



MID ISLAND AREA - GIRL GUIDES OF CANADA *PROGRAM NOTES*

Issue # 3

March 2006

As the joys of spring are fast approaching and we can look forward to lots of outdoor activities as the days get longer and the weather gets warmer. Spring break is a great time to explore and also relax and recharge the batteries as we start the steep descent to year end. Scary thought? Well it shouldn't be and hopefully you'll find some ideas to help you over the next month.

Thank you to all units and leaders who sent in meeting program outlines for the Challenge, What a an array of notes and I am now in the process of putting them into the various levels and hope to have the booklet printed soon. I will give one to each Division and also have 1 available in the Guide Shop library. You did an fantastic job and your enthusiasm shows.

The last week of April is **Pitch-in Canada** week- a great chance for your girls to get outside and do some community service. Host your own litter walk, shoreline clean-up or recycling challenge. Visit www.pitch-in.ca to register your event and get free promotional materials like garbage/recycling bags, colouring sheets, and certificates.

Celebrated every April 22, **Earth Day** is the largest, most celebrated environmental event worldwide. More than 6 million Canadians join 500 million people in over 180 countries in staging events and projects to address local environmental issues

Type of Earth Day Events: tree planting, gardening, community clean up, school yard clean up, eco field trip, nature walk, bike/walk day, reuse activity, charity clothing drive, waste reduction program, recycling drive, assembly, guest speaker, information display, workshop, seminar, art display, Eco Festival/Eco Fair, reuse arts and crafts, bird house building, play/concert performance, green clothing day, bake sale, raffle fundraiser, auction.

Safe Guide:

The final set of amendments to the 2004 edition of Safe Guide will be released on April 1, 2006. The amendments will be posted on the national website. An e-mail message will be sent to all Members who have an e-mail address in iMI S notifying them of the amendments. It is recommended that Girl Guide Districts make copies of the amendments available to Guiders on request to help those Members without e-mail have access to these important updates.

Important Dates to Remember:

April 1 st	April Fools Day- MI A AGM & Luncheon in Crofton
April 2 nd	Daylight Savings begins- Spring the clock ahead Camp Creina Clean up
April 14-17	Easter Weekend
April 22	Earth Day

Ecological Games for Earth Day

Sound Maps B, G, P

How to Play:

Give each girl a piece of paper or an index card and a pencil. Ask each girl to mark an "X" in the middle of their papers, which will represent themselves. Have each girl find a special place to sit outdoors.

Ask the girls to listen carefully to their surroundings. As they listen, have them map the different sounds that they hear around them, using symbols to represent the sound in relation to where they're sitting.

At the end of the allotted activity time, ask the girls to share their maps and discoveries (with a partner or in a group).

Eco-message:

Girls can get a different perspective of the diversity in their surrounding habitat. Sounds heard in the city will be much different than those heard in the forest.

Quick Frozen Critters B, G, P, Sr Br

How to Play:

* Discuss what it means to be a predator and a prey. Divide the group into 'predator' and 'prey' (1 predator for every 4 to 6 prey).

* In a large room or on a playing field, identify one end of the field as the 'food source' and the other end as the 'primary shelter'.

* Place 4 to 5 hula-hoops or skipping ropes on the open area between the 'shelter' and the 'food'. These represent additional shelter or cover for the prey and can be randomly distributed on the field.

* Place food tokens (pieces of scrap paper, marbles, etc.) on the ground in the 'food source' area. Make sure there are at least three food tokens for each prey animal.

* Make sure the predators are clearly identified – scarves, headbands, arm ribbons, etc.

* Have a signal to start each round. When a round begins, prey start from their 'primary shelter'. The task of the prey animals is to move from the primary shelter to the food source, collecting one food token each trip, and returning to the primary shelter. To survive, the prey have to obtain three food tokens (this involves 3 separate trips). Their travel can be hazardous. They need to be alert and aware of the predators. If they spot a predator, they can use various prey behavior - including warning other prey that a predator is near. Prey has two ways to prevent themselves from being caught by predators:

- (1) They may 'freeze' any time a predator is within five feet of them; or (2) they may run for cover (which means they have at least one foot within the hula hoop/skipping rope). Frozen prey may blink, but otherwise should be basically still without talking (predators have a keen sense of movement, if the prey are frozen, they cannot be seen by the predators).

* Predators start the activity anywhere in the open area between ends of the field and should be spread out between the prey's food and the primary shelter. Predators need to capture prey to survive. Predators can tag only moving (not 'frozen') prey outside of their shelter/ cover areas. (OPTIONAL: Prey can have bandanas in their pockets that the predators have to take to represent the successful capture.) Predators must each capture two prey in order to survive. Captured prey are taken to the sidelines by the predator who captured them.

*** Set a time limit of five to seven minutes for each round of the game. Remind prey that they can remain frozen for as long as they like, but if they do not have enough food at the end of the activity they will starve and not survive. In nature, an animal must balance the need to find food with the conflicting need for safety. Play several rounds to allow each girl to be both prey and predator.

*** VARIATIONS/EXTENTIONS (G, P, SrBr): Record**

the number of captures each round. After each round, have the girls who were captured become predators and each predator not getting enough food become a prey for the next round. This will quickly help to demonstrate the effect that predator/prey relationships have on each other as they fluctuate in response to each other. Have the girls walk or use different methods of movement for each of animal.

Eco-message:

Girls can learn about predator/prey relationships. They can learn that predator/prey relationships act as natural limiting factors affecting wildlife. Talk with the girls about the ways they escaped capture when they were prey and what they did as predators to capture prey. The girls can learn about how adaptations are important to both predator and prey.

BROWNIE MEETING: Earth Kids

1. Gathering Activity

Have ready something for the girls to work on while waiting for everyone to arrive, such as the colouring sheets attached at the end of this section. A great website for activity information with an environmental theme is www.kidsdomain.com

2. Opening Procedures, Dues

At this point, have the girls introduce their guests. Encourage all girls to share ways that they give the earth a "hand". Have the girls trace their hands on a large poster. Write their names and ways they help the earth inside.

3. Ice Breaker Game – Picnic Name Game

Start by having a girl say her name and something starting with the same sound that she would bring on a picnic. For example "My name is Susan. I'm going on a picnic and I'm bringing sandwiches." The next person would say, "That's Susan and she's bringing sandwiches. My name is Christy, and I'm bringing carrots." Go around the circle with each girl trying to remember what the others before her have said. You may want to have several circles of this going, depending on the number of girls you have attending

5. Round Robin

***Allow roughly 15 minutes at each station, depending on number of girls/length of meeting.

Station 1 – Oscar the Grouch craft

This is a camp hat craft that can also be fun for guests who don't have camp hats! You just need some empty film canisters, 1 1/2 inch green pom-poms, small googly eyes, and safety pins/other fasteners to attach to the back with a hot glue gun. (You may want to complete this step ahead of time.)

Station 2 – Blue Box

Who knows what goes in your blue box? Have a clean, empty blue box and a variety of clean, recyclable/non-recyclable items. Talk about each item and discuss why it is or isn't recyclable in your province. Have the girls sort the recyclables into the blue box.

Station 3 – Plastic Bottle Bowling

Collect 10 bottles of the same size and set them up as bowling pins. Have the girls "bowl" with a small ball. Keep track of each group's points!

Station 4 – Pet Rock

Have some clean, smooth rocks available for painting. Girls may choose to paint their rocks to look like bugs or animals, or they may simply make colourful creations!

Station 5 – Paper Making

Follow the directions provided at the end of this section to help the girls make their own recycled paper.

6. Campfire

Sing songs about animals and the earth. Remember to have the girls teach their guests a few favourite songs!

7. Closing

Thank the guests for participating and give them their goodie bags. Close the meeting in the usual manner.

CRAFT PAGE

Bead Bunnies: time needed = 1 hour



Materials

- Round wooden beads in different sizes (the holes need to be large enough for double pipe cleaners to fit through)
 - pipe cleaners
 - acrylic paint
 - mini pompoms
 - fine tip pen
1. Paint two beads (one larger and one smaller) with acrylic paint.
 2. Bend a pipe cleaner into an M shape.
 3. When the beads have dried, bend the ends of the pipe cleaner under the larger bead to form two big feet, and adjust the loops above the smaller bead for ears.
 4. Glue on a mini pom-pom tail.
 5. Use a fine-point pen to draw on eyes, nose, and whiskers.

Thumbprint Eggs: time needed 1 hour

Materials:

- hard boiled eggs
 - acrylic paints
 - paper plates
 - fine point markers
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1. To put your prints to work, pour a bit of acrylic paint onto a paper plate. Dip your thumb or finger into the paint, dab off any excess, and then press it against the egg.
 2. Let the paint dry completely before adding details with a fine-point permanent marker

Note: If you plan to eat your Easter eggs, decorate them only with food-grade dyes