

MID ISLAND AREA - GIRL GUIDES OF CANADA
PROGRAM NOTES



Issue #4

April 2006

Important Dates to Remember:

April 22	EARTH DAY
April 24-30	Pitch-In 2006
May 5	Spring CAJURA -Superheroes in Surrey
May 14	Mothers' Day

Program Challenge: Congratulations goes to **Christie Kwasinski** of 4th Nanaimo Guides on winning the program challenge with her plans for the World Guiding and Travel badge. A special thank you to all the leaders who submitted their meeting notes and ideas you will be receiving a ribbon crest from you commissioners soon. There were some great ideas and I am enjoying putting them all together to make up a booklet of "Meetings to Flower".

WHAT IS NEW IN GUIDING

ECO PAKS: Emma Calvert is our Provincial Environmental Adviser and one of the most enthusiastic people you can meet. This new box or should I say Backpack is chock full of ideas to provide resources and new tools so that all Guiding members can naturally integrate environmental considerations into their thinking and daily lives.

The subject of environment covers a broad range of ideas and topics and this backpack will provide you with:

- ☆ games,
- ☆ crafts,
- ☆ service projects
- ☆ challenges
- ☆ songs
- ☆ stories
- ☆ list of available resources.

There is an old Chinese proverb:

If you're thinking 1 year ahead sow a seed

If you are thinking 10 years ahead plant a tree

If you are thinking 100 years ahead, educate the people!

GAMES: Habitat/Shrinking Island

Materials: you need a bunch of

- ☆ carpet squares or sheets of newspaper or skipping rope
- ☆ a source of music

Scatter mats /newspaper/ ropes around the room to form mini islands. If you have enough space and supplies try to start with one island per player.

Have the players imagine that when the music is playing that they are animals looking for food and water or just playing with their animal friends.

When the music stops the players must find shelter for themselves and all their fellow players by making sure that everyone gets on to an island. Depending on the type of music you use you can tell them it represents disease, a lurking predator or a storm.

If there are no empty islands the players must share with others. You must have all the parts of your body on the island otherwise you won't survive. [For Sparks say at least some part of their body] They can be quite creative to help their friends balance on the island.

Each round remove a few islands- explain that this is development by humans [ie cities] are spreading and taking over the land and wildlife habitats. Continue to remove the islands until the end when everyone is piled onto just a few islands and it's not possible to fit in any more girls

ELEMENTS: EARTH, FIRE, WATER, or AIR

Materials: Beanbag or Frisbee

Form a circle. Select one person to go into the middle. The person in the middle calls out one of 4 words EARTH, FIRE, WATER, or AIR. then throws the bean bag to someone in the circle. The person catching the beanbag must name something that lives in that element called out: ex. Earth - bear, Water-whale, Air- eagle.

If **FIRE** is called out the person catching the beanbag says nothing and returns it to the thrower as quickly as possible. You only have a few seconds to give an answer and no repeats. If you can't answer you go in the middle.

Variation for older girls: select a continent before the game starts ; all answers must come from that continent or go through the 26 letters of the alphabet A B C etc.



Hand Painted MUGS for Mothers Day or Fathers Day

Materials

- 1 white ceramic mug
- Ceramic Porcelain paint [sold at Michaels]
- Watercolour brushes or cotton swabs

1. Try out a few designs on paper before decorating a mug.

When ready, lay the mug on its side and apply the glaze, which is a little thicker than India ink, with the brush or a cotton swab.

2. Let the painted mug air-dry for at least 24 hours.

3. Set the glaze by baking the mug in a preheated 325 degree oven for 35 minutes.

Tips:

To keep the project cost efficient, pick up only primary colors (red, yellow and blue) and mix them to create a variety of hues.

Stick with abstract designs such as dots, squiggles, swirls, etc. or simple shapes without a lot of detail. It is very difficult to do realistic drawings with these paints.

****Variations: For a special touch, fill the mug with assorted tea bags or a package of hot chocolate mix.

Hand Painted Aprons: time needed 1 hour

Materials:

- ☆ solid coloured apron
- ☆ fabric paints
- ☆ paper plates
- ☆ fabric pens

1. Cover a work area with newspaper, and lay the apron right side up. Pour a little paint into a paper plate.

2. Have kids press their hands in the paint, move them around until the palm sides are covered, then place their handprints on the apron. Continue until the apron is covered with prints.

3. Write each child's name with a fabric pen under his handprint. Let it dry for at least one day before wearing.

Painters Hats:

Great for camp, but could also be adapted for *Hands Across the Border*.

Materials:

- Sharpie permanent markers [you can buy packs of them at Wal-Mart or Staples]
- small rubber bands
- rubbing alcohol
- cotton tipped swabs

Directions:

Pinch a section of the hat. Wrap the rubber band on.

Use the marker to colour next to the rubber band, trying to get the inside folds colored also.

Dip a swab in the alcohol and dot it on the section you colored. This spreads the color.

TIPS: We used painters caps, hot-glued fake flowers, bees, etc. to the brim (tight up next to where it meets the cap - for balance), and touched up with glitter glue. They were a huge hit and it was very easy to count heads. I was planning on gluing pipe cleaners on, then gluing the bees on top (for an antennae effect), but ran out of time and only did my hat.

Boot Planter: Turn an old boot into a stylish planter **Time needed 1 hour**

Materials:

- Old boot
- Pebbles or aquarium gravel
- Potting soil or loam
- Small bunch of annual flowers

1. Remove the lace from the boot or loosen it enough to allow the tongue to be pulled forward.
2. Fill the bottom of the boot with a layer of pebbles or aquarium gravel to provide drainage.
3. Pack in a 2-inch layer of potting soil or loam.
4. Fit in the root base of annual flowers (pansies, marigolds, or impatiens work well).
5. Gently pack more soil around and on top of the roots.

Tips:

Remember to water the flowers regularly because, unlike those that are planted in the ground, these blooms cannot draw moisture from the surrounding soil.