

## TOOL KITS

RESOURCES IN YOUR DISTRICT

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## TOOL KITS

The following tool kits were distributed within your Area or District. They should be available through your District Commissioner, District Program Adviser or Area Program Adviser. Tool kits are a fun way to cover the program.

### **Movin' & Groovin' Active Living Toolbox**

The Movin' & Groovin' Active Living toolbox was developed in 2008 and is contained in a "beach bag". This kit is to assist Guiders in bringing active living to all girls and Guiders in BC. Inside the toolbox are materials to help you introduce active living to your units, from fun and active games to crafts and healthy recipes. There are tools to help you talk about self-esteem, nutrition and the importance of a healthy lifestyle.

<b>Active Living Toolbox Contents:</b>	
<input type="checkbox"/> Hacky sack	<input type="checkbox"/> Beanbag
<input type="checkbox"/> Chinese skipping rope	<input type="checkbox"/> Colourful bouncy ball
<input type="checkbox"/> Jump rope	<input type="checkbox"/> Tennis ball
<input type="checkbox"/> Collapsible Frisbee	<input type="checkbox"/> Beach ball
<input type="checkbox"/> Booklet with Active Living program resources	<input type="checkbox"/> Additional resources folder (see below)

The additional resources can be located online:

- Self-esteem girl:  
<http://www.promotionplus.org/Content/About/Self%20Esteem%20Girl.asp>
- Physical Activity Guides to Healthy Active Living from Public Health Agency of Canada (no longer distributed, but related resources are available):  
<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>



## Arts to Go

The Arts to Go toolboxes were produced in 2003 by the Training Committee. They were distributed to every District Commissioner within BC. They contain ideas on how to incorporate the Arts into the program. There are three Arts to Go challenges listed on the BC Girl Guides website <http://www.bc-girlguides.org> – choose Program > Challenges & Activities > Provincial Challenges.

Arts to Go Toolbox Contents:	
<ul style="list-style-type: none"> <li>❑ Instructions on how to introduce the Arts</li> <li>❑ One CD with 29 songs for all ages</li> <li>❑ Drama cards and games for all ages</li> <li>❑ Craft ideas for making musical instruments, masks and puppets</li> </ul>	<ul style="list-style-type: none"> <li>❑ Lists of where Arts fits into the program</li> <li>❑ Campfire planning sheet and sample campfires</li> <li>❑ New dances to the following songs: Brownie Windows, Sing and Shout, Tzena and I'se the B'y that Builds the Boat</li> </ul>





## Eco-Pak

The Eco-Pak was developed in 2006 and is contained in a special backpack. The goal of this tool is to provide resources for girls and Guides to naturally integrate environmental considerations into their thinking and actions. The Eco-Pak provides sample games, activities, experiments, ideas for Guiding challenges and a list of resources so that you can start incorporating environmental stewardship as part of the whole Guiding program. In 2014 the Eco-Pak Challenge was updated to include all activity instructions. Thus you no longer need an Eco-Pak to complete the challenge. Access the Eco-Pak challenge on the BC Girl Guides website <http://www.bc-girlguides.org> – choose Program > Challenges & Activities > Provincial Challenges.

<b>Eco-Pak Contents:</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Eco-Pak booklet</li> <li><input type="checkbox"/> Ecosystem Elements cards (Weird Web, Who Am I)</li> <li><input type="checkbox"/> 4 Going Gold for the Environment (game board with game pieces, dice and question cards)</li> <li><input type="checkbox"/> 4 Explore the Outdoors kits (each contains a magnifying glass, marble, colour and texture card, plastic tube, wool, petri dish and dental mirror)</li> <li><input type="checkbox"/> 9 wooden symbol dice (Incredible Journey)</li> <li><input type="checkbox"/> 2 thermometers</li> <li><input type="checkbox"/> feathers</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eco-Pak CD, which contains:               <ul style="list-style-type: none"> <li>○ Eco-Pak booklet</li> <li>○ Jeopardy Game</li> <li>○ Canadian Girl Guides Eco-Challenges (some challenges may no longer be valid)</li> <li>○ Bingo Games</li> <li>○ Word Searches</li> <li>○ Other program resource files</li> </ul> </li> </ul>



## Science in a Box

The Science in a Box challenge is no longer active, but the actual Science in a Box toolkit can still be used for STEM activities at the unit level. This toolkit was developed in 2003. Within the box you will find some basic equipment, safety gear and a few supplies. If you can't locate a Science in a Box kit, you can download the booklet from the BC Girl Guides website <http://www.bc-girlguides.org> – choose Volunteers > Guider Resources > Program Resources > Unit Guider Resources. You can determine what items you need based on your chosen experiments and activities.

Science in a Box Contents:	
<ul style="list-style-type: none"> <li><input type="checkbox"/> 6 safety glasses</li> <li><input type="checkbox"/> pH experiment: pH kit, 3 containers labeled water, vinegar, and ammonia</li> <li><input type="checkbox"/> paper clips (10 per box)</li> <li><input type="checkbox"/> nylon material</li> <li><input type="checkbox"/> small plastic cups (3 per box)</li> <li><input type="checkbox"/> plastic syringe</li> <li><input type="checkbox"/> Science in a Box booklet</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 6 pairs safety gloves (vinyl)</li> <li><input type="checkbox"/> using your nose experiment: 3 containers containing cinnamon, garlic, and coffee</li> <li><input type="checkbox"/> coffee filters (10 per box)</li> <li><input type="checkbox"/> elastic bands (2 per box)</li> <li><input type="checkbox"/> container labeled and containing liquid soap and oil</li> </ul>

*(note: some items are missing from this photo)*



## Treasure Box

The purpose of the Treasure Box is to provide Guiders with a variety of simple, engaging activities that will develop map-reading and compass skills. Details on this kit can also be found on the BC Girl Guides website <http://www.bc-girlguides.org> – choose Volunteers > Guider Resources > Program Resources > Unit Guider Resources.

Treasure Box Contents:		
Pink idea cards:		
<input type="checkbox"/> A Spark Meeting <input type="checkbox"/> A Brownie Meeting <input type="checkbox"/> A Guide Meeting <input type="checkbox"/> Story Maps <input type="checkbox"/> Inside Treasure <input type="checkbox"/> Sundial Fun <input type="checkbox"/> Map Sharing <input type="checkbox"/> Decoder Ring <input type="checkbox"/> Are we there yet? <input type="checkbox"/> Treasure Hunt <input type="checkbox"/> The Wedding <input type="checkbox"/> No Compass? <input type="checkbox"/> Map Drawing <input type="checkbox"/> Magic Maps (2)	<input type="checkbox"/> Which One? <input type="checkbox"/> Direction Dance <input type="checkbox"/> Compass Boomerang (2) <input type="checkbox"/> Map Bearings <input type="checkbox"/> Birds Fly South <input type="checkbox"/> Compass Craft <input type="checkbox"/> Follow a Bearing <input type="checkbox"/> Name that Wall <input type="checkbox"/> Uphill or Downhill <input type="checkbox"/> Field Bearing <input type="checkbox"/> Who is North? <input type="checkbox"/> Orienteering <input type="checkbox"/> Declination	<input type="checkbox"/> Birds Fly South Game bags (3 or 4) <input type="checkbox"/> Magic Maps (1 pink, 1 green) <input type="checkbox"/> CD: You Go Girl / Program Adventure <input type="checkbox"/> CD: Stand by R.E.M. (not to be copied) <input type="checkbox"/> Compass Craft sample <input type="checkbox"/> Sundial Sample – assembly required  Purple File Folder: <input type="checkbox"/> patrol colouring sheet masters (6 North, 6 South, 6 East, 6 West) <input type="checkbox"/> sundial master <input type="checkbox"/> decoder ring master <input type="checkbox"/> The Wedding

