

SPARKS GO WILD ALL YEAR

A SPARK AND MOM CAMP TO GO
FROM THE BC CAMPING COMMITTEE



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INTRODUCTION

Sparks love to celebrate anything, so what would be more fun than celebrating a whole year of holidays in one action-packed weekend?! You can start out the weekend by ringing in camp like it is the New Year, dress up for a Halloween ball and even wake up on Christmas morning!

Sparks are full of adventure, and love camps and sleepovers. Often it can be Spark parents that are more nervous about Sparks camping than the girls. This camp works wonderfully as a Spark and Mom residential weekend camp (two nights), but these activities can certainly be adjusted to be used for a one night camp, sleepover, or day camp.

In this package, you will find the program outline, and a variety of activities, games, and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides Own, kit list, and a parent information notice. Build your camp to suit your time of year, location, and number of girls. Pick the activities that work for you and your girls, and draw on the strengths and knowledge of your Guiders and parents! Keep in mind that because each Spark will have an adult with her, you are able to do crafts and activities that would usually be beyond a Sparks' ability level. Special thanks to the West Point Grey District Sparks Guiders for their expertise and activity ideas.

Remember to use the most recent [Safe Guide forms](#) and to have them assessed as appropriate. Be sure to inform your Camping Advisor and District Commissioner of your camping plans, and draw on the resources available to you within your district (Camping, Music, Program Advisers, local trainers, etc.).

Crests order forms are available on the BC Girl Guides website (<https://www.girlguides.ca/WEB/BC/>), and crests are \$1.00 each for units from BC. There is also an evaluation form at the end of this package, and we would love to hear feedback from you regarding this camp. We love receiving pictures, so please send photos from camp (making sure that everyone in them has image releases in iMIS) and feedback to the BC Camping Committee at bc-camping@girlguides.ca.

In this camp, as in every camp, a vast amount of material has been covered and learning has happened. Please, be sure you are adding activities completed to the girl's Girls First program.

The BC Camping Committee has two rules in addition to Safe Guide that we ask you follow at each and every camp:

1. Be a No Trace Camper – Take only pictures, leave only footprints
2. Have FUN!!

PROGRAM SCHEDULE

Friday

- 6:30pm** Campers arrive at camp.
Set up beds in cabins, decorate cabins.
Girls decorate place mats and/or nametags.
- 7:30pm** Opening Ceremonies – New Year’s Eve
- Count Down to Camp (with sparklers, party hats, noise makers)
 - Camp Rules
 - Introductions – Guiders, First Aider, Quarter Master, Sparks, Moms
 - Divide into program groups and introduce yourself
- 8:00pm** Mug Up – Chinese New Year
- 8:30pm** Get ready for bed, bed time story
Lights out for girls
Snacks and social time for adults
- Fill in moms on expectations for camp, etc.
 - Stockings – each mom to sew a stocking for her daughter using felt, embroidery floss, etc. to open Sunday morning. Present these to the moms now and they can work on them when they like (keeping them a secret from the girls).

Saturday

- 7:00am** Girls allowed up to colour and make Valentines (let moms sleep, if possible)
- 8:30am** Breakfast – Valentine’s Day
- 10:00am** – First two of four round robin stations (40min each plus transition time,
11:45am snack in the middle)
1. Mother’s Day (recommended for Spark & Mom camps)
 2. Thinking Day (recommended for all camps)
 3. Choice of station from the Holiday section
 4. Choice of station from the Holiday section
- 12:00pm** Lunch – Cinco de Mayo

- 1:15pm** – Last two of four stations (40min each plus transition time)
2:45pm
- 2:45pm** – Easter Egg Hunt
3:15pm
- 3:15pm** Afternoon Tea – Mother’s Day/Easter/other tea-related celebration
- 4:00pm** Free Time
- 6:00pm** Dinner – Thanksgiving
(change into costumes after dinner)
- 7:00pm** Campfire & Halloween Ball
- 8:00pm** Mug Up – Christmas Eve
- 8:30pm** Ready for bed, Bedtime Story
Lights out for girls
Guiders prepare stockings for the morning with the girls’ crafts, crests, picture frames, treats, etc.
- Sunday**
- 7:00am** Girls allowed to get up; pack up before breakfast
- Have a craft or quiet activity ready for girls who are ready quickly
- 8:30am** Breakfast – Christmas Morning – Girls open their Stockings!
- 9:45am** Wide game, Scavenger Hunt, and/or outdoor clean-up for girls while moms and Guiders clean the cabin for check-out
- 10:45am** Closing ceremonies/Guides Own
Goodbyes & Thank You
***The 12th Vancouver Sparks do this camp in November, and have included a Remembrance Day observation here*
- 11:15am** Depart camp

PROGRAM WORKSHEET

Friday

Time	Activity	Responsible Guider	Equipment Needed
6:30pm	Greet Campers		
	Organize cabin assignments		
	Place-mats		
	Name tags		
7:30pm	Opening		
8:00pm	Mug Up		
8:30pm	Bed		
9:00pm	Stockings		

Saturday

Time	Activity	Responsible Guider	Equipment Needed
7:00am	Valentines		
8:30am	Breakfast		
10:00am – 11:45am	Station 1		
	Station 2		

Time	Activity	Responsible Guider	Equipment Needed
	Station 3		
	Station 4		
	Snack		
12:00pm	Lunch		
1:15pm – 2:45pm	Last two of four stations		
2:45pm – 3:15pm	Easter Egg Hunt		
3:15pm	Afternoon Tea		
4:00pm	Free Time		
6:00pm	Dinner		
7:00pm	Halloween Ball		
8:00pm	Mug Up		
8:30pm	Bedtime Story		
9:00pm	Prep for Sunday		

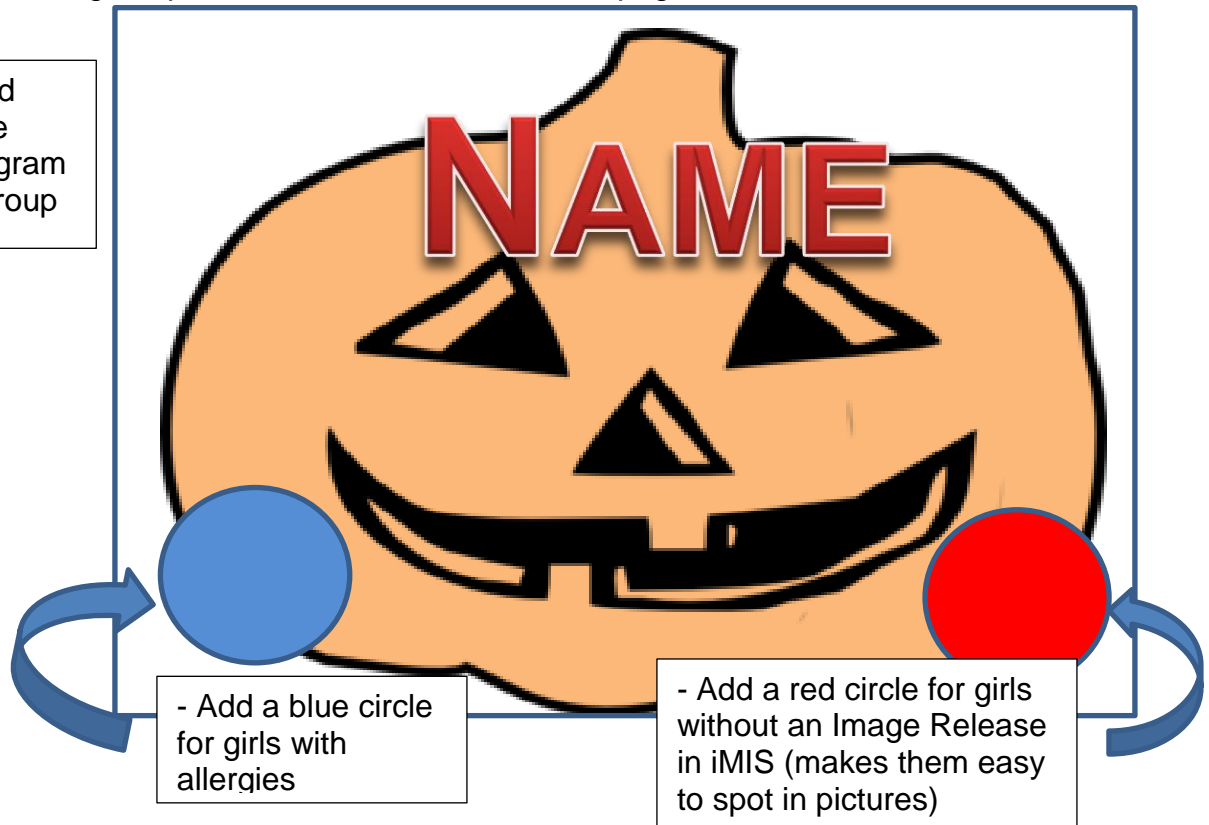
Sunday

Time	Activity	Responsible Guider	Equipment Needed
7:00am	Pack up		
8:30am	Breakfast		
9:45am	Wide game /Scavenger Hunt		
10:45am	Guides Own		
11:15am	Depart camp		

SAMPLE NAME TAG

A printable name tag templateS can be found on the last page of this document.

- Background colour/shape denotes program and chore group



- Add a blue circle for girls with allergies

- Add a red circle for girls without an Image Release in iMIS (makes them easy to spot in pictures)

TIPS & HINTS

Patrol Duties/Chores

Duties should include: helping with meal preparation, setting and clearing the table, dishes, sweeping the floors, tidying washrooms, etc. You know your girls and your camp location best, so your team can decide how and where the girls can be most helpful.

NOTE: Often the girls aren't terribly helpful, but it is important for them to get used to helping with chores at camp. Try to find jobs at each station that the girls can help with: washing and cutting fruit, flipping one pancake, ripping lettuce for salad are all great ways the girls can help in the kitchen.

Sample Chore Chart

Time	Meal prep & setting tables	Wiping tables, sweeping floors	Lats	Dishes
Saturday Breakfast	Group A	Group B	Group C	Group D
Saturday Lunch	Group D	Group A	Group B	Group C
Saturday Dinner	Group C	Group D	Group A	Group B
Sunday Breakfast	Group B	Group C	Group D	Group A

Designating Boundaries

For Sparks and Brownies you can use "Mr. Happy" and "Mr. Grumpy" faces cut out of fluorescent poster board. Use a plate to trace then cut out 9 per page. Use bright pink and lime green colours. Draw happy faces on the pink ones and grumpy faces on the green ones then post them around the camp to establish boundaries. If you have Guides or Pathfinders attending the camp with Sparks and Brownies they love to put these up for you. At the end of camp take them down and give them to the girls to take home.



NOTES AND TRICKS FOR CAMPING WITH MOMS AND DAUGHTERS

What if a girl doesn't have a mom? An aunt, grandma, family friend, cousin, or older sister can all be options as camp companions. Flexibility is key in situations such as these; you may decide to allow a dad to come to camp, in which case, pay close attention to the most recent version of Safe Guide, as there are a number of rules that need to be followed for males to stay the night at camp.

It can be helpful to give moms lots of notice about the dates of camp itself, especially for families with shared custody agreements. Moms may need to make sure that they have appropriate time off work, childcare for other children, or that it is their weekend with their daughter, so giving them idea of what you have in the works is important early on.

It is important to keep in mind that many moms will have a hard time not doing everything for their daughters. It is worth reminding moms that you are training the girls for camping without them, so they shouldn't be clearing their daughters' plates, etc. Let the girls do things for themselves (and their moms) as much as possible!

Putting the moms into chore groups as well as the Sparks often works well, because Spark and Mom camps can tend to have one of two types of dynamics: 1. Every mom wants to help with every meal, and the Quarter Master/Guiders are constantly having to shoo them away, or 2. None of the moms are ever around to help, and the QM/Guiders are constantly having to hunt someone down for help. Having moms in duty patrols means that you always have a few moms who know they are supposed to help, and where.

From page 20 of the July 2013 version of Safe Guide (the most current version at the time this was released): *For mother/daughter sleepovers and camps, when girls are coming with their female parent/guardian or another significant female adult selected by the family, each girl will be under the care of this person and a PRC is not required.*

PROGRAM NOTES

Place mats: very simple to make, and can be terribly useful! Girls and moms can decorate pieces of construction or other coloured paper, which can be 'mack-tacked', laminated with a laminator or packing tape, or simply put into a large Ziploc freezer bag. Place-mats allow you to manipulate where the campers sit for each meal, which can help with encouraging the girls to make new friends and the moms to both mix themselves amongst the girls and give their daughters some time on their own.

Name tags can be made in advance or made/decorated at camp. Different shapes or pictures for program groups of Spark and Mom pairs can be used, and you can use name tags to help identify girls with an Image Release "No", food allergies, or other health concerns. There is a sample name tag on page 8.

Program group suggestions: Birthstones, Zodiac symbols, Holidays: Christmas Trees, Jack O-Lanterns, Shamrocks, Maple Leaves, Hearts Seasons: Snowflakes, Flowers/Raindrops, Sunshine, Autumn Leaves

Stockings: these can be easily sewn by moms, Guiders, or Guides/Pathfinders who may be camping with you. Stockings are a great surprise for the girls on Sunday morning, and they are even better if your camp/cabin happens to have a fireplace to hang them by. Stockings can be stuffed with the girls' crafts from the weekend, their camp crest, an orange, stickers, small treats like a candy cane, or other surprises. Use two pieces of felt, and sew together with embroidery thread and embroidery needles. You can make or print a pattern, or see how unique they can all turn out without one.



Decorations: there are no wrong answers when it comes to decorations for Holiday camp! Try having corners, areas, or cabins for each holiday, or go crazy and decorate everything with things from all year round.

Easter egg hunt: this can be executed in a number of ways. Laminated pictures of Easter eggs can be hidden, chocolate or plastic eggs with treats in them work as well, or you can have the girls decorate eggs in a program station that they search for in the Easter egg hunt! The hunt can have clues, or be a free for all. This could be a way to teach the girls trail signs while having a pay off at the end of the trail.

To use this camp for Brownies: it's fairly simple, have a weekend camp without moms. You could also focus on more international holidays, different foods, crafts, games, etc.

HOLIDAYS - GAMES, CRAFTS, ACTIVITIES

Mother's Day

Picture Frames

Have the girls decorate picture frames with their moms, store bought or homemade. Bring a camera, and take a picture of each mother/daughter pair, preferably somewhere with a picturesque camp background. Ideally, you will be able to print the pictures at some point during Saturday afternoon or evening either by bringing a printer, or someone going 'to town' to print the pictures. This way, you can surprise the Sparks and moms on Sunday morning with their framed Spark/Mom pictures.



Bath Bombs

MATERIALS (makes 1 dozen ice cube sized bombs)

- 1/2 cup citric acid
- 1 cup baking soda
- 3/4 cup cornstarch
- 1/4 cup organic cane sugar
- About 6 drops food coloring
- 10 to 15 drops essential oil(s)
- Spray bottle



STEPS

1. Stir together citric acid, baking soda, and cornstarch in a glass measuring cup.
2. Pass mixture through a fine sieve or a flour sifter into a mixing bowl. Stir in sugar.
3. Fill spray bottle with water, and add food coloring. Spritz mixture lightly (it should become damp but not fizzy) until you can pack mixture with your hands.
4. Using pipette, add oil, 1 drop at a time, until strength of scent is to your liking. Using a metal spoon or your hands, mix ingredients until color is even throughout (mixture will begin to dry out; when this happens, spritz until packable again).
5. Spoon into ice-cube tray, pressing firmly. Let dry at room temperature overnight. Pop out of tray gently. Transfer to jars.

Thinking DayCupcake Craft

Needed:

Christmas balls

Muffin papers

Decorations – sparkles, jewels, stickers, shapes

Tacky glue

Glue gun & hot glue

Using hot glue, glue the Christmas ball into the muffin cup, and have the girls decorate their cupcakes using tacky glue

The Story of Girl Guides – Action Story

There are MANY action stories about the history of Girl Guides, from stories of the Crystal Palace rally, to the life of Lord Baden Powell. Many Sparks won't know the story, and likely many of the moms wouldn't either. The Campfire Activities book has a few of these stories, and many can be found online as well. Try looking at these sites for an action story idea:

<http://guidingjewels.ca/>

<http://dragon.sleepdeprived.ca/>

Proper, Proper, Proper Obstacle Course

From the Manitoba Girl Guides Celebration Instant Sleepover (<http://www.girlguides.mb.ca/Downloads/Celebration%20book.pdf>)

Supplies Needed: Pillow/Book, painters tape, items such as teddy bears, adult high heels

Instructions: Set up an obstacle course for the girls in which they must use their best manners and learn how to properly greet Lord and Lady Baden Powell.

Obstacles to go through include:

Walking in a straight line, laid out with painters tape, in adult size high heels with a pillow/book on your head, to the leader on the other side of the room then... Full curtsy (right leg behind the left leg and dip, keeping back straight) then... Shaking hand in the Girl Guide way... then heading back to the other side of the room, picking up toys such as teddy bears with your back straight and your head high up in the air.

Canada Day

Sample activities from the Cross Canada Challenge on MemberZone

Potato Printed Shirts or Pillowcases (PEI)

For more information on PEI check out: www.gov.pe.ca

Materials: potatoes, paring knife, paint, fabric paint, white T-Shirts, computer graphics (use simple shapes from clip art), scissors.

The Guiders will have to cut a potato in half and place the graphic on the potato and cut around the shape. The cut should be 1/8 of an inch deep. Try to keep the potato moist – this will help the graphic stay in place. Slice around the outside of the potato cutting about 1/8 of an inch of the top layer. Dry potato with a towel. Girls can then brush on paint and stamp the image and set aside to dry.

Polar Bears (Manitoba)

For more information on polar bears log on to: www.polarbearsalive.org.

(Craft taken from:

<http://www.twigglemagazine.com/January-activities/polar-bear-craft.html>)

Materials Needed:

- Styrofoam cup
- Cotton round
- Wiggly eyes
- Glue, scissors, black marker
- Black construction or craft paper
- White construction or craft paper

1. Cut head and arm shapes out of white craft paper.
2. Cut a small circle out of a cotton round and glue to the head.
3. Cut a black nose out of black construction paper and two small ears out of white construction paper and glue on the cotton round circle.
4. Draw a mouth with a black marker.
5. Add wiggly eyes and glue to the Styrofoam cup as shown in picture.
6. Glue arms to the side of cup.



A Spark Style Rodeo (Alberta)

The Calgary Stampede is a ten day event held in Calgary, Alberta every July. There are cowboys and rodeos, chuckwagons and marching bands! Create your own Spark Style Rodeo. Yee Haw!

Station 1: Cowboy Dress Up Relay - Put a pile of cowboy clothes at one end of the room. See how quickly you can put all the clothes on and run back and take off the clothes and the next person on your team will go.

Station 2: Cowboy Hat Toss - See how far you can throw your cowboy hat!

Station 3: Hoe Down Freeze Dancing - Play some country tunes and dance while the music is playing. Freeze when it stops.

Station 4: Bucking Bull - Get down on all fours and place a doll on your back and see how long it stays on as you buck like a bull

Station 5: Pony Parade - Have a race galloping like a pony, as

individuals or in teams.

Station 6: Branding Contest - Design a brand to put on your cattle if you were a rancher.

Station 7: Steer Roping - Use a rope and try to lasso a stuffed bull.

Earth Day

Outdoor Service Project: Depending on your location, there is usually something that you can do as an outdoor service project, such as trail clean up, planting flowers, pulling weeds, trimming bushes, etc.

Prey/Predator Game

Materials: Food, water, and shelter tokens or some sort

- Lay out the game materials and identify a safe area for prey. Hula hoops work well to identify safe hiding spots. Food, water, and shelter tokens go at the far end of the field, and there should be one of each for each prey.
- Divide the girls into prey and predators.
- The prey must get one of each of a food, water, and shelter token to survive until the next generation (game round). They can only get one token on each trip, and if tagged by a predator, they move to the sidelines and hand their tokens to the predator.
- All the prey starts at the end of the field in the safe area with no food tokens.
- The predators start on the sidelines, and must give a 10 second head start to the prey.



Planting Seeds: Use half of an egg carton per girl to plant six different seeds. You will need soil, seeds, egg cartons, watering can, popsicle sticks and sharpies to label the seeds. The egg carton itself, as a biodegradable product, can be planted when the girls get home.

International Day of the Girl

Buttons: To reinforce positive self-esteem messages (from the Love Yourself Challenge on MemberZone).

Needed:

A button maker, shrink art materials or even plastic laminate sheets and safety pins

Paper, markers and/or pencil crayons



What to do:

Brainstorm as a group messages that encourage and build healthy self-esteem.

For example: Love yourself; I am beautiful; I am great.

Ask the girls to create a button with a personalized, empowering message for a friend.

Ask your District or Area Program Adviser if there is a button maker within the District/Area that you can use.

Positive trait game: encourages girls to brainstorm positive traits that are reflective of themselves and their peers (from the Love Yourself Challenge on MemberZone).

Needed: Flip chart and markers

What to do:

- Have the girls suggest positive traits about themselves and the other girls around them using each letter of the alphabet
- The trait needs to match up with each letter in the alphabet. For example: A could stand for “Awesome friend”, B could stand for “Beautiful smile”, etc.
- Ask the girls to continue until each letter of the alphabet has a positive trait listed. Ask them to shout out whatever comes to mind
- Using the flip chart, have a Guider or guest helper write down the girls’ answers

Other Girls’ Lives (from the Girl Guides of Australia International Day of the Girl Activities

[http://www.girlguides.org.au/public/attach/INTERNATIONAL%20DAY%20OF%20THE%20GIRL%20CHILD%20ACTIVITIES%20\(2\).pdf](http://www.girlguides.org.au/public/attach/INTERNATIONAL%20DAY%20OF%20THE%20GIRL%20CHILD%20ACTIVITIES%20(2).pdf)).

Leaders will need to read the background story to the girls. For added interest have some pictures of life in Kenya and a map of the World to locate Kenya. Kakenya’s story can be found at <http://www.kakenyasdream.org>. There is a powerful video link at <http://www.youtube.com/watch?v=CR66wYYJrpM>.

Background: Kakenya is a girl growing up in a small village in Kenya. In Kenya, when girls are old enough to walk, they learn how to sweep the house, collect water from the river and to cook for their family. They can only go to school if they have finished all their chores. Sometimes they are even engaged to be married by the age of 5. At 13 they are considered to be women and often get married and no longer go to school.

Activity: Give the girls a page divided in half. On one half ask them to draw a picture of a day in the life of Kakenya and on the other half draw a day in their own life.



Debrief – ask leading questions such as: How is it the same or different from your family life? How has this story helped understanding the lives of girls from other cultural backgrounds?

Diwali

Tin Can Lanterns

SUPPLIES



- Washed aluminum cans (one per lantern)
- Wire - 18-21 gauge
- Hammer
- Nails or Awl
- Pliers
- Sharpie
-


1. The night before, fill cans with water and freeze them.
2. Draw out the design on the can using a sharpie.
3. Using a hammer and an awl or nail, punch holes in the can to draw the design. When finished, run the can under hot water to melt the ice, and clean off any remaining ink from the can.
4. Snip a length of wire and attach it to the can through two holes punched on opposite sides near the rim. Use pliers to crimp the ends closed.



MENU & RECIPES

Friday Mug Up	Chinese New Year
	Spring Rolls, fortune cookies, chocolate covered coins in red envelopes
Saturday Breakfast	Valentine's Day
	Heart-shaped pancakes, fruit, bacon,
Saturday Snack	Edible confetti (Trail Mix)

<p>Saturday Lunch</p>	<p>Cinco de Mayo</p>
	<p>Quesadillas – on a buddy burner , Soup, Veggies & Dip <i>Black Bean Soup:</i> serves approximately 30</p> <p>4TBSP vegetable oil 2 onion, diced 8 carrots, diced 8 celery stalks, diced 8 minced cloves of garlic 2 tsp dried oregano 1 tsp ground cumin salt & pepper to taste 8 cups vegetable stock 8 cans (540mL/19 oz each) black beans, drained and rinsed 8 TBSP chopped fresh cilantro or green onions Sour cream to garnish</p> <p>In a large pot, heat oil over medium heat; fry onions, carrots, celery, garlic, oregano, cumin, salt and pepper, stirring occasionally, until softened, about 5 minutes. Add stock and 16 cups (4L) water. Add beans and bring to boil; reduce heat, cover and simmer for 20 minutes. Garnish with cilantro and sour cream.</p> 
<p>Saturday Afternoon Tea</p>	<p>Serve High Tea (or high hot chocolate), in real tea cups if possible Finger sandwiches</p>
<p>Saturday Dinner</p>	<p>Thanksgiving Dinner</p>
	<p>Depends how ambitious you are! Can be roasting a turkey, chicken, or ham, or roasting turkey/chicken breasts.</p> <p>Turkey/Chicken/Ham Gravy Stuffing Roast carrots Mashed potatoes</p> <p><i>Stuffing:</i> Stuffs one turkey, or can be made on the side ½ cup butter 1 large sweet onion diced 2 Tbsp. ground sage 5-6 stalks of celery chopped 1 bunch parsley chopped 1 loaf of bread cut into pieces about the size of a loonie</p> 

	<p>Melt butter in a large pot. Add diced onion and sage, and sauté until the onion is soft. Add celery and parsley and mix into onions, allowing the celery to cook slightly. Add bread, and coat with the butter and vegetable mixture. Put stuffing onto a sheet of tin foil and roll the edges together to make a package. Bake at 350F for 20-30 minutes.</p>
<p>Saturday Mug Up</p>	<p>Christmas Eve – Hot chocolate, candy cane, gingerbread men</p>
	<p>Hanukkah</p>  <p><i>Latkes – makes 12 to 16</i> 1 pound potatoes ½ cup onion, finely chopped 1 egg, lightly beaten 1 tsp salt Olive oil Sour cream and applesauce to garnish</p> <p>Preheat oven to 250F. Peel potatoes and grate them with a cheese grater or a food processor. Transfer to a large bowl of cold water to rinse, then drain in a colander. Spread grated potatoes and onion to a kitchen towel, roll, and twist to wring out as much liquid as possible. Transfer mixture to a bowl and stir in egg and salt.</p> <p>Heat ¼ cup oil in a large non-stick skillet over moderately high heat until hot but not smoking. Working in batches of 4 latkes, spoon 2 TBSP potato mixture per latke into skillet, spreading into 3-inch rounds with a fork. Reduce heat and cook until undersides are browned (about 5 minutes). Turn over and cook undersides until browned. Transfer to paper towels to drain, season with salt, and keep warm in the oven.</p>
<p>Sunday Breakfast</p>	<p>Christmas Morning</p>
	<p>Yogurt, fruit, toast bar, cereal</p> <p><i>Toast Bar:</i> Toast can be an exciting breakfast for Sparks, with little clean-up for adults!</p> <p>Prepare slices of toast and let the girls choose their toppings. Topping suggestions: butter, a few different kinds of jam including something that the girls likely haven't tried (strawberry rhubarb jam?), peanut butter (if the allergies of your group allows), nutella, cinnamon sugar, bananas, powdered sugar, cheese whiz, anything you think might be fun to try!</p>

GRACES

Singing a grace before a meal is a tradition that has lost popularity over the years, but it is still nice to thank those responsible for your food before eating it. Singing grace doesn't have to be involved in religion at all, try some of these out for example:

Modified Superman Grace (to the tune of the Superman theme)

Thank the cooook, for making us food,
Thank the cooook, for making us food,
For the food we eat, and the friends we meet,
Thanks the cooook, for making us food
Looks great!

Modified Adams Family Grace (to the tune of the Adams Family theme song)

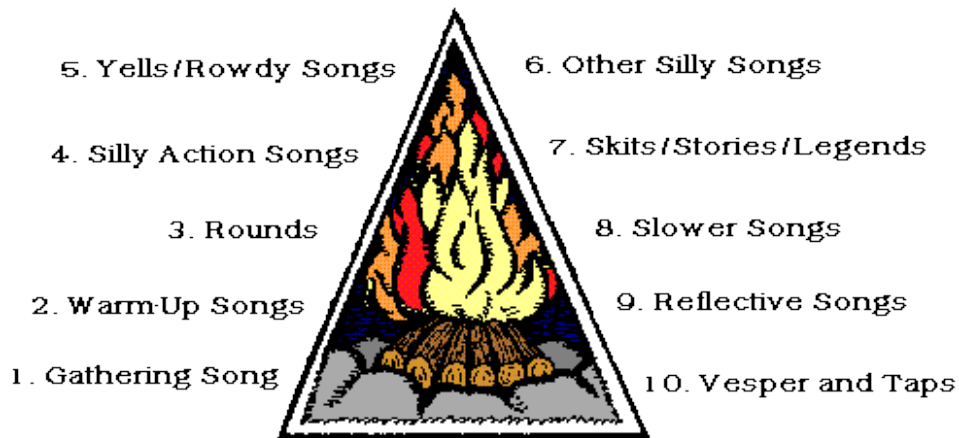
Da duh da duh <snap><snap>
Da duh da duh <snap><snap>
Da duh da duh da duh da duh da duh da duh da duh <snap> <snap>
We're thirsty and we're hungry
The food looks mighty yummy
We want some in our tummies
And so we thank the cook
Da duh da duh <snap><snap>
Da duh da duh <snap><snap>
Da duh da duh da duh da duh da duh da duh da duh <snap> <snap>

Fork Knife Spoon Spatula

I'm a fork, knife, spoon, spatula
Cha Cha Cha
I'm a fork, knife, spoon, spatula
Cha Cha Cha
I'm a fork, knife, spoon, I'm a spoon, knife
fork, I'm a fork, knife, spoon, spatula
Cha Cha Cha
Actions: put your arms above your head and mimic the shapes of a knife, fork, spoon and spatula, and wave your arms back and forth for the Cha Cha Cha



CAMPFIRE



Fire's Burning
 Celebrate with Light
 This Little Guiding Light of Mine
 I Like the Flowers
 Chinese Fan
 Auntie Monica

Swimming Hole
 Skit or Action Story
 The Cukoo
 Silver & Gold
 On My Honour
 Spark Closing
 Taps



GUIDES OWN & REFLECTIONS

Guide's Own is a special ceremony. It can be used at a camp or any event for personal reflection. It can also be used as a time to give thanks for all we have and our special guiding friends. Guide's Own can be adapted for use with girls of all ages.

A Guide's Own ceremony can be as simple or as complex as you would like to make it – but keep in mind the age of your girls. Also keep in mind the dynamics of your group. Some are much more introspective than others. As the girls get older this is an activity that they can participate in and eventually plan, similar to a campfire.

A Guide's Own can consist of a quiet time, some reflective poems depicting the theme of your camp, a reading of some sort, a song, a short story, or any combination of these.

Simple Thank you to Camp

Ask the campers, as they are helping to pack and clean up, to pick up a rock, twig, or other piece of nature (not living) that is special to them. At your Guide's Own ceremony, ask the campers to come forward, one at a time, and place their rock/twig/etc. in the middle of the circle, and think of something at camp that they are thankful for or they will take away from camp. Campers don't need to share what it is they are thinking of or thankful for; it can be a silent reflection of camp, and a thank you to the camp itself.

A Star and a Wish

This is a good one to use for Sparks since it involves the girls but in a relatively easy way. Each girl and adult takes a turn to say one thing they really liked about the camp (the star) and something that they might not have liked so much or something that they would have liked to do but didn't or something similar to that (the wish). You can incorporate that into the closing and not have a formal Guide's Own scheduled for a separate time.

**Quotes**

Bob Hope – “My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?”

Robert Louis Stevenson – “A friend is a gift you give yourself”

**Go Well and Safely** – (Departing Song)

Go well and safely,
go well and safely,
go well and safely,
may peace be ever with you.

Stay well and safely,
stay well and safely,
stay well and safely,
may peace be ever with you.

Live well and safely,
live well and safely,
live well and safely,
may peace be ever with you.

GUIDER EQUIPMENT LIST

Items not listed under Crafts, Games or Activities. Check with the camp to see what is provided.

- Tarps, blankets or tables to do crafts on
- Extra blankets for “cold” girls
- First Aid kit
- Whistle
- Watch or clock
- Camera for group photo & other pictures
- Camp Crests (Optional)
- Safe Guide forms: Girls' and Leaders' Health forms (H.1 & H.2), SG.3, SG.4, H.3, H.4
- Available phone if not provided (cell phone)
- Camp menus & food
- Camp tools- hatchet if needed for campfire, shovel for dirt for campfire safety
- Marshmallow sticks, if desired
- Matches, lighter, newspaper (for starting a fire)
- Duct tape
- Cooler
- Camp stove with extra fuel (propane canister if small or white gas if using this type of stove)
- Lantern with necessary hoses
- Cooking utensils & cookware

Suggested items: pots, fry pan, can opener, knives, spoons, spatula, juice jug, water jug, bowls, coffee pot, kettle, pot holder, cutting boards, grater, measuring cups/spoons, toaster.

Other kitchen items: coffee, salt, pepper, baking soda (in case of grease fires), tin foil, paper towels, kitchen towel, wipes, non-stick cooking spray or oil, tablecloths, napkins, rubber gloves, garbage bags, food handling gloves, zip-lock bags, rope for clothes line & clothes pins

Dish washing – 3 pans, biodegradable soap, clothes and towels, bleach, scrubbies,

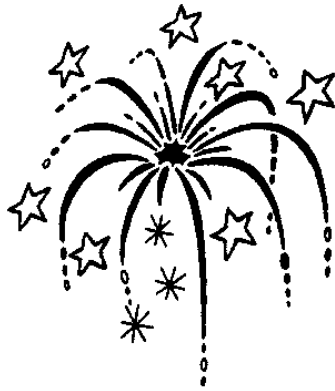
- Hand sanitizer if using biffies – hand soap if not
- Water jug
- Buckets, - water, fire safety

PARENT INFORMATION NOTICE

Sparks Go Wild ALL YEAR Spark & Mom Camp

Friday, _____ to Sunday, _____

Sparks and their moms are invited to join us for a weekend of camping fun as we celebrate a year's worth of holidays in one weekend! We will ring in camp like it is the New Year, dress up for a Halloween ball and even wake up on Christmas morning!



<Insert information about the camp location>

For the moms it will be a chance to spend some quality time with your daughter, meet the other girls and mothers, and learn more about Guiding and what it is we do as Sparks! For the girls, it will be a chance to spend one-on-one time with their moms, get to know their fellow Sparks, practice their camping skills, and hopefully gain the confidence they need to attend camp by themselves later in the year.

When: Friday, Day Month, Year
Arrive at camp at 6:30pm
to
Sunday, Day Month, Year
Departure from camp at 11:15am

Where: Location

How Much: The cost for the weekend will be \$XX per Spark and Mom pair

What To Bring: See Kit List attached.

If you and your daughter would like to attend, please return your forms and payment by

_____.



If you have any questions or concerns, please do not hesitate to contact _____.
We would like to have as many participants as possible, and we will do whatever we can to ensure that you and your daughter have an extra special weekend!

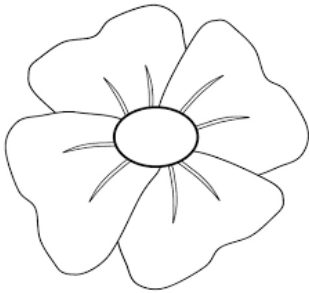
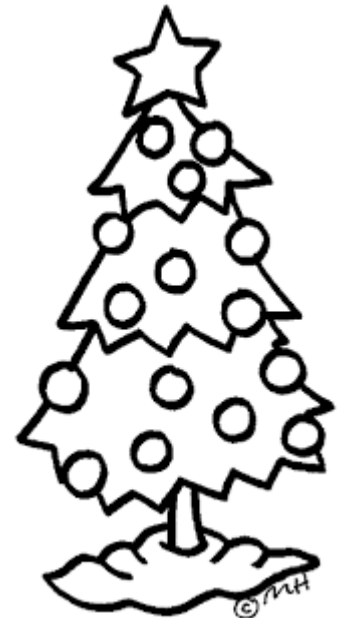
RESIDENTIAL CAMPING KIT LIST

BED ROLL:

- Sleeping bag & small pillow (bunk beds have mattresses)

CLOTHING:

- Spark t-shirt (girls should travel to camp in it)
- 2 pairs of long pants
- 2 long sleeved shirts
- 3 changes of underwear
- 4 pairs of socks
- Warm pajamas
- Warm sweater/sweatshirt
- Warm hat (toque)
- Gloves or mitts
- Rain gear (water-proof jacket & pants)
- Rain boots
- Outside shoes for dry weather
- Indoor shoes or slippers



OTHER:

- Costume for the Halloween Ball (Moms too!)
- Flashlight & extra batteries
- Water bottle
- Toothbrush/paste, soap, and other toiletries
- Brush/comb
- Small towel & wash cloth

OPTIONAL:

- 1 Small stuffed animal for bedtime
- Camera
- Book/quiet time activities
- Camp blanket



REMINDERS:

- We will be going outside rain or shine, so please make sure you have the appropriate clothing for the weather.
- Girls are expected to wear hats at all times when outside at camp. Moms should help us set a good example.
- Remember “**a warm camper is a happy camper**” and that wool, fleece and synthetic materials are warmer than cotton for ANY clothing items!

Please ensure that ALL of your items are clearly labeled with names (including bags for sleeping bags)!

TENT CAMPING KIT LIST

(or Residential without bunks/mattresses)

BED ROLL:

- 1 warm sleeping bag
- 1 sleeping mat – nothing that has to be blown up with a pump, please!
- 1 small pillow (or pillow case to stuff with clothes)
- 1 small tarp
- rope for tying bed roll

CLOTHING:

- Spark t-shirt (girls should travel to camp in it)
- 2 pairs of long pants
- 2 long sleeved shirts
- 3 changes of underwear
- 4 pairs of socks
- Warm pajamas
- Warm sweater/sweatshirt
- Warm hat (toque)
- Gloves or mitts
- Rain gear (water-proof jacket & pants)
- Rain boots
- Outside shoes for dry weather
- Indoor shoes or slippers

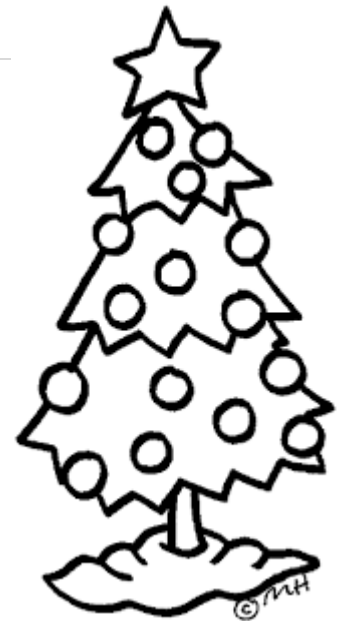
OTHER:

- Costume for the Halloween Ball (Moms too!)
- Flashlight & extra batteries
- Water bottle
- Toothbrush/paste, soap, and other toiletries
- Brush/comb
- Small towel & wash cloth

REMINDERS:

- We will be going outside rain or shine, so please make sure you have the appropriate clothing for the weather.
- Girls are expected to wear hats at all times when outside at camp. Moms should help us set a good example.
- Remember **“a warm camper is a happy camper”** and that wool, fleece and synthetic materials are warmer than cotton for ANY clothing items!

Please ensure that ALL of your items are clearly labeled with names!



OPTIONAL:

- 1 Small stuffed animal for bedtime
- Camera
- Book/quiet time activities
- Camp blanket



EVALUATION FORM

Please share with us what you liked about this Camp to Go, and any things that we could improve on for next time! Thanks for your input, and Happy Camping!

WHAT DID YOU LIKE BEST?

WHAT WORKED/DIDN'T WORK FOR YOU?

WHAT COULD WE IMPROVE ON FOR NEXT TIME?

COMMENTS

Please return to:
BC Camping Committee
107-252 Esplanade Ave W.
North Vancouver, BC V7M 0E9

or e-mail to:
bc-camping@girlguides.ca



