

CREAKING BONES



Day Camp

Creaking Bones

Welcome to **Creaking Bones**, a program designed for a day camp. Share the fun of learning about prehistoric animals and promote outdoor skills and learning at the same time.

Included in this camp package is a program outline, a wide variety of activities, games and crafts to choose from. There are menu and recipe suggestions, a campfire, games and activities, craft ideas, and a kit list. Design the day camp to suit the season, the facility, whether it's held in a green space, campsite or building, and the number of girls. Choose the activities that work best for you and the girls and feel free to change or adapt the activities to suit your needs.

Please use the most current Safe guide forms, available on the website. Should you need help planning for the day camp, consult your camping and program advisers and local trainers.

Crests can be purchased from the provincial office. Contact the office for price and availability of crests.

GGC - Alberta Council
11055 107 Street
Edmonton AB T5H 2Z6
email: officeclerk@albertagirlguides.com
phone: 780-424-5510

Activities used come from previous camp experiences, paleontology lesson plans, GSUSA, and talented Brownie Guiders.

Thank you for choosing to use this Camp-In-a-Box!

AB Camping Committee
July 2014

May be printed/copied for use within Girl guides of Canada-Guides du Canada

Creaking Bones, July 2014
Alberta Provincial Camping Committee

Creaking Bones

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PROGRAM SCHEDULE

SATURDAY – 9:00 a.m. – 4:00 p.m.

- | | |
|----------------|---|
| 8:30 - 9:00 am | Registration
-Divide girls into equal groups
-Make name tags
-Assign leaders |
| 9:15 am | Opening
-Welcome girls
-Camp rules |
| 9:30 am | Outdoor Games |
| 10:00 am | Snack |
| 10:15 am | Circuit Training |
| 12:00 pm | Lunch |
| 1:00 pm | Circuit Training |
| 2:45 pm | Snack |
| 3:00 pm | Campfire |
| 3:30 pm | Closing
-Distribute crests
-Group Photo |
| 4:00 pm | Brownies depart |
| 4:15 pm | Camp clean up |

PROGRAM PLANNING CHECKLIST

TIME	ACTIVITY	RESPONSIBLE GUIDER	EQUIPMENT NEEDED
8:30-9:00	Registration		
9:15	Opening		
9:30	Outdoor Games		
10:00	Snack		
10:15	Circuit Training		
	*Dino Prints		
	*Artifact vs. Artifake		
	*Save The Egg		
	*Camp Crafts		
	*Dino Gizzards		
12:00	Lunch		
1:00	Circuit Training		
	*Caveman shelters		
	*Outdoor Cooking		
	*Packing for Camp		
	*Nature Study		
	*Tracks & Trails		
2:45	Snack		
3:00	Campfire		
3:30	Closing/Photos		
4:00	Departure		
4:15	Camp Clean Up	Everyone	Garbage, pack up gear

PROGRAMMING NOTES

You may hold **Creaking Bones** in any venue at any time of the year, with any number of Brownies and adults. The program elements are easy to adapt to a specific situation. Ideally, this event should be held outdoors.

Selections of activities have been provided relating to the following Keys:



Key to Camping



Key to STEM

Photos

Photos of the girls in action are encouraged! Ensure all image release forms are in order and don't forget to take group photos. Send photos to the Provincial Camping Adviser camping@albertagirlguides.com

Name tags

Have prepared name tags for the girls in different images or colors to divide them equally into groups. Suggestions are:

T-Rex Trackers
Rockin' Raptors
Terrific Pterodactyls
Amazing Albertasaurus

The Bone Collectors
Stompin' Stegosaurus
Boppin' Brachiosaurus
Dancin' Diplodocus

Snacks & Lunch

You can supply snack foods as part of the program. Lunch can be supplied also, or you can opt for the girls to bring in a bagged lunch.

Quiet Time

Give the girls (and you!) a chance to relax and rest after lunch.

DINOSAUR FACTS

What is a Dinosaur?

1. Dinosaurs lived during a time period called the Mesozoic era, “the age of reptiles”, that lasted from about 270 million years ago and haven’t been around since 65 million years ago.
2. There are no dinosaurs alive today. Dinosaurs were reptiles and they walked on legs. They do not have wings or flippers or fins.
3. A dinosaur’s legs are straight underneath it.
4. Dinosaurs have special skeletons. Dinosaurs had ankle bones but no knee caps. Dinosaur skulls were also very different – they had more holes in them than many other animals.

Did you know?

1. Mary Ann Mantell found the first dinosaur bones in 1822 near her home in England. Her husband was a doctor and studied the bones. They were like nothing he had ever seen. In 1842 a friend of his wrote a story about the animals in a science magazine and named them dinosaurs. Today there are as many women as men studying dinosaurs and they are discovering new things all the time.
2. No one knows what color the dinosaurs were. It is very difficult to tell that from the fossilized remains.
3. Some walked on two legs (bipedal) and some walked on four legs (quadrupedal). Some could do both.
4. Some were speedy like the Velociraptor, and some were slow and lumbering like the Ankylosaurus.
5. Some were armor plated, some had horns, crests, spikes, or frills.
6. Some had thick, bumpy skin and some even had primitive feathers.
7. Some dinosaurs were very bird-like and may be the ancestors of today’s birds.
8. Paleontologists study their fossil remains to learn about the amazing prehistoric world of dinosaurs.

CRAFT IDEAS

Dinosaur Prints

Cut kitchen sponges into dino-shaped footprints. Dip into paint and print on paper.

Camp Hat Crafts

Fossils - use brown fun foam and cut freestyle circles. Heat carefully with a craft heat gun and immediately press a plastic dinosaur foot into the fun foam. Allow to cool. The name of the track can be added with a permanent marker.

Amber specimen - place a small plastic bug on a non stick mat. Pump hot glue onto the bug to surround it. Allow to cool. Amber color can be added to the cooled bug with ink pad reinkers, pigment ink, or orange markers.

Cave Paintings

A large piece of paper

Pens and pencils

Watered down washable paint in red, yellow, black and white

Paint brushes

Drinking straws

Place a large piece of paper on the floor or ground. Provide additional sheets for larger groups. Choose a color of paint and paint an outline of a hand with the watery paint or use the pencil to sketch an animal. Take a drinking straw and blow the runny paint outwards so that the handprint's outline becomes blurred.

Dress Up a Caveman

Scraps of material or felt

Cotton Wool or yarn

Twigs

Provide a doll template (makingfriends.com). Campers will dress the doll to look like a caveman. Use material scraps for clothing and wool for hair. Use twigs to make a club or spear.

Shell and Stone Necklaces

Beading elastic

Shells with pre-made holes

Beads

Twigs, leaves, and other natural materials

Choose a selection of natural materials, beads and shells and attach or thread onto beading elastic. Tie the ends together so everything stays in place.

Fossil Art Trading Cards (artprojectsforkids.org)

Kraft paper or cardstock

Fossil Art patterns (see appendix)

Pencil

Gray and brown crayons

White markers

Cut kraft paper cardstock to 3.5" x 2.5" (artist trading card size). Campers can look at the fossil sheet and sketch a fossil design onto the cardstock. The background can be colored with gray and brown crayons to make it look aged. Go over the fossil design with a white marker.

CIRCUIT GAMES AND ACTIVITIES

Circuit Game – Camp Skills

Prepare station areas for the girls to go through in small groups.

1. Shelters. Campers will build a cave shelter using tarps and twine, and natural items found in the surrounding bush to use as camouflage.
2. Outdoor cooking. Set up frying pans on a camp stove. Campers will be given small baggies with premixed bannock (see Dino Bannock below). Add a tsp. or two of water and seal the bags. The girls can squeeze to mix the batter. Make a patty and place the pancake in the fry pan and turn it with a flipper when it's ready. Girls can spread butter or jam on it or dunk it into small cups of syrup. Yum!
3. Packing for camp. The girls will form relay teams. Each team is given a backpack and a kit list (pictures work great). Girls take turns stomping as their favorite dinosaur to the opposite end and select an item to go in the backpack (pictures of clothing and items). Example – for a weekend camp you may need two t-shirts, a sweater, two pairs of pants, shoes, rain boots, etc. Only one item at a time can be brought back. The first team to pack their gear for the weekend wins. Real clothing items can be used and items not required for the camp can be distributed as well (e.g. iPads, extra food, sandals).
4. Nature Study. Collect various nature items and create a sensory table. Cover the items up with a cloth. The girls are all blindfolded and they use the sense of touch to feel each item and try to guess what it is. Items to include could be different cones, different evergreen needles, feathers, pieces of bark, fungus, smooth rocks, interesting twigs and leaves. Girls can then remove their blindfolds to see what they have felt. Have a Nature Nut on hand to talk about the fascinating things they are likely to see in the outdoors. This activity can be adapted as a Kim's game. Be sure to add some dinosaur-type items for fun.

5. Tracks & Trails. Campers will learn how to indicate direction using natural materials. Campers can imagine tracking a dinosaur along the trail, noticing things like the size of the track, the direction it's going in, how fast it was going, where it stopped to eat, or where it rested. Dino footprints tell a story. Lots of tracks together tells us some dinosaurs lived in herds. Little tracks in the middle surrounded by big ones means dinosaurs walked with their babies in the middle of the herd, and adults on the edges. Tracks of a meat eater on top of tracks of a plant eater means – lunch time!

Dino Partners

Campers stand in a circle with their eyes closed. A Caveman moves around the circle whispering the name of one of five dinosaurs in each campers ear. When the signal "Chatter" is given, the campers begin to move around the play area making the sound of the dinosaur and keeping their eyes closed. When they hear a sound that is the same, they hold hands and continue.

Dino Charades

Have an assortment of dinosaur pictures available. Campers take turns picking a card and mime the dinosaur's movement. The others try to guess what animal she is. Look for clues such as to whether it's a herbivore or carnivore.

Obstacle Course

Plan out a route where the girls have to jump over, climb over, sneak under, and crawl around items to reach the goal. Variation: Using a long length of cord, such as clothesline, lay a string course that wraps around trees, passes through natural landmarks, and weaves through the bush. A carabineer is attached to a string is tied to the waist and allowed to hang down for ease of movement. The carabineer clips onto the beginning of the course string and the girls follow along, sliding the carabineer along the string.

I Like Dinosaurs!

Have the campers sit in a circle. Start with one camper and begin naming the campers as Stegosaurus, Brachiosaurus, Raptors, Mammoths, Triceratops. There should be an equal number of each dinosaur. One camper is chosen to start as a Caveman Caller. Caller will shout out one of

the names of the dinosaur names e.g. Raptors! All the Raptors will jump up and run to another spot that is now empty. The Caller will try to take one of those spots and the camper without a place now becomes the Caller. Occasionally, I Like Dinosaurs! will be called and everyone gets up and tries to get another spot. Last one becomes the Caller and play resumes.

Save the Egg

The idea for this game is to locate a dinosaur egg and safely transport it back to base. You will need some thin rope, string or sisal cord, a selection of canes or poles, and an egg (colourful Nerf football, plastic Easter eggs). Campers are in teams and are given clues on where to find their egg (map and compass, GPS coordinates, or scavenger hunt clues can be used). Once the teams locate their egg, they build or create a carrying device which will transport the egg safely to base without them holding it. With at least two holding the device, the team will negotiate an obstacle course ensuring that the egg does not fall off until they reach the end.

Dinosaur Gizzards

Some plant-eating dinosaurs didn't chew their food very well. So how did they grind up all the plants they swallowed? The same way birds do, with rocks. The dinosaurs and birds swallowed rocks that probably got caught in a little pouch in their throat called a gizzard.

- Put several small rocks into a Ziploc bag. This is your dinosaur's gizzard,
- Now feed your dinosaur. Put leaves, seeds, pine needles and other plants into your gizzard.
- Now the gizzard muscles go to work. Smush the bag around in your hands for a minute or two.

What does your dinosaur food look like now? Did everything get chewed up?

Brachiosaurus, Brachiosaurus, T-Rex (Duck, Duck, Goose)

Players form a circle or sit on the ground. One person is it and walks around the outside of the circle, touching the other's heads saying "Brachiosaurus, Brachiosaurus, Brachiosaurus", until she comes to the person whom she wants to chase her, and calls "T-Rex". The T-Rex chases the player around the circle and the one who reaches the space first sits down, the other one becomes "it".

Dinosaur Stomp

Each camper decorates two empty Kleenex boxes to look like dinosaur feet. Campers can slip their feet into the boxes and pretend to be their favourite dinosaur. Each dinosaur has a balloon tied to their ankle with a length of string. On signal, the dinosaurs will attempt to stomp and pop the other balloons while keeping theirs safe. Variation: Have paper dino tracks scattered on the ground, one less than the number of players. Players will stomp around the area as their favourite dinosaur and on a signal, will jump onto a track to be safe (musical chair style game).

Artifact vs. Artifake

Palaeontologists will sift through sand to find remains and identify what is found and then sort them.

Materials: sand in a large bucket or plastic tub; artifacts such as pieces of terra cotta pots, small chicken bones, coins; artifakes, such as pieces of Styrofoam, small plastic toys, sticks, etc.; a sifter made from stapling screen material to an old picture frame or use a metal mesh strainer; small shovels and soft brushes; a container to sift the sand into.

Palaeontologists will scoop sand and place it into the strainer and sift, looking for hidden items. The found items can be placed on the side for further study. Use the brush to remove any debris or sand stuck to it, and decide whether it is an artifact or an artifake. A discussion can be encouraged regarding what we leave behind in the world and the impact on the environment. Continue until the bucket is empty.

Fossil Fun

1 cup flour

1 cup coffee grounds

1/2 cup salt

1 cup water

1/4 cup sand

Mix ingredients together. Shape into a ball and place thumb in center to form a hole. Place a treasure inside and cover up, reshaping to an egg shape. Let dry 4 to 5 days. It will resemble a rock or pumice stone. Use a hammer to crack the egg to find the treasure inside.

Hot Dinosaur Egg

Everyone stands in a circle. One camper is handed a dinosaur egg (water balloon or a real egg). The music starts and the egg is passed to the next player. When the music stops, the camper holding the egg is extinct. Continue playing until there is only one scout left. Alternative: have two circles running at the same time. Instead of camper being eliminated, she instead joins the other circle.

HEALTHY EATING & RECIPES

PB & J-Asaurus - peanut butter and jelly sandwiches made into the shapes of dinosaurs with cookie cutters (peanut allergy alert!)

Use fun names to common foods:

- Dinosaur nuggets - chicken nuggets
- Dinosaur bones - pretzel sticks
- Pterodactyl wings
- Herbivore tray – veggies
- Brachiosaurus Burgers
- Dino Dogs
- Fossil Fries - potato chips
- Dino eggs - hard boil some eggs. After they cool, gently crack the shell all over but don't remove the shell. Place the cracked eggs in a small bowl containing 3 cups of cool water and kool-aid mix. Cover the bowl and refrigerate overnight. Remove the eggshells and the egg will look like it had cracks all over it.
- Liquid Lava - red punch
- Swamp Slurp - sprite with green food coloring
- Dinosaur shaped cookies, or sugar cookies made with an impression of a dinosaur foot from a plastic dinosaur

Dino Bannock

The recipe below is for one bannock, cooked over a fire or on a camp stove. Put the ingredients into a small freezer bag and knead until water is incorporated and dough is smooth and pulls away from the sides of the baggie. Have extra flour available in case too much water was used. The campers can knead the dough until the water is incorporated and smooth. The dough should not be sticky but able to be handled and slapped into a patty. Cook slowly in a fry pan or on a griddle. Nuts and dried berries can be added for interest.

Tiger's Bannock

- 1 cup white flour
- 1/4 tsp. salt
- 1 tsp baking powder
- 1 tablespoon butter or margarine
- 1/3 cup or more cold water

Dino Dig Dessert

Soften chocolate ice cream slightly at room temperature, about 10 minutes. Cut a chocolate brownie in half horizontally. Place 1/2 a brownie at the bottom of a dessert bowl and top with one scoop of softened ice cream. Spread ice cream evenly using the back of a metal spoon dipped in warm tap water. Sprinkle gummi animals over the ice cream layer. Press them firmly into the ice cream. Place the second 1/2 of the brownie on top of the gummi animals. Spread another layer of ice cream over the brownie and sprinkle ice cream with crushed Oreos. Place desserts in the freezer until the ice cream has set again. Use your spoon to dig deep. Eat your way through the Oreo dirt and layers of brownie rock to unearth dinosaur fossils.

Diplodocus Treat

Color ranch dressing with green food coloring. Cut up some fresh broccoli. Pretend you are a diplodocus munching on treetops as you dip the broccoli into the dip.

CAMPFIRE SONGS

All Around the Swamp(to tune of "Wheels on the Bus")

The Pteradon's wings went flap, flap, flat, etc.

All through the swamp.

The Tyrannosaurus Rex went, Grr, grr, grr...

The Triceratops' horns went poke, poke, poke...

The Apatosaurus went munch, munch, munch...

The Stegosaurus' tail went spike, spike, spike...

Dino Song(to tune of "This Old Man")

Dinosaurs, they had fun

They made footprints one by one

With a boom, boom, boom

And a stomp, stomp, stomp,

They all marched around the swamp.

Action Rhyme

Dinosaur, dinosaur, turn around (turn around twice)

Dinosaur, dinosaur, touch the ground (bend knees and touch ground)

Dinosaur, dinosaur, Roar! Roar!

Dinosaur, dinosaur (put hands on cheeks, look scared, shriek worlds)

Shut the door!

Tyrannosaurus Rex (to tune of "Mary Had a Little Lamb")

Dinosaurs walked on this earth,

On this earth, on this earth.

Dinosaurs walked on this earth

A long, long time ago.

Tyrannosaurus Rex was the king,

Was the king, was the king.

Tyrannosaurus Rex was the king

A long, long time ago.

Dinosaurs (to the tune of "Alouette")

Allosaurus, pachycephalosaurus,
Apatosaurus, tyrannosaurus rex.
Stegosaurus, trachodon
Triceratops, pteranodon
Dinosaurs, dinosaurs
Dinosaurs, dinosaurs
Allosaurus, pachycephalosaurus
Apatosaurus, tyrannosaurus rex!

I've Been Digging For a Dino (to tune of "I've Been Working on the Railroad")

I've been digging for a dino,
Digging very deep.
I've been digging for a dino,
No time to eat or sleep.
I find more bones every minute,
And when my dig is done.
I'll glue all the bones together
And have a skeleton.

Stomp Like a Dinosaur

Campers line up behind the Leader. The Leader begins an action and sings the line to match. ('George of the Jungle') The campers chant the line back to the Leader and do the actions to match, walking behind the Leader conga line style. Campers do whatever actions the Leader can think of, keeping the line moving.

"Stomp, stomp, stomp like a dinosaur" (Action: stamp your feet as you move around)

"Shake, shake, shake like a dinosaur" (Action: wobble wobble like Jell-O, waving your arms and shaking your body)

"Snap, snap, snap like a dinosaur" (Action: make big jaw snapping movements with your arms)

"Stretch up high like a dinosaur" (Action: stretch your arms up to the ceiling and stand up on tiptoes)

"Roar, roar, roar like a dinosaur" (Action: roar like a dinosaur)

BROWNIE KIT LIST

Items may need to be added or deleted, depending on the time of year and whether you are in a residential building or not.

Label everything clearly.

- Brownie uniform - wear to and from camp
- Water bottle
- Warm jacket
- Rain Gear
- Hat (a must)
- Running Shoes
- Sit Upon
- Suntan Lotion
- Backpack to put all items in

Medications are to be given to the first aider upon arrival at camp.

Place all medications, both prescription and over-the-counter, in a plastic Ziploc bag, clearly labeled with the girls' name. All medication must be in the original container and have the dispensing instructions clearly labeled.

GUIDERS KIT LIST

This list includes items that will make your day more comfortable.

- Tarp – to cover gear if it's wet outside, or to put backpacks on
 - Garbage bag
 - First Aid Kit
 - Camera
 - A flag or marker to indicate your group boundaries
 - Safe Guide Forms: girls and leaders health forms, SG.3, SG. 4, H.3,
- H.4
- Cell phone

If not provided at the camp:

- Cooler
- Toilet Paper
- Hand sanitizer

CREAKING BONES

GUIDER EVALUATION FORM

Please share with us what you liked about this “Camp In a Box” and anything that can be improved on for the next time. Thanks for your input!

WHAT DID YOU LIKE BEST?

WHAT WORKED/DIDN'T WORK FOR YOU?

WHAT COULD BE IMPROVED ON FOR NEXT TIME?

GENERAL COMMENTS

Please send your pictures to us at:

AB Camping Committee
11507 – 107 St.
Edmonton, AB
T5H 2Z6

or email to:
camping@albertagirlguides.com

