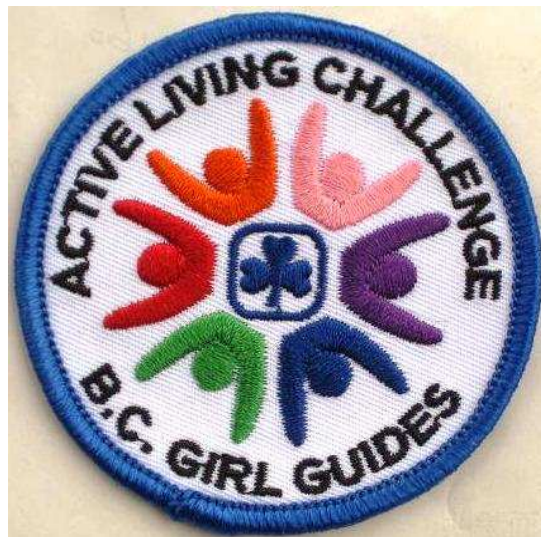


# **Moovin' and Groovin BC Active Living Challenge**



**A Challenge from the  
BC Program Committee  
May 2009**

# **TABLE OF CONTENTS**

- Introduction  
Objectives  
Requirements.....Page 2
  
- Fitness Fun.....Page 3
  
- Healthy Eating.....Page 7
  
- Self Esteem.....Page 11

# **Introduction**

Welcome to the B.C. Active Living Challenge! Active Living is an important part of our Guiding program that emphasizes fun, health and wellbeing. In this exciting new challenge you will explore different aspects of Active Living including Healthy Eating, Fitness and Self Esteem.

## **OBJECTIVES :**

- ❖ To introduce Guiding members to various forms of physical activity, and perhaps initiate an ongoing interest in these activities.
- ❖ To introduce nutritious and healthy eating ideas for an active lifestyle.
- ❖ To promote the idea that lifelong physical activity and healthy eating is enjoyable and attainable for all people.
- ❖ To promote self-esteem and encourage members to explore their personal strengths and abilities.

## **REQUIREMENTS :**

- ❖ Complete the minimum number of challenges as per the chart below for each age group. For Brownies & above, it is suggested that you please complete the first challenge in each category, marked with a ☺. The remaining challenges are yours to choose!
- ❖ Allow for individual adjustments in completing the challenges appropriate to members' age and ability. These activities are suggestions only - feel free to create your own activities that represent the spirit of the challenge, and do as many as you wish!

❖	Sparks	Brownies	Guides	Pathfinders & up
Fitness Fun	2	3	4	4
Healthy Eating	2	3	3	4
Self Esteem	2	2	3	4
Total	6	8	10	12

## **Part 1:**

### **Fitness Fun**

#### □ **Meet the Challenge** ☺

**Suggested for:** Sparks & up

**Time:** 10-15 minutes

**Materials:** Pens, paper, Canada's Physical Activity Guide for Children is age-specific and can be downloaded from <http://www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html>

How physically active were you today? Write it down and compare it to the Canada Physical Activity Guide recommendations. Did you meet the challenge? If not, what could you do tonight to meet your recommended daily physical activity? Make a 1-week plan that you could follow to make physical activity part of your week. If you are already quite active then you could pretend you are making a plan for someone who is less active than yourself. Follow this plan for at least the next 1 week and see how active you can be!

#### □ **Lets Get Active!**

**Suggested for:** Sparks & up

**Time:** 25-30 minutes

**Materials:** Active Living Toolkit

Create a 'round robin' of 3 or more stations to build a healthy body. Include the heart (cardio), strength and flexibility exercises. Divide your unit among the stations and spend 5-10 minutes at each station or enough time so that each member completes the station. Bring in a jazzy music CD to help create some atmosphere! Cardio station ideas: skipping, jumping jacks, stair-climbing, aerobics. Strength station ideas: push ups, squats, biceps curls with soup cans, and sit-ups. Flexibility station ideas: touch your toes, side bends, quads stretch. Remember to be gentle on your body and warm up well to avoid strains and sprains. Have fun!

□ **Super Skippers**

**Suggested for:** Sparks & up

**Time:** 15 mins

**Materials:** Active Living Toolkit- skipping rope, Chinese skipping rope. Music. Girls may be encouraged to bring their own skipping ropes if they have one.

Do you know how to jump rope? How about the Chinese jump rope? Have a skipping rally at your meeting! First teach everyone how to jump rope and how to do Chinese skipping. Then, start the music and each girl takes a turn creating her own skipping routine to the music while the rest of the unit cheers her on. It is best to do this challenge in a wide open space where there is no chance of hitting anything or anyone.

□ **Hot Potato!**

**Suggested for:** Sparks & up

**Time:** 15 minutes

**Materials:** Watch or timer, music, Active Living Toolkit- tennis ball, bean bag, bouncy ball, hackey sack

You can do this challenge as an entire unit or divide into teams.

1. Stand in a wide circle and toss the bean bag from one girl to the next and so on until the bean bag makes it around the whole circle without being dropped. Try it with the bouncy ball and tennis ball too. Time your team and see if you can improve your time with practice. Then try tossing the bean bag, bouncy ball and tennis ball at the same time around the circle (start each ball at different points).

2. Now start the music. Continue to toss the bean bag/ball around until the music stops- if you are caught holding the ball when the music stops you have the hot potato! Create your own variations to make it more and more challenging as your team improves.

□ **Dancing as a Star**

**Suggested for:** Sparks & up

**Time:** 20-30 minutes +

**Materials:** Music (girls could bring in appropriate music of their choice).

Have a dance-themed meeting! Are there any dancers in your unit? If so, what do they do in dance class? What are the different styles of dance that you know and why is dance a great form of exercise? (Hint: how about cardio, strength and flexibility?)

Play a game that involves dance: for example a relay where each girl has to make her way across the room and back by dancing however she chooses (using music makes this really fun!).

Then divide into groups, choose a song, and create a dance that you can perform together at the end of the meeting.

If possible, invite a dance teacher or a dancer (could be a pathfinder or leader too!) to give a talk about their style of dance and show you some dance moves.

□ **Stretch it Out**

**Suggested for:** Sparks & up

**Time:** 10-15 minutes

**Materials:** None required.

Why is stretching an important part of our physical fitness? When should we stretch our muscles? As a unit, do some stretching together. You may want to play some relaxing music as you stretch. Here are some ideas of muscles to stretch: your calves, your quadriceps, your back muscles, and your arm muscles.

For Guides & up: each girl looks up a stretch or yoga pose and shares it with the group. This way you all work together to make a great stretching routine!

□ **Radical Relay**

**Suggested for:** Sparks & up

**Time:** 15 minutes

**Materials:** Active Living Toolkit- your choice of materials.

Divide up into teams for this radical relay! Before starting, choose items from your Active Living Toolkit or bring in your own balls/hula hoops/skipping ropes/etc. For the relay, take turns doing a physical activity. For example, run across the room and hula hoop for 20 seconds. Once each team member completes this leg of the relay then the team starts the next relay activity. Ideas for relay activities: hula hoop, skipping, bouncing a ball, jumping jacks, etc. Choose 3-6 activities depending on your unit's age and abilities.

□ **Out & About**

**Suggested for:** Sparks & up

**Time:** up to 1 meeting

**Materials:** None required.

Physical activity is a great way to see more of your community and the outdoors. As a unit, decide on a fitness-related outing. For example, you could go hiking, walking or snowshoeing in your community. You could go skating, curling or swimming at the rec centre, or play basketball at a local court. You could even volunteer to help with a conservation project or gardening (this is physical activity too!).

□ **Dress for Success**

**Suggested for:** Sparks & up

**Time:** 15 minutes

**Materials:** Dress up clothes that are outfits for different physical activities (ie ski suit, tennis, ballet, biking outfit, the funnier the better!). You will need an outfit for each relay team.

Divide up into teams for this dress-up relay. Each team will have an exercise costume. Each member takes her turn running over, dressing up (put it over the uniform), and pretending that she is doing the exercise she's dressed for.

□ **Show 'n Share**

**Suggested for:** Pathfinders & up

**Time:** up to 1 meeting

**Materials:** depends on the activity chosen, check the Active Living Toolkit for inspiration.

Choose one of the above activities, or make up your own physical activity challenge, to share with a Spark/Brownie/Guide unit or with your own unit. This is a great opportunity to build your leadership skills and share your enthusiasm with others!

## **Part 2.**

### **Healthy Eating**

\* As always, please be careful with food allergies. Read every label and avoid anything that may contain a potential allergen.

□ **Meet the challenge** ☺

**Suggested for:** Sparks & up

**Time:** 10-15 minutes

**Materials:** Canada Food Guide, pens, paper

(You can find the most recent copy of the Canada Food Guide at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php#1>)

What have you eaten today? Write it down and compare it to the Canada Food Guide recommendations. Did you meet the recommendations, and include all the food groups? If not, think of ways to incorporate more healthy foods into your daily eating and write them down. What could you eat for dinner tonight to help meet your daily recommendations?

□ **Food Group Art**

**Suggested for:** Sparks & up

**Time:** 15-20 minutes

**Materials:** Canada Food Guide, supermarket flyers, paper, scissors, glue

(You can find the most recent copy of the Canada Food Guide at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php#1>)

Do you know what the 4 food groups are? Use the Canada Food Guide to learn about what types of foods are included in each group. Bring supermarket flyers into your meeting and cut out pictures of different foods that you enjoy from the flyers. Divide a piece of paper into 4 sections and make a collage with the cut-out pictures to represent each food group. You can keep this collage to remind you of all the yummy foods you can eat to contribute to healthy nutrition.

□ **Rainbow of food**

**Suggested for:** Sparks & up

**Time:** 10-20 minutes

**Materials:** Coloured felt pens and paper, supermarket flyers, glue. Leaders may wish to bring examples of colourful fruits/veggies for ideas.

Food comes in a rainbow of beautiful natural colours to choose from! Do you eat a colourful variety of foods? At your meeting use coloured felt pens to draw a rainbow. Cut out and paste foods of each colour onto the rainbow. Try eating fruits and vegetables of all the colours of the rainbow (blue/purple, green, yellow, orange, red) this week.

Why are these bright-coloured foods healthy- what vitamins and nutrients do they contain?

□ **Food for Thought**

**Suggested for:** Sparks & up

**Time:** 15-20 minutes for planning, + assembly and delivery time

**Materials:** Canada Food Guide, box to collect food items

Think about what a person or family might need to eat to maintain a healthy diet. As a unit, prepare and deliver a food donation for your local Food Bank based on Canada's Food Guide. You might choose to visit the supermarket as a unit, or plan ahead and have each girl bring a food item to the next meeting. Include all 4 food groups in your donation.

□ **Bone Builders**

**Suggested for:** Sparks & up

**Time:** 15 minutes

**Materials:** Active Living Toolkit

Why are Calcium and Vitamin D important nutrients?

What sorts of foods are good sources of Calcium and Vitamin D? (hint: look through your cupboards and fridge to find some!)

Calcium, Vitamin D and weight-bearing exercise are all thought to be important for building strong bones. As a unit try a bone-building (weight bearing) exercise. Examples include hiking, climbing stairs, dancing, step aerobics and weight training. Have a 'round robin' of activities. You could have girls bring soup cans or other small weights to the meeting and practice doing 5-10 reps of biceps curls on each side. If there are steps at your meeting place do a few sets of stair climbing. Use the skipping ropes in your Active Living Toolkit!

□ **Food Detective**

**Suggested for:** Sparks & up

**Time:** 20 minutes

**Materials:** 1 brown paper bag per patrol, 5-8 foods identifiable by touch (ie. broccoli, mushroom, carrot, potato) for each bag. Pens, paper.

One at a time, each girl reaches into the bag (without peeking!) and tries to identify all the foods she can feel in the bag. Write all those foods down and the food groups they belong to. After everyone has had a turn, remove the items one by one to see if your detective skills helped you identify all the foods in the bag. See whose bag had the healthiest foods!

□ **Follow your Nose**

**Suggested for:** Brownies & up

**Time:** 20-25 minutes

**Materials:** 1 blindfold per patrol/unit, containers with cinnamon, cloves, fresh ginger, crushed garlic, curry powder, pepper etc. for each group.

Spices are found in many of the foods we eat every day. They help to “jazz up” the flavour of many of our favourite healthy foods. What spices do you like to eat? Each girl has a turn at being blindfolded and trying to identify each spice by its smell. See how your nose does!

□ **Snack Attack**

**Suggested for:** Sparks & up

**Time:** 10-15 minutes planning time, + preparation and eating time at next meeting

**Materials:** pens, paper, snack food

Plan a healthy snack for your next meeting. What food groups, vitamins and minerals does your snack contain? Ensure that everyone can eat it (a good opportunity to talk about food allergies and cultural food restrictions). At the next meeting prepare your healthy snack and enjoy it together!

□ **Relay Game**

**Suggested for:** Sparks & up

**Time:** 15 minutes

**Materials:** Signs representing the 4 major food groups, cut-out pictures of food (ie from supermarket flyers).

The 4 food groups signs are placed across a wall. Girls divide into relay teams and the first girl from each team reaches into a bag to take a 'food' picture. Race to put your food under its correct food group heading and then race back to let the next member on your relay team take their turn.

□ **Create an Advertisement**

**Suggested for:** Brownies & up

**Time:** 15-20 minutes

**Materials:** Canada Food Guide, supermarket flyers, paper, pens, scissors, glue. (You can find the most recent copy of the Canada Food Guide at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php#1>)

Pretend you work for a company that creates ads for healthy eating. Or, that you have a restaurant and want to advertise a healthy meal you serve. Create an advertisement for a healthy breakfast, lunch or dinner by drawing or cutting out pictures from supermarket flyers. Include all 4 food groups in your ad. Create a catchy slogan to top off your ad!

□ **Planner Extraordinaire**

**Suggested for:** Sparks & up

**Time:** 15-30 minutes

**Materials:** Pens, paper, Canada Food Guide

(You can find the most recent copy of the Canada Food Guide at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php#1>)

Use Canada's Food Guide to plan a one-day meal plan for your family or to plan the menu for your next sleep-over or camping trip. Try out your snazzy meal plan (with the help of an adult) to see how yummy healthy eating can be!

## **Part 3.**

### **Self-Esteem & Healthy Living**

#### □ **Star Quality** ☺

**Suggested for:** Sparks & up

**Time:** 25-30 minutes

**Materials:** pens, coloured paper cut into the shape of a star, a jar or other small container for each member

Everyone is special and unique! Think about ways that you are unique, for example, things you like to do and things that you are good at. Write each thought down on a piece of coloured paper (Sparks may need assistance here). Then place it into your container. You now have a cool colourful collection of all your star qualities.

Guides & up: you may wish to use strips of coloured paper (approx 1cm x 5 cm long), and then fold the strips into origami lucky stars by simply tying the strip into half of a square knot and tucking the ends in.

#### □ **Chillin Out**

**Suggested for:** Sparks & up

**Time:** 10-15 minutes

**Materials:** none required.

Do you make time in your life for relaxation? Life is busy and fun, but sometimes its nice to take a break and relax. As a unit, try doing a relaxation exercise together such as yoga, meditation, or anything else you wish to try. You might want to bring in some relaxing music to create a nice atmosphere. What else could you do this week to help relax? Try it out at home this week and notice how you feel afterwards.

□ **Skits & Skills**

**Suggested for:** Brownies & up

**Time:** 20-25 minutes

**Materials:** none required.

Divide up into teams for this role play/improve game. Each team is given a real life 'scenario' and takes a turn acting it out. Work together to solve your scenario in a way that is respectful to everyone involved. Here are some ideas for the skits:

- Standing up to a bully
- Having a disagreement with your best friend or group of friends
- Having trouble with schoolwork
- Dealing with peer pressure
- Any other ideas you can think of

□ **Web of Support**

**Suggested for:** Brownies & up

**Time:** 10-15 minutes

**Materials:** pens, coloured paper, white string/yarn, clear tape.

Sometimes growing up is a tough job. We all need people we can trust, who can support us and help us out when we need it. Who do you trust and go to when you have a problem? Maybe it's your mom or dad, or a sibling, or another family member or a friend? Write your name in the middle of the piece of paper. Now write down the names of your support people and why they are special to you in a circle around your name. Using the white string and clear tape, make a spider web around your name by taping the string in circles around your name. Keep your web to remind you where to look when you need a helping hand.

□ **Fashion Forward**

**Suggested for:** Guides & up

**Time:** 30-60 minutes

**Materials:** 1-2 rolls duct tape, 4-5 large brown paper bags, lots of old newspapers, 1 roll tin foil, any other recyclable material you can think of (plus feathers, yarn, glitter, etc if you want). Elastic bands, scotch tape, paper clips to hold outfits together.

Who needs Paris & Milan? Be your own fashion designer! Divide your unit up into groups of 4-5 girls. The goal will be for each group to create a one-of-a-kind outfit from unusual materials. Be as creative as you want! At the end, have one girl from each group volunteer to model the outfit in a 'fashion show'.

□ **Tag you're Cool!**

**Suggested for:** Sparks & up

**Time:** 10-15 minutes

**Materials:** none required.

Find a large open space for this tag game. Choose one or two girls to start as "it". They run around trying to tag other members. But instead of just "tag- you're it" they say "Tag-you're cool!" and something cool about the girl they tagged. The tagged girl now also becomes "it." The game carries on like this until all the members have been tagged cool.

□ **Who am I?**

**Suggested for:** Brownies & up

**Time:** 10-15 minutes

**Materials:** pen & paper.

Place the names of some well-known historical or current role models into a hat and each member draws a name. The entire unit then circulates while acting out their role model's persona. Interact with each other and try to guess the role model each member is acting. Write your guesses down on paper. At the end of the game, each member reveals who she was acting as and why they were important (leaders may need to help with this part).

□ **Taking care, inside & out!**

**Suggested for:** Guides & up

**Time:** one meeting

**Materials:** none required, may need transportation

Plan an outing to your local bath & beauty shop, or invite a student/professional to your meeting. Learn how to care for your skin and nails and keep them healthy. A fun way to take care of yourself, inside and out!

□ **Screen Shutdown**

**Suggested for:** Brownies & up

**Time:** 15 minutes + 1 week

**Materials:** none needed

How much time do you spend in front of a screen every day? Think about the TV shows you watch and the emailing & internet time you spend each day. Try shutting off your screens for 1 week. How much extra time did you have? What did you do with your extra time? Did you: do schoolwork, exercise, see friends or help with chores for example? How could you schedule or limit your screen time so you have more time for other fun activities. Make a TV/computer schedule and try to stick with it, you'll be surprised how much more time you have for fun!

□ **Ad Buster**

**Suggested for:** Guides & up

**Time:** 15-20 minutes

**Materials:** pens, paper, camera if desired.

As a group, discuss ads you've seen on TV, in magazines and on billboards. How do they make you feel? What do you think about computer editing that ads use to make models look different than themselves? Do you have any ideas about what kind of message ads should be promoting? Discuss what you think an advertisement should look like and create your own! You can do this with pens and paper or bring in a camera and take pictures of each other to make fun, real, positive ads.

## **Active Living Challenge Program Connections**

### **Sparks and Brownies**

#### **Part 1 – Fitness Fun**

##### **Meet The Challenge:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living

##### **Let's Get Active:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living

##### **Super Skippers:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living

##### **Hot Potato!:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living

##### **Dance-A-Rama:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living

##### **Stretch It Out:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living

##### **Radical Relay:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living

##### **Out & About:**

Sparks – Being Healthy, Going Outside  
and In My Community Keepers  
Brownies – Key To My Community - #1  
My Neighbourhood, Key To Active Living -  
#2 Outdoor Action and Interest Badges  
Swim! Skate! And Go For It

##### **Dress For Success:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living

#### **Part 2 – Healthy Eating**

##### **Meet The Challenge:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living #3  
Fabulous Food

##### **Food Group Art:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living - #3  
Fabulous Food

##### **Rainbow Of Food:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living #3  
Fabulous Food

##### **Food For Thought:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living #3  
Fabulous Food and Interest Badge Food  
Power

##### **Bone Builders:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living #3  
Fabulous Food

##### **Food Detective:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living #3  
Fabulous Food

##### **Follow Your Nose:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living

##### **Snack Attack:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living #3  
Fabulous Food

##### **Relay Game:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living #3  
Fabulous Food

##### **Create An Advertisement:**

Brownies – Key To Community #6  
Advertisements All Around Us

##### **Planner Extraordinaire:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living #3  
Fabulous Food

### **Part 3 – Self-Esteem & Healthy Living**

#### **Star Quality:**

Sparks – Being Me Keeper  
Brownies – Key To Brownies #2 Getting To Know You, Key To Me #1 Who Am I? and #2 I Feel Proud

#### **Chillin Out:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living

#### **For Guides**

Feeling Good: #3, 5 and 7

Fitness Fun: #2, 3, 4 and 7

Healthy Eating: #1, 2 and 3

#### **For Pathfinders**

Active Living

We Are What We Eat

Let's Go and Chill Out: #1, 3, 6

#### **For Rangers**

Celebrate Guiding  
# 2 Just us Girls  
#5 Girls Worldwide Say!  
#14 Guiding in the Real World  
#19 Make a Game of it

Community Connections  
#1 Identify Your Communities  
#8 Students Speak Out  
#24 Social Aggression and Bullying

Environment, Outdoors and Camping  
#7 Take a Hike  
#16 The Outdoor Community  
#27 Winter Wonderland  
#28 Mmmm Dinner

#### **Skits & Skills:**

Brownies – Key To The Arts #1 Act It Out

#### **Tag You're Cool:**

Sparks – Being Healthy Keeper  
Brownies – Key To Active Living

Discovering You: Stay Fit and Healthy: #2,3,4 ,5and 6

Be Glad that You Are You: 1,2,3,5 and #6

Girls Just Want to have Fun: #4

Media and Image: #1, 6, 7, and 8

Explore Your Creativity #5 Let's Dance

Global Awareness  
#8 Advocacy  
#11 Food Awareness  
Healthy Living (most challenges in this program area)

Leadership and Management  
#3 Role Models  
#24 Maintaining Balance

Your Future #2 Growing Up