

Quebec Superguides Challenge



**Created by the Quebec Provincial Youth Council
November 2020**

The Quebec Provincial Youth Council is excited to present the Quebec Superguides Challenge! The council hopes that by participating in this challenge girls will feel empowered. Following this short introduction, you can find the activities each level has to complete to receive the badge and pin. A description of each activity is under the title. Please make sure you read through the additional

criteria to ensure that your group is eligible to receive the badge and pin. The challenge will be open from November 20, 2020 to January 31, 2021. We will try to mail your groups stuff by February 20th but due to the ongoing COVID-19 pandemic, there may be delays. This challenge is only open to members of Girl Guides Quebec.

If you have any questions or comments, don't hesitate to send us an email at qc-youth@guidescanada.ca.

Additional Criteria

1. Share at least one photo with us by emailing qc-youth@guidescanada.ca. As well, include your unit name, the number of girls who completed the challenge and an address that the badges can be sent to.
2. Please ensure that if a girl's face is visible, she has her photorelease. As well, their last names should not be present. These photos will be posted on the Youth Councils instagram ([@guidesqc.pyc.cjp](https://www.instagram.com/guidesqc.pyc.cjp)).
3. We'd also love to see your photos on social media! If you choose to post on Instagram, facebook or any other platform, use the hashtag **#QCsuperguides!**



Sparks

- **Make a card**

Design and create your own card with a kind message. Send or deliver your card to a friend, a girl you know who has not returned to guiding, a family member, teacher or whoever you'd like. Try to give your card to someone who has been working hard during the pandemic or to someone who is going through a difficult time. Whoever you choose to give the card to, we are sure it will brighten their day!

- **The Superguide exercise**

Read the story resource out loud to your sparks. While going through the story, do the accompanying exercises and encourage your girls to do them as well. The story resource can be found below in the resource section.

- **Become a superhero**

Using household items, come to your meeting dressed like a superhero. Share what you used and how you used them with the rest of your group. For example, use a blanket as a cape.

- **The superhero song**

Sing the "I Am A Superhero" song found in the resource section below.

Tip from the Youth Council: Having all girls sing the song at once on virtual platforms may be difficult. Have your girls mute their microphones and sing along in their homes. That way, there will be no interference with the girls hearing you call out the leaders part of the song.



Brownies

- **Make a card**

Design and create your own card with a kind message. Send or deliver your card to a friend, a girl you know who has not returned to guiding, a family member, teacher or whoever you'd like. Try to give your card to someone who has been working hard during the pandemic or to someone who is going through a difficult time. Whoever you choose to give the card to, we are sure it will brighten their day!

- **What's your superpower?**

Ask girls to share what their one word superpower is. Take notes of the words they say and make them into a word cloud. Send your word cloud to gc-youth@guidescanada.ca for it to be potentially made into a virtual badge! Examples of superpowers are: reading, drawing, being kind, tidy, etc...

Tip #1 from the Youth Council: If you don't have a preferred word cloud generator, try wordclouds.com. There are lots of different tools you can play around with!

Tip #2 from the Youth Council: Do this activity as girls join the meeting. This way, you can share the word cloud with the group later on in the meeting.

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Guides

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- **What's your empowering word?**

Ask girls to share what their empowering word is (try to keep it to one word). Take notes of the words they say and make them into a word cloud. Send your word cloud to gc-youth@guidescanada.ca for it to be potentially made into a virtual badge! Examples of empowering words are: Worthy, Passionate, Purposeful, creative, Kind, etc....

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- **Who's your superhero?**

Ask each girl to choose a female superhero in their life. After a minute of reflection, ask each girl to share their superhero and why.

- **Empowering collage**

Using the face outline resource, cut out words from magazines and newspapers that apply to the creator. Each girl should have the same face outline if possible. If girls do not have newspapers or magazines, they can write their own words and use them. Photos can be used as well.



Pathfinders

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- **I AM A GIRL pledge**

Make your own I Am A Girl pledge. As a group or individually, write your own pledge with the first line being I AM A GIRL. If you choose to separate the lines, give each girl one or two lines to write. Once everyone is done, put them together and read them aloud. Two I Am A Girl pledges are included in the resource section below as inspiration.



Rangers

- **Make a card**

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Resources

This section includes:

- The Superguides Story
- The Superhero song
- I Am A GIRL Pledge
- Face outline for the collage



The Last Battle; A Battle Against Incredible Girl and Frightening Flower

There was a brave and strong superhero named the Incredible Girl. She was in charge of keeping the city safe from evil monsters. Because she was one of the only girl superheroes, most people thought that she wasn't smart or strong. But she was in fact the strongest and smartest superhero of all the superheroes. She won every single battle except for one. It was the battle against the Frightening Flowerman. He escaped before she was able to unrelease his spiky vines. But fear not, because now Incredible girl is better than ever.

One day, Incredible girl had to fight a big monster who was **crawling in a circle**. He was crawling all around the city finding people to turn into a flower or a plant. The name of the monster was Frightening Flowerman. When the cityfolk got turned into a flower, they had to **balance on one foot for 20 seconds**. Anyone who tried to escape got trapped into his spiky vines and stayed there until someone came to save them. Incredible Girl tried to find the monster, but he was nowhere to be seen. She **ran in a circle**, all around the city **for 15 seconds**, but she still couldn't find him. Finally, the superhero decided to check up high in the city to get a better view. After **jumping up and down 8 times**, she saw the Frightening Flower doing some kind of dance. He **stomped his feet 10 times, wiggled his body, leaped onto 10 buildings and twirled like a ballerina**. How silly! He kept dancing and doing moves like **hopping on one foot** for almost **15 seconds** or **rolling in a straight line for 10 feet**. The superhero couldn't help but laugh, but she laughed a little bit too loud because the monster *captured* her! Suddenly, the only thing that the superhero saw was blackness.....

When she woke up, the monster was standing in a big, metal rocket ship. He tied the superhero's hands and legs with some spiky vine. "Now you'll never be able to escape. We're going to space, so you can't help anybody and I can continue ruling the world." The superhero was scared, but she didn't give up and waited for the monster to leave so she could continue her rescue plan. She **twisted and turned** but couldn't escape. Finally, when the monster left to get something, the superhero **straightened her body super super straight** and quickly **swayed to the right and left 8 times**, trying to escape the harsh rope. Fortunately, it worked!! Incredible girl **stretched her legs and arms out for 10 seconds**, she was sore from being trapped. She was safe but there was almost no time left until he came back. She pressed a big red button in the spaceship, and left so the rocket ship would self-destruct. As soon as she pressed the red button, the Frightening Flower came back. "NO-O-O-O-O," he yelled. He launched his vines towards Incredible Girl. But she was already gone.

As she was flying back to earth, **she pumped her arms in the air** to help her go fast. As she



looked back, she saw that the rocket ship was gone in flames and that Frightening Flower was gone. Incredible girl was relieved. When she landed back in her city, the city folk were **dancing** and she joined in. After that day, they all loved Incredible girl!



I am a Superhero!

Based on Richard Graham's I'm a Superhero! I can.....

I am a superhero (I am a superhero)
I am a superhero (I am a superhero)
Super (super), hero (hero)

I can Jump (I can jump)
I can run (I can run)
I can hide (I can hide)
And I am kind (and I am kind)

I am a superhero (I am a superhero)
I am a superhero (I am a superhero)
Super (super), hero (hero)

I can stretch (I can stretch)
I can climb (I can climb)
I can swim (I can swim)
And I can fly (and I can fly)

I am a superhero (I am a superhero)
I am a superhero (I am a superhero)
Super (super) super (super) Superhero (Superhero)



I am a girl Girlafesto from Girl Up (example #1)

I am a girl
Bright, able, outspoken, soft-spoken, serious, spirited, adventurous, curious and strong
I am me. I follow. I lead. I learn. I teach.
I change my clothes, my hair, my music and my mind.
I have a voice that speaks, ideas to stand on, and a world to step up to.
I matter. And so does she.
She may look different and talk different,
But she is like me.
She is a girl.
And together, we will rise up.
Because while we are strong, together we are stronger.
And together, our voices will change our world.
You see a girl.
We see the future.

I am a girl pledge by Iyanla Vanzant (example #2)

I am a girl.
I am an expression of beauty, joy and love.
I have the right, the power and the ability, to create a beautiful,
Joyful and peaceful world for myself and others.
I have a body, but I am not my body.
I have a face, but I am not my face.
I am the most important thing in the world to me.
I am love in motion.
I am the light of the world!
I creat?
I can make a mistake?
I can create something beautiful in all that I do.
I deserve the best.
I give my best.
I do my best to always take care of me!
I am a girl!
I AM IT!
I am the joy the world is waiting for!



