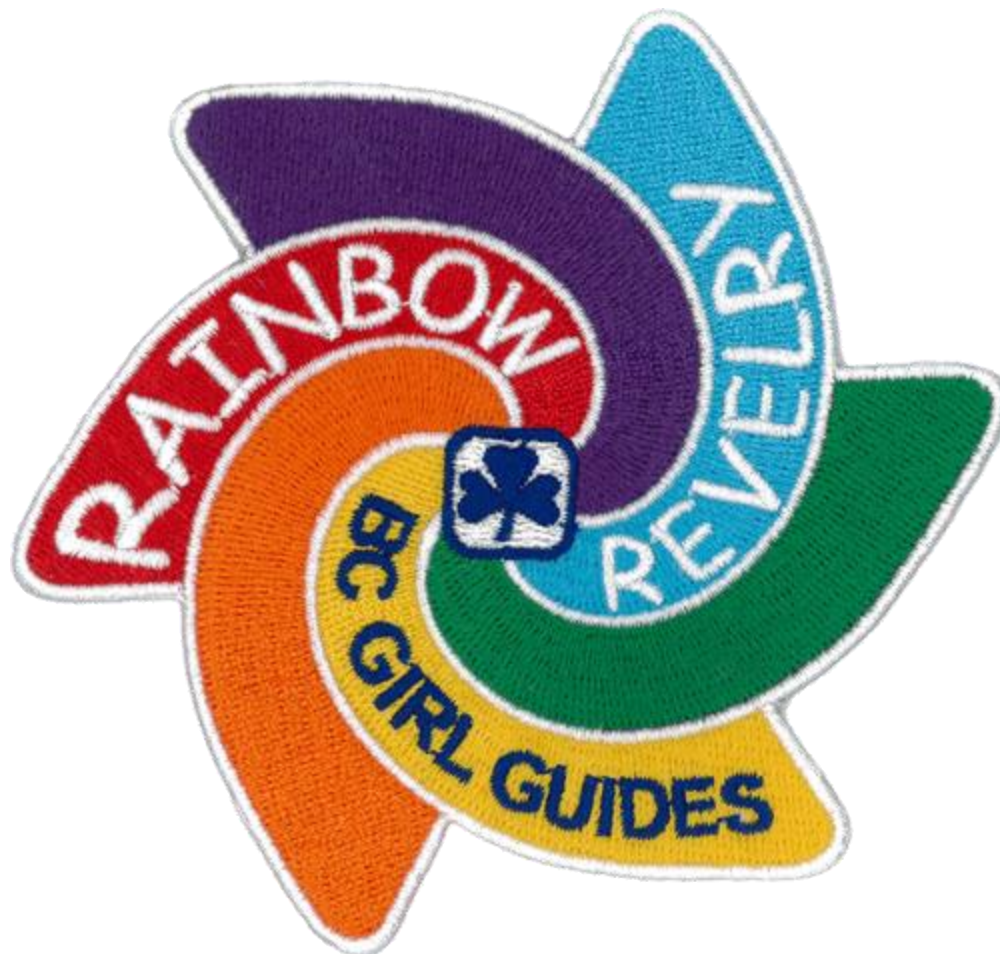


# RAINBOW REVELRY TOOLKIT

## BLUE APPENDIX

SPARK/BROWNIE EVENT RESOURCE  
FROM THE BC PROGRAM COMMITTEE

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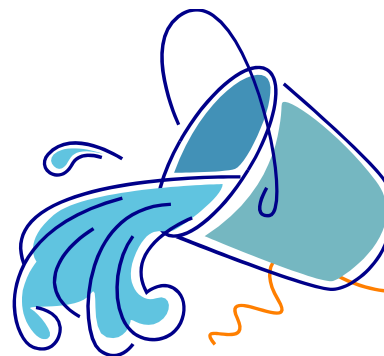
## BLUE CRAFTS AND ACTIVITIES

### 1. Water

#### 1a. Water Games

Yes, we know water is clear but the girls will name water as blue when asked – so use the opportunity to play some water games! Find many ideas online:

<https://www.google.ca/search?q=water+games+kids> or use one of the ideas here.



#### ***Parachute Water Cycle Game***

##### **Supplies**

- cut out about three dozen water droplets using blue construction paper
- bed sheet or parachute

##### **Directions**

1. Put the water droplets in the center of the bed sheet or parachute – this is the ocean or lake.
2. The girls hold onto all sides of the sheet/parachute 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 form clouds. When water changes from a liquid to a gas, this is known as evaporation.
3. At the shout of "Rain!" the girls 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 raindrops.
4. Have the girls collect all the raindrops – they are like the rivers and streams bringing the water back to the ocean or lake.

#### ***Water Cycle Relay***

*Borrowed with permission from <http://www.guidinguk.com/> and reprinted from the December 2011 issue of the BC FunFinder.*

##### **Supplies**

- a bucket of water at the start
- a veggie Ziploc bag (those are the large ones with holes in them!) for each team

##### **Directions**

1. Divide the girls in teams of 5 in a line quite widely spaced. The girls within the line are also spread far apart.
2. On 'go' the first girl, the Cloud, takes and fills the Ziploc bag with water from the bucket. She twirls, while advancing to the next girl. She passes on the bag.

3. The second girl, the Mountain, runs to the next girl and passes on the bag filled with water.
4. The third girl, the Rain, hops on one foot to the next girl.
5. This fourth girl, the Stream/River, winds her way - zigzagging to the next girl and passes on the bag.
6. The fifth girl, the Ocean, takes the bag and waves all the way back down to the bucket with water (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 or cloud is the Ocean and waves her way down to the bucket.

You all get a bit wet...the waves have a great time! (Actually everybody does!) It's an amusing way to teach about the water cycle. Have fun - get wet!

## 1b. Water Experiments

Incorporate science with some water experiments. The following activities are from the BC Girl Guides Eco Pak. There are more water activities within the Eco Pak or search online <https://www.google.ca/#q=water+experiments+kids> for many more ideas.

### ***A Pollution Solution***

#### **Supplies**

- 2 clear jars
- blue food colouring
- large clear bowl
- water



#### **Directions**

1. Add some water to one clear jar ("polluted jar"). The water will represent water in a lake.
2. Add 2-3 drops of blue food colouring to each jar. The food colouring will represent pollutant in the lake.
3. Explain to the girls that rainwater will dilute the pollutant found in the lake so that the water in the lake will eventually be clean again. The rainwater is the new water and this water will gradually replace the water that is already in the lake. Ask the girls how long they think it would take for this to happen? For small lakes it will take about 10 years and for bigger lakes it will take over 200 years.
4. Explain to the girls that renewal time refers to the amount of time it takes for "new" water to replace all of the existing lake water.
5. To demonstrate renewal time in this activity, add water to the second clear jar ("clean water jar"). The water in the second jar will represent new water (e.g. rainwater, groundwater, and water from runoff from surrounding areas, etc.

6. Hold the “polluted jar” over a large bowl. Carefully pour the water from the “clean water jar” into the “polluted jar”, making sure that all the water that flows out will end up in the large bowl. The girls should see that the “pollutant” is slowly being flushed out of the “lake”.
7. Ask the girls if they can see the blue food colouring (pollutant) in the lake. If they can still see the blue food colouring, then do another renewal cycle. Pour another jar-full of clean water into the polluted water jar to flush out the food colouring. It will probably take 3 to 4 times before the girls will no longer see the pollutant.
8. Have the girls examine the water in the bowl. Ask them if the pollutant has been removed from the water? Is it still there? The girls will realize that the pollutant has not been removed, but just displaced into another location (e.g. moved from one lake to another lake). Ask them if they have they actually fixed the problem.

### Eco-message

It is difficult to fix a water pollution problem. Dilution is sometimes used as a solution for pollution, but it takes a long time. This activity gets the girls to consider two concerns related to cleaning the lake of pollutants: 1. Where does the polluted water from a lake go? Does it move into a river or to another lake? 2. Has all the pollutants been flushed from the lake so that the lake water is now considered to be “renewed”?

### Taste Test

Note: Make sure to tell the girls that using your sense of taste is not a good way to determine whether water is safe to drink. But for the purpose of this activity, all the substances used are safe.

### Supplies

- 6 clear plastic bottles
- carbonated water
- salt
- lemon juice
- sugar
- artificial flavouring (e.g. vanilla, coconut, etc.)
- small Dixie cups
- permanent marker



### Directions

1. Remove the labels from 6 clear plastic bottles.
2. Use a permanent marker and label the 6 bottles from 1 to 6.
3. Fill the 6 bottles with different water mixtures:
  - Bottle 1: plain water
  - Bottle 2: carbonated water
  - Bottle 3: water with salt
  - Bottle 4: water with lemon juice
  - Bottle 5: water with sugar
  - Bottle 6: water with artificial flavouring (e.g. vanilla, coconut)

4. Make sure that all the water in the 6 bottles look the same so that the girls cannot tell them apart.
5. Explain to the girls that none of the water samples used in this activity are dangerous to drink. They will be asked to drink the 6 water samples.
6. Set the 6 bottles out on a table. Ask the girls which bottle they think has “clean water” (e.g. tap water). Record their answers.
7. Have the girls sample the water from each bottle by pouring a small amount into a Dixie cup. Have another Dixie cup available for the girls to spit in.
8. After everyone has had a chance to sample the drinks, discuss what they found during the activity.
9. Discuss what freshwater (water from lakes) is with the girls.

## 2. Sky

### 2a. Sky Watercolour Painting

Here’s a chance to do art projects – have the girls create watercolour paintings of an outdoor scene; the paintings could be of a sunny or cloudy day or a starry night – with a light or dark blue sky. Or tie the entire activity together by first painting the blue sky, then adding a painted rainbow.

### 2b. Go Fly a Kite

Kite flying is a great, fun way to experiment with aerodynamics.

The Big Wind Kite Factory, located in Hawaii, has free instructions online ([www.bigwindkites.com](http://www.bigwindkites.com)). Their promise is “20 kids \* 20 kites \* 20 minutes”. The instructions below have been reprinted with permission.

#### Supplies

- 8 ½" x 11" copy paper (not construction paper). *Note: you can print a trefoil kite template from the June 2013 issue of the FunFinder, available on the BC Girl Guides website.*
- 8" bamboo BBQ shish kabob sticks.
- surveyor's flagging plastic tape. Available at hardware or dollar stores.
- tape
- string (about 6 to 10 feet per kite)
- piece of 1"x 3" cardboard (to wind the string on)
- scissors
- hole punch

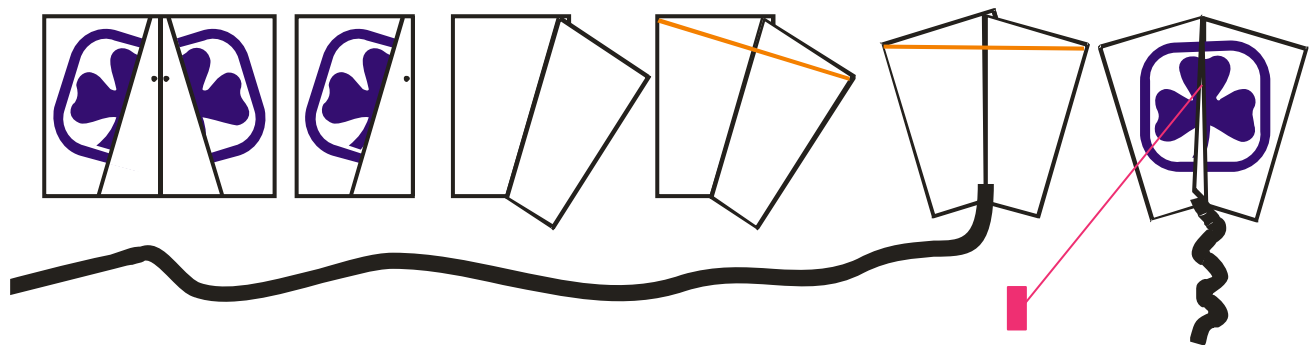


#### Instructions:

1. Lay the paper on the table in landscape format (long side down). Fold paper in half, side to side.
2. Fold the paper diagonally, along the diagonal lines.



3. Flip the paper 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 the kite over and fold the spine back and forth.
7. Punch a hole in the spine opposite the cross bar.
8. Tie string through the hole and go fly the kite at a field.
9. Bring a pair of scissors to the flying field.
10. Cut knots and tangles quickly, re-tie and keep them flying.
11. If one side of the kite gets crunched, crunch the other side.
12. On windy days, a longer tail helps balance the kite.



## 2c. Shaving Cream Rain

Find many more weather experiments online:

<https://www.google.ca/#q=weather+experiments+kids>.

### Supplies

- clear cup or jar
- water
- foam shaving cream
- blue liquid food colouring



### Directions

1. Fill the cup about  $\frac{3}{4}$  full with water.
2. Spray the shaving cream on top of the water to fill the remainder of the cup.
3. Add several droplets of blue food colouring onto the shaving cream.
4. Watch what happens.

### What's Happening?

The shaving cream is just like a cloud in the sky. When water droplets in the clouds begin to grow, they become so heavy that they eventually fall out of the clouds, forming rain.

## 2d. Make Your Own Wind Energy

Although wind is colourless, it comes from the sky, so we can relate it to the colour blue!

Governments and corporations around the world are seeking out clean, renewable sources of energy. The wind is one such source of energy. In this activity, build your own pinwheel to catch wind energy.

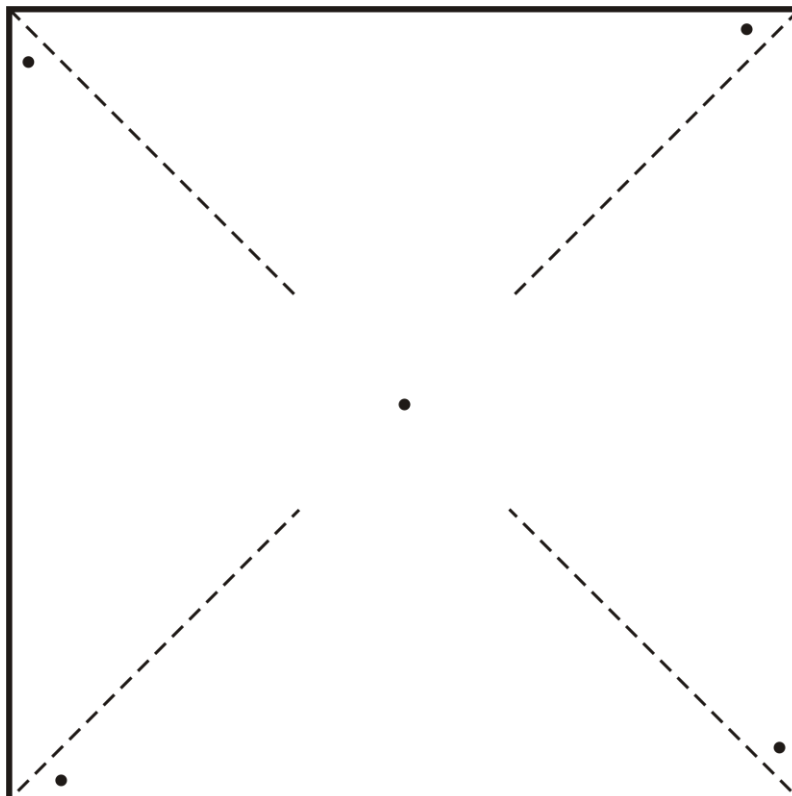


### Supplies

- paper (use blue paper to fit with the theme)
- scissors
- pin
- pencil or dowel

### Directions

1. Cut the paper into a square, if it isn't already a square.
2. Cut a diagonal line from each corner in toward the center of the paper. Do not cut all the way through; cut only about 2/3 of the way from the corner to the center.
3. On each corner, bend one point down into the centre of the paper. Poke the pin through the points and the center of the paper to hold your pinwheel together.
4. Poke the pin into the eraser part at the top of the pencil. Blow on the pinwheel. The energy in your breath makes the pinwheel spin.



### 3. Blue Whales

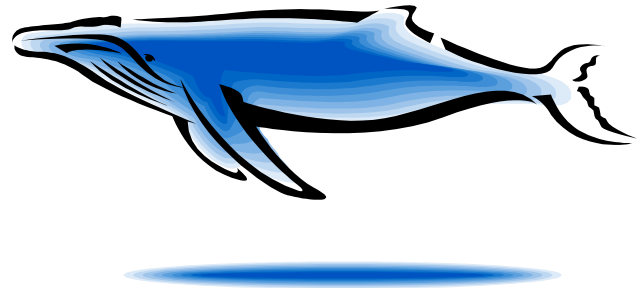
#### 3a. How Big is a Blue Whale?

*Adapted from the BC Ocean Aware challenge.*

The ocean supports the greatest diversity of life on our planet. It has more animal species than all of the land combined, and supports the smallest and largest animals ever to live. In this activity, explore the size of only a fraction of these amazing animals and see just how big a blue whale really is!

#### Supplies

- a ball of wool or string (you'll need quite a lot - look for this at a second hand shop or a dollar store)
- measuring tape
- masking tape
- markers



#### Directions

1. Take the string and the measuring tape, then begin measuring out different sea creatures. The list below is only a suggestion; you can add your own to make it specific to where you live.
2. Some ocean animals and the suggested lengths:

Animal	Approximate size
Plankter	1 mm
Sea Gooseberry	1 cm
Shore Crab	5.5 cm
Herring	23 cm
Red Rock Crab	25 cm
California Sea Cucumber	50 cm
Salmon	71 cm
Sea Otter	1.5 m
Wolf Eel	2.5 m
Harbor Seal	1.8 m
Pacific Whiteside Dolphin	2.5 m
Humboldt Squid	3.6 m
Orca Whale	8 m
Sperm Whale	16 m
Blue Whale	30 m

3. Starting at one end of your string, measure out the first creature. Mark its length with tape. Now, take the measurement for the next creature, and mark its length (so the second animal is measured from the end of the string to the tape, rather than from the second piece of tape).
4. As you go, it can be fun to have the girls guess the length of the next animal to be added. When you are finished, your string may be over 100 feet long! This is the

size of a blue whale - the largest animal ever to live.

Tip: if your string isn't long enough to reach 100 feet, measure ten 10-foot spaces on the ground and mark with tape. You may even have to go around a corner or back and forth – blue whales are huge!

### 3b. Flowerpot Whale

Find many more whale craft ideas online: <https://www.google.ca/#q=whale+craft>.

#### Supplies

- small terra cotta flowerpot (the sample was made with a mini pot)
- blue paint & paintbrush
- blue fun foam
- googly eyes
- blue pipe cleaners
- blue pony beads
- scissors
- glue



#### Directions

1. Paint the outside of the flowerpot blue and allow it to dry. You will be using the pot upside down.
2. Cut out a tail and two flippers from the fun foam.
3. Glue the flippers to either side of the upside-down pot, and glue the tail to the rim of the pot, centered behind the flippers.
4. Glue the googly eyes to the front of the whale, opposite from the tail.
5. Add curled pipe cleaners to represent a water spout coming out of the hole at the top of the flowerpot whale. Blue pony beads can be added to the pipe cleaners to represent water droplets.

### 3c. The Ocean is Stormy Game

This is a game from Denmark.

#### Supplies

- hula hoops, skipping ropes, string, or chalk – something to make circles on the floor

#### Directions

1. Distribute circles around the playing area (hula hoops, string circles, chalked circles on the ground, etc.). Each circle must be large enough for two girls to stand inside.
2. Divide the girls into pairs. All the pairs, except one, must find a circle to stand in.
3. Each pair chooses a type of fish to be. Some examples are anglerfish, angelfish, bass, blowfish, catfish, carp, clownfish, cod, flounder, guppy, halibut, mackerel,

mahi-mahi, salmon, trout, etc. The two girls who do not have a circle are the Blue Whales.

4. The whales walk around the outside of the circles and call out the fish names.
5. When a fish name is called, those girls step out of their circles and follow behind the whales.
6. After all of the fish have been named, the whales call out “The ocean is stormy!”
7. The girls then all run for a circle – any two girls can be in any circle, but only two girls per circle.
8. The two girls left without a circle become the whales for the next round of the game.
9. To make the game more challenging, tell the girls they must be with a new partner each time, and can not return to the same circle they have already been in.

## 4. Cookie Monster

If any girls have watched Sesame Street, they’ll name this lovable character.

### 4a. Cookie Monster Puppet and Skits

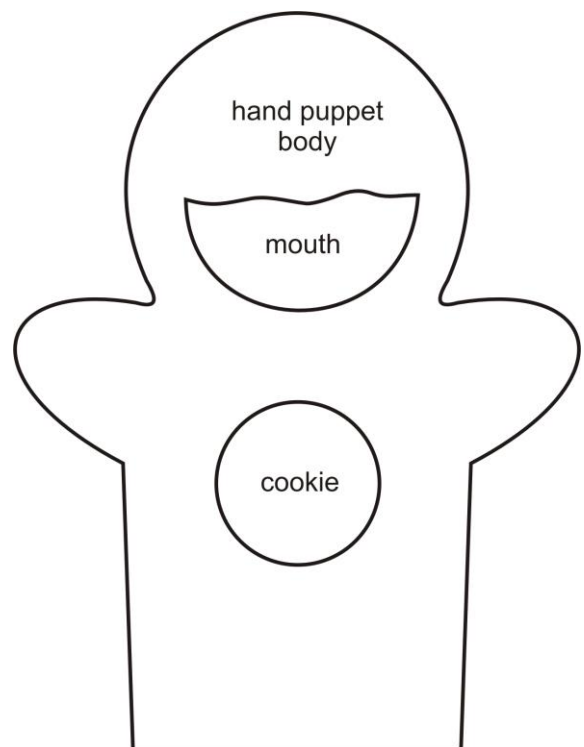
Teach girls about cookie selling by making a Cookie Monster puppet then performing skits about manners and safe cookie selling.

#### Supplies

- 2 pieces of blue felt or fleece
- black and tan felt
- googly eyes
- glue
- scissors
- optional: embroidery needle and yarn

#### Directions

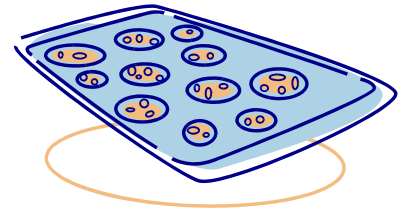
1. Cut out a 2 puppet bodies from the blue felt.
2. Cut out a black felt mouth and glue it on to the puppet’s face.
3. Glue googly eyes onto the face.
4. Cut out a circle tan felt “cookie” and small black felt “chocolate chips”. Glue the chocolate chips to the cookie, and glue the cookie to one of the puppet’s hands.
5. On the second piece of blue felt, apply a thin bead of glue around the outside of the puppet, except on the bottom where the opening will be.
6. Put the two felt puppet bodies together and allow to dry.



7. Optional: if you are going to sew the puppet, put the two pieces of felt together without glue, and stitch the two layers together using the needle and yarn. Note: you could sew the puppet bodies together for the girls prior to them adding the face and cookie details.

#### 4b. Bake Cookies

Use Cookie Monster as an opportunity to bake or decorate cookies. Chocolate chip cookies are Cookie Monster's favourite, and oatmeal cookies are his second favourite.



#### 4c. Chocolate Chip Cookie Mining

When you have a Cookie Monster and some chocolate chip cookies, why not use them to learn about the environment? The following activity is from the BC Eco Pak.

##### Supplies

- chocolate chip cookies
- round toothpicks (not flat toothpicks!)
- paper towel

##### Directions

1. Hand out one chocolate chip cookie to each pair of girls.
2. Ask the girls to guess how many chocolate chips there are in each cookie.
3. Give the girls 4 minutes to try to get as many chocolate chips out of the cookie using their hands and the toothpicks given. Place the extracted chocolate chips on a piece of paper towel.
4. Once the time is up, ask the girls to count the number of chocolate chips on the paper towel.
5. Ask the girls to take note of the condition of the cookie after they have taken out all the chocolate chips. Has the cookie crumbled? Is it still intact? Most of the girls should notice that all that is left are crumbs. Ask the girls if they can put the cookie back to the way it was.
6. Have a discussion about how mining different resources (e.g. coal, fossil fuels) can have a negative impact on the environment.
7. Repeat this activity with another chocolate chip cookie. Ask the girls to carefully take out as many chocolate chips as possible without causing a lot of damage to the cookie. After 4 minutes, discuss the results. Compare the number of chocolate chips extracted and the condition of the cookie this time to the previous time.

##### Eco-message

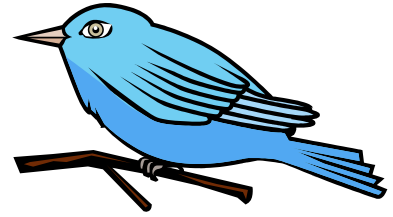
Consider the pros and cons of mining for natural resources. What are the effects of trying to extract things (e.g. drilling for oil, mining for coal, etc.)? Is the environment harmed when humans are trying to obtain these natural resources?

## 5. Bluebirds

### 5a. Bluebird, Bluebird Song and Game

#### Directions

1. One girl is chosen to be the bluebird.
2. The rest of the girls join hands in a circle and hold their hands high to form “windows” between them.
3. The bluebird starts the song in the middle of the circle, then flies in and out the windows of the circle during the first part of the song.
4. For the second part of the song, if you have a large group, the bluebird taps three girls from the circle to join her, or, for a smaller group, she taps just one girl (this depends on how many times you want to repeat the song).
5. The bluebirds then all join hands and start the game again, repeating until there are only two girls left to form a window.



Hear a sample of this song online: <http://youtu.be/MibnLIXnLcE> (lyrics next page)

*Bluebird, bluebird through my window,  
Bluebird, bluebird through my window,  
Bluebird, bluebird through my window,  
Oh, Johnny, aren't you tired?*

*Find a friend and tap her on the shoulder,  
Find a friend and tap her on the shoulder,  
Find a friend and tap her on the shoulder,  
Oh, Johnny, aren't you tired?*

### 5b. Baby Bluebird Nest

Find more bluebird craft ideas online: <https://www.google.ca/#q=bluebird+craft+kids>

#### Supplies

- blue plastic Easter eggs (each egg will make two birds)
- orange and blue paper
- scissors
- glue
- paper plate or bowl
- nesting material – could be raffia, sticks, strips of brown paper



#### Directions

1. Fold a piece of orange paper in half and cut a triangle with the base of the triangle on the fold. This will be the beak.



2. Glue the beak to the top half of the plastic egg between the air holes. If there are no holes, you can add eyes using a permanent marker.
3. Cut two large triangles for the wings out of blue paper – the triangles should be larger than the orange beak.
4. Glue the wings to the sides of the egg.
5. Create a nest with the paper plate or bowl and the nesting material. You could choose to glue the nesting material in place.
6. Add the birds to the nest.

## 6. Blue Tarps

Use blue tarps to create games:

- A wet tarp can be a slip and slide.
- Cut holes in a tarp and give the holes point values for when girls toss balls or beanbags through.
- Cut several holes just large enough for a tennis ball to fit through; have the girls hold the tarp level, above the ground, and challenge them to roll a tennis ball around each hole without dropping it through.
- Create different forms of hopscotch on a tarp using masking tape to mark the lines.
- Create an obstacle course using tarp shelters hung on ropes between trees.
- In teams, have the girls work on “tarp challenges”:
  - fold the tarp into a specific shape (square, rectangle, triangle, house)
  - fold the tarp into the shape of a letter
  - fold the tarp so all four corners touch
  - have all girls standing on the tarp, then flip the tarp over without their feet ever leaving the tarp, so that they end up standing on the other side
  - with all the girls standing on the tarp, fold the tarp in half, then fold again, and again until it is as small as they can make it – without getting off!
  - have the girls standing on the tarp and move it several feet in any direction without leaving the tarp
  - have the girls cover as much of the tarp as possible with their bodies
  - have the girls cover as little of the tarp as possible with their bodies (standing in as small a space as possible)
  - rotate the tarp completely around, while standing on it
  - make a shelter with the tarp
  - hide everyone under the tarp
  - use the tarp to launch balls into the air (like a parachute)
  - run around the tarp as many times as possible in a set amount of time



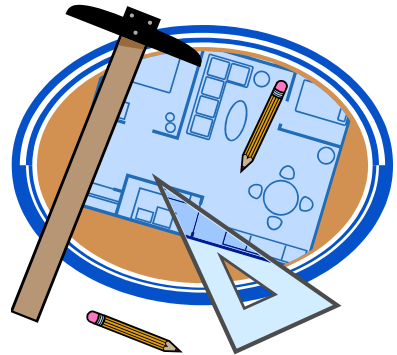


## 7. Blueprints

A blueprint is a reproduction of a technical drawing, which is used when building an architectural or engineering design. They are usually not blue anymore, but blueprints were originally blue in colour with white design lines as they were a negative of the original design image, made by exposing the paper, with a special photo-sensitive coating, to light. When exposed to light the paper turned blue. Make your own blueprints with crayon and paint.

### Supplies

- white paper
- pencil (optional)
- white crayon
- blue paint
- paintbrush



### Directions

1. Have the girls draw a floor plan of a room or a house. To tie this in to the Brownie program, have the girls draw a floor plan of their bedroom now, and of their “dream” room (Key to Me - My Space interest badge). They can start with drawing in pencil, then go over the pencil with white crayon.
2. Paint over the finished drawing with blue paint and allow to dry. You can thin the paint down with water, as the blue does not need to be very dark.

## 8. Bluebells

### 8a. Bluebell Fairy

In fairy lore, bluebells are loved by fairies. Scottish legend has it that fairies live among the bluebells.

### Supplies

- wooden bead
- fine tip marker
- blue pipe cleaner
- embroidery thread
- 2 blue pony beads
- blue silk flower petals (fabric leis from the dollar store)
- wide sheer ribbon
- scissors



### Directions

1. Draw a face on the wooden bead, ensuring the holes are at the top and bottom of the head.
2. Cut one third of the pipe cleaner off – so you have one length that is 1/3 and another

length that is  $\frac{2}{3}$ . Fold the longer pipe cleaner piece in half. Optional: if you would like to make this into a hat craft, thread the loop of a safety pin through the bent pipe cleaner to the fold.

3. Wrap the embroidery thread around your fingers to form a small skein. This is going to be the hair.
4. Loop the hair skein into the fold of the longer pipe cleaner, then thread the two ends of the pipe cleaner through the wood bead, pulling tight so that the hair pops out of the top of the bead. Snip the exposed loops of embroidery floss.
5. Cut a piece of sheer ribbon for the wings – about 2-3” long. Pinch the centre of the ribbon to make the wings, then twist the smaller pipe cleaner once around the ribbon, then around the longer pipe cleaner just under the bead head. This forms the arms and attaches the wings to the fairy. The longer, folded pipe cleaner will be the legs.
6. Thread a pony bead over both legs and pull it up under the arms. This is the fairy’s torso.
7. Thread several fabric flowers over the legs and pull them up to the bead body. If the holes in the flowers aren’t big enough, just make a small snip with the scissors in the middle to make them large enough.
8. Add one more pony bead under the flower skirt to make sure everything stays in place.
9. Bend the legs at the knees and feet. If you want your legs to be a little bit shorter, cut the ends of the pipe cleaner as desired.

## 8b. Dusty Bluebells Song and Game

This game is similar to the Bluebird, Bluebird game above, and is a traditional game, which originated in Ireland in the 1900s.

### Directions

1. One girl is chosen to be IT.
2. The rest of the girls join hands to form a circle.
3. The IT girl starts the song outside the circle, then weaves in and out of the circle, under the arms of the other girls, during the first part of the song.
4. For the second part of the song, the IT girl stops behind the girl she has arrived at in the circle, then alternately taps each of her shoulders until the verse is through. She then keeps her hands on the other girl’s shoulders – the new girl is the “master” and leads the “train” in and out of the circle again.
5. Each time through the song there is a new “master” and the train grows longer and longer until there are only two girls left in the circle.

Hear a sample of this song online: <http://youtu.be/fadMI0Zo8ro>.

*In and out the dusty bluebells,  
In and out the dusty bluebells,  
In and out the dusty bluebells,  
Will you be my master?*

*Tippy-tippy tap-tap on my shoulder,  
Tippy-tippy tap-tap on my shoulder,  
Tippy-tippy tap-tap on my shoulder,  
You will be my master.*

## 9. Blue Painters' Tape

- This painter's tape can be used to create a sticky web if strung in a doorway or frame at which girls can throw cotton balls or ping-pong balls.
- Use the tape to create art collages.
- Make a tape-resist painting – apply the tape to heavy paper or canvas, paint over it, then remove the tape when dry.
- Create a tape maze for the girls to navigate.
- Create a hopscotch court.

## 10. The Bluenose Adventure

This famous ship gives us a chance to do some program on Canada. The following activity is from the Atlantic section of the Cross Canada challenge for Sparks (but, of course, Brownies can do it, too!).

### Supplies

- a dime with the Bluenose on it
- empty milk cartons
- construction paper
- popsicle sticks
- tape
- glue
- tissue paper
- scissors
- map of Nova Scotia (download one from <http://atlas.gc.ca/site/english/index.html>)

### Background Information

#### *The story of the Bluenose*

Pass around a dime and tell the girls about the Bluenose, which is found on the dime. The first Bluenose was a famous racing schooner (sailing ship). In 1921, the shipbuilders of Lunenburg, NS, built a beautiful fishing schooner, which was not only a good cargo vessel, but also, an extremely fast one. She was so fast, that in 17 consecutive years of competition, she never failed to take home the International Fishermen's Trophy – she had never been beaten. In time, her owners thought she was too old to be of any further use to them, and she was sold to the West Indies Trading Company to carry bananas and rum through the Caribbean islands. In January 1946, she was destroyed on a coral reef. The people of the Maritimes thought that she deserved to be remembered, so they built an exact replica of her in 1963 and christened her Bluenose II. Today, this replica is docked in Halifax and takes tourists on cruises.

For more information on the Bluenose, see <http://www.tourcanada.com/bluenose.htm>.

### The Challenge

Create a model of the Bluenose using milk cartons and a sail using construction paper. Decorate the schooner and let your imagination run wild (a schooner is the term used for sailing ships like the Bluenose). The schooners will be used to transport the girls

around Nova Scotia as they play tourists and discover the province.

The activity can be set up with stations around the room using signs for each of the places that you will visit on your tour. At each location, there will be an action to go along with the place you will visit. Be creative and come up with fun ways to act out the motion.

### Your Tour Itinerary

Port 1: Start your visit to Nova Scotia in Halifax, the capital city.

Port 2: Go to Lunenburg next and visit where the Bluenose II is docked. Pose for pictures by your ship. (If you have a camera, take real pictures of the girls posing.)

Port 3: The next stop is Louisburg where you will salute the French soldiers at the historic fort and bid them Au Revoir as you sail on to your next stop.

Port 4: Travel to Glace Bay and explore the coalmines! Dock your boat and pretend that you are a coal miner. Take your shovel and make sure your flashlight is working and watch out for those rats!

Port 5: Climb those steep hills in Cape Breton and do a Scottish Jig. There are many Scottish influences in this part of Nova Scotia and it's the only place where Gaelic is spoken in Canada. Practice "Ciad Mile Failte", which means a hundred thousand welcomes in Gaelic.

Port 6: Your ship will zig zag through the Northumberland Strait as you approach the New Brunswick border.

Port 7: You will have to pick up your boat and carry it to Springhill, which is the hometown of Anne Murray. This would be a good spot to stop and listen to or talk about the music and musicians from Nova Scotia.

Port 8: Be careful and watch out for those high tides in the Bay of Fundy! Your ship might get tossed around a little.

Port 9: Stop and help build a ship in Yarmouth, the town where lots of sailing ships were built.

Port 10: Before heading back to Halifax to dock your ship, take a short stop over at Peggy's Cove. What would it be like to be the lights at the top lighting the way for sailors, spin around.

Port 11: Your tour is over now. Say farewell to Nova Scotia as you dock in Halifax Harbour.



## 11. Blue Box Recycling Relay

This symbol of recycling can be the springboard for doing a recycling relay or filling the blue box with items that the girls must decide if they can be re-used or recycled. The following game has been adapted from the BC Girl Guides Eco Pak.

### Supplies

- trash (include recyclable items, paper items, etc.)
- rubber gloves
- blue recycling bin (or a box labeled “blue box”)
- trash bin
- compost bin
- whistle



### Directions

1. Divide the trash into piles and place the piles about halfway between the start line and the recycling and trash bins.
2. Place the three bins (recycling, trash and compost bins) at the other end of the field (e.g. about 10 meters away from the teams).
3. Divide the girls into 3 or 4 teams depending on the size of the group. There should be at least 3-4 girls in each team for the relay race. Have the teams all line up at the start line.
4. Give each team a pair of rubber gloves for the game.
5. When the whistle blows, the first girl puts on the pair of gloves and runs to the trash pile. She picks up one item and then runs to the end and places the item in the appropriate bin. She then runs back to her team and gives the next girl in line the gloves. The relay race continues until all the trash has been sorted.

### Eco-message

Once everyone is done, go to the three bins and review with the girls whether the trash was thrown in the appropriate bins. Determine how many items were placed in the “wrong” place. Discuss some ways in which we can reduce the amount of garbage that we generate as a society.

## 12. Blueberries

Have the girls learn about the health benefits of blueberries then make themselves a blueberry snack. Tie this in with the Being Healthy keeper for Sparks and the Key to Active Living – Fabulous Food for Brownies.

- blueberry muffins
- blueberry milkshakes or smoothies
- blueberry scones
- blueberry parfaits with blueberries, yogurt and granola
- blueberry fruit kabobs



## 13. Girl Guide Blue

Although all levels in Canada now wear blue uniforms, traditionally it was the Guides who wore blue. Take this opportunity to either have a bridging station run by some Guides, or cover some Guiding history program work: the Brownies and Beyond keeper for Sparks and the Key to Girl Guides for Brownies.

## 14. Peacock

### 14a. Tissue Tube Peacock

This magnificent bird can be used for blue or green as the males have blue bodies and predominantly green tail feathers. The peacock is the national bird of India, so it can also tie in to international program work. After making the peacock, why not learn about the Sangam World Centre and play some games from India? See the World Sangam Day Activity pack at <http://www.sangamworldcentre.org/en/grab/24117/1/sangam-resources-activities-pack.pdf>.

#### Supplies

- cardboard toilet paper tube
- blue paint
- paintbrush (inexpensive foam brushes work well)
- paint chip samples in greens, blues and purples
- googly eyes
- orange paper
- scissors
- glue
- stapler



#### Directions

1. Paint the cardboard tube blue and allow it to dry.
2. Fan the paint chip samples to form a tail and staple them together at the base.
3. Cut a triangle beak from the orange paper. Glue it to the dry cardboard tube.
4. Glue googly eyes on to the tube.
5. Staple the paint chip tail to the back of the tube.

### 14b. Peacock Aesop Fables

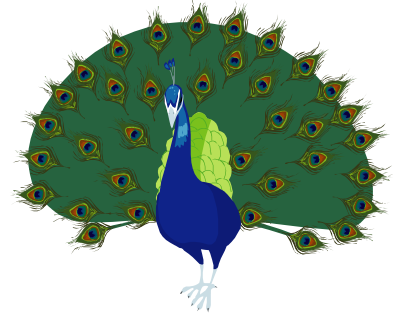
#### The Peacock

The Peacock, they say, did not at first have the beautiful feathers in which he now takes so much pride. These, Juno, whose favorite he was, granted to him one day when he begged her for a train of feathers to distinguish him from the other birds. Then, decked in his finery, gleaming with emerald, gold, purple, and azure, he strutted proudly among



the birds. All regarded him with envy. Even the most beautiful pheasant could see that his beauty was surpassed.

Presently the Peacock saw an Eagle soaring high up in the blue sky and felt a desire to fly, as he had been accustomed to do. Lifting his wings he tried to rise from the ground. But the weight of his magnificent train held him down. Instead of flying up to greet the first rays of the morning sun or to bathe in the rosy light among the floating clouds at sunset, he would have to walk the ground more encumbered and oppressed than any common barnyard fowl.



*Do not sacrifice your freedom for the sake of pomp and show.*

### **The Peacock and the Crane**

A Peacock, puffed up with vanity, met a Crane one day, and to impress him spread his gorgeous tail in the Sun.

"Look," he said. "What have you to compare with this? I am dressed in all the glory of the rainbow, while your feathers are gray as dust!"

The Crane spread his broad wings and flew up toward the sun.

"Follow me if you can," he said. But the Peacock stood where he was among the birds of the barnyard, while the Crane soared in freedom far up into the blue sky.

*Fine feathers don't make fine birds.*

### **The Peacock's Complaint**

A peacock was very unhappy with his ugly voice, and he spent most of his days complaining about it.

"It is true that you cannot sing," said the fox, "But look how beautiful you are!"

"Oh, but what good is all this beauty," moaned the dishearten bird, "with such an unpleasant voice!"

"Oh hear," said the fox, "Each one has its special gift. You have such beauty, the nightingale has his song, the owl has his eyes, and the eagle his strength. Even if you had a eloquent voice, you would still complain about another thing."

*Do not envy the gifts of others. Make the most of your own.*

## PROGRAM CONNECTIONS

Wondering how these activities fit into the rest of your unit’s program? Following are some program connections for Sparks and Brownies. This is not a comprehensive list – feel free to apply your activities to other parts of the program as you see fit. Remember that each activity you complete can accomplish multiple parts of the program.

<b>Activity</b>	<b>Spark Keepers</b>	<b>Brownie Keys / Interest Badges</b>
Water Games	Going Outside: <ul style="list-style-type: none"> <li>• Outside Active Games</li> </ul>	Key to the Living World: <ol style="list-style-type: none"> <li>3. Water All Around</li> </ol> <ul style="list-style-type: none"> <li>• Weather Tracker interest badge</li> </ul>
Water Experiments	In My Community: <ul style="list-style-type: none"> <li>• Water</li> <li>• Clean Water</li> </ul> Exploring and Experimenting: <ul style="list-style-type: none"> <li>• Additional Activity (experiment)</li> </ul>	Key to the Living World: <ol style="list-style-type: none"> <li>3. Water All Around</li> </ol> <ul style="list-style-type: none"> <li>• Water, Water Everywhere interest badge</li> </ul> Key to Girl Guides: <ul style="list-style-type: none"> <li>• Saving Water interest badge</li> </ul>
Sky Watercolour Painting	Exploring and Experimenting: <ul style="list-style-type: none"> <li>• Additional Activity</li> </ul>	Key to the Arts: <ul style="list-style-type: none"> <li>• Artist at Work interest badge</li> <li>• All About Art interest badge</li> </ul>
Go Fly a Kite	Going Outside: <ul style="list-style-type: none"> <li>• Additional Activity (weather)</li> </ul>	Key to the Arts: <ul style="list-style-type: none"> <li>• Super Craft interest badge</li> <li>• All About Art interest badge</li> </ul>
Shaving Cream Rain and other weather experiments	In My Community: <ul style="list-style-type: none"> <li>• Water</li> </ul> Exploring and Experimenting: <ul style="list-style-type: none"> <li>• Additional Activity (experiment)</li> </ul>	Key to the Living World: <ul style="list-style-type: none"> <li>• Weather Tracker interest badge</li> <li>• Water, Water Everywhere interest badge</li> </ul>
Make Your Own Wind Energy	Going Outside: <ul style="list-style-type: none"> <li>• Additional Activity (weather)</li> </ul> Exploring and Experimenting: <ul style="list-style-type: none"> <li>• Additional Activity: build something that uses air</li> </ul>	Key to the Living World: <ul style="list-style-type: none"> <li>• Help Our Planet interest badge</li> </ul> Key to STEM: <ul style="list-style-type: none"> <li>• Making Things Go interest badge</li> </ul>
How Big is a Blue	Exploring and	Key to the Living World:



<b>Activity</b>	<b>Spark Keepers</b>	<b>Brownie Keys / Interest Badges</b>
Whale?	Experimenting: <ul style="list-style-type: none"> <li>Animals</li> </ul>	<ul style="list-style-type: none"> <li>Saving Our Plants and Animals interest badge</li> </ul>
Flowerpot Whale	Going Outside: <ul style="list-style-type: none"> <li>Additional Activity: animal craft</li> </ul> Exploring and Experimenting: <ul style="list-style-type: none"> <li>Animals</li> </ul>	Key to the Living World: <ul style="list-style-type: none"> <li>Saving Our Plants and Animals interest badge</li> </ul> Key to the Arts: <ul style="list-style-type: none"> <li>Super Crafts interest badge</li> <li>All About Art interest badge</li> </ul>
The Ocean is Stormy Game	Going Outside: <ul style="list-style-type: none"> <li>Outside Active Games</li> </ul> Being Healthy: <ul style="list-style-type: none"> <li>Newspaper Skate</li> </ul> The World Around Me <ul style="list-style-type: none"> <li>Diversity Meeting</li> </ul>	Key to Active Living: <ul style="list-style-type: none"> <li>Go For It interest badge</li> </ul> Key to Girl Guides: <ol style="list-style-type: none"> <li>Thinking Day and Guide-Scout Week</li> </ol>
Cookie Monster Puppet and Skits	Exploring and Experimenting: <ul style="list-style-type: none"> <li>Additional Activity</li> </ul> Cookies Rising	Key to the Arts: <ol style="list-style-type: none"> <li>Act it Out</li> </ol> <ul style="list-style-type: none"> <li>Super Craft interest badge</li> <li>I Can Be interest badge</li> <li>Puppet Play interest badge</li> </ul> Key to I Can: <ol style="list-style-type: none"> <li>Girl Guide Cookies</li> </ol> <ul style="list-style-type: none"> <li>Cookies Rising interest badge</li> <li>Cookies Yum interest badge</li> <li>Listen to This interest badge</li> </ul>
Bake Cookies	Being Healthy: <ul style="list-style-type: none"> <li>Additional Activity</li> </ul>	Key to I Can: <ul style="list-style-type: none"> <li>Be a Chef interest badge</li> </ul>
Chocolate Chip Cookie Mining	In My Community: <ul style="list-style-type: none"> <li>Additional Activity</li> </ul> Exploring and Experimenting: <ul style="list-style-type: none"> <li>Additional Activity</li> </ul>	Key to the Living World: <ul style="list-style-type: none"> <li>Help Our Planet interest badge</li> </ul>
Bluebird, Bluebird Song and Game	Going Outside: <ul style="list-style-type: none"> <li>Outside Active Games</li> </ul>	Key to Active Living: <ul style="list-style-type: none"> <li>Go For It interest badge</li> </ul> Key to the Arts:

Activity	Spark Keepers	Brownie Keys / Interest Badges
	Being Healthy: <ul style="list-style-type: none"> <li>• Move to the Beat</li> </ul>	<ul style="list-style-type: none"> <li>• Share Your Talent for Music interest badge</li> </ul>
Baby Bluebird Nest	Going Outside: <ul style="list-style-type: none"> <li>• Additional Activity: animal craft</li> </ul> Exploring and Experimenting: <ul style="list-style-type: none"> <li>• Animals</li> </ul>	Key to the Arts: <ul style="list-style-type: none"> <li>• Super Craft interest badge</li> </ul>
Blue Tarp Activities	Going Outside: <ul style="list-style-type: none"> <li>• Outside Active Games</li> </ul> Being Healthy: <ul style="list-style-type: none"> <li>• Additional Activity</li> </ul>	Key to Active Living: <ul style="list-style-type: none"> <li>• Go For It interest badge</li> </ul> Key to Camping: <ul style="list-style-type: none"> <li>• Team Together interest badge</li> </ul>
Blueprints	Exploring and Experimenting: <ul style="list-style-type: none"> <li>• Additional Activity</li> </ul>	Key to Me: <ul style="list-style-type: none"> <li>• My Space interest badge</li> </ul> Key to the Arts: <ul style="list-style-type: none"> <li>• Super Craft interest badge</li> </ul>
Bluebell Fairy	Exploring and Experimenting: <ul style="list-style-type: none"> <li>• Additional Activity</li> </ul>	Key to the Arts: <ul style="list-style-type: none"> <li>• Super Craft interest badge</li> </ul>
Dusty Bluebells Song and Game	Going Outside: <ul style="list-style-type: none"> <li>• Outside Active Games</li> </ul> Being Healthy: <ul style="list-style-type: none"> <li>• Move to the Beat</li> </ul>	Key to Active Living: <ul style="list-style-type: none"> <li>• Go For It interest badge</li> </ul> Key to the Arts: <ul style="list-style-type: none"> <li>• Share Your Talent for Music interest badge</li> </ul>
Blue Painter's Tape Activities	Going Outside: <ul style="list-style-type: none"> <li>• Outside Active Games</li> </ul>	Key to Active Living: <ul style="list-style-type: none"> <li>• Go For It interest badge</li> </ul>
The Bluenose Adventure	Exploring and Experimenting: <ul style="list-style-type: none"> <li>• Goofy Inventions</li> <li>• Additional Activities: build a boat</li> </ul> The World Around Me <ul style="list-style-type: none"> <li>• Additional Activity: story about Canada,</li> </ul>	Key to the Arts: <ul style="list-style-type: none"> <li>• Super Crafts interest badge</li> <li>• All About Art interest badge</li> <li>• I Can Be interest badge</li> </ul> Key to My Community <ol style="list-style-type: none"> <li>2. Proud to Be Canadian</li> </ol> <ul style="list-style-type: none"> <li>• All About Canada interest badge</li> </ul>

<b>Activity</b>	<b>Spark Keepers</b>	<b>Brownie Keys / Interest Badges</b>
	Cross Canada Challenge	
Blue Box Recycling Relay	Going Outside: <ul style="list-style-type: none"> <li>• Outside Active Games</li> </ul> Being Healthy: <ul style="list-style-type: none"> <li>• Newspaper Skate</li> </ul>	Key to the Living World : <ol style="list-style-type: none"> <li>4. Celebrate Earth Day</li> <li>5. Reduce! Recycle! Reuse!</li> </ol> <ul style="list-style-type: none"> <li>• Terrific Trash interest badge</li> </ul> Key to Active Living: <ul style="list-style-type: none"> <li>• Go For It interest badge</li> </ul>
Blueberries	Being Healthy: <ul style="list-style-type: none"> <li>• Healthy Snack</li> </ul>	Key to Active Living: <ol style="list-style-type: none"> <li>3. Fabulous Food</li> </ol> <ul style="list-style-type: none"> <li>• Food Power interest badge</li> </ul>
Girl Guide Blue	Brownies and Beyond: <ul style="list-style-type: none"> <li>• Additional Activity</li> </ul>	Key to Girl Guides: <ol style="list-style-type: none"> <li>1. Girl Guides Through Time</li> <li>4. Being a Guide</li> </ol>
Tissue Tube Peacock & Sangam Activities	Going Outside: <ul style="list-style-type: none"> <li>• Additional Activity: animal craft</li> </ul> Exploring and Experimenting: <ul style="list-style-type: none"> <li>• Animals</li> </ul> The World Around Me <ul style="list-style-type: none"> <li>• Diversity Meeting</li> </ul>	Key to the Arts: <ul style="list-style-type: none"> <li>• Super Crafts interest badge</li> <li>• All About Art interest badge</li> </ul> Key to Girl Guides: <ol style="list-style-type: none"> <li>2. Thinking Day and Guide-Scout Week</li> </ol>
Peacock Aesop Fables	Exploring and Experimenting: <ul style="list-style-type: none"> <li>• Animals</li> </ul>	Key to the Arts: <ul style="list-style-type: none"> <li>• Hurrah for Reading interest badge</li> <li>• Tell It interest badge</li> </ul>