

May 2011

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Monashee Area Program Jewels

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Welcome Note

With Spring Break in March, then cookie sales and Guide Arrest following quickly on its heels, the month of April snuck up on me so quickly that I was unable to put together an issue of **Program Jewels** for that month. I'm back again for May with a variety of ideas for you.

Have you tried geocaching yet? Check out the geocaching challenge on the next page. The BC Girl Guides

Geocaching challenge is what started me on the sport in 2009 - and now I'm going to be helping to run the geocaching sessions at SOAR 2011 - I can't wait!

This month you should be getting outdoors with your girls more often, and perhaps you have a unit or district camp coming up. Have you checked out the Camp-in-a-box resource on the BC Girl Guides website? They have

fully planned camps just waiting to be used!



Some other ideas to get you outdoors at your meeting are to make and fly kites, play some classic backyard games, or go outside to look at the stars and the moon.

I hope you find the ideas in this issue of **Program Jewels** useful.

Cookies Rising - NOT a challenge!



The Cookies Rising badges were introduced just over a year ago, and I've heard some confusion about these badges. Some people think they are National Challenge badges, similar to past cookie challenges. However, Cookies Rising is actually part of the Program now! Just as you would do core parts of your program work year after year (for example "Being a Spark" keeper, "Key to Brownies" or "You in Guiding" challenges), you should also do the Cookies

Rising program every year. For the other parts of the program work, the 2nd or 3rd year girls are repeating the information (but it's always good to have a refresher!) thus they already have their badges, so only the 1st years receive the badge when it is complete. With Cookies Rising, however, there is a new badge for every year! So 1st year girls get the badge with a "1" on it, 2nd year girls get the "2" and 3rd year girls get the "3".

This is not to say that you are to repeat the exact same activities every year. Instead, girls and Guiders should review the program objectives and choose activities that are of interest to them. You can either brainstorm to come up with your own activities to meet the objectives, or use



the suggested activities in the [Cookies Rising Badge Program guide](#). (note: you will need to log on to Member Zone in order to access this link).

As cookies are the official fundraiser of Girl Guides of Canada, and we sell cookies twice a year, it is natural to include the Cookies Rising program work into your annual schedule.

Get the girls excited about cookies, and have fun with this part of the Program!



If you have a great idea to share in a future edition of **Program Jewels**, send it to: program@monasheegirlguides.com.

Ideas could include:

- Games your girls love
- Successful crafts that help meet your program
- "Instant meeting" plans
- Field trip ideas
- Helpful website URLs
- Any activity for Girl Guide meetings (any branch!) that you think others need to know!



Challenges

Geocaching Challenge



May is a great month to get outside, and what better way to enjoy the outdoors than to take your girls geocaching! Both BC and Alberta have geocaching challenges. Although both challenges are very similar, there are some differences between the two. Read the full details on the websites listed above to determine which one you would like to complete with your girls.

Before you begin - you need a GPSr

The first thing you will need before you begin geocaching is some sort of GPS receiving device. If there is nobody in your district to borrow a GPS receiver from (South 5 ladies - talk to your District Commissioner as I know you have GPS receivers!), then you can purchase a simple model from places such as Canadian Tire or Wal-Mart, or online at specialty GPS websites (such as gpscity.ca or gpscentral.ca). The least expensive model is about \$100. For geocaching you will want to use a handheld model rather than a vehicle mounted model, although some vehicle GPS receivers do support coordinate entry.

Another option is to use your GPS-enabled cell phone. If you have an iPhone or an Android platform cell phone, you can purchase a geocaching app from the App Store or the Android Market. Blackberry phones also have geocaching applications available in the Blackberry App World. These applications will cost you about \$10 to \$20, and are a good start if you are not ready to invest more money in a dedicated handheld GPS device.

You need to join geocaching.com

The next step to begin your geocaching

adventure is to set up an account on geocaching.com. You can set up a basic membership for free. While on the geocaching website, make sure to watch their "What is Geocaching" video for an introduction to the sport.

Introduce Geocaching to your unit

I suggest you run this challenge over two or more meetings. The first meeting can be at your regular meeting place. Teach the girls about the history of geocaching using the information supplied with the challenges. Show them different sizes of cache containers (a magnetic key holder, a waterproof match container, a small plastic Lock 'n Lock container, a thermos, or a metal ammo box are all examples of cache containers), and teach them that whenever you find a geocache you must ALWAYS put it back exactly as you found it, so that the next people who come along will also be able to find it, but also so that it is hidden enough so the casual observer will not notice it.

They also need to understand about "stealth". When you are geocaching, you don't want to advertise what you are doing to the general population. There are people who do not understand geocaching and will remove geocaches if they see you hiding them. Some may think you are up to no good, and are hiding a dangerous item (a few years ago in Kelowna it was suspected that someone was hiding a bomb at the Rec. Centre, but it was actually just a geocache!) People who do not know about geocaching are called "muggles" - just like non-magic people in Harry Potter. And just like in Harry Potter, we don't want to flaunt the "magic" of geocaching to the muggles! If a cache has been stolen, it is said to have been "muggled" - meaning that someone who did not understand about geocaching removed the cache from its hiding spot and never returned it.

Explain about logbooks and traders - always sign the logbook with your geocaching.com user name and trade up (meaning you leave something better than you take), trade even

Find the full challenges on the [BC Girl Guides website](http://www.bcgirlguides.com) or on the [Alberta Girl Guides website](http://www.albertagirlguides.com)

(something of equal value) or don't trade at all. Many smaller geocaches do not have traders. Geocaching is all about the adventure and the find - traders are an added bonus IF there are any! Never put food or candy into a geocache.

Inside geocaches there are sometimes items that are "trackable" - these have special codes on them and they are NOT traders. They are owned by someone who is tracking where in the world they travel to. If you find something like this in a geocache, you are only to take it if you are willing to log it into the geocaching.com website and place it into another cache soon. An example of a trackable item is a travel bug or a geocoin. My Sparks placed a Spark bracelet in a Kelowna geocache in May 2009 - in two years it has traveled in BC, Michigan and Ontario. You can see more [info about our travel bug online](http://www.geocaching.com), including a map showing its route.

Take a map to your meeting showing where some nearby geocaches are hidden (found on the geocaching.com website). There may be one near you!

Take your girls Geocaching

Prepare for your geocaching adventure, just as you would for a hike. Wear proper footwear & clothing and bring drinking water! To avoid disappointing the younger girls, make sure that the geocache you are hunting for is actually there beforehand. Read the logs on the website, and go out to find it yourself. You could also hide a few "non-official" geocaches and have the girls find those, as well.

There are more advanced requirements for the older girls, but this will get you started. Have fun out there, and start collecting some happy faces on your geocaching.com map!



Tools

Camp in a Box

If you feel overwhelmed planning a camp for your unit, take a look at the [Camp in a Box tools](#) available on the BC Girl Guides website. There are plans for Sparks, Brownies and Guides with schedules, activity and craft instructions, menus and kit lists included. The BC Camping committee has even

created crests to go with these camps, which you can order from them for your unit.

If you have a theme idea that doesn't match what is on the website, you can adapt any of their ideas to work with your own. Perhaps you need help figuring out a schedule? Take

one of their schedules and slot your own activities into it! Don't know what to put on a kit list? You can find suggested kit lists in some of the plans.

Take a look through the plans and you can even find ideas that you could try out at your meetings.

These tools are available, so please make use of them!



May Ideas



May 1-7 is [Drinking Water Week](#). This is the perfect time to talk about water conservation with your girls and participate in water conservation and protection initiatives. The website linked above has some wonderful activities to share with your girls, including printables and lesson plans. Environment Canada has the [Explore Water with Holly Heron activity book](#) online, which you can print to share with your Sparks and Brownies.

Program connections: Sparks

- In My Community keeper; **Brownies** - Key to the Living World; Water, Water Everywhere and Saving Water interest badges; **Guides** - Beyond You, Learn About Our Environment and Water interest badge. **Pathfinders** - Exploring a Theme, Our Environment.



May 1: **World Laughter Day**

How could you NOT want to participate in [World Laughter Day](#)? Everyone loves to laugh, and [laughter is good for you!](#) Even you don't dedicate your entire meeting to laughing, have the girls try to make each other laugh, and everyone will have fun!

May 7: **Astronomy Day**

This event happens every year sometime in mid-April to mid-May, and is scheduled to occur at or just before the first quarter moon.

In the Okanagan (between Penticton and Vernon), the [Royal Astronomical Society](#) will come out to your meeting or camp (for free!) to share their love of astronomy with your girls. **Program connections:** Sparks - Exploring and Experimenting keeper; **Brownies** - Key to STEM; Exploring Space interest badge; **Guides** -



Astronomy interest badge. **Pathfinders** - Exploring a Theme, Galactic Adventures.

May 8: **World Red Cross Day**



Every day Red Cross volunteers make a difference in the lives of people everywhere. May 8th was chosen as World Red Cross day as it is the birthday of their founder, Henry Dunant.

One way to recognize this day is to learn some basic First Aid. All levels of Girl Guides have First Aid requirements in the program. Invite a guest to come to your meeting to work on First Aid.

May 13: **Frog Jumping Day**



Have you jumped like a frog lately? A frog-themed meeting can be a lot of fun. Read the story about the [frogs in cream](#) to your unit, play [leapfrog](#), sing some [frog songs](#) and make a [frog craft](#).

May 23-30: **Backyard Games Week**

This is an observance of the unofficial start of summer to get outside and be both physically and mentally stimulated playing classic backyard games. Take your girls outside to play some of these games: [beanbag toss](#), [balloon volleyball](#), [red light](#), [green light](#), and [more](#). Use your imagination and have fun!

May 30-June 3: **Bike to School Week**

During this week everyone is encouraged to ride their bikes to work and school as an alternative to driving. Plan a meeting where the girls bring their bikes and practice safe cycling skills. Learn how to [fit a bicycle helmet properly](#), how to use [hand signals](#), and about road signs. You could hold a [bike rodeo](#) to cover these topics and have fun at the same time! **Brownies** can earn their Wheels interest badge and **Guides** can earn their cycling interest badge.

Craft Ideas

Fly Catching Frog Craft

Source: <http://familyfun.go.com/crafts/fly-catching-frog-667781/>

This craft is cute and so much fun!

Supplies:

- [Frog pattern](#) (from Family Fun website)
- Green craft foam
- 2 large googly eyes
- Glue
- Party blower

Instructions:

1. Trace the pattern on to the foam.
2. Cut out the shape, making sure to cut two small "X"s, where indicated.
3. Glue on eyes and allow to dry completely.
4. Fold the frog in half, matching the two "X"s, then push the mouthpiece of the party blower through.
5. Blow through the blower to make the frog's tongue flick out!



Starry Night Hat Craft Trader

Get ready for camp and make traders to take with you.

Supplies:

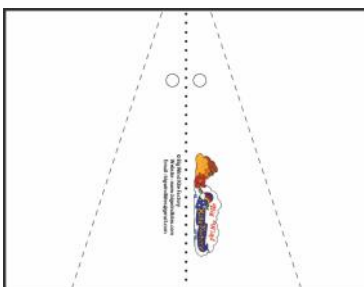
- Cardstock
- Star confetti
- Glitter
- Mini ziploc bags
- Safety pins

Instructions:

1. Use a picture of stars from your clipart library, then write a poem about stars below. An example is shown.
2. Add star confetti and glitter to the mini baggie, then staple it to the card.
3. Add a safety pin to hang it on a hat.



Program Connections:
Active Living—an outdoor activity,
STEM—demonstrate basic aerodynamic principals,
Arts—decorate your kite



Click the image above to download a printable kite template.

Let's Go Fly a Kite

The Big Wind Kite Factory, located in Hawaii, has a free kite template and instructions online (www.bigwindkites.com). Their promise is "20 kids * 20 kites * 20 minutes".

Supplies:

- 20 sheets of brightly coloured 8 1/2" x 11" multipurpose printing paper
- 20 8" bamboo BBQ shish-kabob sticks.
- 1 roll of fluorescent surveyor's flagging plastic tape. Available at any hardware store.

- 1 roll of tape.
 - 1 roll of string. (At least 200', 6 to 10 feet for each child.)
 - 20 pieces of 1"x 3" cardboard on which to wind the string.
 - Scissors.
 - Hole punch.
1. Fold paper in half.
 2. Rotate 90 degrees and fold paper diagonally.
 3. Flip over and tape the spine.
 4. Tape the cross stick perpendicular to the spine.
 5. Tape the tail to the bottom of the kite.
 6. Flip kite over and fold spine back and forth.
 7. Punch hole in the spine opposite the cross bar.
 8. Tie string through the hole and fly.
 9. Bring scissors to flying field.
 10. Cut knots and tangles quickly, re-tie and keep them flying.
 11. If one side of a kite gets crunched, crunch other side.
 12. On windy days a longer tail helps balance the kite.

Game Ideas



Parachute Water Cycle Game

Supplies:

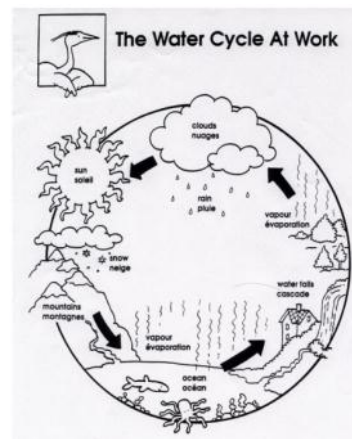
- Cut out about three dozen water droplets using blue construction paper.
- Old bed sheet or parachute.

How to Play:

1. Put the water droplets in the center of an old bed sheet - this is the ocean
2. The children hold onto all sides of the sheet and gently toss the water droplets up and down - this is when the sun heats up the water and it evaporates into the sky, to make clouds.
3. At the shout of "Rain!" the children toss the sheet high into the air,

making the water droplets fly - the clouds are now full of water – shake the parachute to make all of the water drops fly off like rain..

4. Have the girls collect all the rain drops - they are like the rivers and streams bringing the water back to the ocean or lake.



[Click here for image source](#)

Backyard Game - Red Light, Green Light



This is a classic backyard game, but sometimes we need to be reminded of

these classics so we can introduce them to the next generation.

Supplies:

- None!

How to Play:

1. One person is "it" and plays the part of the stop light.
2. The rest of the group lines up about 20 ft

away from "it".

3. Facing away from the other children, "it" calls out "Green light!" and the other children move towards her.
4. "It" then suddenly calls out "Red light!" and turns around quickly.

Any kids she sees who are still moving must go back to the start line.


5. Play continues until someone reaches and tags "it". That person then becomes "it".


Star Finder Game

Supplies:

- Star stickers


How to Play:


1. Before your meeting, stick several star stickers around your meeting place in both easy and hard to find places, but all visible. 

2. When the girls arrive,  tell them that there are stars hidden throughout the room and that they must see how many they can find, but not indicate to anyone else when they find them.

3. The girls then mingle around the room

looking for the stars.

4. When most girls appear to have given up the hunt, gather them together and ask how many found one star, how many found two stars, etc... up to the number of stars you hid. 

5. Ask the girls, one at a time, to identify just ONE star that they found in the room. 

This is a great gathering activity as it keeps the girls busy as you are getting ready to begin your meeting.

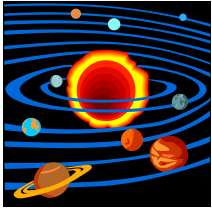
Adapted from a game taught by Barb Wilson at Choices 2009

STEM

Pocket Solar System



Source: <http://www.astrosociety.org/education/astro/bayarea/PocketSolarSystem.pdf>



May 7 is Astronomy Day. This activity will visually illustrate the distance between planets in our Solar System.

Supplies:

- Strips of register or adding machine tape, about one meter per person.
- Round stickers - 5 large and 5 small per person
- Pencils

Instructions:

1. Before beginning, have the group list the solar system planets in order, starting at the Sun (Sun, Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto - yes, for this activity we are including Pluto even though it is no longer

considered a “planet.”)

2. Fold over or cut the ends of the paper strip so they are straight.
3. Label one end “Sun” with a large sticker and the other end “Pluto” with a small sticker.
4. Fold the paper in half, crease it, then open it up again. Ask which planet’s orbit the girls think is halfway between the Sun and Pluto. The correct answer is Uranus (pronounced “YUR-uh-nus”). Place a large sticker at the crease and label it Uranus.
5. Fold the paper back in half, then in half again. Unfold and lay flat. Place large stickers at the 1/4 mark and at the 3/4 mark. The sticker closer to the Sun is Saturn, and the sticker closer to Pluto is Neptune (label

them).

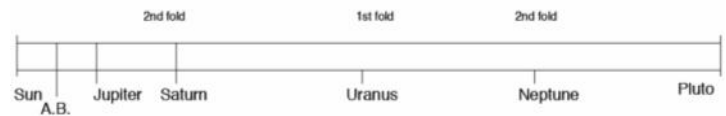
6. Fold the paper back into quarters, then in half again, to give you eighths. Unfold and lay flat. Place a large sticker at the 1/8 mark (between the Sun and Saturn) and label it Jupiter.
7. Now you have four gas giants and Pluto all on the outer solar system. For the remaining terrestrial planets, you just need the first 1/8th of the paper. Fold the Sun over to meet Jupiter. There is no planet at this location, but you can label it “Asteroid Belt”.
8. Now it is getting crowded! Fold the remaining 1/16th in half to mark the 1/32 spot. Place a small sticker for the Earth just inside this fold

(between the Sun and the Asteroid Belt) and a small sticker for Mars just outside the fold (closer to the Asteroid Belt).

9. Place small stickers for Mercury and Venus between the Earth and the Sun, dividing the space into about thirds. Label Mercury closest to the Sun and Venus closest to the Earth.

Points for discussion:

- Our outer Solar system is really empty - there’s a reason they call it “space”!
- The inner solar system is pretty crowded.
- All of the inner planets are small and rocky, whereas the outer ones are gassy giants (expect for small, icy Pluto).



Worlds in Comparison

<http://mintaka.sdsu.edu/projectastro/resources/WorldsInComparison.pdf>

This activity demonstrates the different sizes of the nine planets (including Pluto) in our solar system. Follow the steps outlined below to see the relative size (volume) of each planet. Start with a big 3-pound ball of playdough, which represents the volume of all the planets combined. Print out the [source document](#) so you have labels to place the playdough on.

1. Divide the Entire Ball of Playdough into 10 Equal Parts

- You may find it easiest to start by rolling the ball into one big hot dog shape.
- Combine 6 parts together, roll them into a ball, and put

the ball into the Jupiter box.

- Similarly combine 3 parts and put them into the Saturn box.
- ### 2. Cut the Remaining Part Into 10 Equal Parts
- Take 5 parts and combine them with the ball in the Saturn box.
 - Combine 2 parts to put into the Neptune box.
 - Put 2 parts into the Uranus box.
- ### 3. Cut the Remaining Part Into 4 Equal Parts
- Take 3 parts and combine them with the ball in the Saturn box.

4. Cut the Remaining Part Into 10 Equal Parts

- Put 2 parts into the Earth box.
 - Put 2 parts into the Venus box.
 - Take 4 parts and combine them with the ball in the Uranus box.
- ### 5. Combine the Remaining 2 Parts and Cut Into 10 Equal Parts
- Put 1 part into the Mars box.
 - Take 4 parts and combine them with the ball in the Neptune box.
 - Take 4 parts and combine them with the ball in the Uranus box.

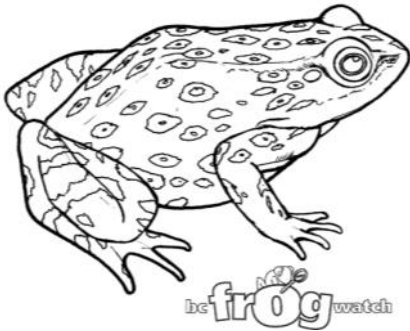
6. Cut the Remaining Part Into 10 Equal Parts

- Put 7 parts into the Mercury box.
 - Take 2 parts and combine them with the ball in the Uranus box.
- ### 7. Cut the Remaining Part Into 10 Equal Parts
- Take 9 parts and combine them with the ball in the Uranus box.
 - Put 1 part into the Pluto box.

Now that you have divided the playdough to represent the planets by volume, roll the pieces in each planet’s box into balls to best represent the shapes of the planets.

Environment

BC Frogwatch Program



About thirty years ago, scientists first noticed that the numbers of amphibians, particularly frogs, was declining. Since then it's been obvious that something is very wrong - entire populations and even species of frogs

seem to be disappearing! ([source](#))

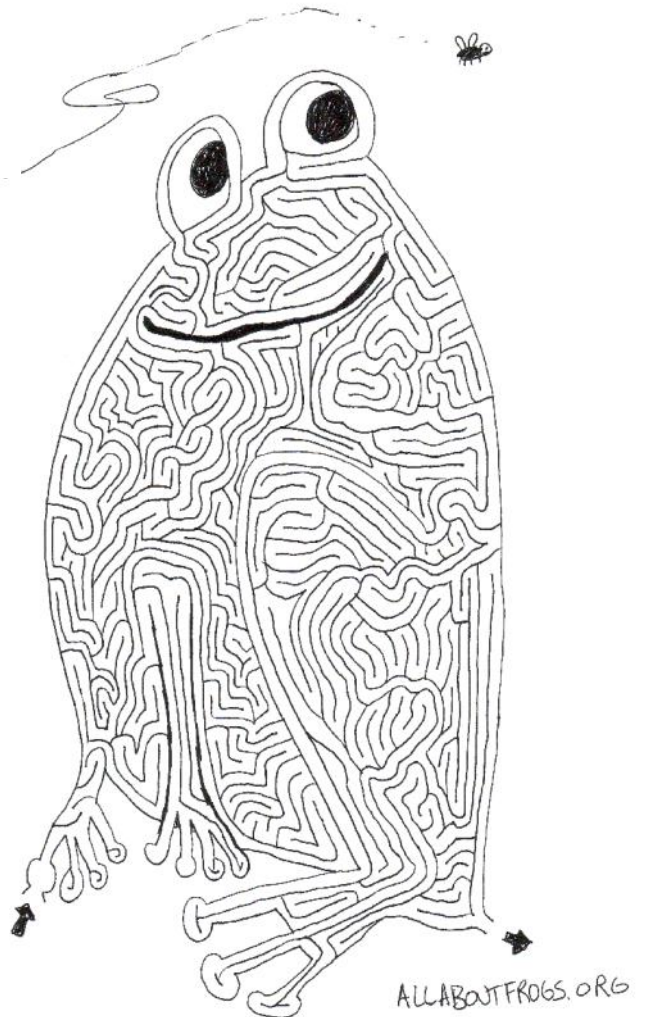
The BC Frogwatch program is a means to collect information on toads, salamanders and turtles in British Columbia. You can be a "Citizen Scientist" and participate in this program. A Citizen

Scientist is a volunteer who has no scientific training, but helps to gather scientific data.

Visit the [BC Frogwatch Program website](#) to learn how to identify them, how to find and count them and how to report the information back to the Program.

If the Earth were only a few feet in diameter... by Joe Miller

If the Earth were only a few feet in diameter, floating a few feet above a field somewhere, people would come from everywhere to marvel at it. People would walk around it marvelling at its big pools of water, its little pools and the water flowing between. People would marvel at the bumps on it and the holes in it. They would marvel at the very thin layer of gas surrounding it and the water suspended in the gas. The people would marvel at all the creatures walking around the surface of the ball and at the creatures in the water. The people would declare it as sacred because it was the only one, and they would protect it so that it would not be hurt. The ball would be the greatest wonder known, and people would come to pray to it, to be healed, to gain knowledge, to know beauty and to wonder how it could be. People would love it, and defend it with their lives because they would somehow know that their lives could be nothing without it. If the Earth were only a few feet in diameter.



Source: <http://www.cpaws-southernalberta.org/education/pics/if-the-earth.pdf>