

ARTS TO GO

RESOURCES FOR MUSIC, DANCE,
DRAMA & CRAFTS





FOREWORD

The original *Arts to Go toolbox* was produced by the BC Training Committee to encourage the Arts: music, dance, drama and crafts.

Elaine Hayden, Provincial Commissioner for BC, requested that the Arts Trainers attending the 2001 Trainer's Conference make suggestions of how to promote the Arts in BC. The Arts Trainers agreed that a toolbox representing all of the Arts should be created. They decided that girls should record a compact disk containing Guiding songs both old and new, and that the toolbox should include drama activity cards, dance instructions and craft ideas.

BC Council approved the *Arts to Go* proposal. In the summer of 2002, ten Guiders gathered for a weekend to create the basis of the toolbox. They produced sample campfires, new dances, drama ideas, and suggested that crafts complement the other Arts in the toolbox. They felt that the toolbox should also include information for Guiders on where to find the Arts in each Guiding program.

Girls from all parts of BC gathered for *Expressions 2002*, a week long summer camp celebrating the Arts. We wish to thank the girls and Guiders for their efforts in learning the songs in just three days before recording them. The CD will be an excellent resource for Districts throughout the province.

BC Council then provided each District, and Area in BC with an *Arts to Go toolbox* to encourage the use of the Arts at the Unit level.

In 2012 responsibility for the Arts was given to the BC Program Committee. The committee recognized the value of the *Arts to Go toolbox* in helping bring the Arts to Guiding and felt there would be value in updating the resources, creating new links, suggesting new ideas and detailing where these Arts fit into each branch of the Guiding program.

The Program Committee also felt that they would wish every Guider to have access to the toolbox so their aim became to make the booklet available online; the Arts are then just a click away, waiting to introduce a whole new generation of girls to the wonder of music, dance, drama and crafts!



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HOW TO INTRODUCE CRAFT PROJECTS

- Ask the girls for their input – what materials do they enjoy working with? Perhaps they could bring in a sample of a craft or art project that they have made to share with the group.
- Encourage girls to enjoy crafts by allowing room for creativity. Choosing their own materials, colours, and styles gives girls a sense of ownership and allows for truly unique creations.
- Encourage girls to be happy with their own project and not base their success on the opinion or skills of others.
- Keep in mind the developmental ability and interests of the girls and adapt crafts as necessary.
- If a craft is not going well, ask the girls if it should be shelved for another time or abandoned. It may be that the girls need to be more active that day or that the craft does not challenge them or is too difficult.
- Fixing projects such as repositioning flowers / eyes etc. can send a message that a project doesn't measure up. Guiding wants girls to feel self-confident and capable.
- Making crafts provides an opportunity to learn new skills, develop creativity, and gain confidence in abilities.





CRAFTS IN THE SPARK PROGRAM

Encourage girls to enjoy crafts by allowing room for creativity. Choosing their own materials, colours, and styles gives girls a sense of ownership and allows for truly unique creations. The feelings of accomplishment can enhance self-esteem.

PROGRAM AREA

Being a Spark Keeper

Friends

- Have the girls cooperate on a craft to use teamwork and sharing

Enrolment

- Have the girls create invitations and decorations for the ceremony

Being Me Keeper

Spark Memory Book

- The possibilities are endless

Who Am I?

- Make friendship bracelets, puppets, all about me mobiles or posters

Going Outside Keeper

Nature Walk

- Have the girls gather up nature materials to create fairy houses using peat pots as the base house

Picnic

- Have the girls make Be Prepared kits

Additional Activities

- Use natural or recycled materials to create crafts such as rock animals, bird feeders

The World Around Me Keeper

Diversity Meeting

- Make a craft from another country that is one of the cultures of the girls

Birthdays Around the World

- Make some decorations as would be found in another country and practice some of their traditions

WAGGGS Crafts

- Make a craft from one of the WAGGGS countries—suggestions are given



CRAFTS IN THE SPARK PROGRAM (CONTINUED)

PROGRAM AREA

The World Around Me Keeper (continued)

Aboriginal Crafts

- Explore First Nations cultures by creating an Aboriginal craft

Exploring and Experimenting Keeper

Play Dough Animals

- Create animals and even the play dough

Goofy Inventions

- Explore the world of Science by creating inventions that are pieces of existing machinery, etc

Musical Instruments

- Make your own homemade instruments

Brownies and Beyond Keeper

Thinking Day and World Centers

- Create a craft that brings to mind the World Centers or the meaning of Thinking Day

Additional Activities

- Do a joint community service project by having older branches help the girls make tray favors, centerpieces, etc
- Make a hat craft to trade with other branches



CRAFTS IN THE BROWNIE PROGRAM

Encourage girls to enjoy crafts by allowing room for creativity. Choosing their own materials, colours, and styles gives girls a sense of ownership and allows for truly unique creations. The feelings of accomplishment can enhance self-esteem.

PROGRAM AREA

Key to Brownies

Making a Promise

- A. Have the girls create a collage or poster that either has the parts of the Promise or is representative of the Promise.

Enrolling in Brownies

- A. Make invitations for your enrolment ceremony.

Key to Me

Who am I?

- B. Create a collage, poster, sculpture, card that is representative of you.

My Favourite Things

- C. Make a treasure box.

Being a Friend

- A. Make friendship cards.

Interest Badge - Memories

- B. Make an autograph book.

Interest Badge - Pen Pals

- B. Make a Brownie doll from the pen pal country

Key to My Community

My Neighbourhood

- Have the girls create maps or a board game like Monopoly but with neighbourhood spots.

Our Flag and Our National Anthem

- A. Draw a picture of the Canadian flag, or make one using different materials (clay, paint, sequins, fabric, etc).

Interest Badge - All About Canada

- A. Paint or dye a T-shirt with Canadian symbols.
C. Create a collage of your province.

Interest Badge - Aboriginal People in Canada

- create an aboriginal craft



CRAFTS IN THE BROWNIE PROGRAM (CONTINUED)

PROGRAM AREA

Key to My Community (continued)

Interest Badge - Modern Canadian Inventions

B. Create an invention out of clay.

Interest Badge - Your Day

D. Create a collage or poster about you being special.

Interest Badge - Special Days

A. Create a symbol of another country's or culture's holiday.

Interest Badge - Community Counts

B. Create cards or table favours or centerpieces and take them to a seniors' home

Key to I Can

First Aid

- Make a hat craft first aid kit.

Tool Girl

D. Make a craft with tools and materials.

Sewing Magic

- All sections.

Party Planner

B. Make invitations and decorations for an event.

Girl Guide Cookies

A. Make a collage or poster or visual display promoting Girl Guide cookies.

Interest Badge - Woodworks

C. Create a mobile, bird house, wood chime or treasure box.

Key to Active Living

Interest Badge - Smile Girl

B. Make a collage of smile pictures.

Key to STEM

Keeping in Touch

- have the girls create string phones, pictures in invisible ink.

Building Up

A. Create structures using various materials.



CRAFTS IN THE BROWNIE PROGRAM (CONTINUED)

PROGRAM AREA

Key to STEM (continued)

Reach for the Stars

- A. Create film canister constellation viewers, black light star posters, 3D constellations and planetary systems.

Interest Badge - SSSS is for Sound, Surround, Soothe and Stimulate

- C. Build a Brownie phone.
D. Make a musical instrument.

Interest Badge - Number Magic

- B. Make an abacus to show how people did math before there were calculators.
D. Use numbers and math to help you sew a piece of material or make a craft or model.

Interest Badge - Exploring Space

- Make a craft relating to space.

Interest Badge - Making Things Go

- C. Build something that lights up that requires a battery.

Key to the Living World

Wondrous Walks

- have the girls gather nature materials on their walks and create dioramas or fairy houses.

Plant Life

- A. Make a terrarium with a pop bottle or decorate plant pots or make Chia pets with potatoes or grass people with nylon socks.

Water All Around

- C. Paint a picture about water or make a mural.
F. Make a mural of your body of water.

Reduce, Reuse, Recycle

- D. Make a craft from recycled materials or reuse common items in a new crafty way.

Interest Badge - Terrific Trash

- A. Make something out of recycled materials.

Interest Badge - Weather Tracker

- C. Make a “weather tracker” tool. This could be a rain gauge or a snow measuring stick. Get creative!

Interest Badge - Grow your Garden

- B. Make your own terrarium or rain garden.



CRAFTS IN THE BROWNIE PROGRAM (CONTINUED)

PROGRAM AREA

Key to the Living World (continued)

Interest Badge - Bird Watcher

A. Make a bird feeder.

Key to Camping

Safety First

E. Make a “Be Prepared” kit. You could be creative in the packaging for the kit.

Dress Right

B. Create murals or collages of the proper clothing for each season.

Interest Badge - Which Way

A. Make a compass craft to learn the compass points.

Interest Badge - Be Aware

A. Make an edible campfire!

Key to the Arts

Act it Out

B. Create props, masks, scenery.

Best of Brownies

A. Make a memory book.

Art by Hand

- All sections.

Crafts from Afar

- All sections.

Marvellous Masks

- All sections.

Interest Badge - Artist at Work

D. Try two different kinds of art.

Interest Badge - Super Crafts

- All sections.

Interest Badge - Share Your Talent for Music

D. Make a musical instrument.



CRAFTS IN THE BROWNIE PROGRAM (CONTINUED)

PROGRAM AREA

Key to the Arts (continued)

Interest Badge - Puppet Play

- A. Make a puppet out of a sock or paper bag.
- B. Make a marionette.
- D. Make a stage and make scenery.

Interest Badge - All About Art

- D. Draw or paint on fabric or an unusual kind of paper, such as tissue paper.
- E. Make a whacky sculpture out of wire, pipe cleaners, or wood scraps.
- F. Draw a cartoon strip to illustrate your favourite book.
- G. Scan or download photographs into a computer and make a collage.

Key to Girl Guides

Thinking Day and Guide-Scout Week

- B. Create props for a Thinking Day ceremony.
- E. Create a Thinking Day bank to collect CWFF donations.

Brownie Memories

- A. Create a memory book.

Moving Up

- C. Create invitations for the advancement.

Staying Friends

- B. Make an address book.



CRAFTS IN THE GUIDE PROGRAM

PROGRAM AREA

You in Guiding

Understand the Promise and Law and Motto

1. Create a craft to help you understand and remember the Promise and Law. This could be a model, a collage or a poster to show what the Promise and Law mean to you. Use it in a ceremony.

Learn About Guiding

3. Using the things you learn about Guiding, make bingo cards to play a game

Learn About WAGGGS

6. Do any activity of your choice that helps you to learn more about WAGGGS and International Guiding.

Be Involved in Your Community

3. As a service project visit a seniors' residence and help them make a craft.

Adventures in Guiding Interest Badge - Canadian Guiding

1. Find 10 interesting facts about the history of Guiding in Canada. Use this information to make a trivia game, skit, puppet show, poster, display, story or poem.
5. Begin a scrapbook, journal, zine, comic book, photo album, or autograph book about Guiding events.

Adventures in Guiding Interest Badge - Cultural Awareness

2. Discover some of the things that are special to this person's culture. This could include a craft from that culture.
5. Create something to remind you of what you learned. This could be a toy, a craft, a piece of art, a simple musical instrument, a song, a story or a poem.
8. Find a special way to thank this person for sharing their time with you (e.g., use calligraphy to write a thank you card, make a centerpiece or create a poster).

Adventures in Guiding Interest Badge - Folklore

2. Create a scrapbook, quilt block or another craft about a legend, a folk tale or a folk hero.
3. Make a puppet to perform a puppet show with.

Adventures in Guiding Interest Badge - Heritage

1. Create a family scrapbook.
2. Make a toy that one of your ancestors might have enjoyed.
4. Learn about art in Canada's past.

Adventures in Guiding Interest Badge - Peace

1. Design a collage that explains what peace means to you.
2. Create a poster showing how Canada as a country can help to create peace in the world.
5. Make or draw a symbol of peace using any material you wish.



CRAFTS IN THE GUIDE PROGRAM (CONTINUED)

PROGRAM AREA

You in Guiding (continued)

Adventures in Guiding Interest Badge - Provincial/Territorial Heritage

6. Create something in the same way early settlers would have (e.g., prepare a meal, take part in making soap or candles, quilting, embroidery, basket weaving, rug braiding, or make an article of clothing).

Adventures in Guiding Interest Badge - World Guiding

1. Make the puppets for a puppet show about the life of Lord or Lady Baden-Powell.
3. Help younger girls learn about Girl Guiding around the world by creating a game, storybook, colouring book, poster or display of your own choice.
5. Discover more about a WAGGGS country. This could include making some of their traditional crafts.
6. Find out more about a World Centre. Then, make a tourism commercial, poster, or postcard about that World Centre.

You and Others

Learn About Leadership in a Group

1. Help others learn a craft.
4. Using magazines and newspapers make a collage of people you consider to be good team players.

Build Skills in Communication

2. Design an ad, poster or commercial.

Personal Growth Interest Badge - Becoming a Teen

4. Draw a picture about being a teen

Personal Growth Interest Badge - Event Planning

2. Design invitations and send them to the guests.
3. Make the decorations.

Personal Growth Interest Badge - Heritage Home Skills

3. Knit, weave or crochet something useful.
4. Learn how to spin wool into yarn, make soap or candles, or dye fabric using natural dyes.
5. Do a folk activity that requires many helping hands, such as a taffy pull or quilting bee.
6. Use a traditional art form that was common 75 or more years ago.
7. Make a traditional toy that was common 75 or more years ago.

Personal Growth Interest Badge - High on Life

3. Design a poster or collage that can be used to discourage kids from using drugs.



CRAFTS IN THE GUIDE PROGRAM (CONTINUED)

PROGRAM AREA

You and Others (continued)

Personal Growth Interest Badge - Recycling

5. Make a work of art by using stuff you would ordinarily throw away, such as bottle caps or milk containers.
8. Decorate a t-shirt or canvas bag to show why recycling is important.

Safety Interest Badge - Street Wise

4. Create a streetwise puppet show to teach younger children about personal safety.

Discovering You

Discover What's Important to You

2. Create a scrapbook to reflect what is important to you.
3. Plan Reflections incorporating a special craft you have made.
5. Have each person in your Unit pick a name and then compose a special poem and card for that person to represent the girl and what is important to her.

Discover Your Creativity

1. Invent a tool, toy or other product.
2. Use fabric, thread or yarn to create something.
3. Create costumes and props for your dramatic presentation.
4. Create a piece of art / create a sculpture.
6. Do any activity of your choice to discover your creativity.

Stay Fit and Healthy

5. Make a Fan of Me fan and make it representative of you!

Understand How to be Responsible

5. Make a simple puppet and take care of it for two weeks to demonstrate responsibility

Being Healthy Interest Badge - Feeling Good

parts 1 and 6 if you make your own spa stuff!

Girls Creating Interest Badge - Art Production

- Entire badge.

Girls Creating Interest Badge - Creative Craft

- Entire badge.

Girls Creating Interest Badge - Design Your Own Space

4. Create something that would make your home nicer, such as a basket, picture, wall hanging or quilt.
7. Try making a simple window treatment.



CRAFTS IN THE GUIDE PROGRAM (CONTINUED)

PROGRAM AREA

Discovering You (continued)

Girls Creating Interest Badge - Fashion

4. Design a new fashion trend. For example, decorate your socks, a hat or bandana, or a pair of jeans with beads, fabric, trim or buttons.
8. Create a poster of the traditional dress of countries around the world.

Girls Creating Interest Badge - Music Fan

5. Make a simple musical instrument.

Girls Creating Interest Badge - Needlework Skills

- Entire badge.

Girls Creating Interest Badge - Performing Arts

6. Using pieces of fabric, yarn, newspapers, sheets, old clothes and costume jewelry, design your own Girls Creating costumes and props for a performance.

Girls Creating Interest Badge - Picture This

7. Put together a scrapbook based on an interesting theme or idea such as camp, school, friends or sports.

Girls Creating Interest Badge - Reporting

7. Create a cartoon based on a funny incident from your life.

Beyond You

Discover Your Community

1. Demonstrate a craft from a cultural group in your community.
2. Create a pamphlet, map, model, collage or poster that illustrates your community.

Explore the Outdoors and Nature

2. Make a windsock.

Try New Things

4. Make science crafts, make structures, use tools - all in the name of science!

Learn About our Environment

5. Make a World Family collage or display.

Fun in the Outdoors Interest Badge - Bird Watcher

7. Build a bird feeder to hang in your yard and list the types of birds that come to visit.

Fun in the Outdoors Interest Badge - Conservation

4. Create a model, poster or some other display to interest your patrol in some form of conservation; Make a bird or animal feeding station.



CRAFTS IN THE GUIDE PROGRAM (CONTINUED)

PROGRAM AREA

Beyond You (continued)

Fun in the Outdoors Interest Badge - Ecology

2. Use a picture, poster or other means to show the relationship between living things and their physical surroundings.
3. Build a miniature, enclosed ecosystem in a bottle.

Fun in the Outdoors Interest Badge - Endangered Species

6. Make a scrapbook or poster that illustrates several endangered species.
7. Draw a cartoon that shows a new design for an endangered species so it would readily survive.

Fun in the Outdoors Interest Badge - Forestry

6. Create a piece of art inspired by trees and forests.

Fun in the Outdoors Interest Badge - Gardening

8. Make stepping stones or a decorative structure for your garden.

Science and Technology Interest Badge - Aeronautics

5. Create and fly three different types of paper airplanes.
6. Put together a simple model glider.
7. Make and fly your own kite.

Science and Technology Interest Badge - Astronomy

2. Draw a picture or make a model of our solar system. Show the different planets.

Science and Technology Interest Badge - Body Works

1. Find out something about how the human body works. Create a presentation, model, display or something else to demonstrate what you have learned.

Science and Technology Interest Badge - Business Communication

8. Make a collage or poster showing different types of communication.

Science and Technology Interest Badge - Engineering

5. Construct a bridge, house, mousetrap, model ship, model airplane or a simple machine that shows some engineering principles.
8. Try to build a structure from which you will hang a cup.

Science and Technology Interest Badge - Physics

3. Make a simple kaleidoscope that uses reflected light.

Science and Technology Interest Badge - Weather

5. Build an instrument that helps you predict the weather OR build an instrument that uses weather, such as a sundial, kite or windsock.



CRAFTS IN THE PATHFINDER PROGRAM

PROGRAM AREA

Finding the Path

Bridging the Gap

3. Plan a party with younger branches and teach them a craft

Broaden Your Horizons

3. Create posters to inform others about an issue that is current and important to you.

Creating Your Future

Follow that Woman

5. Plan a camp on a women's history theme and incorporate suitable crafts

Find Your Inner Leader

7. Make a mural or collage of what the girls like in life

Be A Model Citizen

6. Create your own flag.
10. Put the word on the street. Create a publication for young women. Make a 'zine, comic, pamphlet or newsletter using text and graphics, either computer formatted or scrapbook style, that focuses on issues important to you and other young women.

Let's Take it Outside

Winter Wonderland

7. Make tin can ice lanterns.

Up Close and Personal with Nature

8. Make a bird feeding station

Girls Stuff

Girls Just Want to Have Fun

4. Express yourself through the arts.
6. Make some beauty products from scratch.

Focus on Friendships

5. Create craft activity lap boxes for children who are ill.
7. Make positive Puffies and Friendship Butterfly Headbands

Fashion Sense from Head to Toe

5. Design your own underwear.
7. Create one-dimensional paper clothes.



CRAFTS IN THE PATHFINDER PROGRAM (CONTINUED)

PROGRAM AREA

A World to Discover

What's Up Around the World?

11. Through art present the kind of world you want for future generations of children around the globe.

Around the World at Home

2. Try some crafts with an international flavour.

Living Well

Be Glad You're You

4. Using any art form, make a personal statement that represents you. You could create a sculpture, collage, video, piece of music, poem, short story, drawing or skit.

My Music, My Movies and More

Be A Star!

3. Make statuettes for your own award ceremony

Join the Scrapbooking Craze!

3. Go to a scrapbooking party or take a class at a local craft store. Learn a specific method, such as lettering, embossing, tearing or chalking.
4. To learn the basics of scrapbooking, start by using similar techniques to create something smaller, such as a memory page for your favourite photo or your own cards or gift tags.
6. Make an invitation to a party or celebration.

The Arts from A to Z

6. Choose a craft and learn more about it—try it once you have
7. Teach a craft to a younger branch.
11. Decorate a large cardboard box.

Rembrandt and Company

5. Try your hand at outdoor sketching or painting.
6. Sculpt something out of soap.
7. Create a painting using a method similar to that used by Paul Cézanne.
8. Create something based on Andy Warhol's style.

Camera Crazy

6. Create a Pathfinder scrapbook.



CRAFTS IN THE PATHFINDER PROGRAM (CONTINUED)

PROGRAM AREA

On My Own

Skills for Around the Home

2. Make a centerpiece for your table.
5. Make a cloth bag.

Moneywise

9. Make a simple craft to sell at a silent auction or bazaar or tea.

Exploring a Theme

It's About Time

1. Make a timekeeping device
5. Create a special time capsule.

Galactic Adventures

4. Build a model of a spacecraft or space exploration vehicle using any material available.
5. Make an accurate, glow in the dark constellation map.

From Dinosaurs to Vintage Cars

3. Create your own mini display or exhibit of a time period.

Everything Comes from STEM

6. Create an efficient rocket.



PUPPETS: HOMEMADE FUN

Creative Ideas for Creative Play

By Lois Walker

(Originally published in the Canadian Guider Magazine, September/October 1991)

Retrieve one of the mismatched socks your dryer didn't eat this week or one of the few mittens your youngest child didn't lose last winter. Sew on some buttons for eyes, glue on a pipecleaner smile, muster all the imagination you can and voilà – you're ready to stage your first puppet show.

Why do young people and grownups like and trust puppets? I suppose it is because a moving, speaking puppet character is an important part of *the person* who actually works that puppet. If you like and trust your puppet, you probably like and trust yourself! For many of us, making a puppet and giving it a voice can become a step toward speech skill development, creative thinking and growing self-confidence. Aside from all that, puppets are just plain fun! When all is said and done, then, it would be hard *not* to like and trust puppets!

Imagination, Puppet-making, and Creative Problem-solving

As far as I'm concerned, *making* a puppet is as important as giving it a voice. I know store-bought puppets are easy to find, but given a choice, I always opt for creating my own puppet character. The reason is simple: the act of puppet-making requires the maker to combine imagination and problem-solving abilities to create something uniquely personal. No Miss Piggy clones here! A homemade puppet comes from the head and the heart. And in this time of mass production and mass media, we need to practise creative problem-solving and individual expression. If we don't we may lose these abilities altogether!

Puppets and Creative Thinking

With very little effort, puppet-making can easily springboard into creative thinking through writing, drama activities, story-telling and other art experiences. A puppet can become a friend who leads you into playwriting, performance, poetry and even Readers Theatre!

Environmental Awareness

Here's the icing on the cake! If you create puppets from common recycled household items instead of buying new materials, you'll be helping our environment! Three Rs of environmental awareness are: Reduce, Reuse, Recycle. An inventive puppet-maker can "reuse" a hose of throw-aways by recycling them into puppets. So don't throw out the garbage until you've sorted through it with an artist's eye!



Getting Started

To get you started on the road to puppet creation, I've reprinted some thoughts, ideas and how-to instructions from my weekly column in the *Vancouver Province* newspaper and from two of my books, *The Instant Puppet Resource book for Teachers* and *Instant Puppets for Kids*. Some of these easy-to-make puppets can be seen daily on YTV's Take Part! Series. You might want to tune in and actually watch me create a "recycled puppet pal" on the air. Once you've seen how one is made, you won't need me anymore. You'll be on your own and well on your way to creating, trusting and liking puppets as much as I do!

Don't Throw Out the Trash

Some Puppet Bases

- Paper towel tubes
- Toilet paper tubes
- Tubes from wrapping paper, aluminum foil, plastic wrap
- Plastic soap bottles
- Plastic cooking oil containers
- Bleach and detergent bottles
- Cracker boxes
- Cereal boxes
- Paper bags
- Styrofoam trays
- Fast-food burger containers
- Plastic spoons, forks and knives
- Egg cartons
- Milk cartons
- Chunks of foam rubber and colourful sponges
- Popsicle sticks
- Cottage cheese and ice-cream containers

Some Puppet Decorations

- Felt strips, any size
- Buttons
- Fabric pieces
- Feathers
- Odds and ends of furry fabric
- Old socks
- Old gloves
- Empty thread spools
- Colourful sponge pieces
- Construction paper
- Stuffing from packing boxes



- Pipe cleaners
- Bric-a-brac
- Yarn pieces
- Uncooked macaroni
- Marshmallows
- Dried beans, peas, etc.
- Bits of crepe paper
- *Anything* that is small, lightweight and interestingly shaped.

A Favourite Puppet Story

He was small, with eyes that seemed the size of ping-pong balls. He hadn't spoken to his teacher all year. He hadn't participated in a single class activity, but I didn't know that. I was a visitor. I was there to make puppets with the class, and that is exactly what we did.

"Today," I said, "we're going to make rhyming puppets. How about a *fox in a box* or a *man in a can*? Use your imaginations and think of some other rhyming puppets."

We rummaged through the plastic containers, cardboard tubes and cereal boxes. We selected fabric scraps, buttons, feathers and beads. We laughed and kidded each other and made up rhyming words for our names. Someone found the glue. Soon I felt a presence at my elbow and looked down to see those huge eyes staring up at me.

"What have you got there?" I asked.

Two small arms held up a creation. It was an animal of some sort mounted on a Styrofoam meat tray. Popsicle stick controls from beneath the tray enabled the animal to move its head up, down and from side to side.

"Oh, look at that!" I said. "It's a... It's a..."

"Goat on a boat," said big eyes, smiling broadly.

He turned around and ran off to tell his teacher a story. It was about a curious goat who floated from adventure to adventure on his very own boat. As I remember it, the goat actually told the story, but big eyes wasn't far behind.

A wise teacher told me, "Some children trust puppets before they trust people." Now I know exactly what she meant.

- *Lois Walker*

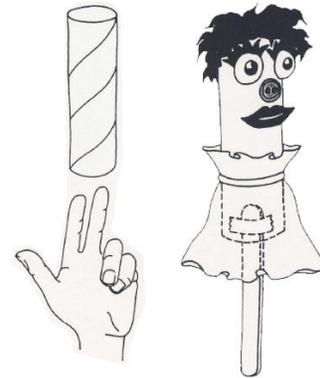


Related Activities

Cardboard Tubes (S, B)

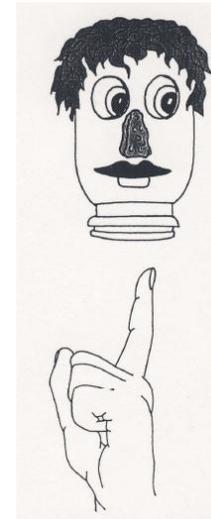
Stick two fingers into the bottom of tube to work this simple finger puppet. **Decorate.**

Variation: Glue popsicle stick or old plastic cutlery to inside back of tube and work as a stick puppet.



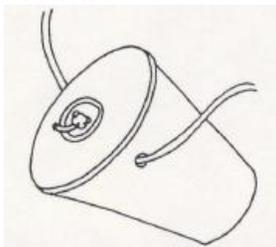
Small Plastic Bottles (S, B)

Medicine bottles of all shapes and sizes can be inverted, placed upon the fingers and used as finger puppets. Wash bottles thoroughly first. Decorate to suit the puppeteer.



Cup Marionette (S, B)

1. You'll need three disposable cups for this one! One cup for the body/head, and the other two for dancing feet. Take four pieces of string or heavy thread and tie one end of each string to a button or piece of popsicle stick. Insert two strings through body/head cup from inside to outside as shown.

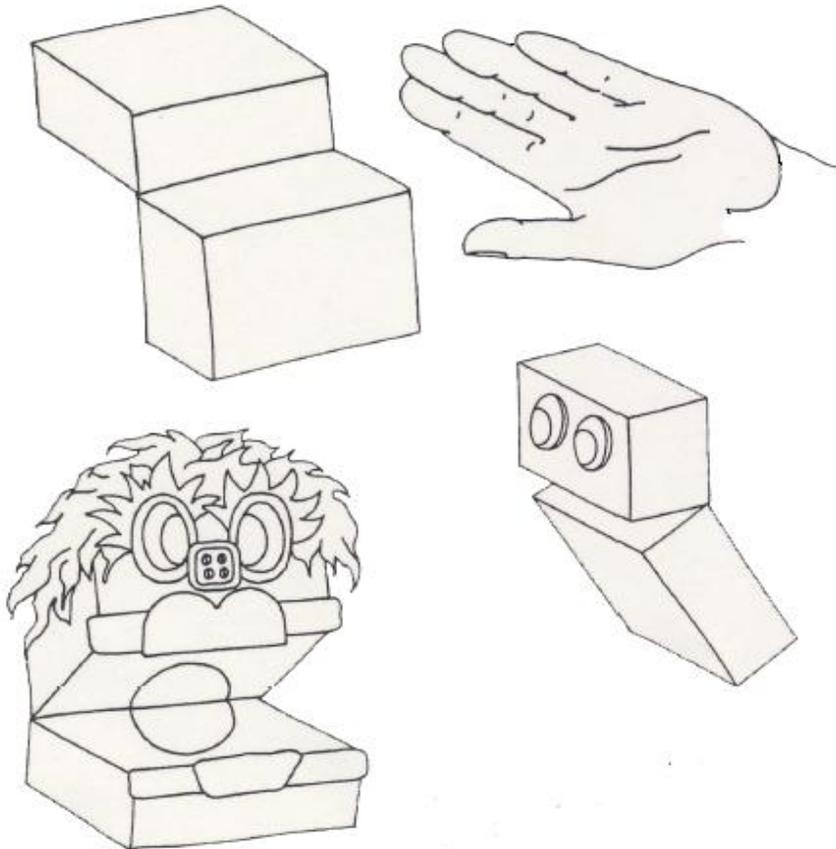


2. Attach other two strings to "feet cups."
3. Tie body/head strings to a control stick.
4. Attach top of leg strings through bottom of body/head cup using two more buttons.
5. Decorate and dance your puppet.



Small Cereal Box (All)

Cut on three sides and bend, as shown. Variety Pac cereal boxes are just the right size for small hands. Simply stick finders into top back section, thumb into bottom. Flap mouth. **Decorate!**



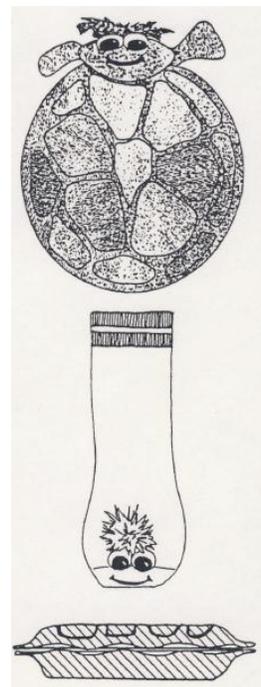
Variation: Cut box, but don't bend all the way over. You'll have a taller puppet with a moving mouth. Tape string to back of top section. Hold bottom section with one hand, pull string with other to operate mouth.

Turtle Puppet (G, P)

Here's an easy-to-make turtle puppet named Petula Plate. She's a sweet, shy soul who resides inside a paper plate shell. When the outside world is calm and quiet, she'll come out!

You will need: Four paper plates (not moulded cardboard or Styrofoam), an old sock, felt or fabric scraps, scissors, and button, bottle-cap or craft-store eyes.

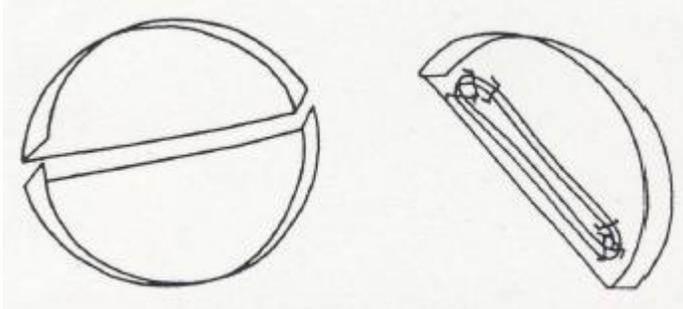
1. Glue two plates together, one inside the other. Repeat with two more plates. Let dry.
2. Turn plates over and tape together at sides to form Petula's turtle shell.
3. Cover outside of shell with felt or fabric.
4. Glue button, bottle-cap or craft-store eyes to toe section of an old sock. Add more decorations, if you wish.
5. Put the sock on your hand, then put your "turtle" into the shell. Hold the shell with your free hand and practise making your turtle peek through the crack in her shell.



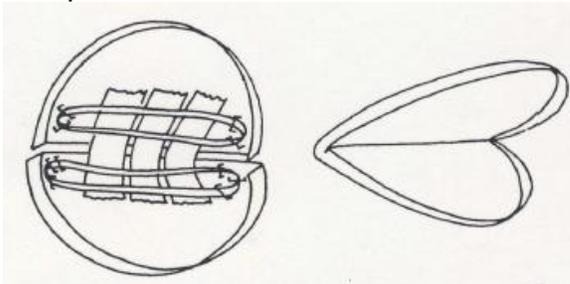


Plastic Container Lids (G, P)

1. Cut container lid in half.
2. Staple rubber bands into place, as shown. Children will insert fingers and thumbs under the bands to move puppet mouths.



3. Hinge container back together using masking or fiberglass tape. (Generally, printed or top side of lid becomes the inside of the mouth.)



4. Puppet-makers want to glue fabric scraps to bottom jaw to hide puppeteer's arm. Add egg carton eyeballs to top. Glue hair to hide puppeteer's fingers. **Go wild! Decorate!**

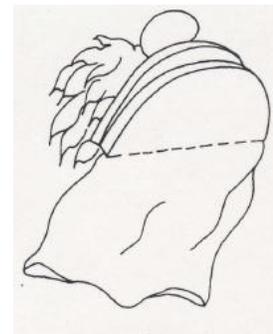
Variation:

Prepare mouth section as above. Now, cut sleeve from old sweat shirt. Glue top of cut sleeve to mouth section, covering thumb band at bottom and finger band at top. Insert hand up through wrist opening of sleeve and into mouth section. Place fingers and thumb under rubber bands to operate mouth. **Decorate!**



Another variation:

Use container lids, but don't cut and hinge them. Simply bend in half to create upper and lower jaw. Staple or tape and glue rubber bands in place. (Some staplers can't reach over lid edges, so tape and glue must be used.) **Decorate!** These puppet mouths won't last as long as the hinged kind, but puppeteers can have a lot of fun with them before the plastic lids crack!



Lois Walker of North Vancouver, B.C., is a teacher, writer, publisher and children's television producer. Many of Lois's original stories are features on Canada's Youth Channel, YTV's "Time To Read." Lois has published eight teacher resource books with her husband, Herb Walker, who co-hosts and produces "Take Part," seen daily on YTV.



JOIN THE MASQUERADE

Making and Using Masks

By Ann Connolly

(Originally published in the Canadian Guider Magazine, Fall 2000)

Mask making is a wonderfully creative art form that can be enjoyed by girls of all ages. This is a great way to introduce arts in the program from Sparks to adults. And, in the process of making masks, girls often find their imaginations stimulated and continue the fun and fantasy by using them with other arts activities, such as dance and drama.

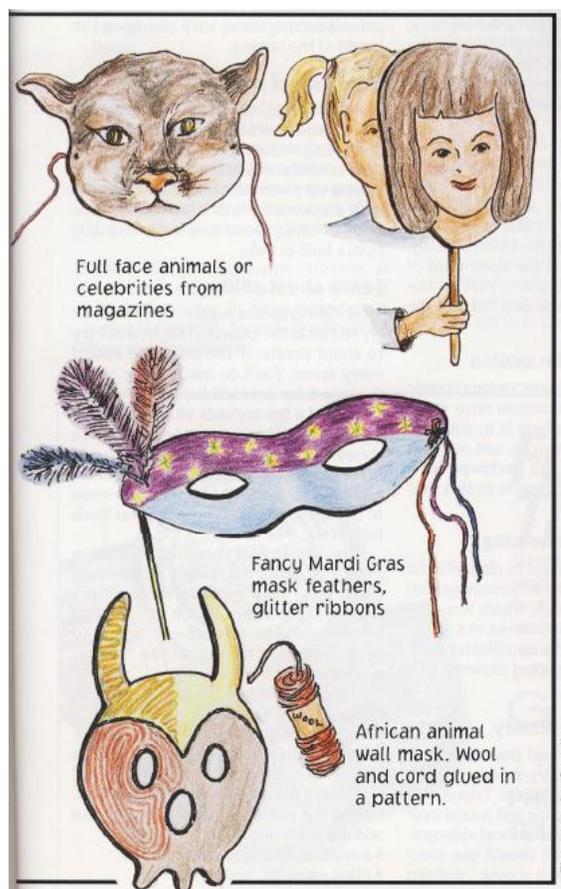
Masks have been with us from the earliest times. They have been worn to disguise, amuse, enhance and even frighten. In practically every culture the world over, they have been used for entertainment, religion, healing and warfare. From the earliest times to modern day, masks have portrayed images from nature, including animals and birds, and from myth, including dragons and spirits. They have been worn on special occasions by dancers, entertainers and partygoers (hence the word, “masquerade”), and for ceremonies conducted by priests and healers. They have been hung inside and outside of homes to ward off evil spirits or to be decorative.

Making Masks

Masks have been made of every conceivable material, from wood to animal hides to metal to cloth to plants. Mimes and clowns use theatrical make-up to turn their faces into “living masks.” Depending on the materials you choose, mask making can be a very inexpensive craft.

Start with a paper plate, an eye mask, or a brown paper bag and all the old ribbons, feathers, paint, sparkles and whatever else you have on hand. Show a sample or some pictures, then let the girls do their own thing. The results will amaze you! Cutting out large, front-on, full-face pictures of celebrities or animals and gluing them to construction paper can lead to some very interesting characters and funny skits.

Papier-mâché, made of newspaper strips and paste, has been used for many years in mask making. This is a messy medium and requires some drying time, but is a lot of fun and the results are well worth the effort. This medium makes a great project while at camp. A full-head mask can be made by applying papier-





mâché over a large balloon or beach ball. This is a wonderful mask to make if your group is taking part in a community parade or activity.

Papier-mâché can also be used to add features and character to face masks formed over a paper plate or a bleach bottle.

You can make wonderful wall masks by cutting stylized animal faces and covering them with jute cord or wool in earth tones. For those who enjoy cutting paper, a great mask project involves cutting a basic face shape from construction paper. Glue on all kinds of construction paper features, such as curls, eyebrows, ears, and earrings to give dimension. When the glue is dry, make tucks at the chin, cheeks and forehead edges to give your mask a “rounded personality.” Hang it on your wall or door; or wear it, if you want to.

As you plan your Guiding activities this year, include the art of mask making. It's so easy to create beautiful masks with your Units, and once each girl has one, you can hold a Mardi Gras, a masquerade party, or a special ceremony; or wear them in a parade or to a community event. However you decide to make them, and whatever you decide to do with them, you're bound to discover masks provide a great deal of creative fun!

Ann Connolly, of Riverview, is New Brunswick Provincial Arts Adviser.



TRY A PLASTER MASK

By Dorothy Lind

(Originally published in the Canadian Guider Magazine, Fall 2000)

Older girls will enjoy making a plaster mask that is uniquely theirs and that will last for years. They can use the masks in dance or drama activities or as part of an international festival. Make animal masks as you discuss endangered species. This activity is great for teaching trust and co-operation, as the girls work in partners to create their masks.

Materials

- Rigid Wrap, or other brand of plaster strips, available from craft stores
- Water in ice cream pails (used to wet the strips)
- Petroleum jelly and a shower cap (optional)

To Make

The girls work in partners to make masks on each other's faces. Have them put shower caps over their hair and apply a thick coat of petroleum jelly to their faces. The "model" lies on her back on the floor while the "sculptor" makes the mask. Put on some soothing music and ask the models to close their eyes and relax! The sculptor dips strips of Rigid Wrap into water and places them on the model's face, making sure not to cover the nose.

Use two or three layers of plaster to make a sturdy mask. Then the model just waits for the plaster to harden before lifting the mask from her face. After cleaning up from the first mask, the model and sculptor change places and begin the second mask.

Once the masks have completely hardened, the girls can cut and smooth the edges. Then they can paint them with acrylic paint, or decorate them with anything they choose. Attach strings or elastics to the sides to hold the masks in place.



When they are finished, each girl should have a mask that fits her face perfectly. The girls can use their masks in many ways to express themselves through movement, ceremony, drama, dance and so on.

Dorothy Lind, of Craven, Saskatchewan, is National Arts Adviser.



RIBBON DANCING

By Dorothy Lind

(Originally published in the Canadian Guider Magazine, Fall 2000)

Girls of all ages love to use ribbon sticks in creative movement. Sparks and Brownies will have fun twirling them around in simple patterns, while older girls can develop more elaborate routines. Variations are endless, and you don't have to be an expert dancer to enjoy this creative art form.

You can make simple ribbon sticks with string and crepe paper, or fashion long-lasting ribbon sticks from the instructions below. Choose the type that suits your purpose best. Girls can dance with ribbons to just about any kind of music, so you don't have to buy special tapes or CDs.

Simple Ribbon Sticks

(Adapted from the book, Share the Challenge, edited and prepared by Sue Worrall for White Oaks Area, Ontario, May, 1987.)

Materials

- One spring clothespin
- One piece of light string, approximately 16 inches (40 centimeters) long
- One strip of two-inch (five-centimeter) wide crêpe paper, six to eighteen feet (two to six meters) long
- One piece of masking tape, approximately two inches (five centimeters) long

To Make

- Fasten one end of the crêpe paper streamer to the short end of the clothespin with masking tape.
- Thread the string through the hole in the spring of the pin and secure, leaving a long end loose.
- Hold the loose end of the string firmly and swing arm in a circle to make patterns in the air.

Long-lasting Ribbon Sticks

(From Ontario Council, Girl Guides of Canada, Training Department Arts Weekend, February, 1991.)

Materials

- One piece of 5/8 inch (one centimeter) doweling, 18 inches (45 centimeters) long
- One small "eye"
- One medium fishing swivel



- One corner piece of light but firm plastic (e.g., overhead projector plastic or ends of laminating film)
- Six to 23 feet (two to seven meters) of two-inch (five-centimeter) wide ribbon
- Hockey stick or electrician's tape (optional)
- Glue gun
- Awl (small hole maker) or drill

To Make

- Drill or make a small hole at one end of the doweling, and screw in the "eye."
- Attach fish swivel to the "eye."
- Place the corner of the plastic at one end of the ribbon.
- Turn the ribbon corners over to make a point, turn under a hem, and glue in place.
- When dry and firm, make a small hole in the point, and attach it to the other end of the fish swivel.
- Wrap hockey stick or electrician's tape around stick (optional).

Ribbon Dance Movements

There are three main types of movements used in ribbon dancing: swings, circles, and snakes. Teach the girls these basic movements with some of their variations, then let them improvise.

Swings

Move your shoulders back and forth in a side to side pattern. Make different patterns by swinging the ribbon stick overhead, horizontally in front at waist height, and horizontally behind at waist height, across your feet from side to side and vertically on one or both sides of the body.

Circles

Work from your shoulders, making large circles. (Note: children can get tangled up or get knots in their ribbons, when they don't work in clear planes, but shift halfway between them. To help them develop proper placement of the ribbon, it helps to have them work with both hands holding the end of the ribbon stick.)

Draw a circle in front of the body. Try right hand only, left hand only, then both hands. Draw a circle over your head, on the ceiling, moving your whole body to help the ribbon. Try one hand only to "lasso a cow" or "fly a plane" by using both arms to the side, beginning with slow medium circles and changing to faster and larger circles. Try one arm, then change to the other arm. Draw a circle on the floor and jump into your circle.

Snakes

Work from the wrist only. Use strong snaps of the wrist, similar to waving goodbye (up-and-down action), or flick the wrist sideways. Have the girls move away from the snake



so it won't bite them! Move the snakes through the grass (up and down), between the rocks (sideways), and up a tree (sideways, upward).

Teaching Tips

- Begin with swing patterns. Then try circles and, finally, snakes.
- Find interesting places in some music for your patterns.
- Compliment and add verbal cues for individuals or the entire group as the need arises.
- Draw charts of ribbon patterns
- Have the girls do the patterns with you, on their own, and with a partner.
- Have the girls try to write words with their ribbons.
- Once the girls have perfected the basic patterns, add challenges, such as jumping through, over, under the ribbons and varying the way they travel through space (slowly, backwards, low to the ground, etc.)

Dorothy Lind, of Craven, Saskatchewan, is National Arts Adviser.

HOMEMADE MUSICAL INSTRUMENTS

(Originally published in the Canadian Guider Magazine, Fall 2000)

Rattles

- Seal pebbles, beans, rice or other small items in a plastic jug, and decorate with paint, decoupage and ribbons or wool.
- Cut a small "X" in the bottom of a small plastic yoghurt container, and push a piece of thin doweling through the bottom. Put a few seeds, beans or grains of rice in the container; seal with its lid and attach it to the doweling inside, but putting a nail through the middle of the lid. You can also fasten bells, buttons or beads to the outside on a piece of ribbon or cord glued around the top.



Bottles

Select different shapes and sizes of glass bottles that have narrow necks. Decorate. To make sounds, blow over and into the tops.

Didgeridoo

Colour a heavy cardboard tube with earth tones in Australian aboriginal designs. Make a thick coating of beeswax on the mouthpiece end. Blow into the tube, vibrating lips and tongue (as when making a "raspberry" sound).





Sand Blocks

Glue rough sandpaper to one side of small blocks of wood. Rub the blocks together rhythmically.



Clickers

Glue thimbles or small bottle caps on the thumb and two fingers of a “one-size” glove. To make rhythms, click fingers and thumb together or on a board.



Thunderboard

Vibrate a flat cookie sheet (no sides) or a sheet of Bristol board to make “thunder” sounds.



Drums

Cut the bottom out of an empty coffee can or similar tin container. Cut two pieces of felt or other material two inches (five centimeters) larger than the top of the can. Stretch over the top and bottom of the can and sew the fabric together with cord. You can add beads as you sew. Use your hand or a stick to beat your drum.



Cymbals

Paint old pot lids in bright colours. Match them in pairs and clang together.



Rhythm Bars

Make “V” cuts in a block of wood. To play, run a piece of doweling over the grooves.



Rhythm Sticks

Cut broomstick or dowelling into eight-inch (20-centimeter) pieces. Paint with bright colours. Tap together.



RAINSTICKS

By Marion Whitworth

(Originally published in the Canadian Guider Magazine, Fall 2000)

The rainstick is a type of tubular rattle that has been used by various cultures around the world for centuries. Some musicologists believe it evolved in different parts of the world at the same time. Discoveries such as a tubular rattle with pegs, found in Northern China, would support this view. However, other musicologists maintain the rainstick was developed initially in West Africa and was later introduced to other areas, such as South America.

Many people continue to use this instrument today. In some parts of the world it is associated with the onset of rain, and in other places it is used simply as a percussion instrument.

An interior matrix formed of cactus spines, wooden pegs, bamboo or palm slivers distinguishes the rainstick from other tube rattles. Once this matrix is complete, the cylinder is filled with pebbles, hard seeds, beans, sand, rice, or tiny shells, and the ends of the tube are sealed. Depending upon the culture, the rainstick may then be decorated with paint or feathers or sheathed with a woven cover.

The sound produced by a rainstick is determined by the material from which the tube is constructed, its length and circumference, the tiny objects enclosed, and the position of the internal needles or pegs. These may bisect the tube, or extend only halfway through, much like the spokes on a wheel. The way in which the rainstick is “played” also affects its sound. Generally, the tube is shaken like a rhythm instrument. The angle at which the stick is held determines not only the quality but also the duration of the sound.

To Make a Rainstick

You can make rainsticks from any cardboard tube, toothpicks, fabric and other materials you have on hand, painting and decorating them according to your imaginations. Here are instructions for a sturdy rainstick, made from thick cardboard tubing and nails.

Materials

- A thick cardboard tube
- 100 nails with heads
- A hammer
- One large piece of leather to cover the tube
- Two pieces of leather for each end
- Popcorn kernels
- Paint, markers, fabric, wool, ribbon, feathers, etc.



**To Make**

- Hammer your nails into the cardboard tube in a spiral pattern. Reserve approximately 25 nails to hammer on the leather ends.
- Attach one leather piece, overlapping the edge and nailing in place. Stretch the leather if necessary, and secure it with 10 to 12 nails.
- Pour in the popcorn kernels or rice. Close your eyes and listen. Add more fill or take some away to create a sound you like. Then nail the second piece of leather to the other end.
- When you slowly turn your rainstick end to end, listen for the sound of the rain.
- Decorate by painting, covering with fabric, feathers, etc., and tying ribbons to each end.

Marion Whitworth, of Calgary, is Alberta Provincial Arts Adviser.