



Canada Strong Challenge

Developed by the 2024-2025 NL Youth Forum

All-Level Provincial Challenge

The Canada Strong Challenge can be completed by any level of Guiding! For this challenge members will work together to learn about Canada's history, complete Canadian-themed activities, try new foods, and even complete STEAM activities!

Guidelines: This Challenge is made up of 5 Sections - A: Canadian Roots, B: Canadian Imagination, C: Canadian Chemistry, D: Canadian Cuisine, and E: Canadian Mosaic.

Each Branch should complete Sections A, C, D and E, along with activities from Section B:

Sparks: 3 Activities

Embers: 4 Activities

Guides: 4 Activities

Pathfinders: 5 Activities

Rangers: 5 Activities

Objective: To inspire curiosity and foster a deeper understanding of Canada's rich history, diverse cultures, and key historical events by engaging members in fun and interactive activities that promote exploration, creativity, and critical thinking.

If you have any questions, please email nl-youth@girlguides.ca / nl-youth2@girlguides.ca. Challenge Crests can be purchased on the Girl Guides of Newfoundland and Labrador website [NL Council Challenges Webpage](#).



Be sure to tag @NL_YouthForum in your social media posts!

Section A: Canadian Roots

To complete this section, you must complete the activity below.

To kick off this challenge, let's start by learning about Canada and Girl Guides! Begin by some short video about how Girl Guides came to be in Canada. You can explore Historica Canada videos, and there are suggestions for which ones work best with each branch, but feel free to choose any that inspire you! You'll find them all linked below or on the Historica Canada Youtube page. This is a great way to connect with our history, spark curiosity, and get ready for the adventures ahead in this challenge!

Spark Suggestions

- [Heritage Minutes: Basketball](#)
- [Heritage Minutes: Terry Fox](#)
- [The History of the Girl Guides of Canada- Guides du Canada](#)

Ember Suggestions

- [Heritage Minutes: Basketball](#)
- [Heritage Minutes: Terry Fox](#)
- [The History of the Girl Guides of Canada- Guides du Canada](#)

Guides Suggestions

- [Heritage Minutes: Laura Secord](#)
- [Heritage Minutes: Viola Desmond](#)
- [The History of the Girl Guides of Canada- Guides du Canada](#)

Pathfinder & Ranger Suggestions

- [Heritage Minutes: Terry Fox](#)
- [Heritage Minutes: Laura Secord](#)
- [Heritage Minutes: The Discovery of Insulin](#)
- [Heritage Minutes: Dr. Maude Abbott](#)
- [The History of the Girl Guides of Canada- Guides du Canada](#)

Section B: Canadian Imagination

To complete this section, please complete the following:

Sparks: 2 Activities

Embers: 3 Activities

Guides: 3 Activities

Pathfinders: 4 Activities

Rangers: 4 Activities

Activity 1: Word Scrambles

Solve the Canadian themed word scrambles below! Challenge yourselves to see who can solve them the fastest!

ELAMP	_____	MOWNOHCLAEMT	_____
EHOCYK	_____	RYSOR	_____
IOLONE	_____	TENNHORR GSTILH	_____
IOPENTU	_____	GAIEHRET	_____
RVAEEB	_____	CERNFH	_____
IOTWOE	_____	ILNCUGR	_____
APROL RABE	_____	NOSW ROSMT	_____
BIMITT	_____	VIPNRECO	_____
QOTUE	_____	LAPETRANMI	_____
MIRPE ISINTMRE	_____	DNAANIAC	_____

Activity 2: “Remembrance” Bingo

[Activity from Veterans Affairs Canada](#)

Activity 3: Word Puzzles

Complete at least one of the puzzles below.

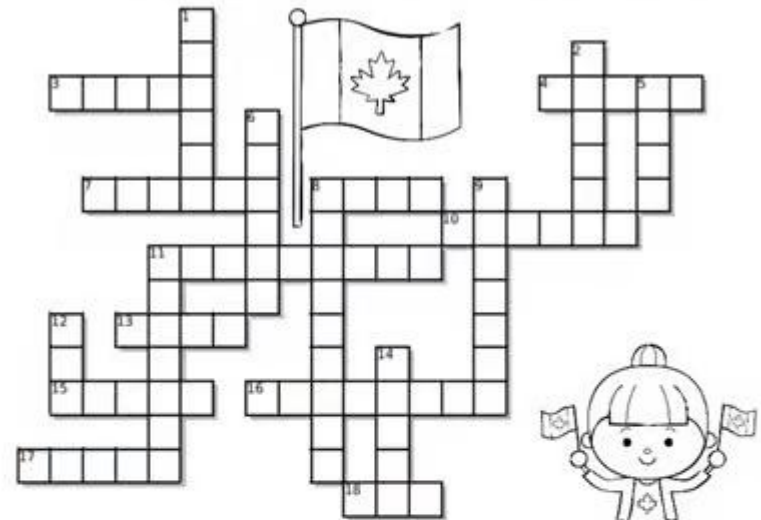
Canada Strong

N D U B C A N A D A L Y U K O N G A
 N E W F O U N D L A N D D L M M Y L
 O G G A L B E R T A H Q M K O A V Q
 V Q A A M O O S E I O H T C S P G H
 A Z P G Q U G O N T A R I O A L M B
 S G N E W B R U N S W I C K I E R Q
 C P L O N U N A V U T P E I C E W U
 O F B R I T I S H C O L U M B I A E
 T D C S A S K A T C H E W A N T T B
 I L N W T E R R I T O R I E S K I E
 A G Y H L A B R A D O R D Q O E M C
 J F G V U S M A N I T O B A O R D N

Find the following words in the puzzle.
 Words are hidden →, ↓, and ↘.

ALBERTA	MOSAIC	PEI
BRITISH COLUMBIA	NEW BRUNSWICK	QUEBEC
CANADA	NEWFOUNDLAND	SASKATCHEWAN
LABRADOR	NOVA SCOTIA	YUKON
MANITOBA	NUNAVUT	
MAPLE	NW TERRITORIES	
MOOSE	ONTARIO	

CANADA DAY CROSSWORD



ACROSS

3. ordinal number for 1
4. leaf on the Canadian flag
7. country north of the United States
8. a pennant that waves
10. puck and stick game
11. to do something special for an important occasion
13. seventh month of the year
15. a direction
16. a celebration of the day you were born
17. an event to celebrate something
18. the color of strawberries

DOWN

1. Canada's capital city
2. where you see floats
3. green, found on trees
6. dam building animal
8. these explode to make a display of light and noise
9. time away from school (eg. Christmas)
11. nation
12. enjoyment
14. the color of snow

WORD BANK

Beaver, Birthday, Canada, Celebrate, Country, Fireworks, First, Flag, Fun, Hockey, Holiday, July, Leaf, Maple, North, Ottawa, Parade, Party, Red, White

Activity 4: Famous Canadian Women

Match the famous Canadian Women below with their accomplishments! (Answers and a background on each woman that follows on the next page). Either print the table and cut them out or draw a line to match.

Manon Rhéaume	1st Canadian Female Astronaut
Jeanne Sauvé	1st Female Licensed to Practice Medicine
Lady Mary Pellatt	1st Female Elected to Canada's Parliament
Roberta Bondar	1st Female to Play in National Hockey League
Jenny Trout	1st Female Governor General of Canada
Margaret Marshall Saunders	1st Female to Sell 1 Million Book Copies
Agnes Macphail	1st Commissioner of Canada's Girl Guides

Famous Canadian Women and Their Stories

Manon Rhéaume - born February 2, 1972. She was the first girl to play in the annual Quebec peewee hockey tournament. She was the first female goaltender to play professionally and the first in the National Hockey League. She played for the Tampa Bay Lightning. She has written a book "Manon: alone in front of the net."

Jeanne-Mathilde (Benoit) Sauvé - born at Prud'homme, Saskatchewan April 26, 1922, and studied in Ottawa and in Paris. She married in 1948 and began a brilliant career as a free-lance journalist in print, radio and Television. In 1972 she was elected to the House of Commons and was a Member of Parliament for Montreal until the 1980's. She was the first female French-Canadian Member of Cabinet as Minister of State for Science and Technology, Minister of the Environment and Minister of Communications. She was the first woman Speaker of the House of Commons in Parliament. In 1984 she was the first woman appointed as Governor General. As head of state, she was a rallying point for her compatriots, a dignified representative of Canada abroad and a symbol of Canadian unity.

Lady Mary Pellatt (née Dodgson) - Born Toronto, Ontario 1858. The first Commissioner of the Girl Guides of Canada lived in a Castle! Lady Mary often invited Girl Guides to have rallies at Casa Loma in Toronto. She was warranted as Commissioner of the Dominion of Canada Girl Guides on July 24, 1912. When she was too ill to attend events, she enjoyed watching the girls from her bedroom window. When Lady Pellatt died in April 1924, she was buried in her Girl Guide uniform, and the Girl Guides formed a Guard of Honour at the funeral service.

Roberta Lynn Bondar - the first Canadian woman to go into space. A dedicated scientist, who enjoys flying and photography in her spare time, has fond memories of being a member of Guiding in her youth. When she was allowed to bring some special food into space she took with her favorite "Girl Guide Cookies"! She is currently a research professor and traveling lecturer working out of the University of Western Ontario, London Ontario.

Jenny (Kidd) Trout - was born in Kelso, Scotland in April 1841 but grew up near Stratford, Ontario. After she was married in 1865, to Toronto publisher Edward Trout, she decided to become a doctor. There were no Canadian medical schools that admitted women, so she enrolled at the Women's Medical College at Pennsylvania and graduated in 1875. She passed the Ontario registration exam for doctors and became the first Canadian woman licensed to practice medicine in Canada. She promoted women in medicine all her life and she helped endow the Women's Medical College, Kingston Ontario in 1883. There is a stamp with her picture on it!

Margaret Marshall Saunders - the first Canadian author to sell 1,000,000 copies of a book. Her book "Beautiful Joe" is the story of an abused dog written for an American Humane Society competition. It won 1st prize and became a world bestseller translated into more than 14 languages. It reached one million in sales in 1894! Margaret Saunders was a woman of charm and humour, and her animal stories were sentimental and gracefully written to be truly entertaining.

Agnes Campbell Macphail - born in Ontario in 1890, Agnes was the only woman elected to the Canadian Parliament in 1921. That was the first Canadian federal election that allowed women to vote. Later she would become one of the first of two women to be elected to the Ontario Provincial Legislature. She was also the first woman appointed to the Canadian delegation to the League of Nations (now the United Nations).

Activity 5: Imports vs Exports

It's time to do some research! Choose any 10 items from the list below and find out if the item is IMPORTED into Canada - meaning it is not made in Canada and we bring it in from another country, or if it is EXPORTED out of Canada - meaning it is made here in Canada, and we send it to other countries. Did any surprise you? Do any fall under both categories?

Vehicles Cell Phones Diamonds Steel Aluminum Gold Glass Coffee Lumber Nickel	Tea Leather Sugar Seafood Watches Fruits Copper Electricity Medication Wheat	Oil Fertilizer Iron Ore Cocoa (chocolate) Cosmetics Soap Flowers (bulbs and fresh) Clothing Machinery Natural Gas
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Activity 6: Canadian Slang

Canada is a multilingual country, but we recognize English and French as our National Languages. However, sometimes Canadians are known for silly slang words and phrases that are exclusive to our country! See if you can guess the meaning to some of the slang words and phrases below:

Double-Double from Timmies	_____
Chesterfield	_____
Give'r	_____
Trash Panda	_____
Come From Away	_____
Snowbird	_____
How many clicks?	_____
Some Day on Clothes	_____
Bunny Hug	_____
Out for a rip?	_____
Keener	_____
Hat Trick	_____
No, yeah, for sure!	_____

Section C: Canadian Chemistry

To complete this section, you must complete one of the experiments below.

Experiment 1: Maple Syrup Viscosity

Canada is famous for its maple syrup, but have you ever wondered why sometimes it pours quickly and other times it drips so slowly? That's because of something called viscosity, which is how thick or runny a liquid is! In this activity, we are going to learn about viscosity and race syrup and see how temperature (and even type) changes the way it flows. Get ready for a sweet science experience with a Girl Guide twist!

Steps:

1. Gather Materials:
 - Real Maple Syrup
 - Table/Pancake Syrup
 - Corn Syrup
 - Slanted Flat Surface that can be easily cleaned (cardboard, plastic trays, cutting boards, etc.)
 - Thermometers (optional: if testing warm vs. cold syrup)
 - Measuring Spoons or Syringes (for precision)
 - Stop Watch/Timer
 - Paper Towel
 - Tablecloth (reusable that can be cleaned or disposable)
2. Learn about Viscosity:
 - What is viscosity?
 - How "thick" or "thin" a liquid is.
 - A liquids' ability to resist flow.
 - How thick or runny a liquid is will determine its ability to resist!
 - This experiment will have you test the viscosity of different syrups...Discuss and make hypotheses (educated guesses):
 - Which do you think will flow faster of the 3 types?
 - Will it flow faster if it is cold or warm?
 - Will real maple syrup flow faster than table/pancake syrup?
 - Any other questions you choose!
3. Ramp Test
 - Place your flat surface at an angle of your choice - you can prop it up with books or on a box, etc.
 - Mark a set starting line at the top and finish line at bottom.
4. Conduct your experiment:
 - Decide on the best release method: directly pour from the bottle, use a measuring spoon/cup, syringes etc.
 - Complete your experiment by releasing all 3 syrups at once in a round, or release one at a time and compare times....options:
 - Round 1: all at room temperature
 - Round 2: all after being cooled if possible (place in the fridge)
 - Round 3: all warm - heat to a warmer temperature if possible (microwave/stove)
5. Repeat and Compare Results

- Run at least 2-3 trials for accuracy.
 - Which liquid flowed the fastest?
 - Did warming it make a difference?
 - What does this tell us about viscosity and temperature?
6. Optional Extras:
- Consider adding in more syrups/liquids or different brands for more results!
 - Honey, agave, etc.
 - Turn your surface into a race track with lanes and design banners.
 - Have youth bring options from home and give out awards for “fastest flow” or “most creative product”!
 - Finish off the activity by taste testing each of the products.

By completing this activity, you’ve learned about science, Canadian culture, and how sweet learning can be!

Experiment 2: Highway Redesign

Highways connect people, communities, and adventures. In Canada, the Trans-Canada Highway is one of the longest highways in the world, stretching from the Atlantic Ocean to the Pacific Ocean. It helps families, travel, goods get delivered, and Guides go on road trips and travel! But highways can also create challenges, such as traffic jams, pollution, and safety issues. In this challenge, you'll become a highway designer and reimagine what a safer, greener, and more creative highway could look like.

Steps:

1. Gather Materials:
 - Paper or Poster Board
 - Markers, pencils, crayons
 - Craft supplies, LEGO, or recycled materials for building materials
2. Imagine your Highway:
 - Picture a highway in your community or the Trans-Canada highway itself. What problems does it face? Few safe places for people to cross? Not enough greenery?
3. Brainstorm Solutions:
 - In a group or on your own brainstorm: What would make your highway better? Bike lanes, more trees, wildlife crossings, carpool lanes, or even fun, creative rest stops!
4. Sketch or Build Your Design
 - Draw your perfect highway, or make a 3D version with craft supplies. Add labels to explain your features.
5. Add a Girl Guide touch if you are able!
6. Share your design
 - Present your creation to your unit. Explain what problems you were able to solve, and how travelers, animals, and the environment will benefit from your design
7. Reflect on your choices with your unit.
 - Ask questions such as:
 - If you could change one thing about the real Trans-Canada Highway, what would it be and why?
 - How does the design of a highway affect the communities and nature around it?
 - What's one creative idea from your design that you'd love to see built in real life?

By completing this activity, you've explored how highways like the Trans-Canada connect our country, and you've shown how Girl Guides can use creativity to make travel safer, greener, and more fun!

Experiment 3: Northern Lights

The Northern Lights, or Aurora Borealis, are a unique natural phenomenon that are visible across much of Northern Canada, especially in the territories. The Northern Lights attract tourists from around the world, supporting local economies, and highlighting Canada's connection to the Arctic and its natural beauty. They hold cultural and spiritual significance for many Indigenous communities, who have passed down stories about the lights for generations. As a scientific phenomenon, the Aurora also helps researchers study Earth's magnetic field and space weather. In this experiment you will create your own Northern Lights while studying surface tension!

1. Gather Materials:
 - Shallow tray/dish (1 per person or group)
 - Milk (high fat content is better - 2% or higher recommended)
 - Food colouring (aurora colours - purple, red, blue, green, etc.)
 - Q-Tips
 - Dish Soap (Blue Dawn recommended) - you can place in a small dish for easy use
 - Tablecloth
2. Set-Up the Experiment:
 - Cover your table with a tablecloth
 - Place a shallow dish on the table and fill the dish 1-2 inches with milk.
 - Spread several drops of food colouring throughout the milk.
3. Learn about Surface Tension:
 - Surface tension is a thin, invisible "skin" on the surface of a liquid that acts like a stretched elastic membrane - almost like a trampoline!
 - Liquid surface molecules are "sticky" - they are attracted to each other and the air molecules above them and they pull inwards, not just sideways and down which creates a strong force - like they are hugging each other!
 - This lets things like insects walk on water or causes water to form round drops, because the surface molecules are held so tightly together!
 - But what happens if you add something to the liquid? Can it change the attraction?
4. Conduct the Experiment:
 - Take your Q-Tip and dip it into the dish soap.
 - Before beginning, ask the group what they think will happen when we add the dish soap to the milk.
 - At the same time, have participants insert the Q-Tip into the milk and watch what happens!
 - What happens: The surface tension of the milk keeps the food coloring drops from spreading. When the dish soap is added, it binds to the fat molecules in the milk, reducing the surface tension. This is why it looks like the colors are "running away" from their drop spot.
5. Optional Extra:
 - You can repeat this experiment with plain water, black pepper and a toothpick dipped in soap! Fill the shallow container with water, instead of milk, and pour in some black pepper. Have your students tap the surface of the water with a toothpick coated in soap, and watch the pepper scurry away!

Experiment 4: Maple Scented Dough

In this activity, you'll make your very own soft, maple scented dough. It's perfect for shaping, sculpting and creating Canadian inspired crafts. Best of all, it smells delicious!

Steps:

1. Gather materials:
 - 2 cups of flour
 - 1 cup of salt
 - 2 tbsp of cream of tartar (helps it to stay soft)
 - 2 tbsp of vegetable oil
 - 1 ½ of cups water
 - 1 tsp of maple extract or maple flavouring
 - Optional: brown food colouring (to look like maple syrup)
2. In a large pot, mix together the flour, salt, and cream of tartar.
3. Add the water, vegetable oil, and maple extract. Stir well until combined.
4. Place the pot on the stove over medium heat. Stir continuously, it will look runny at first but then will quickly thicken.
5. Keep stirring until the mixture pulls away from the sides of the pot and forms a soft ball of dough.
6. Remove from heat. Let it cool slightly until it's safe to touch.
7. Knead the dough on a clean surface until smooth and stretchy. Add a drop of food colouring if you'd like a maple/ brown shade.
8. Store the dough in an airtight container or zip bag to keep it soft.

You've now created your own maple scented dough! A fun mix of science, creativity, and Canadian pride!

**Note: this dough is safe to consume and non-toxic!*

Experiment 5: Moose Antlers Strength Test

Have you ever wondered how strong moose antlers really are? Moose use their massive antlers for protection and to show off during mating season. In this activity, you'll test your strength and coordination while imagining what it's like to be a moose! It's a fun, active way to learn about wildlife and test your own skills.

Ensure this activity is accessible for all participants. You can adapt or modify any part of the activity so everyone can participate comfortably.

Steps:

1. Gather Materials:
 - Cardboard, pool noodles, or foam tubes (to make pretend antlers)
 - Tape or string (to secure antlers)
 - Small weights or objects for lifting (optional)
 - Timer (optional, if doing timed challenges)
 - A safe space to move around
2. Create your moose antlers
 - Use cardboard, pool noodles, foam tubes, or any other available material. Secure them to a headband or a hat so they stay in place on your head.
3. Warm up!
 - Stretch your arms, shoulders, and neck. Moose may be strong, but we want you to stay safe!
4. Test your strength! Try different challenges such as:
 - Holding your antlers up for 30 seconds. Are you able to keep them balanced?
 - Lifting small weights with your hands while wearing your antlers, or are you able to lift small weights with your antlers?
 - Try passing objects from one person to another while wearing your antlers, or using just your antlers to pass the objects!
5. Add a twist!
 - Compete with a friend to see who can hold up their antlers the longest, who can keep their antlers balanced the longest, or do a "moose push" race across the room!
6. Record your results:
 - Note how long you could hold your antlers or how many objects you could lift!

You've learned about moose anatomy and tested your own strength while having fun and staying safe!

Section D: Canadian Cuisine

To complete this section, you can try to make one of the recipes below, or try an assortment of Canadian foods, treats, etc.

To complete this section, you can try making one of the recipes below, or explore an assortment of Canadian foods and treats! Get ready to taste, create, and celebrate all things Canadian

Sweet Treats/ Recipes:

<u>No-Bake Snowball Cookies</u>  A glass bowl filled with several round, white, coconut-covered cookies, known as snowballs, resting on a red and white checkered tablecloth.	<u>Beaver Tails</u>  A close-up of a beaver tail, a long, fried dough treat, topped with a thick layer of chocolate sauce and several slices of banana.
<u>Maple Taffy</u>  A small white bowl containing a thick, orange-colored maple syrup. A wooden stick is used to dip a piece of white taffy into the syrup, coating it.	<u>Butter Tarts</u>  Several golden-brown butter tarts, which are small, round pastries with a thick, caramel-like filling, arranged on a metal cooling rack.
<u>Nanaimo Bars</u>  A stack of Nanaimo bars, which are rectangular chocolate-covered bars with a layer of vanilla custard and a base of chocolate crumb.	<u>Bannock</u>  A black frying pan containing several small, round, golden-brown bannocks, which are traditional Canadian flatbread.

Snacks & Fun Foods:

- Ketchup Chips & All Dressed Chips
- Hickory Sticks
- Covered Bridge and Old Dutch Chips
- Nestle Coffee Crisp and Smarties
- Hawkins Cheezies
- Maple Creme Cookies

Section E: Canadian Mosaic

To complete this section, you must complete at least one of the activities below.

Activity 1: Design a Mosaic

Using a medium of your choice (paper, tiles, canvas, etc.) have each individual design their own square and then put them all together to create your own mosaic as a Unit/District!

Activity 2: Canada in Colour

Each participant is given a unique crayon color. With that crayon, draw your vision of Canada - your favourite things about our country, places you've been, people you love, etc. Once everyone is finished, piece all of the drawings together to reveal a colourful unified image of everything that everyone loves about Canada. Let this start a discussion about how each crayon colour represents a different culture, and how all cultures add something unique and essential to the whole piece of art.

Activity 3: Musical Diversity

Create a playlist of music from Canadian Artists. Participants can submit songs from a variety of artists across the country. Consider including Indigenous languages, encourage discovering lesser-known genres, and explore French artists from Quebec!

Artist Example: Elisapie (a Canadian Indigenous singer who sings in Inuktitut) – [Spotify](#) / [YouTube](#)

Activity 4: Places Poetry

Use poetry to express identity and cultural pride. Write a short poem (e.g., acrostic, haiku, or free verse) about Canadian multiculturalism.

Activity 5: Diversity Trivia

Test your knowledge and spark curiosity about Canada's cultural diversity. Create trivia questions about Canada's multicultural milestones, languages, population stats, holidays, foods, etc. Run the trivia with your unit or with a younger unit.

Activity 6: Identity Flags

Design a personal identity flag using colors, patterns, and symbols that represent their identity values, and culture.

Activity 7: Faces of Canada

Celebrate the diversity of people in communities across Canada. If you are fortunate to have the resources in your community, welcome members of a different culture to your meeting. Participation is voluntary, and their contributions should be on their own terms.

Activity 8: Voices of Canada

Interview a family or community member about their cultural background, traditions, or immigration story. Turn the interview into a podcast, video, or written story for a blog/newspaper.