

Music in Nature Camp-in-a-Box



Girl  **Guides**

Ontario Council

For Guiding in Ontario and Nunavut

TABLE OF CONTENTS

Introduction

Preparing for Camp

Leaders

- *Suggested schedule*
- *Suggested kit lists*

Youth

- *Leave No Trace*
- *Hug a Tree*

Camp Day

Opening

- *Arrival*
- *Camp Expectations*
- *Land Acknowledgement*

Warm-up Activities

- *Freeze Dance Song*
- *Colouring Pages*



TABLE OF CONTENTS

Activities

- *Shaker Egg Matching Game*
- *Musical Chairs*
- *Music Bingo*
- *Musical Friendship bracelets*
- *Sound Scavenger Hunt*
- *Nature Sound Orchestra*
- *Sound Map*
- *Rainbow Tambourine*
- *Bird Dance Party*
- *“Knot” Your Average Activity*
- *Bird Moves*
- *Trail Signs*
- *Bedroll Craft*



Closing

- *Campfire*

Meal and snack ideas

Resources



INTRODUCTION

Welcome to our Music in Nature Camp-in-a-Box! This exciting camp experience is designed especially for Spark and Ember age members offering a blend of music-inspired activities and nature discovery.

In this program booklet, you will find a suggested schedule to guide you through the activities, a recommended kit list to ensure you have everything you need, detailed instructions for each activity, and other helpful resources. Each activity even has a suggestion of which area and theme it can be assigned to from our [Program Platform](#)!

With a range of activities to choose from, including crafts and physical games, there's something for every unit. As you know your unit best, please review the activities and decide which ones will work for your group. Consider the age, outdoor skill experience, and size of your group when selecting activities. All activities and program areas are suggestions, please modify as you see fit. Have fun exploring and creating memorable experiences!

Whether you choose to do this as a day camp or an overnight camp, each activity specifies what supplies are needed, making it easy for you to set up and enjoy.

We hope you have a fantastic time exploring the sounds of nature and creating beautiful memories. If you have any questions or need assistance, please email us at:

on-counciloperations@girlguides.ca.

Have fun and happy camping!

Please check out "[Camping & Outdoors](#)" under "Guider Resources" on Memberzone for a bunch of useful hints and tools!



PREPARING FOR CAMP - Leaders

SUGGESTED SCHEDULE

The following is a suggested schedule for a day camp. Review each activity and decide which ones you want to include. Some activities may take longer or require more preparation than others. All activities and program areas are suggestions – please modify as you see fit to match the personal style and needs of your unit.

TIME	ACTIVITY	DETAIL
9:00 - 9:30	Leaders arrive and set up	
9:30-10:00	Youth arrive	Welcome campers and introduce the day's theme. Have colouring pages and supplies ready for those who arrive early
10:15 - 10:30	Opening	-Land acknowledgement, camp expectations and etiquette (boundaries, safety) -Warm up activity
10:30-12:00	Activities	- Activities, chosen by the Guider team
12:00 - 1:00	Lunch	- Grilled cheese and chicken noodle soup, veggies, juice
1:00 - 2:30	Activities	- Activities , chosen by the Guider team
2:30-2:45	Snack time	- Edible campfire
2:45- 4:00	Activities	- Activities, chosen by the Guider team
4:00-4:30	Campfire	- Campfire and Daytime Taps
4:30-4:45	Clean up	- Have the youth help out!
4:45	Time to go home	



SUGGESTED KIT LISTS

Group Equipment for day camp

****These are only suggestions, please consider your location, activities and meals and adjust accordingly. ****

****Items needed for the individual activities are listed on that activity page.****

- Camp paperwork (Health forms, SG forms, itinerary etc.)
- First Aid Kit
- Cooking equipment based on what you are cooking
 - Camping stove
 - Fuel
 - Pots / pans
 - Cooking cutlery
- Individual cutlery (is the group providing or are youth asked to bring their own mess kits?)
- Garbage bags
- Dishwashing and kitchen clean-up supplies (Are you doing dishes there? Packing up and taking dirty dishes home to wash?)
- Hand sanitizer
- Cleaning wipes



Individual Kit List (Youth and Adult)

Before camp, consider having a pre-camp meeting and discussing what items the youth should bring and why they are important. You can also discuss what items should not come to camp.

- Water Bottle
- Weather appropriate clothing
- Hat
- Sunscreen
- Bug Spray
- Small backpack



PREPARING FOR CAMP - Youth



Leave No Trace Canada

The Leave No Trace principles are guidelines for outdoor ethics to minimize our impact on the environment. Here's a summary of the seven principles:

- 1 Plan Ahead and Prepare:**
Proper planning ensures you have the knowledge and skills for a safe and enjoyable outdoor experience while minimizing damage to the environment.
- 2 Travel and Camp on Durable Surfaces:**
Stick to established trails and campsites to avoid damaging fragile ecosystems. Use designated campsites when available.
- 3 Dispose of Waste Properly:**
Pack out all trash and leftover food. Dispose of waste properly, including human waste. Use a cathole for solid human waste at least 200 feet from water, camp, and trails.
- 4 Leave What You Find:**
Preserve the past by leaving rocks, plants, and other natural and cultural artifacts as you find them. Avoid building structures, digging trenches, or disturbing vegetation.
- 5 Minimize Campfire Impacts:**
Use a lightweight camp stove for cooking instead of making a campfire. If campfires are allowed, use existing fire rings and keep fires small. Use only dead and downed wood.
- 6 Respect Wildlife:**
Observe wildlife from a distance and do not feed them. Store food securely to avoid attracting animals. Control pets and keep them on a leash.
- 7 Be Considerate of Other Visitors:**
Respect other visitors and their experience. Yield to other users on the trail, keep noise levels down, and choose campsites away from others when possible.

By following these principles, we can help protect the environment and preserve the beauty of our outdoor spaces for future generations.

For more information, please visit leavenotrace.ca

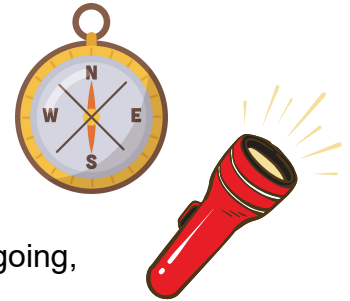


Hug-a-tree AdventureSmart

The Hug-a-Tree and Survive program is an [AdventureSmart](#) program designed to teach children how to survive in the woods if they become lost.

It emphasizes four key rules:

- 1 Tell an Adult Where You Are Going:**
Always inform your parents or another trusted adult where you are going, who you are going with, and when you will be back.
- 2 If You Are Lost, "Hug-a-Tree" and Stay Put:**
Stay near a tree or another landmark to protect yourself from the elements and make it easier for searchers to find you.
- 3 Keep Warm and Dry:**
Be prepared for changing temperatures by wearing layers and having extra clothing available.
- 4 Help Searchers Find You by Answering Their Calls:**
Make noise and signal to searchers so they can locate you more easily.



These rules are not only applicable in the wilderness but can also be applied in other settings like sporting events, shopping malls, public parks, and urban areas.

The program aims to give children the knowledge and training needed to safely enjoy the outdoors and their communities.

CAMP DAY!

Opening

Arrival



Leaders

- Schedule a time for parents to drop off campers
- Do a safety check of the building/area
 - Locate fire escapes, find an emergency meeting spot etc.
- Unpack and set up camping equipment and supplies
- Go over safety plans with other Guiders
- Go over the roles of each Guider

Campers

- Campers arrive at the correct time
- Sign in with Leaders
- Hand in any forms or medication
- Campers begin with opening activities while everyone arrives
- Complete a safety debrief with everyone

Camp Expectations

- Use the buddy system to ensure everyone has a partner
- Establish clear boundaries for your unit's activities
- Identify a specific location where your unit will gather in case of an emergency
- Identify and communicate the presence of First Aid Guiders
- Use hand sanitizer before and after eating
- Drink plenty of water throughout the day to stay hydrated
- Wear sunscreen, hats, and sunglasses to protect yourself from the sun
- Have fun!





LAND ACKNOWLEDGEMENT

Land acknowledgements take the time to recognize the traditional territories of Indigenous peoples, both recorded and unrecorded.

We honour the Indigenous peoples, past and present, who have been living, working, and supporting the needs of the land for generations. We thank all of the people for cherishing and appreciating the connections and importance of the land. Learning about the history of the land that you live on and guide on is an important step. Please take the time to complete a land acknowledgement at the beginning of your camp. The land you acknowledge will depend on where your event is taking place. To find out who to acknowledge, try the following options:

- 1 Download [Whose Land](#) –**
A web-based app that uses GIS technology to assist users in learning about the territory your event is situated on.
- 2 Contact a local Friendship Centre.**
- 3 Create your own land acknowledgment.**
As a unit or group, you could create your own land acknowledgment and share why the land you live on is important to you and what actions you take to respect and care for it. For guidance, please visit Member Zone for resources on how to build a Land Acknowledgement for your area. (Member Zone -> Diversity and Inclusion -> Indigenous Land Acknowledgement).

[FAQ- Indigenous Land Acknowledgement](#)

WARM-UP ACTIVITIES

Party Freeze Dance

Program area suggestion: Experiment and Create - Art Studio

Supplies:

- Speaker
- [Party Freeze Dance Song by The Kiboomers](#)



Instructions:

Play this fun party song that will get everyone up and moving around!

Lyrics:

Let's play the Party Freeze game
Now remember
When I say "freeze"
Freeze
And when I say "dance"
Dance!
Dancing, dancing all around
Dancing, dancing, dancing
Dancing any way you please
But stop when I say... "freeze"
Everybody, get ready to hop
Hopping, hopping all around
Hopping, hopping, hopping
Hopping any way you please
But stop when I say... "freeze"

Everybody, get ready to skip
Skipping, skipping all around
Skipping, skipping, skipping
Skipping any way you please
But stop when I say... "freeze"
Everybody, get ready to twirl
Twirling, twirling all around
Twirling, twirling, twirling
Twirling any way you please
But stop when I say... "freeze"
Everybody, get ready to dance
Dancing, dancing all around
Dancing, dancing, dancing
Dancing any way you please
But stop when I say... "freeze"

Colouring Pages

Print out some of the colouring pages from our [resources](#) if you choose this activity for your camp.

ACTIVITIES

Shaker Egg Matching Game

Program area suggestion: Experiment and Create - Art Studio

Each youth will be given an egg with small materials in them; their task will be to find their partner who has the same objects in their egg.

Supplies:

- Plastic eggs (or small plastic containers)
- Small objects (rocks, salt, coins, buttons, seeds, beans, rice)
- Tape to secure eggs

Instructions:

- Fill each egg with one of the small materials. Each egg should have a match (ex: two filled with rice, two filled with beans).
If there is an odd number of people, make a group of 3.
- Have each camper take an egg and start shaking it.
- Walk around and try to find the other person with the same kind of egg shaker as you.
- Once everyone thinks they have found their matching egg, open them up to see if you were right!



Musical Chairs

Program area suggestion: Experiment and Create - Art Studio

A classic game of musical chairs!

Supplies:

- Chairs (or papers on the ground, placemats or sit upons)
- Phone with music downloaded
- Speaker

Instructions:

- Set chairs (or alternatives) in a circle, facing out. The number of chairs should be one less than the number of players.
- Start the music and have the youth walk around the circle of chairs.
- When the music stops, the youth all sit in a chair. The youth who didn't get a chair is eliminated.
- Each round remove a chair so there is always one less chair than player.
- Keep playing until 1 player remains.



Music BINGO

Program area suggestion: Experiment and Create - Art Studio

Supplies:

- Speaker
- Phone with music downloaded
- [Print out of music bingo](#) (check out the resource section!)
- Bingo chips / markers

Instructions:

- Decide what music theme you want to use.
- Create BINGO sheets with names of songs - make sure you make every card different! Each BINGO card has 24 spaces so make sure you have about 30-35 song titles to use
- Each player gets a BINGO sheet and a marker.
- Play one song at a time.
- Give the players a few seconds to listen to the song and guess title.
- If no one knows it, announce the song title
- If the player has that song on their BINGO sheet they can cross out that box with an X
- First person to win a horizontal, vertical, or diagonal line yells out bingo to secure the win

Music suggestions:

- *Disney theme*
- *Guiding theme*
- *Nursery Rhymes*
- *Pop Music theme*
- *A mix of everything!*

You know your unit best - pick songs you think they will know!



Friendship Bracelets with Bells

Program area suggestion: Experiment and Create - Art Studio

Supplies:

- Bells (about 5 per bracelet)
- String (about 10" per bracelet)
- Beads of various colours
- Scissors



Instructions:

- Cut string to the length of the circumference of your wrist, plus a little for knots.
- Tie multiple knots in one end to secure the bracelet.
- Choose various beads and bells to create a unique pattern and design.
- Tie the other end once you're happy with the design.
- Listen to the music that your friendship bracelets make as you go about the rest of camp.
- If you have the opportunity or ability, make a bracelet for another person and trade your music bracelets with them.



Sound Scavenger Hunt

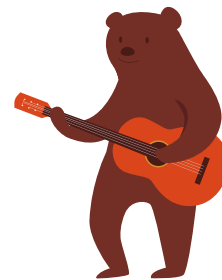
Program area suggestion: Into the Outdoors - Nature Discoveries

Supplies:

- Sound scavenger hunt page (check out the [resource](#) section!)
- Writing utensil (pencil, crayon, marker, etc)

Instructions:

- Go for a walk outside. It could be in a park or around your community.
- Use your ears to identify the different noises of nature.
- Try and identify all the sounds your page.
- There is no wrong answer, everyone might hear sounds differently!
- Compare your results - one persons CRUNCH might be someone else's SNAP.



Nature Sound Orchestra

Program area suggestion: Into the Outdoors - Nature Discoveries

Instructions:

- Divide the players into small groups.
- Get each group to come up with one nature-inspired sound that they can all make with their voices this could be a rustling of leaves, animal calls, a bubbling brook, a crackling fire, or any other natural sound they can imagine.
- Give the groups time to practice making their sound together.
- Once the groups are ready, have them come back together as a larger unit, but remain seated in their small groups.
- Choose one person from the larger group to be the conductor. The conductor will use their arms to conduct the group, much like a conductor of an orchestra.
- As the conductor points to each group, they will make their nature-inspired sound. The conductor can try out different orders and combinations of sounds, even pointing to two groups at once to create harmonies.
- Take turns being the conductor, allowing each player to lead the group in creating a unique nature sound symphony.

Variations:

- Encourage groups to add movement or gestures to their sounds, such as swaying like trees or mimicking the flow of water, to enhance the overall performance.

gUACK
gUACK



Sound Map

Program area suggestion: Into the Outdoors - Nature Discoveries

Supplies:

- Paper
- Pencils / Pencil crayons / crayons

Instructions:

- Find a quiet spot outside to sit and listen.
- Mark the center of your paper to represent yourself. anything above the mark is behind you, anything below is in front, and the sides represent each side of you.
- Listen for different bird sounds and try to guess which direction they're coming from.
- Draw a symbol or write a word to represent each bird and indicate the direction it's coming from.



Take a moment to focus on your hearing.
By tuning in to the sounds of nature,
you can discover the world of
backyard birds around you.

Enjoy the peaceful experience of bird watching
using your hearing superpower!

Rainbow Paper Plate Tambourines

Program area suggestion: Experiment and Create - Art Studio

Supplies:

- Bells (6 per participant)
- Paper plates (1 per participant)
- Ribbon/thread (about 24" per tambourine)
- Paint / crayons / markers
- Hole Punch
- Glue / stapler
- Cotton balls (optional)
- Clothespins (optional)



Instructions:

- Paint or colour the back of a paper plate in full rainbow circles and let dry.
- Fold the plate in half so the rainbow arcs appear on each side.
- Mark where you want the bells to be around the arc.
- Use a hole punch to punch through both sides of the plate where marked.
- Cut short pieces of ribbon and thread them through the bells.
- Tie the ribbon with a bell on your tambourine where you made the holes. Don't tie them too tight or they won't jingle.
- Stuff your tambourine with some cotton balls to get it some shape (optional).
- Glue or staple the edges of the plate together. If you use glue, you can use clothespins to hold the plate in place while it dries.

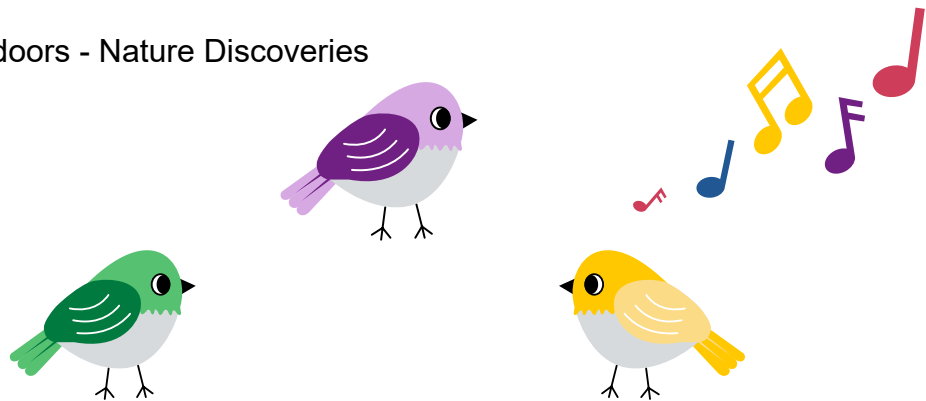


Bird Dance Party!

Program area suggestion: Into the Outdoors - Nature Discoveries

Supplies:

- Music
- Speaker



Instructions:

- Gather the players in a circle (or several smaller circles if the group is large) with enough space between each person to move around.
- Turn on the music to start the dance party.
- The first person in the circle begins by making up a bird-inspired dance move or action. This could be flapping wings like a bird, hopping like a bird, or any other bird-like movement.
- Everyone in the circle then repeats the first person's move.
- The next person in the circle repeats the first person's move and adds their own bird-inspired move.
- Continue around the circle, with each person repeating all the previous moves and adding their own, until everyone has added a move to the dance routine.
- Once everyone has added a move, perform the entire dance routine together one final time, combining all the moves into a cohesive bird-inspired dance.

Variations:

- Instead of adding a move, players can also imitate a bird sound or call as part of their turn.
- Encourage players to get creative with their bird-inspired moves, mimicking different types of birds or incorporating flying motions.

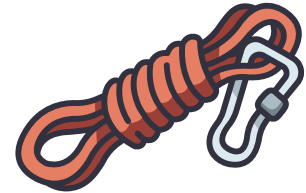
“Knot” Your Average Activity

Program area: Into the Outdoors - Camping Skills and Adventures

Link: [“Knot” Your Average Activity \(Program Platform\)](#)

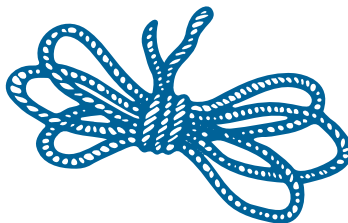
Supplies:

- 1 piece of rope per person
(Nylon rope or paracord works best)
- Something to tie the rope around
(Eg water bottle, shoe, stick etc)
- Step-by-step Knot Tying Instruction (check out the [resource](#) section!)



Instructions:

- As a unit brainstorm when you might to tie something or hold it in place with a knot
- Start at the beginning by practicing tying bows around your object (like how you would tie your shoe)
- When you feel confident with bows, practice tying reef knots. This is the same knot you use for your Guiding tie!
- Next, practice tying packer’s knots. These knots are used on packages and bedrolls!
- Test out which knot is the strongest. To do this you could:
 - a. Pick up different objects using the loop
 - b. If you drop or roll your object, does the know hold everything together?
 - c. How easy is it to untie the knot? What might that tell you about how strong the knot is?



NSP: Bird Moves

Program area: Into the Outdoors - Nature Discoveries

Link: [NSP: Bird Moves \(Program Platform\)](#)

Supplies:

- Bird Cards resource (check out the [resource](#) section!)
- A bowl



Instructions:

- As a unit, look at all the bird cards from the Bird Cards resource. Make sure you know the name of each bird. Share what you know about the birds
- Spread out in a circle so that everyone can see each other
- Cut apart the cards and put them in a bowl in the middle of the circle
- Choose a person or small “flock” (group) to go first. When it’s your turn, pull a card out of the bowl
- Look at the bird on the card. Try to show everyone else what bird you are by acting it out using your body. You might show them...
 - a) How your bird walks
 - b) How your bird flaps its wings
 - c) Whether your bird has long wings or short wings
 - d) How your bird searches for food
- Keep moving until the correct bird is guessed. Then let another person or flock take a turn. Don’t put your card back in the bowl.

Variations:

- Feel free to add any other well-known or local birds to the game
- If you know the sounds the bird makes, try adding that to your actions



Bedroll Camp Hat Craft

Program area suggestion: Into the Outdoors - Camping Skills and Adventures

Supplies:

- Foam sheets
(represents the mat - 1 sheet makes 2 bedrolls)
- Felt sheets
(represents the blanket/sleep bag - 1 sheet makes 4 bedrolls)
- String or thin rope
- Safety pins (to attach to camp hat)
- Plastic snack baggie (represents the waterproof tarp)



Instructions:

- Split open the baggie and cut a rectangle of plastic out however large you want your bedroll (approx. 4"x6" square).
- Cut a rectangle of foam slightly smaller than the plastic rectangle (approx. 3"x5" square).
- Repeat step 2 with the felt sheet to be the same size as the foam rectangle
- Start rolling the bedroll.
 - A) Tuck the shorter ends over the foam and felt.
 - B) Tuck the longer sides of plastic over as well.
 - C) Hold the bedroll securely as you start to roll up the end.
 - D) Keep a tight grip and roll all the way until you have a nice, tightly compact bedroll.
- Tie the string or thin rope around the outside of the roll (replicate the technique used with a real bedroll).
 - A) Start with a slip knot and tighten around the one end of the bedroll.
 - B) Run the string horizontal across the length of the bedroll and secure the rope with your finger and you wrap it around the other end.
 - C) Tuck the string around the other side and secure with a few knots.
- Attach the safety pin to the corner of the bedroll and attach to your camp hat.

Tips to a successful bedroll in real life:

- Waterproofing - keeping your bedroll waterproof is very important or else all of your bedding will be wet and cold when you go to bed later on.
- Tight roll - tuck the corners and keep the bedroll as tight and compact as possible so nothing is falling out or getting wet.
- Make it manageable - bedrolls need to be easy to carry and be portable so make sure you can carry it on your own for camp.
- Labels- make sure to label your bedroll with your name or a traveling tag in case someone else has a matching tarp.



CLOSING

Campfire*



- Check provincial and local fire rules and bans.
- Discuss fire safety.
- Have a campfire snack.
- Sing some songs!
 - Check out [Let's Sing](#) on Memberzone for suggestions and lyrics.
 - Sing Taps or Daylight Taps to close out the campfire (lyrics below).
- Ask the campers to share about their time at camp.
- Hand out Music-in-Nature badge and say goodbye.
- Make sure the fire is completely out before the last leader leaves.

*** Campfires do not have to be real. Units can still gather around an imaginary campfire and sing songs! ***

Taps and Daylight Taps

TAPS

Day is done, gone the sun,
From the lake (sea), from the hills, from
the sky.
All is well, safely rest.
Good night (Peace is nigh).

FRENCH

C'est la nuit, tout se tait
Sur la pleine, les collines, et les bois,
C'est la paix, tout est bien
Toutes – bon soir.

DAYLIGHT TAPS:

Thanks and praise, for our days,
'Neath the sun, 'neath the stars, 'neath the sky.
As we go, this we know:
We are Guides.



MEAL AND SNACK IDEAS

Meal & Snack Ideas make camp extra fun by creating and making your own snacks and meals for your experience! Pick a recipe and try it out #snackattack #chefitup 🧑🍳

Try a recipe from our **Girl Guide Cookie Recipe Challenge [Cookbooks!](#)**



Trail Mix Balls



Campfire Eclairs



Corn on the cob

**Camp food
Inspirations!**



S'Mores



Edible Campfire









Tacos in a bag



Trail Mix

RESOURCES

 B	 I	 N	 G	 O
				

The Music of Nature

Scavenger Hunt

Bang



Rustle



Click



Crunch

Thump



Scrape



Rat-a-
tat-tat



Snap

Rattle



Squelch





cardinal



eagle



hawk



owl



robin



sparrow



blue jay



swan



great blue heron



mallard



raven



merganser






“Knot” Your Average Activity

How to Tie a Bow with Bunny Ears

	<p>Step 1:</p> <p>Wrap the rope around the object and cross the ends.</p>
	<p>Step 2:</p> <p>Bring the rope on the top under the piece on the bottom to make a loop around the object.</p>
	<p>Step 3:</p> <p>With one hand pinch the end the rope together to make a loop. It should look like a bunny ear.</p>
	<p>Step 4:</p> <p>Do the same thing on the other end with the other hand. Now you have two ears.</p>
	<p>Step 5:</p> <p>Cross the two loops over each other. You will make a little space between the loops that like the bunny's head.</p>
	<p>Step 6:</p> <p>Take the loop that is on top and pull it through the space between the two loops.</p>
	<p>Step 7:</p> <p>Your finished bow should look like this!</p>

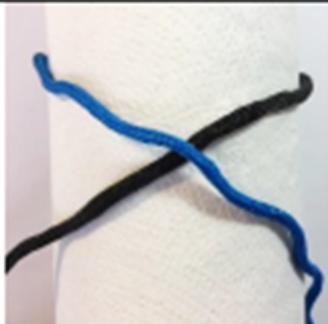




“Knot” Your Average Activity
















How to Tie a Reef Knot

	<p>Step 1:</p> <p>Wrap the rope around the object and bring the left end over the right end.</p>
	<p>Step 2:</p> <p>Bring the top piece (the left) under the rope on the right and pull tight.</p>
	<p>Step 3:</p> <p>Bring the two ends down and cross the right side over the left one.</p>
	<p>Step 4:</p> <p>Bring the right side under the left and through the loop you've just made.</p>
	<p>Step 5:</p> <p>Pull the ends tight.</p>

“Knot” Your Average Activity

How to Tie a Packer’s Knot – Making 8

	<p>Step 1:</p> <p>You need a short end (black) and a long end (blue) for this knot. Cross the long end over the short end.</p>
	<p>Step 2:</p> <p>Take the short end of the rope and cross it over the long end. Make it look like the start of a figure eight.</p>
	<p>Step 3:</p> <p>Bring the short end under the rope that is looped around your object. It should look like a figure eight turned on its side.</p>
	<p>Step 4:</p> <p>Pull the end of the rope into the loop at the bottom of the figure eight. The long and short ends of the rope should be pointed in the same direction.</p>
	<p>Step 5:</p> <p>Hold both ends and pull your knot tight. It should look like the picture! The knot will slide along the long end of the string, which makes it easy to tighten and loosen it.</p>

	Rocks	Pebbles	Sticks	Long Grass
Straight ahead				
Turn right				
Turn left				
Do not go this way				

I have gone home



Number of paces
in direction indicated





Girl Guides of Canada

