



Newfoundland and
Labrador Council



A Newfoundland and Labrador Provincial 'Big Calendar' Challenge

Developed by the 2022-2023 NL Youth Forum

All-Level Provincial Challenge

The goal of the November Express Yourself Challenge is for youth to explore their artistic side and find a creative outlet for themselves. We have multiple options for you to choose from. For these activities, you can work with your Guiders and the members of your unit to select challenges that fit your interests and resources. ***In order to get the crest, Sparks have to complete two challenges, Brownies have to complete three challenges, Guides have to complete four challenges, and Pathfinders and Rangers have to complete five.*** Please tag us on instagram @nl_youthforum! We would love to feature your work! Crests can be purchased on the [Girl Guides of Newfoundland and Labrador website](#)

Who We Are

This month's challenge was designed by Sera, Laci, Annalea, Amber, Rebekah and Caroline, six members of the 2022-2023 Youth Forum.



Land Acknowledgment:

We respectfully acknowledge the land on which we gather as the ancestral homelands of the Beothuk, whose culture has now been erased forever. We also acknowledge the island of ***Ktaqmkuk*** (Newfoundland) as the unceded, traditional territory of the Beothuk and the Mi'kmaq. And we acknowledge Labrador as the traditional and ancestral homelands of the Innu of ***Nitassinan***, the Inuit of ***Nunatsiavut***, and the Inuit of ***NunatuKavut***. We recognize all First Peoples who were here before us, those who live with us now, and the seven generations to come. As First Peoples have done since time immemorial, we strive to be responsible stewards of the land and to respect the cultures, ceremonies, and traditions of all who call it home. As we open our hearts and minds to the past, we commit ourselves to work in a spirit of truth and reconciliation to make a better future for all.



Bookmarks!

to mark your place when you get lost in a story

For this challenge, your goal will be to complete a bookmark that is personal to you.

What You'll Need:

- Various colours of cardstock
- Markers, pens, coloured pencils
- Stickers
- String
- A hole puncher

What To Do:

- Cut the cardstock into strips to mimic the shape of a bookmark.
- Punch a hole at the top of the paper and put the string through the hole that you have created.
- Lastly, you can personalise your bookmark by putting your name on it, decorate it with different stickers or designs and add various things that can represent you and your interests.



Here is an example of different bookmarks that can be used to inspire you.
Be unique, and be you!

Journaling!

write something to look back and smile on

For this challenge, your goal will be to complete a journal throughout the month of November.

What You'll Need:

- A blank notebook or journal.
- Pens, pencils, coloured leads, markers or any artistic supplies

What To Do:

- Throughout the month you can write in your journal about various prompts that will be included below. It can be either daily or weekly! You can also personalise your journal by making an alternate cover and designing each page according to your interests. Be creative with this and make a journal that is completely unique to you!

Prompt Examples:

- Experiences and memories
- Moods
- Track your dreams
- Goals you would like to achieve
- Things you are grateful for
- Write about your day



These are examples of pages that can be created in your journal.

All-About-Me Fact Sheet!

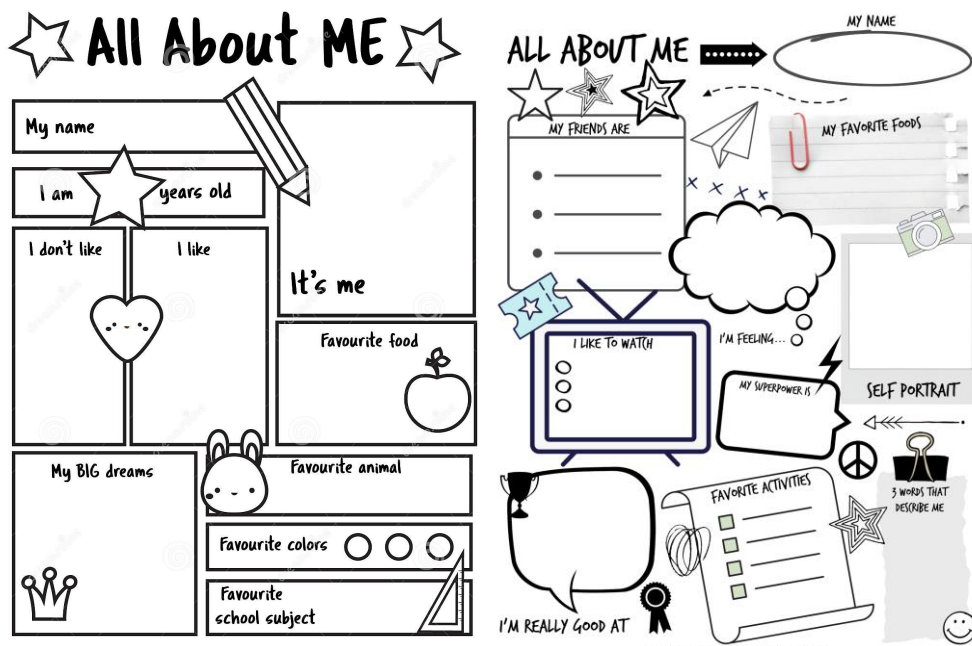
celebrate what you like about yourself

What You'll Need:

- Preprinted "All about me" information sheets (examples can be found below)
- Pencils, markers, and colouring leads

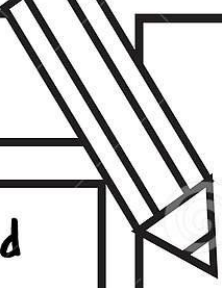
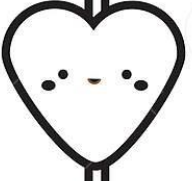
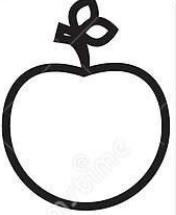



What To Do:

- Fill out all the information that describes you and your favourite things about yourself, and express your own interests.
 - Make sure the sheet is decorated and designed to your liking!
 - Either let the youth take home the sheet to show other friends/family.
- OR**
- Let the Guiders take the sheets and store them until the end of the year to return to the youth at the end-of-the-year ceremony (or fly-up). This creates a time capsule and memory for the youth later.



These are some examples of pages that can be printed and used.

☆ All About ME ☆

My name		
I am	☆ years old	
I don't like	I like	
		It's me
		Favourite food 
My BIG dreams		Favourite animal
	Favourite colors ○ ○ ○	
	Favourite school subject 	

Picture Perfect!

"Say Cheese!"

What You'll Need:

- Camera

What To Do:

- Take a walk outside to your favourite place, somewhere that gives you joy or just around your neighbourhood. Take pictures of different landmarks, scenery, wildlife, etc. Create a slideshow or print the pictures and show them off to your unit. Describe the pictures and how they make you feel.



The Music in Me!

express yourself through music

What You'll Need:

- Pencil
- Paper

What To Do:

- It is time to use your singing voices! Make a list of songs that make you feel happy and relaxed! These can be Guiding or non-Guiding songs! Share your list with your unit and sing some songs together! Try searching the internet for new Guiding songs to teach your unit. Action songs are always fun!
- Here is the [Let's Sing](#) resource from Member Zone with audio, sheet music and lyrics



Agamographs!

play around with different perspectives

What You'll Need:

- 2 printed copies of the template provided (or you can make your own!)
- One blank piece of paper
- A glue stick
- Scissors
- A colouring medium – either crayons, colouring leads, or markers

What To Do:

- Make two drawings – one on each copy of the template. It's important to make sure that the paper is positioned so that the strips run up and down
- Once you have your two drawings finished you'll need the white piece of paper. It needs to be twice as long as one drawing
- Cut the first strip off the drawing #1 and glue it down. Then you'll cut the first strip off of drawing #2 and glue it right next to the strip you just glued. Keep going back and forth until all strips have been cut and pasted (I recommend cutting as you go rather than all at once to help keep them organized).
- Carefully fold your paper back and forth, accordion style (almost like you are making a paper fan). When it's all folded you'll need to spread out the folds just a bit until the spacing looks right. It looks funny from a front on view but angle your drawing just a bit and look at it from the side. Wow! Two drawings hidden on one page!

Resources:

- **Video link:** <https://www.youtube.com/watch?v=taTSvJfFLXM>



[illegible]

Abstract Art!

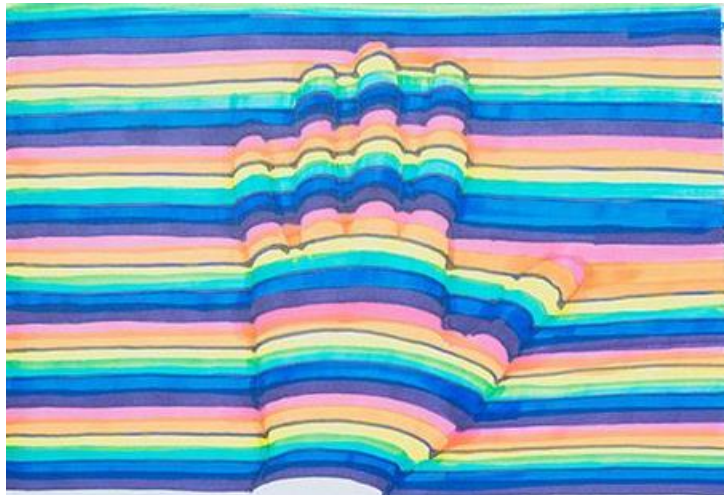
don't be afraid to be unique

What You'll Need:

- Paper
- Pencils, markers, colouring leads

What To Do:

- Draw a pencil outline of your hand on the paper, then draw a straight line across the page with a marker. When you hit the outline of the hand, transition to a curve until you reach the other side, and then continue going straight. Repeat with tons of colours until you have an awesome, trippy art piece!
- If you want to customise your piece even more, try using a specific colour palette, or even try black and white! If you have a larger piece of paper, try out multiple hands, or a different shape entirely!
- Video link to follow along with: <https://youtu.be/YNEXzvnD7ml>



Here are two examples that can be used for inspiration.

Performance!

lights, camera, action

What You'll Need:

- Paper, pencil, highlighter
- Camera (optional), costumes (optional)

What To Do:

- Find a skit script online (or you can totally make your own) and perform it for your leaders! You can do it like a theatre show, or film and edit it like a movie, then have a screening night! Learn fun acting terms like 'cheating out,' how to project your voice, and most of all, have fun!
- If you're uncomfortable in front of the camera, try helping out behind the scenes! All movie and theatre sets have people who control lights, sound, hair, costumes, and makeup. You could even create promo posters for your show! And of course, you can't forget to have a director!
- Here's a link to some online skits in case you can't come up with your own:
<http://dragon.sleepdeprived.ca/songbook/skits.htm>



Strike a Pose!

Fashion Show

What You'll Need:

- Your favourite outfit

What To Do:

- Pick out clothing that makes you feel confident! Use rope, ribbon, or anything you can find to outline a straight runway. Take turns walking the runway! Play music! Strike a pose and cheer on your friends!

Create your own Activity!

Express yourself

What To Do:

- Brainstorm ways to express yourself day to day. Perform this activity, reflect about how you feel and share it with your unit!

