

2018 ALBERTA ARTS CHALLENGE

Theme: The “Super” In Me

Purpose: To recognize, celebrate & embrace the everyday, extraordinary “super” hero in each of us.

Sparks and Brownies: Complete 3 of the sections

Guides, Pathfinders and Rangers: Complete 4 of the sections or host an Arts Event for your district or younger branch in your district with a minimum of 3 stations.

Section 1: Music – a selection of “super” songs and silly songs.

Sparks and Brownies: Learn 3 songs

Guides, Pathfinder and Rangers: Learn 5 songs

Song	Song Resource	Song	Song Resource
Listen To The Earth	Sue	A Ram Sam Sam	Sue
I Can Make A Difference	Sue	Auntie Monica	Sue
I am One Voice	Sue	If I were not a Girl Guide	Becky
On My Honour	Both	Swimming Hole	Sue
Sing for Joy	Becky	Today is Monday	Becky
Weave	Both	Go Bananas (Bananas of the World Unite!)	Becky
Can a Woman?	Becky	Pink Pajamas	Both
Being a Guide with you	Sue	Green Grass Grows	Becky
Say Why	both	Thunderation	Both
Barges	both	Boa Constrictor	Becky
Edelweiss	both	Waddle-ee-ocha	Becky

All songs can be found at one of 2 websites –

Sue’s Virtual Songbook - <https://www.girlguides.ca/web/Documents/AB/Program/AB-Virtual-Song-Book.pdf>

OR

Becky’s Guiding Resource Centre - http://dragon.sleepdeprived.ca/songbook/songbook_index.htm

-OR- any “super” songs you want to sing

Section 2: Crafts - Try one of the following crafts:

- ♣ Create a mandala or anything of your choosing using unconventional or recycled materials (e.g. rocks, toilet paper rolls)
- ♣ Origami
- ♣ Create a mosaic
- ♣ Friendship Bracelets
- ♣ Design and create your own shield or super hero cape
- ♣ Design a mask & logo that represents your individual super power
- ♣ Create a journal using recycled materials
- ♣ Make a ribbon stick for a ribbon dance
- ♣ Make a flower, fan, pennant out of recycled materials (e.g. maybe use a comic book)

-OR- any “super” craft you want to try

Section 3 – Dance - Try one of the following:

- ♣ Attend a ballet, or a local dance studio performance.
- ♣ Choreograph a dance with your unit (try using the ribbon stick you made in the craft section).
- ♣ Learn about a traditional indigenous dance, its history and the story behind the dance.
- ♣ Hold a dance off
- ♣ Play a dance video game
- ♣ Create a dance routine that acts out at least 3 of your favorite activities that you like to do (playing a sport, musical instrument, painting, drawing, sewing, etc.). Perform it for your unit
- ♣ Make up a dance routine that tells the story of your favourite book, movie or show - can be done in a group of 2 or more or individually.

Optional:

Record and share the video of your unit with another Guiding unit.

Host a Dance Party with another unit or branch.

-OR- any “super” dance you want to try

Section 4 – Creative – Try one of the following:

- ♣ Through a drawing, painting, series of photographs, scrapbook, collage or create a video displaying the qualities and characteristics within yourself or others that you consider special or “super”
- ♣ Or, design a new “super” hero that you think our world would benefit from in the past, present or the future.
- ♣ Interview a person in your life or in your community that you admire and look up to or aspire to be like. Maybe someone who you feel has a “super” power. Share with your unit or another level of Guiding.

-OR- any “super” creative activity you want to try

Section 5 – Drama – Try one of the following:

- ♣ Imagine you suddenly have a “super” skill or power; create a skit about it
- ♣ Create an infomercial about a “super” product that you think every household should have
- ♣ Try a few theatresport activities relating to the theme – this is a great resource for drama games for kids - <http://www.bbbpress.com/dramagames/>
- ♣ Attend a live performance (examples – Jubilations Dinner Theatre, Jubilee Auditorium, Citadel Theatre, local theatre performance, school performance, children’s theatre, etc.)

-OR- any “super” drama activity you want to try

Section 6 – Digital Age – OPTIONAL – Try one of the following:

- ♣ Design a “super” comic strip or comic book; maybe use the super hero you designed from the creative section
- ♣ Invite a website developer to your unit. Learn some steps in designing a website. What would your website look like? Design it on paper.
- ♣ Invite a video game developer to your unit. Learn some steps in developing a video game. What kind of game would you design? Design it on paper.
- ♣ Investigate digital art. Invite a graphic designer to your meeting. Try creating some digital art.

-OR- any “super” digital age activity you want to try