

Celebrate Winter (Winter Challenge)



**Manitoba Council**

# **Celebrate Winter Challenge**



Deadline: March 31st, 2024

## **Introduction**

This 3-part challenge is designed to get your unit outdoors and explore nature and our lovely seasons in Manitoba during the Guiding year. This challenge includes a multi-part crest which will be received in parts once each of the challenges are completed. Crests can be ordered through the order form on the Manitoba Provincial Website, [here](#), or found in the Guidepost. Once the season's challenge is completed, submit a short description and pictures of what your unit did to complete the challenge. Please note that submissions may be posted on our social media platforms to show what units did to complete the challenge.

## **Challenge**

There are 3 parts of this challenge with the second part being the Celebrate Winter Challenge, from January 1st until March 31st. The other challenges include the Celebrate Fall Challenge and the Celebrate Spring challenge.

- You do not have to have completed the Fall Challenge to participate in the Winter and Spring Challenges

For the Celebrate Winter Challenge you are to complete all parts below:

Part A:

- Learn how to dress for the weather in this fun game! How would you dress? \_A Manitoba Winter brings lots of outdoor activities to enjoy. Staying warm in them is essential! Don't let the cold stop you! In this game, learn how you may dress differently between -10 degrees C, -20 degrees C, -30 degrees C and -40 degrees C.
  - Divide your unit into teams. Give each team a set of cards (in Appendix A) OR bring your own physical items from the list for each team.
  - Set a timer for 1 min. The time frame can be adjusted based on your unit's age group
  - Each team is to identify what items they would wear and not wear in -10 degrees weather for a 1-hour activity outside.
  - Once the timer is up, take a moment to discuss what members chose to have and not to have in their piles
  - Complete part 2, 3 and 4 again for being in -20 degrees weather for a 1-hour activity outside
  - Complete part 2, 3 and 4 again for being in -30 degrees weather for a 1-hour activity outside
  - Complete part 2, 3 and 4 again for being in -40 degrees weather for a 1-hour activity outside
  - How did the answers change as the weather became colder?

**Before heading outside, ensure youth members understand and know how they will dress to stay warm and enjoy their next activity.**

Part B:

- Get outdoors and have a minimum of 3 meetings or 4 hours outdoors

Part C:

- Complete at least one of these activities (See Appendix B for further resources):
  - Crokicurl
  - Skating
  - Cross country Skiing
  - Downhill skiing
  - Tubing
  - Fat tire biking
  - Snowshoeing
  - Tobogganing

**Please follow safe guide requirements for any activities chosen.**

Part D:

- Complete at least one of these activities:
  - Quinzee Building
  - Snow painting
  - Ice cube hunt
  - Jewels Snow hunt
  - Ice candles
  - Snow sculpture
  - Snow Volcano
  - Ice Orbs

**Submitting your Celebrate Winter Challenge:**

- Write a short description / paragraph including the following:
  - How your unit engaged with the outdoors
  - Share which activity/activities your unit tried out in both part C and D.
  - Ensure to mention what your unit has learned and enjoyed throughout the process!
  - How many youth and adult members participated in the challenge
- Share 3 pictures from the challenge
  - Pictures may be posted to social media. Please ensure to follow GGC's Image Release Guidelines.

Submissions can be submitted through the online submission form that can be found [here](#), or on the Manitoba Girl Guide Website to order your crests and in the Guidepost until March 31st 2025.

If your unit has any questions regarding the challenge, feel free to email us at: [mb-camping@girlguides.ca](mailto:mb-camping@girlguides.ca) and [mb-camping1@guides.ca](mailto:mb-camping1@guides.ca)

## Appendix A - Manitoba weather game

### How Would You Dress

#### Recommended Answers:

- -10 degrees: Winter Jacket, snow pants, mittens or gloves, toque, scarf OR balaclava OR neck warmer, winter boots, thick socks, light sweater
- -20 degrees: Winter Jacket, snow pants, mittens or gloves, toque, scarf OR balaclava OR neck warmer, winter boots, thick socks. Thicker sweater
- -30 degrees: Winter Jacket, snow pants, mittens or gloves, toque, scarf AND balaclava/neck warmer, winter boots, thick socks, long underwear/base layer, long sleeve t-shirt, thick sweater
- -40 degrees: Winter Jacket, snow pants, mittens or gloves, toque, scarf AND balaclava/neck warmer, winter boots, thick socks, long underwear/base layer, long sleeve t-shirt, thick sweater

#### Tips for dressing Warm

- Dress in layers! More layers are better than less as we can always take off a layer if we need. This includes wearing sweaters or long underwear under your regular clothes
- Cover as much skin as possible. Body heat leaves through the skin so covering as much as possible will keep you warmer and prevent you from getting frostbite.


#### Why are the following not on the recommended list?

- Ear muffs
  - We lose heat through any exposed surface area on our body. Although ear muffs may provide some warmth to the ears, they leave the remainder of your head exposed to the cold! Choosing a toque that will cover your whole head and both ears will be a warmer option.
- Slippers
  - Although wearing slippers has become a trend to wear outdoors during winter, these are not suitable to keep warm and enjoy winter activities. They are not made to be worn outdoors, they are not waterproof, and leave the back of the foot exposed to the cold. Ice and snow can easily get into the slippers, making your toes even colder!
- Ripped Jeans
  - When dressing for the outdoor winters, we want to be covered as much as possible! Jeans in general are not thick enough to provide warmth and any rips in them will further expose your skin to the cold. These would not be suitable to wear without anything else (such as snow pants) over your legs.
- Tights/leggings
  - These are great for being active as we can move more freely in them. However, they provide little warmth to the cold. Wearing them under a pair of snow pants or as a base layer will provide some added warmth. Wearing them as your only layer for your legs will not be enough.
- Mini Mitts
  - Mini mitts are not thick enough to provide any suitable warmth. We use our hands for so many things! As soon as we pick up anything in the winter with mini mitts, they become wet. When we are wet, we become colder quicker. Mini

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mittens also do not provide any protection against the cold or the wind. Choosing a thicker, water-resistant or waterproof glove / mittens will keep your hands warmer during winter activities.

- Ankle Socks
  - As ankle socks do not cover our ankles, they may lead to our feet and ankles getting cold quicker. Wearing a longer sock will keep your lower leg and feet warmer. Especially if snow accidentally gets into your boots.
- Runners
  - Runners are not a warm enough shoe to wear in the winter. They leave our ankles exposed. They also do not provide enough warmth layers within them to keep our feet and toes from freezing. They also are often not waterproof or water resistant which could also lead us to being colder.

Thick Sweater 	Winter jacket 	Snow pants 
Slippers 	Ripped Jeans 	Thick Socks 
Light sweater 	Tights / Leggings 	Long sleeve t-shirt 



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<p>Mini Mittens</p> 	<p>Runners</p> 	<p>Neck Warmer</p> 
<p>Winter Boots</p> 	<p>Long Underwear / Base layer</p> 	<p>Ankle Socks</p> 
<p>Mittens</p> 	<p>Gloves</p> 	<p>Balaclava</p> 
<p>Scarf</p> 	<p>Toque</p> 	<p>Ear muffs</p> 

## **Appendix B - Movement outdoor activities resources**

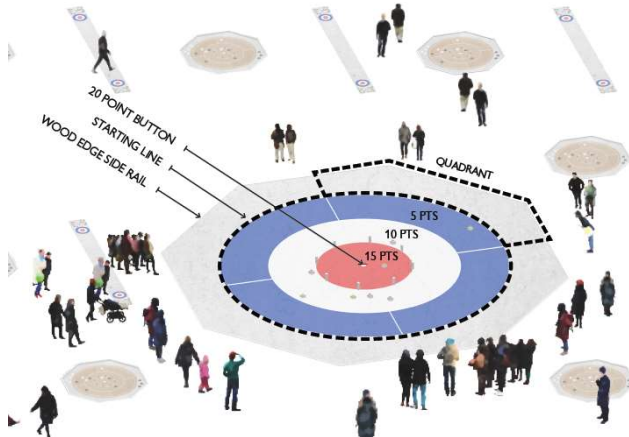
Below are some locations that offer the selected activity. This is not an exhaustive list however hopefully a starting point to find where to try different activities.

- **Croki curl**

Can be played at the Forks (Winnipeg)

<https://www.theforks.com/blog/345/rock-out-with-the-return-of-croki curl>

Instructions to play on your own:



Croki curl is typically played on an ice surface however it can be adapted to play in the snow or indoors on a flooring. You will need 5 items per team that can easily slide on the floor / snow / ice. In the instructions we are using a curling rock, but perhaps members can roll a ball for example as an alternative.

- Split into two teams, each with two - three players.
  - Players take turns throwing curling rocks , starting clockwise and alternating teams and players.
  - The goal is to score points by throwing rocks into the center button or into the highest scoring circle.
  - The button is worth 20 points, the red circle is worth 15 points, the white circle is worth 10 points, and the blue circle is worth 5 points.
  - Players can also knock their opponent's rocks out of play.
  - The team with the most points after throwing all four rocks wins the round.
  - The first team to win the most rounds wins the match.
- **Skating**
    - Fort Whyte Alive (Winnipeg)  
<https://www.fortwhyte.org/explore/experiences/skating-skiing/>
    - The Forks (Winnipeg)
    - Land trail and/or a river trail  
<https://www.theforks.com/events/skating-trail-and-park-conditions>
    - Free Public Skate (Winnipeg)  
<https://legacy.winnipeg.ca/cms/recreation/programs/skating.stm>
    - Brandon  
<https://brandontourism.com/itineraries/winter-adventures/>

- Spruce Woods Provincial Park (Southwest MB)  
<https://www.todocanada.ca/city/winnipeg/listing/top-things-to-do-at-spruce-woods-provincial-park/>
- **Cross Country Skiing**
  - Windsor Park Nordic Centre (Winnipeg)  
<https://windsorparknordic.ca/>
  - Fort Whyte Alive (Winnipeg)  
<https://www.fortwhyte.org/explore/experiences/skating-skiing/>
  - Woodcock Cycle (Winnipeg)  
<https://www.woodcockcycle.com/articles/rentals-pg650.htm?srsId=AfmBOoothNL5CgBkm-1LpcKhIVtVNDJF379i8MWy9zmSOWCcollhNyBz>
  - The Pas  
<https://www.aurorasacredhealing.net/ecotourism>
  - Falcon Ridge Ski Slopes (Southeast MB)  
<https://www.falconridgeski.com/about>
  - Brandon  
<https://brandontourism.com/itineraries/winter-adventures/>
  - Spruce Woods Provincial Park (Southwest MB)  
<https://www.todocanada.ca/city/winnipeg/listing/top-things-to-do-at-spruce-woods-provincial-park/>
- **Downhill Skiing**
  - Asessippi Ski Area and Resort (Northwest MB)  
<https://asessippi.com/school-bookings/>
  - Falcon Ridge Ski Slopes (Southeast MB)  
<https://www.falconridgeski.com/lessons>
  - Mystery Mountain Winter Park (North MB)  
<https://www.mysterymountain.ca/passrent>
  - Holiday Mountain (Southwest MB)  
<https://www.holidaymountain.ca/school-zone>
  - Spring Hill Winter Park (Winnipeg)  
<https://www.springhillwinterpark.com/lessons>
- **Tubing**
  - Spring Hill Winter Park (Winnipeg)  
<https://www.springhillwinterpark.com/tube-park>
  - Falcon Ridge Ski Slopes (Southeast MB)  
<https://www.falconridgeski.com/about>
  - Assessippi (Northeast MB)  
<https://asessippi.com/snow-tubing/>
- **Fat Tire Biking**
  - Kendricks Outdoor Adventures (The Forks or Fort Whyte Alive Winnipeg)  
<https://www.kendricksoutdooradventures.com/equipment/fat-bikes/>
  - Pinawa



- <https://www.pinawaunplugged.com/fattirebikerentals>
  - Northgate Trails (Wasagaming / Dauphin MB)  
<https://northgatetrails.com/winter-visit/fat-biking>  
<https://www.friendsofridingmountain.ca/winter-equipment-rentals/>
  - Woodcock Cycle (Winnipeg) <https://www.woodcockcycle.com/articles/rentals-pg650.htm?srsId=AfmBOoothNL5CgBkm-1LpcKhIVtVNDJF379i8MWy9zmSOWCcollhNyBz>
  - Falcon Ridge Ski Slopes (Southeast MB)  
<https://www.falconridgeski.com/about>
  - Spruce Woods Provincial Park (Southwest MB)  
<https://www.todocanada.ca/city/winnipeg/listing/top-things-to-do-at-spruce-woods-provincial-park/>
- **Snowshoeing**
  - Fort Whyte Alive (Winnipeg)  
<https://www.fortwhyte.org/explore/tours/youth-groups/>
  - Riding Mountain National Park (Dauphin, MB)  
<https://www.friendsofridingmountain.ca/winter-equipment-rentals/>
  - The Pas  
<https://www.aurorasacredhealing.net/ecotourism>
  - Spruce Woods Provincial Park (Southwest MB)  
<https://www.todocanada.ca/city/winnipeg/listing/top-things-to-do-at-spruce-woods-provincial-park/>
  - Churchill  
<https://www.travelmanitoba.com/things-to-do/outdoor/northern-lights/northern-lights-travel-deals/>
  - Falcon Ridge Ski Slopes (Southeast MB)  
<https://www.falconridgeski.com/about>
- **Tobogganing**
  - Toboggan hills and slides (Winnipeg)  
<https://legacy.winnipeg.ca/publicworks/parksOpenSpace/ThingsToDo/TobogganHills.stm>
  - Fort Whyte Alive (Winnipeg)  
<https://www.fortwhyte.org/explore/experiences/tobogganing/>
  - Riding Mountain National Park (Dauphin MB)  
<https://www.friendsofridingmountain.ca/winter-equipment-rentals/>
  - Brandon  
<https://brandontourism.com/itineraries/winter-adventures/>

## Appendix C - design/artistic outdoor activities resources

### Build a Quinzee

- Supplies required:
  - Shovels
  - Sticks x12 or more (12 inches)
  - Tarp (Optional)
- How to Start
  - Mark off a circular area that is up to ten feet in diameter.
  - Stomp on the snow within the circle to mark the area
  - Shovel snow in from outside of the circle ensure to flip the snow to make sure it mixes well
  - Pile the snow at least six feet high, finishing off in a dome (do not pack the snow down).
  - Place at least 12 sticks that are at least 12 inches long through the top and sides of the snow pile. ( This will help us know wall thickness)
  - Let the snow settle for a few hours.
  - Start by carving out a small door. Keep it as small and low as possible.
  - Start carving a small tunnel which slowly widens out and up. Have one person work behind another. The first digs while the second clears the snow away.
  - Using the sticks as markers, hollow out the pile until it is between eight and ten inches thick
  - Clear the snow down to the ground except where you plan to sleep/hang out. Leave a base of four to five inches in the area.
  - Make the walls as smooth as possible.
  - Make a ventilation hole in the top of the quinzee or take a few of the sticks out.
- Tips and tricks
  - When shovelling snow into the circle, don't scoop up the snow the same way every time.
  - Flip your shovel over as you throw snow onto the pile. This helps mix the snow and makes a quinzee that is better insulated.
  - Take turns when digging - it's very tiring!
  - Don't worry about ice inside your quinzee. A thin layer develops due to condensation.
  - A tarp can help with making it easier to remove snow from the Quinzee.

### Snow Painting

- Supplies you'll need:
  - Spray bottle/squirt bottles
  - Food colouring of your choice
  - Water
- What to do:
  - Fill your bottle with water
  - Add the food colouring of your choice
  - Get creative and build your masterpiece

## Ice Cube hunt

### Option 1:

- Supplies:
  - Coloured ice cubes (Freeze water with food colouring ahead of time to create the cubes)
  - Compass
  - Compass map
- What to do:
  - Hide the ice cubes in locations that can be found by compass directions
  - Give the girls compass directions and a compass
  - Have the girls either collect an ice cube or note the colour at each station in the correct order
  - First team that has found all the colours correctly and in the right order "Wins".
- Tips and tricks:
  - You can have girls complete this individual or in teams
  - Have the directions going from different directions so that more than one team can do it at the same time

### Option 2:

- Supplies:
  - Coloured ice cubes (Freeze water with food colouring ahead of time to create the cubes)
  - Spray bottle/squirt bottle with coloured water
  - Riddles/ hints or map of area
- What to do:
  - Step 1: Make a large compass on the snow by using coloured water (water will freeze to snow) Compass should show the 8 main points (N, S, E, W, NE, SE, NW, SW)
  - Step 2: Hide coloured ice cubes at each point
  - Step 3: Create a story or create a scenario which makes girls explore each point and find the colour ice cubes

## Jewels Snow Hunt

- Supplies:
  - Coloured ice cubes (Freeze water with food colouring ahead of time to create the cubes)
- What to do:
  - The coloured ice cubes are the jewels.
  - Hide the jewels in the snow.
  - Girls need to find the jewels hidden in the snow.

**Optional:** Make some coloured jewels worth more than the others

## Ice Candles

### Option 1:

- Supplies needed:
  - Balloon (4 inch)
  - Water
  - Food colouring (optional)
  - Tea kettle/hot boiling water
- What to do:
  - Have each girl fill a four-inch balloon with water
  - Tie the balloon closed and place them outside
  - Once they are frozen (may take a few days), have the girls break the balloon with the tip of a knife or a sharp object
  - Peel the balloon away from the ice
  - Once the ice is completely free of the balloon, take a kettle of hot water and pour very slowly down the center of the ice globe. Ensure to pour slowly and in one area only to ensure a circular hole is created into the centre of the globe.
  - Once the hole is into the globe's centre, place a tealight into each candle.

### Option 2:

- Supplies:
  - Two empty tin cans, one small enough to fit inside the other with at least 1/2" of room on either side and at the bottom
  - Optional: Faux greenery and or berries, pine cones, other items found outdoors (optional)
  - rocks or some other heavy item
  - Tape
  - Tealight candles
- What to do:
  - Put a small amount of water (*about ½ C*) into the larger tin can.
  - Place the smaller tin can inside the larger one. The smaller tin can should be floating inside the larger one at this point.
  - Add a few rocks to the smaller tin can to hold it down so that the tops of both cans are level.
  - Add tape on all four sides to help hold the smaller tin can centered in the larger one.
  - OPTIONAL: Add your greenery/berries/pine cones, etc. and stick them down into the water between the two cans.
  - Add a little more water between the cans, until the water is about 1/2" to 1" below the top of the can. (Remember, water expands as it freezes, so don't fill it too full or the water will overflow as it turns to ice.)
  - Stick the cans outside to freeze. (will take at least 1 day)
  - Once the water is frozen, run slightly warm water over the outside of the can and inside of the smaller can to help loosen the ice.

- Once the outsides melt a little bit you should be able to slide the ice lanterns right out of the tin can molds
- Stick a small tea light in the ice lantern, light it, and enjoy the glow of your ice candle!

### **Snow Volcano**

- Supplies need
  - Snow
  - Plastic cup or bottle
  - Vinegar
  - Baking soda
  - Dish soap
  - Warm water
  - Food colouring
- What to do:
  - Take a plastic cup or bottle.
  - Add 1 tablespoon of dish soap, then fill the cup halfway with baking soda.
  - Add ¼ cup of warm water and mix.
  - If you want to add a pop of colour to your volcano, add a couple of drops of food colouring.
  - Place your cup in the snow and form your volcano around it. You'll want to build it high enough that the cup can't be seen. Make sure you leave a hole in the top for the lava!
  - When you're happy with your volcano, add the vinegar into the top and watch it erupt!
  - You can repeat the eruption by adding more baking soda and vinegar.
- Review:
  - What happened when you added vinegar to the baking soda mix? Is that what you thought would happen?
  - What happens when you change the amounts of baking soda, dish soap and vinegar?
  - Do you know what caused the reaction?
  -

### **Ice Orbs**

- Supplies:
  - 3-4 cups of water
  - Mixing bowl
  - Shallow dish like a pie plate or lipped tray for dipping your bubble wand
  - 1 cup of dish soap (the brands Joy or Dawn work well)
  - 1/3 cup of glycerin (substitutions: 1/3 cup of honey or 1/2 cup of corn syrup)
  - Bubble wand, slotted spatula or squeeze bottle
  - Straw (optional)



- What to do:
  - On a very cold day, go outside and find an area sheltered from the wind. (Ice orbs form easily when the temperature is below  $-25^{\circ}\text{C}$ )
  - Dip the opening of the bottle into the mixture, and squeeze it to create bubbles. Or dip your bubble wand or slotted spatula into a tray of your mixture and wave it around. Or blow into your bubble solution with a straw to make a bunch of little bubbles. Having more bubbles increases your chance of success.
  - Gently place your bubbles on a textured surface such as a patch of snow, a shrub or a piece of fabric, so the bubbles can rest without popping
  - Observe what you see

**Tip:** If you chill the bubble mixture for a few hours, you'll get a better result when you go outside.

- Review:
  - Why do we need glycerin, corn syrup or honey when making bubbles?
  - What do you see happening to your bubble
  - Why does a normal bubble pop?
- The science behind it:
  - A bubble is made of air trapped inside a soapy film. The soap mixture that holds the air has three very thin layers. Think of it as a sandwich made of two layers of soap with water between them. The water layer freezes at warmer temperatures—so, more quickly—than the soapy layers. As ice crystals form on the bubble's surface, tiny cracks will form. Any air trapped inside will diffuse through the tiny cracks between the ice crystals. The eventual sudden drop in internal pressure will cause the bubble to burst.
  - Glycerin, corn syrup and or honey are viscous liquids that reduce the surface tension of the water, which tries to pull the sides of the bubbles together and make them pop. It also makes the bubble solution thicker. This thicker skin of the bubble keeps the water from evaporating quickly, making bubbles last longer. It also makes bubbles stronger so you can make them bigger.