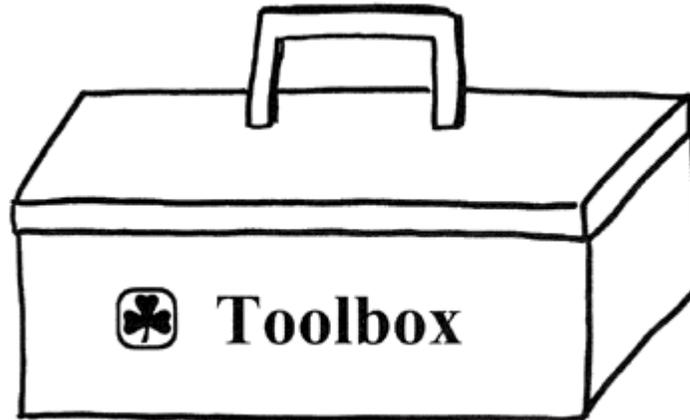


Active Living



for

The Spark Program: For Fun and Friendship!

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In keeping with the philosophy of the Spark Program – that it be FUN, EXPERIENCE-BASED AND NON-COMPETITIVE – this Toolbox has been compiled especially for you, the Spark Guider.

Here are a variety of program-related games and activities that you may adapt to satisfy your Unit's specific geography, culture and interests.

The activities for this Toolbox were researched by Active Living Advisers and we express our thanks to them. If you have questions or comments on Active Living, please contact your Provincial Office.

Our appreciation goes to the Fitness/Active Living Unit of Health Canada for making this Toolbox possible.

*Take this Active Living Toolbox for the Spark Program,
adapt the activities to suit the needs of your Unit,
and have **fun** with your Sparks.*

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Activity Cards

Sharing With Others

(Guider manual pages 27 - 31)

Title: Active Sparks

Equipment: none

Have the Sparks stand on the other side of the room. They must listen for their names before they start to move towards the Guider.

Here comes (name one of the girls),

Hopping up to me.

She's an active, smiling,

Spark I see.

Repeat the chant for each girl until they are all in motion. Substitute other actions for hopping once the girls are comfortable with the game.

Title: Hide a Friend

Equipment: music (optional)

Girls are in scatter formation around the room. The music starts and the girls move around the room to the beat of the music. When the music stops, all of the girls crouch down and cover their eyes. The leader covers one girl with a coat or blanket then invites everyone to open their eyes and decide who is covered up. This is also a great way to bring in and introduce a special guest.

Title: Where in the Room are the Sparks?

Equipment: none

The words are sung to the tune of "The Bear Went Over the Mountain" and the girls do the action given to travel to the place named. This activity can be used to orientate the girls to the meeting place.

The Sparks ran to the Exit, (change the words "ran"
The Sparks ran to the Exit, and "exit" in each verse)
The Sparks ran to the Exit,
To see what they could see.

Title: Head, Shoulders, Knees and Toes

Equipment: none

Sing the song and do the actions in the usual fashion and then adapt it to include people with special needs, for example, sit in a chair and do the actions.

Title: Sound Ball

Equipment: a ball that contains a bell

Have the girls sit in pairs opposite one another and roll a small ball containing a bell back and forth. Then have them close their eyes and continue rolling the ball relying on their ears to locate it.

Title: I Like Sparks!

Equipment: one fewer chair than the number of players

Have everyone sit in a circle. Then everyone who wears glasses quickly exchanges seats with one another. Other descriptions are things people like to eat (chocolate, ice cream), what girls look like (brown hair, blue eyes), games they like to play (soccer, catch), what they're wearing (glasses, white socks), etc. Players can also say, "I like *Sparks!*" and then everyone gets up and changes places. Play until people and ideas run down.

Title: Pass the Pencil

Equipment: pencils

Have the girls sit on the floor, minus one shoe and sock. The object of the game is to pick up a pencil with their toes and pass it to a friend.

Title: Tidy Up

Resource: *Sing A Song With Sparks and Brownies*

Make this song active by having the girls act out the sweeping, stacking, etc.

Title: Clean-up

Equipment: work gloves, garbage bags

Walk around the outside of your meeting place and collect any litter. Have the girls bring work gloves so that they are not handling the garbage directly.

Title: Let's Visit

Equipment: large cardboard box (available from appliance stores), other props as desired, bus stop signs

Girls "travel" in a large cardboard box bus from one stop to another. At each station the girls act out a Community Helper's role. These are suggestions or ask the girls what each person does.

Fire Fighter - relay water from one spot to another

Mayor - sign an important document and deliver it across the room

Hospital Volunteers - deliver meal trays

Crossing Guards - stop the traffic

Humane Society Volunteer - take the dog for a walk.

Variation: use a rope circle for the "bus," having the girls hang onto it and stay inside it when moving.

Title: **Snack Relay**

Equipment: **items needed to make the snack (celery sticks, cheese spread, raisins, etc.)**

This is a "make a nutritious snack" relay. Each girl goes to each station in turn. For example:

Station 1 - pick up celery

Station 2 - spread cheese on it

Station 3 - add raisins

Station 4 - when all of your team is finished enjoy the snack.

NOTE: Be sure to check for food allergies before selecting snack food.

Title: **Who Am I?**

Equipment: **assorted hats and objects**

Put hats or objects that relate to different professions at the front of the room (for example, a stethoscope for a doctor, a fire hat, a hardhat, a baker's hat, etc.). If hats and objects are unavailable, use pictures. Read a statement that describes an occupation and the girls take turns running to the front of the room and choosing the correct item for the occupation described. If hats are used, the girls could have a parade around the room afterward.

Sample statements:

I help people who are sick.

I help to build new houses.

If your house is on fire, I will put it out.

I make fresh bread for sandwiches.

Title: **If You Should Meet an Elephant**

Resource: *Sing A Song With Sparks and Brownies*

This action song talks about meeting an elephant but many other animals can also be included.

Title: **I Can Help Too**

Equipment: **none**

The leader prepares a list of things that Sparks can do to help out. With the girls in a circle, she reads the list. Sparks who have helped their family to do the task named, get up and act it out. These girls show the others how to do it until everyone is involved. Other variations could involve joining several activities together as a story and having the girls act it out as it is told.

Title: **Family Pictures**

Equipment: **pictures of family members, assorted items**

Mount pictures representing a family (mother, father, baby, grandmother, etc.) on cardboard and post the around the room. Scatter about 50 pictures of objects such as a baby's rattle, a pair of glasses, a broom, a sink, a rake, etc. Sparks pick these pictures one at a time and place it by the member of the family whom she might help using the object pictured. When all of the pictures have been sorted together look at all the pictures and discuss how they would use them to help that family member.

The World Around Us

(Guider manual pages 32 - 39)

Title: Pass the Teddy

Equipment: a teddy bear

The girls sit side by side in a line with their legs straight out in front. A teddy bear is placed on the legs of the girl at one end of the line and it is then passed from girl to girl without using any hands. As a variation, use Guide dolls representing the various branches and have more than one doll or teddy bear moving at a time.

Title: Centipede Shuffle

Equipment: none

The girls sit one behind another in groups of three to six. Each player (except the girl at the front) wraps her legs around the waist of the girl in front of her. The girls then propel this centipede body forward using their arms as its legs. The body must stay connected as they travel.

Title: Group Juggling

Equipment: various balls or beanbags

The girls roll a large playground ball from one to another within a circle. The leader introduces additional balls at intervals. Encourage the girls to name the person they are rolling the ball to. As a variation, use beanbags and have the girls toss them to one another.

Title: Sparks in Other Countries

Equipment: None

Each girl is given the branch name of a Spark-aged girl from another country: Pippin in New Zealand, Gumnut in Australia, Alita (Little Wing) in Bolivia, Chrysalides in Cyprus, Star in Greece, Ladybird in Ireland, Daisy in United States, Teddy in South Africa, Twinkler Scouts in Philipines. The girls make a large circle and the leader calls out two names. These two run across the circle and trade places. If the circle is very large the circles could travel across the world by plane, train or boat making appropriate actions. The girls could also stop in the centre to greet each other using the left handshake.

Title: Folk Dances

Equipment: *Dance, Dance, Dance* or *Let's Dance* tape sets

The *Dance, Dance, Dance* and *Let's Dance* tape sets produced by the Ontario Council of Girl Guides are available from the Ontario Stores which handle mail orders, listed in the back of the GGC Catalogue. These tapes include several folk dances from other countries suitable for Sparks, Danish Dance of Greeting, Kinderpolka, The Wheat, and Seven Jumps. Check with your local Guide shop for availability.

Title: The Puppet

Equipment: a "puppet" doll - made from a handkerchief or scarf

The Sparks sit cross-legged in a circle with one girl, the "Mother" standing outside. The puppet doll is passed quickly around the circle in either direction while the Mother tries to tag the girl holding the doll as she runs around the outside of the circle. When she does catch up with the puppet, she changes places with the girl who was holding it at the time.

Title: **Singing Games**

Equipment: **resource books**

Sing A Song With Sparks and Brownies contains many active singing games for Sparks to enjoy, for example, The Shoemaker, The Seven Capers, Little Sandy Girl, Round and Round the Village, and The Snail. Contact a Music Trainer or Music Resource Person for help if needed.

Title: **Picture Match**

Equipment: **two sets of animal pictures pasted on cards, one pair per player**

One set of the pictures is posted around the room. Each girl is given a picture card from the remaining set. Have the girls make a train for travelling; the leader could be the engine. The train travels around the room until each girl sees the picture that matches the one she is holding. The girls leave the train and stay at their pictures acting out the animal's movement until all the girls have matched their pictures. The train then returns to pick them up. As a variation, use picture sets that depict different types of housing, people of different races, or foods of various cultures. Label the pairs of pictures A and B and divide the group in half. One half gets A cards and can stand anywhere in the room, the other half get B cards and travel around the room looking for their match. Choose any method of travel you like: plane, boat, horseback, hiking, etc.

Title: **Find the Missing Piece**

Equipment: **magazine pictures, scissors, glue, construction paper. Cut large pictures out of magazines, one picture is needed for two participants. Cut the pictures in half using creative cuts. Glue the halves of the pictures onto construction paper.**

Arrange the girls in a circle, shuffle the pictures and pass one to each girl. The Sparks then move around the room in a manner called out by the Guider (hopping, skipping, in straight lines, in curvy lines, as an airplane, etc.) to find the missing halves of their pictures.

Title: **My World Circuit**

Equipment: **paper and crayons**

Have the girls draw pictures of the people in their world: parents, grandparents, brothers, sisters, teacher, friends, etc. Post the pictures around the room and make a master list of the people involved (some may need to be grouped together). Have the girls move around the room to music (a march beat works well), and when the music stops, the leader calls "Hop (or some other action) to (name one of the people or groups of people)." The music is restarted after everyone has gone to the appropriate picture.

Title: **Active Observation**

Equipment: pictures of people

Post several large pictures of people around the room. The pictures or drawings must be large enough to distinguish individual characteristics easily. The girls walk in pairs around the room until given the signal to stop. Each pair then proceeds to the nearest picture and is given a short time (10 sec.) to look at it before the signal is given to return to the start. There they work together to answer the leader's questions, for example, What colour was the hair? What colour sweater was the person wearing? How old was the person? If the pair of girls can't agree or can't remember they return to the picture to get the answer.

Title: Owl Family

Equipment: plastic cups, coloured macaroni pieces, plastic forks with broken tines

There are three girls in each owl family. The baby owl holds a cup to represent her stomach; the parent owls use the plastic forks as claws. The coloured macaroni is spread on the floor. On a signal the parents go out to get food for the baby. The broken forks make it more difficult. A predator (an eagle) could also be introduced who knocks the food out of the claws as they are taking it to the baby. After a suitable interval, stop the game and see how much food the baby has. This could lead to a discussion of the environment and what can cause a decrease in food supplies for wildlife.

Title: Project WILD

Project WILD has numerous active games that foster an increased understanding of our environment. Contact your Commissioner for the name of a Guider who has attended a Project WILD Workshop and invite her to visit your Unit meeting.

Title: Housecleaning Relay

Equipment: various housecleaning items

A dust cloth, bucket, broom and mop are at one end of the room in the "broom closet." The first player runs to the closet and takes one item that she pretends to use as she goes back to her group. The second girl returns the first item to the closet and takes another, which she then pretends to use as she returns to the group. Play continues until all of the girls have had a turn. As a variation, have the runner wear an apron, which must be removed and passed on to the next girl each time (be sure that each girl can tie the apron strings or assign this task to a leader).

Title: Setting the Table

Equipment: a place mat, napkin, plate, cup and cutlery for each team

In relay formation have the girls run to one spot (the kitchen cupboard) where each is given an item for the table (place mat first). Each girl then runs to the table and places it appropriately. Have a picture of a completed place setting for the girls to follow. Variations: take the picture away and redo the relay or use a more elaborate table setting perhaps with salad forks and soup spoons and candles.

Title: Town Shuffle

Equipment: pictures of community landmarks (fire hall, police station, etc.)

With the girls in a large circle, the leader gives each girl the name and picture of a prominent community building or place (fire hall, police station, hospital, grocery store, name of a lake, school, swimming pool, etc.). One girl is chosen to be "it" and stands in the centre of the circle. The leader calls out two of the locations and these two girls try to exchange places in the circle without being caught by "it." When a girl is caught, she trades places with "it." The leader may also call "town shuffle" at which time all players trade places across the circle. As a variation, if chairs are available, each player sits in a chair and as the players exchange places "it" tries to get a seat.

Title: Animal Partners

Equipment: matching pairs of animal picture cards

Give the cards to the girls with instructions not to share their animal sound yet. When all of the cards are distributed, have the players find their animal buddy by making the appropriate animal sound. This is a great activity for putting the girls into pairs when the Unit has visitors.

Variation:

The girls sit in a large circle with their eyes closed. The leader is the Zookeeper and moves around the circle whispering the name of one of four zoo animals in each girl's ear. When the signal "Chatter" is given the girls stand up and move around the play area making the sound of the animal and keeping their eyes closed. When they hear a sound that is the same, they hold hands and continue. Suggested animals: elephants, seals, lions, monkeys, snakes, frogs, sheep, ducks, cows, chickens, cats and dogs.

Title: Animal Move

Equipment: animal pictures

Show each girl an animal picture and have her mime that animal's movement. The others try to guess what animal she is.

Title: Animal Grab Bag

Equipment: bag with animal pictures, music

The girls skip around the room to the music. When the music stops one girl picks an animal picture from the bag. The music begins again and this time the girls act out the animal that was picked.

Variation: The leader calls out a different animal each time.

Title: Camouflage Game

Equipment: stuffed animals

Hide the stuffed animals in different places around the meeting place. The girls look for them and after discuss why some were easier to find than others.

Title: **Water Games**
Equipment: **as indicated**

Any of the following can be played in relay fashion:

- Light a candle and use a water pistol to extinguish it.
- Have a relay race to transfer water from one bucket to another.
- Move soaking wet sponges from one bucket to another.
- Do an ice cube in a big spoon relay.

For more water fun try playing water squirter tag!

Title: **Dress Up Relay**
Equipment: **pictures of the four seasons are posted around the room, a selection of clothes suitable for each season**

The girls run to the clothing bags and choose one item without looking. They wear the item as they travel to the matching season picture. They leave the item on the floor by the picture and return to the clothing bags for another item. The action continues until all of the clothes have been distributed around the room. The entire group then takes a walk through the seasons and talks about why you wear those clothes at that time of year.

Title: **A Tree's Life**
Equipment: **none**

The girls stand anywhere in the room and use body movement to portray the seasons of a tree. For example, in spring, the buds come out and the tree wakes up after winter. Some trees have beautiful flowers that bloom in spring. In summer, the tree's branches are heavy with leaves that provide shade. The wind gently sways the branches. In autumn, the leaves begin to dry up and as the wind blows, they fall from the branches onto the ground. The snowflakes of winter fall quietly and collect on the branches of the tree. In the deep, dark cold of winter the tree sleeps, waiting for spring so that it can begin again.

Myself

(Guider manual pages 40 - 44)

Title: Sparkle, Sparkle, Who's Your Friend?

Equipment: none

The girls are in a circle and one begins by running up to another and saying, "Lisa, Lisa (substitute the girl's name), who's your friend?" Lisa answers, "I don't know but we'll go see." The two girls join hands and run up to another Spark saying, "Susan, Susan, who's your friend?" She answers as above and then the three girls go on. Continue until all girls are involved and end with "Sparkle, Sparkle, who's your friend?" to which the group replies, "We're all friends!"

Title: When We Were Little

Equipment: baby pictures of each girl, music (optional)

The leader posts the baby pictures around the room. The girls walk around the room until the leader suggests that they all go to visit (name one of the girls). All of the girls, except the one named, run to the picture that they think is the girl named. Continue until all of the pictures have been identified.

Title: You and I

Equipment: music (optional)

The girls are in two groups at opposite sides of the room. The girls in group 1 are asked to find someone in group 2 who is shorter than they are. Once everyone has found a partner the girls return to the starting point and the next direction is given to group 2. Directions can include height, hair colour, eye colour, age, etc.

Title: Move to Music

Equipment: music

Play some upbeat music. When the leader names a body part or holds up a picture, the girls move that part of their body in time to the music.

Title: Circuit Game

Equipment: pictures of adults in different professions, music

Post the pictures around the room. Play some upbeat music and have the girls circle the room to the music. When the music stops the leader asks a question about one of the professions shown in the pictures. The girls run to that picture and act out the job. When the music begins the girls circle the room again.

Title: Shapes
Equipment: music

Walk, skip, hop, slide, gallop, jump, etc., until the music stops (or the leader calls out "Shapes"). When the leader shows a card with a shape, letter or number on it, use your body to copy the shape. After holding a shape for a few seconds, slowly melt the shape and continue moving to the music. Variation: for a more co-operative activity, small groups could work together to form the shapes. Or have the girls individually or in small groups make the shapes of the letters in SPARKS.

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Title: Body Ball
Equipment: beanbags or balls, one for each girl

Line up beanbags or balls in front of the girls (one per girl). The leader names a part of the body that the girls must use to move the beanbag to the other side of the room.

Title: Tooth Tag
Equipment: none

Divide the group into teeth and toothbrushes. One person is decay (or plaque). Play frozen tag. The teeth are frozen by decay and can be freed by a toothbrush. It may be necessary to vary the numbers and have more teeth than toothbrushes and more than one decay.

Title: Activity Diary
Equipment: one week diary with blank pages

Have the girls keep a picture record for one week of the active things they do. Encourage them to include more the next week. Make a certificate to show what they have done.

Title: Creative Games
Equipment: balls, skipping ropes or hula hoops

Give the girls a few choices of equipment such as playground balls, skipping ropes or hula hoops and let them create a new game with as many or as few rules as they wish.

Title: Move to the Music
Equipment: a rhythm instrument (two wooden sticks would work)

The leader plays a rhythm instrument and the girls move to the tempo being played. When the beat stops the leader calls a number and the girls form groups of that size and make an interesting shape.

Title: Crystal Says Be Active
Equipment: none

This is a variation on the old "Simon Says" game. The Guider will make a statement that is either an active or an inactive pastime. The girls act out the active statements but freeze when inactive statements are read.

Crystal says walk the dog.	Crystal says ride your bike.
Crystal says drive to the store.	Crystal says walk to school.
Crystal says dance a jig.	Crystal says rake the leaves.
Crystal says watch television.	Crystal says go skating.
Crystal says go swimming.	Crystal says stay in bed.
Crystal says play baseball.	Crystal says read a book.
Crystal says sweep the floor.	Crystal says make the bed.

Title: Marching Band
Equipment: assorted household items for shakers, drums, etc.

Use an assortment of household items to simulate instruments and have a wonderfully noisy parade. Variation: Play marching music and encourage the girls to keep the beat.

Title: Squiggle Walks
Equipment: skipping ropes, hula hoops

Have the girls create a huge design on the floor using skipping ropes and hula hoops. Then have the girls walk along the ropes of their design. Be careful not to fall off except in the hoops.

Title: Paint Relay
Equipment: newsprint, paint and brushes

Make a "canvas" with a large piece of newsprint. In turn, the girls run up to the canvas, are blindfolded and given a "loaded" paintbrush and instructed to make three strokes on the canvas. Have brushes ready in a variety of sizes (up to two inches) and loaded with various colours.

Title: My Favourite Colour Is...
Equipment: coloured material or clothing

Each girl comes to the meeting dressed in her favourite colour, or alternately, have a large supply of coloured material and clothing items for the girls to dress up in at the meeting. Have a fashion parade around the room. Talk about how different colours make you feel. Expand on this to include foods in favourite colours, pictures of things that are your favourite colour, etc. Call out a colour and an action (for example, red, hop on the spot), and have each girl who is dressed in that colour do the action. Other action ideas: hop on one foot, run on the spot, arm stretches, toe touches, sit ups, leg raises, ankle rolls, etc.

Title: **Toe Painting**
Equipment: **large sheets of paper, finger paint, towels for cleaning up**

Give each girl paper and paint and ask her to create a picture of her choice or on a certain theme using her toes instead of her fingers to make the creation. This is a great leg exercise for the girls.

Title: **Paper Skate**
Equipment: **sheets of paper, music**

Standing on two pieces of recycled paper, skate in different directions and with levels of intensity. Try speed skating, figure skating, hockey, cross-country skiing. The Skater's Waltz is great music for this.

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Title: **The Land of Pretend**
Equipment: **paper pieces to use as tickets**

When the girls come to the meeting place pretend it is a train station. Have the girls buy pretend tickets for a train ride through Hoppit Land. The girls wait in different areas for the train to pick them up. At each area there is an activity for them to do: pretend you are a lion, pretend you are a clown, pretend you are a washing machine, pretend you are a cartoon character, etc. The train picks the girls up and takes them to the next area. Sing "Get on board little (name a girl), get on board, get on board" using the first part of the tune "Twinkle, Twinkle Little Star."

Books of Active Games

Clouds On A Clothesline by Jack Pearse, Barrie Laughton, Jane McCutcheon
Games With A Point by Ailsa Brambleby
Kids Games Too by Elaine Martin
Great Games For Young People by Marilee A. Gustafson, Sue K. Wolfe, Cheryl L. King.
World Games and Recipes
Brownies Around the World
Sing A Song With Sparks and Brownies



Jump On Right Foot
10 Times



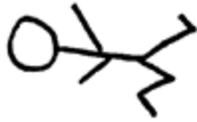
10 Toe Touches



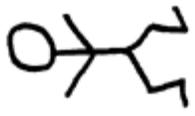
Jump On Left Foot
10 Times



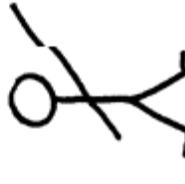
10 Arm Circles



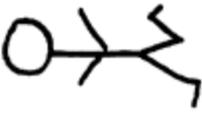
Run On the Spot



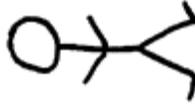
Jump On Both Feet 10 Times



Stretch Each Arm



10 Modified Jumping Jacks



10 Side Bends Each Side



Roll Over 10 Times



10 Crunch-ups



10 Modified Jumping Jacks



10 Side Bends Each Side



Roll Over 10 Times



10 Push-ups