Building Challenge
 - Have an active meeting (outdoors/at a pool/gym)
 - Talk about proper dress for the seasons (warm in winter; protected from sun in summer)
 - Learn “Twinkle, Twinkle, Little Spark” and talk about getting ready for bed

In My Community Keeper

- Make a “Be Prepared” kit
- Go on a neighbourhood walk
- Discover where your water comes from
- Discuss keeping water clean
- Discuss safety in the community
- Develop a sales presentation for Girl Guide Cookies
- Discuss safe cookie selling
- 2 (or more) of the following:
 - Talk to other adults about how to play safe in your yard/street/home

- Find out about Neighbourhood Watch/Block Parents
- Plan trips to other places in your community (fire dept, police station, store)
- Invite someone in to discuss how to care for pets
- Visit a senior's home
- Help with a community project
- Do the You Go Girl in Technology Challenge

Exploring and Experimenting

- Make play dough and make animals with it and other craft supplies
- Mix and match pieces of pictures to make new inventions
- Make musical instruments from recycled materials
- 2 (or more) of the following:
 - Listen to a story about outer space
 - Find the North star and Big Dipper
 - Build a paper airplane
 - Use the air from a balloon to make an vehicle move (plane/boat/etc)
 - Sing a counting song with clapping/hand motions

Going Camping Keeper

- Make up a skit or story about camping
- Hold a mock campfire
- Go on a 20 minute hike
- Discuss water safety
- 2 (or more) of the following:
 - Play a game about compass directions
 - Teach what to do if you get separated from the group
 - Participate in a sleepover

Brownies and Beyond

- Discuss Thinking Day, WAGGGS, World Centres, and the CWFF
- Learn the story of the Baden-Powells
- Hold an advancement ceremony
- 2 (or more) of the following:
 - o Go on a hike with another branch of Guiding
 - o Learn a funny song with another branch of Guiding
 - o Make a trading craft and trade it with a girl in another branch of Guiding
 - o Have the girls draw themselves in the uniform of another branch
 - o Make a healthy meal or snack with another Unit