

Guide Instant Meeting Booklet

#1



BC Program Committee

August 2009

TABLE OF CONTENTS

Bring a Friend Night3

Peace Badge—Adventures in Guiding6

Taking it Outdoors Meets Active Living.....9

Recycling Badge 13

Eco Pak: Water Theme 15

CSI Challenge..... 17

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BRING A FRIEND NIGHT

Refer to the Girl Guides of Canada website for great resources!

https://memberzone.girlguides.ca/C5/Marketing-and-PR/Bring_A_Friend/bring_a_friend.aspx

You can have a “Bring a Friend” Night at Guides any time of the year. Don't forget that girls can join ANYTIME! The above link from National is a great tool kit with a planning guide.

PROGRAM CONNECTIONS:

- Event Planner and Tasty Treats badges
- You and Others #1: Learn how to plan;
- Discovering You #5: What's important to you –Friendship

LENGTH OF ACTIVITY: Two hours.

MATERIALS REQUIRED:

- brown paper bags for loot bags
- Grow Guiding PR material: balloons, book marks, tattoos (temporary and Guiding themed!), registration forms
- letter to guests' parents with information regarding your unit
- name tags: fun foam, card stock, pins, coloured pens
- items for activities (depends on choices selected below)
- table covers, napkins, plates, glasses and refreshments (if required)

AT THE MEETING PRIOR TO BRING A FRIEND NIGHT:

- Have the girls create invitations to give to their friends. You may want to allow girls to invite a second guest, if they have sisters or cousins of Guiding age. You might want to set guidelines for who the girls can invite, such as females of a similar age to your unit target.
- Discuss the plans for the evening and have the girls select a theme. This could be fun, e.g., flower power; active, e.g., fitness fun or educational, e.g., recycling badge or science night.
- Have the girls create a wish list of activities. The more the better!
- Discuss refreshments: Girls can work on their tasty treats badge and bring in some of their baked goodies!

AT THE BRING A FRIEND NIGHT:

ARRIVAL: Greet guests and parents. Sign in guests; gather emergency contact information and relevant health information (food allergies, asthma etc). Have the Guides and guests make name tags, write name on loot bags and decorate for the early birds!

OPENING: Patrol corners with guest, horseshoe and introductions. This is a good time to explain to girls about Guiding and what we do at a typical Guide meeting.

ICE BREAKER GAMES: CHOOSE TWO OR THREE OF THESE ACTIVITIES.

Name Game: Each girl introduces herself and states an item she would take camping (or to a picnic) which has the same first initial as her name. Irene might bring ice cream; Susie might bring her bathing suit.

Tiger: The girls walk with eyes closed and a blanket is placed over one (or two) girls. Who has been caught by the Tiger? The girl who identifies the missing girl is the next tiger.

Beanie Toss: Have several Beanie babies (or bean bags). Each girl tosses in turn to a random girl and states her name as she throws. Add one or two more beanies and the fun ensues! Try to keep the girls in the same order for an extra challenge.

Human Knots: Girls stand in a tight circle and grab hands randomly. Now try to undo the knot without letting go of hands.

Who am I? Use the game cards in Eco Pak (one in each District) for this game. Girls have an animal/ thing from nature pinned on their back. They need to wander about asking questions in "20 questions" style. They must not ask the same girl twice in a row. As soon as they figure out who they are, they report to the leader and can mingle answering questions still.

ACTIVITY STATIONS: Create three stations (15-20 minutes each). Several ideas are listed here.

Friendship Bracelets: Girls create bracelets for their friends. Choose styles based on age, abilities and preferences. Materials required:

- beads
- memory wire
- stretchy cording
- embroidery floss
- pins
- samples

"Grass Heads" or "Chia Pets": Materials required:

- knee high stockings
- grass seed
- potting soil
- paper cup
- acrylic paints and fun foam to decorate

Put a handful of seed into the toe of the stocking. Add a cupful of dirt into the stocking and shape into a ball or face. Tie a tight knot and place into the cup. Add fun foam feet and paint the face. Place the head in a sunny spot and water it. Wait for the hair to start to grow!

Fly Swatter Hockey: Materials required:

- two chairs or shoes (or tape) to mark goals
- fly swatters
- tight ball of paper

Small numbers works best (two to four girls per team). Girls try to get goals by swatting the ball into either goal.

Inukshuk building: Cover cookie boxes with plain packing paper. You need eight to 10. Have the girls build Inukshuks of various shapes. You can also write out the Guide Laws

or phrases from the Guide Promise and build the Inukshuk with the Promise or phrases in order. As an extra activity, give an example of each law used in the Inukshuk.

Who am I? As described in Ice Breakers, if not played at the opening.

Vehicle Rally: Materials required for each girl:

- four Lifesavers
- three straws
- two paperclips
- a sheet of 8½ by 11 paper
- a good length of masking tape

Girls design vehicles and race them. The catch is that the vehicles can only be moved by blowing on them. Which goes the furthest? Fastest?

LARGE GROUP ACTIVE GAMES: These games take five to seven minutes each. Choose two or three.

Argentinean Scarf Game: A scarf is placed in the middle of the circle. Girls are divided into three or four teams of four to six girls each. Lines fall out from the circle. At the start (whistle) the first girl on each team runs to the back and crawls through the legs of her team to grab the scarf. They get a point or a letter of a word such as “Guides”, “Brownies” or “Thinking Day”. The first team to spell the word wins.

Food Chain: Rock Paper Scissors (Mosquitoes to Mushrooms). This game is taken from Eco Pak CD. Write out a food chain and have actions to go with each organism. Organisms bob around and play rock paper scissors to move along the food chain. The loser moves down a food chain step and the winner moves up. Play for five to 10 minutes and see who can make it to the top. Girls ideally only play with those at their same level.

Rubber Chicken Relays: Any game is more fun when played with a couple of rubber chickens (available at your pet store or dollar store). Try relays with the chickens between the knees, under the chin, between two girls’ elbows...unlimited options.

Balloon Tag: Each girl blows up a balloon and ties it with long piece of yarn to her ankle. When the game starts, girls try to pop each other's balloon while protecting her own. Mayhem follows...leaders play too!

Balloon Volleyball: Girls can play sitting down and scootch on their bottoms if your space is small, or girls can sit foot to foot and score points by making the balloon land behind the line.

SNACKS AND CLOSING: Use your usual meeting closing.

PEACE BADGE—ADVENTURES IN GUIDING

A great badge to do at the beginning of the year is the Peace Badge. You can work it into your fall camp or sleep-over, or do it as part of a meeting for a couple of weeks.

PROGRAM CONNECTION: Peace badge.

PINWHEELS FOR PEACE: Girls create pinwheels of all shapes and sizes. As part of the creation process, the girls write their thoughts about war and peace, tolerance and living in harmony with others on one side. The writing can be poetry, prose, haiku or essay-style—whatever writing form is appropriate for the girls to express themselves. On the other side, the girls can draw, paint, collage, etc. to visually express their feelings.

Assemble the pinwheels and on International Day of Peace, Sept. 21, "plant" your pinwheels outside (at schools, museum, public places, etc.) as a public statement and art exhibit/installation. The spinning of the pinwheels in the wind will spread thoughts and feelings about peace throughout the country and the world!

Pinwheel template: www.pinwheelsforpeace.com/.

For symbols of peace and websites with peace information try the following:

- www.internationaldayofpeace.org/music.htm
- www.planetpals.com/peacesymbols.html
- www.designboom.com/contemporary/peace.html

REVERSE TIE-DYE PEACE T-SHIRTS: Discuss different peace symbols and create reverse tie-dye peace T-shirts. These work best with deep intense colours. Materials required:

- rubber placemats (found at thrift stores)
 - bleach diluted 1:4 with water
 - vinegar
 - spray bottle
 - gloves
 - newspaper
 - sink or pails of water (if outside)
1. Have the girls draw peace symbols on old rubber placemats. You can also use the Trefoil symbol (clip art from National website www.girlguides.ca).
 2. Lay the T-shirts out with newspaper inside the shirt (to keep the bleach from running onto back of shirt). Lay the rubber symbols out on the shirt.
 3. Spray the shirt from a distance, concentrating on the edges of your designs. Don't saturate the shirt, or the bleach will seep under the design and it won't be a crisp image. Wait a moment while the bleach starts to remove the colour from the shirt.
 4. Flip and do the back of shirt.
 5. Plunge the shirt into water with a cup of vinegar. (This stops the bleach action.)
 6. Hang to dry. Enjoy and take a group photo!

PEACE SONGS: “Give Peace a Chance” by John Lennon and “Peace Train” by Cat Stevens are the more common peace songs known to leaders. Other modern songs include:

- “Crystal Blue Persuasion” by Tommy James and The Shondells
- “Where Have All The Flowers Gone” by Pete Seeger
- “Pray Peace” by Alchemy VII
- “Someday” by Alan Menken and Stephen Schwartz
- “Last Night I Had the Strangest Dream” by Ed McCurdy
- “Come the Day” by Bruce Woodley
- “Earth” by David Roth
- “We’ve Been Asking Questions” by John Phillips of the Mamas & the Papas

www.planetpals.com/IKC/Isongs.html

Guide peace songs can be found at Becky's Website:

http://dragon.sleepdeprived.ca/songbook/songbook_index.htm. These include:

- “Let There be Peace On Earth” (source: *Songs For Tomorrow*, Girl Guides Association, 1984)
- “Sing for Joy” (source: *Our Chalet Songbook*, Our Chalet Committee, 1981; also found in *Songs For Tomorrow*, Girl Guides Association, 1984)
- “Peace I Ask of Thee O River” (source: *Our Chalet Songbook*, Our Chalet Committee, 1981; also found in *Songs for Canadian Girl Guides*, Girl Guides of Canada, 1981)
- “I’d Like to Teach the World to Sing” (words and midi file: www.brownielocks.com/teachtheworldtosing.html)

WORLD LEADERS PROMOTING PEACE: There are many leaders that you could discuss with the Guides. Try the local library and see if there are children's reference books on peace and peace leaders. Check out the book *Architects of Peace* by Michael Collopy. It has the personal essays of 75 peace makers. You need to choose one that you are familiar with!

Some great world leaders or figures include:

- Lester B Pearson
- Martin Luther King
- Nelson Mandela
- Dalai Lama
- Mahatma Gandhi
- Mother Teresa
- “Peace Pilgrim”

PEACE CRANES: From www.planetpals.com/IKC/Icraft.html#links. You can find instructions for making an origami crane on the Internet or in an origami book from your local library. Start with a perfectly square sheet of paper. Paper made specifically for origami can be found at most craft stores. It is usually coloured only on one side and comes in plain colors or beautiful patterns.

Fun things to do with the peace crane:

- Add a string and make it into an ornament.
- Add a pin back and wear it as a "pin for peace".
- Hang them from your school backpack.
- Decorate your book covers.
- Make several cranes and string them to make a "peace mobile".
- Make many and give them to friends as "Peace Gifts".
- Organize a "thousand cranes project" in your school.
- Bring it to someone in the hospital.
- Donate it to the 1,000 crane project.

About the 1,000 crane project: Cranes for Peace began as a project to collect paper cranes to be sent to Hiroshima, Japan for the 50th anniversary of the bombing of Hiroshima in honour of the children. You can send 1,000 cranes to the children's monument at Hiroshima Park: Office of the Mayor, City of Hiroshima, 6-34 kokutaijai-Machi, 1 Chome Naka-Ku, Hiroshima 730 Japan

PEACE AT A LOCAL LEVEL: Discuss how the girls can promote peace in their homes, schools and community. Remind them that peace starts locally...acceptance of differences and tolerance diversity are the first steps. Sharing, listening, co-operating with each other are skills that are crucial to a peaceful society.

Have the girls work together on a large poster to donate to the local school, church or library. Be colourful and create a work of art!

Have the girls break into small groups and create skits to show how they can contribute to Peace in their community.

REMEMBRANCE DAY CEREMONY: Many Units and Districts participate annually in their local Remembrance Day Ceremonies. Discuss with the Guides the significance of the Ceremony and appropriate dress and conduct at the ceremony. No one wants to shush their Guides during the moment of silence.



TAKING IT OUTDOORS MEETS ACTIVE LIVING

PROGRAM CONNECTIONS:

- Beyond You: Explore the Outdoors and Nature #1,4 and #6
- Discovering You: Stay Fit and Healthy: #6
- Active Living Challenge: Fitness Fun
- Eco Pak Challenge: Fun and Games and Taking it Outside

MATERIALS REQUIRED:

- skipping ropes
- ball
- activity equipment as given below

OPENING: Gather outside for your usual opening and announcements.

ACTIVE GAMES: Choose three or four short activities for five to 10 minutes each.

Skipping Challenge: Have girls partner up and count each other's skips and set a unit record. Keep track for future meetings to see who can break the record. Choose an unlikely girl to demonstrate and start off the record; that gives her a chance to be "record holder" even if it is for a short time.

Skipping Demonstrations and Routines: To make this non-competitive you can have the girls practice to put on a demonstration of fancy skips, jumps and tricks. Many girls know these moves from "Jump Rope for Heart" demonstrations at their schools.

Streets and Alleys: (Description borrowed with permission from www.guidinguk.com.) One girl is chosen to be the cat and another is the mouse. A leader or responsible girl is the caller. The remainder of the girls line up in a perfect grid, ideally 4 X 4 or similar. The girls stand with arms outstretched facing north for streets and west for alleys. The idea is that the cat and mouse run down "streets" and then when the caller changes to alleys, the orientation of the game switches. The caller changes streets and alleys at random to help the mouse initially, then to help the cat so that the game switches up. When the cat catches the mouse, the girls play again with a new cat and mouse.

Catch it Game: One girl stands in the middle of the circle and, while throwing the ball up high, calls out a category that might fit some of the girls. Examples are: everyone with a brother, everyone wearing running shoes, everyone who has a pony tail, everyone who rode their bike to Guides and so on. Any girl that fits that category runs into the circle to catch the ball. The girl that catches the ball is the next girl in the center.

Salmon Survival: All the girls line up across one side of the playing area; they are the "salmon". A girl stands in the centre of the hall; she is the fisher. The Guider shouts "fast current" and all the "salmon" try to get across to the other side of the area, without getting caught by the girl in the middle (the fisher). If someone is caught they stay where they were tagged, becoming "fishing nets". On the next call of "fast current" the same girl remains as the fisher and the "salmon" try to run to the other side of the area again. Any girls that have become "nets" remain where they were standing but can stretch to catch anyone that runs close enough for them to reach. Eventually there will be only a few or no "salmon" left.

NATURE ACTIVITIES AND/OR CRAFT: Choose two or three activities.

Leaf Prints: Materials required:

- leaves
- paper
- ink or crayons

Make leaf prints by inking from an ink pad and then roll onto the paper. Leaf rubbings can be made by placing the leaves under the paper and rubbing crayons over top. Glue paper onto a larger piece of card stock to frame the picture.

Magnifying Glass Hunt: Use string to square off a piece of ground and then see what you find in your small patch. Discuss the findings as a group. Who found the smallest thing? The most interesting thing? Anything that moved? Anything that doesn't belong in nature? Use your Eco Pak tools!

Sound Kim's Game: Girls sit quietly for two or three minutes (this is actually possible!) with their eyes closed. Girls try to identify as many sounds as possible. Can they find nature sounds in addition to the city noise? Draw sound maps, described in the Eco Pak Booklet.

Pine Cone Bird Feeders: Materials required:

- open pine cones
- peanut butter
- string or wire
- bird seed

Tie wire or string onto pine cone. Slather with peanut butter and roll in bird seed. Hang from a tree to feed the birds. Peanuts are a favourite food of our provincial bird, the Steller's jay. Remember that you need to keep feeding the birds until the berries are out in late spring!

Sock Walk: Have large white sport or wool socks for the girls to put over their shoes. Have them walk a bit and see what they pick up on the bottom of their socks. This works best in a field or forest. Look at what interesting things were picked up. Hopefully you might have found some seeds. Talk about how animals transport seeds from one place to another.

COMPLEX GAMES: Choose two or three activities depending on time and weather outdoors.

Trash Relay from Eco Pak Booklet: Materials required:

- trash (an assortment of trash including waste, compostable items and recyclable items)
- rubber gloves
- large buckets or containers

Divide the girls into teams to race in a relay. Divide the trash into piles (same number of piles as teams of girls). Put a pair of rubber gloves in front of each team at the start line. Place the piles of trash half way between your start and end lines. At the end line, place three buckets/containers labelled "Garbage", "Recycle", and "Compost".

The object of the game is to put on the rubber gloves, run (walk, skip, crab-walk... whatever the girls decide) to the trash, select an item, run to the end and put it in the proper category, run back to the start and hand off the gloves to the next girl in line. The relay can be run until every girl has gone once/twice/etc or when all the trash has been sorted.

Eco-message: Once the trash is sorted talk with the girls about what they found in the garbage and how much of it was in the wrong place. Talk about the ways in which we can reduce our garbage, but when we do make it, how we can make sure it gets put in the right place.

Bedlam: (Borrowed with permission from www.guidinguk.com.) This game requires four teams of equal size. Each team takes one corner of the room or playing field. The play area can be either square or rectangular. At a signal (whistle, etc.), each team attempts to move as quickly as possible to the corner directly across from them (diagonally), performing an announced activity as they go. The first team to get all its members into its new corner wins that particular round.

The first round can be simply running to the opposite corner, but after that you can use any number of possibilities, such as walking backward, wheelbarrow racing (one person is the wheelbarrow), piggyback, rolling somersaults, hopping on one foot, skipping, and crab-walking. There will be mass bedlam (craziness!) in the center as all four teams crisscross.

Water Cycle Relay: (Borrowed with permission from www.guidinguk.com.) Materials required:

- bucket of water
- veggie zipper-lock bag (the large ones with holes in them) for each team

Divide the girls in teams of five in a line quite widely spaced. The girls within the line are also spread far apart. On “go” the first girl fills the zipper-lock bag (she is the Cloud) and twirls while advancing to the next girl. She passes on the bag.

The second girl is the Mountain and she runs to the next girl and passes on the bag.

The third girl is the Rain and she hops on one foot to the next girl.

This fourth girl is the Stream/River and she winds her way, zigzagging, to the next girl and passes on the bag.

The fifth girl is the Ocean and she takes the bag and waves all the way back down to the bucket (at the beginning of the line). She fills up the bag and is now the Cloud. The previous first girl is now the Mountain and so on. The girls have to listen to the directions as they will have to remember what they are (or have become) and the action for it. They will get lots of encouragement and cheering from their team! The relay continues until the first girl (the original Cloud) is the Ocean and waves her way down to the bucket.

You all get a bit wet...the Oceans have a great time! (Actually EVERYBODY does!) It's an amusing way to teach about the water cycle. Have Fun–Get Wet!

Don't Throw Your Garbage in your Neighbour's Yard (borrowed with permission from www.guidinguk.com.) Source: The 4th Girl Guides of Wandering Hills District, Calgary Area. Materials required:

- hula hoops (or rope set out in circles on the ground) for each team
- bean bags, 6 per hoop

Put a hula hoop or loop of skipping rope in each corner of your play area. Put equal numbers of bean bags in each hula hoop. Divide the kids into teams of five or six; each team stands by their hula hoop. This is their yard! Yell Go! Each group has to empty their hula hoop by carrying the bean bags, one per trip, to another team's yard. Tossing is acceptable if the bean bag lands in the hoop; if not they have to retrieve it and put it in. Watch out for the other team members so that you do not bump into each other. Count the number of bean bags in each hoop at the end of the game (10 minutes) and the team with the fewest bean bags (the least garbage) wins.

Talk to your girls about the environment and what happens to garbage if it isn't disposed of correctly—simply throwing the garbage at your neighbour doesn't help clean up the Earth.

CLEAN UP AND CLOSING: Use your usual meeting closing.



RECYCLING BADGE

PROGRAM CONNECTION: This badge also counts towards Beyond You: Environment #6.

LENGTH OF ACTIVITY: 2 hours.

MATERIALS REQUIRED:

- blue boxes for relay
- items from recycling bin (good mix)
- masking tape
- string
- scissors (several pairs)
- black markers
- plain cotton bags for each Guide
- fabric paint

PREPARATION: Invite a guest from the Utilities Plant or Regional District to come talk about waste management in your community and the positive effects of recycling and composting. Review the badge requirements with the presenter prior to the meeting.

OPENING: Use your usual meeting opening. Introduce the guest speaker.

GUEST SPEAKER: 30- to 45-minute talk about composting, recycling, over-packaged products or other relevant topics. Ideally present photos and a hands-on activity.

RECYCLING RELAY: Patrols as teams need to sort recycling items into plastics, paper, glass, metal, paper and garbage.

CREATE AN ACTIVITY USING RECYCLED MATERIALS: Girls break into small groups to create an activity using recycled items from the blue bins. They are allowed to use masking tape and string (recycled) in addition to the recycling items. Ideas include mini golf (balls of wadded up paper and golf club cut out of sturdy card board), ring toss over milk bottles (rings are newsprint twisted), target practice and so on...the Guides will amaze you! Rotate the groups through each activity.

WORK OF ART OR NEW INVENTIONS: Girls break into new groups to create works of art or new Inventions with recycled paper.

DECORATE CANVAS BAGS: Use fabric markers to decorate canvas bags for use as shopping bags when grocery shopping. This helps reduce excess plastic bags in your community.

CLOSING: Use your usual meeting closing.

NOTES: Kick it up a notch and increase the challenge and learning:

- Do this badge over two nights and include a field trip to a recycling plant or composting facility.
- Do this badge over two meetings. In week one plan a Recycling Olympics with events and awards (made out of recycling and designed by Guides). In week two have Bring a Friend Night and do the Recycling Olympics and extra recycling crafts.

EXTRA RECYCLING CRAFTS AND ART PROJECTS:

- **Tin can lanterns:** Collect tin cans for each Guide; ensure the top edge is not too sharp. Fill can with water and freeze. At the meeting, Guides take frozen cans and

etch simple designs into frost. Use a sharp nail and hammer to punch a design into the can. When a tea light is placed inside, the light flickers out of the holes.

- **Papier mâché with old newspapers:** Create a dish by covering half a balloon; paint with acrylic paint when dry.
- **Vases, candle jars and pencil holders:** Save jam and pasta jars. Cut colourful used tissue left over from birthday parties into small pieces. Decoupage by “painting” the tissue onto a jar with diluted white glue. Let dry.



ECO PAK: WATER THEME

PROGRAM CONNECTIONS:

- Beyond You-Explore the Outdoors and Nature #1, 4 and 6
- Water Badge: #1-4
- Eco Pak Challenge: Fun and Games and Taking it Outside

GATHERING AND OPENING: Use your usual meeting opening.

ACTIVITIES FROM THE ECO PAK CD: You can get the Eco Pak from your District Program Adviser or District Commissioner.

- Weird Web (page 17 of Eco Pak)
- Who Am I (page 18 of Eco Pak)
- Habitat/ Shrinking Island (page 7 of Eco Pak)
- Waterfowl and Oil Don't Mix (page 36 of Eco Pak) demonstration

YELLOW FISH ROAD PROJECT: Learn more about Trout Unlimited Canada's Yellow Fish Road project at www.guidesontario.org/forms/Yellow%20Fish%20Road..pdf. This project involves learning about protecting storm drains and how what goes in them affects local bodies of water. Units use stencils to paint yellow fish near storm drains and distribute door hangers to explain that the yellow fish are there to remind people that anything that flows down the storm drain ends up polluting local water bodies. This is an educational and fun project that units of all ages can enjoy.

You can also contact the federal Department of Fisheries and Oceans and invite a biologist to come to your meeting, or ask to borrow the complete 'Yellow Fish Road' Cart and a video explaining the project to the Guides. Select a neighbourhood, obtain permission from the local community and then paint the storm drains the following week.

ACTIVE GAMES: Choose two or three of these, depending on the time available.

Salmon Survival: All the girls line up across one side of the playing area; they are the "salmon". A girl stands in the centre of the hall-she is the fisher. The guider shouts "fast current" and all the "salmon" try to get across to the other side of the area, without getting caught by the girl in the middle (the fisher). If someone is caught they stay where they were tagged, becoming "fishing nets". On the next call of "fast current" the same girl remains as the fisher and the "salmon" try to run to the other side of the area again. Any girls that have become "nets" remain where they were standing but can stretch to catch anyone that runs close enough for them to reach. Eventually there will be only a few or no "salmon" left.

Hooks and Ladders: (page 13 of Eco Pak) An active game that simulates how salmon migrate upriver to spawn.

Water Cycle Relay: (Borrowed with permission from www.guidinguk.com.) Materials required:

- bucket of water
- veggie zipper-lock bag (the large ones with holes in them) for each team

Divide the girls in teams of five in a line quite widely spaced. The girls within the line are also spread far apart. On “go” the first girl fills the zipper-lock bag (she is the Cloud) and twirls while advancing to the next girl. She passes on the bag.

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You all get a bit wet...the Oceans have a great time! (Actually EVERYBODY does!) It's an amusing way to teach about the water cycle. Have Fun—Get Wet!

CAMPFIRE AND CLOSING: Sing nature songs or songs loosely related to nature. Examples of songs found in *Songs for Canadian Girl Guides* include “Land of the Silver Birch”, “Canoe Song”, and “Tall Trees”. *Jubilee Song Book* ideas include the “Happy Wanderer”, “Something to Sing About”, “Skye Boat Song” and “Cuckoo”.



CSI CHALLENGE

GOAL: To earn the CSI Challenge crest.

PROGRAM CONNECTIONS:

- Discovering You: Discover Your Creativity #3, Discover What's Important to You #4
- Beyond You: Try New Things #4, 6
- Bodyworks badge #6
- Science badge #1, 2, 6

MATERIALS REQUIRED:

- spot the difference puzzles (one copy per person)
- activity supplies as noted below

ARRIVAL: "Spot the Difference" puzzle appropriate to your age and interests. There are some Guiding-related ones with the CSI Challenge on the BC Girl Guides website.

OPENING: Use your usual opening, then explain that in this meeting you will be learning how police, detectives and scientists use scientific knowledge to solve crimes.

GAME: How Good a Witness Are You? Version 1. Find a partner. While your partner turns her back, make three changes in your appearance. For example, you might tuck in your shirt, put your hair behind your ear and remove your belt. When you have finished, tell your partner to turn around and try to identify the changes. Then switch roles.

FORENSIC SCIENCE ACTIVITY #1: Looking at Your Own Fingerprints. Materials required:

- white paper
- graphite pencil
- transparent tape—not the "magic" invisible kind
- magnifying glass

Heavily shade an area of the paper with the pencil and rub your finger onto the shaded area. Press a piece of transparent tape onto your dirty finger, then stick it to a clean part of the paper. Be careful not to smudge it! Use the magnifying glass to examine your fingerprint. What features (loops, whorls or arches) do you see? Refer to the CSI Challenge Booklet on the BC Girl Guides website for basic information on fingerprint features.

FORENSIC SCIENCE ACTIVITY #2: How Alike Is Our DNA? All human beings have very similar DNA. Try this simple activity to find out how much of your DNA is the same as everyone else's and how much is different. Materials required:

- cooked macaroni noodles (or gumdrops, cooked peas or similar items)
- sharp knife—be careful using it!

Count out 100 macaroni noodles and put them in a pile. This pile of macaroni represents all of your DNA. Pull one noodle out of the pile and cut it into ten pieces. Make the pieces as equal as you can. Put one of the little pieces to the side by itself and put the other nine pieces back onto the pile of macaroni.

The pile of macaroni represents the amount of your DNA that is the same as every other human being's DNA. It's the genetic material that makes you very similar to everybody else. For example, you and your neighbour both have arms and legs, skin, hair and eyes. The one little piece of macaroni that you set aside—one-tenth of one percent of the macaroni—represents the DNA that makes you different from everybody else: maybe your arms and legs are shorter than your neighbour's; perhaps you have brown hair and eyes and she's a blue-eyed blonde.

CRAFT: Fingerprint Art. Materials required:

- non-toxic ink pad (washable ink makes for easier clean up, but permanent ink is better if you are planning to colour over the fingerprints with marker)
- paper, card stock, envelopes and/or craft foam, depending on what you are making
- markers, crayons or pencil crayons

Press your thumb or finger onto an ink pad then onto your card stock. Use a fine marker, crayons or pencil crayons to add details.

FIELD TRIP: (May be planned as a separate meeting.) Visit a police station, police museum, court house or science laboratory to learn about forensic science and law enforcement.

CLOSING: Read a short story in which forensic science is used to solve a real-life mystery or crime. End with your usual meeting closing. Don't forget to order your CSI Challenge crests.

