

Girl Guides of Canada, Newfoundland and Labrador Council

NLCA: Building Futures Challenge



Background

About the Newfoundland and Labrador Construction Association

The NLCA was founded in 1968 to serve as the *Voice of the Provincial Construction Industry*. We provide a forum through which members can discuss and resolve matters of common interest. Our goal is to coordinate and develop policies and programs that will enhance the professionalism, productivity, and profitability of members.

NLCA member firms include general contractors, electrical contractors, mechanical contractors, heavy civil contractors, trade specialties, manufacturers, suppliers, safety professionals, owners, financial institutions, lawyers, insurance and bonding companies, and brokers.

NLCA is a national leader in its initiatives to empower, support & propel women forward in the construction industry. Their events include **Women in Construction** conferences, coffee circles, and mentoring events. NLCA's annual ROCK awards include the **Women in Infrastructure Award of Excellence**.

About this Provincial Challenge

The NLCA recognizes the importance of creating safe and fun opportunities for girls and young women to explore careers in construction trades. The *NLCA Building Futures Challenge* was designed in collaboration with Girl Guides of Canada, Newfoundland and Labrador Council to raise awareness of the exciting and diverse opportunities available in the construction industry. We hope you have lots of fun as you complete the challenge and wear your crests with pride!

Challenge Completion Guidelines

This Challenge has 3 themes:

1. Careers in Trades
2. Safety Starts with You
3. Hands-on Construction Fun

To complete this Challenge, **Sparks**, **Embers**, **Guides**, **Pathfinders**, **Rangers** and **Guiders** need to complete two activities per theme + two additional activities from a theme(s) of your choice (8 activities in total). Be sure to check out the *Resources* section of this challenge to support activity development.

We have linked activities to branches as a suggestion only. Choose what works best for your unit!

When you have completed the required activities, crests can be ordered through the GGCNL Crest Order Form found on the Girl Guides Newfoundland and Labrador Council website under Provincial Challenges: https://www.girlguides.ca/web/NL/Program/Program_Dept/Provincial_Challenges.aspx?hkey=d040e353-9c68-44bb-b826-203e993199a0

Objective

To create a comprehensive and engaging experience that educates and excites girl members about opportunities within the construction industry.

Outcomes

On completion of this challenge, girls will be able to:

- Talk about career opportunities in the construction industry
- Demonstrate ways to improve health and safety of self and others
- Demonstrate skills from across topic areas including but not limited to science, technology, engineering, math and arts.

- Identify organizations that can support women's career development in the construction industry.

Theme 1: Careers in Trades

Activity Number	Activity Ideas	Date Completed
1	Introduction to the Trades Sector • Story Time - Read picture books about trades, featuring characters in roles such as builders, electricians and mechanics (Sparks). • Dress-Up and Role Play – provide costumes and tools for girls to pretend to be tradespeople and pretend to build and fix things. (Sparks/Embers). • Tradespeople Show & Tell: Invite female tradespeople to bring tools and explain their work in simple terms (Embers). • Trades Bingo – Create a bingo game with different trades careers, where girls learn about each one as they play. (Embers). • Interactive Q&A – Hold a session where girls can ask tradespeople about their jobs (Embers/ Guides). • Hands on Demonstration – Simple activities like using a hammer and nails to build a small structure or connecting basic electrical circuits (Guides). • Career Exploration Fair – Visit a career exploration fair in your area (Pathfinders). • Career Videos – Show short videos of women in various trades, followed by a discussion (Pathfinders). • Career Panel Discussion – Invite a panel of female tradespeople to discuss career paths, challenges and opportunities (Rangers).	
2	Mentorship and Networking • "Meet a Mentor" Playtime - Short, fun interactions with women in trades who visit and play alongside the children while explaining what they do (Sparks). • Mentor Storytime - A mentor reads a story related to their trade and answers girls' questions (Sparks/Embers). • Pen Pals: Match girls with a female tradesperson to exchange letters or emails, individually or as a unit (Embers). • Buddy System: Pair girls with older girls or young apprentices to explore trades together (Guides). <i>Note: Potential Bridging activity.</i> • Mentor-Led Workshops: Mentors lead simple, hands-on projects with small groups (Guides/Pathfinders/Rangers). • Professional Networking: Teach networking skills and facilitate connections with industry professionals and industry associations. (Rangers).	
3	Field Trips and Site Visits • Construction Site Visit: Visit a construction site (safely distanced) to see big machines in action (Sparks). • Workshop/Factory Tour: Tour a small, safe workshop where girls can see tools and materials (Sparks/ Embers). • Mini Field Trip - Visit places like hardware stores to learn about tools and materials (Embers). • Trade School Visit: Tour a local trade school to see how different trades are taught (Guides Pathfinders Rangers). • Construction Site Walkthrough: More detailed tours of construction	

	sites or manufacturing facilities (Guides Pathfinders Rangers). • Apprenticeship Site Visit: Visit provincial Employment Centers to learn about apprentice pathways (Guides Pathfinders Rangers). • Virtual Reality Tours: Use VR to explore complex trade environments like large-scale construction or manufacturing (Pathfinders Rangers). • Industry-Specific Site Visits - Visits tailored to specific interests (Rangers).	
4	Career Planning and Resources • The Trades and Me: Have girls draw a picture of themselves in a trades career (Sparks). • Simple Career Talks - Discuss what different tradespeople do using simple language (Sparks). • Careers in Trades Coloring Book: Girls colour drawings with simple explanations of different trades and how to pursue them (Embers). • Career Matching Game: Match trades careers with the tools they use or the skills they require (Embers, Guides). • Beginner Career Map: Simple charts showing steps to different trades careers. Cut the map into pieces to make a puzzle activity. (Guides). • Career Path Research: Research different trades training programs and discuss with the unit. (Pathfinders). • Financial Supports: Introduce the concept of financial supports for apprentices and how they can support a trade career. (Pathfinders Rangers). • Detailed Career Planning Workshops: Help girls plan their career paths with detailed steps, resources, and timelines. (Rangers).	
5	Confidence Building and Leadership • Praise and Encouragement: Simple activities that build self-esteem, like completing a small building project with lots of positive reinforcement. Girls can practice this skill within the unit (Sparks). • Teamwork Games: Simple, cooperative building activities that encourage teamwork (Sparks). • Leadership in Play: Encourage taking turns as “leader” in group building activities (Embers). • Confident Crafting: Building small projects that they can take home and display (Embers). • Public Speaking Practice: Small, informal presentations about what they built and what they learned (Guides). • Role-Playing Scenarios: Simple scenarios solving trades-related problems and solving them as a group (Guides). • Leadership Projects: Lead a small group project, like organizing and building something together (Pathfinders). • Confidence Workshops: More structured activities around self-esteem and presenting oneself confidently on the jobsite (Rangers). • Mock Interviews and Negotiations: Practice trades job interviews or salary negotiations in a simulated environment (Rangers). • Leadership Roles: Take on leadership roles in organizing trades-focused events or workshops for younger members (Guides Pathfinders Rangers).	

Theme 2: Safety Starts with You

Activity Number	Activity Ideas	Date Completed
1	Play Freeze Dance to songs with workplace health and safety themes. (Suggested song: Safety Dance, by Men Without Hats) Sparks Embers Guides	
2	Guest Speaker to discuss occupational health and safety. This can be anyone working in an OHS role, emergency responders, or in the construction trades. Sparks Embers Guides Pathfinders Rangers	
3	Create safety posters. Demonstrate some examples and give the girls art supplies to design their own safety posters. Can be done in small groups. Sparks Embers Guides Pathfinders Rangers	
4	Learn about the hazards workers in the construction industry are exposed to and the hierarchy of controls. Discuss how different occupations are exposed to different hazards. You can go a step further here and setup a “mock construction site” using cones, barriers, signs and create “hazards” such as spills, uneven surface, designated “tool” zones. Guides Pathfinders Rangers	
5	Learn about different types of construction equipment and what they are used for. Tip: play construction equipment charades (guess what equipment I am by what movement I am making). How can we be safe? How can we help others be safe? Sparks Embers Guides Pathfinders Rangers	
6	Learn about different types of construction Personal Protective Equipment (PPE) and how to wear it. Includes hard hat, gloves, safety glasses, hi visibility vest, safety boots, and specialized equipment such as fall protection and respirators. Girls can try on the gear and explain how it should be worn properly. Guides Pathfinders Rangers	
7	As a unit, create your own song about health and safety. Sparks Embers Guides Pathfinders Rangers	
8	Take part in a Steps for Life Walk (the first Sunday in May each year). Admission is free. Registration is free. Threads of Life- Steps for Life 5k walk Sparks Embers Guides Pathfinders Rangers	
9	<u>First Aid Basics</u> . Teach any sort of first aid skills relevant to construction site injuries such as treatment of minor cuts and scrapes, recognizing sprains or strains, first aid for burns, debris in eye example. Sparks Embers Guides Pathfinders Rangers	

Theme 3: Hands-On Construction Fun

Activity Number	Activity Ideas	Date Completed
1	<u>Neighborhood under construction!</u> Get creative and build your own neighborhood out of whichever materials you please. • Marshmallows • Legos • Recycling • Cardboard boxes • Clay Sparks Embers Guides Pathfinders Rangers	
2	<u>Build my dream house.</u> Provide girls with the cardstock house template (blank) for them to colour, cut out and stick together. Sparks Embers	
3	Build a bridge! Use pasta noodles to recreate bridge designs and then put the bridges to the test for weight, force, gravity, etc. Can also use popsicle sticks, string, glue. Guides Pathfinders Rangers	
4	Try out the egg drop challenge for another way to demonstrate gravity and worker protection such as PPE. By creating your own box or carrier to drop your egg in and protecting it from the fall as best you can. Embers Guides Pathfinders	
5	Lego Construction Projects. Have fun building with Legos! Sparks Embers Guides Pathfinders Rangers	
6	Blueprint Drawing – teach the basics of reading and drawing blueprints. Have the girls design their own blueprints for small structure such as shed or playhouse. Discuss the importance of planning in construction. Guides Pathfinders Rangers	
7	Architectural Sketching - show examples of different architectural styles. Have the girls sketch their favorite buildings or design their own structures. Discuss the different elements of architectural design. Pathfinders Rangers	
8	Skills Development Workshops • Simple Tool Use – Introduce soft, safe tools (like toy hammers) for simple building tasks (Sparks) • Basic Tool Handling - Introduce real tools like hammers and screwdrivers under supervision to build simple projects like a birdhouse. (Sparks Embers) • Problem-Solving Challenges: Give girls tasks like assembling a simple model or fixing a broken toy (Embers). • Beginner Carpentry - Build a small, useful object (e.g., a key holder) using basic tools (Guides). • Intro to Electrical Circuits – Use simple circuit-building kits to light a bulb or run a small motor (Guides)	

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| | <ul style="list-style-type: none"> • Intermediate Project Building: Take on more complex projects like a shelf (Pathfinders). • Plumbing Basics: Introduce basic plumbing concepts with hands-on activities like assembling pipes or fixing leaks (Pathfinders). • Advanced Workshops: Offer more advanced projects such as building a piece of furniture or wiring a simple electrical setup (Rangers). • Trade-Specific Skills: Focus on skills for specific trades, like welding basics via web-based research or a trades college demonstration, or a site visit (Rangers). | |
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Resources

Activity Ideas

- Consider virtual options, such as using conferencing software to meet with a tradesperson.
- Some activities exist on the Girls First Platform.
- [STEM Challenge that Kids will Love - Hands-on Teaching Ideas](#)
- [10 Exciting STEM Activities with Just 10 Materials](#)
- [15 Best Woodworking Project Ideas For Kids - Anika's DIY Life](#)

Post-Secondary Institutions

- Academy Canada - <https://www.academycanada.com/>
- Carpenter-Millwright College - <https://www.carpentermillwrightcollege.ca/>
- College of the North Atlantic - <https://www.cna.nl.ca/>
- Dietrac Technical Institute - <https://www.dietrac.com/>
- Trades NL - <https://tradesnl.com/>

Non-Government Organizations:

- Newfoundland and Labrador Construction Association - <https://nlca.ca/>
- Newfoundland and Labrador Construction Safety Association - <https://nlcsa.com/>
- Office to Advance Women Apprentices - <https://www.womenapprentices.ca/newfoundland-labrador/>
- Red Seal - <https://www.red-seal.ca/eng/welcome.shtml>
- Skills Canada Newfoundland and Labrador - <https://skillscanadanl.ca/>
- Women in Resource Development Corporation - <https://wrdc.ca/>

Government of Newfoundland and Labrador:

- Department of Education, Post-secondary Education <https://www.gov.nl.ca/education/post-secondary-education/>
- Department of Immigration, Population Growth and Skills, Apprenticeship and Certification Division - <https://www.gov.nl.ca/atcd/>

Girls First Program

We have listed some connections between the *NLCA Building Futures Challenge* and the *Girls First* program for all branches. If you find other connections to the program, please feel free to give your girls credit for them. Remember that each activity you complete can accomplish multiple parts of the program.

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| • Be Well: My Physical Self | • Build Skills: How To and Life Stuff |
| • Connect and Question: Local Communities | • Take Action: Your Choice |
| • Explore Identities: Gender Power | |

