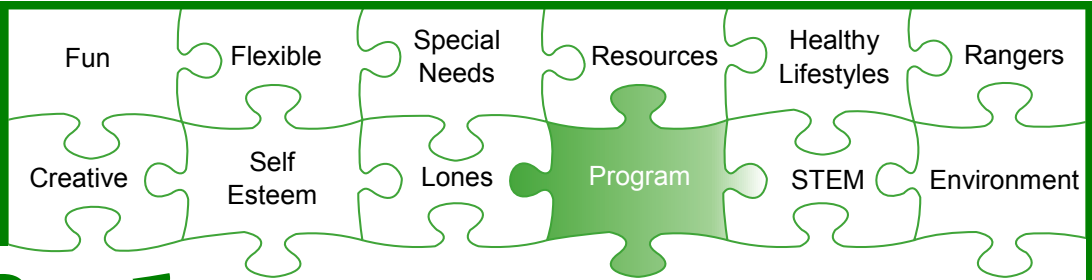




Girl Guides of Canada  
Guides du Canada

BC PROGRAM COMMITTEE



# FunFinder

May 2015

## Using Themes in Programming - Issue 3

Themes are a fun way to cover program. You can take any theme and adapt activities to meet the theme. As a bonus, these activities cover parts of your program! Program connections can be found on page 13.

In 2011/2012, the BC Program Committee produced four Celebrations issues of

the FunFinder, with themed activities tied to specific dates on the calendar. (You can find those issues on the [BC Girl Guides website](#).)

In the last two issues we featured **Guides In Wonderland, Myth Quest, Harry Potter** and **Owl** themes.

In this issue we bring you two more themes - **Princess in Me** and

**Superhero Boot Camp** - that can be used for a meeting (or series of meetings), evening or day event, or a full weekend camp. The Princess in Me Theme is for younger branches and the Superhero theme is aimed at Guides and older, but activities can be found in both themes that will fit any branch.

## NEW BC PROGRAM CHALLENGE

The BC Program Committee has a brand new challenge for you to explore - the **Alien Invaders Challenge!**

The committee has partnered with the Invasive Species Council of BC ([bcinvasives.ca](http://bcinvasives.ca)) to bring you this exciting challenge which introduces Girl Guides to invasive species, educates them about invasive species in their communities and promotes actions they can take.

To earn this challenge, girls can choose from a variety of activities, including an Invasive Plant Photo Scavenger Hunt, an Invasive Species Sing-along or even an Invader Puppet Show! Groups are also asked to complete one Field Trip or Service Project related to invasive species in their communities. Each activity in the challenge has program connections to help Guiders link the fun they are having to the

program for each level. For more information, please head to the Challenges page on the [BC Girl Guides website](#).



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## Instant Meetings

Did you know that the BC Program, Camping and International committees have all written instant meetings to help busy Guiders with their weekly programming?

Visit the [Instant Meetings page on the BC Girl Guides website](#) to find some great meeting ideas to try with your unit.

Meeting plans are for **Sparks, Brownies, Guides & Pathfinders.**

# THE PRINCESS IN ME

## Magic Wand of Issues

Let's make magic wands but let's do so knowing that the girls have to pick one global issue they would choose to fix if they could by waving their wand. Discussions could be held beforehand about the kinds of issues girls should be made aware of.

Whether girls are five or fifteen, they love being a princess - if not for the happy ending found in fairy tales, then for the feeling of being special; and if we can help them see that being a princess lives inside themselves and not in the ball gown or the tiara, then we are helping girls develop self-esteem. Disney may have been criticized in past times for their princess portrayals but with their newest heroines they are helping everyone see that being a princess comes from believing in yourself - <https://youtu.be/Bd46a128QRk>.

So, with the idea in mind that we can have fun doing traditional princess crafts, we can add so much more to the theme by exploring the "princess in me":

Wands can be made with a number of materials - thin wooden dowelling covered in glitter or shiny paper, ribbons added, a star made for the end, if desired - or use clear tubing and fill with liquid such as corn syrup or liquid soap and glitter, sequins, etc. You can use small corks to glue in at the ends of the tubing, which can be found at aquarium stores.

We've also had the girls inscribe their wish for a better world onto pieces of paper that we incorporated into the wands.



### Supplies

#### Wooden Dowel Wand

- ♦ thin wooden dowelling - ¼ to ½ inch in diameter
- ♦ glitter or shiny paper to decorate the wand with
- ♦ strips of nice paper - approx. 1"x10"
- ♦ gel pens
- ♦ ribbons
- ♦ foamy star
- ♦ glue

#### Clear Tubing Wand

- ♦ clear tubing (a diameter that will stand firm and not bend)
- ♦ small corks that will fit the end of the tube (found in aquarium store)
- ♦ corn syrup or liquid soap
- ♦ glitter, sequins
- ♦ glue (preferably water resistant)
- ♦ strips of nice paper (approx. 1"x10")
- ♦ gel pens

### Directions

#### Wooden Dowel Wand

1. Cover wooden dowelling with glitter or shiny paper.
2. Write a wish for a better world on a strip of paper with gel pens.
3. Glue it onto the wooden dowelling, spiraling up the wand.
4. Add ribbons and a foamy star to the end.

#### Clear Tubing Wand

1. Put cork in one end of clear tubing.
2. Fill with liquid, glitter and sequins
3. Add cork to seal off open end.
4. Write a wish for a better world on a strip of paper with gel pens.
5. Glue it onto the clear tubing, spiraling up the wand.

## Fairy Godmother's Wish Chest

Decorate paper or wooden boxes to be kept as little wish chests (you can find these at a lot of dollar stores or craft stores, or templates are available online for paper boxes). The girls pick three wishes for a better world that they believe they can make happen. This part is important, as the girls can keep these for many years. They write the wishes on strips of paper and put them into the wish chest to be later pulled out and fulfilled. Girls can take on recycling programs, book drives, volunteer work for their neighbours, etc.

## Beauty Sleep

Sleep is a common theme among some princess stories. Think of Sleeping Beauty and Snow White. Then there are stories like the Princess and the Pea where the Princess is unhappy because she cannot sleep. When princesses are fast asleep that is when they can dream and wish, as Cinderella says. Therefore, princesses must value their beauty sleep. Talk to the girls about how important sleep is to helping them reach their full potential and being the kind of princess they should be. The discussion covers program and can lead into a craft such as decorating or making sleep masks, pillows or even pyjamas for the older girls.

## Trust Your Princess Walk

Princesses are people that others must put their trust in to do the right thing and make the right choices. Design an obstacle course where the princesses (guides) help get a blindfolded subject to make her way through the obstacles.



## Royal Proclamations

Have the girls create scrolls and give royal proclamations.

### Supplies

- ♦ 2 pieces of dowel (2 inches wider than the roll paper being used)
- ♦ paints and brushes
- ♦ roll paper (drawing paper, adding machine rolls etc.)
- ♦ teabags
- ♦ pens
- ♦ glue or tape

### Directions

1. Age paper by dabbing it with wet teabags and letting it dry.
2. Paint the dowelling and let dry.
3. While the paper and dowel are drying, have a discussion about what makes a good “kingdom” – things such as being kind, helping each other, being honest, trying their best, etc.
4. Girls write their royal commands (ideas that come out of the discussion) on the roll paper.
5. Attach the paper to the dowel with glue or tape – top and bottom.
6. To read, simply unroll the paper and hold the dowel at the top and the bottom.

## Kissing a Frog!

Kissing a frog is all about a princess taking chances! Use the idea of taking risks to give the girls challenges to rise to, whether immediate ones, such as an obstacle course, or a goal to reach for in a game, or a chance for girls to voice their ideas as to what they would like to try in their unit or on their own that they have not done before.

Of course, you can still have lots of fun with the frog-kissing concept by creating a big green frog on a poster and having the girls pin red lips or kiss stickers onto the frog, or even donning red lipstick to plant their own lips on the poster!



## Cinderella Minus the Gown

### Supplies

- ♦ 6 small boxes with lids that lift off
- ♦ dictionary
- ♦ cotton balls
- ♦ beautiful jewels
- ♦ plain wrapping paper
- ♦ Pretty wrapping paper
- ♦ brown paper wrap
- ♦ pretty ribbon for the pretty wrap



### Preparation

Wrap each of the boxes as follows:

- ♦ Wrap the 1<sup>st</sup> so that it looks plain but still nice on the outside and has a dictionary on the inside.
- ♦ Wrap the 2<sup>nd</sup> so that it looks quite pretty on the outside but has cotton balls inside.
- ♦ Wrap the 3<sup>rd</sup> box so that it looks plain and unattractive but has beautiful jewels inside.
- ♦ Wrap the 4<sup>th</sup> box so that it is really attractive to be chosen but is empty inside.
- ♦ Wrap the 5<sup>th</sup> box so that it is really attractive and when opened has jewels inside.
- ♦ Wrap the 6<sup>th</sup> box beautifully but make it so it will not open.

### Directions

1. Have girls come to the front of the room and select a box. Do not yet let them open the boxes.
2. Have them explain why they chose the box.
3. If we were to make these boxes people, what kind of people would their box represent to them?
4. What if they were princesses? Have the girls open the boxes; use an example such as Cinderella still being the same person whether she was dressed in rags sitting among the ashes or whether she was wearing a beautiful ball gown and glass slippers.



## The Perfect Princess

### Supplies

- ♦ paper
- ♦ drawing supplies (markers, crayons, pencils or paints)

### Directions

1. Ask the girls to draw the perfect princess( leaders can tell the girls to think of their favourite fairy tale or movie).
2. Let them know that 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 eyes, height, curviness, length of hair).
3. Once the girls have finished, line the pictures up for display and start a conversation. Ask the girls if they see any similarities in the drawings as to body image, beauty, finished appearance (e.g. clean, groomed, and put together), quality of clothing, etc.
4. Compile a list of what the girls' answers are under the heading Perfect Princess.
5. 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? 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 - there is 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.



## Princess Poise Relay

A real princess needs to have poise. First have a conversation about carriage, poise & manners, then play games.

### Supplies

- ♦ 3 or 4 hardcover books
- ♦ a space large enough for a course 10-15 feet in length

### Preparation

Mark a starting line at one end of the space, mark another area 10-15'

away that the princesses must reach and come back from.

### Directions

1. Divide the girls into 2-4 teams, depending on how many princesses are playing.
2. Each team lines up one behind the other at the starting line.
3. When you say "GO!" the first princess in each line must put the book on her head and walk to and back from the line without dropping

the book. If the book drops, she must pick it up, balance it, and continue.



4. When the princess successfully returns to the line, the next princess takes the book. The first team to finish going to and from the line are the most poised princesses!
5. You can add walking a straight line placed onto the floor to make it even more difficult.

## Musical Meet and Greet

It is important that a princess know how to properly meet new people and greet friends. To help girls develop their greeting manners, play some music and have the girls dancing through the room (or balancing a book on their head!) and then when the music stops, have them go up to another girl and introduce themselves. For a polite and poised introduction, remember:

- ♦ When meeting a new person, say your name then say "Nice to meet you."
- ♦ If greeting a friend, always tell them "Nice to see you."
- ♦ Look the person in the eye.
- ♦ Have a firm handshake.
- ♦ Speak loudly and clearly.



## Paper Bag Princesses

The *Paper Bag Princess* by Robert

Munsch is an excellent book to stimulate discussion about self-reliance and empowering oneself.

What better way to celebrate the star of that book then by creating a paper bag dress? After all, princesses are that way on the inside - it doesn't matter what they wear, as this quote from *A Little Princess* by Frances Hodgson Burnett lets us know :

*"Whatever comes," she said, "cannot alter one thing. If I am a princess in rags and tatters, I can be a princess inside. It would be easy to be a princess if I were dressed in cloth of*

*gold, but it is a great deal more of a triumph to be one all the time when no one knows it."*

### Supplies

- ♦ all kinds of paper bags from small to big
- ♦ glue
- ♦ staples and stapler
- ♦ markers and/or paints
- ♦ scissors

If you have lots of paper bags and lots of time, let the girls try to each create one or have the girls work in small groups to design and dress one girl.

## Royal Tea

Every princess needs to know how to set a table and then have perfect princess manners when sitting at the table. So what better way to practice than to have a royal tea? Girls will delight in learning if real dishes and cloth napkins and finery are used. Serve finger sandwiches, small treats and herbal tea or juice.

**Polite princesses should remember these important rules:**

- ♦ Sit down at the table once you've been told.
- ♦ Place the table napkin in your lap.
- ♦ Always chew your food with your mouth closed.
- ♦ Place utensils in resting position on the plate in between bites.

- ♦ Keep conversations happy and positive. Be the first to start a conversation by asking people about themselves.
- ♦ When princesses wear skirts or dresses, they cross their legs at the ankle, with both legs angled to the side and one foot tucked gracefully behind the other.
- ♦ Keep your hands on your lap between courses and don't put your elbows on the table.



# Inner Princess

The qualities a princess has inside sometimes show on the outside but the girls need to understand they are not physical attributes such as pretty eyes but strengths that girls show at different times.

## Supplies

- ♦ 1 copy of the “Inner Princess” cards (4 pages, including this page)

## Directions

1. Hide the cards all over your meeting space and send the girls on a scavenger hunt to find them.
2. When a girl finds a card, she has to find another girl playing who has shown that quality at some time and give the card to her.
3. At the end of the hunt most girls should have a card or two and

they can be asked to give an example of when they showed their “inner princess”.



<p>The Inner Princess</p>  <p><b>Adventurous</b></p>	<p>The Inner Princess</p>  <p><b>Authentic</b></p>	<p>The Inner Princess</p>  <p><b>Brave</b></p>
<p>The Inner Princess</p>  <p><b>Calm</b></p>	<p>The Inner Princess</p>  <p><b>Careful</b></p>	<p>The Inner Princess</p>  <p><b>Caring</b></p>
<p>The Inner Princess</p>  <p><b>Confident</b></p>	<p>The Inner Princess</p>  <p><b>Compassionate</b></p>	<p>The Inner Princess</p>  <p><b>Conscientious</b></p>
<p>The Inner Princess</p>  <p><b>Contented</b></p>	<p>The Inner Princess</p>  <p><b>Creative</b></p>	<p>The Inner Princess</p>  <p><b>Courageous</b></p>

The Inner Princess



**Curious**

The Inner Princess



**Encouraging**

The Inner Princess



**Enthusiastic**

The Inner Princess



**Expressive**

The Inner Princess



**Faithful**

The Inner Princess



**Flexible**

The Inner Princess



**Focused**

The Inner Princess



**Forgiving**

The Inner Princess



**Friendly**

The Inner Princess



**Fun**

The Inner Princess



**Generous**

The Inner Princess



**Gentle**

The Inner Princess



**Giving**

The Inner Princess



**Happy**

The Inner Princess



**Helpful**

The Inner Princess



**Honest**

The Inner Princess



**Intelligent**

The Inner Princess



**Kind**

The Inner Princess



**Loving**

The Inner Princess



**Motivated**

The Inner Princess



**Nurturing**

The Inner Princess



**Organised**

The Inner Princess



**Original**

The Inner Princess



**Patient**

The Inner Princess



**Persistent**

The Inner Princess



**Playful**

The Inner Princess



**Positive**

The Inner Princess



**Reflective**

The Inner Princess



**Resilient**

The Inner Princess



**Responsible**

<p>The Inner Princess</p>  <p><b>Selfless</b></p>	<p>The Inner Princess</p>  <p><b>Sensible</b></p>	<p>The Inner Princess</p>  <p><b>Smart</b></p>
<p>The Inner Princess</p>  <p><b>Sociable</b></p>	<p>The Inner Princess</p>  <p><b>Strong</b></p>	<p>The Inner Princess</p>  <p><b>Successful</b></p>
<p>The Inner Princess</p>  <p><b>Thoughtful</b></p>	<p>The Inner Princess</p>  <p><b>Trusting</b></p>	<p>The Inner Princess</p>  <p><b>Wise</b></p>
<p>The Inner Princess</p> 	<p>The Inner Princess</p> 	<p>The Inner Princess</p> 
<p>The Inner Princess</p> 	<p>The Inner Princess</p> 	<p>The Inner Princess</p> 



# SUPER HERO BOOT CAMP

Put on your cape and fly into Adventure as a Guiding superhero!

This theme is aimed at the Pathfinder level, but can also be modified for Guide-aged girls. They will learn that some of their superpowers include leadership skills, effective communication and working as a team in this fun theme!



## DECORATIONS

### Superhero Colours

- ♦ red & blue: Wonder Woman, Spiderman, Superman and Captain America
- ♦ black & gold: Batman
- ♦ blue & yellow: X-Men
- ♦ red & yellow: Iron Man, The Flash
- ♦ green: Green Lantern
- ♦ green & purple: The Hulk
- ♦ green with purple, blue, orange, or red: Teenage Mutant Ninja Turtles.

### Backdrop

Paint or draw a cityscape on a large blue tarp. This can either be used as a backdrop on a wall, or on the floor as part of a photo booth. If the girls lie on the tarp over the buildings, it looks like they're flying over the city!

### Superheroes and costumes

- ♦ Create your own superhero. Decide on a name and what powers your superhero has.
- ♦ Use a variety of materials including duct tape, newspapers, balloons, wool, etc., have everyone design their own cape and mask.
- ♦ For a personal twist on the capes, add a positivity border (positive words around the edge written by the rest of the group).
- ♦ Have someone come in and do face painting masks on the girls, or for older girls, teach them how to do face painting masks.



### Photo Booth

- ♦ Use the painted backdrop for the photo booth.
- ♦ Using a refrigerator box, create a phone booth such as the one that Clark Kent changed in.
- ♦ Make word signs attached to sticks or straws that the girls can hold.
- ♦ Make masks that are specific to the Super Heroes, e.g. Wonder Woman's red mask with stars; black Batman mask; Spiderman mask, etc.



## TRAINING COURSE

This theme provides great opportunity to incorporate fitness into the program. Have the girls design and set up a training course. You can work in some obstacle course components and some fitness components. Use items like old tires to quick step through, hanging hula hoops to "fly" through, skipping ropes, balance beams, nets or parachute, cones, etc. The course can be complex or simple. The best part of it is that the girls design how it goes together and then compete to see who can finish first and an obstacle course like the one below can be great for teambuilding and communication!

### Spidey Senses Obstacle Course



#### Supplies

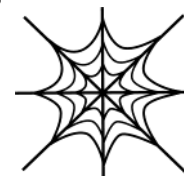
- ♦ an area where you can build a spider web - a hallway works well inside or a well treed area outside, or a playground that has space between equipment
- ♦ string or lightweight rope
- ♦ removable hooks or masking tape (if setting up indoors)
- ♦ plastic spiders
- ♦ adhesive Velcro
- ♦ blindfolds

#### Preparation

1. Using hooks, masking tape or trees, create a spider web. If using hooks on a wall, leave a little slack in the web. You don't want someone to trip on the string and rip it off the wall.
2. Attach one side of the Velcro to various crossover points on the web. Attach the other side to the spiders.
3. Attach the spiders to the Velcro on the web.

#### Directions

1. Divide players into pairs. One of the pair is blindfolded and the other is the Spidey Sense or the eyes. The blindfolded player will have to rely on their Spidey Sense to get through the obstacle course and get as many spiders as they can in 60 seconds.
2. The team collecting the most spiders wins!



# FOOD

Take the opportunity to talk about “superfoods” or those that are healthy for you and give you the power to get through your day. To make it fun, label each food with a superpower. Search for information about superfoods online: <https://www.google.com/#q=superfoods>

You could include some superhero favourites (these are definitely not superfoods!):

- ♦ **Spider Man:** Aunt May’s cherry pie.
- ♦ **Teenage Mutant Ninja Turtles:** pizza
- ♦ **Thor:** sweet junk food (popsicles, Pop Tarts)
- ♦ **Iron Man:** burgers
- ♦ **Captain America:** home-style goodness of a serving of apple pie
- ♦ **Wolverine:** chips
- ♦ **Superman:** beef bourguignon and ketchup
- ♦ **The Flash:** no favourite food but wolfs down lots of burgers and fries

## Captain American Strawberries

Dip the bottom 2/3 of the strawberry in white chocolate, then quickly dip the bottom 1/3 into blue decorator sugar. Place on wax paper covered tray to set.



## Superhero Beverages

*Science activity: test how the amount of sugar in a drink affects its weight.*

### Supplies

- ♦ variety of beverages that are loaded with sugar – at least 12 to 15 grams/oz, e.g. cranberry juice
- ♦ variety of beverages that are light in sugar – 5 grams/oz. and under e.g. Gatorade
- ♦ ice
- ♦ drinking glasses

### Directions

1. Add ice to the glass.
2. Pour ½ cup of the higher sugar

- concentrate drink on the bottom
3. Pour ½ cup the lower concentrate sugar drink on the top.
4. Your drink should hold the layers as long as you pour it in carefully. Try pouring down the side of the glass or along a straw to slow down the stream.

### The Science

The amount of sugar in the drink affects the weight of the drink. Based on this, drinks with more sugar, if poured in the glass first, will stay at the bottom of the glass.



## Superhero Food Ideas

### Captain America (red/white/blue)

- ♦ Centre ranch dip in a star shape cookie cutter surrounded by a ring of purplish-blue cauliflower, then a ring of tomatoes, then a ring of peeled cucumber and finally a ring of red pepper chunks
- ♦ Centre is a star cookie cutter filled with yogurt covered raisins. Surround that with a ring of blueberries, then strawberries, bananas and finally watermelon or any combination of fruits that fit with the colours.

### Superman platter (red & gold)

- ♦ Yellow cheese & Salami bites
- ♦ strawberries & pineapple

### Batman (black and gold)

- ♦ gold and black – blackberries & pineapple

### Additional Ideas

- ♦ Hero Sandwiches
- ♦ Thor’s hammer: cheese & pretzel
- ♦ Kryptonite Krispies: green Rice Krispie squares
- ♦ Green Jell-O in plastic cups: cut out a mask and wrap it around a cup for Teenage Mutant Ninja Turtle Jell-O

## Be a Superhero in your Community!

Most of us would like to make a difference in our communities. When we hear about people who do amazing things and make a difference, sometimes we secretly wish that we could have done what they did.

Discuss ways that you can be a superhero in your community on a daily basis and carry through with it, then be a Superhero:

- ♦ at your campsite – ask if there is a service project that can be completed while you are there, e.g. cleaning a building, painting, weeding, etc.
- ♦ in your community – do a garbage sweep of the neighbourhood around your meeting place, volunteer to shovel walks in the snow.
- ♦ to the less fortunate – put together party packages for your local food bank, hygiene kits for the homeless, fix toys and donate them, collect books, babysit for an evening, volunteer at a soup kitchen or food bank, etc.
- ♦ to animals – volunteer at a shelter, make dog biscuits or pet toys to donate, start a dog walking service.

# GAMES & ACTIVITIES

## Pass the Superpower

### Supplies

- ♦ an object (the superpower) that can be passed, e.g. a ball.

### Directions

1. Get into a large circle. The girls should be close, but not touching each other. Appoint one or two girls to be the villains. They will be working on the outside of the circle.

2. Instruct the girls that they are to protect the “superpower” from the villain by passing it around the circle. As they do this, they will be shouting out words that tell the others what they are doing. “Whiz” means to pass in the direction that it is already going. “Boink” means to reverse the direction and “Zap” means that it is going across the circle.
3. The villain is on the outside of the circle trying to intercept the “super

power” as it is being passed. The villain cannot go into the circle.

4. When a villain grabs the superpower, they change places with the person who last had it in their possession. This is a fast moving game.

### Debrief

After the game talk about superpowers and what they are in regular life ... the things that you are good at!

## Phone Booth Identity Change Relay

*(Contributed by Becca Stephen, Laity District)*

As a superhero, concealing your true identity is of utmost importance. This relay is a race against time to see which team is the quickest at changing identity.

### Supplies

- ♦ alternate identity clothes: e.g. large sports jacket, shoes, glasses, shirt, tie
- ♦ superhero clothes: e.g. cape, tights, boots and mask
- ♦ optional: phone booths (refrigerator boxes)

### Preparation

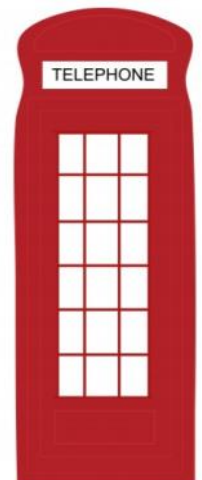
Make phone booths out of refrigerator boxes.

### Directions

1. Start with the super hero clothes in the phone booth and the alternate identity clothes at the start line.
2. Divide into teams and line up at the start line/
3. On the word go, the first person puts on all the alternate identity clothes and races to the phone booth where they change out of the clothes they're in and into the superhero clothes. They then race back to the start and remove the

superhero costume, tagging the second player.

4. The second player puts on the superhero clothes and races to the phone booth to change into the alternate identity clothes, racing back to the start and stripping off the clothes before tagging the 3<sup>rd</sup> player.
5. The first team finished wins!



## Battle of the Radioactive Material

### Supplies

- ♦ small items such as balls – 1/girl
- ♦ wooden or plastic mixing spoons – 1/girl

### Directions

The object is to knock the radioactive ball out of play.

1. Mark off a 6 to 10 foot area depending how many girls you have. You want them to stay inside the marked area, but still have a little room to move around and

keep their radioactive ball away from other team members.

2. Each girl is given a spoon and a ball. Her goal is to protect her radioactive ball while trying to knock others out of play. Her ball must stay on her spoon to keep her in the game.
3. No hitting, pushing, pulling, kicking or tripping is allowed. The only thing you can aim for is the ball on the spoon
4. The last person with a radioactive ball on their spoon wins!

## Superhero Keychain

*(Contributed by Becca Stephen, Laity District)*

1. Design a superhero logo using shrink art. Colour and bake it according to directions
2. Make a keychain using paracord and attach the shrink art logo to it. See <http://550paracordprojects.com/paracord-keychain-instructions/> for instructions on how to make a keychain.

## War of Good vs Evil

This game is a good teamwork activity.

### Supplies

- ♦ set of light coloured socks for every person on the “good” team
- ♦ set of dark colour socks for every person on the “evil” team

### Directions

1. Divide into 2 teams – one “good” and the other “evil”.
2. Everyone removes their shoes and socks and puts on a pair of socks that is designated for their team.
3. Mark off a playing area that is large enough for movement, but small enough to confine the girls close to each other.
4. The girls get down on their hands and knees and enter the “arena”. The aim of the game is for the evil team to remove the socks from the good team and visa versa. The first team to get all the socks from the other team determines whether good triumphed over evil or evil over good.
5. The last player left determines the winner of good vs. evil.

\*It is recommended that you use new socks for this game.

## Test Your Web Shooting Skills

(Contributed by Becca Stephen, Laity District)

### Supplies

- ♦ bull’s eye
- ♦ Silly String
- ♦ smaller targets like figurines, small buildings made from boxes, etc.

### Directions

1. Set up a bull’s eye and small targets at a variety of distances from the start line.
2. Using Silly String, see how many targets you can hit!

## Diffuse the Ticking Time Bomb

(Contributed by Becca Stephen, Laity District)

Five ticking time bombs are hidden in the area and time is running out. Which team will find them before they cause mass destruction?

### Supplies

- ♦ 5 battery operated alarm clocks that tick loudly (the kind that have to manually be turned off)
- ♦ 5 paper towel tubes
- ♦ 5 elastic bands
- ♦ ted String
- ♦ ted spray paint or red paper
- ♦ flashlights

### Preparation

1. Paint paper towel tubes or wrap in red paper to symbolize dynamite.
2. Attach each alarm clock to 3 tubes using an elastic band.
3. Attach a length of red string to the top of the tubes to symbolize the fuse.
4. Before the game, set the alarms to go off at a specified time, and then hide them in different locations. It is important to start this game on time, e.g. if the clocks are set to go off at 7:15 pm, then the start time of the game is 7:00 to allow 15 minutes to find the bombs before they blow up.
5. If you don’t feel that the girls will

hear the ticking, then set the alarms to go off at the start of the game and make the object of the game to disconnect the bombs by turning off the alarm. Alternately, they could be strapped to Guiders hiding in various locations which would make it easier to find them.

### Directions

*Note: This is a night game that requires a large area. It is a game about listening and teamwork.*

1. Divide into teams.
2. Explain to the girls that the Villains have hidden 5 bombs that are set to blow up in 15 minutes causing mass destruction to the area. As Super Heroes, their mission is to save the world from the Villains by finding and disarming the bombs before they go off.
3. On the word go, teams will move out into the playing area and try to find the bombs purely by sound. They are allowed to use flashlights, but you can limit the number per team.
4. The game ends when all bombs are disarmed or in 15 minutes when the alarms go off.
5. The team to disarm the most bombs by the end of the game wins!



## Glass Etching Superhero Logos

Glass etching is very easy to do. Purchase inexpensive glasses or glass mugs from the dollar store. Follow the directions at <http://www.iammommahearermeroar.net/2011/12/etched-super-hero-glasses.html>



## Superhero Life Lessons

What do Super Heroes teach us about life? If we look at all the Super Hero's that we've grown up with, they all have a lesson to teach us. In general, they have 5 life lessons to teach. These can be found at <http://www.finerminds.com/mind-power/life-lessons-from-superheroes/>. Discuss each one and whether you agree or disagree with it. Then try to decide what each individual teaches us about life.

# Program Connections

The following program connections apply to various activities in this issue. Refer to the individual program books for details. There may be even more program connections you could apply, as well!

## Princess Activities

### Sparks

**Being a Spark** (Friends)

**Being Me** (About Me, Who Am I?)

**Being Healthy** (Move to the Beat)

**Exploring and Experimenting**  
(Additional Activity)



### Brownies

#### Key To Me

1. Who Am I?
2. I Feel Proud
3. My Favourite Things
4. Respecting Others
5. Being a Friend

#### Key to Active Living

2. Outdoor Action (active game)
6. Zzzz – Good Night

#### Related Interest Badges

My Hero, Go For It!, Super Crafts



## Superhero Activities

### Guides

#### You In Guiding: Be Involved in Your Community

3 or 4. Community Service Project

#### You and Others: Learn about Leadership in a Group

2. Game where groups work together.

#### You and Others: Build Skills in Communication

6. Activity of choice.

#### Discovering You: Discover What's Important to You

1. Values/life lessons.

#### Discovering You: Discover Your Creativity

6. Activity of choice.

#### Discovering You: Stay Fit and Healthy

3. Healthy eating (superfoods).  
4. Active games.

#### Beyond You: Try New Things

4. STEM activity

#### Related Interest Badges

Fitness Fun (active games), Healthy Eating (learn about superfoods), Creative Craft (8), Tasty Treats (3)



### Pathfinders

**Finding the Path: Choosing Your Own Direction** 5. Community Service.

**Finding the Path: Bridging the Gap** 5. Outdoor wide game.

**Creating Your Future: We're a Team** 1. Icebreaker activity.  
5. Obstacle course.

**Creating Your Future: Lend a Hand** Community Service

**Creating Your Future: Follow that Woman** 6. Role models.

**Creating Your Future: Be a Model Citizen** Service Project.

**Girls Stuff: Girls Just Want to Have Fun** 4. Express yourself w/ the arts.  
5. Theme party.

**Girls Stuff: Relationships, Values and Choices** 6. Values/life lessons

#### Living Well: Active Living

8. Physical activity (active game)

#### My Music, My Movies, and More: The Arts from A to Z

2. Drama game.  
6. Create an objet d'art.

#### On My Own: Now You're Cooking!

4. Food presentation.

**Exploring a Theme: Secret Agent 007** 4. Hidden clue game.

**Exploring a Theme: Everything Comes from STEM** Science activity.

## BC Program Committee

**BC Program Adviser**  
Julie Thomson

**Deputy Program Adviser**  
Susan Stephen

**Arts Specialist**  
Barb Wilson

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Carla MacRae

**Environment Specialist**  
Van Chau

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Alyssa Robertson

**Lones Coordinator**  
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Girl Guides of Canada Guides du Canada

**Healthy Lifestyles Specialist**  
Colleen McKenna

**Inclusivity/Diversity Specialist**  
Fiona Rogan

**Ranger Specialist**  
Vacant

*(contact [program@bc-girlguides.org](mailto:program@bc-girlguides.org) if you are interested in applying for the Ranger Specialist position)*

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