



Sing BC Sing 2025 BC Program Committee



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Welcome

Welcome to BC Council's Sing BC Sing Challenge.

We would like to acknowledge Ontario Council's 'Sing Ontario Sing' program challenge for the format. We would also like to acknowledge the work that went into GGC's <u>Let's Sing</u> resource; currently linked in Member Zone, this resource will be moving to the Girls First program platform in June 2025.

Girl Guides of Canada has a long-standing tradition of singing songs, whether at a unit meeting, on a Guiding adventure, or around a campfire. Learning new songs can be both exciting and intimidating. We hope that this challenge helps both youth members and Guiders to learn new songs and join in the tradition of singing.

A few notes:

- -Please remember to include youth members when preparing for this challenge.
- -We have attempted to select songs that meet diversity, equity and inclusion standards.
- -We have tried to include sheet music and audio files of the songs. Due to copyright laws, we cannot include them for all songs. Please look up songs online for more information and tunes.
- -The branch levels and program areas are just suggestions. In the spirit of Guiding, please modify as you see fit for your unit or event.

Creating a better world, by girls!

Girl Guides of Canada



Challenge Activities:

Sparks: Sing 5 songs – 1 song from each section.

Embers: Sing 8 songs – 1 song from each section plus an additional 3 songs.

Guides, Pathfinders and Rangers: Sing 10 songs – 2 songs from each section plus complete the leadership component.

Leadership Component – Teach songs from the song book to other members.

Here are some ideas:

- -If your unit has patrols each patrol can teach a song (s) to the whole unit.
- -Divide your unit into small groups and have them teach each other a song(s).
- -Organize a bridging event with another unit and teach them songs.
- -Have older youth members lead songs at the end of unit meetings.
- -Host a campfire.



Girls First

We suggest the following Girls First Areas and Themes to match the challenge content. You may find other program matches for this challenge. Feel free to assign the activities as you see fit.

Experiment & Create: Art Studio (Music)



Guide Together: Spirit of Guiding (Traditions)



Build Skills - Life Stuff (Leadership)





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Fire's Burning

Note: Two or four-part round

Fire's burning, fire's burning, Draw nearer, draw nearer. In the gloaming, in the gloaming. Come sing and be merry.

Inuktitut (In Roman Orthography)

Ikumaajuq, Ikumaajuq Qaigitsi, Qaigitsi Qaumaajuq, Quaumaajuq Inngiqautigittaa

Pronunciation
Eh koo ma yook, Eh koo ma yook
K(eye) geet see, K(eye) geet see,
Cow ma yook, Cow ma yook
Ing eh cow tee geet ta.

Literal Translation
Fire's burning
Come
In the light
Sing

Inuktitut translation by Matthew Nuqingaq, Broughton Island, NWT. May be copied by members of Girl Guides of Canada – Guides du Canada for use within Guiding.

Audio Sheet Music

Source: GGC - Let's Sing



Black Socks

Notes: Can be sung in a round. One group continues with "not yet". Sing "not yet" 4 times before switching.

Black socks, they never get dirty
The longer you wear them the stronger (blacker) they get!
Sometimes I think I should wash them
But something keeps telling me
No, no, not yet!

(not yet, not yet, not yet, not yet)

Audio (Search for the song title online)

Source: "The World's Best Funny Songs", Esther J. Nelson, 1988; also in "The Worm Song and Other Tasty Tunes, Janet Wilson, 1993, and in "Campfire Activities", Girl Guides of Canada, 1993.

My Paddle (Canoe Song)

Note: Can be sung as a round.

My paddle's keen and bright Flashing with silver Follow the wild goose flight Dip, dip and swing

Dip, dip and swing her back Flashing with silver Swift as the wild goose flies Dip, dip and swing

Audio (Search for the song title online)

Source: "Girl Guide Songbook, Vol. 1", Girl Guides Association, 1984; also found in "Songs for Canadian Girl Guides", Girl Guides of Canada, 1981.



Thunderation

Note: Usually sung as a chant and each repetition gets louder and louder. Agree on the number of repetitions before starting.

Thunder, Thunder
Thunderation
We are the Girl Guides across the nation
When we work with determination
We create a real sensation.

Repeat

Sheet Music
Audio (Search for the song title online)

Sources: Still Singing after All These Years (2007), p 45 / GGC - Let's Sing

Ging Gang Gooli

Note: Sing this as a round. Split your singers into two groups. Sing it all together once and then half repeat "oompah" while the other half sings the verse again, then switch after singing oompah 4 times.

Ging gang gooli, gooli, gooli, gooli watcha Ging gang goo, ging gang goo, Ging gang gooli, gooli, gooli, gooli watcha Ging gang goo, ging gang goo

Heyla, heyla sheyla Heyla sheyla, heyla, o-o-o Heyla, heyla sheyla Heyla sheyla, heyla, ooo

Shalli-wallee, shalli-wallee, shalli-wallee Oompah, oompah, oompah, oompah, oompah....

Audio (Search for the song title online)

Source: "Campfire Activities", Girl Guides of Canada, 1993.



Who Are These?

Note: The title of this song is also known as Guide Marching Song and was changed to promote inclusion.

Who are these? Swinging along the road
With a pack on the back, a song in the heart to ease the load?
It is a 100 years and more since they crowded through the door
And they're coming along as gay and strong as ever they came before.

Chorus:

They are Guides, all Guides, and in unexpected places, You'll meet their friendly faces And a ready hand besides, And there's not much danger of finding you're a stranger for Commissioner, or Ranger, they are Guides, x x (step, step, or clap, clap), All Guides.

Who are these? Living beneath the sky,
While the shimmering sun, the pattering rain, the clouds pass by?
They will dine beneath the boughs and their leader always vows
That they're never afraid of wasps, and hardly ever afraid of cows. Chorus

Who are these sitting around the fire?
They'll be happy to have your company if that is your desire.
And the evening will be gay at the sunset hour of day,
With a song to sing and a tale to tell and many a tune to play. Chorus

Who are these leaving the beaten track?
They are climbing high to the open sky, and they won't turn back
You may join them where you will for the gate is open still
And the Guides of today can find their way to the path across the hill.
They are Guides, all Guides, at this moment you will find them
With a 100 years behind them, and a steady heart besides,
For in need or danger, they're friends with every stranger,
And as Ember, Guide or Ranger, they are Guides, xx, all Guides.

<u>Audio</u> (Search for the song title online) <u>Sheet Music</u>

Source: Songs for CGG 4 - Words and music by Mary Chatel. Used by permission of the Composer. / GGC - Let's Sing



Section 2: Repeat After Me Songs

How it works: Song leader sings one phrase/line and the group repeats it. Start each song with "This is a repeat after me song" and the group responds with "This is a repeat after me song".

Bear Song

Notes: The song leader sings one phrase and the group echoes. At the end of the verse, everyone repeats the whole verse in unison. There are many regional variations of this song.

"This is a repeat after me song".

The other day / I met a bear / up in the woods / away up there.

(Sing all together: The other day I met a bear, up in the woods, away up there.)

He looked at me / I looked at him / He sized me up / I sized up him.

He said to me / why don't you run / I see you don't / have any gun.

And so I ran / away from there / but right behind me / was that bear.

Ahead of me / there was a tree / a great big tree / oh goodness me.

The nearest branch / was ten feet up / I'd have to jump / and trust my luck.

And so I jumped / into the air / but I missed that branch / away up there.

Now don't you fret / now don't you frown / 'cause I caught that branch / on the way back down.

That's all there is / there is no more / unless I meet / that bear once more.

The end the end / The end the end / The end the end / The end the end.

Audio Sheet Music

Source: Public domain. May be reproduced. / GGC - Let's Sing



Moose Juice (There Was a Great Big Moose)

"This is a repeat after me song".

There was a great big moose Who liked to drink a lot of juice There was a great big moose Who liked to drink a lot of juice

Chorus:

Way-oh, way-oh Way-oh way-oh way-oh Way-oh, way-oh! Way-oh way-oh way-oh

The moose's name was Fred He liked to drink his juice in bed The moose's name was Fred He liked to drink his juice in bed

Chorus

He drank his juice with care But he spilt it in his hair He drank his juice with care But he spilt it in his hair

Chorus

Now there's a sticky moose Full of juice...
On the loose...

Audio (Search for the song title online)

Source: Written by Doug Bowlby and Dr. Troy Glover at Camp Wenonah

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Down by the Bay

"This is a repeat after me song".

Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say...

Have you ever seen a... (insert silly line here) Down by the bay!

Silly lines (use one of these or make up your own!):

Llama wearing pink pyjamas? Goose kissing a moose? Whale with a polka-dot tail? Cat wearing a hat? Hare brushing her hair? Turtle wearing a girdle? Fox carrying a box? Mouse sweeping out her house? Snake barbeguing a steak? Dog taking a jog? Bird speaking a word? Bug drinking from a mug? Cow with a green eyebrow? Bee with a sunburned knee? Moose with a loose front tooth? Bear in his underwear? Fly wearing a tie? Bear combing its hair? Flower taking a shower? Goat sailing a boat?

Audio (Search for the song title online)

Goose drinking apple juice?

Source: "The Worm Song and Other Tasty Tunes", Janet Wilson, 1993; also in "The Kids' Campfire Book", Jane Drake and Ann Love, Kids Can Press, 1996.



Everywhere We Go

Note: Repeat louder each time.

"This is a repeat after me song"

Everywhere we go People always ask us Who we are So we tell them

We are the Girl Guides
The mighty, mighty Girl Guides
And if you can't hear us, we'll sing a little louder!

Audio (Search for the song title online)

Source: Original source unknown. Copyright was searched for and is unknown.

Boom Chicka Boom

Note: Repeat the lyrics in different styles.

"This is a repeat after me song"

I said a boom!
I said a boom chicka-boom!
I said a booma-chicka-rocka-chicka-rocka-chicka-boom!
Uh huh!
Oh yeah!
One more time...

Some Different Styles:

Underwater style: sing with fingers dribbling against your lips

Loud style: as loud as you can!

Slowly style: as slow and drawn out as possible

Opera style: sing in an opera voice Cowgirl style: Ya, hoo! Yee ha!

Motorcycle style: Vroom chicka vroom! Custodian style: Broom push a broom!

Create your own version

Audio (Search for the song title online)

Source: "Campfire Activities", Girl Guides of Canada, 1993.



The Tree Song (The Green Grass Grows)

Note: This song has actions.

"This is a repeat after me song"

Once upon a time There was a tree The prettiest tree That you ever did see!

Chorus (Sing all together):
And the tree was in the ground
And the green grass grew all around, all around,
And the green grass grew all around!

Now on that tree There was a branch Just the prettiest little branch That you ever did see!

Chorus:

And the branch was on the tree And the tree was in the ground And the green grass grew all around, all around And the green grass grew all around!

...add on a twig, nest, egg, bird, wing, feather, flea, elephant!

Actions:

Ground: hold arms straight out to the sides

Tree: two hands trace parallel lines starting at the level of your head and heading

downwards

Branch: hold one arm out as a branch

Twig: hold up your pinkie finger

Nest: cup your hands Egg: make a fist

Bird: one hand points forward from your face for a beak, the other sticks out behind as a

tail

Wing: flap one arm

Feather: trace the path a feather would take as it falls through the air

Flea: indicate something really small

Elephant: trace the outline of something really big!

Audio (Search for the song title online)

Source: "The Kids' Campfire Book", Jane Drake and Ann Love, Kids Can Press, 1996.



Section 3: Silly Songs

Herman the Worm

Note: Actions in brackets.

Sittin' on a fencepost, chewing my bubblegum *(make chewing sound x 4)*Playin' with my yo-yo, wee-oo! wee-oo! *(Make the action of playing with a yoyo)*When along came Herman the worm

And he was this big, I said this big (make a motion as if measuring a tiny worm)

And I said: "Herman? What happened?"

"I ate my Mother." (there's another version that uses Spark, Ember, Guide, Pathfinder, Ranger, Leader – it's a little less scary for Sparks about eating their family members)

Repeat verse, with worm action getting larger and larger for each of the following lines):

"I ate my Father."

"I ate my Brother."

"I ate my Sister."

"I ate my Dog."

"I burped."(On the last verse make an action for a tiny worm)

Audio (Search for the song title online)

Source: Adapted from the original Herman the Worm found on the CD 'Action! Fun! Dance!' by The Learning Station.

Poor Little Bug on the Wall

Poor little bug on the wall No one to love him at all No one to wash his clothes, no one to tickle his toes Poor little bug on the wall!

Repeat the song a number of times using actions:

Loud: Sing really loudly Quiet: Sing quietly Sad: Sing really sadly

Underwater: Sing with one finger drumming against lips Opera: Sing in an opera voice, hands clasped in front of body

etc.

Audio (Search for the song title online)

Source: "The Worm Song and Other Tasty Tunes", Janet Wilson, 1993.

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Quartermaster's Store

Notes: Singers can raise their hand if they want to add a verse and the song leader can point to them or the song leader points to any singer. A quartermaster at a camp is the person who distributes food and supplies, and the place where everything is kept is called a "store".

Chorus:

My eyes are dim, I cannot see I have not brought my specs with me I have not brought my specs with me

Verses (Format, with an example item):
There were <u>beans</u>, <u>beans</u>, <u>as big as submarines</u>
In the store, in the store
There were <u>beans</u>, <u>beans</u>, <u>as big as submarines</u>
In the quartermaster store

Chorus

Other Verses (and create your own to replace the underlined parts):

Llamas, llamas, wearing pink pyjamas Bees, bees, with little knobbly knees Cheese, cheese with shocking dirty knees Steak, steak that keeps us all awake Bread, bread like great big lumps of lead Cakes, cakes that give us tummy aches

Audio Sheet Music

Source: Quartermaster Store Public Domain Public Domain

Squirrel, Squirrel

Note: Can kneel on the floor or squat to be the shape of a squirrel.

Squirrel, squirrel, shake your bushy tail. Squirrel, squirrel, shake your bushy tail. Wrinkle up your little nose, Hold a nut between your toes Squirrel, squirrel, shake your bushy tail.

Audio

Sheet Music

Source: Original source unknown. Probably public domain. May be reproduced. / GGC - Let's Sing



Five Green and Speckled Frogs

Five green and speckled frogs Sat on a speckled log Eating the most delicious bugs Yum-yum!

One jumped into the pool Where it was nice and cool Now there are four green speckled frogs Galumph, galumph.

Continue with counting down:

Four green and speckled frogs...

Three green and speckled frogs...

Two green and speckled frogs...

One green and speckled frog...Now there are no green speckled frogs, galumph, galumph.

Audio (Search for the song title online)

Source: Public domain. May be reproduced.

Boa Constrictor

Note: Repeat all of the previous lines with each verse, touching the body parts.

Chorus:

I'm being eaten by a boa constrictor Boa constrictor, boa constrictor I'm being eaten by a boa constrictor And I don't like it very much

Verses:

Oh no, he's got my toe
Oh gee, he's got my knee
Oh my, he's got my thigh
Oh flip, he's got my hip
Oh fiddle, he's got my middle
Oh darn, he's got my arm
Oh heck he's got my neck
Oh dread, he's got my head.

Audio (Search for the song title online)

Source: "The World's Best Funny Songs", Esther J. Nelson, 1988; also in "The Worm Song and Other Tasty Tunes, Janet Wilson, 1993, and in "Campfire Activities", Girl Guides of Canada, 1993.



Section 4: Action Songs

Go Bananas (The Banana Song)

Note: Actions in brackets.

Bananas of the world unite! (Clap hands together above your head)

Peel bananas, peel, peel bananas (*Pretend to peel a banana with your hands*) Peel bananas, peel, peel bananas

Slice bananas, slice, slice bananas (*Cross your arms back and forth, making slicing action*) Slice bananas, slice, slice bananas

Eat bananas, eat, eat bananas (*Pretend to eat bananas*) Eat bananas, eat, eat bananas

Go bananas, go go bananas (*Shake your whole body and wave your hands in the air*) Go bananas, go go bananas

Audio

Source: Copyright Susan Deborah Newberry and David Matthew Newberry from Scratch Garden.

Singing in the Rain

We're singing in the rain, just singing in the rain. What a glorious feeling, we're happy again. Thumbs up! [Group echoes.]

A-root-ta-ta, root-ta-ta, root-ta-ta-TA A-root-ta-ta, root-ta-ta, root-ta-ta-TA

Add each of the following actions with each verse and repeat all previous actions:

- Thumbs up
- Arms out
- Elbows in
- Knees bent
- Knees together
- Toes together
- Bum out
- Chest out
- Head back
- Tongue out

Audio (Search for the song title online)

Source: Public domain. May be reproduced.



The Penguin Song

Note: Actions listed below. Local version substitutions listed below.

Have you ever seen a penguin go to tea? When you look at me a penguin you will see. PENGUINS ATTENTION! PENGUINS BEGIN!

Right flipper (Flap your right arm like a wing)

Have you ever seen a penguin go to tea?
Take a look at me and a penguin you will see.
PENGUINS ATTENTION
PENGUINS BEGIN

Right flipper. Left flipper.

Continue adding one action after each chorus until you have all of them:

- -Right flipper (Flap your right arm like a wing)
- -Left flipper (Flap your left arm like a wing)
- -Right foot (Stomp your right foot)
- -Left foot (Stomp your left foot)
- -Bob your head
- -Stick out your tongue
- -Turn in a circle

Last verse:

PENGUINS ATTENTION PENGUINS DISMISSED!!!

Local version is often sung this way: Have you ever seen a penguin go to tea? Take a look at me and penguin you will see. PENGUINS ATTENTION! PENGUINS SALUTE!

Right arm (Flap your right arm like a wing)

Audio

Source: The Penguin Song (Animal action song.) From the CD, Brain Breaks Action Songs: Let's Move! by The Learning Station.



Auntie Monica

Note: Sing all the previous verses each time.

Oh, I have an auntie, an Auntie Monica And when she goes shopping, they all say "Ooh-la la!" Because her feather's swinging, her feather's swinging so Because her feather's swinging, her feather's swinging so

Oh, I have an auntie, an Auntie Monica And when she goes shopping, they all say "Ooh-la la!" Because her hat is swinging, her hat is swinging so, Because her hat is swinging, her hat is swinging so, Because her feather's swinging, her feather's swinging so Because her feather's swinging, her feather's swinging so

Other Verses (Repeat all the lines already sung with each verse):

Because her muff is swinging, her muff is swinging so... Because her skirt is swinging, her skirt is swinging so... Because my auntie's swinging, my auntie's swinging so...

Actions:

Feather swinging: wave hand back and forth above head

Hat swinging: using both hands, swing an invisible wide-brimmed hat

Muff swinging: hands together in front of you, swing arms (a muff is a hand warmer)

Skirt swinging: sway invisible skirt around your legs

Aunt swinging: swing your whole body!

<u>Audio</u> (Search for the song title online)

Source: "Musical Fun With The Brownie Pack", Girl Guides Association, 1986; also in "Jubilee Songbook", Girl Guides of Canada, 1971.



Forty Years on an Iceberg

Note: Actions in brackets. Repeat and each time hum another line instead of singing it.

Forty years on an iceberg (Hold up all fingers four times)
Over the ocean wide (Make a wave motion with hands)
Nothing to wear but pajamas (Pull shirt away from body)
Nothing to do but slide (Make a sliding motion with hands)
The wind was cold and icy (Shiver)
The frost began to bite (Pretend to pinch a neighbour)
I had to hug my polar bear (Hug yourself or neighbour)
To keep me warm at night, night, night, night...

Audio (Search for the song title online)

Source: Author Unknown. Retrieved from https://dragon.sleepdeprived.ca/

Swimming Pool

Notes: Repeat the song a number of times, leaving out one line at a time but still doing the actions. The last verse should be all actions and no singing!

Swimming, swimming in my swimming pool
When days are hot, when days are cold, in my swimming pool
Breaststroke, sidestroke, fancy diving too
Don't you wish you never had anything else to do, but....

Actions:

Swimming, swimming: swimming action In my swimming pool: trace outline of pool Days are hot: wipe hand across forehead

Days are cold: shiver

Breaststroke: do the breaststroke Sidestroke: do the sidestroke Fancy diving: dive action

Audio (Search for the song title online)

Source: There is a similar song called "Swimming Hole" in "The Kids' Campfire Book", Jane Drake and Ann Love, Kids Can Press, 1996, also in "Campfire Activities", Girl Guides of Canada, 1993.



No Bananas in the Sky

Note: To the tune of "There is a Tavern in the Town".

There are no bananas in the sky, in the sky
There are no bananas in the sky
There's a sun
And a moon
And a coconut cream pie
But there are no bananas in the sky, in the sky!

Actions:

No: cross both hands in front of you

Bananas: peel a banana

In the sky: point up to sky (each time) Sun: gesture a round object in the sky

Moon: another round object on the other side

Coconut cream pie: gesture a fluffy object (like clouds)

Each time you sing the song, you leave off the action words one at a time and just do

the actions, until you're left with:

There are (action) (action) in the (action) in the (action) (repeat)

Just a (action) and a (action) and a (action)

But there's (action) (action) in the (action) in the (action).

Audio (Search for the song title online)

Source: Author Unknown. Retrieved from https://dragon.sleepdeprived.ca/



Section 5: Slow/Closing Songs

Barges

Note: Sing this song slowly because barges are slow moving vessels. Hum a third verse and chorus.

Out of my window looking in the night, I can see the barges' flickering light. Silently flows the river to the sea, and the barges too go silently.

Chorus:

Barges, I would like to go with you; I would like to sail the ocean blue. Barges, have you treasures in your hold? Do you fight with pirates brave and bold?

Out of my window looking in the night, I can see the barges' flickering light. Starboard shines green and port is glowing red. You can see them flickering far ahead.

Chorus

Audio Sheet Music

Source: Jubilee 56 Song Book / GGC - Let's Sing



Say Why

Say why, do we have to say good-bye Say why, do we have to say good-bye Say why, do we have to say good-bye Say why, my friend, say why.

Say when, will we ever meet again Say when, will we ever meet again Say when, will we ever meet again Say when, my friend, say when.

Say where, and I'll meet you right there Say where, and I'll meet you right there Say where, and I'll meet you right there Say where, my friend, say where.

Say why, do we have to say good-bye. Say when, will we ever meet again. Say where, and I'll meet you right there. Say why, say when, say where.

Audio Sheet Music

Source: Original source unknown. Probably public domain. Transcription used with permission. May be copied by members of Girl Guides of Canada-Guides du Canada for use within Guiding. Campfire Activities 128 Transcribed by Cheryl Pearce GGC - Let's Sing



Linger

Mmm, I want to linger, Mmm, a little longer, Mmm, a little longer here with you.

Mmm, it's such a perfect night, Mmm, it doesn't seem quite right, Mmm, that this should be our last with you.

Mmm, and come September, Mmm, we'll (all) remember, Mmm, our camping days and friendships true.

Mmm, and as the years go by, Mmm, we'll think of you and sigh, Mmm, this is goodnight and not goodbye.

Mmm, I want to linger, Mmm, a little longer, Mmm, a little longer here with you.

Audio Sheet Music

Source: Public domain. May be reproduced. (From Around the Campfire – Australia Guide songbook, The Girl Guides Association of Australia Incorporated, Sydney, N.S.W.)



Softly Falls

Note: This is traditionally sung at the end of a unit meeting or campfire before singing Taps.

Softly falls the light of day, as our campfire fades away.
Silently each Guide should ask: "Have I done my daily task?
Have I kept my honour bright?
Can I guiltless sleep tonight?
Have I done and have I dared everything to be prepared?

Audio Sheet Music

Source: Public domain. May be reproduced. From Around the Campfire – Australia Guide songbook. The Girl Guides Association of Australia, Inc. Sydney, NSW GGC Let's Sing

Taps

Note: If you are used to singing the word "lake" or "sea", you can sing that even when you are in a different locale.

Day is done, gone the sun, From the sea (lake), from the hills, from the sky. All is well, safely rest, And good night (or - Peace is nigh).

French

C'est la nuit, tout se tait Sur la pleine, les collines, et les bois, C'est la paix, tout est bien, Toutes – bon soir.

Daylight Taps (words by Lady Baden-Powell) Thanks and praise, for our days, 'Neath the sun, 'neath the stars, 'neath the sky. As we go, this we know:

We are Guides.

Audio Sheet Music

Source: Songs for Canadian Girl Guides 40