

Gold Rush



Day Camp

Sparks

Crest Design:



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Program Agenda



- 9:30 am - Registration** - Put the Girls' Backpacks at "Base Camp"
- Girls colour **Backpack name tags**
- Divide Girls into 3 groups: Gold Nuggets
Gold Flakes
Gold Dust
- Hand out Group Hat Ribbons

- 9:50 am - Opening** - Welcome Girls. Introduce Girls to their group leader.
- Go over Camp Rules & Tour camp area.

- 10:00 am - Round Robin Crafts** (3 stations - 20 min each station)
1) Tube Bracelets
2) Whirligigs
3) Wind Ribbon Flyers

- 10:20 am - Snack - Klondike Trail Mix**
- Have between 1st and 2nd rounds of stations (approximately 15 minutes)

- 11:15 am - Game** - Pinecone Relay

- 11:45 am - Lunch** - *Gold Rush Grub*
- For those who finish early, provide small magnifying glasses so they can see "up close" items around the area.

- 12:45 pm - Round Robin Activities** (3 stations - 20 min. each station)
1) Game - Clothes Pin Tag
2) Panning for Gold
3) Game - Foxes & Rabbits

- 1:45 pm - Snack** - *Camp Snow Taffy*

- 2:00 pm - Campfire**

- 2:30 pm - Hat Craft** - Gold Pans

- 2:50 pm - Group Photo**
- **Closing** - Girls collect their Crafts and Backpacks
- Hand our Goodie Bags & Crests (optional)

- 3:00 pm - Sparks Depart**



Program Notes

- **Group Names:**

Gold Dust, Gold Flakes, Gold Nuggets

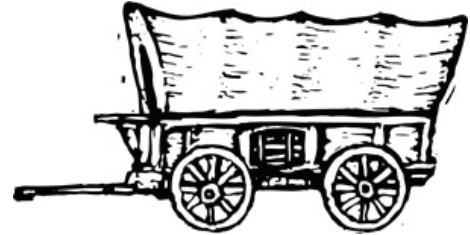
At least 1 Leader is in charge of each group for the Round Robins Activities.

- **Name Tags:** As the Girls register have them colour a Tag to put on her Backpack for identification.

- Designate one area to put the Backpacks and call it the "**Sparks Base Camp**".

- **Decoration Ideas :**

- Pictures of miners
- Gold Pans
- Rope coils
- Shovels
- Frying pans
- Tent
- Piles of blankets to sit on
- Make a large Covered Wagon out of Cardboard
- Old Ads about the Gold Rush
- Sign " Gold Rush or Bust"



- **Option:** Pick up items at a Dollar Store to give in a Goody Bag.

Such as:

- Mini note books
- Magnifying glasses (can also be used after Lunch)
- Individual packages of Hot Chocolate
- Gold wrapped candy
- Pencil or Pen
- Mini compass

- **Option:** Check out your Library for books about the Gold Rush for the Girls to look at.



Backpack Name Tags

Materials:

- Name Tag Sample
- Hole punch
- Scissors
- Card Stock
- Clear Contact Paper (*optional*)
- Pencil Crayons or Gel Pens
- Backpack Clips or Safety Pins

Method:

- Photo copy or trace Name Tag onto Card Stock Paper.
(Prepare this step before Camp)
- Print Spark's Name at the bottom of Name Tag.
- Colour with Pencil crayons or Gel Pens
- Cut around name tag and Punch a hole in the top.
(*Optional - Can enclose the Tag in Clear Contact Paper for more durability.*)
- Put a Backpack clip or Safety Pin in the hole.
- Attach to the Backpack.



Group Hat Ribbons

Materials:

- T-shirt Transfer Paper
- Gold Paint
- Designs
- Safety Pins
- White Felt
- Paint Brush
- Iron

Method:

- Print group designs onto T-shirt transfer paper, use mirror images (*provided*) so that the words can be read.
- Cut white felt using the ribbon pattern.
- Cut transfer paper designs to fit onto the felt.
- Iron designs onto white felt.
- Paint edges with gold paint
- Attach to hats with safety pins.

Ribbon Pattern



Group Hat Designs in Mirror Image

- Photo copy this page onto T-Shirt Transfer Paper
- Makes 2 copies of each Design.

GOLD



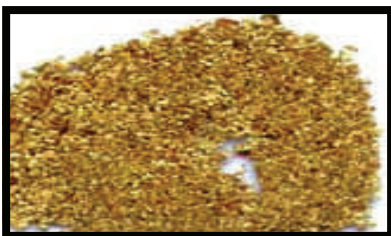
NUGGETS

GOLD



FLAKES

GOLD



DUST

GOLD



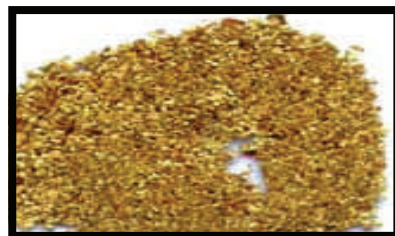
NUGGETS

GOLD



FLAKES

GOLD



DUST

Crafts

Tube Bracelets

Materials:

- Clear plastic tubing (aquarium air hose)
- Ends off chop sticks
- Sand - gold
- Glitter - gold
- Seed beads - gold & yellow
- Electrical tape - yellow & white
- Paper funnels



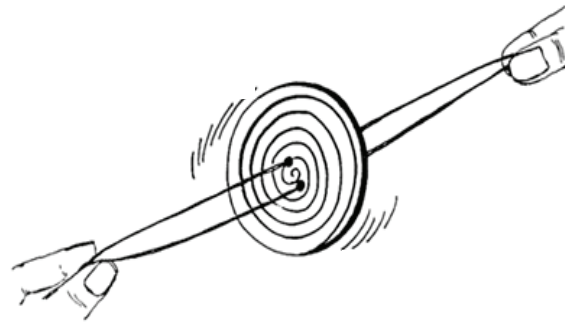
Method:

- Cut a piece of tube to fit comfortably around your wrist (can be done ahead of time).
- Plug one end of the tube with a chop stick end.
- Fill the tube with beads, sand or glitter. Use a paper funnel for the sand & glitter.
- Attach open end of tube to chop stick end.
- Put a piece of tape over the joint to strengthen it.

Whirligig

Materials:

- Stiff cardboard
(the thicker the better)
- Scissors
- Crayons or Felts
- Awl
- String



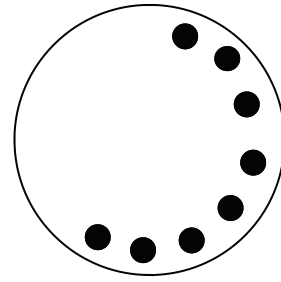
Method:

- Draw a 4-inch (10 cm) circle on stiff cardboard.
- Cut out the circle and colour it as desired.
- Using the Awl punch out 2 small, diagonal holes in the circle, each about 3/8 inch (9mm) from the center of the circle.
- Thread about 2½ feet (60 cm) of string through the holes and tie the ends together.
- Hold the string between the thumb and index fingers of both hands, twirl the circle until the string is taut, then stretch it out and pull hard to make the whirligig spin! Continue to pull hard, alternating and relaxing the string. It makes a "whirligig" sound as its name implies.

Wind Ribbon Flyers

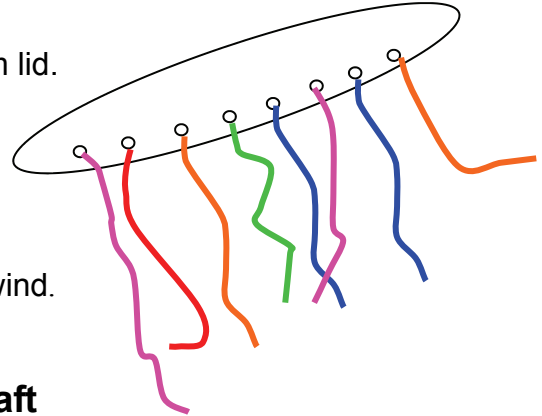
Materials:

- Lids from 4 litre ice cream buckets
- Traffic tape or streamers in varied colours. Cut into 3 ft lengths.
- Permanent Markers
- Hole punch



Method:

- Using hole punch, punch 8 small circles from ice cream lid.
(can be done by an adult ahead of time.)
- Colour the lids using permanent markers.
- Thread a piece of traffic tape or streamer through a hole then tie into a knot to secure.
- Continue until all holes have ribbons in them.
- Hold edge of lid that has no ribbon, run flying it in the wind.



Gold Pan Hat Craft

Materials:

- Small Gold Pans, 2" wide ******(see bottom)
- Black Acrylic Paint
- Paint Brush
- Gold painted small rocks or split peas
- Gold glitter
- Safety pins
- White glue



Method:

- Paint the front and back of the Gold Pan in black.
(This can be done before camp if time does not allow painting & drying at camp.)
- Put white Glue into the pan, then add painted rocks or split peas and glitter.
- Add a safety pin. (If the pan does not have a hole, add a pin back with hot glue before camp)



****** - I had the mini gold pans sent to me from: *Sieg's Manufacturing Ltd.*

6236-205 St. Langley, BC (604) 530-7455

OPTION - If you are unable to find mini Gold Pans, make them out of many layers of tinfoil and omit the black paint.

Games & Activities

Clothes Pin Tag

Materials:

- Clothes Pins
- Rope



How to Play:

- Mark off a play area of at least 40 ft by 40 ft. by putting rope on the ground.
- All players are to receive 5 clothes pins, pinned to the back of their shirts.
- Have them all spread out around the edges of the rope before starting.
- The object is to try to capture a clothes pin from someone else's back without losing yours.
- If you capture a clothes pin you are to go down on one knee while pinning it to your back. While you are on one knee, no one can take a clothes pin from you.
- There is no pushing and you can only touch clothes pins, no touching or pulling clothes or the body.

Pinecone Relay

Materials:

- pinecones
- Rope for finish line



How to Play:

- Divide into pairs. Place a pinecone between the girls hips. Walk to the finish line.
- Divide into pairs. Place a pinecone between the girls shoulders. Walk to the finish line.
- Divide into threes, then fours.
- Instead of walking to the Finish line, get them to walk North, South, East of West while still keeping the pinecone in place.

Panning for Gold

Materials:

- Large Tub
- Aluminum Pie Plates
- Zip- Loc bags for the "Gold"
- Sand
- Gold Painted Stones



How to Play:

- Fill Tub with sand seeded with Gold Painted Stones.
- Each Girl uses an Aluminum Pie Plate (in which holes have already been punched) to scoop out some sand.
- Swirl the Pan around until only the "Gold" is left behind.
- Put the "Gold" in a Zip-Loc bag to take home.
- *Option:* Water can be added to the sand in the tub to make things more interesting. This is best done outside. Have towels available.

Foxes & Rabbits

Materials:

- small markers (triangles of orange fun foam works well)
- sit-upons
- rope

How to Play:

- Chose a few players to be foxes. They stand in the middle of the playing area.
- All of the other players gather at one end of the playing area, behind a designated "safe" area, marked by a rope. These are the rabbits in their hole.
- The markers are spread randomly around the playing area. These are the "carrots".
- At the leader's signal, all of the rabbits must run out, grab a carrot, and return to the rabbit hole without being caught by the Foxes.
- If a rabbit is tagged by a fox, or fails to find food, she becomes a fox.
- Continue until all of the rabbits have become foxes.

Variation: Use sit-upons to create small "rabbit holes" scattered around the playing area. One rabbit at a time can use a hole for temporary safety, but she must still gather a carrot and make it back to the main hole before she is considered "safe" for the round.



Additional Activities

Parachute Games



Materials:

- parachute (a sheet can be used as a substitute)
- bean bags
- skipping ropes

Popcorn

Place a number of beanbags on the chute. Kids shake the chute to make them rise like popcorn.

Snakes

Place 4 or 6 skipping ropes on the chute. By shaking the chute, the kids try to shake them off.

Fan

About 1/3 of the group lies on their backs under parachute as the others flap the chute.

Pea-Pod

Fill the chute until high above heads. Hold on and come together in two lines facing each other. See how far the group can run with the pod before it deflates on top of them.

Kim's Game

Materials:

- rope
- fry pan
- soap
- nails
- plate
- gold pan
- compass
- shovel
- candle
- sock
- tarp or small blanket
- paper & pens

How to Play:

- Put items the miners would take to the Gold Fields on half of a tarp or small blanket. Cover with the other half.
- Uncover the items. The girls study the items.
- Recover the items.
- In groups with a leader, girls name as many of the items as they can while the leader writes them down.
- Uncover the items again to see how everyone did.

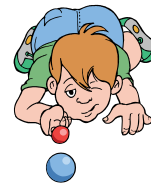
Marbles

Materials:

- marbles
- chalk or rope

How to Play:

- Draw a large circle with chalk or mark off with rope.
- Girl try to shoot their marbles, hitting the marbles of other out of the circle.
- *Option:* - How far can you shoot a marble.



Menu

Gold Rush Grub Suggestion #1

- Miner's Morsels (Vegetarian Option: Gold Pan Goodies)
- Gold Nuggets
- Gold Vein Veggies with Bedrock Dip
- Sourdough Doughnuts

Gold Rush Grub Suggestion #2

- Gold Fever Wraps (Vegetarian Option: omit deli meats in wrap)
- Gold Vein Veggies with Bedrock Dip
- Sourdough Doughnuts

Snack Suggestions

- Klondike Trail Mix
- Camp Snow Taffy
- Fruit Jerky

Drink Suggestions

- Sluice Box Juice
- Water



Recipes

Miner's Morsels

- Chicken Nuggets

Gold Pan Goodies (Vegetarian Option)

- Apple slices with Peanut butter (watch for nut allergies)
- Cheese cubes

Gold Nuggets

- Tater Tots
- Ketchup for dipping

Gold Vein Veggies with Bedrock Dip

- Carrots, celery, cucumber etc. with Ranch Dressing Dip

Sourdough Doughnuts

- Sour cream or cake doughnuts (mini ones are best)



Gold Fever Wraps

- Soft taco shells
- Fillings: Deli meat, shredded cheese, lettuce, diced tomatoes, mustard, mayonnaise.
- The Girls can build their favorite wrap.
- Vegetarian Option - omit Deli meat from Wrap.

Klondike Trail Mix

- Raisins, Dried Bananas, Dried Apples, M&M's.

Camp Snow Taffy

- Large Marshmallows
- The Girls take a large marshmallow and squeeze it between the thumb and index fingers of both hands. Pull it apart and then stick it back together a number of times until it becomes the texture of taffy. Eat.

Fruit Jerky

- Fruit leather

Sluice Box Juice

- This can be any Fruit juice or Kool-Aid

Note: Always check for food allergies & watch labels on packages for hidden ingredients.

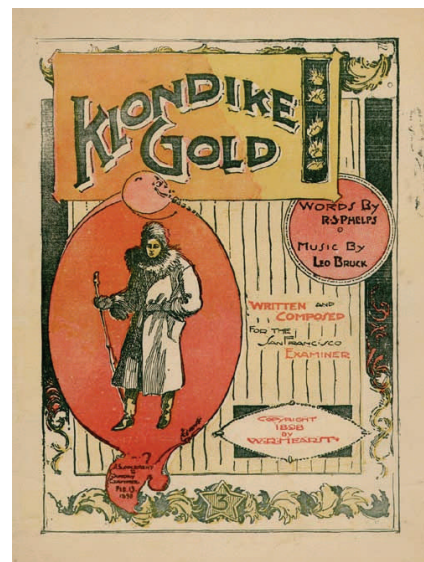
Graces

For the Food We Eat (Tune: "Kum by Yah")

For the food we eat, we thank you.
For the friends we meet, kind and true.
For the fun we share, all day through.
Oh, Lord, we thank you.

Lollypop Grace

We thank the Lord for a hundred things.
For the flowers that bloom and the birds that sing.
For the sun that shines and the rain that drops.
For ice cream and rainbows and lollypops.



Campfire

- Sparks Opening Song

- Fire's Burning

- The Bear Went Over the Mountain

(Tune: For He's a Jolly Good Fellow)

The Bear went over the mountain,
The Bear went over the mountain,
The Bear went over the mountain,
To see what he could see.

To see what he could see,
To see what he could see.

The other side of the mountain,
The other side of the mountain,
The other side of the mountain
Was all that he could see.

Was all that he could see,
Was all that he could see.
The other side of the mountain,
Was all that he could see!

- Going to Day Camp

(Tune: "Oh, Susanna")

Chorus:

Going to Day Camp,
So don't you cry for me.
I'll come back good and dirty,
So you'll never know it's me.

I scrubbed the night before I left,
My hair was nice and clean.
My mother was so proud of me,
But not for long you see.

While hiking out at Day Camp,
I found the perfect pet.
But I had to leave my friend behind,
Because he scared the Vet.

- Soap and Towel

(Tune: "Row, Row, Row Your Boat")

Soap, soap, soap and towel,
Towel and water please
Merrily, merrily, merrily, merrily,
Wash you dirty knees.

(Can be sung as a 4-part round)

Ninety-Nine Miles From Home

(Tune: "Ninety-Nine Bottles of Pop")

I'm ninety-nine miles from home,
I'm ninety-nine miles from home.
I walked awhile, sat down awhile,
I'm ninety-eight miles from home.

I'm ninety-eight miles from home,
I'm ninety-eight miles from home.
I walked awhile, sat down awhile,
I'm ninety-seven miles from home.

(Sparks start at ten then go down to zero)

(You can divide the group into 2;
Group 1 singing line 1;
Group 2 singing line 2;
Group 1 singing "I walked awhile",
Group 2 singing "sat down awhile";
The entire Group singing the last line.)



- Going to the Gold Rush...



- Girls sit down in a circle.
- Talk about what a prospector would take to the Gold Rush.
- The group says **"We are going to the Gold Rush and we will take..."**
- Each girl takes a turn picking one item. The group then repeats the opening phrase with all the items mention so far. Repeat until each girl has had a turn.

Possible Items:

- | | | | |
|------------|----------------|-----------|---------------|
| - gold pan | - flour | - sugar | - beans |
| - butter | - pick | - shovel | - bacon |
| - rope | - candles | - fry pan | - dried fruit |
| - matches | - knife & fork | - tent | - blanket |
| - compass | - nails | - soap | - clothes |

- The One He Sung at Home

(Tune: "O Susannah")

Chorus: Oh, California; that's the land for me.
I'm going to California the gold dust for to see.

There from the snowy mountain side
Comes down the golden sand,
And spreads a carpet far and wide
O'er all the shining land;
The rivers run on golden beds,
O'er rocks of golden ore,
The valleys six feet deep are said
To hold a plenty more.

Chorus: Oh, California; that's the land for me.
I'm going to California the gold dust for to see.

(Can change "California" to "The Klondike")



- Old Dan Tucker

- I don't Need a Campfire
(from "Celebrate with Song")

- Sparks Closing Song

Girls Kit List

- Warm jacket
- Rain gear
- Hat
- Boots or Running Shoes
- Sit Upon
- Unbreakable Plate, Mug (labeled)
- Suntan Lotion (bring or wear)
- Backpack to put all items in



Any required medication should be clearly labeled and placed in a Zip-Loc bag to be handed to the Event First Aider upon arrival.

Guiders Equipment List

(Items not listed under Crafts, Games or Activities)

- Tarp to put Backpacks on, if Camp is outside
- Garbage Bag or can
- 3 Tarps, blankets or tables to do crafts on
- Water & towels to wash hands before eating
- Napkins or Paper Towels
- First Aid kit
- whistle
- watch or clock
- camera for group photo & other pictures
- Goodie Bags (Optional)
- Camp Crests (Optional)
- "Base Camp" sign
- Safe Guider forms
- Available phone
- Girls' and Leaders' Health forms

