

# SPARKS GO WILD



## AT THE PALACE!

### DAY CAMP

OR

### OVERNIGHT CAMP

If you received this resource as a printed copy please check the BC Girl Guide website to ensure it is the most recent version. This copy was revised in February 2012.

<http://www.bc-girlguides.org/resources/camping/camping-tools/>

# SPARKS GO WILD AT THE PALACE!



Welcome to Sparks Go Wild at the Palace!, a day or overnight camp. We hope the girls and adults will come, be active and have lots of fun moving about and going royally wild!

In this camp package, you will find the program outline for a day or overnight event 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 website, 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 [bc-girlguides.org](http://bc-girlguides.org) (click resources, click camping tools on left hand side, click order form) and the 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!**

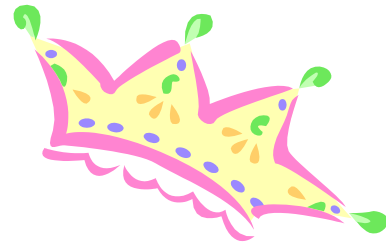
Thank you for choosing to use this camp-in-a-box and have a royally good time at the palace with your girls!

BC Camping Committee

# SPARKS GO WILD AT THE PALACE!

## INDEX

Program Schedule – Day Camp	4
Program Worksheet – Day Camp	5
Program Schedule – Overnight Camp	6
Program Worksheet – Overnight Camp	7
Program Notes	9
Tips and Hints	10
Craft Ideas	11
Games and Activities	17
Menus and Recipes	20
Graces	22
Campfire	23
Guides' Own/Reflections	27
Girls' Kit List – Day Camp	28
Guiders' Equipment List – Day Camp	29
Girls' Kit List – Overnight Camp	30
Guiders' Equipment List – Overnight Camp	31
Evaluation Form	32



## Program Schedule Day Camp

**Saturday 9:30 a.m.–4:00 p.m.**

9:00–9:30 am	<b>Registration</b> <ul style="list-style-type: none"> <li>Assemble the girls' backpacks at the "Castle."</li> <li>Hand out and have girls colour their backpack name tags.</li> <li>Divide girls into three groups with suitable names: Princess, Baroness, Countess, Duchess, Empress.</li> <li>Hand out the group royal hat.</li> </ul>
9:45 am	<b>Opening</b> <ul style="list-style-type: none"> <li>Welcome the girls.</li> <li>Introduce the girls to their group leader.</li> <li>Go over camp rules and tour the camp area.</li> </ul>
10:00 am	<b>Snack</b> – shortbread cookies
10:15 am	<b>Round Robin</b> <ul style="list-style-type: none"> <li>3 stations for 30 minutes each (2 crafts and 1 game)</li> </ul>
12:00 pm	<b>Lunch or High Tea</b> – tiaras or hats required! <ul style="list-style-type: none"> <li>For those who finish early, provide small magnifying glasses so they can see "up close" items around the area.</li> </ul>
1:00 pm	<b>Round Robin</b> <ul style="list-style-type: none"> <li>3 stations for 30 minutes each (2 games and 1 craft)</li> </ul>
2:30 pm	<b>Snack</b> – crackers and cheese
2:45 pm	<b>Campfire/Knighting Ceremony</b>
3:30 pm	<b>Group Photo and Guides' Own/Reflection</b> <ul style="list-style-type: none"> <li>Have a closing.</li> <li>Have girls collect their crafts and backpacks.</li> <li>Hand out goodie bags and crests (optional).</li> </ul>
4:00 pm	<b>Sparks go home!</b>
4:15 pm	<b>Final sweep of camp for garbage, etc.</b>

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

## Program Worksheet Day Camp

TIME	ACTIVITY	RESPONSIBLE GUIDER	EQUIPMENT NEEDED
9:00–9:30	Registration		
9:45	Opening		
10:00	Snack		
10:15	Round Robin		
	Craft #1		
	Game #1		
	Craft #2		
12:00	Lunch		
1:00	Round Robin		
	Game #2		
	Craft #3		
	Game #3		
2:30	Snack		
2:45	Campfire		
3:30	Group photo		
	Guides' Own		
	Closing		
4:00	Departure		
4:15	Final sweep of area	EVERYONE	Pick up all garbage; take everything home that you brought with you.

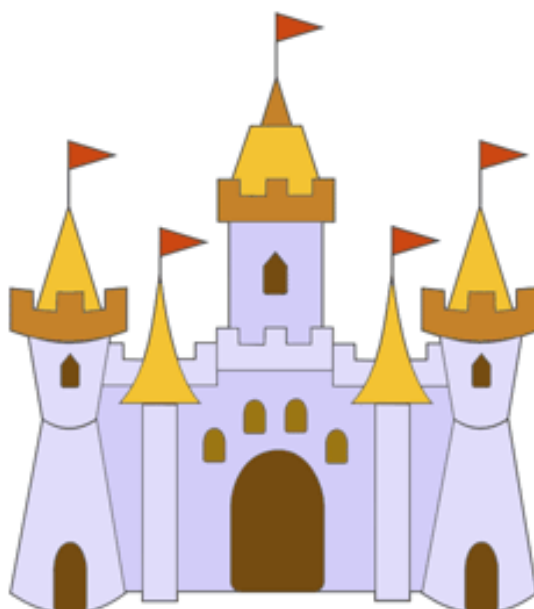
## Program Schedule Overnight Camp

<b>Saturday</b>	
9:00–9:30 am	<b>Registration</b> <ul style="list-style-type: none"> <li>• Have girls set up beds.</li> <li>• Hand out and have girls colour their name tags.</li> <li>• Divide girls into three groups with suitable names: Princess, Baroness, Countess, Duchess, Empress.</li> <li>• Hand out the group royal hat.</li> </ul>
9:45 am	<b>Opening</b> <ul style="list-style-type: none"> <li>• Welcome the girls.</li> <li>• Introduce the girls to their group leader.</li> <li>• Go over camp rules and tour the camp area.</li> </ul>
10:00 am	<b>Snack</b> – shortbread cookies
10:15 am	<b>Round Robin</b> <ul style="list-style-type: none"> <li>• 3 stations for 30 minutes each (2 crafts and 1 game)</li> </ul>
12:00 pm	<b>Lunch/Chores</b> <ul style="list-style-type: none"> <li>• For those who finish early, provide small magnifying glasses so they can see "up close" items around the area.</li> </ul>
1:00 pm	<b>Flat Happy/Quiet Time</b>
2:00 pm	<b>Round Robin</b> <ul style="list-style-type: none"> <li>• 3 stations for 30 minutes each (2 games and 1 craft)</li> </ul>
3:30 pm	<b>Snack</b> – crackers and cheese
3:45 pm	<b>Hat craft or game</b>
4:30 pm	<b>Prepare for dinner</b> <ul style="list-style-type: none"> <li>• Have girls bring "dress-up" clothes for royal dinner.</li> </ul>
5:00 pm	<b>Dinner/Chores</b> <ul style="list-style-type: none"> <li>• Don't forget the photo op if everyone dresses up!</li> </ul>
6:30 pm	<b>Campfire/Knighting Ceremony</b>
7:30 pm	<b>Mug-up</b>
8:00 pm	<b>Get ready for bed</b>
8:30 pm	<b>Bedtime</b>
9:00 pm	<b>Lights out</b>
<b>Sunday</b>	
8:00 am	<b>Breakfast/Chores</b>
9:00 am	<b>Clean-up/Packing</b>
10:00 am	<b>Group Photo and Guides' Own/Reflection</b> <ul style="list-style-type: none"> <li>• Have a closing.</li> <li>• Have girls collect their crafts and backpacks.</li> <li>• Hand out goodie bags and crests (optional).</li> </ul>
11:00 am	<b>Sparks go home!</b>
11:15 am	<b>Final sweep of camp for garbage, etc.</b>

## Program Worksheet Overnight Camp

TIME	ACTIVITY	RESPONSIBLE GUIDER	EQUIPMENT NEEDED
<b>Saturday</b>			
9:00	Registration		
9:45	Opening		
10:00	Snack		
10:15	Round Robin		
	Craft #1		
	Game #1		
	Craft #2		
12:00	Lunch/ Chores		
1:00	Flat happy/ Quiet time		
2:00	Round Robin		
	Game #2		
	Craft #3		
	Game #3		
3:30	Snack		
3:45	Hat craft or game		
5:00	Dinner/ Chores		
6:30	Campfire		
7:30	Mug-up		
8:00	Prepare for bed		
9:00	Lights out!		

TIME	ACTIVITY	RESPONSIBLE GUIDER	EQUIPMENT NEEDED
<b>Sunday</b>			
8:00	Breakfast		
9:00	Clean-up/ Packing		
10:00	Group photo		
	Guides' Own/ Reflections		
	Closing		
11:00	Departure		
11:15	Final sweep of camp	EVERYONE	Pick up all garbage; take everything home that you brought with you.





# Program Notes and More Ideas

## Group Name Suggestions

- Empress, Princess, Archduchess, Grand Duchess, Duchess, Marchioness, Countess, Viscountess, Baroness, Lady, Dame

## Name Tag Suggestions

- Make name tags out of fun foam in the shape of crowns or palaces—decorate with sequins and sparkles.

## Decoration Ideas for ways to really *GO WILD* for the day!

- Prior to the event build a cardboard castle, have the girls paint it and take your group photo in front of it at camp.
- Check out your local dollar stores for inexpensive jewels, crowns, etc.
- Have tapes or CDs with marching ballroom music.
- Have a stable area for the hobby horses.
- Present flowers to the Queen as a thank you for coming. Have the girls make a few extra when you do this craft.
- Check out your library for books about princesses and palaces.
- Look for fabric decorated with princesses to make scarves for each group. Boas in different colours would also add elegance.

## Ideas for Goodie Bags

- mini notebooks
- magnifying glasses (can also be used after lunch)
- gold wrapped candy
- pencil or pen
- mini compass
- princess jewelry from a dollar store

## Group Photo

- Gather your Sparks for a group photo at campfire or dinner to see them in all their glitter and royal finery. Don't forget some fancy gloves that they could wear.
- 

## Using this camp for Brownies

This program is fairly adaptable to use with Brownies. You can plan a slightly longer day or a two-night camp and give the girls time to make the hobby horses, lots of flowers for decorations as well as more elaborate jewelry. You can also expand the race course and add more deportment tasks, making it a little more challenging.



## 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 and your team know your girls and your camp location best, so you can decide how and where the girls can be 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 the 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.

### Flat Happy/Quiet Time

- This is a rest time after lunch.
- Flat happy: girls are flat, Guiders are happy!
- This actually gives both the girls and Guiders a bit of a break or the Guiders time to prepare for the afternoon activities.

### TTT

- Simply: Teeth, Toilet, Tuck-in—bedtime!

# Craft Ideas

## Tiaras

### Materials:

- metallic silver pipe cleaners (at least five per person)
- sparkly cut glass or plastic beads (20-50 per person depending on bead size)

### Method:

- Make a base for the tiara by threading beads onto one pipe cleaner. Space the beads evenly and curve the pipe cleaner into a U shape to fit the girl's head. This is the base.
- Thread beads onto the remaining pipe cleaners and add to the tiara by twisting the end of each pipe cleaner onto the base.
- Make a tiny, tasteful princess-sized tiara or a flashy big one.

## Elbow Length Gloves for Tea

### Materials:

- one pair of knee high stockings for each girl (preferably black)

### Method:

- Snip off one corner of the toe to make a thumb hole.
- Make a larger opening for the fingers. This can also be done by snipping off the stitching
- Start small—it's easy to enlarge the hole but it's not easy to make the hole smaller. Have extra stocking on hand in case they're needed.

## Jewels

### Materials:

- sewing elastic (available at most fabric stores)
- sequins
- glass beads
- anything sparkly
- glue gun with glue or needles and thread

### Method:

- measure a length of elastic to fit around the wrist or neck (plus a little bit)
- staple or sew the elastic together (an adult will need to do this, may be done ahead of time)
- sew or glue gun (adults to do this or closely supervise) sequins, glass beads, etc to elastic

*Note: The gloves look really fabulous with shiny bracelets made of sequins and sparkles! You can also make wonderful necklaces, which will make "High Tea" very fancy! Check out the glass beads available at your favorite craft store for more options. After all, a girl can never have too much sparkly jewelry!*

## Hats

Have the girls make hats for "High Tea" in the garden. Use paper plates and decorate with flowers, bows, ribbons etc.

## Flowers for the Queen's Visit

### Materials:

- 6 sheets of colored tissue paper per flower (14" x 20" for a large flower or 7" by 10" for a small flower)
- three pipe cleaners per flower

### Method:

- Place the sheets of tissue paper one on top of the other.
- Fold the layers together like a fan, starting at the narrow end.
- Tie the "fan" together with a pipe cleaner at the center.
- Carefully pull the layers apart to form the flower.
- Tie the bottom of the flower together with the second pipe cleaner.
- Attach the last pipe cleaner to make a stem for your flower.

The flowers can be all one color or an assortment of colors to make a rainbow flower!

## Hobby Horse #1

This is a really simple hobby horse for the girls to make.

### Materials:

- brown paper lunch bag
- string or ribbon
- construction paper
- felt markers
- decorations for each hobby horse
- craft sticks—tape or glue several together to make a "stick" for the hobby horse

### Method:

- Open the paper bag and stuff with tissue paper or newspaper to make the horse's head.
- Insert the "stick" in the end of the paper bag.
- Gather the ends of the bag around the stick, and tape or tie the end of the paper bag together.
- Cut ears, eyes, mouth, nostrils and bridle. Glue them on or colour them with felt markers.
- Add yarn, shredded paper for a mane or colour with felt markers.

*Note:*

*If something more challenging is needed for Brownies search the internet or check at your local library; there are many variations available.*

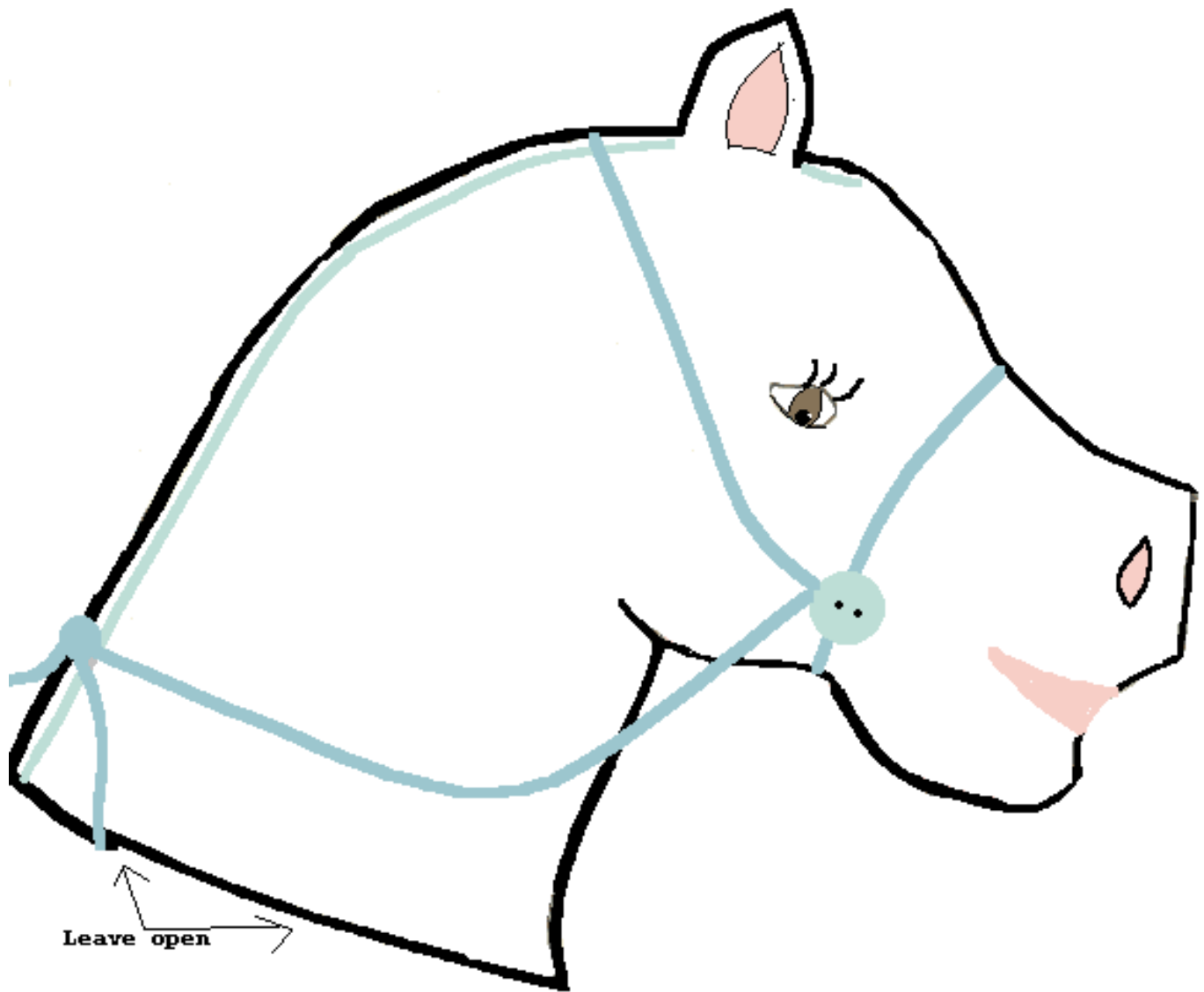
## Hobby Horse #2

### Material:

- hobby horse template
- heavy construction paper or poster board
- length of dowel material for stick (approximately 1" x 36" long, depending on the size of the girls)
- yarn or shredded paper
- newspaper or tissue paper for head
- glue
- glue gun (optional) for dowel

**Method:**

- Enlarge the included template to the size you want and then calculate how large a piece of construction paper/poster board is needed for each horse.
- Trace out the pattern, cut and glue the two sides together leaving an opening in the neck of the horse to insert the dowel.
- Decorate the pony by colouring eyes, nostrils, mouth and ears.
- Add a mane by gluing on yarn or shredded paper.
- Stuff the head with newspaper or tissue paper to give it some dimension.
- Use white craft glue to attach the dowel inside the two sides of the head and let dry.



## Paper Bag Princess Puppet

### Material:

- lunch bag size paper bags (at least one per girl)
- crayons
- scissors
- construction paper
- glue
- anything else that catches your imagination

### Method:

- Each girl gets one paper bag.
- Lay it flat on the table with the “flap” part facing up.
- The “mouth” should be where the flap of the bag is.
- Colour, glue, etc to the paper bag



*Note: Make sure you can put your hand inside the bag to make the “mouth” work.  
Don’t forget to put each girls’ name on their princess.*

### Placemats (if staying overnight)

Here are a couple examples of what you could put on a placemat. Other ideas are available on the internet. Give the girls some crayons and let them colour their own. Write each girl’s name on her place mat.

*Note: If you use an 8 ½ x 11 sheet of paper the placemat can be slipped into a plastic page protector for easy cleaning after meals.*



## Princess Cone Hat

### Materials:

- construction paper
- scissors
- glue
- string
- pencil
- ruler
- scotch tape
- stapler
- crepe paper or any sheer paper/fabric
- other things to decorate the hat: ribbons, fabric, sequins, stickers, rhinestones, glitter glue, cut-outs, craft foam shapes, etc.



boas,  
paper

### Method:

- Draw a quarter circle with a radius of about 14 to 16 inches using a pencil tied to a string. It will be helpful to tape the string to the pivot point.
- *Practice first with newspaper to ensure that the quarter circle makes a cone hat that fits well on the girl's head.*
- Cut out the quarter circle.
- Trim off a little bit from the tip or pivot point of your quarter circle.
- A princess cone hat usually has a trailing veil or streamers at the tip. To make one for your hat, you can use any of these materials:
  - Trailing streamers:** cut 5 to 6 long strips (approximately 1 to 1.5 inches wide) of crepe paper. Gather the streamers on one end, and twist to compact that end.
  - Dainty veil:** cut specialty tissue paper or any sheer fabric into a rectangular piece (approximately 20" x 30"). Fold lengthwise and pinch one third of the way along the folded edge. Hold up the material by the pinched end and arrange the folds of the flowing material;
- Twist or tape the paper/fabric at the pinched end.
- Tape the trailing veil or streamers onto the tip of your quarter circle.
- Roll the quarter circle into a cone and staple at the base.
- Glue or tape along the seams.
- Add a chin strap if you like. Punch opposite holes along the bottom edge of the hat and attach an elastic string.



*Let the girls have fun and express their creative flair by providing them with lots of materials to work with such as ribbons, boas, sequins, stickers, rhinestones, glitter glue, fabric scraps, craft foam, etc. This could be done at a meeting prior to the camp.*

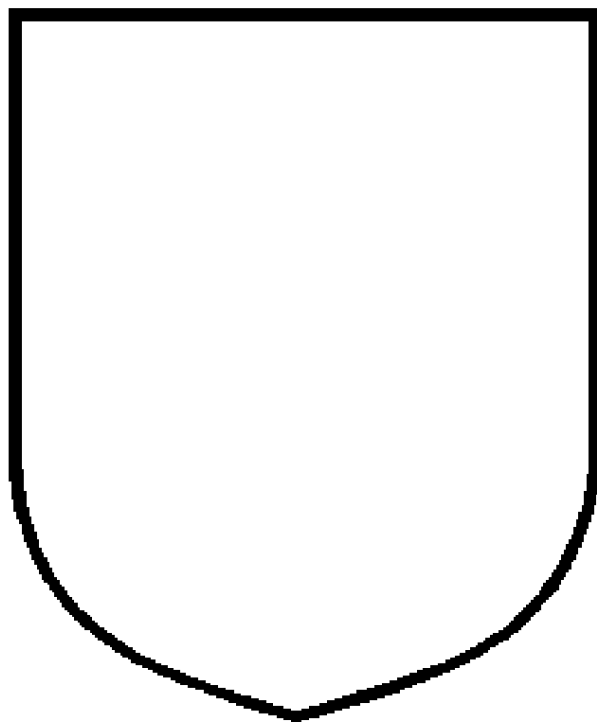
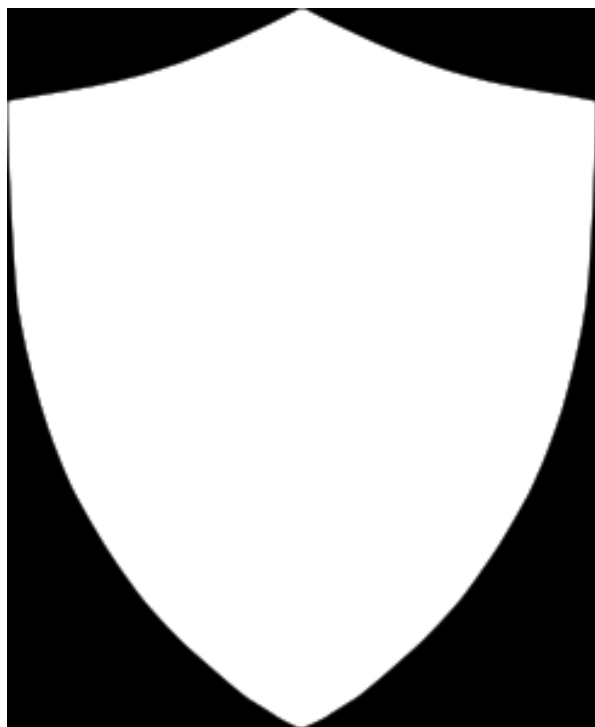
## Picture Frame

Use a picture that has been taken of each girl in her Spark uniform prior to camp to make a "royal" picture. Or take a picture of each girl in her royal finery at camp and frame it as a gift for later or the end of the year or just as a keepsake of the camp.

(continued on next page)

## Shield

Use the outline of a shield and have each girl create and colour her own crest on a shield.





## Games and Activities

### Off to the Races with the Hobby Horses

Set up an obstacle course to include a water hazard that must be “jumped”. Use pilons that the girls have to weave in and out of. Set up several fences for “jumping”, include a figure eight and then a straight run to the finish. The girls can ride their mounts through the course in teams for a relay. You can make hobby horses at one of the activity stations if everything is pre-cut, or plan to make them at a meeting before camp. If you choose not to make the hobby horses, the girls can be the “ponies”.

### Deportment Races

A lady always walks tall! Set up a course that includes walking in a straight line, sitting on a chair, bending at the knee to pick up an object off the ground and then turning around and coming back to their teammates, all with a book/pillow etc. on their head! If the object falls off, they must start over.

### Make the Guards Smile

In the grand tradition of Buckingham Palace, the guards never smile. Choose one group to be the guards and the others to be the “tourists” trying to make the guards smile or better yet, laugh! Jokes, funny faces and antics are all fair game but no touching! Make sure everyone gets a turn to be a guard.

### For the Good of the People

We all know that the Royal Family like to help people so in order to carry on this tradition, plan a service project that the girls can do in about a half hour. This could be a litter chase around the area of your event, planting flowers/bulbs/seeds in the garden at a nearby meeting place, seniors home, etc., decorating place mats for a “Meals on Wheels” program or... Check out the possibilities in your community or at your camp. For their hard work and effort, the Sparks will be knighted!

### Royal Kim's Game

For Sparks, try playing this game by arranging the objects on a tray and having the girls observe them. Then remove one object and have them tell you what is missing. Use objects that fit the theme such as jewels, cup and saucer, stuffed horse, plastic crown, picture of a castle, a princess figure, etc.



## Knighting Ceremony—the Dubbing of a Knight

Have a leader or another adult dress up as the Queen for the ceremony. You can knight each girl individually if you have a small number or if you have a large group of girls plan to knight them in the groups they have been in for the day.

*The Queen's assistant says:*

Your Majesty, I ask that you bestow the title of knight on (insert girl's name or this special group of Sparks) for doing good deeds in the community of (insert name of campsite or town.)

*Queen says:*

Is it your noble judgment that (insert name) is/are worthy of the honour?

*Assistant says:*

It is, your Majesty.

*Queens says:*

Call forward (insert name) to be knighted.

*Assistant calls forward the Spark/Sparks.*

*Queen says:*

In recognition of your good service in your community I hereby proclaim you to be a knight (or Knights) of this royal palace.

Assistant hands out crests (or something else if staying overnight and crests are to be handed out as part of the closing ceremony) to the new knights.

When all the Sparks have received their crests, the Queen asks them to say the Spark Promise.



## I packed my suitcase—for a visit to the palace

(*Campfire Activities*, p. 151)

- Sit in a circle. Have the first girl say: "I packed my suitcase and in it I put..." She should complete the sentence with something she would bring along.
- The next girl says, "I packed my suitcase and in it I put [first person's object] and ..." and she adds her own item.
- Each person has a turn naming all the items that came before hers and adding one of her own.

It might go something like this:

- First person: "I packed my suitcase and in it I put a comb."
- Second person: I packed my suitcase and in it I put a comb and a crown.
- Third person: I packed my suitcase and in it I put a comb, a crown and a pair of dancing shoes.
- Continue until everyone has had a turn.

## **Rindercella** *as told by Archie Campbell*

(Read the following story. You might want to read this through a few times before reading it out loud.)

Once upon a time in a corn foundry there lived a geautiful birl and her name was Rindercella. Now Rindercella lived with her mugly other and two sad blisters. Also in this same corn foundry there lived a pransome hince.

This pransome hince was going to have a bancy fall and he invited people for riles amound, especially the pich people. Now Rindercella's mugly other and her two sad blisters went to town to buy some dancy fesses for the bancy fall, but Rindercella couldn't go cause all she had to wear were some old ruddy dags.

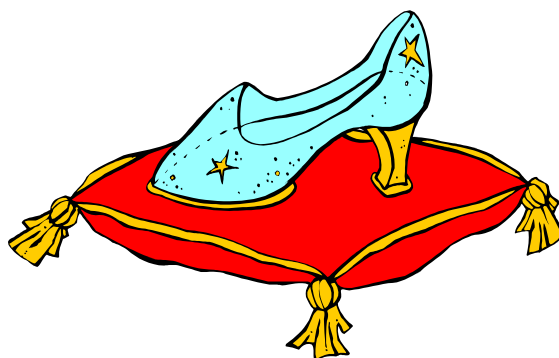
Finally the night of the bancy fall arrived and Rindercella couldn't go so she just crank down and shried. And she was sitting there shrieing when all of a sudden there appeared before her, her gay mudfather and he touched her with his wagic mand and there appeared before her a kig bulch and hix white sorces to take her to the bancy fall.

He said – "Rindercella, be sure to be home before midnight or I'll purn you into a tumpkin!" When Rindercella arrived at the bancy fall the pransome hince met her at the door because he'd been watching behind a wooden hindow. Rindercella and the pransome hince manced all night until midnight and they lell in fove. But finally the midclock struck night. Rindercella spaced down the rairs and just as she beached the rottom she slopped her dripper!

The next day, the pransome hince went all over this corn foundry looking for the geautiful birl who had slopped her dripper. They finally came to Rindercella's house, and he tried it on the mugly other and it fidn't dit. Then he tried it on the two sisty uglers and it fidn't dit. Then he tried it on Rindercella and it fid dit! It was exactly the sight rize!

And so they were married and lived heavenly after happily.

Now the storl of the mory is: If you go to a bancy fall and you want a pransome hince to lell in fove with you – don't forget to slop your dripper!



# Menus and Recipes

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

## Menus

### Lunch or High Tea

- fancy sandwiches
- veggies and dip
- scones with strawberry jam
- angel food cake
- tea (apple juice) served in plastic goblets

### Snack Suggestions

- shortbread cookies
- crackers and cheese

### Dinner Suggestions – fancy dress up

- chicken nuggets
- veggies and dip
- potato wedges
- fruit with mock Devonshire cream



## Recipes

### Cucumber Sandwiches

- English cucumbers
- white bread
- whipped cream cheese or softened butter
- salt

Peel cucumbers, slice very thin, sprinkle with salt and lay on paper towel to drain.

Spread a little cream cheese or butter on bread slice and layer on cucumbers.

Cut off crusts and cut sandwiches into squares, triangles or use cookie cutters for fun shapes.

**Other sandwich ideas** :chicken salad, tuna salad, egg salad, cheese, tomato, peanut butter

### Veggies and Dip

Cut up carrots, cucumbers, mushrooms, broccoli, cauliflower, snap peas, etc.

Mix 1 cup mayonnaise, 1 cup sour cream and ½ pkg. of dip mix—will feed about 12.

### Chicken nuggets

Coat chicken strips with “shake ‘n bake” or make your own coating.

### Potato Wedges

- 4 potatoes (determine how many by the number of people you are feeding)
- 1 tbsp (15 ml) vegetable oil
- ½ tsp (2 ml) paprika
- ¼ tsp (1 ml) each salt and pepper

Scrub potatoes; cut into 6 wedges each and place in large bowl. Add oil, paprika, salt and pepper; with wooden spoon, toss to coat.

Spread on rimmed baking sheet.

Bake in bottom third of 450°F (230°C) oven, turning once, until tender, about 25 minutes.

## Scones

- 2 cups flour
- 1 tbsp. baking powder
- 2 tbsp. sugar
- ½ tsp. salt
- 6 tbsp. butter
- ½ cup buttermilk
- lightly beaten egg

Mix dry ingredients, cut in butter until it resembles cornmeal. Make a well in the centre and pour in buttermilk. Mix until a soft dough is formed. Then roll out in to a circle approximately 1" thick. Score the dough with a knife into 8 wedges, and brush with egg. Bake at 425°F for 10 to 20 minutes or until lightly brown. (As an alternative, pick up ready-made scones at a bakery!)

## Mock Devonshire Cream

- ½ cup of heavy cream or 8 oz. of softened cream cheese
- 2 tbsp. confectioner's sugar
- ½ cup sour cream

In a chilled bowl, beat cream until medium-stiff peaks form, adding sugar in the last couple of minutes. (If you are using cream cheese, just stir together with sugar). Fold in the sour cream and blend.

*Note: If your location allows for it, set the tables with tablecloths, cloth napkins and a vase of flowers for a special touch! Everyone wears their tiaras and diamonds of course!*



## 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

Ooooooooooooooooooh,  
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

Fooooooooooooooooor 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

Please feel welcome to add, subtract or embellish this campfire plan. There are jokes and riddles included to use as introductions to songs or just for a change of pace. If you do not know a song and have no opportunity to learn it, please substitute one that you know and that your girls enjoy. Have fun!

Any songs that are protected by copyright do not have the words printed but will have the song book listed for easy reference.

Include songs that are familiar to your Unit, perhaps changing a word or action here or there to make it more "royal". Song introductions are written in ***italic font***.

## Opening

Sing the song that you normally use at your Sparks meeting or try one from the Arts to Go Toolbox.

***"The Queen of England lives in Westminster. Can you hear the bells?"***

**The Little Bells of Westminster** (Sing a Song with Sparks and Brownies, p. 14)

The little bells of Westminster

Go ding, dong, ding, dong, dong.

***"What would you wear to meet a Queen? Jenny Jenkins could not decide when she was asked."***

**Jennie Jenkins** (Songs to Sing and Sing Again, p. 28)

Will you wear white, oh my dear, oh my dear?

Will you wear white, Jennie Jenkins?

No, I won't wear white for the color's too bright

I'll buy me a fol-de-rol-dy, til-de-tol-dy

Seek-a-double, use-a-cause-a, roll-a-find-me

Roll, Jennie Jenkins, roll.

Will you wear blue, oh my dear, oh my dear?

Will you wear blue, Jennie Jenkins?

No, I won't wear blue 'cause blue won't do

I'll buy me a fol-de-rol-dy, til-de-tol-dy

Seek-a-double, use-a-cause-a, roll-a-find-me

Roll, Jennie Jenkins, roll.

Will you wear red, oh my dear, oh my dear?

Will you wear red, Jennie Jenkins?

No, I won't wear red, it's the color of my head

I'll buy me a fol-de-rol-dy, til-de-tol-dy

Seek-a-double, use-a-cause-a, roll-a-find-me

Roll, Jennie Jenkins, roll.

Will you wear pink, oh my dear, oh my dear?

Will you wear pink, Jennie Jenkins?

No, I won't wear pink, I'd rather drink ink

I'll buy me a fol-de-rol-dy, til-de-tol-dy

Seek-a-double, use-a-cause-a, roll-a-find-me

Roll, Jennie Jenkins, roll.

**(continued on next page)**

Will you wear green, oh my dear, oh my dear?  
Will you wear green, Jennie Jenkins?  
No, I won't wear green, it's the color of a bean  
I'll buy me a fol-de-rol-dy, til-de-tol-dy  
Seek-a-double, use-a-cause-a, roll-a-find-me  
Roll, Jennie Jenkins, roll.

Will you wear rose, oh my dear, oh my dear?  
Will you wear rose, Jennie Jenkins?  
No, I won't wear rose, it's the color of my nose  
I'll buy me a fol-de-rol-dy, til-de-tol-dy  
Seek-a-double, use-a-cause-a, roll-a-find-me  
Roll, Jennie Jenkins, roll.

***“You must be on your best behavior when you are introduced to a Queen. Perhaps there are some hints in this song about meeting someone.”***

**If you should meet an elephant** (*Sing a Song with Sparks and Brownies* p. 26)

If you should meet an elephant, on a summer's day  
What would you do? What would you say?  
I'd say, "Good morning elephant, how do you do?  
I'm glad to meet you elephant  
I'd like to dance with you".

Try adding a verse  
"If you should meet a queen, on a summer's day..."

***“The Queen celebrated her Diamond Jubilee in 2012. She was crowned over 60 years ago!”***

**Hey, hey, hey, Jubilee Hey** action song (*Our Cabana*, p. 66)

Hey, hey, hey! Jubilee hey!  
Hey, hey, hey! Jubilee hey!  
Ju-ba-ju ba-ko, ju-ba-ju ba-ko  
Ju-ba-ju ba-ko, ba-ko, ju-ba ju ba-ko hey!

***“We will to travel across the ocean to visit the Queen's palace. Do you know who lies over the ocean.”***

**My Bonnie Lies over the Ocean** (*Campfire Activities* p. 118)

My Bonnie lies over the ocean; my Bonnie lies over the sea  
My Bonnie lies over the ocean; oh bring back my Bonnie to me.

Refrain:

Bring back, bring back; bring back my Bonnie to me, to me  
Bring back, bring back; bring back my Bonnie to me.

Last night as I lay on my pillow; last night as I lay on my bed  
Last night as I lay on my pillow; I dreamt that my Bonnie was dead.

Refrain

Bring back, bring back; bring back my Bonnie to me, to me  
Bring back, bring back; bring back my Bonnie to me.

(continued on next page)



### **My Bonnie Lies over the Ocean cont'd)**

Oh blow the winds o'er the ocean; and blow the winds o'er the sea  
Oh blow the winds o'er the ocean; and bring back my Bonnie to me.

Refrain

Bring back, bring back; bring back my Bonnie to me, to me  
Bring back, bring back; bring back my Bonnie to me.

The winds have blown over the ocean; the winds have blown over the sea  
The winds have blown over the ocean; and brought back my Bonnie to me.

Refrain

Bring back, bring back; bring back my Bonnie to me, to me  
Bring back, bring back; bring back my Bonnie to me.

***“There was a princess a long time ago and her name was Thorn Rosa.”***

**Thorn Rosa** (*Sing a Song with Sparks and Brownies*, p. 18)

Thorn Rosa was a princess fair, princess fair, princess fair.  
Thorn Rosa was a princess fair. Long, long ago.

*Stand in a circle, comb hair.*

She lived up in a castle high, castle high, castle high  
She lived up in a castle high. Long, long ago.

*Raise hands over head and touch fingers together.*

A wicked witch put a spell on her, spell on her, spell on her.  
A wicked witch put a spell on her. Long, long ago.

*Flick out fingers, casting a spell.*

Thorn Rosa slept one hundred years, hundred years, hundred years.  
Thorn Rosa slept one hundred years. Long, long ago.

*Rest head on hands, sleeping.*

The briar hedge grew oh so high, oh so high, oh so high.  
The briar hedge grew oh so high. Long, long ago.

*Everyone join hands and raise them up slowly.*

A handsome prince came riding by, riding by, riding by.  
A handsome prince came riding by. Long, long ago.

*Gallop in a circle, clockwise.*

The princess awakened at his touch, at his touch, at his touch.  
The princess awakened at his touch. Long, long ago.

*Rub eyes and stretch, waking up.*

The prince and princess rode away, rode away, rode away.  
The prince and princess rode away. Long, long ago.

*Gallop in a circle, counter-clockwise.*

**(continued on next page)**

***“If you got to know a princess really well you might even become Buddies and Pals.”***

### **Buddies and Pals**

You and me we're gonna be partners  
You and me we're gonna be pals  
You and me we're gonna be partners,  
Buddies and pals.

You and me we started as strangers  
You and me we came from afar  
You and me we started as strangers  
Now we are pals.

From now on we're going to be partners  
From now on we're going to be pals  
From now on we're going to be partners  
Buddies and pals.

### **Actions**

You and me:  
*point at others in the circle on "you", and at yourself on "me".*

Partners:  
*put hands around each others' shoulders.*

Buddies and pals:  
*put hands around each others' shoulders, sway back and forth.*

Campfire closing may include saying the Spark promise (all together) and singing your usual closing or trying something new from the Arts to Go CD.



## Guides' Own/Reflection

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.



## 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 Day Camp

This list includes only the items not listed under Games, Activities, or Crafts.

- 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
- whistle
- watch or clock
- camera for group photo and other pictures
- goodie bags (optional)
- camp crests (optional)
- "Base Camp" sign
- *Safe Guide* forms: girls' and leaders' health forms (H.1 and H.2), SG.3, SG.4, H.3, H.4
- cell phone, if accessible phone is not provided at site
- camp menus
- camp tools

If not provided at the site:

- cooler
- camp stove
- cooking utensils and cookware

## Girl's Kit List for Overnight 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!**

*Everyone should always wear uniform to and from camp.*

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

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

All things should fit in one duffel bag or similar, and one bedroll or stuff sac (two pieces – NO garbage bags!)

Remember that your daughter should help pack her gear or she will not know where to look for her something when she is at camp and needs it.

### Clothing

- warm pyjamas (tracksuit works well)
- pants (1 pair) (NO blue jeans)
- t-shirts (2)
- sweatshirt or pullover (1) (not the one to sleep in)
- socks (3)
- extra socks to wear to bed (1)
- underwear (3)
- sturdy shoes for walking/hiking (NO open-toed shoes)
- warm jacket with hood
- raingear (MUST) including boots
- camp hat (MUST)
- plastic bag for dirty laundry
- inside shoes or slippers (must have hard soles)
- toque and gloves or mitts

### Gear

- sleeping bag (suitable for time of year)  
Note: theme-styled bags tend to be thin do not provide adequate insulation.
- extra blanket
- sleeping mat (NO blow-up air mattresses; closed-cell foam or self-inflating Therm-a-Rest® type mats only, please)
- ground sheet (an old shower curtain, piece of tarp or any kind of plastic big enough for the sleeping mat to fit on)
- small pillow (optional)
- sleeping buddy (small, optional)

### 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!

### Personal Items

Packed in an ice cream bucket with name in permanent marker – no tape!

- hand towel, face cloth, soap, tooth brush and paste, etc.
- hair brush and ties (long hair must be tied back at all times)
- small Kleenex package
- water bottle

### Miscellaneous

- flashlight with **new** batteries, plus a spare set
- sit-upon
- whistle
- personal first aid kit
- sunscreen (no spray)
- bug lotion (no spray)
- folding camp chair

**Medications** - placed in a Ziploc® style plastic bag and given to the first aider upon arrival at camp

Must be in **original** containers and **clearly labelled** with dispensing instructions.

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 leave at home:

- all sleeveless tops (spaghetti-strap tops, tank tops, etc.)
- all open-toe shoes
- all electronic devices, including cell phones

## **Guiders' Equipment List Overnight Camp**

This list includes only the items not listed under Games, Activities, or Crafts.

Check with the campsite to find out what equipment is provided.

### **Safety**

- *Safe Guide* forms: girls' and leaders' health forms (H.1 and H.2), SG.3, SG.4, H.3, H.4
- first aid kit
- whistle
- water buckets—for fire safety
- cell phone, if accessible phone is not provided at site
- extra blankets for “cold” girls

### **Kitchen Items**

- camp menus and food
- cooler
- camp stove with extra fuel (small propane canister or white gas, check what fuel your stove uses)
- cooking utensils and cookware—suggested items:  
pots, fry pan, can opener, knives, spoons, spatula, juice jug, water jug, bowls, coffee pot, kettle, pot holder, cutting boards, grater, measuring cups/spoons, toaster
- other kitchen items: matches, coffee, salt, pepper, tin foil, paper towels, kitchen towel, wipes, non-stick cooking spray or oil, tablecloths, napkins, rubber gloves, garbage bags, food handling gloves, Ziplock bags, rope for clothes line and clothes pins (to hang up dish bags)
- for dish washing: three pans/buckets, biodegradable soap, dish cloths and towels, bleach, scrubbies

### **Miscellaneous**

- camp tools—hatchet if needed for campfire, shovel for dirt for campfire safety
- lantern with necessary hoses
- hand sanitizer if using biffies
- tarps, blankets or tables to do crafts on
- watch or clock
- camera for group photo and other pictures
- goodie bags (optional)
- camp crests (optional)

# SPARKS GO WILD AT THE PALACE!

## 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](mailto:camp@bc-girlguides.org)

Please send your pictures to us by e-mail to the address above.

