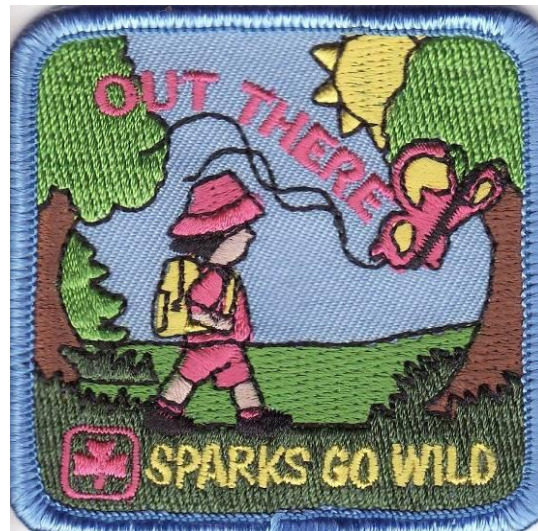


## SPARKS GO WILD OUT THERE

A DAY OR OVERNIGHT CAMP TO GO  
FROM THE BC CAMPING COMMITTEE

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## INTRODUCTION

Sparks love to go on an adventure, and although camps and sleepovers can push them outside of their comfort zones, it isn't written anywhere that you can't take Sparks to camp. Often it can be Spark parents that are more nervous about Sparks camping than the girls. This package is written with the intention of using it as a one night residential camp or a day camp, but these activities can certainly be adjusted to be used for a two night camp, sleepover, or mother-daughter camp. This resource is here to share the excitement of nature, whether in your backyard, a local park or picnic area or a campsite. Nature is all around us, just waiting to be explored. Choose to spend a day out with your girls or take them on their first overnight adventure. Sparks love to sleep in tents, even if those tents are put up inside a building!

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!

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](mailto: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 – OVERNIGHT CAMP

### Saturday

- 9:00 – 9:30am** Registration
- Divide girls into groups
  - Hand out name tags and morning snack - trail mix or ants on a log
  - Girls set up beds and colour backpack name tags
- 9:45am** Opening
- Welcome & Introductions
  - Safety, rules and boundaries, etc.
- 10:00 – 11:45am** First three of six round robin stations (30 min each plus transition time, snack as girls are hungry).  
Choose stations from pages to follow. Mix of crafts and games is recommended.  
Depending on the number of girls at this event, you can divide girls into three groups, and do two sets of three stations, or divide girls into six groups, and do a round robin of six stations all day.
- 12:00 – 1:00pm** Lunch & Lend a Hand Duties
- 1:00 – 2:45pm** Last three of six stations (30min each plus transition time)  
Snack at the end of station 3 - edible campfire or trail mix
- 3:00 – 4:00pm** Free Time
- 4:00 – 4:30pm** Hat craft or game
- 4:30pm** Prepare for dinner
- Girls bring dress-up clothes for wild dinner (remember to take a group photo!)
- 5:00 – 6:30pm** Dinner & Lend a Hand Duties
- 6:30pm** Campfire and sharing time of what has been found or made during the day
- 7:30pm** Mug-up
- 8:00pm** Ready for bed, Bedtime Story  
Lights out for girls



**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 & Lend a Hand Duties
- 9:45am** Wide game, Scavenger Hunt, and/or outdoor clean-up for girls while a few Guiders clean the cabin for check-out
- 10:45am** Closing ceremonies/Guides Own & Group Photo  
 Hand out any Goodie Bags and/or crests (optional)  
 Goodbyes & Thank Yous
- 11:00am** Depart Camp

**PROGRAM SCHEDULE – DAY CAMP****Saturday**

- 9:00 – 9:30am** Registration  
 - Divide girls into jungle groups  
 - Hand out group name tags, and morning snacks (trail mix or ants on a log)  
 - Girls colour backpack name tags
- 9:45am** Opening  
 - Welcome & Introductions  
 - Safety, rules and boundaries, etc.
- 10:00 – 11:45am** First three of six round robin stations (30 min each plus transition time, snack as girls are hungry).  
  
 Depending on the number of girls at this event, you can divide girls into three groups, and do two sets of three stations, or divide girls into six groups, and do a round robin of six stations all day.
- 12:00 – 1:00pm** Lunch & Lend a Hand Duties
- 1:00 – 2:45pm** Last three of six stations (30min each plus transition time)  
 Snack at the end of station 3 - edible campfire or trail mix
- 2:45 – 3:30pm** Campfire
- 3:30pm** Group Photo & Guide's Own (Closing)

4:00pm

Sparks go home!

## PROGRAM WORKSHEET – OVERNIGHT CAMP

### Saturday

Time	Activity	Responsible Guider	Equipment Needed
9:00am	Registration		
	AM Snack		
	Name tags		
	Organize girls with beds		
9:45am	Opening		
10:00 – 11:45am	Station 1		
	Station 2		
	Station 3		
	Station 4		
	Station 5		
	Station 6		
12:00pm	Lunch		



<b>1:00pm</b>	Last Stations		
<b>2:45pm</b>	Snack		
<b>3:00pm</b>	Free Time		
<b>4:00pm</b>	Hat Craft/Game		
<b>4:30pm</b>	Prep for Dinner		
<b>5:00pm</b>	Dinner		
<b>6:30pm</b>	Campfire		
<b>7:30pm</b>	Mug Up		
<b>8:00pm</b>	Get Ready for Bed & Story		

**Sunday**

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



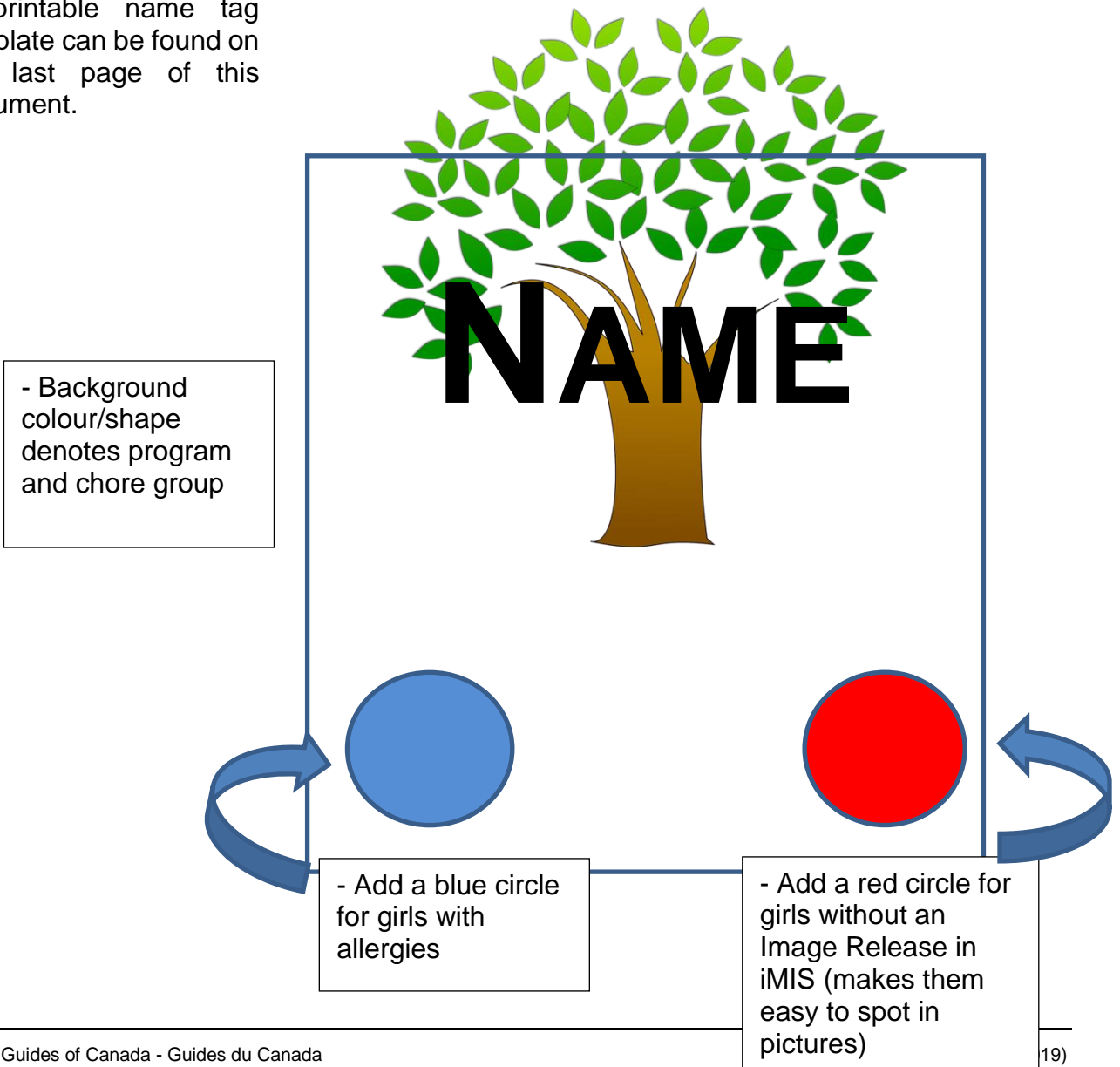
## PROGRAM WORKSHEET – DAY CAMP

Time	Activity	Responsible Guider	Equipment Needed
9:00am	Registration		
	AM Snack		
	Name tags		
9:45am	Opening		
10:00 – 11:45am	Station 1		
	Station 2		
	Station 3		
	Station 4		
	Station 5		
	Station 6		
12:00pm	Lunch		
1:00pm	Last Stations		
2:45pm	Snack		
3:00 – 3:30pm	Campfire		

<b>3:30pm</b>	Group Photo		
	Guide's Own		
<b>4:00pm</b>	Spark Departure		
<b>4:15pm</b>	Clean-up		

### SAMPLE NAME TAG

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



## 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	Dishes
Saturday Lunch	Group A	Group B	Group C
Saturday Dinner	Group C	Group A	Group B
Sunday Breakfast	Group B	Group C	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.



## PROGRAM NOTES

Please keep in mind that Sparks Go Wild will take place in a wide variety of venues at any time during the year with varying numbers of girls and adults at each camp. You may need to make adjustments for your specific situation. If something is included in this program that won't work for your Unit or location please adapt it or replace it with something else. The important thing is to make it work for you and the Sparks. You may need more outdoor games than crafts if the weather is perfect. If you know it's going to be below freezing or a downpour all weekend then plan for more craft time.

**Name tags** can be made in advance or made/decorated at camp. For day camps, pre-printed name tags on peel and stick name tag labels are great. For an overnight camp, you will probably want name tags that are pinned onto girls' tops/jackets. 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 10, and a printable template is available with this package.

**Program group suggestions:** Nature Themed

Insects: Lady Bugs, Damselflies, June Bugs, Honey Bees Grass Hoppers

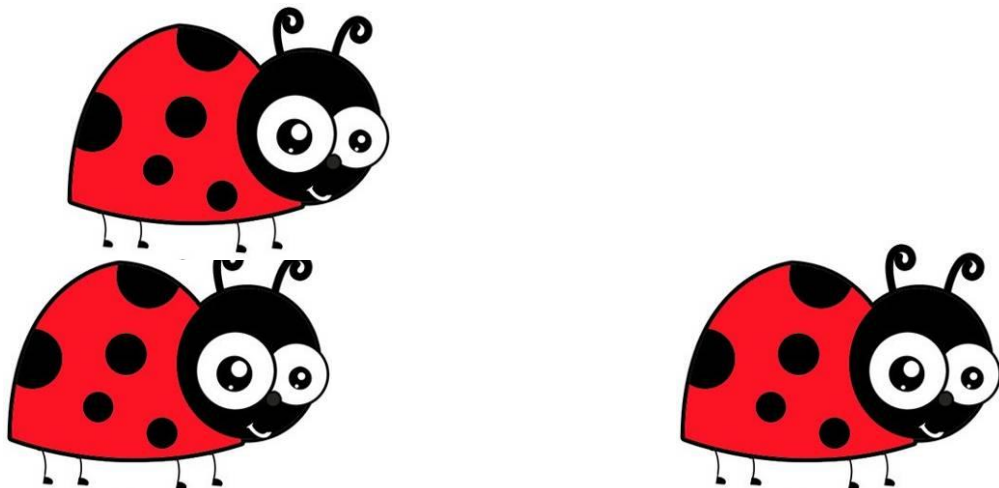
Birds: Robins, Sparrows, Swallows, Wrens, Hummingbirds

Plants: Daisies, Dandelions, Wild Clovers, Twin Flowers

**Decorations:** check your local stores for ways to "GO Wild" for the day or night. Have tapes or CDs with nature/animal sounds. Hang up butterfly nets, kites, birds or butterflies Decorate with plants (real or fabric) to make your own forest!

**Ideas for Goodie Bags:** mini notebooks, magnifying glasses, green wrapped candy or gummy worms or bugs, pencil or pen, mini compass, animal print mini duct tape, fake bugs or butterflies

**To use this camp for Brownies:** it's fairly simple, have a weekend camp (2 nights)! You could give the girls time to make hobby horses, lots of flowers to decorate the area, as well as more elaborate jewelry. You can also expand the race course and add more deportment tasks, making it a little more challenging.



## CRAFT IDEAS

### Paper Bag Owls

#### Materials

- small brown paper lunch bags
- Construction paper in different colours
- Glue
- Scissors
- markers and/or crayons

#### Steps

1. The paper bag is the body of your owl with the flat as the face
2. Cut out eyes, beak, feet and feathers from construction paper.
3. Glue owl pieces onto the bag in the appropriate places
4. Add finishing touches with crayon or markers



### Bandanas or Scarves

#### Materials

- dollar store bandanas or inexpensive cotton cut into squares for scarves in different colour for each group
- stitch or use pinking shears on the edges to prevent fraying if using material
- Scissors
- fabric paint or felts for girls to decorate and/or sign their scarf for a keepsake

### Window Decoration

#### Materials

- nature objects found on a walk (leaves, grass, flower petals, ferns)
- clear contact paper
- tape
- scissors
- hole punch
- ribbon

#### Steps

1. arrange the collection of nature objects on the sticky side of a piece of contact paper. (You may want the girls to arrange them first and then transfer). It also helps to have the contact paper taped down to keep it from moving.
2. Place a second piece of contact paper sticky side down on top of the objects and press to seal it.
3. trim the edges or cut into a circle or other desired shape
4. punch a hole in the top and hang it in a window with a short length of ribbon.



## Nutty Boats - hold a regatta on your table top with these simple walnut ships

### Materials:

- walnut shells
- leaves and twigs
- model clay or Plasticine

### Steps

1. For each you will need an intact half of a walnut shell
2. Thread a leaf onto a twig for a mast and a sail. Secure the mast to the inside of the shell with a small ball of clay



## Leaf Prints - These can be used to pictures or nature stationery. For a painted picture, use several pieces of paper and several different leaves.

### Materials

- paper
- chalk
- paint
- green leaves



### Steps

Paint method:

1. Lightly press the leaf into a paper covered in paint, then lightly press it again onto a blank sheet. The "leaf stamps" turn into a work of art.

Chalk rubbing method:

1. spread a piece of newspaper on a flat surface. Sandwich a leaf between the newspaper and a sheet of white paper
2. with coloured chalk, rub lightly over the leaf and see the pattern appear in chalk
3. Make an outline on your favourite leaf. Hold a leaf on a balk paper and working from the inside out, use the side of a piece of chalk to colour the leaf and the paper over the edge.
4. After rubbing the chalk across the leaf and paper all the way around, remove the leaf and see the outline





## Story Stones

### Materials

- small flat stones gathered from the beach or purchased at the dollar store
- fine felt markers

### Method

1. using the markers draw a picture of what was seen on a hike or a trip to the park
2. Let the stones dry and then use them to as prompts for the girls to tell a story either at campfire or during the session



## Nature Medallion Necklaces

### Materials

- cut pieces of wood with a small hole drilled
- quick drying glue
- bits of natural objects such as twigs, moss, leaves, seeds
- length of string or ribbon

### Method

1. thread a piece of ribbon or string through the hole in the wood medallion
2. write the girls names on the back
3. gather a small amount of natural materials
4. glue an assortment of material on the wood medallion
5. allow all to dry



## GAMES AND ACTIVITIES

### How to Prepare for a Hike

Talk with your girls about what to take on a hike and why you would choose those items. Help them pack their day kits ready to go.

Some ideas for Items to include: Water bottle, spare socks and pants, a whistle, a sit upon, an energy food bar or snack and a large orange garbage bag

### Nature Talk

Invite a Naturalist, Park Ranger or a local gardener to visit with your girls and tell them about what they can see and find in the location you have chosen for your camp. Nature is all around us, we only have to look.

### Nature Hike

If your group is small enough, stay together, if larger, perhaps split into two groups. Take your time and look and listen to what can be found at your site. Having some plant, insect and bird books on hand is a great idea for identifying what you and your girls see.

### Square Meter Search

Mark off a square meter area with flagging tape. One area for every two girls works well. Give the girls magnifying glasses and get them down on their knees to see what all they can find within their marked area. Bugs, flowers, leaves, rocks - it's all good!

### Collections

Collect things such as leaves, flowers, bugs, acorns, pine cones - have the girls create pictures from what they have found, or use them to decorate your dinner table (be sure there are no unexpected guests hidden inside anything!)

### Photography

Take pictures of your girls and the things they find to make a collage of your camp. Have the girls take turns with the camera to see what is important to them. One suggestion is to put together a slide show to present at the end of camp. Be sure each girl is in at least one photo.

### Scavenger Hunts

create a list of items for the girls to find. Remind the girls not to pick living plants, to use only what is on the ground.



## Eye Spy

To make it fun and “fair” for little ones, have them all sit down and take turns choosing an Eye Spy item to be guessed.



## Kim's Game

Place 10 - 15 nature items on a tray (fir cone, little rock, dandelion leaf, daisy etc.) and let the girls look for a few minutes. Then give them paper and have them draw what they remember from the tray. (Most Sparks are not reading and writing well yet) Variation: have the girls look at the items on the tray, then take one item away and have them tell you what is missing.

## Un-nature Walk

Set up a walk through the woods and ask the girls to be on the lookout for unusual objects that do not belong. Have a leader go out ahead and place “un-natural” objects in plain sight: ie - brightly coloured hair barrette, small doll, plastic animals, anything you like.... choose something funny to see in the outdoors or at your location. After each girl has walked the “course”, have them tell you the objects they saw that were out of place.

## Pinecone Relay

### Materials:

- pine or fir cones
- rope for finish line

### Method

1. Divide into pairs
2. Place a pinecone between the girls' hips and have them walk to the finish line
3. Try it again with the cone held between the girls' shoulders.
4. Try it in groups of threes, and fours.
5. Variations: Instead of walking to a finish line, get them to walk North, South, East or West while still keeping the cone in place. Have them try to hop, run or jump instead of walking



## Foxes and Rabbits

### Materials:

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

### Method

1. chose a few players to be foxes. They stand in the middle of the playing area.
2. All 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
3. Markers are spread randomly around the playing area. These are the "carrots"

4. 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

5. If a rabbit is tagged by a fox or fails to find food, she becomes a fox

6. Continue until all of the rabbits have become foxes.

Variation: Use a sit-upon 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.



### 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.



### Owl and Mice

Choose one or two girls to be the "Owls". Have them stand in the middle of an open space, close their eyes and count to 10. The other girls, the "Mice" then run and hide at the fringes of the open space, but they must be able to see the "Owls" from where they are hiding. The "Owls" then open their eyes, and staying in the middle, try and find the "Mice" where they are hiding. As the "Mice" are found, they become "Owls". Continue until all the "Mice" are found.



## Camp Challenges

The girls get a piece of the hat craft with each challenge completed. The bead, stem and leaves can be sewn or glued on the flower. Prepare the feather with string lashing so it can be tied or glued to the stem. Punch a small hole in the top of the flower. Have the girls thread the cord through the flower and tie their knot. Pin the completed flower to their camp hat.

Challenge	Piece of craft material earned
1. Find 1 wild flower growing. Describe it to a Guider	Flower shaped piece of felt or fun foam
2. Do something nice for someone	Heart shaped bead for the flower center
3. A clean camp is a safe camp. Find and pick up a piece of litter	Stem and 2 small leaves
4. Listen to the sound of a bird. Try to make this sound	Feather
5. Tie a knot you have just learned	Piece of cord
6. Help make a fire or gather some tinder for it.	Shiny gold pin.

## The Edible Leaf

(Canadian Guider, May/June 1998. Submitted by Melissa Wright, Wellandport, ON)

This is a yummy way to introduce younger girls to the anatomy of a leaf. Have the girls make their own leaves, step by step, while you explain each part of the leaf to them. Then have a leafy feast! Guiders will probably want to share in this activity, just to taste the results.

### Leaf Language

Before making the edible leaf, go over the parts of the leaf.

- Upper and lower epidermis: These are the two layers of the leaf that make up its protective "skin." They let in light and are usually coated with a waxy covering that reduces water loss.
- Stomata: These tiny holes open and close to let in carbon dioxide. Most are found in the lower epidermis.
- Mesophyll: This is the area between the epidermal layers.
- Spongy layer: This contains loosely packed cells, where the carbon dioxide absorbed by the stomata is stored before traveling to the palisade layer.
- Palisade layer: This contains most of the chloroplast, which is necessary for photosynthesis, the process whereby carbon dioxide is turned into food for the plant and oxygen is released back into the air.

- Veins: Branching into almost every cell in the leaf, they carry minerals to the cells and newly produced food (sugar) out of the leaf.

### **Making the Leaf**

#### **Materials**

- Green Jell-o cut into leaf shapes (two per person) (follow recipe on the package)
- Tic-tacs or similar item
- Vanilla pudding
- Smarties or similar candy
- Shoestring liquorice pieces
- Whipped cream


#### **Method**

1. Lower epidermis: Use one green jelly leaf as your base.
2. Stomata: Push several Tic-tacs through the lower epidermis jelly leaf.
3. Spongy layer: Spread on vanilla pudding.
4. Palisade layer: Put a layer of Smarties over the vanilla pudding.
5. Veins: Over the Smarties, lay shoestring liquorice pieces in a branch pattern.
6. Upper epidermis: Place the second jelly leaf on top.
7. Waxy layer: Cover the whole thing with a thin layer of whipped cream



## MENU & RECIPES

<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Bunwiches - ask the girls before camp what they like most in their sandwiches (deviled egg, tuna, sliced meats, cheese)</li> <li>• Forest Foliage (veggies and dip, cut up fruit)</li> <li>• Dirt and Worms (desert - see below)</li> <li>• juice and/or milk</li> </ul>
	<p><b><u>Dirt and Worms</u></b></p> <p>Makes 10 servings.</p> <ul style="list-style-type: none"> <li>• 2 cups cold milk</li> <li>• 1 package Jell-O chocolate pudding</li> <li>• 1 small container of Cool Whip – thawed</li> <li>• Chocolatey-mint Girl Guide cookies (one box)</li> <li>• Gummy worms and gummy frogs</li> <li>• 10 – 7oz (210mL) plastic cups</li> </ul> <ol style="list-style-type: none"> <li>1. Crush the cookies until they look like dirt and set aside (or use store bought cookie crumbs)</li> <li>2. Combine the pudding mix and milk and blend well. Fold the whipped topping into pudding.</li> <li>3. Fill the plastic cups half full of pudding. Put on a layer of “cookie dirt,” then more pudding mixture. Top with cookie crumbs.</li> <li>4. Refrigerate for two hours and then decorate with gummy worms, etc.</li> </ol>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Bird's Nests (Pasta and Sauce)</li> <li>• Forest Vines (Salad – dressing on the side)</li> <li>• Hot dogs or Mac &amp; Cheese</li> <li>• Forest Feast Cake (Decorate with animals, trees, river, etc)</li> <li>• Juice/milk</li> </ul>
	<p><b><u>Homemade Baked Mac &amp; Cheese</u></b></p> <p>Serves 6-8</p>

	<ul style="list-style-type: none"> <li>• 1/2 pound elbow macaroni</li> <li>• 3 tablespoons butter</li> <li>• 3 tablespoons flour</li> <li>• 3 cups milk</li> <li>• 1/2 cup yellow onion, finely diced</li> <li>• 12 ounces sharp cheddar, shredded</li> <li>• 1 teaspoon kosher salt</li> <li>• Fresh black pepper</li> </ul>  <p>Topping:</p> <ul style="list-style-type: none"> <li>• 3 tablespoons butter</li> <li>• 1 cup panko bread crumbs</li> </ul> <ol style="list-style-type: none"> <li>1. Preheat oven to 350 degrees F.</li> <li>2. In a large pot of boiling, salted water cook the pasta to al dente.</li> <li>3. While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk and onion. Simmer for ten minutes.</li> <li>4. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese.</li> <li>5. Melt the butter in a sauté pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.</li> </ol>
<p><b>Snacks</b></p>	<p><b><u>Ants on a log</u></b> Celery filled with peanut butter (be sure no allergies), cheese whiz or cream cheese. Add raisins, cranberries or other dried fruit for "ants"</p> <p><b><u>Granola Bars</u></b></p> <p><b><u>Edible Campfire</u></b> There are many ways to make this snack. Use oat o's or mini marshmallows for your fire ring. Create your logs from pretzels. Add corn candy or licorice strips for the fire.</p>





**Blueberry Muffins** - (makes about 12 muffins)

- 1/2 cup butter, softened
- 1 cup sugar
- 2 eggs, beaten
- 1/2 cup milk
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 2 cups fresh or frozen blueberries
- 2 tablespoons sugar for topping

1. Cream butter and sugar until light. Add eggs and beat well.
2. Stir in the milk
3. Combine the dry ingredients and add to the creamed mixture.
4. Gently fold in the blueberries
5. Fill greased muffin cups about 2/3 full
6. Sprinkle tops with a little sugar
7. Bake in preheated 375 degree oven for about 20 minutes or until lightly browned

**Banana Muffins** (Makes about 12 muffins)

- 3 or 4 large bananas, mashed
- 1/2 cup white sugar
- 1 egg slightly beaten
- 1/3 c melted margarine or butter
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 cups flour

	<ol style="list-style-type: none"> <li>1. Mix mashed banana, sugar, egg and margarine together. Set aside</li> <li>2. In a separate bowl, mic together baking soda, baking powder, salt and flour</li> <li>3. Mix wet and dry ingredients together</li> <li>4. Pour into greased muffin tins</li> <li>5. Bake 350 degrees for approximately 20 minutes</li> </ol>
<p><b>Breakfast</b></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>
<p><b>Mug Up</b></p>	<p>Cheese and crackers, pop corn, granola bars with hot apple cider, juice or water</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!

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 <snap> <snap>

### Johnny Appleseed

Ooooooooooh  
The Lord is good to me  
And so I thank the Lord  
For giving me the things I need  
The sun and the rain and the apple seed  
The Lord is good to me

### Fork Knife Spoon Spatula

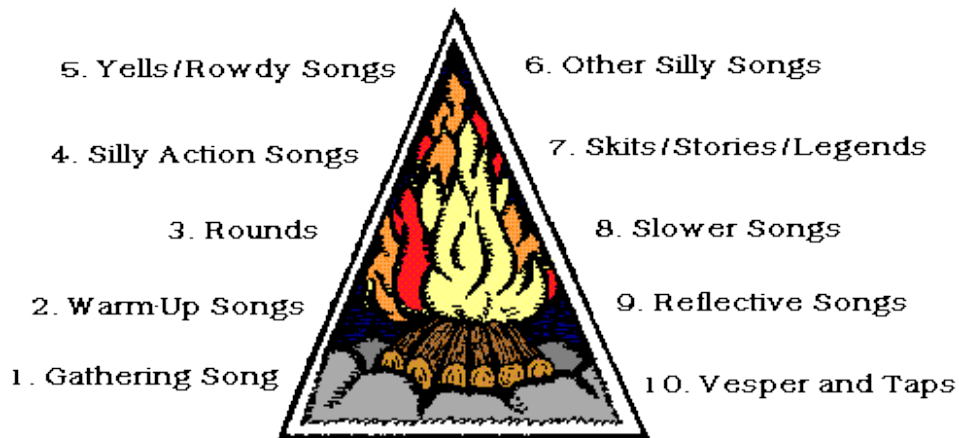
I'm a fork, knife, spoon, spatula  
Cha Cha Cha  
I'm a fork, knife, spoon, spatula  
Cha Cha Cha  
I'm a fork, knife, spoon, I'm a spoon, knife  
fork, I'm a fork, knife, spoon, spatula  
Cha Cha Cha  
*Actions: put your arms above your head  
and mimic the shapes of a knife, fork,  
spoon and spatula,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

### 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>



# CAMPFIRE



To find words or music to any of these songs look on the internet or ask your Program or Camping Adviser

**Sparks Opening**

**Fires Buring**

**The Ants Go Marching**

**On Top of Spaghetti**

**Down By the Bay**

**Snake Applause**

**There's a Hole in My Bucket**

**The Crocodile** (Sing a Song with Sparks and Brownies, p. 16)

**The More we Get Together**

**Twinkle, Twinkle Little Star**

**Sparks Closing**

**Nature Poem Ideas - feel free to add your own or have the girls make them up.**

A wise old owl

A wise old owl lived in an oak  
 The more he saw the less he spoke  
 The less he spoke the more he heard.  
 Why can't we all be like that wise old bird?

Fog

*poem by Carl Sandburg*

The fog  
 comes on  
 little cat  
 feet. It sits  
 looking  
 over harbor and  
 city on silent  
 haunches and  
 then moves on.



## 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

*William Blake*

"To see a world in a grain of sand,  
And a heaven in a wild flower,  
Hold infinity in the palm of your hand,  
An eternity in an hour."

"By suggestion and example, I believe children can be helped to hear the many voices about them. Take Time to listen and talk about the voices of the earth and what they mean—the majestic voice of thunder, the winds, the sound of surf or flowing streams." *Rachel Carson*

"What is a weed? A plant whose virtues have not yet been discovered." *Ralph Waldo Emerson*

*Anne Frank*

"The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature."

*Go RVing*

"Along with milk and vegetables, kids need a steady diet of rocks and worms

Rocks need  
skipping.

Holes need  
digging.

Water  
needs  
splashing.

Bugs and frogs and slimy stuff need finding"



## 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

## DAY CAMP KIT LIST

### CLOTHING:

- Spark t-shirt (girls should arrive wearing this)
- 1 pair of socks
- 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

### OPTIONAL:

- Camera
- Camp blanket

### OTHER:

- Sunscreen
- Sit-upon
- Water bottle
- Daypack (school sized backpack with belongings inside)
- Dishes (unbreakable plate, mug, bowl, fork, knife, spoon in a mesh bag)

### 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.
- 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, especially sleeping bag bags!**



## OVERNIGHT CAMP KIT LIST

### 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)
- 1 pairs of long pants
- 1 long sleeved shirts
- 2 changes of underwear
- 2 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

### OPTIONAL:

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

### OTHER:

- Flashlight & extra batteries
- Sunscreen
- Sit-upon
- Water bottle
- Toothbrush/paste, soap, and other toiletries
- Brush/comb
- Small towel & wash cloth
- Daypack (school sized backpack)
- Dishes (unbreakable plate, mug, bowl, fork, knife, spoon in a mesh bag)

### 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.
- 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, especially sleeping bag bags!**

# 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](mailto:bc-camping@girlguides.ca)

