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# SPARKS GOLD RUSH DAY CAMP!

Howdy partners! Welcome to the era of the Gold Rush! Take your Sparks back to the exciting times of hunting for gold in the back of beyond with this easy to follow Sparks Gold Rush day camp. Have fun learning about life and prospecting in the past century.

In this camp package, you will find the program outline for a day camp and a wide variety of activities, games and crafts to choose from. As well, there are suggestions for a menu and recipes, a campfire, Guides' Own and a kit list. Build your camp to suit the season, whether you are staying in a building or campsite, the number of girls and the available time. Pick those activities that work best for you and your girls and remember to be **flexible**.

Remember to use the most current Safe Guide forms, available from the national web site and consult your camping adviser if you have any questions or concerns.

There is an interactive crest order form available on the provincial web site at <a href="http://www.bc-girlguides.org/resources/camping/camping-tools/">http://www.bc-girlguides.org/resources/camping/camping-tools/</a>. Crests are \$1 each.

An evaluation form has been included for you to complete following your camp. Your suggestions and comments are very useful in the creation of future camping packages.

The BC Camping Committee likes to receive pictures, so please send some along too!

#### And most of all have fun at camp!

Thank you for choosing to use this camp-in-a-box and have a rip roaring good time learning and playing with your girls in days gone by.

**BC Camping Committee** 





## SPARKS GOLD RUSH DAY CAMP

#### INDEX

Program Schedule	4
Program Worksheet	5
Program Notes	9
Tips and Hints	10
Craft Ideas	11
Games and Activities	13
Menus and Recipes	16
Graces	17
Campfire	18
Guides' Own/Reflections	21
Girls' Kit List	22
Guiders' Equipment List	23
Evaluation Form	24







Program Schedule Gold Rush Day Camp



#### Saturday 9:30 a.m.-4:00 p.m.

9:00–9:30 a.m.	Registration				
	<ul> <li>Assemble the girls' backpacks at the "Gold Dust Base Camp."</li> </ul>				
	<ul> <li>Hand out and have girls colour their backpack name tags.</li> </ul>				
	• Divide girls into three groups: gold nuggets, gold flakes and gold dust.				
	Hand out the group hat ribbons.				
9:45 a.m.	Opening				
	Welcome the girls.				
	Introduce the girls to their group leader.				
	Go over camp rules and tour the camp area.				
10:00 a.m.	Snack – Klondike Trail Mix				
10:15 a.m.	Round Robin				
	<ul> <li>3 stations for 20 minutes each (2 crafts and 1 game)</li> </ul>				
11:30 a.m.	Game				
noon	Lunch – Gold Rush Grub				
	<ul> <li>For those who finish early, provide small magnifying glasses so they can see "up close" items around the area.</li> </ul>				
1:00 p.m.	Round Robin				
	<ul> <li>3 stations for 20 minutes each (2 games and 1 craft).</li> </ul>				
2:15 p.m.	Snack – Camp Snow Taffy				
2:30 p.m.	Hat craft – gold pans				
3:00 p.m.	Campfire				
3:30 p.m.	Group Photo and Guides' Own/Reflection				
	Have a closing.				
	<ul> <li>Have girls collect their crafts and backpacks.</li> </ul>				
	Hand out goodie bags and crests (optional).				
4:00 p.m.	Sparks go home.				
4:15 p.m.	Final sweep of camp for garbage, etc.				

\*\* Please see attached sheets for the program details.

## **PROGRAM WORK SHEET**

TIME	ACTIVITY	RESPONSIBLE GUIDER	EQUIPMENT NEEDED
9 - 9:30	Registration		
0.45			
9:45	Opening		
10:00	Snack		
10:15	Round Robin		
	Game #1		
	Craft #1		
	Craft #2		
11:30	Game		
noon	Lunch		
1:00	Round Robin		
	Game #2		
	Game #3		
	Craft #3		
2:15	Snack		
2:30	Hat Craft		
3:00	Campfire		
3:30	Group photo		
	Guides' Own		
	Closing		
4:00	Departure		
4:15	Final sweep of area	EVERYONE	All garbage picked up; take everything home that you brought with you.

## **Program Notes and More Ideas**

#### **Gold Dust Base Camp**

• A designated area for backpacks.

#### Group Names suggestions:

• Gold Dust, Gold Flakes, Gold Nuggets

#### Name Tags:

 As the girls register have each one colour a tag to identify her backpack. (see next page)

#### **Decoration Ideas:**

- pictures of miners
- gold pans
- rope coils
- shovels
- frying pans
- tent
- piles of blankets to sit on\
- make a large covered wagon out of cardboard
- old ads about the gold rush
- large sign "Gold Rush or Bust"

#### Ideas for Goodie Bags:

- mini note books
- magnifying glasses (can also be used after lunch)
- · individual packages of hot chocolate
- gold wrapped candy
- pencil or pen
- mini compass

#### **Group Photo**

Gather the group for a photo at campfire to show off what they have made at camp!

*Option:* Check out your Library for books about the Gold Rush for the Girls to look at.







## Name Tags

#### Materials:

- sample
- clear adhesive paper (optional)
- one-hole punch
- pencil crayons or gel pens
- scissors
- backpack clips or safety pins
- Card stock

#### Method:

- photocopy or trace name tag template (below) onto card stock (before camp)
- print Spark's name at the bottom of name tag
- have the girls colour with pencil crayons or gel pens
- cut around name tag and punch a hole at the top
- encase the tag in clear adhesive paper for more durability (optional)
- put a backpack clip or safety pin in the hole
- attach to the girl's backpack



## **Group Hat Ribbons**

#### Materials:

- T-shirt transfer paper
- white felt
- gold paint
- paint brush
- designs
- iron
- safety pins

#### Method:

- Using the mirror images, provided on the next page, print the group designs onto T-shirt transfer paper. The mirror images must be used so that the words can be read.
- Cut white felt using the ribbon pattern.
- Cut transfer paper designs to fit onto the felt.
- Iron designs onto white felt.
- Paint edges with gold paint.
- Attach to hats with safety pins.



## **Ribbon Pattern**



### **Mirror Image Ribbon Designs**

- Photo copy this page onto T-shirt transfer paper.
- Makes two copies of each design on each sheet of transfer paper.





















## **Tips and Hints**

#### **Patrol Duties/Chores**

Duties could include:

- helping with meal preparation
- setting and clearing the table
- dishes
- sweeping the floors
- tidying washrooms

You know your girls and your camp location best so your team can decide how and where the girls can be the most helpful!

Sample Chore Chart

Time	Meal Prep/ Dishes	Setting and Clearing Tables/ Sweeping Floors	Lats/ Washrooms	Firewood
	Group A	Group B	Group C	Group D
	Group D	Group A	Group B	Group C
	Group C	Group D	Group A	Group B
	Group B	Group C	Group D	Group A

#### **Designating Boundaries**

For Sparks and Brownies you can use "Mr. Happy" and "Mr. Grumpy" faces:

- Use fluorescent poster board in bright pink and lime green.
- Use a plate to trace nine faces per page. Cut them out.
- Draw happy faces on the pink ones and grumpy faces on the green ones.
- Post the faces around the camp to establish boundaries.

If you have Guides or Pathfinders attending the camp with Sparks and Brownies ask them to put the faces up for you.

At the end of camp, take the faces down and give them to the girls to take home.

#### To Use This Camp for Brownies

This program is fairly adaptable to use with Brownies. You can plan a slightly longer day, an overnight camp or a two-night camp and give the girls time to make more of the crafts and play more of the games. You can also tweak the games to make them a little more challenging.



## **Craft Ideas**

### **Tube Bracelets**

#### Materials:

- clear plastic tubing (aquarium air hose)
- ends of chop sticks
- sand or glitter to be the gold
- seed beads—gold and yellow
- electrical tape—yellow and white
- paper funnels



- Cut a piece of tube to fit comfortably around the wrist (can be done ahead of time).
- Plug one end of the tube with a chop stick end.
- Using a paper funnel, fill the tube with beads, sand or glitter.
- Attach open end of tube to the chop stick end.
- Put a piece of tape over the joint to strengthen it.

## Whirligig

#### Materials:

- stiff cardboard (the thicker the better)
- scissors
- crayons or felt pens
- awl
- string

#### Method:

- Draw a 4-inch (10 cm) circle on stiff cardboard.
- Cut out the circle and colour it as desired.
- Using the Awl punch out 2 small, diagonal holes in the circle, each about 3/8 inch (9mm) from the center of the circle.
- Thread about 2½ feet (60 cm) of string through the holes and tie the ends together.
- Hold the string between the thumb and index fingers of both hands, twirl the circle until the string is taut, then stretch it out and pull hard to make the whirligig spin!
- Continue to pull hard, alternating and relaxing the string. It makes a "whirligig" sound as its name implies.



### Wind Ribbon Flyers

#### Materials:

- lids from 4-liter ice cream buckets
- three foot lengths of flagging tape or streamers in varied colours
- permanent markers
- hole punch

#### Method:

- Punch eight small circles from each ice cream lid. (This can be done by an adult ahead of time.)
- Colour the lids using the permanent markers.
- Thread a piece of flagging tape or streamer through each hole and tie a knot to secure it.
- Continue until all eight holes are done.
- Hold the edge of the lid that doesn't have holes and run. The streamers will appear to fly in the wind.



## **Gold Pan Hat Craft**

#### Materials:

- small gold pans, 2" wide \*\*(see 'Option' below)
- black acrylic paint
- paint brush
- small rocks or split peas painted gold
- gold glitter
- safety pins
- craft glue

#### Method:

- Paint the front and back of the gold pan with black paint and allow to dry. This painting could be done before camp if drying time is a concern.
- Put small amount of craft glue in the bottom of the gold pan
- Add the painted rocks/split peas and glitter.
- Attach a safety pin. If the pan does not have a hole for the pin, attach a pin back with hot glue before camp.

Option: If you are unable to find mini gold pans, make them out of many layers of aluminum foil and omit the black paint; or use small aluminum tart shells.





## **GAMES and ACTIVITIES**

## **Clothes Pin Tag**

clothes pins and rope

Materials:

- How to Play:
  - Mark off a play area of at least 40 ft by 40 ft. by putting rope on the ground.
  - All players are to receive 5 clothes pins, pinned to the back of their shirts.
  - Have them all spread out around the edges of the rope before starting.
  - The object is to try to capture a clothes pin from someone else's back without loosing yours.
  - If you capture a clothes pin you are to go down on one knee while pinning it to your back. While you are on one knee, no one can take a clothes pin from you.
  - There is no pushing and you can only touch clothes pins, no touching or pulling clothes or the body.

## Panning for Gold

#### Materials:

- large tub
- aluminum pie plates with small holes punched
- zipper closure plastic bags for the gold.
- gold—various sizes of stones painted gold
- sand

#### How to Play:

- Fill tub with sand that has been seeded with gold painted stones.
- Each girl uses an aluminum pie plate (in which holes have already been punched) to scoop out some sand.
- Swirl the pan around until only the gold is left behind.
- Put the gold in a plastic bag to take home.

Option: Water can be added to the sand in the tub to make things more interesting. This is best done outside. Have towels available.



## **Foxes and Rabbits**

#### Materials:

- small markers (triangles of orange fun foam works well)
- sit-upons
- rope

#### How to Play:

- Chose a few players to be foxes. They stand in the middle of the playing area. All of the other players gather at one end of the playing area, behind a designated safe area, marked by a rope. These are the rabbits in their hole.
- The markers are spread randomly around the playing area. These are the carrots.
- At the leader's signal, all of the rabbits must run out, grab a carrot, and return to the rabbit hole without being caught by the foxes.
- If a rabbit is tagged by a fox, or fails to find food, she becomes a fox.
- Continue until all of the rabbits have become foxes.

Variation: Use sit-upons to create small rabbit holes scattered around the playing area. One rabbit at a time can use one of these rabbit holes for temporary safety, but she must still gather a carrot and make it back to the main hole to be safe for the round.



## Pinecone Relay

#### Materials:

- pinecones
- rope for finish line

#### How to Play:

- Divide into pairs. Place a pinecone between the girls' hips. Walk to the finish line.
- Divide into pairs. Place a pinecone between the girls' shoulders. Walk to the finish line.
- Divide the girls into groups of three and then fours.
- Instead of walking to the finish line, get them to walk north, south, east or west while keeping the pinecone in place.



## **Additional Activities**

### **Parachute Games**

Materials:

- parachute (a sheet can be used as a substitute)
- bean bags
- skipping ropes

#### Popcorn:

- Place a number of beanbags on the chute.
- Kids shake the chute to make them rise like popcorn. Snakes:
  - Place 4 to 6 skipping ropes on the chute.
  - The girls try to get the snakes off by shaking the chute.

#### Fan:

- About one third of the group lies on their backs under teh parachute as the others flap it. Pea-Pod:
  - Fill the chute until it is high above heads.
  - Hold on and come together in two lines facing each other.
  - See how far the group can run with the pod before it deflates on top of them.

#### Kim's Game

Materials:

• rope

nails

plate

fry pansoap

- gold pan
- compass
- shovel
- candle
- sock

- matches
- cutlery (or small knife)
- paper and pens
- tarp or small blanket

- How to Play:
  - Put items the miners would take to the gold fields on half of a tarp or small blanket. Fold the other half over to cover them until ready to play.
  - Uncover the items and let the girls study the items.
  - Cover the items.
  - In groups with a leader, the girls name as many of the items as they can while the leader writes them down.
  - Uncover the items again to see how everyone did.

### Marbles

Materials:

- marbles
- chalk or rope

How to Play:

- Draw a large circle with chalk or mark off with rope.
- Girls shoot their marbles trying to knock the other players' marbles out of the circle.

Option: How far can you shoot a marble?



## Menu

Remember: Always check for food allergies and read labels on packages for hidden ingredients

### Gold Rush Grub

- Miner's Morsels (chicken nuggets) or Gold Fever wraps (soft tortilla shells with fillings of the girls choose)
- Fillings: deli meat, shredded cheese, lettuce, diced tomatoes, mustard, mayo. The girls can build their favourite wrap.
- Gold Nuggets (tater tots with ketchup for dipping)
- Gold Vein Veggies with Bedrock Dip—use carrots, celery, etc. with ranch dressing for dip
- Sourdough Doughnuts (sour cream or cake doughnuts—use mini ones if available.
- Gold Pan Goodies (apples slices with peanut butter and cheese cubes)

### **Snack Suggestions**

#### Klondike Trail Mix

• raisins, dried bananas, dried apples, M&M's

#### **Camp Snow Taffy**

• large marshmallows

Each girl squeezes a large marshmallow between the thumb and index fingers of both hands.

Pull it apart and then stick it back together a number of times until it becomes the texture of taffy. Enjoy.

#### Fruit Jerky

• fruit leather

### **Drink Suggestions**

- sluice box juice (juice boxes)
- water





## Graces

Each district should have an "Arts to Go" box that includes a CD with music that may help you with ideas. Ask your commissioner.

#### For the Food We Eat

(to the tune of Kum by Yah) For the food we eat, we thank you. For the friends we meet kind and true. For the fun we share, all day through. Oh, yes, we thank you.

#### Johnny Appleseed

Oooooooooooooo, The Lord is good to me And so I thank the Lord For giving me the things I need, The sun and the rain and the apple seed. The Lord is good to me.

And every seed that grows Will grow into a tree And one day soon there'll be apples there For everyone in the world to share. The Lord is good to me.

Alternate verse Fooooooooooo every seed I sow, An apple tree will grow. And soon there'll be an apple tree For everyone in the world to see. The Lord is good to me.

Johnny Appleseed. Amen (*clap twice as you say amen*)

#### Addams Family

(to the tune of The Addams Family theme song)

Da da da dum (snap fingers twice) Da da da dum (snap fingers twice) Da da da dum, Da da da dum, Da da da dum (snap fingers twice)

We're hungry and we're thirsty. We want to fill our tummies With something really yummy And so we thank the Lord.

Da da da dum (snap fingers twice) Da da da dum (snap fingers twice) Da da da dum, Da da da dum, Da da da dum (snap fingers twice)



## Campfire

#### **Sparks Opening Song**

#### Fire's Burning

#### The Bear Went Over the Mountain

(Tune: For He's a Jolly Good Fellow)

The bear went over the mountain, the bear went over the mountain, The bear went over the mountain (pause), to see what he could see. To see what he could see, to see what he could see, The other side of the mountain, the other side of the mountain, The other side of the mountain (pause), was all that he could see.

#### **Going to Day Camp**

(Tune: Oh, Susanna)

Going to day camp, So don't you cry for me. I'll come back good and dirty, So you'll never know it's me.

I scrubbed the night before I left, My hair was nice and clean. My mother was so proud of me, But not for long you see.

While hiking out at day camp, I found the perfect pet. But I had to leave my friend behind, Because he scared the vet.

### Soap and Towel (Can be sung as a four part round.)

(Tune: Row, Row, Row Your Boat)

Soap, soap, soap and towel, Towel and water please, Merrily, merrily, merrily, merrily, Wash your dirty knees.

#### **Ninety-Nine Miles from Home**

(Tune: "Ninety-Nine Bottles of Pop")

I'm ninety-nine miles from home, I'm ninety-nine miles from home. I walked awhile, sat down awhile, I'm ninety-eight miles from home.

I'm ninety-eight miles from home, I'm ninety-eight miles from home. I walked awhile, sat down awhile, I'm ninety-seven miles from home.

(Sparks start at ten then go down to zero)

You can divide the group into two for this song. Group 1 sings first line, group 2 sings second line Group 1 sings "I walked awhile", group 2 sings "sat down awhile"; the entire group sings the last line.

#### **Oh My Darling Clementine**

In a cavern, in a canyon, Excavating for a mine Dwelt a miner, forty niner, And his daughter Clementine

Chorus:

Oh my darling, oh my darling, Oh my darling, Clementine! Thou art lost and gone forever Dreadful sorry, Clementine

Light she was and like a fairy, And her shoes were number nine, Herring boxes, without topses, Sandals were for Clementine. *Chorus* 

Drove she ducklings to the water Ev'ry morning just at nine, Hit her foot against a splinter, Fell into the foaming brine. *Chorus* 

Ruby lips above the water, Blowing bubbles, soft and fine, But, alas, I was no swimmer, So I lost my Clementine. Chorus

Now you Girl Guides, there's a moral To this little tale of mine. Artificial respiration, Would have saved my Clementine. Chorus

#### Going to the Gold Rush...

- Girls sit down in a circle.
- Talk about what a prospector might have taken to the gold rush.
- The group says:
   "We're going to the gold rush and we will take..."
- The first girl names one item she will take. The group then repeats the opening phrase and the item(s) mentioned so far. Repeat until each girl has added an item.

#### Possible Items:

gold pan
flour
sugar
beans
butter

pick shovel bacon rope candles fry pan dried fruit matches clothes tent blanket compass nails soap knife and fork





#### The One He Sung at Home

(Tune: "O Susannah") Chorus: On to the Klondike; That's the land for me. I'm going to the Klondike The gold dust for to see.

There from the snowy mountain side Comes down the golden sand, And spreads a carpet far and wide O'er all the shining land.

The rivers run on golden beds, O'er rocks of golden ore, The valleys six feet deep are said To hold a plenty more.

#### Chorus:

On to the Klondike; That's the land for me. I'm going to California The gold dust for to see.



#### **Black Socks**

Black socks, they never get dirty. The longer you wear them The stronger they get Sometimes I think I should wash them But something keeps telling me No, no, not yet, not yet, not yet

I Don't Need a Campfire (from "Celebrate with Song") I don't need a blazing fire to sing a campfire song; All I need are friends like you, to help me sing along. The night wind strums her soft guitar; Instead of flames, we'll watch the stars; No I don't need a campfire to sing a campfire song!

#### **Sparks Closing Song**



## **Guides Own/Reflections**

Guides' Own is a special ceremony. It can be used at a camp or any event for personal reflection. It can also be used as a time to give thanks for all we have and our special Guiding friends. A Guides' Own does not replace any kind of religious ceremony or church service.

A Guides' Own can be adapted for use with girls of all ages.

A Guides' Own ceremony can be as simple or as complex as you would like to make it but keep in mind the ages of your girls. Also keep in mind the dynamics of your group. Some are much more introspective than others. As the girls get older, this is an activity that they can participate in and eventually plan, similar to a campfire.

A Guides' Own can consist of a quiet time, some reflective poems depicting the theme of your camp, a reading of some sort, a song, a short story or any combination of these.

#### A Star and a Wish

This is a good one to use for Sparks since it involves the girls in a relatively easy way.

Each girl and adult takes a turn to say one thing they really liked about the camp (the star) and something that they might not have liked so much, or something that they would have liked to do but didn't, or something similar to that (the wish).

You can also incorporate this into the closing if you do not have a Guides' Own planned.

You could also interpret friendship as gold and use a poem like the one below.

#### Silver and Gold

Make new friends, but keep the old; Those are silver, these are gold. New-made friendships, like new wine, Age will mellow and refine. Friendships that have stood the test-Time and change-are surely best: Brow may wrinkle, hair grow gray; Friendship never knows decay. For 'mid old friends, tried and true, Once more we our youth renew. But old friends, alas! may die; New friends must their place supply. Cherish friendship in your breast-New is good, but old is best; Make new friends, but keep the old; Those are silver, these are gold.

Author unknown

## Girls' Kit List Day Camp

Everyone should always wear uniform to and from camp.

# Please keep in mind that items may need to be added or deleted depending on the time of year and whether you are indoors or out!

Remember to LABEL everything clearly - or you may lose it!

If it's precious and irreplaceable - don't bring it.

- warm jacket
- rain gear
- hat (a must)
- boots or running shoes (no open-toed shoes or sandals)
- sit-upon
- sunscreen (bring or wear)
- daypack to hold all items
- dishes
  - **Unbreakable** plate, mug, cup, bowl, fork, knife, spoon, in a **mesh** bag (because the dishes hang to drip dry)
  - All dishes should be marked with nail polish or permanent marker with the girl's name or initials. Tape will fall off when washed. Make sure the permanent marker is permanent!

#### Medications

Any required medication must be in **original** containers and **clearly labelled** with dispensing instructions.

Place the containers and instructions in a Ziploc® style plastic bag, labelled with the girl's name.

If "over-the counter" medications (such as Tylenol, allergy pills, cough medicine,) are being brought to camp, please include these in the plastic bag.

Please give the plastic bag to the designated first aider upon arrival at camp.





## **Guiders' Equipment List**

(Items not listed under crafts, games or activities)

- tarp to put backpacks on, if camp is outside
- garbage bag or can
- three tarps, blankets or tables to do crafts on
- water and towels to wash hands before eating
- napkins or paper towels
- first aid kit
- Safe Guide forms: girls' and leaders' health forms (H.1 and H.2), SG.3, SG.4, H.3, H.4
- whistle
- watch or clock
- camera for group photo & other pictures
- goodie bags (optional)
- camp crests (optional)
- "Base Camp" sign
- available phone (cell phone)
- camp menus
- camp tools

#### **If Not Provided**

- cooler
- camp stove
- cooking utensils & cookware



## **GOLD RUSH SPARKS CAMP**

### **GUIDER EVALUATION FORM**

Please share with us what you liked about this "Camp in a Box" and anything that we could improve on for next time! Thanks for your input!

## WHAT DID YOU LIKE BEST?

## WHAT WORKED or DIDN'T WORK FOR YOU?

## WHAT COULD WE IMPROVE ON FOR NEXT TIME?

### **COMMENTS!**

Please return to: BC Camping Committee 1476 West 8th Avenue Vancouver, BC V6H 1E1

or e-mail to: camp@bc-girlguides.org

Please send your pictures to us by e-mail.

