



GGC Make A Difference Days

Canada's 150th Anniversary

July 1, 2017



CANADA'S 150TH ANNIVERSARY: JULY 1, 2017

Everyone loves a good party and this time it's Canada's turn to have the biggest party of them all! In 2017, Canada will mark its sesquicentennial anniversary. How will you and your girls be celebrating the 150th? This instant meeting is designed with a party in mind. From the traditional celebratory elements to silly party games, this meeting has everything you need to throw an awesome celebration with the girls in your unit. Prior to your meeting, you can decorate your space with balloons or streamers and plan to end with some sweet treats. The girls can even decorate themselves and wear their favourite pieces of Canadiana, including their Guiding ties.

As with all great anniversaries, this one also comes with a gift. The national office will be subsidizing the Canada 150th crest, offering it to members at the low price of \$1.50 per crest. Happy anniversary, Canada!



Don't forget to share your celebrations with us and other Canadians. Use the **#CANADA150** and tag us:



Girl Guides of Canada



@girlguidesofcan



@girlguidesofcanada

OBJECTIVES AND OUTCOMES

This instant meeting offers the opportunity to celebrate Canada with your unit and community. It can be completed in one meeting.

Complete both the **STARTER ACTIVITY** (page 3) and the **CLOSING ACTIVITY** (page 14) as well as at least three activities to earn the Canada 150th crest, available through thegirlguidestore.ca.



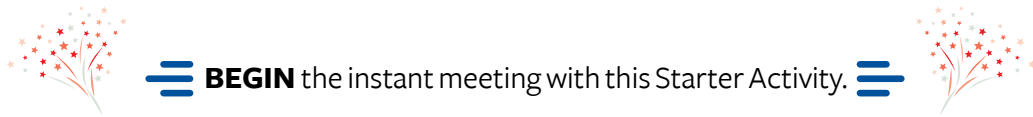
Look for the outdoor icon throughout this instant meeting. This icon identifies activities that can easily be done outdoors with little or no modification.

LEARNING OBJECTIVES:

Girls will celebrate the 150th anniversary of Canada.

LEARNING OUTCOMES:

- Girls will celebrate the women who have helped to define Canada.
- Girls will celebrate the outdoor spaces and places of Canada.
- Girls will celebrate their pride in being part of Guiding in Canada.



STARTER ACTIVITY – PARTY TRADITIONS: FLAG RAISING



The Canadian flag brings people together in every community in our nation, from coast to coast to coast. Moreover, the red and white maple leaf flag is one of the most easily recognized symbols of Canada. When you are travelling far from home, and you spot someone with a familiar red and white patch, there is an immediate sense of community and comradery. To open your meeting, raise the flag together as a unit.

MATERIALS:

- Flag or a paper flag (page 16)
- Flag pole or alternative (see below for suggestions)

To open your meeting, have the girls sit in a circle around a Canadian flag. Have them each share something that comes to mind when they see the flag. Ask them to name some of the places they've seen a flag being flown and share why they think it is being flown there.

In order to properly raise a flag, a three-person colour party or colour guard is needed. Colour guards traditionally presented flags during battle or during ceremonies when battle colours were added to flags to tell the story of that regiment's conquests. The name is still used today whenever there are flag bearers and their role is to present the flag to the pole or carry flags during processions.



TIP: To attach the flag to the pole, the toggle is tied on first. This is important as it ensures the flag will be the right way up on the pole. Usually there is a loop for the toggle. The rope at the bottom of the flag is tied to the rope (halyard) with a sheet bend knot.

To raise the national flag there are two options:

OPTION 1: The flag can be attached to the pole in advance. It is rolled and tied so that when the colour party goes to the flag pole, one girl undoes the flag; one catches it so that it doesn't drag on the ground; and the third girl holds the halyard and raises the flag to the top of the pole.

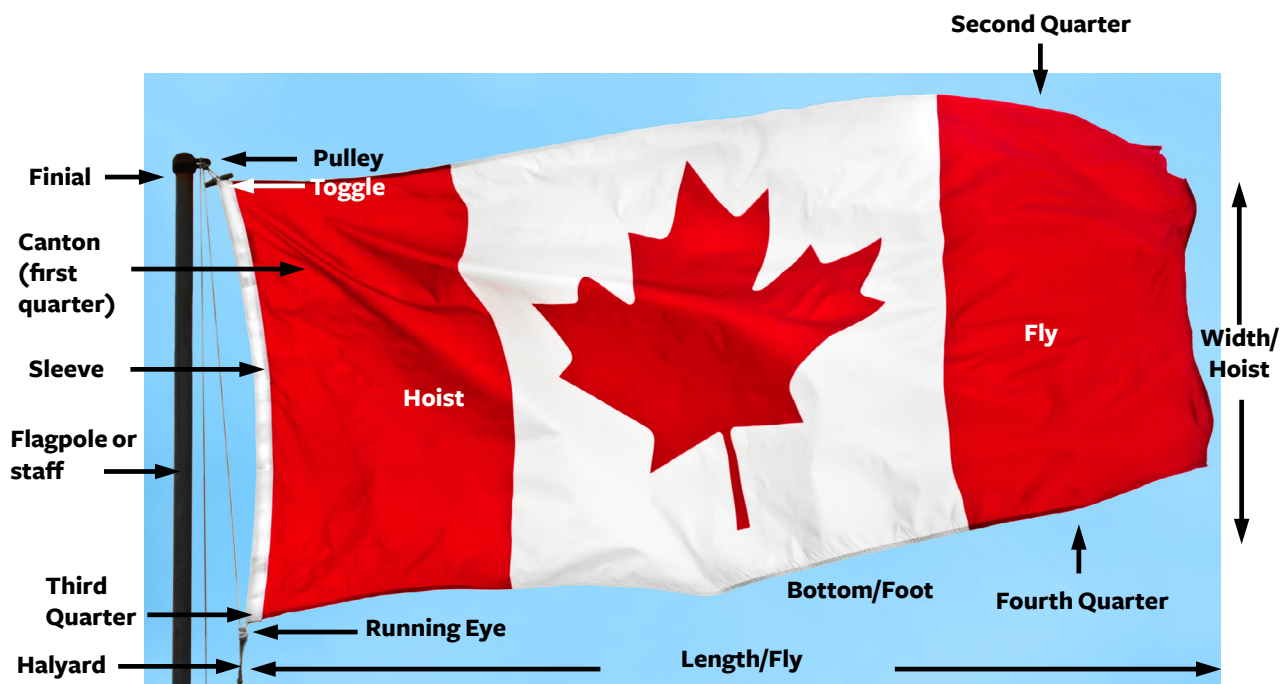
OPTION 2: The colour party marches to the flagpole. One girl carries the flag, which is folded flat on her open palms, with the other two girls on either side escorting her and the flag. The girl on the right attaches the top of the flag (with the toggle) to the halyard, while the one on the left ties the bottom of the flag. The girl on the right raises the flag to the top of the pole while the bearer guides it, preventing it from tangling.



ALTERNATIVE OPTIONS:

If you do not have access to a flag pole you can:

- Hang the flag on a wall horizontally with the points of the leaf pointing upwards
- Hang the flag on the wall vertically with the upper points of the leaf pointing to the left and the stem pointing to the right.

After you have completed your flag raising, sing *O Canada* together to open your meeting.



 **CONTINUE** your meeting by selecting at least three activities below. 

LET THE PARTY BEGIN!

Now that you have decorated your space and have the flag hanging, it's time for the real fun to begin! Each activity listed below offers you a variety of options that you can choose from to create a memorable meeting for the girls. Complete at least three activities to earn the Canada 150th crest.

ACTIVITY 1: ANNIVERSARY CARDS

MATERIALS:

- Drawing materials
- Construction paper or cardstock
- Optional: Paper flag (page 16)



As a unit, bring the girls together to share reasons they are proud to be Canadian and some of the things they love about living in Canada. After they have had a chance to share their ideas and feelings, they will create an anniversary card that shares their sentiments with Canada.

Have the girls make their own paper flag, either using the template on page 16 or by making their own with construction paper and their handprint. On the back of the paper flag they can record their messages or design images that are meaningful to them. The girls can share images of their cards on social media with the hashtag **#CANADA150** so other Canadians can receive their positive messages of national pride.



ACTIVITY 2: HERITAGE MINUTE

Since 1991, Historica Canada has been creating short video and radio vignettes that tell snippets of Canadian history in one minute or less. In this activity, the girls will have a chance to watch some of those vignettes and make one themselves.

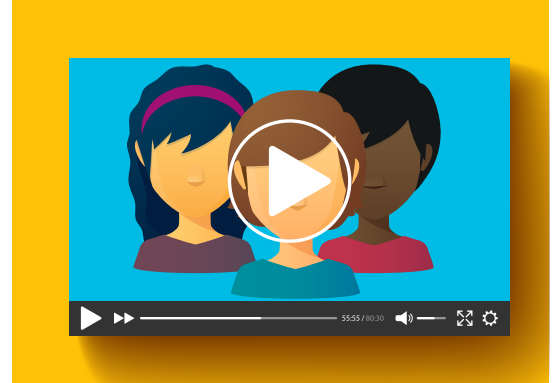
MATERIALS:

- Heritage Minutes – videos or downloaded
- Recording devices – optional

As a unit choose a few Heritage Minutes to watch about Canadian women who made an impact on Canada's history. Some such women include:

- [Agnes MacPhail](#) (first woman elected to Parliament)
- [Lucille Teasdale](#) (physician and pediatric surgeon)
- [Marion Orr](#) (aviator)
- [Pauline Vanier](#) (diplomat)
- [Susanna Moodie](#) (author)
- [Viola Desmond](#) (activist)

Once they have watched the videos, have the girls discuss how these women changed history and had an impact on the lives of women in Canada. After their discussion, give the girls a chance to create their own Heritage Minute. They can either create one about something they want to do in the future or make one about a current Canadian woman.



Have girls work in small groups of three or four to create a skit. To help them brainstorm you can:

- Have the girls imagine that they are celebrating Canada's 200th anniversary. To celebrate, Historical Canada is creating a Heritage Minute that highlights a contribution they made to impact or change Canada. The girls will create a Heritage Minute that highlights that achievement. Possible impacts could include:
 - A medical advancement
 - An invention that improved everyday lives
 - An app that solved a problem
 - Standing up against something unfair
 - Something you learned in Guiding
- Have the girls brainstorm a list of Canadian women who are making history right now and then pick one of the women on the list and create a skit to reflect her story. If they need inspiration, possible women could include:
 - Buffy Sainte-Marie – Musician and First Nations advocate
 - Tamar Huggins Grant – Tech Spark creator helping inner-city kids have access to educational programs
 - A female athlete paving the way for women in sports – e.g. Penny Oleksiak (swimmer), Rosie MacLennan (trampoline), Erica Weibe (wrestling), Aurelie Rivard (Paralympic swimmer), Katarina Roxen (Paralympic swimmer/world record holder)
 - An innovator in the tech field - e.g. Tanya Short and Rebecca Cohen-Palacios, the founders of Pixelles girl game design.

The girls can perform or record their own Heritage Minutes. Videos can be posted to social media using the **#CANADA150** to spread the word about these awesome Canadian women.

TIP: You can tag the woman you featured so she can enjoy the tribute from the girls.

ACTIVITY 3: VIRTUAL TOUR



Not only is Canada the guest of honour at this celebration, but it's also the venue. One way you can celebrate this is to host your entire meeting outdoors, have your party in a local park, or just enjoy the physical spaces your community has to offer.

MATERIALS:

- Internet connection or prepared images

As a unit, choose a place to explore. Once the girls have had the chance to look at some pictures or videos, lead them in guided imagery, helping them feel like they are actually there. Have the girls close their eyes and imagine they are witnessing that natural wonder. Prompt them to:

- Take a 360 look around them. What do they see when they walk in a full circle?
- Take a deep breath. What might the air be like? It is damp or dry? Are there any particular smells?
- Imagine the ground beneath their feet. What is the texture they are standing on? Is it firm or soft?
- Look up, what do you see?

As you are asking these prompts, have a few girls share what they are envisioning. If you are able to go outside, lead the visualization as an observation of the space.

TIP: If you are lucky enough to live near a natural wonder or UNESCO world site, arrange a field trip and have the girls experience the physical space with the same prompts as the guided imagery. They can even create their own virtual tour and post it online for other Canadians to experience.

If you are near a Parks Canada location, they are offering free admission for the entire year of 2017.



ACTIVITY 4: ART SHOW

MATERIALS:

- Mediums could include: painting, sculpture, diorama, drawing, mixed media
- Optional: Images of Canadian physical spaces

Have the girls select a natural or human-made Canadian space that they find beautiful. These can be spaces in their local communities, places they have travelled, or places that interest them. These spaces may include:

- Natural wonders
- Statues
- Parks
- Notable buildings or structures
- Landscapes

Give the girls the option of materials they would like to use to capture the space and then share their creations in a gallery walk afterwards. When they are sharing their pieces, have them indicate details that they chose to include and reasons for choosing those spaces.



TIP: Many local libraries and community centres have public display spaces. You can reach out and ask them to display the artwork as a part of their Canada 150th festivities so members of the community can enjoy them as well.

ACTIVITY 5: NIGHTTIME NATURE HIKE



MATERIALS:

- None

It is amazing how different a natural space becomes once the sun sets. Take your unit on a nighttime nature hike in one of your community spaces, in a provincial park, or around a local neighbourhood. While you are outside, prompt the girls to think about some of the following things:

- What different noises do you notice? Are there more noises than you expected? Are there any noises you can't identify? How are the noises different from those you hear during the day?
- How do the colours in the space change at night? Can you spot any wildlife that you might not see

during the day? Is the wildlife behaving any different that it does during the day?

- How are people in the community using this space at night? Is this different from during the day?

When you bring the girls back to the meeting space ask them to share something about the space they explored that surprised them or that they were not expecting. Afterwards, make the space your own by singing songs or playing one of your unit's favourite games.

TIP: If you cannot take the girls outside, you can lead a guided visualization inside your space. You can also bring natural items into the meeting and dim the lights to help the girls with their imaginings.



ACTIVITY 6: CAMP HAT TIME CAPSULE

The girls are going to have the chance to create a message for their future selves in these tiny time capsules.

MATERIALS:

- Small sealable containers
- Writing or drawing tools

Give each girl a small sheet of paper and ask them to think of a wish or goal they have for themselves. This can be anything that is meaningful to them; it can also be a challenge that they would like to overcome. They can either write their future self a note or draw a picture, like capturing a snapshot for the future. Once they have completed their message, have them seal their time capsule. Challenge them to keep it sealed until they finish Guiding. The girls can share their aspirations with each other or keep them private.

TIP: As a unit, you can create a full-sized time capsule and bury it somewhere to be opened at a later date. Each girl can contribute something they have written, drawn, or made. You can have a special ceremony and invite their families to share in the sealing/burying of your time capsule. You can also reach out to your province to see if there is a space you can use at a local camp.

ACTIVITY 7: COMMUNITY SCAVENGER HUNT

MATERIALS:

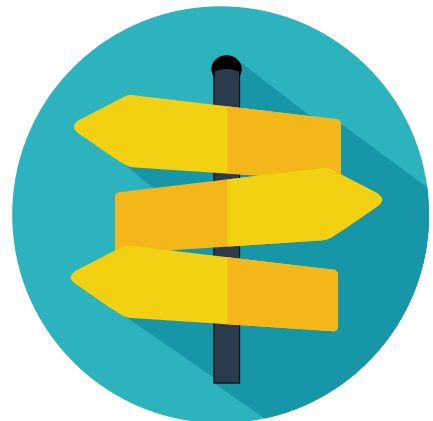
- Paper
- Pencils
- Something to write on

Before the meeting, create a scavenger hunt with items that are important/unique to the community. The scavenger hunt may include:

- Landmarks
- Important shared spaces such as soccer fields, parks, libraries, schools, shopping malls, sports centres, science centres, etc.
- Street names
- Number of items in a given space – e.g. six park benches, eleven trees, etc.

Working either independently or in small groups, take the girls out into the community and challenge them to find everything on the list. When they are finished finding everything listed, give them time to discuss. Ask them:

- Why do you think the items listed are important to the community? What do they mean/represent to other members of your community?
- How do you and others use the community spaces or items you explored? What other ways could these spaces be used so that everyone gets the most out of them?
- What would you add to this list?



The girls can add to the original list and a copy can be left on a community bulletin board for others to enjoy.

ACTIVITY 8: PIN THEIR PROVINCE ON THE COUNTRY

MATERIALS:

- Map of Canada
- A paper cut out of your province's map for each girl – trace the province on the larger map of Canada you are using to ensure it fits
- Painter's tape

This is a fun game for girls to play and test their knowledge of their physical place in Canada. Similar to other pin the tail games, the girls will be trying to pin their province as close to its actual location as possible while blindfolded. After the girls have played the game, you can have them write a Happy Canada Day card and send it to another unit!

TIP: For younger girls, you can adapt this game and play pin the tail on the beaver or pin the antlers on the moose. After they play, you can talk about the importance of animals to the people of Canada and the animals found in your region or province.



ACTIVITY 9: CANADA GUIDING QUILT

MATERIALS:

- Quilt squares – see tips for suggestions
- Art supplies
- Scissors



Explain to the girls that Canada is a rich mosaic of people and places, and that Guiding is an important part of that mosaic. Before they start this activity, you can show them different examples of mosaics and quilts and decide what design the girls would like to create. Once they have decided on the design, give each girl a piece of the quilt and have them create an image of themselves as a member of Girl Guides of Canada. They may want to draw themselves in their favourite camping place, or together with their unit, or something special their family likes to do.

TIP: Depending on the interests of your unit you have many options for the quilt squares you will use. You may want to use tiles, fabric squares, paper or a combination of materials. You may also decide to create an electronic quilt using photo splicing programs or apps.

If you would like to share some historical Guiding images with your unit check out <https://www.flickr.com/photos/girlguidesofcan/albums>

ACTIVITY 10: CANADA'S THEME SONG

MATERIALS (OPTIONAL):

- Pencils and paper
- Recording devices

Bring the girls together to brainstorm songs that make them think of Canada and talk about some of the things that make them “Canadian.” As a unit or in small groups, have them choose one of their favourite Guiding songs and rewrite it as a theme song for Canada, adding new words and lyrics.



Older girls can also work on this activity independently in small groups and create their own theme song for Canada that uses their favourite song, or a tune that is completely new! The girls can record their versions or share their lyrics with each other via social media using the **#CANADA150**.

OPTION 2: COMMUNITY CAMPFIRE

MATERIALS (OPTIONAL):

- [Sing it Loud! A Girl Guide Song Collection](#)

Part of the story of Canada is its traditions, and in Canadian Guiding, singing around a campfire is an important one. There are many ways that you can inspire the girls with this option including:

- Hosting a community campfire: invite members of your community into a public space and host a sing-a-long. Your community may not have a public space that permits campfires, however, you can gather around a symbolic campfire.
- Unit campfire: If you would like to keep this activity on the smaller side, bring the girls together in your meeting space or outside in a quiet place to sing some traditional Guiding songs – you can teach them some new ones and sing some much-loved favourites.

After your campfire, ask the girls to share some of their favourite camping spaces and campfire memories from Guiding. Coming together as a community in an outdoor space is just as important to Canada's heritage as it is in Guiding.





≡ **CONCLUDE** your instant meeting with the following Closing Activity. ≡



CLOSING ACTIVITY – MAKE A WISH

To wrap up your party, share some treats, or even an anniversary cake, and make a wish for Canada's next 150 years. You can also close your meeting with another round of *O Canada* or share a portion of the original anthem written in 1908.

O Canada! Our home and native land!
True patriot love thou dost in us command.
We see thee rising fair, dear land,
The True North, strong and free;
And stand on guard, O Canada,
We stand on guard for thee.



Refrain

O Canada! O Canada!
O Canada! We stand on guard for thee.
O Canada! We stand on guard for thee.

O Canada! Where pines and maples grow,
Great prairies spread and lordly rivers flow,
How dear to us thy broad domain,
From East to Western Sea;
Thou land of hope for all who toil!
Thou True North, strong and free!





APPENDIX

Canada Flag..... 16

CANADA FLAG

