

COLOUR ME HEALTHY CHALLENGE: BROWNIES

A HEALTHY LIFESTYLES CHALLENGE
FROM THE BC PROGRAM COMMITTEE





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Introduction

Welcome to the Colour Me Healthy Challenge for Brownies. This challenge was created to replace the now discontinued Active Living Challenge. This challenge encompasses the same principles: to explore healthy lifestyles through fitness, healthy eating and a positive self-esteem. The primary difference with this challenge is that we now have four separate branch-level challenges and crests. This is to encourage units to complete this challenge at every branch level, as healthy lifestyle activities are important at all ages.

If you wish to complete the challenge to earn a younger branch level crest, complete the challenge in one year to earn your branch appropriate crest, then complete the challenge again in another year to earn the younger branch crest. For example, the first year you earn the challenge, give the girls the Pineapple crest. The second year you complete the challenge, you can give the 2nd year girls (who already have the Pineapple crest) the Strawberry crest (but give the 1st years the Pineapple crest). Please do not distribute crests for a higher level branch, so that the girls can earn those when they move up to Guides and Pathfinders.

We hope you enjoy the activities included within this challenge.

Sincerely,

The BC Program Committee

Objectives

- To try various forms of physical activity and promote lifelong physical activity.
- To introduce nutritious and healthy eating ideas.
- To promote a positive body image and good self-esteem, encouraging girls to explore their personal strengths and abilities.

Challenge Requirements

To earn the Colour Me Healthy Challenge, Brownies need to earn at least four “challenge credits,” and complete at least one activity from each of the three sections: Fitness Fun, Healthy Eating and Positive Self-Esteem. You can complete this in just one meeting, or go into more depth and complete it over a series of meetings.

When you have completed the activities, complete the [BC Challenge Crest, Pin, and Camp To Go Order Form](#) which can also be found on the [BC Girl Guides](#) website (click on Girl Engagement > Program > Program Challenges). Before filling out the Order form, please read the [BC Challenge Crest, Pin, and Camp To Go Information](#) document in order to understand the pricing and payment for the various crests, pins and merchandise.



COLOUR ME HEALTHY CHALLENGE: TRACKING SHEET

Complete at least one activity from each section, for a minimum total of **four credits**. Remember, you can always substitute your own activities that meet the objectives.

Except where indicated, activities in this challenge are worth one credit each.

Fitness Fun

Objective: To try various forms of physical activity and promote lifelong physical activity. Try one or more of the following activities.

- | | |
|---|---|
| <input type="checkbox"/> Dancing as a Star | <input type="checkbox"/> Obstacle Course |
| <input type="checkbox"/> Parachute Games | <input type="checkbox"/> Duck-Duck-Chicken |
| <input type="checkbox"/> Bike Rodeo (2 credits) | <input type="checkbox"/> Capture the Coconuts |
| <input type="checkbox"/> Balloon Hockey | <input type="checkbox"/> Active in My Community (2 credits) |
| <input type="checkbox"/> Banana Relays | <input type="checkbox"/> Other fitness activity: |
| <input type="checkbox"/> Skipping Games | _____ |

Healthy Eating

Objective: To introduce nutritious and healthy eating ideas. Try one or more of the following activities.

- | | |
|--|---|
| <input type="checkbox"/> Cooks on the Run Relay | <input type="checkbox"/> Healthy Snack |
| <input type="checkbox"/> Food Groups Fruit Salad | <input type="checkbox"/> Supermarket Field Trip (2 credits) |
| <input type="checkbox"/> What Food Am I? | <input type="checkbox"/> Other healthy eating activity: |
| <input type="checkbox"/> Food Group Concentration | _____ |
| <input type="checkbox"/> Super Silly Snack Creations | |

Positive Self-Esteem

Objective: To promote a positive body image and good self-esteem, encouraging girls to explore their personal strengths and abilities. Try one or more of the following activities.

- | | |
|--|---|
| <input type="checkbox"/> Me Tree | <input type="checkbox"/> Love Yourself Mirror Frames |
| <input type="checkbox"/> Flowers of Friendship | <input type="checkbox"/> Other positive self-esteem activity: |
| <input type="checkbox"/> A Garden Full of Blooming Flowers | _____ |
| <input type="checkbox"/> The Perfect Princess | |



FITNESS FUN ACTIVITIES

Stretch It Out

Do this before any physical activity.

Why is stretching an important part of our physical fitness? When should we stretch our muscles? As a unit, do some stretching together. You may want to play some relaxing music as you stretch. Here are some ideas of muscles to stretch: your calves, your quadriceps, your back muscles, and your arm muscles.

Dancing as a Star

1. Have a dance-themed meeting! Are there any dancers in your unit? If so, what do they do in dance class? What are the different styles of dance that you know and why is dance a great form of exercise? (Hint: how about cardio, strength and flexibility?)
2. Play a game that involves dance: for example, a relay where each girl has to make her way across the room and back by dancing however she chooses (using music makes this really fun!).
3. Divide into groups, choose a song, and create a dance that you can perform together at the end of the meeting.
4. If possible, invite a dance teacher or a dancer (could be a Pathfinder or leader too!) to give a talk about their style of dance and show you some dance moves.

Supplies

- ☐ music

Parachute Games

There are many different parachute games. Here is a selection of games to play with the Brownies.

Cinderella's Shoe

1. Assign each girl a number – counting, for example, 1 to 6 and starting over again, so there are several girls with the same number.
2. Select a number – this could be done by rolling a die.
3. All girls with the selected number place one shoe into the middle under the parachute. Have all the girls stand in a circle holding the parachute.
4. On the count of three, work as a team to lift the parachute as high as possible.
5. All selected number girls run under the parachute and try and put their shoe back on before the parachute falls.

Supplies

- ☐ parachute, sheet or large blanket
- ☐ small, lightweight balls, beach ball
- ☐ optional: die



Parachute Run

1. Have all the girls stand in a circle holding the parachute.
2. Choose one girl to run on top of the parachute while the other girls make waves with the parachute.
3. See how long the girl can run without being overtaken by the waves.

Brownie Toadstool

1. Girls stand in a circle holding the parachute at waist level.
2. Take two practice lifts, “one”, “two”, and have the girls raise their arms higher each time.
3. On the count of “three”, the girls should raise their arms and parachute as high as possible, sit down and pull the edge of the parachute down behind them. This will create a mushroom or a toadstool effect.

Owl and Mouse

1. Choose one girl to be an owl and another girl to be the mouse.
2. The mouse crawls under the parachute and the owl removes her shoes and crawls on to the top of the parachute. The rest of the group is holding the parachute in a circle.
3. The group begins making waves in the parachute by lifting their arms up and down. This makes it hard for the owl to see the mouse moving under the parachute.
4. The mouse crawls around under the parachute and the owl crawls/flyes around on the top to try and find the mouse. When the owl tags the mouse, have the girls stop shaking the parachute and lift it up so the mouse can crawl out.
5. Pick a new mouse and owl and play again!

Parachute Volleyball

1. Divide the group of girls into two teams. The teams should face each other around the parachute.
2. Add a beach ball onto the parachute.
3. The teams should try to knock the ball over the other team’s side by creating waves in the parachute.

Rollercoaster

1. Have the girls stand in a circle holding the parachute.
2. The challenge is to get a beach ball to roll all the way around the edges of the parachute.
3. The trick here is to gently lower, then lift the parachute as the ball passes the girls.

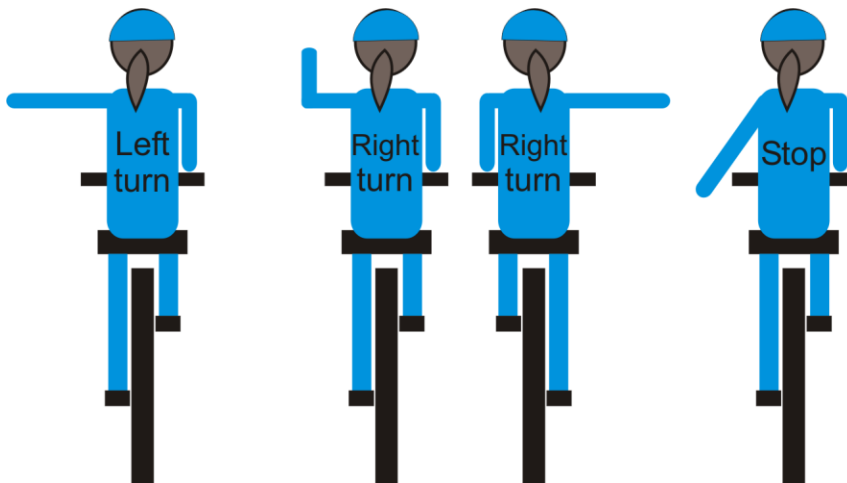


Bike Rodeo

1. Have the girls bring their bikes and helmets to a unit meeting or meet at a park with a safe place to ride the bikes.
2. Conduct a safety check with all girls and adults prior to riding. While on their bikes, have the girls check the tires to make sure the tires are properly inflated. Check the brakes by squeezing them as you gently push the bike forward. The brakes should prevent the bike from moving. Have the girls check the chains to see if they are in place and that they run smoothly through the front and rear sprockets, by taking the bike for a short ride. Check that helmets are not cracked, fit snugly on head (should sit mid forehead), and ensure straps fasten snugly under chin. Discuss with the girls why it is important to wear a helmet while riding. Once you are certain everyone has safe equipment, you can begin the fun!
3. Break girls into smaller groups and have them visit various stations to practice their bike skills. Here are some station ideas for a Brownie bike rodeo:
4. **Zig-Zag Track:** Set up a 30-foot track using chalk or tape, that includes four or five 90° angles. Have girls practice making hand signals before turning the corners.

Supplies

- ☐ bicycle and helmet for each girl
- ☐ safety cones
- ☐ sidewalk chalk, tape or cones
- ☐ bike repair kit
- ☐ bike rodeo participant ribbons or crests (optional)
- ☐ 5-10 rolled up newspapers
- ☐ 5-10 laundry baskets
- ☐ large bag



5. **Slow Race:** Using chalk, draw a track that loops in a large oval or a track that is a straight line. Have two or more girls race at once. The goal of this race is to go as slow as possible. The winner is the girl who gets to the finish line last, without touching the ground to catch her balance.
6. **Balance Beam:** Using chalk, draw two straight lines about six inches apart and 20 feet long. Have girls try and ride between the lines without touching the lines.



7. **Target Practice:** Using chalk, draw a straight-line course that is about 25-30 feet long. Draw a thick straight finish line. Have the girls ride one at a time towards the finish line. The goal is to stop with the front tire squarely on the finish line.
8. **Newspaper Girl:** Have the girls pretend to be paper delivery people. Bring 5-10 rolled up newspapers, 5-10 laundry baskets or other tubs, and a large bag that can be slung over their shoulder. Set up the laundry baskets beside the track. Place newspapers in the large bag and have the girls wear the bag over one shoulder. The girls ride one at a time and try and toss newspapers into the tubs.

Balloon Hockey

****Latex Allergies:** Check health forms for any latex allergies before playing with balloons.

1. Place a laundry basket at either end of the playing area, and give each girl half of a pool noodle.
2. Spread 30 to 40 balloons throughout the playing area.
3. Put the girls into two teams - the object is to get as many balloons into the baskets as possible within a set time period.
4. The balloons can either be popped once they are in the basket or the girls can keep the balloons so that they can play with them later.

Supplies

- ☐ pool noodles (cut in half – one piece per girl)
- ☐ 30-40 inflated balloons
- ☐ two laundry baskets

Banana Relays

1. Divide the group into teams of 4 or 5 players and give each team a banana. Teams are to complete various relays. Examples of relays follow.
2. Place the banana between the knees and waddle across the room and back.
3. Two teammates toss the banana back and forth to each other as they walk/run across the room and back.
4. Pass the banana from between the chin and neck down through the entire line of teammates and back.
5. Balance the banana on the head and run/walk across the room and back.
6. Idea: Use the bananas for a nutritious drink (e.g. to make smoothies) after the girls have finished using the bananas for these games.

Supplies

- ☐ bananas (one per team of 4-5 girls)



Skipping Games

There are many fun skipping games. Here are a few games to try with the Brownies.

Skipping Relay

1. Divide the girls into teams of three.
2. Place a safety cone 10 metres away from the start line.
3. Line all the teams up at the start line.
4. The first girl skips forward to the cone and back. The first girl tags the second girl and then goes to the back of the line and sits down.
5. The second girl skips backwards to the cone and back. This girl then tags the third girl.
6. The third girl skips with crossing and uncrossing her arms to the cone and back.
7. The first team to have all three girls finish their skipping wins.

Supplies

- ☐ skipping ropes (singles and extra long)
- ☐ safety cones
- ☐ music source (optional)

Skipping Freeze

1. Have girls skip around the room or play space while the music is playing.
2. When the music stops, the girls must freeze.
3. Anyone seen still moving after the music stops is “out”.
4. Alternatively, this could be done without music and the Guider could call out “go” and “stop” to signal the girls.

Apples to Zucchini

1. Divide girls into groups of three.
2. Two girls hold the ends of a long skipping rope and turn the rope, while one girl skips in the middle.
3. As the skipper hops she chants the alphabet and a fruit or vegetable that corresponds to that letter. For example: “A is for apple, B is for banana, C is for cucumber, D is for date”, etc.
4. The skipper skips until she stops the rope or names an incorrect fruit or vegetable. She can then switch places with one of the rope turners.

Birthday Plum

1. Divide girls into groups of three.
2. Two girls hold the ends of a long skipping rope and turn the rope, while one girl skips in the middle.
3. As the skipper starts skipping, sing “Apples, pears, peaches, plums. Tell us when your birthday comes”.
4. At this point turn the rope faster as you recite the months of the year. The skipper stops jumping (or jumps out of the rope) when her birthday month is called out.



Teddy Bear

1. Divide girls into groups of three.
2. Two girls hold the ends of a long skipping rope and turn the rope, while one girl skips in the middle.
3. As the skipper starts skipping, sing:
Teddy bear, teddy bear, turn around,
Teddy bear, teddy bear, touch the ground,
Teddy bear, teddy bear, show your shoe,
Teddy bear, teddy bear, that will do.
Teddy bear, teddy bear, brush your hair,
Teddy bear, teddy bear, climb the stairs.
Teddy bear, teddy bear, reach for the sky,
Teddy bear, teddy bear, wave goodbye.

Obstacle Course

1. Together as a group, create an obstacle course that includes various activities like jumping, light lifting, walking, skipping, and balancing. Use the supplies you have available.
2. Have girls run through the obstacle course. Discuss some challenges of the course.
3. Let the girls redesign the course and have them play again.

Supplies

- ☐ skipping ropes
- ☐ hula-hoops
- ☐ safety cones
- ☐ playground balls
- ☐ Frisbees
- ☐ beanbags

Duck-Duck-Chicken

1. All the girls sit in a circle. One girl is chosen to be "it".
2. The "it" girl has the chicken and is outside the circle. She walks around the circle tapping each person on the head with the chicken while saying "duck, duck..."
3. At some point, the "it" girl drops the rubber chicken on the lap of one girl in the circle, and calls out "chicken".
4. Just like in "Duck-duck-geese," both girls must run around the circle to try and claim the empty spot. However, the girl with the chicken can try to tag "it" with the rubber chicken (she could even throw it at her!) before the "it" girl sits down. If she is able to touch the rubber chicken to the "it" girl, then she may reclaim her spot. Otherwise, the first person back to the spot (without the chicken) wins and sits down.
5. Continue playing as instructed above.

Supplies

- ☐ rubber chicken



Capture the Coconuts

1. Divide the group up into sets of three girls. Each group of girls plays the game as follows.
2. Lay the hula-hoops flat on the ground, about 3 feet away from each other in a triangle formation.
3. Each player claims one hula-hoop as her “island”. The object of the game is to get three coconuts (beanbags) into your hoop at the same time.
4. Play starts with all the girls on their islands. The leader tosses 3 beanbags into the center of the playing area. Each girl can only pick up one beanbag at a time and must put both feet on her island (within the hula-hoop) before dropping it on the island (in the hoop). If she carries more than one at a time or doesn't put her feet in the hoop, a leader tosses the beanbag back into the middle.
5. This is a fast paced game. Girls now run to the other player's islands and can steal one beanbag at a time and take it back to her own hoop. The girl has to be quick getting back to her hoop though, as another girl may have stolen a beanbag while she was gone. Girls may not guard beanbags.
6. The leader can add a couple more beanbags to the center of the play area periodically throughout the game. The more beanbags in play, the quicker the game will end. If there are fewer beanbags, the girls will have to run more between islands to get the beanbags back to their islands. If you notice girls starting to tire from running back and forth, add another beanbag into the center.
7. Play until one girl has 3 beanbags in her hula-hoop at one time.

Supplies

Per group:

- ☐ 10 small objects that don't bounce (e.g. beanbags)
- ☐ 3 hula-hoops

Active in My Community

Hold a meeting outside of your regular meeting place and do something active. Visit a gymnastics gym, go to a dance studio, go swimming, try skating, visit a martial arts centre, go for a hike in a nearby park, or play at a nearby playground. Whatever you decide as a unit, get out and get active while having fun!



HEALTHY EATING ACTIVITIES

As always, please be careful with food allergies and refer to the girls' Health Forms. Read every label and avoid anything that may contain a potential allergen.

Cooks on the Run Relay

1. Discuss with girls what the four food groups are. Show a picture of Canada's Food Guide (visit Health Canada's website at <http://hc-sc.gc.ca/> and click on Food and Nutrition>Canada's Food Guide to get a copy). Ask them to name a few foods in each group.
2. Divide the girls into teams of 5. Each team is given a set of food cards. They must create a meal including 5 items that fit into the four food groups. Each player holds a food card.
3. The first person in line puts on the hat and apron, then balances their food card on the spoon to carry it to the placemat or plate on the other side of the room.
4. She returns to her team and hands the hat, apron and spoon to the next person who adds her food card to the plate.
5. This continues until the meal is completed. Leaders should check to ensure all meals include foods from all four food groups.

Supplies

- ☐ chef hats
- ☐ wooden spoons
- ☐ aprons
- ☐ food cards from the four food groups (set per team)
- ☐ placemats or paper plates
- ☐ a copy of Canada's Food Guide (you can order enough for your whole group)

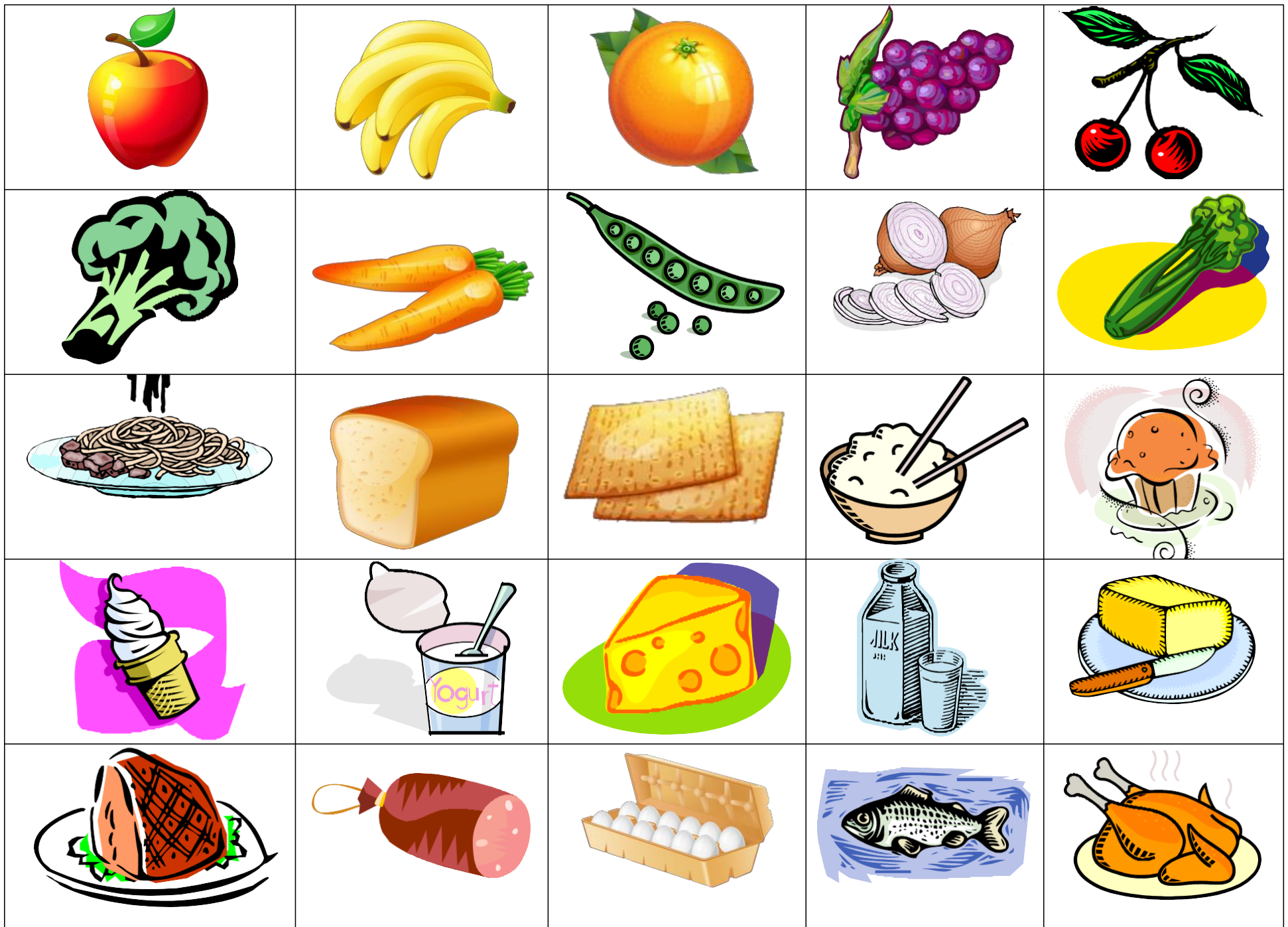
Food Groups Fruit Salad

1. Discuss with girls what the four food groups are. Show a picture of Canada's Food Guide (visit Health Canada's website at <http://hc-sc.gc.ca/> and click on Food and Nutrition>Canada's Food Guide to get a copy). Ask them to name a few foods in each group.
2. You could have the girls prepare the index cards prior to the game.
3. Using small pieces of masking tape, mark a place for each girl in your unit to stand in a circle. (alternatively, girls could have mats or chairs)
4. Each girl stands on a piece of tape to form the circle. Give each girl one of the index cards with a food item on it.
5. Call out a food group. All the girls in that food group leave their piece of tape and trade places with someone else in that food group. Continue until all the food groups have been called. Have the girls switch cards and play again.

Supplies

- ☐ masking tape
- ☐ index cards with pictures from grocery fliers glued on (representing foods from each food group) or use the cards from the Cooks on the Run game
- ☐ a copy of Canada's Food Guide (you can order enough for your whole group)

Cooks on the Run Cards. You can also make your own cards for more variety.





What Food Am I?

1. Discuss with girls what the four food groups are. Show a picture of Canada's Food Guide (visit Health Canada's website at <http://hc-sc.gc.ca/> and click on Food and Nutrition>Canada's Food Guide to get a copy). Ask them to name a few foods in each group.
2. Pin or tape a food card to each girl's back.
3. Girls mingle and try to figure out what they are by asking questions that can be answered by "yes" or "no". Some example questions are: "Am I a type of food that comes from a plant?" "Am I part of the dairy food group?" "Would you eat me at breakfast?" etc.
4. When a girl has discovered what food she is, the card is removed from her back and she continues to answer questions to help other girls learn their foods.

Supplies

- ☐ masking tape or safety pins
- ☐ cards from the Cooks on the Run game
- ☐ a copy of Canada's Food Guide (you can order enough for your whole group)

Food Group Concentration

1. For this game, you will need to print two copies of the cards that you will use. You can choose how many foods you wish to use.
2. Divide the girls into small groups (2 to 6 girls per game).
3. Lay the cards out face down in a pattern, for example, 4 rows of 6 cards (if using 24 cards – i.e. 12 different foods).
4. Choose one girl to go first. She flips over two cards (one at a time) and identifies the food on each card and what food group it is part of. If they match, she keeps the cards and plays again. If they do not match, she flips them face down again and play moves to the next girl (clockwise).
5. Continue play until all cards have been made into pairs.
6. The winner is the girl with the most pairs.
7. Increase the difficulty of the game by adding more food pairs to the mix.

Supplies

- ☐ 2 sets of cards from the Cooks on the Run game

Super Sil y Snack Creations

1. Explain to the girls that snacks are meant to help get through the time between meals – to do so, the snack is best when it has fruits or vegetables and something else such as a dairy food (cheese, yogurt) or a grain (crackers, granola bar).
2. Have the girls try to come up with as many snacks as they can and list them on a sheet or board.

Supplies

- ☐ paper
- ☐ markers or crayons



3. Talk about how sometimes we have special snacks to do with a theme such as at birthday parties or camp and how fun it can be to both create them and eat them because of the theme
4. Have the girls create their own super silly snacks – help them out by giving some themes:

Rainforest	Outer Space	Desert Island	Robot Land
Pirates	Wild West	Under the Sea	At the Movies
Pajama Party	Princesses	Wild Weather	Circus
5. Share the girls' ideas, talking about whether the snack is a super silly snack because it meets the criteria, and then arrange to try out a couple of the snacks at future meetings.

Healthy Snacks

This activity is intended for the girls to make and enjoy a healthy snack. We have given some ideas here, but you could substitute any healthy snack recipe.

Sandwich Sushi Snack

1. Have girls wash their hands thoroughly with warm soapy water before preparing food. Ensure your workspace is clean and wiped down.
2. Give each girl a tortilla wrap. Girls use a knife to spread cream cheese over the wrap.
3. Girls choose which proteins and veggies they would like to add to their sushi rolls and add it on top of the cream cheese.
4. Next roll the wrap like sushi. Cut roll to make sushi. Transfer the rolls to the plates.
5. If desired, challenge the girls to eat the sushi using chopsticks.

Supplies

- ☐ whole heat flour tortillas
- ☐ flavoured cream cheese spread
- ☐ thin cheese slices
- ☐ small pickles
- ☐ deli meat
- ☐ shredded carrots, cucumber, bean sprouts
- ☐ plastic knives
- ☐ paper plates
- ☐ chopsticks (optional)





Hummus Heads Snack

1. Ensure the girls have washed their hands with warm water and soap and that the preparation areas are clean.
2. Spread hummus on the English muffins.
3. Use veggies to make a face on the English muffins. Cucumbers, tomatoes and olives could be the eyes or the noses. Peppers could be the mouths or ears. Lettuce could be the hair. The possibilities are endless! Let the girls be creative by using their favourite veggies.

Supplies

- ☐ whole wheat English muffins (halved and toasted)
- ☐ hummus
- ☐ cherry tomatoes sliced in half
- ☐ bell peppers thinly sliced
- ☐ pitted black olives, sliced in half
- ☐ romaine lettuce leaves

Yogurt Parfaits

1. Ensure that the girls have washed their hands with warm water and soap and preparation areas are clean.
2. Place fruit into separate bowls with spoons for scooping. Give each girl a cup.
3. The girls can scoop yogurt into cups and add granola and fruit of their choice.

Supplies

- ☐ plastic cups (one per girl)
- ☐ spoons
- ☐ yogurt (about ½ cup per girl)
- ☐ granola
- ☐ fruit (e.g. pineapple, orange slices, raspberries, kiwi, banana, strawberries, grapes, etc.)

Grapefruit Owl

1. Ensure the girls have washed their hands with warm water and soap and that the preparation areas are clean.
2. Place the fruit into separate bowls with spoons for scooping.
3. The grapefruit is the owl's body. Use 2 banana slices and blueberries to make the eyes. Use 2 orange slices as wings. Cut an orange slice into a triangle for a beak.

Supplies

- ☐ grapefruit, sliced in half
- ☐ banana slices, with peel
- ☐ mandarin oranges, peeled and separated into slices
- ☐ blueberries



Banana Cookies

1. Ensure that the girls have washed their hands with warm water and soap and that the preparation areas are clean.
2. Preheat the oven to 375°F.
3. In a large bowl, mash up the bananas and add in the oats. Stir until the ingredients are well blended. Add in additional treat if desired.
4. Have the girls form dough into round balls or hearts (balls won't change shape in oven), and place on a cookie sheet.
5. Bake for 12 minutes. Let cool before eating.

Supplies

- ☐ 2 ripe bananas
- ☐ 1 cup whole oats
- ☐ ¼ cup additional treats (e.g. nuts, chocolate chips) – optional
- ☐ baking supplies (bowl, mixer, spoons, cookie sheet, oven)

Supermarket Field Trip

Arrange to take a tour of your local supermarket. Talk about the four food groups while at the store.



SELF-ESTEEM ACTIVITIES

Me Tree

1. Have girls draw a tree on their paper. Include branches, trunk and roots.
2. Next, have the girls make paper leaves and write something they are good at, something they love doing, or something that makes them special. Some girls may need assistance with writing.
3. Have the girls glue leaves onto the tree. The girls can then decorate the background and add details to their trees.
4. Extension: Each girl chooses a partner and each one writes something nice about the other person on a leaf. Encourage girls to write compliments or statements about abilities or talents rather than physical appearance. Girls exchange leaves and add them to their trees. Repeat with a new partner until your tree is full of leaves.

Supplies

- ☐ paper (white and green)
- ☐ markers or crayons
- ☐ pencils
- ☐ scissors
- ☐ glue sticks

Flowers of Friendship

1. On a white piece of paper, each girl glues on a stem, 6 petals and a flower center.
2. On the flower center have the girls write their name.
3. Next sit in a circle and pass the flowers to the girl sitting on the right. When the girl receives the flower, write something nice about the girl on one of the petals and pass it to the girl on the right. Instruct the girls not to write their own name down.
4. When all the petals are filled with positive messages, pass the flower back to the girl it belongs to.
5. Girls will feel good about the nice things their Brownie friends said about them.

Supplies

- ☐ coloured paper cut into flower petal shapes, stems, and flower centers
- ☐ glue sticks
- ☐ white paper
- ☐ markers or pencils

A Garden Full of Blooming Flowers

1. Hand out a piece of poster board, scissors and glue to each circle corner. Have the girls work with their circle group.
2. Give two of the circles a variety of colours of construction paper (one sheet per girl). The other two circles will be given only one colour of construction paper (one sheet per girl).
3. Ask the girls to create a flower garden using the materials they were given. They can glue the garden to the poster board.

Supplies

- ☐ a piece of poster board for each circle
- ☐ construction paper in a variety of colours
- ☐ scissors
- ☐ glue sticks



4. When everyone is done, compare the gardens and discuss the results. Which garden do you like best? Why? Do you see anyone else around you that looks exactly like you (e.g. hair, eyes, skin tone, etc.)? What would the world be like if we all looked exactly the same? Discuss why we celebrate differences and why it's special to be yourself.

The Perfect Princess

1. Give the girls paper and drawing supplies (markers, crayons, pencils, paints, etc.). Ask the girls to draw the perfect princess (leaders can tell the girls to think of their favourite fairy tale or movie)
 - let them know if they have trouble drawing a part, they can tell the leaders about it and describe it instead... (leaders can help out by talking about size of the eyes, height of the princess, curviness of the body, length of the princess' hair).
2. Once the girls have finished, line the pictures up for display and start a conversation.
3. Ask the girls if they see any similarities in the drawings as to body image, beauty, finished appearance (e.g. clean, groomed, put together), quality of clothing, etc. Compile a list of what the girls' answers are under the heading Perfect Princess.
4. Then ask, "Is this the only way there can be a perfect princess? Can you be a perfect princess? In real life, do all girls look like this? Should they try? Is there such a thing as a perfect princess?"
5. Cross out the word "perfect" and ask the girls to think of ways that a princess should be that any girl can try to be – (recent movies such as Brave and Tangled can help in this respect).
6. Then talk about what "beautiful" looks like – no one way to look beautiful – think of beauty around the world – there are websites and resources that talk of the many ways women have tried to be beautiful that we would find strange or different.

Supplies

- ☐ paper
- ☐ markers, crayons, pencils

Love Yourself Mirror Frames

1. Have girls brainstorm positive phrases or words together as a group. Girls choose phrases that they like to write on their borders. Use sharpies to write on phrases.
2. Examples of phrases: "Be the best you can be", "you can do anything", "you are strong", "you are capable", "keep smiling"
3. The girls can use white glue to add decorations.
4. Using a hot glue gun, have the girls glue the frame onto the mirror.

Supplies

- ☐ small hand mirrors (one per girl)
- ☐ fun foam sheets cut into borders for each girl
- ☐ permanent markers
- ☐ decorations (fun foam shapes, stick on jewels, craft flowers, etc.)
- ☐ white glue
- ☐ hot glue and glue gun



ALTERNATE ACTIVITY RESOURCES

The important part of any Girl Guide program is to be flexible while fulfilling the objectives of the program. You are welcome to use the activities listed within this resource, or find alternate activities.

Fitness Fun

- Active Living Toolboxes – 1996/1997. Available on the BC Girl Guides website: <http://bc-girlguides.org>, select Program > Program Resources > Active Living
- Fun Fitness Activities for Kids. PHE Canada. (PHE=Physical and Health Education) http://www.phecanada.ca/sites/default/files/fun_fitness_activities_for_kids.pdf
- Easy Fitness Activities for Kids: <http://lifestyle.howstuffworks.com/crafts/quick-easy-crafts/easy-fitness-activities-for-kids.htm>
- IDEA Health & Fitness Association, Children/Teens articles: <http://www.ideafit.com/fitness-articles/special-populations/children-teens>
- JumpBunch Sports and Fitness for Kids: <http://jumpbunch.com/kids-click-here/fitness-games/>
- Rubber Chicken Games: <http://bc-girlguides.org>, Program > Program Resources > Games and Activities
- Search online for more resources: <https://www.google.ca/search?q=fitness+activities+for+kids>

Healthy Eating

- Health Canada (Food Guide): <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
- Mission Nutrition (resources up to grade 8: Sparks to Pathfinders): <http://www.missionnutrition.ca/eng/educators/index.html>
- Discover Healthy Eating (Sparks to Pathfinders) – Toronto Public Health: <http://opha.on.ca/Resource-Documents/Discover-Healthy-Eating!.aspx>
- Healthy Eating Action Resource – Action Schools! BC: <http://www.actionschoolsbc.ca/key-resources-equipment>
- Search online for more resources: <https://www.google.ca/search?q=nutrition+activities+for+kids>

Self-Esteem

- NEDIC Love Yourself Challenge: <http://memberzone.girlguides.ca>, select Program Resources (at top) > Challenges and Activities (middle of page) > GGC/NEDIC Love Yourself Challenge
- Dove Self-Esteem Resources: <http://www.dove.ca/en/Social-Mission/Self-Esteem-Resources/default.aspx>
- Free Being Me (WAGGGS and Dove): <http://www.free-being-me.com/downloads>
- Looking at Me (Girlguiding UK): https://www.girlguiding.org.uk/members_area_go/activities/activity_packs/looking_at_me.aspx



PROGRAM CONNECTIONS

The Girls First program is girl-driven and designed to be highly flexible and agile. We encourage you to visit the [Digital Platform](#) to best determine how this challenge fits into the Program Areas and Themes.

You may want to start exploring the following Program Areas:

- Explore Identities
- Be Well
- Experiment and Create

This is not a comprehensive list, and remember that you can apply your activities to the Girls First program as you see fit.