

FunFinder

July 2021

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Guider Self Care Edition

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Congratulations everybody for making it through another guiding year. Whether this was your first year in guiding or you're a seasoned camper, this year brought with it challenges nobody was prepared for.

With the year coming to an end, we hope everybody takes this time to rest, relax, and recharge. This issue of the FunFinder is full of some simple ideas the program committee came up with to help you hopefully feel just a little bit better during these difficult times. There are lots of little opportunities we have during the day to be kind to ourselves, and we hope even the busiest guiders will be able to get something out of this FunFinder.

Fret not, we will be back later this summer with more ideas for the Fall Guiding season. But until then, get some sleep, stay hydrated, and keep being rockstars!

To start off with, here are a couple quick ideas to make every day a little bit better:

- ◆ Start your day by moving your body instead of checking your phone. This can be a walk around the block or some stretching!
- ◆ Start journaling. Even a couple minutes a day can help you work through thoughts (especially before you go to sleep).
- ◆ Head to a local park & sit in the grass watching the clouds with a big bottle of water.
- ◆ Don't let good be the enemy of perfect. Whether this means running the dishwasher twice because you're too tired to handwash things, or ordering in dinner because you don't have time to cook.
- ◆ Wear an outfit that makes you *feel* fantastic, even if there's no event.



Colouring Pages

Colouring is a great way to destress and accomplish something creative without having to think too hard about what you're working on. Plus, you end up with a beautiful piece of art! No wonder adult colouring books have really taken off in the past couple years. See below for a couple guiding themed colouring pages to help you unwind.



Colouring Pages



Snacking

Who doesn't love a good snack? They're a great way to keep your body fed and happy in between meals, and can help you get in some nutrients you might be missing too! Check out these ideas below for some food to help power your body through the day!

Nacho Popcorn

Popcorn can be a great snack to tide you over between meals, and with the right toppings can help supplement your diet with nutrients you might not be getting enough of in your other meals. PLUS, anything with "Nacho" in the name has to be fantastic.

This vegan (or not) snack gets its cheesy-ness from nutritional yeast. This cheesy powder can be found in the spice section or bulk bins of most grocery stores or health foods stores. It is a great source of protein, B vitamins, and some minerals. Fun fact: it actually contains all 9 essential amino acids, making it a complete protein! By adding this to some other spices & sprinkling it on popcorn, you end up with a fantastic, cheesy, spicy snack.

Ingredients

- ◆ 1/4 cup coconut oil or butter
- ◆ 1/2 cup popcorn kernels
- ◆ 1/4 cup nutritional yeast
- ◆ 1 tsp salt
- ◆ 1 tsp ground paprika
- ◆ 1/2 tsp garlic powder
- ◆ 1/2 tsp onion powder
- ◆ 1/2 tsp chili powder
- ◆ 1/4 tsp ground cumin
- ◆ 1/4 tsp ground cayenne pepper

Instructions

- ◆ Combine yeast & spices
- ◆ Melt butter / coconut oil in microwave
- ◆ Add spice mix and toss thoroughly before serving

What else could be a good topping mix for popcorn? It's a blank canvas, so the flavour possibilities are endless!

Microwave S'mores

There's something magic about singing songs with your friends around a crackling fire on a crisp summer night. Then, with the fire reduced to embers all campfire pros know this is the best time to pull out the marshmallows and make yourself a cheerful snack before heading to your tent. Unfortunately between the pandemic & fire restrictions around BC right now, we might have to wait a bit longer until we get back there though. But we will return, and we'll save you a seat & expertly sharpened stick to roast a marshmallow on. Promise!

Fortunately we have options to tide us over until then. S'mores can be made in the oven under a broiler, on the BBQ, or even in a microwave! Sure they can't beat a campfire smore, but you *can* make one on your lunch break running in between meetings.

- ◆ Lay down one graham cracker on a plate or oven-safe tray (depending on your cooking method) & layer on the chocolate and marshmallow.
- ◆ Place the plate, uncovered, into your microwave for 15ish seconds or oven broiler for a couple minutes. Keep an eye on it, and pull it out when the marshmallow starts to puff up.
- ◆ Cover it with the other graham cracker & enjoy!

It can be fun to substitute the chocolate bar for a peanut butter cup or even a chocolate spread! The possibilities are endless.



Source: charbroil.com

Easy Spa Activities

Lots of people like taking trips to the spa to feel pampered and relaxed, but it can be difficult and expensive to set aside the time. Luckily, there are a couple easy tips and tricks to get some of the spa experience at your own house!

Lip Scrub

Everybody gets chapped lips, and the sun & heat of the summer definitely doesn't help. A lip scrub is a great way to exfoliate your lips. These can eliminate some of the dry skin that builds up on your lips, and restore some softness and smoothness.

The sugars in this DIY scrub work as an exfoliant, but be careful about how often you use it! Relatively harsh exfoliants shouldn't be used more than twice a week, to avoid irritating your skin and drying things out further.

Ingredients

- ◆ 1 tsp brown sugar
- ◆ 1 tsp white sugar
- ◆ 1 tsp honey
- ◆ 1/2 tsp of olive oil
- ◆ Vanilla extract (optional)

Mix ingredients together and apply to the lips. Massage your lips together *gently* for about 20 seconds, and then wipe off with a cloth. Be sure to follow up with a lip balm to help lock in the moisture and keep your lips happy! You don't need to scrub too hard here, as the exfoliation can actually irritate your lips more!

Lavender Bath Salts

Ingredients

- ◆ 1 cup sea salt
- ◆ 1 cup Epsom salts
- ◆ 1/2 cup Baking Soda
- ◆ 5—10 drops lavender essential oils

Combine all ingredients and store in an airtight container.

The lavender in these salts helps to relax your mind, and the Epsom salts are great for tired muscles!

Face Mask

A face mask can be a helpful way to help restore moisture to your skin and make your skin feel more vibrant. One of our Program Committee members, Tracy F., particularly loves this recipe that can double as a yummy snack!

Strawberries contain salicylic acid, which is a natural mild acid also found in several face medications. This acid works as a natural and gentle exfoliant, which helps remove some of the built up dead skin cells and grime! Note, this mild acid may be too harsh for super sensitive skin.

Ingredients

- ◆ 1/4 cup fresh strawberries
- ◆ 1/4 cup sour cream or Greek yogurt

Allow the ingredients to come to room temperature, then blend together with a blender or a fork. Spread the mixture on your face, and wash off after 10 mins.

There are lots of other ingredients you have around the house that work wonders in a DIY face mask. If you're interested, check out online for recipes containing honey, oatmeal, olive oil, avocado, & so many others! You don't need to buy a fancy face mask in a tube, odds are you have some ingredients around you that would work too!



Image Source: Denver Esthetician School

Glitter Jar for Stress Relief

Sometimes when you're feeling anxious, it can be helpful to have something to help calm you down and focus your mind. A homemade glitter jar can be great for this! The below instructions are adapted from <https://www.firefliesandmudpies.com/glitter-timers/>

Materials Needed:

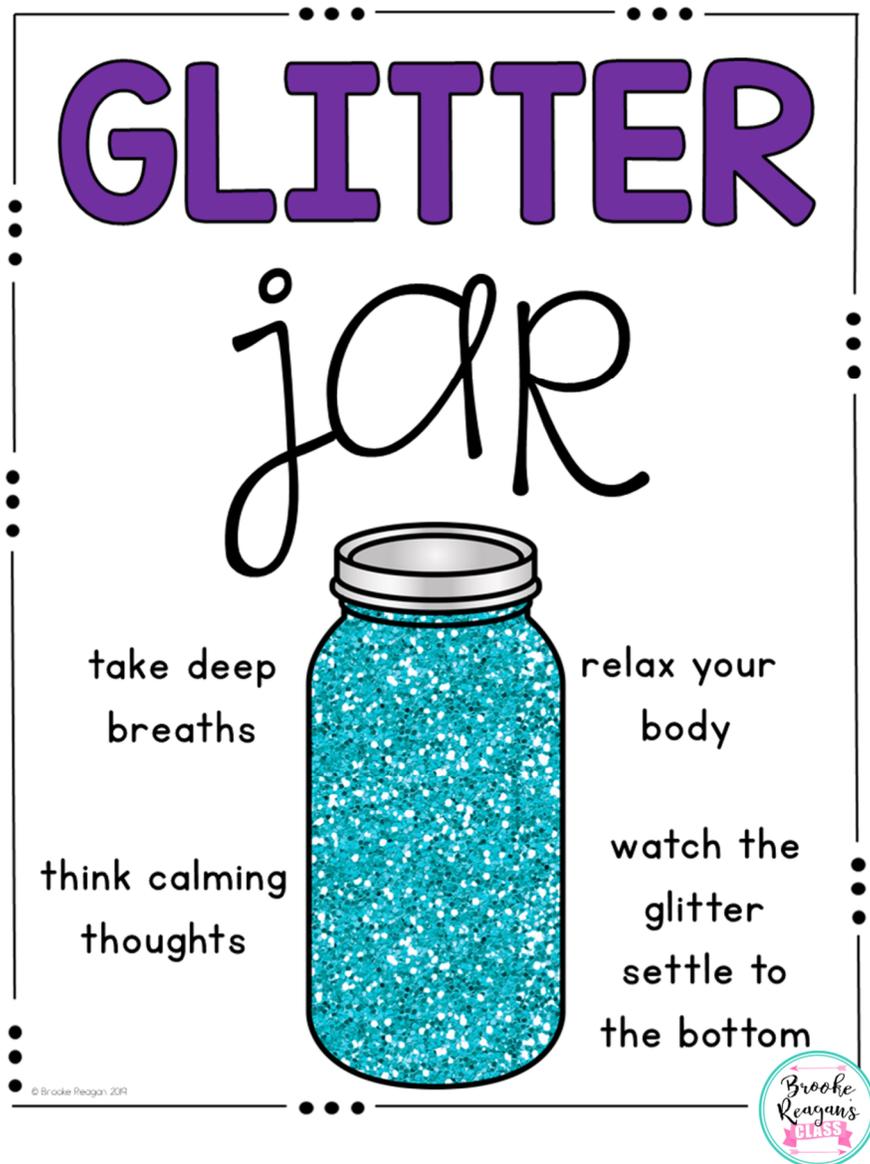
- ◆ Glass or plastic jar with a watertight lid
- ◆ 1/2 cup glitter glue or clear glue
- ◆ Distilled water
- ◆ Hot glue gun
- ◆ 1 - 2 tsp glitter (optional)

How to Assemble

- ◆ Pour 1/2 cup distilled water into the jar
- ◆ Pour 1/2 cup of glitter glue or clear glue into the jar (& glitter, if using). It should take about 2 mins for the glitter to settle into the jar
- ◆ Fill up the remainder of the jar with distilled water
- ◆ Use a hot glue gun to squeeze a ring of glue around the lid of the jar. Place the lid onto the jar and tighten. Let it cool.
- ◆ Shake the jar well to distribute the glitter.

How to Use

- ◆ When you're feeling anxious, shake the jar
- ◆ Take deep breaths, think calming thoughts, and watch the glitter settle in the jar.



Yoga for Mindfulness

Yoga can be a great low-stress activity to help build strength, flexibility, and help you to practice being present in the moment. There are a number of benefits one can get from the practice. The following has been adapted from doyouyoga.com.

1. **Physical** - Yoga builds strength, increases flexibility, increases coordination and stability.
2. **Educational** - Yoga can help you mentally refocus on the task at hand.
3. **Emotional** - By practicing present moment living on the mat, you may find you have a better sense of their emotions.
4. **Mental** - People who practice yoga show more positive moods, less anxiety and depression.
5. **Social** - Yoga breeds connection, and means union in Sanskrit. By understanding that each and every single person is one, perhaps you accept one another more fully.

Begin and End
Stand tall, feet together on ground, hands together at chest.

10. Inhale
Raise torso, extend arms over head, arch back.

9. Exhale
Come up halfway to flat back.

8. Inhale
Feet forward between hands. Slightly bend legs. Fold in.

7. Exhale
Lift tailbone, push back. Keep your back straight, knees slightly bent.

6. Inhale
Straighten legs, hips forward, bend slightly at waist. Lift chest.

5. Exhale cont.
Lower knees, chin, and chest to floor. Hips high and elbows in.

4. Exhale
Both feet back in plank, back straight with shoulders over wrists.

3. Inhale
Come up halfway to flat back.

2. Exhale
Chest forward and knees slightly bent. Fold in.

1. Inhale
Lift arms over head, lean hips forward, arch back.

SUN SALUTATION
While practicing the poses, meditate on expressing gratitude for the sun, which makes all life on earth possible.

#DeStressMonday

DESTRESS MONDAY

Yoga Nidra

Yoga Nidra or yogic sleep is powerful meditation technique, and one of the easiest yoga practices to develop and maintain.

Five things to know about Yoga Nidra ([from this guide](#))

1. Anyone Can Do Yoga Nidra. Yoga Nidra is a practice that everyone, for all ages, sizes, mobilities. All that your body needs to do is lie down on the floor or sit comfortably.

2. You Cannot Practice Yoga Nidra Incorrectly. As you lie down, all you have to do is follow the voice that is guiding you. It's likely that you will remember certain parts of the meditation and not others. Falling asleep is okay too, as you will still receive benefits while the unconscious mind is absorbing the practice.

3. Yoga Nidra Is Easy to Incorporate into Your Daily Life. Seated meditation can be frustrating—trying to clear the mind, bring awareness back to the breath, or find inspiration for focusing. Yoga Nidra is always guided, so there is no intense thinking or wondering why you are staring at a blank wall.

4. It's a Simple Way to Reduce Stress. The stages of body scan and breath awareness alone can be practiced to calm the nervous system, leading to less stress and better health.

5. Yoga Nidra Offers the Opportunity to Learn About Yourself. Yoga Nidra offers a space to explore what you need in the moment, as well as an opportunity to work on releasing long-held emotions.

How to practice Yoga Nidra at home

- ◆ Move or stretch your body in any way that feels good to you
- ◆ Get comfy! Put on socks, comfortable clothing, and grab a blanket
- ◆ Find a quiet place to rest for 15—45 mins
- ◆ Set an intention for your practice. It might be to relax, or to inquire into a sensation or emotion.
- ◆ Scan your body, listen to your breath, and welcome your feelings
- ◆ Follow along with a guided meditation or do your own thing!

Online Resources

- ◆ *Video:* Yoga Nidra 20min. <https://youtu.be/7H0FKzeuVVs>
- ◆ *Video:* Guided Sleep 30min. <https://youtu.be/8YENYsKnI7E>
- ◆ *Video:* Guided Meditation 10min. <https://youtu.be/MCYM1VtVb3A>
- ◆ On YouTube, search for guided meditation, relaxation etc.
- ◆ *Article:* How to Practice Yoga Nidra without falling asleep <https://yogainternational.com/article/view/how-to-practice-yoga-nidra-without-falling-asleep>
- ◆ *Book:* Yoga Nidra for Complete Relaxation and Stress Relief by Julie Lusk
- ◆ *Book:* Yoga Journal, Yoga International, Gaia etc.

Gratitude Journal

TODAY'S DATE:

List 1 thing you are grateful for (big or small).

List 1 challenging situation or person and what you are learning from it.

List 1 person you are grateful for.

List 1 thing you like about yourself.

List your favorite moment from today.



Once Upon a Time...

Creative Writing and Journaling Prompts

- ◇ Would you rather stay up late or get up early?
- ◇ What is something that you believe in strongly?
- ◇ What is the most inspiring thing you've ever heard or been told?
- ◇ Are you good at keeping secrets? Why or why not?
- ◇ Choose five symbols or objects that represent you. Why did you choose these things?
- ◇ What inspires you?
- ◇ What is the hardest thing you've ever had to learn?
- ◇ If you could visit another decade from the past 100 years, which would you choose? Why?
- ◇ What accomplishment are you the most proud of?
- ◇ Write about a favourite saying or quotation.
- ◇ What is your favourite place? Why do you like it?
- ◇ Where will you be five years from now?
- ◇ Write about a time when you tried something new.
- ◇ How do you think social media has changed or is changing the world?
- ◇ What are your plans after high school?
- ◇ If you could take a trip anywhere in the world, where would you go?
- ◇ You are a superhero, you have to use your powers to make a positive change in the world. What powers do you have?
- ◇ If you could talk to anyone, who would you choose?

Questions for Self-Discovery

- ◇ How do I feel at the moment?
- ◇ What do I need more of in my life?
- ◇ What is going really well for me right now?
- ◇ What am I grateful for? Try to list 10!
- ◇ What are my priorities right now?
- ◇ What lessons did I learn this week?
- ◇ What is something I would love to learn?
- ◇ What can I do to take better care of myself or others?

12 most beautiful questions ever asked

1. *What would you do if you knew you could not fail?*
2. *Who thinks you're beautiful when you wake up in the morning?*
3. *How are you, really?*
4. *How would you behave if you were the best in the world at what you do?*
5. *Are you finding your dream job or are you creating it?*
6. *If there was a solution to your anxiety, how would it look like?*
7. *When was the last time you did something for the first time?*
8. *What would Beyonce do?*
9. *What if there was a _____ that could _____?*
10. *Why are you worth knowing?*
11. *What or who lights you up?*
12. *How do you treat people who can do nothing for you?*