

Sparks Instant Meeting Booklet

#1



BC Program Committee

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TABLE OF CONTENTS

Being Healthy.....3

Sparks Bone Building Challenge Day Camp4

Sparks Clues Hunt5

Spark Famous Five Challenge Event6

International8

Mad Scientist..... 10

Treasure Box..... 11

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BEING HEALTHY

PROGRAM CONNECTION: Being Healthy Keeper.

LENGTH OF ACTIVITY, LOCATION: This will take one meeting and can be done inside your regular meeting place. If the weather is nice, you may wish to go outside for the Ribbon Dancing portion. You may want to ask for parent helpers to assist you at this meeting.

MATERIALS REQUIRED:

- Arts to Go Box from your District Program Adviser or District Commissioner
- large sheets of plain white paper (large enough for the Sparks to lie on and to trace a body outline)
- washable markers, crayons or pencil crayons
- CD player
- ribbons
- chopsticks or small dowels
- water or juice for snack
- healthy snacks such as celery or carrot sticks, raisins or granola bars
- storybook on theme of being healthy

PREPARATION: Prior to the meeting, choose a story on the theme of being healthy. Make Ribbon Sticks by attaching one piece of ribbon to one chopstick or small dowel. The length of ribbon should be no longer than a child's arm to avoid any tripping incidents.

OPENING: Regular Opening tradition for your unit. Explain what will be happening during the meeting and talk about the importance of eating properly, getting enough sleep and being active.

CRAFT: Ask the Sparks to find a buddy and a spot on the floor where they can trace their body outline. Each girl gets a large sheet of paper and a washable marker to share with her buddy. The Sparks can then trace each other's body outline. Some of them may require adult assistance. Once the body outlines have been traced ask the Sparks to write their name on the paper beside the outline. Then encourage the Sparks to draw a face on the outline and decorate the traced body outline. While the Sparks are busy completing this you can take this opportunity to discuss healthy foods, healthy lifestyle, etc. This can take as long as your time allows.

Once everyone is finished decorating the body tracing, ask the Sparks to find another Spark who has the same coloured eyes. Then ask them to find someone who is born in the same month as they are. Then ask the Sparks to find someone with a brother, sister or pet. The final question could be to find someone who enjoys Sparks. This shows the Sparks that even though we all look different we are also the same in many ways.

ACTIVE GAME: Ribbon Dancing. Hand out a ribbon stick to each Spark and show them different ways to dance with the ribbon. Try dancing and singing to "Twinkle, Twinkle Little Spark" and other songs on the Arts To Go CD. Make sure the Sparks spread out so they can move freely. End by doing the "Hokey Pokey" with the ribbon sticks.

SNACK AND STORY: Read a story about being healthy and have a water or juice break and a healthy snack.

CLOSING: Sparks Closing and enjoy your regular closing activities. Sparks take home their body tracing.

SPARKS BONE BUILDING CHALLENGE DAY CAMP

GOAL: To complete the Bone Building Challenge.

PROGRAM CONNECTIONS: Bone Building Challenge, Going Camping and Being Healthy Keepers.

TIME: 10 a.m. to 2:30 p.m.

LOCATION: Church hall or building at local camp.

MATERIALS REQUIRED:

- empty clean milk jugs
- paper plates or plain placemats
- glue
- grocery flyers
- safety scissors
- skipping ropes, balls, hockey net, hula hoops
- empty clean small yogurt containers
- food for lunch
- Q-Tips
- black construction paper

PREPARATION: Set up five stations for the Obstacle Course.

OPENING: Welcome Sparks to camp and begin with Spark Opening. Introduce parent helpers. Follow Safe Guide criteria. Explain the activities for the day and split into smaller groups if necessary. Lunch break should be approximately noon. You may wish to do two activity stations before lunch and two after lunch.

ACTIVITY #1—YOUR OWN HEALTHY LUNCH: Sparks can create their own healthy lunch by cutting healthy foods out of various grocery flyers and gluing them onto a paper plate or plain placemats. Discuss the healthy choices they have made.

ACTIVITY #2—OBSTACLE COURSE: Five stations.

- Station #1: Squats for two minutes
- Station #2: Skipping for two minutes
- Station #3: Kicking a ball into a net to see how many goals you can make in two minutes
- Station #4: Jumping Jacks for two minutes
- Station #5: Tossing yogurt cups into a hula hoop to see how many you can get into the hoop in two minutes.

ACTIVITY #3—MILK JUG BOWLING

ACTIVITY #4—Q-TIP SKELETON CRAFT: Make a Q-Tip skeleton by gluing Q-Tips onto a piece of black paper.

LUNCH: Noon to 12:45 p.m. Suggested Menu: milk shakes, fruit with yogurt dip, peanut butter and jam sandwiches and/or cream cheese and cucumber sandwiches

CAMPFIRE: Songs such as “Head and Shoulders”, “Them Bones” and “Ice Cream Yell”.

CLOSING: Spark Closing and crest presentation.

SPARKS CLUES HUNT

PROGRAM CONNECTION: Going Outside Keeper.

LENGTH OF ACTIVITY, LOCATION: This will take one meeting. If the park or trail is within walking distance of your meeting place then the starting point could be your regular meeting place. If the park or trail is farther then you may wish to arrange to meet at the park or trail. Don't forget to do your Safe Guide paperwork. You may want to ask for parent helpers to assist you at this meeting.

MATERIALS REQUIRED:

- "treasure bags" for each Spark, such as sparkly drawstring bags made by a parent or Guider, a plastic storage bag or brown paper lunch bag. The bags need to be large enough to hold all the "treasures" the Sparks will find during the treasure hunt.
- seven pink post-it notes in the shape of a T-Shirt or flower. They need to be large enough to write on.
- small "treasures" from the Dollar Store such as shaped erasers, stickers, pencils and rings (one of each per Spark).

PREPARATION: Prior to heading out on the treasure hunt, the clues need to be posted along the trail or in the park. One post-it note will have the Spark Promise written on it and the other six will each have one letter spelling out Sparks. These post-it notes will be placed along the trail in random order for the girls to find and give them clues to the mystery word. At each clue spot there should be "treasure" for the girls to find and put into their treasure bags. You may wish to place the treasures in a small plastic tote or bag so the treasures can be placed on the ground below the clues. This can be done by one Guider during Opening.

OPENING: Regular Opening tradition for your unit. At this time, one Guider or parent helper will be hiding the clues and treasures while the other Guiders explain to the Sparks about the treasure hunt.

TREASURE HUNT: Ask the girls to take note of their surroundings while on the walk and then discuss what they saw once the mystery has been solved. If you have a large Sparks unit you may want to split the group into two groups and send one group off first; the second group follows a few minutes later.

Once all the clues and treasures have been found have the girls meet back at the beginning point to try and solve the mystery and discuss what they saw along the walk. The clues spell out the word SPARKS when put in the correct order and the seventh clue is the Spark Promise. Take a moment to discuss what the Sparks observed along the trail and what Sparks means to them.

CLOSING: Sparks Closing and enjoy your regular closing activities.

SPARK FAMOUS FIVE CHALLENGE EVENT

GOAL: To complete the Famous Five Challenge from Alberta.

PROGRAM CONNECTION: Being Me Keeper.

TIME: 1 p.m. to 4 p.m.

MATERIALS REQUIRED:

- food for Afternoon Tea Party (crumpets, tea and/or apple juice)
- tea cups
- fun foam for name tags
- safety pins
- feathers
- hats
- glue guns
- ballots
- pencil crayons, crayons or markers
- five empty cookie cartons to make ballot boxes
- cardstock cut into the shape of a bookmark with fancy scissors
- stickers
- white film canisters with a red cross marked on the outside
- items for mini-first aid kits
- red ribbons

PREPARATION:

- Book location for the event and complete Safe Guide paperwork.
- Order Famous Five Challenge crests from Alberta Girl Guides.
- Check on the Internet or at the library for information about the Famous Five.
- Make name tags in the shape of teacups from fun foam and print names on them.
- Arrange for a guest speaker from Mother's Against Drunk Drivers (MADD-Canada).
- Guiders to dress in costumes as members of the Famous Five (example—Emily Murphy as a judge).
- Make five ballot boxes out of empty cookie cartons.



ARRIVAL: 1 p.m. Sparks should have had lunch before arriving. Upon arrival, Sparks will be signed in by their parents, receive their name tag and can then work on colouring ballots for voting later in the day for their favourite member of the Famous Five.

OPENING: Welcome Sparks to the Famous Five Event and begin with Spark Opening. Assign buddies. Introduce Guiders, parent helpers and the guest speaker from MADD Canada. Follow Safe Guide criteria (fire drill, etc.). Explain the activities for the event and split the Sparks into five groups.

FIVE STATIONS: Sparks will rotate through each station. Each station will take approximately 20 minutes.

Station #1—Emily Murphy: Sparks make hats with feathers glued onto them. Guiders should use the glue guns. While girls are working on their hats talk to the girls about

Emily Murphy and her accomplishments. Mark names on the hats. Sparks can wear their hats for the rest of the day.

Station #2—Nellie McClung: Sparks decorate bookmarks with markers and stickers. Use fancy scissors on the edges to make them interesting. While girls are working on their bookmarks talk to the girls about Nellie McClung and her accomplishments. Make sure to put the name of each Spark on the back of her bookmark.

Station #3—Henrietta Muir Edwards: Talk to the girls about Henrietta Muir Edwards and her accomplishments. Teach the girls to sing YMCA but substitute YWCA because Henrietta Edwards founded the YWCA.

Station #4—Irene Parlby: Use white film canisters with a red cross sticker on the front to make mini first aid kits. Talk to the girls about Irene Parlby and her accomplishments.

Station #5—Louise McKinney: Talk to the girls about Louise McKinney and her accomplishments. Invite a guest speaker from MADD to talk briefly to the Sparks and possibly bring resource material and/or colouring books. Make red ribbons for them to wear.

AFTERNOON TEA PARTY: Enjoy Afternoon Tea of crumpets and tea or apple juice. Serve in bone china tea cups. Invite parents to join the Sparks for Afternoon Tea and stay for the rest of the event.

QUIET TIME: Read the interactive Famous Five Story which can be found on the Alberta Girl Guides website under Brownie Challenges. Divide the Sparks up into groups to do the actions.

VOTING FOR FAVOURITE FAMOUS FIVE PERSON: Explain to the Sparks about how to vote and hand out the ballots they coloured when they arrived. After the girls have voted then count the ballots and announce the favourite of the Famous Five.

CAMPFIRE AND CLOSING: Sing songs from across Canada. Hand out Famous Five Challenge Crests. Spark Closing.

NOTE: This could be a bridging event or a Thinking Day event.



INTERNATIONAL

This meeting can be planned for February to celebrate Thinking Day or Chinese New Year.

PROGRAM CONNECTION: The World Around Me Keeper.

LENGTH OF ACTIVITY: This will take two meetings to complete and should be done in back-to-back meetings. At the first meeting have the girls create a paper dragon. The dragon can be made out of a shoe box and covered with roll paper. The girls can also paint the box green, red and gold and glue on googly eyes. Streamers can be added as decoration as well.

MATERIALS REQUIRED:

- costume from China for Guiders if possible
- red paper to cover entry door with “Happiness” written on it in black paint
- Chinese lanterns to hang around meeting place
- CD of Chinese music from library
- CD player
- red tablecloth for table
- coloured construction paper to make Chinese fans
- stamps and stamp pad to decorate fans
- shoe boxes for paper dragon and paper or paint to cover box
- googly eyes
- streamers
- chopsticks
- variety of Chinese food including fortune cookies
- fabric purses from dollar store
- Chinese coin or chocolate coin for purse
- information from local library regarding China to discuss differences with the Sparks
- story about the tradition of Chinese New Year including the story of lucky money

PREPARATION: Guiders dress in costumes from China. Cover meeting room door with “Happiness” sign. Set up food table and craft station. Decorate room with Chinese lanterns.

OPENING: Have Guiders greet Sparks at the door and invite them to the Chinese New Year Party. Enjoy your regular opening. Introduce parent helpers. Explain that this is a special meeting. Talk about where China is in the world (a map of the world might be helpful) and discuss the differences in the way of life in China and life in Canada. The Sparks can be split into two groups to move between the Chinese fan craft and the food tasting station or can remain in one group. This will depend on the size of the unit. Chinese music can be played during the meeting.

CHINESE FAN CRAFT: Create a Chinese fan using construction paper and decorate with stamps. The fan will be used later in the meeting when the girls sing songs.

FOOD TASTING: Pass out chopsticks and encourage the Sparks to try a variety of Chinese food such as rice, spring rolls and Chinese tea.

SINGING AND STORY TIME: Song: “My Ship Sailed From China”. The Sparks can use their Chinese fans for this song. Read a story about the traditions of Chinese New Year and explain about lucky money.

CLOSING: Sparks Closing and enjoy your regular closing activities. As Sparks leave to go home with their parents give them each a fortune cookie and a fabric purse with “lucky money” inside to take home.



MAD SCIENTIST

PROGRAM CONNECTION: Exploring and Experimenting Keeper.

MATERIALS REQUIRED:

- lab coats for Guiders
- gloves
- safety goggles
- Christmas lights
- beakers
- coloured water
- large plastic garbage bags or plastic streamers
- Science In A Box tote kit
- four tables for setting up experiments
- assorted colours of Lifesavers
- various ingredients required for experiments

PREPARATION: Get the Science In A Box tote from your District Program Adviser or District Commissioner a few weeks prior to actual meeting date. Ask for extra parent helpers for this meeting.

Meeting space will need to be decorated prior to Sparks' arrival. Guiders dressed as scientists in lab coats, gloves and safety goggles. The meeting room is decorated with blinking Christmas lights, beakers with collared water, science equipment and shredded plastic of streamers hanging from doorway for a "Decontamination Area". The girls arrive and depart through this doorway.

OPENING: When Sparks (a.k.a. "Mad Scientists") arrive they will get into a circle for the Sparks Opening and Spark Promise. Enjoy your regular opening. Introduce parent helpers. Explain that this is a special meeting and how the four stations will work on a rotating basis.

FOUR STATIONS: Sparks will rotate through the four stations.

Station #1—Dancing Cranberries: Science In A Box Experiment #20 (page 25).

Station #2—Lifesavers: Assorted colours for guessing the flavour; Science In A Box Experiment #15 (page 21).

Station #3—Popping Rockets: Adapted to use ¼ Polident tab; Science In A Box Experiment #22 (page 26).

Station #4—Ack Its Gak: Science In A Box Experiment #1 (page 7).

CLOSING: Sparks Closing and enjoy your regular closing activities.

NOTES: Have bubbles on hand for a back-up activity.

TREASURE BOX

PROGRAM CONNECTION: Exploring And Experimenting Keeper.

LENGTH OF ACTIVITY, LOCATION: This will take one meeting and can be done inside and/or outside your regular meeting place. If the weather is nice, you may wish to go outside for the Scavenger Hunt portion. You may want to ask for parent helpers to assist you at this meeting.

MATERIALS REQUIRED:

- Treasure Box from your District Program Adviser or District Commissioner
- sheets of plain paper for treasure map
- washable markers, crayons or pencil crayons
- items for scavenger hunt
- drawstring bags to put scavenger hunt items into
- story about exploring

PREPARATION: Prior to the meeting, draw out treasure maps for the Sparks to colour. The Sparks will use the Treasure Map during the scavenger hunt. You may wish to “burn” the edges to make them look like an old treasure map. You may also want to dip the maps in tea to give an antique look. This will need to be done prior to your meeting.

Collect items for the scavenger hunt. You will need to decide if the Sparks will be doing the scavenger hunt in groups, pairs or as individuals so you know how many items to collect. Suggestions for items: small rock, gold coin, leaf, feather, “jewel”, tiny toy bird or animal, necklace, flower and marble. Purchase or make drawstring bags for the Sparks to put the scavenger hunt items in. Before the Sparks arrive hide the scavenger hunt items around your meeting place or outside if the weather permits.

OPENING: Regular Opening tradition for your unit. Explain what will be happening during the meeting and talk about how much fun it is to explore and follow a treasure map.

CRAFT: Have the Sparks colour their treasure maps. While the Sparks are busy colouring you can explain how a scavenger hunt works and if you are going outside remind them to stay with their buddy and the group within the boundaries you have laid out.

ACTIVE GAMES: Once the Scavenger Hunt is complete you may wish to play a few active games from the Treasure Box, such as “Name That Wall” and “The Wedding Story”.

STORY: Read a story about exploring.

CLOSING: Sparks Closing and enjoy your regular closing activities. Sparks take home their treasure maps.