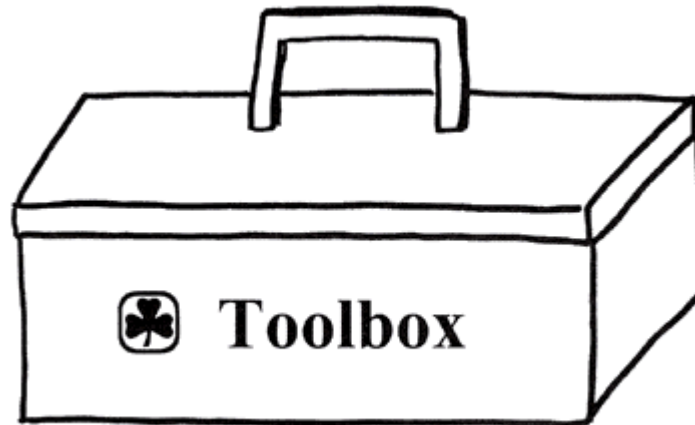


Active Living



for

The Brownie Program: For Fun and Adventure!

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This resource for Active Living in the Brownie Program has been developed especially for you, the Brownie Guider. Your challenge, to support the girls' social, emotional, physical and intellectual development throughout your meetings, is remarkable.

Here are a variety of games and activities to support you in the delivery of a flexible program as you work your way through the Brownie Windows. These can be easily adapted to satisfy your Unit's specific geography, culture and interests.

The activities for this Toolbox were researched by Active Living Advisers and we express our thanks to them. If you have questions or comments on Active Living, please contact your Provincial Office.

Our appreciation goes to the Fitness/Active Living Unit of Health Canada for making this Toolbox possible.

*Take this Active Living Toolbox for the Brownie Program,
adapt the activities to suit the needs of your Unit,
and enjoy your Brownies.*

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Becoming A Brownie

Brownie Promise and Brownie Law

Title: Promise and Law Relay

Equipment: construction paper or bristol board prepared as follows: Divide the Promise into short phrases then write each phrase on a piece of construction paper or bristol board. Cut into pieces using the phrases as guidelines. The shapes may be rectangles, squares, circles, teepees, inukshuks, Trefoils, toadstools, or any shape that relates to local culture or to Guiding.

The Brownies line up at one end of the room with the puzzle pieces at the other end. On "Go" one girl from each group runs to the pile of puzzle pieces, collects one, returns to her team and tags the next girl. Each group works together to rebuild the Promise. Make a separate set of playing pieces using the Brownie Law.

Brownie Motto

Title: Lend a Hand Action

Equipment: a list of activities that Brownies could do to Lend A Hand, music (optional)

The girls are scattered around the playing area. When the leader calls out an activity, the Brownies act it out. Suggested ways that Brownies can Lend A Hand: sweep the floor, wash the dishes, make the bed, peel vegetables, wash the clothes on an old fashioned washboard, water the plants, crush cans for recycling, put away toys. This activity can also be done with music. While the music plays the girls run, skip, jog or walk around the room, when the music stops, the leader calls out the activity.

Brownie Tie

Title: Brownie Knot Relay

Equipment: one die per group; Brownie ties, triangular bandages, bandannas or knotting cord, activity cards numbered 1 to 6. Suggested activities: arm stretches, modified jumping jacks, leg raises, toe touches, arm circles

The girls are in small groups at one end of the room, the leader is at the other end with the items that can be tied in a reef knot. One girl in each group rolls the die and the other members of the group begin to do the corresponding activity while she runs to the leader and ties a reef knot in the Brownie tie or other object. When the knot is correct, she returns to her group, the next member rolls the die and the game continues. The leader and available helpers untie the knots when the girls return to their groups.

Opening My Window On People

(Guider's manual pages 28 - 29)

Know what you would do if you were lost in different places (for example, out-of-doors, in a shopping mall, on a street you don't know)

Title: Pretend We're Lost

Equipment: a set of questions and answers, individual answer cards to be posted, activity cards to post with answer cards

Some ideas to get you started:

| <u>Question:</u> | <u>Answer: (post)</u> | <u>Activity: (post)</u> |
|--|---|------------------------------------|
| What would you do if you became lost in a mall? | Find a security guard or clerk. | Run on the spot and count to 25. |
| What would you do if you were separated from your group at a pool? | Find a lifeguard. | Do 10 jumping jacks. |
| What would you do if you became lost on a hike in the woods? | Find a tree and hug it. Stay there until you are found. | Do 10 sit-ups. |
| What would you do if you were lost on a street you did not know? | Look for a Block Parent sign, or a police officer. | March on the spot and count to 15. |

This game can be used to reinforce what steps girls can take to make sure they are found if they get lost. Begin by reviewing good safety practices with the girls. To play the game, post answer cards with activity cards around your meeting space. Ask the Brownies what they would do if they were lost in different kinds of places. Brownies find the appropriate answer card and perform the activity.

Title: Do's and Don'ts for Lost Brownies

Equipment: list of locations (for example, shopping mall, on a hike, in an office building, in the hospital, at a city park, on a street you don't recognize, at the zoo)

The girls are in scatter formation around the room. As you tell a story about a Brownie who went to the (name one of the locations), the girls begin to walk around the room and act out the situation you are describing. Expand on the story or keep it short. Eventually the Brownie in the story gets lost. At this point ask the girls to show you what they would do about it. As a variation, have the girls show what they should not do.

Know how to use the telephone correctly

Title: I Know What To Do!

Equipment: old phone(s) or toy phone(s), some coins, 500 ml plastic pop bottles (5-6 to use as bowling pins), a ball or beanbag

One phone is designated a pay phone and placed in an area of the playing space, the other is a regular phone and placed in another area. If 911 is not in service in your community, place a list of emergency phone numbers (fire, police, ambulance, etc.) beside each phone. Place some coins beside the pay phone. Write out some different situations that could arise and tape them to one side of each bottle. Line the bottles up in a straight line at one end of the room; girls take turns "bowling" with the ball or bean bag. When a girl knocks down a bottle the leader reads out the situation taped on the back, for example, "You're out walking with your older sister when she trips and falls hurting her foot. She says she can't walk on it. There is a pay phone near by and you have some coins (or you have no money)." The girl then runs to the proper phone and places a call to the appropriate people. So that the girls don't know which situation is where, keep changing the position of the bottles in the line.

Title: Telephone Tag

Equipment: 3x5 cards with police, ambulance, fire and operator on them; a second set of cards with emergency phone numbers to match the emergency assistance personnel; a list of situations describing an emergency or situation (for example, how to make a long distance call, there has been a car accident, a house is on fire, someone has stolen your mom's purse at the mall, etc.)

This game presumes you do not have access to 911, so you will need to know the individual numbers. Four Brownies wear the emergency assistance name cards, four more wear the emergency phone number cards and the rest of the Brownies have no cards. The Brownies skip around the room, scattered in every direction. Read out a description of an emergency. The Brownies then look for the girls wearing the emergency assistance cards or the appropriate phone number cards and tag onto them (by holding hands) until everyone is connected to the appropriate answer card. Or the Brownies wearing the appropriate answer card can tag the other Brownies until all are collected.

Variation: In small group situations this can be played as a circuit game. Post the phone numbers on large signs around the room. When an emergency situation is called out, Brownies run to the appropriate phone number and perform the posted activity.

Know safety rules for playing in your community (in places like parks, swimming pools, playgrounds, lakes, ponds, rivers, or snow banks)

Title: Safety Rules Tag
Equipment: small number of beans

This is a variation of tag. One or two girls, each holding three beans, are "It" and chase the others within an established area. When they tag a girl they name a place where they like to play (the school yard, the park, the swimming pool) or an activity they like (cycling, ice skating, skiing). The girl who was tagged replies with a safety rule for that location or activity within a preset time frame. If the response is correct, the play continues. If the response is incorrect, the tagged player is given a bean. The object is for "It" to give away all of their beans.

Variation: Have two players be "It." Give each of the other players a bean. When a player is tagged she names the location or activity. If "It" answers correctly, she is given the bean. The object is for "It" to collect as many beans as possible.

Do a good turn that helps a friend or family member

Title: Table Setting Relay
Equipment: for each team, an unbreakable set of dishes and a place mat

Before playing this game, demonstrate to the Brownies how to set a place at the table. Divide the Brownies into teams for the relay. For every team place the place mat and dishes at the opposite side of the room. A leader could stand near there to help if necessary. Each team member must run to the opposite side of the room and place an item in the correct place on the place mat. If it is not correct, the next team member must correct it before adding a new piece. Once the table is set, the leader must also run to the opposite side of the room, around the team, and return to the table before sitting down.

Choose an area near the meeting place and have seasonal litter clean-ups. Participate in "Pitch-In" week or other community clean up events (for further information ask your Commissioner).

Title: Good Turn Musical Chairs
Equipment: music; one fewer chair than the number of Brownies, in a straight line with every second one facing the same way

As the music plays, the Brownies move around the chairs dancing or skipping, jumping, etc. When the music stops, everyone sits down, the Brownie who is left standing suggests a Good Turn that she could do to help others. This is a co-operative game in which Good Turns are discussed instead of chairs being removed.

Be proud of Canada. Learn about the Canadian flag and be able to sing "O Canada".

Title: Our Canada
Equipment: the story that follows the instructions

This is a participation game that may be done as a group. As each underlined activity is called out, the Brownies jump up and do a representative activity. Listening carefully is the key.

SAILING - jump up and hold your hand above your eyes as if looking long distance
PADDLING - paddle as if paddling a canoe
NEWFOUNDLAND FISHERMAN - cast a line and reel it in
NOVA SCOTIA LOBSTER FISHERMAN - toss heavy wooden lobster traps overboard and haul them in with two hands
PRINCE EDWARD ISLAND - dig potatoes
NEW BRUNSWICK - chop trees with an axe
QUEBEC - dance a jig
ONTARIO - coureur de bois and voyageurs carry heavy packs of furs
PRAIRIES - farmers plant and harvest grains
BRITISH COLUMBIA - pick fruit from tall trees
YUKON - miners bend over a river and swirl water in a gold pan (like a giant plate)
NORTH WEST TERRITORIES - hard-rock mining with a pick and shovel
NUNAVUT – dog-sledding across the tundra

Let's pretend that we are explorers. We have sailed across the Atlantic Ocean to see this new country called Canada. We are coming to see each area and learn about its riches.

The first land we see is NEWFOUNDLAND where we find FISHERMEN catching fish on the great Grand Banks. They tell us of the LOBSTER FISHERMEN of NOVA SCOTIA. Tales of great LOBSTER abound as we SAIL past Cape Breton Island to PRINCE EDWARD ISLAND. A good lobster dinner includes the potatoes, which were dug from this tiny fertile island. Continuing our SAIL we come to NEW BRUNSWICK where the trees grow so tall. The trees are being cut down and processed to become paper.

Trading our SAILING vessels for canoes we PADDLE on as we journey through QUEBEC. This is a province well known for its singing lumberjacks who dance an energetic jig. As we PADDLE our way westward, across ONTARIO we meet the Coureur de Bois and Voyageurs trading for furs with Native Canadians. Across the Great Lakes we paddle into the Lake of the Woods of MANITOBA. Our canoes are exchanged for horses. For many days we ride horseback across the never-ending flat PRAIRIES. Settlers are planting crops of grains and harvesting them in the fall. There are fields of grain as far as the eye can see.

At long last we come to the Rocky Mountains. Carefully we climb up and down, through the mountain passes following the rivers. Over the mountains and through the valleys we travel across BRITISH COLUMBIA. The interior of BRITISH COLUMBIA is a wonderful area to grow fruits. Many pickers are harvesting crops of apples, pears and cherries for us to enjoy.

Finally, we come to the coast of BRITISH COLUMBIA and the Pacific Ocean. "But we have not seen all of Canada yet!" we cry. Back in canoes, we PADDLE north to the YUKON to see miners panning for gold. They swish the gravel out of the pan until only the gold remains. Our journey continues eastward to the NORTHWEST TERRITORIES where we see more miners mining for gold and diamonds too. Mining here is more difficult as the gold and diamonds must be broken out of the rocks. In NUNAVUT, traditional Inuit hunters are taking us out on the tundra in dogsleds to show us the Northern Lights.

Very tired now, we continue our PADDLE to Hudson Bay. Now we can rest knowing we have completed our journey through each province and territory of Canada.

Title: How Big Is Canada?

Equipment: large map of Canada

Assign a set number of kilometres to one circuit of the meeting place. Upon arrival at each meeting, the girls walk circuits of the room until the meeting begins. Before the end of the meeting tally the number of circuits completed by the Unit, convert to kilometres and as a group, mark the progress on the map.

Title: Flags in the Wind

Equipment: a drinking straw for each girl; a white sheet of paper, two red strips of paper (approx. 6 cm wide x 21 cm long), and a red maple leaf for each Circle

Circle Leaders take a plain sheet of white paper (approx 28 cm long x 21 cm wide or 8 1/2 x 11 inches) and tape it to the floor. On "go" the players use their straws to blow the red pieces into position on the white paper taped to the floor to make a flag (the white paper represents the background of the flag, the two red strips for the sides). This can be done in teams of three (each girl blowing one piece onto the paper) or in Circles or individually depending on the amount of time and the number of girls playing.

Participate in a Thinking Day activity or celebration

Title: World Centres Fruit Salad

Equipment: chairs (optional)

Tell the girls about the World Centres of Guiding and where they are (see the Brownie book pg 64). Give each player the name of a World Centre (Pax Lodge, Our Chalet, Our Cabaña, Sangam). Have everyone in a circle with one less chair than girls. One player goes into the centre. When the Guider calls, for example, Our Chalet, all of the Our Chalet players change seats. The player in the centre tries to get one of the empty seats. When the Guider calls "World Centres," everyone moves. To make this game more challenging, the Guider can call, for example, "Mexico," and all the "Our Cabaña" players move, because Our Cabaña is in Mexico.

Title: Thinking Day Carnival
Equipment: as required for the activity stations

Celebrate Thinking Day with a birthday carnival of active stations: the Olave apple bob; the Crystal Palace fish pond where the girls do the activity written on the fish they catch (swim, talk like a fish, etc.); the Chalet climb where the girls climb a set number of stairs, the Sangam "coming together" where the girls form a group hug and then hop up and down 10 times, etc.

Title: World Flag Puzzle Relay
Equipment: World Flag puzzle (cut along the colour lines) for each team, a whole World Flag for display

Put the flag pieces and the display flag at one end of the room. Play in Circles. On "Go," one girl from each Circle runs to pick up a piece of the flag and return to her Circle. Each Circle member collects a flag piece, in turn, and co-operatively they rebuild the flag.

Learn about Brownies around the world

Title: Fish in the Net
Equipment: None

This Australian game is best played outdoors with plenty of open space. The girls at one end of the playing area are the 'Fish'. One girl is the 'net' and she stands half way between the two ends of the playing area. The 'Net' says "Who's afraid of the Net?" The 'Fish' answer "Not us! We're the fish" and all the Fish run for the opposite end of the playing area. Any Fish caught by the Net join hands with her. Next time, the Net may only use the two hands at each end of the line to catch with. The Fish can also try to get between the 'holes' in the net if they want to try – as they can only be caught by the ends. If the net breaks, any Fish caught in that round of play are freed.

Title: Juan Palmada (Johnny Clap-hands)
Equipment: None

Brownies in Columbia play this game. Girls make a circle, leaving one space in it. Two Brownies stand back to back, outside the circle, by the space. At a signal, these two run in opposite directions around the circle. When they meet, each jumps into the air and claps hand (overhead) with the other. Then they continue running, racing to be the first back to the empty space. The loser chooses another girl to take her place and the game continues.

Widening My View On People

(Guider's manual pages 30 - 31)

"Lend a Hand" by helping another Brownie try something new, or by going to a Spark group and helping out

Title: Lend A Hand Tag

Equipment: cards as described

Prepare numerous cards with L, A, or H on each one. Two girls are designated as "chasers." All the rest begin the game with one card. Anyone tagged must give her card to the chaser and then go to the leader to get another card. The first chaser to have all three letters L, A and H yells "Stop!" and shares with the others a way that she can Lend A Hand.

Title: Blob Tag

Equipment: none

If "it" tags you, you become part of the Blob. Hold onto "its" hand and work together to try to catch others. Each person you catch joins into the Blob making "it" bigger and bigger, and harder and harder to avoid.

Variation: Pieces of the Blob can break off and start their own Blob. It is best to have a leader designate who breaks off so that not too many Blobs are floating around.

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Make and wrap a parcel or package for someone special

Title: Parcel Wrap Relay

Equipment: box, paper, tape, felt marker and string for each Circle

Place the items for wrapping a parcel at one end of the room, either as separate sets or one large pile. In relay fashion, the girls run across the room, pick up one of the items and return to their Circle. When the Circle has assembled all of the necessary items they work as a team to wrap the parcel and deliver it to the leaders.

Variation: In the parcel box place enough treats (small boxes of raisins) for each girl and tape the box shut. When the Circle has wrapped the parcel they deliver it to another Circle. When all of the parcels have been delivered the girls can open them and enjoy the snack.

Learn about your province/territory and about other parts of Canada

Title: All About Where We Live

Equipment: one set of maps – of Canada, your province/territory or city/community – for each Circle; lists or pictures of things to locate on the maps (places, community buildings where certain activities take place, provincial coats of arms, flags, flowers, birds, animals, etc.); tape or pins

Post the maps on the wall at Brownie height. Place the items to be located at the other end of the room. The Circles stand at the map end of the room. The first girl runs to collect an item, returns to her Circle and places it on the map. If she doesn't know where it belongs, Circle members can assist. Continue in relay fashion until all of the items have been placed on the map.

Title: Cross Canada Circuit

Equipment: map of Canada

Travel across a map of Canada as outlined in Opening My Window on People in *The Brownie Program: For Fun and Adventure! Guider's Manual*. Let the group choose the route. Change the method of travel around the room according to the season or the terrain, for example, the group could choose to paddle a canoe around the room and to mark their travel on Canada's river system, perhaps following the routes of the early explorers.

Share with other Brownies the types of things you celebrate. What is a celebration? Learn about different types of celebrations.

Title: Cooks Relay

Equipment: chef hats, wooden spoons, aprons, paper representing bannock cut into pie-shaped pieces, place mats or plates

Divide into teams. Each team member is given a piece of pretend paper bannock. The first person in line dons the hat and apron, then uses the spoon to carry the bannock to the place mat or plate on the other side of the room. She returns to her team and hands the hat, apron and spoon to the next person who adds her piece of bannock. This continues until the bannock pie is completed.

Title: Sparklers Relay

Equipment: sparklers

Divide into teams and take turns running to the leader who lights your sparkler. You then have to run to a designated area and back again with your sparkler held high in the air.

Title: Winter Carnival

Equipment: a miniature winter carnival of circuit games outside your meeting place

Circuit games: Snowball Throwing (who can throw a snowball the farthest)
Sculptures made of snow Sled Relay (in pairs, sitter and puller)

Title: Italian New Year's Eve Ski

Equipment: recycled sheets 8 1/2 x 11 paper (for skis), cardboard tubes, red/yellow/orange tissue paper, masking tape, bean bag/ball, a container of some sort

Background: In the mountainous areas of Italy on New Year's Eve, young people enjoy skiing from village to village in a large group, each person holding a special torch in their hand. Have each girl make a "torch" from the cardboard tube and coloured tissue paper (the paper poked loosely into one end of the tube and shaped to resemble a flame). The girls are given two sheets of paper to act as skis. An obstacle course can be set up as they "ski" from village to village carrying their torches. Make as many obstacles as you wish, for example, toss a bean bag into a container (toll booth); hop across a river; ski around a tree; go under a bridge, etc. This could be done as a two team relay race. Finish the celebration with some hot chocolate!

Lend a hand to help people in your community

Title: Litter Game

Equipment: Sheets of differently coloured paper with a meaningful message or picture, one for each team. It is important that the design covers the entire sheet or there will be blank pieces in the puzzle that are difficult to reassemble.

Let the girls study their sheet for a few minutes. The Guider tells them that later on they may handle only their own sheet. The Guider then gathers up the sheets and puts them together. She then starts to tear them nonchalantly, while moving about the room, scattering pieces as she goes. As she does so, she discusses the unpleasantness of littering. On "Go," the Brownies pick up their own coloured pieces and reassemble the message or picture. Six to eight pieces work best.

Prepare a presentation showing what you like about Brownies and why being a Brownie is important to you

Title: Guess the Game

Equipment: none

With the Brownies working in groups, have each group decide on and act out their favourite active game. Each team in turn performs silently, while the rest of the teams guess the game or activity.

Visit a Guide Unit or participate in a bridging activity with Guides

Title: Brownie, Brownie, Guide

Equipment: none

Depending on the numbers of girls, you may want to break into two groups. Each group sits on the floor in a circle. One girl is chosen and the circle closes in to fill her space. This girl walks around the circle gently patting the heads of the seated girls calling "Brownie, Brownie" until she reaches someone she would like to race with, then she calls out "Guide." The "Guide" jumps up (the space is left vacant this time) and the two girls run around the circle in opposite directions. The first one to the vacated space sits down and the other girl is "it." You may direct the girls to call only Brownie, Brownie, Guide, thus every third girl runs, but there is no element of surprise. Or the choosing girl may choose any other girl, but may only go around the circle once

Opening My Window On the Outdoors

(Guider's manual pages 32 - 33)

Grow something from a seed, bulb, or cutting from a plant

Title: Growing

Equipment: none

Have the Brownies spread out inside your meeting space. Then get them to shrink down into as small a ball as they can become; this will represent the seed which they are about to grow. As you are describing the things that seeds need to grow (light and water), the Brownies begin to grow larger and uncurl as a newly sprouted plant would, slowly stretching one arm up, then the other. The roots of the plant begin to grow as the Brownies start to straighten their legs. As the plants uncurl and reach for the light, the Brownies unroll their backs and begin to stand taller, growing and stretching as they become larger and larger plants. Tell them to stretch each arm as high as it will go, representing the branches or leaves of the new plant. Now that the Brownies have stretched as tall as they can, the plant has grown to its full height. It will continue to follow the light as it moves about the room, looking from side to side or rolling from the waist can show this. Slowly the Brownies can relax knowing they have found all the nutrients and light necessary to grow.

Title: The Farmer in the Dell

Equipment: none

Sung to the tune of "The Farmer in the Dell." Each girl is given a part to play, showing the actions. As the song is sung, they act it out. If you have too many players, let several girls carry out the action parts together. This can also be done by several groups at the same time in different parts of your meeting space.

The farmer in the dell, the farmer in the dell
Heigh ho, the derry O! The farmer in the dell,
The farmer sows his seeds... (seeds curl up on the ground)
The wind beings to blow... (wind players run around waving arms)
The rain begins to fall... (rain player has fingers raining down)
The sun begins to shine... (sun player walks slowly, arms up, palms forward)
The seeds begin to grow... (seed players slowly rise, becoming grain)
The farmer cuts his grain... (scythe motion, grain falls to the ground)
The farmer binds his sheaves... (farmer touches three players at a time who stand back to back)
And now the harvest's in ... (all skip around, hands joined)

Title: Nursery Visit

Equipment: none

Visit a local nursery and with a leader or nursery employee tour the facility to discover the various types of plants flowers, and trees.

Title: Planting
Equipment: dirt, seeds, pots, spoons, water and anything else needed to plant a seed or bulb

Assemble the items necessary for each girl to plant a seed or bulb. To obtain each item, the Circle must complete an active challenge (walk across the room backwards, shrug shoulders up and down five times, skip around the room, walk clockwise around the room touching each corner, close your eyes and stand on one leg for 30 seconds, have the Circle become an elephant and stomp around the room, etc.).

Go on a walk or hike in your neighbourhood. Observe and record natural things you see in your neighbourhood.

Title: Neighbourhood Walk
Equipment: lists of 5-10 things found in the neighbourhood (one list per group)

Equipped with their lists, small groups of Brownies find each item on the list. Remind the Brownies not to pick any plants, but upon returning to the leader, describe where they were found. The activity level can be increased by having each group run back to the leader and show where each item has been located. The list of items may include garbage that can be picked up and disposed of properly.

Take part in an outdoor game, obstacle course, or fitness trail

Title: Fitness Walk
Equipment: favourite walking trail, a list of different warm up and cool down exercises and predetermined places on the trail where the exercises can be performed

As you and your Brownies head out the door on your hike, use this time for the first stretching exercise. Various points along the trail can be designated exercise stops. Stop and do a minute's worth of exercises and discuss the importance of warming up and cooling down exercises. Returning from the hike, feeling invigorated but relaxed, discuss how the Brownies liked or disliked the exercises and how such simple exercises can prevent injuries. Suggested exercises: ankle rolls, side stretches, calf stretches, upper back and shoulder stretches, leg lifts, knee raises, sit ups, push ups, modified jumping jacks.

Think of ways you can help protect your environment. How can your Brownie Unit help?

Title: Food Chain Game
Equipment: small pieces of paper (or if played outside, popcorn) 30 pieces per player (2/3 white and 1/3 coloured), paper bags

Scatter the paper/popcorn on the playing area. Introduce the term "food chain." Discuss the process in which an insect will eat plant material; a fish may eat the insect; a bird may eat the fish. Divide the Brownies into groups according to the following ratios: 1/10 birds (herons); 3/10 fish; 6/10 insects. The bag represents the animal's stomach. Release the insects to collect as much 'food' as possible. After 30 seconds, release the frogs. The frogs must first tag the insects. A tagged insect has been eaten; it must give its stomach to the frog and retire to the sidelines. After an additional 30 seconds, release the herons.

The birds will attempt to tag the frogs. A tagged frog must surrender its stomach and retire to the sidelines. Stop the game 30 seconds after the birds have eaten.

Discussion: Have the players identify who tagged them (frog or heron). Use this information to discuss the concept of a food chain. Any insect with coloured "food" in its bag is dead. The coloured food represents pesticides. The food has been poisoned. Any frog having half or more of its food supply tainted is dead. It has been poisoned. The bird with the greatest number of coloured pieces will not be able to produce eggs with shells strong enough to survive. Ultimately, the pesticide contamination travels throughout the food chain to humans. How can we help?

Title: **March**
Equipment: **cardboard tubes, twine/string/yarn, cardboard sheets, wooden blocks (scraps), cellophane, plastic container (ice cream, etc.)**

Create musical instruments out of wood and other forest-derived material. The material might have been used before, or in its original, natural state; for example, cardboard sheets and twine can be used to make a "stringed instrument"; cardboard tubing rolls can be used to make a flute-like instrument; and cellophane can be stretched over a cylindrical ice-cream container and brushed with straw to make a delicate drum. Try to make a variety of instruments including some stringed, woodwinds and percussion. Discuss with girls how recycling helps to protect the environment. When all have made a musical instrument, have a parade and march around inside and outside your meeting place.

Explore a field, park, other green space, or water area

Title: **Seed Hike**
Equipment: **None**

How many different seeds can the girls find? This activity can take place on city streets and in parks as well as in fields and forests. Fall is the best time of year to find seeds. Observe how the seed travels to where it will grow. If you find milkweed or other parachute-type seeds, see who can keep a seed in the air the longest with out using her hands. Seeds of all kinds can be collected and used to make collages or other crafts.

Title: **Project WILD**

Project WILD has numerous active games that foster an increased understanding of our environment. Contact your Commissioner for the name of a Guider who has attended a Project WILD Workshop and invite her to visit your Unit meeting.

Widening My View On the Outdoors

(Guider's manual pages 34 - 35)

Help make plans and go on an outing. Know what to wear to avoid hypothermia, frostbite, sunburn and sunstroke. Prepare and take along a nutritious snack.

Title: Dress for the Weather Relay
Equipment: clothing items for all seasons

Assemble a collection of clothing suitable for all seasons. The clothes should be large enough for the girls to put them on over their uniforms. The girls are in their Circles at one end of the room. A leader gives a weather forecast and the first girl of each Circle races to the clothing pile and dresses accordingly. The forecast could be pictorial (that is, the symbols used on weather maps) or verbal (for example, 10°C and overcast) or activity related (for example, cycling in September). The game continues with the next girl in line and another forecast.

Learn how to find North, South, East and West on a compass. On a walk or ike, take a compass in your group, and practise using it.

Title: Compass Call
Equipment: eight pieces of paper with one compass point on each piece

Write each of the eight compass points on a piece of paper (N, S, E, W, NE, NW, SE and SW). Using a compass find North in the meeting room and tape the 'N' paper to the wall. Similarly find and tape the other points around the room. The leader calls out a direction and all of the Brownies run to it. As the girls begin to learn where the points are, remove the papers identifying the secondary points (NE, NW, SE, SW).

Variation: The girls are scattered around the room at the various compass points. The leader names two points and these girls exchange places by running in a clockwise direction. If the leader calls "all change" everyone moves to a new place.

If it is easier, label the middle of each wall in the room with N, S, E, and W. Make sure that east is to the right of north and west to the left!

Title: Bell Circle
Equipment: a bell for each group of five girls

Divide the girls into groups of five. Four of the girls each represent a compass point while the fifth girl sits in the middle of the "compass." The girl sitting in the middle has her eyes closed and listens carefully. The other four girls pass the bell from hand to hand, trying not to let the bell ring. The leader points to one of the girls and that girl then rings the bell. The girl in the centre tries to determine from which compass point the sound came. If she guesses correctly the Brownie leads the circle in an activity and then the two change places. This game can become more difficult by having eight compass points.

Learn how to use a simple map

Title: Traffic Officer

Equipment: three playing pieces for each girl (macaroni, buttons or beans)

Each girl is given three playing pieces. The Guider (or a girl) is the Traffic Officer and calls out one of the following: cars, trucks, motorcycles, bicycles, roller blades, buses, etc. The girls run in a circle acting out the mode of transportation. When the Traffic Officer holds up her hand all traffic must stop. Any moving vehicle pays a fine of one playing piece. At the end of the game each Circle group counts the number of playing pieces that they have left.

Title: Find the Hidden Treasure

Equipment: several maps of the playing area, with "Xs" indicating the location of hidden treasures; hidden treasures (snacks or lunch, etc.)

Hide the treasures and mark their locations on a map of the playing area. Divide the girls into small groups and assign them an adult or older girl as a helper. Give each group a map. The girls search for the treasures. When the girls have located all of the hidden treasures, they return to the starting point. The first team back with all of their treasures will be the winner. The treasures can be enjoyed when all of the groups are back.

Title: Treasure Hunt

Equipment: sketch map of meeting place or a nearby park or playground

Prepare a simple sketch map of the meeting place or a nearby park or playground. Prior to the meeting, hide coloured markers, tokens (for example, buttons or bread bag tags) around the area and mark their location on the map. Place enough tokens at each location for each Circle or each girl. The girls are given the maps with the boundaries of the playing area clearly identified. The treasure hunt begins.

Variation: Have a neighbourhood sneaker walk. Collect worn out sneakers from the girls and place them around the neighbourhood or meeting place. Give the girls a basic map of the area and have them mark the location of the sneakers on the map. Try this as a District bridging activity involving all age groups.

Go on a day camp or overnight adventure. Explore your campsite. Where can you play safely?

Explore the terrain around your campsite. Look for different kinds of vegetation, high hills to climb, streams to follow, animal droppings, bugs, tracks, spider webs, etc. Try running and jumping in the sand or snow to see what kind of tracks are made. Try imitating animal tracks by drawing them in the sand or snow.

Learn about the weather

Title: I'm a Tree

Equipment: none

The girls pretend to be a tree. The leader calls out different weather conditions and the girls dramatize how the tree might look. Facial expressions could be used to show how the tree might feel.

Weather conditions:

a gentle breeze

a hurricane (with strong wind and rain)

a hail storm

a gentle rain

a snow storm

a warm sunny day.

Take part in one of these activities: an outdoor clean-up project, a conservation project, a recycling project

Title: Litter Chase

Equipment: garbage bags, work gloves

Participate in a garbage clean-up around your meeting place or in a local park. Be sure to discuss what things the girls should not touch (needles, broken glass, empty "balloons"). Give each Circle their own garbage bag to fill up. The Circle to collect the most garbage could win a small prize.

Title: Newspaper Circle

Equipment: half a sheet of newspaper per girl, whistle, set of questions about the weather, hoola hoop (or rope circle), tokens (beans, buttons)

The girls form a circle; the hula hoop is on the floor with one of the girls in the circle standing in it. The girls use the following actions to move in circle, in and out of the hoop. Use the whistles to indicate the action:

four whistle blasts - run three whistles blasts - hop on one foot

two whistle blasts - skip one whistle blast - stop, place their paper on the floor and stand on it with both feet.

The player within the hula hoop answers a question such as:

What is thunder?

What is solid rain called?

What is fog?

What would you wear outdoors if the temperature were 32 degrees C?

What does evaporation mean?

Players failing to answer a question receive a token. This game could be used for any aspect of the program by simply changing the questions to suit your topic.

Opening My Window On Today and Tomorrow

(Guider's manual pages 36 - 37)

With your Brownie Unit, prepare a healthy snack. This should include a drink and something to eat.

Title: Healthy Eating Relay

Equipment: pictures of food from all of the food groups (use grocery store flyers and newspaper ads)

Place the food pictures in the centre of the play area. In relay fashion the girls in each Circle run to the pictures to choose something for a healthy snack, breakfast, lunch or supper. When everyone has had a turn, the Leaders check to see that they have included something from each food group.

Title: Build a Healthy Snack

Equipment: pictures of healthy foods, pictures of unhealthy foods, crackers, healthy spread for crackers, topping for spread (raisins, etc.), drinks, bean bag (optional)

Set up four "food stations" around your meeting area using the food suggestions given.

Begin the activity with a short discussion on healthy foods using the Canada Food Guide as a resource. After the discussion, hold up pictures of healthy foods and some foods which are not so healthy. Ask the girls if they think the food pictured is a good food choice or not. Then do the following activity:

Set up a starting point. From the starting point, girls hop to station #1 and receive a cracker in a small plastic bag. They skip to station #2 and spread the cracker with a choice of spreads. They kick a bean bag to station #3 and put topping(s) on the spread. To get to station #4, they "fly" like a giant bird (arms outstretched making exaggerated flapping movements) and receive a drink. When they have visited all the stations they will have made a healthy snack that they can enjoy.

Note: Foods at the stations and ways of moving between stations can vary to suit your girls. Keep in mind any food allergies (for example, peanut butter) that anyone in your Unit may have.

Make up a game in which you have to do at least two active things: for example, catch a ball, throw a ball, skip rope, hop on one foot, kick a ball, move backwards

Title: Round Robin

Equipment: balls, balloons, skipping ropes, bean bags, etc.

Brainstorm games the girls can play with equipment your Unit has. Set up four stations in a round robin.

Show why it is important to keep yourself clean, brush your teeth, and take care of your hair

Title: Taking Care of Myself
Equipment: none

Brownies sit in a circle facing outwards. The Guider asks questions and if the answer applies, Brownies run around the circle and back to their places.

Questions:

- Who got plenty of sleep so her body could rest?
- Who ate healthy foods?
- Who did some physical activities?
- Who drank plenty of water?
- Who stood, sat and walked straight, to look after her back?
- Who used her brain for thinking and learning?
- Who played, laughed and had some fun?
- Who brushed her teeth after meals?
- Who had a bath or shower?
- Who remembered safety rules and behaved safely?

Know how to: apply an adhesive bandage, treat a nosebleed, treat a burn, get help in an emergency and treat a sprain. Know how to recognize when someone is choking and what to do about it.

Title: First Aid Tic Tac Toe
Equipment: 4 skipping ropes or chalk, set of first aid questions

Prepare a list of first aid questions (see samples below). Use skipping ropes or chalk to define a tic tac toe playing board on the ground or floor. Divide the girls into two teams, Xs and Os. The leader asks a question of the X team, the girls can discuss the answer. For correct answers, the team runs twice around the tic tac toe board then they place one player on the board wherever they choose. For incorrect answers, tell them answer. Then the team runs backwards twice around the tic tac toe board. Play continues with the O team. Each team tries to place three players on the board in a straight line.

Sample questions:

- How does a Brownie treat a sprain?
- What can a Brownie do for someone who has a nosebleed?
- What can a Brownie do for someone who is choking?
- What is the best way for a Brownie to wash a cut?
- What would a Brownie not do for a nosebleed?
- What signs would tell a Brownie that someone is choking?
- What could a Brownie do if she thought someone had a broken leg?
- What is the best way for a Brownie to treat a burn?
- How does a Brownie get help if an accident happens at home?

Know how to use simple appliances safely, and which appliances should be used only when an adult is present.

Title: Appliance Search

Equipment: pictures or drawings of simple appliances (for example, can opener, toaster, microwave)

Hide pictures around meeting area (you will need a set for each girl, pair or Circle depending on how you decide to play) so that only a small portion of the picture is showing. Girls are told beforehand how many appliances make up a set (for example, three, four or five different pictures). Girls are given time to run around the playing area to find and bring back a complete set. When time is up, form a circle and discuss the appliances and how to use them safely. At this point you could use real appliances you brought from home to demonstrate. Have the girls act out the action of each appliance.

Create something special for which you do at least three of these things: draw, cut, staple, glue, sew, braid

Title: Build and Move

Equipment: small milk cartons (washed), stapler, glue, scissors, construction paper, coloured tissue paper or similar

1. Give each girl an empty milk carton. Ask each girl to pretend she is the milk inside the carton; have her demonstrate the motion of the milk when the carton is shaken (milkshake!).
2. Have girls cut off the top of carton. Have girls pretend to be a pair of scissors and demonstrate how scissors work.
3. Have girls cut a long strip of construction paper for a handle and use the remaining piece to cut out shapes or letters to decorate their cartons. At this point leaders call out a shape or letter and girls (by themselves or with another girl) make that shape with their bodies, etc.
4. Glue the designs on the cartons, staple on the handles, line with tissue. Girls can use their baskets to hold special items or fill with a treat and give to someone special.

Finish the activity by skipping around in a circle and singing an appropriate song, for example, "Here We Go Gathering Nuts in May" (girls pretend to gather nuts and put into basket).

Title: Create a Game

Equipment: wire hangers, construction paper, string

Cut different sizes of rings from coloured construction paper, staple the rings to different lengths of string. Attach the strings to wire hangers. The hangers are then suspended from the ceiling to about five feet from the floor. The rings become a "target practice" game. Brownies try to throw ping pong balls through the rings. More points are scored for smaller holes, less for bigger; three throws for each player. Repeat three times.

Title: Animal Puzzles

Equipment: tracing or drawing paper, crayons, scissors

Draw or trace six or eight animals on an 18 by 24 inch paper. You will need one for each Circle. Draw the same animals on another sheet, one per Circle and have the girls cut them out. The cut out animals are cut into jig saw pieces. Set up Circles in relay teams. The animal pieces are put on the floor in front of each Circle with the whole papers at the opposite end of the room. Girls take turns taking a puzzle piece and running up and putting it in the right spot.

Title: Let's Make a Kite

**Equipment: paper or plastic bags; hole punch; paper ring reinforcements or scotch tape;
assorted scraps of string, wool, tissue paper, crepe paper or other lightweight scraps
suitable for decorating**

Have the Brownie punch a hole in each of the four corners of the bag about 3 cm from the edge. Place reinforcement rings or scotch tape around the holes. Cut two pieces of string about 80 cm long. Tie each end into a hole to form two loops. Cut another piece of string about the same length and tie it through the loops to form a handle. Decorate the bags as desired, keeping in mind that too much decoration and glue may make the bag too heavy to fly. Once the kites are completed, open the bag, hold the string lightly and run so the wind catches the bag and makes the kite fly.

Widening My View On Today and Tomorrow

(Guider's manual pages 38 - 39)

Experience the arts in your community

Title: Art in Architecture

Equipment: none

Take a walk around the neighbourhood and discover the "art" in the homes and yards that you pass. Take note of similarities in style, colour, materials, etc. If possible tour a heritage area in your community.

Title: Shapes

Equipment: music; cards with shapes, letters or numbers

Walk, skip, hop, slide, gallop, jump, etc., until the music stops (or the leader calls out "Shapes"). When the leader shows a card with a shape, letter or number on it, use your body to copy the shape. After holding a shape for a few seconds, slowly melt the shape and continue moving to the music.

Variation: for a more co-operative activity, small groups could work together to form the shapes.

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Title: Performing Letters

Equipment: none

With the Brownies using their bodies, have them make shapes in either a horizontal or vertical plane, as you call out the letters or numbers. You can then try grouping them together in threes, fours or fives to make more difficult letters or geometric forms, for example, circles, squares, triangles, etc.

This activity could be used when younger Brownies learn to spell their names. After printing their names, they could call out the letters in their names for other Brownies to perform.

Find out about different careers you could have when you grow up

Title: This is What I Do

Equipment: pictures of people doing various jobs

Post the pictures around the room. Play some upbeat music while the girls move around the room. When the music stops the leader asks a question about one of the careers depicted and the girls move to the appropriate picture until the music starts again.

Variation: Have the girls act out the career until the music starts again, assign different methods of travel each time: skipping, walking backwards, etc.

Title: **Who am I?**

Equipment: **cards with different professions, written on them; bag or bucket to hold cards**

Players sit in a circle and choose a profession card. In turn each person has to pantomime her profession. If the other players can't guess what it is they have to stand and jump up and down calling "What are you? What are you?" The girl then gives one hint (possibly with help from leader) and the others can guess again.

Variation: Divide girls into two teams. One player from each team comes to the game leader who whispers the name of a profession. The girls run back to their team and try to act out the profession (for example, doctor, baseball player, carpenter, etc.).

Learn about and practise safety in the home, including fire safety

Title: **Bug in a Rug - Bug Alone**

Equipment: **none**

Brownies are numbered off in groups of three. They must remember their numbers. When the leader calls a number (1, 2 or 3) followed by "bug alone," the Brownie in each group with that number drops and rolls on the floor by herself. When the leader calls a number followed by "bug in a rug," the other two Brownies in her group assist her to the floor, run up to the centre of the room and get an imaginary blanket and wrap her to smother the pretend fire. The game starts slowly and speeds up as the girls react faster to the instructions.

Repair two simple objects. Use a screwdriver and hammer (and other tools too).

Title: **Ms Fix-it**

Equipment: **kits of hammer, block of wood, tape measure, paintbrush, screwdriver, pencil, nails, and screws, one kit per team; a made up story about Ms Fix-it re-doing her house**

Tell a story in which Ms Fix-it decides to re-do her house. As the story is told, Brownies in relay use the tools. For example: "Ms Fix-it decides to hang a picture, but first she has to measure the wall to make sure it is hung in the middle." The first girl on the team runs up to the tools and get the measuring tape and measure the block of wood, yells out the middle measurement to her team, marks it with a pencil, and runs back to her team. The story continues, "Ms Fix-it decides that her house needed a splash of colour, so she paints the walls blue." The next girl runs up and selects the paint brush and "paints" the block of wood. The story continues with situations so that the girls can use the tools and appliances available to them.

Learn about healthy food choices. Make a simple meal with foods you find in your home. Include the four food groups.

Title: Healthy Foods - Junk Foods

Equipment: none

Brown Owl tells the Brownies that one end of the room is HEALTHY FOODS and the other end of the room is JUNK FOOD and food that is unsuitable for a lunch bag. Brownies form a circle and hold hands. They skip around and sing (you can use any familiar tune which fits the words, "Frere Jacques" works well) "Make the lunch, make the lunch and put in... Brown Owl calls out the name of something to put in the lunch bag. If it is something healthy like a peanut butter sandwich, an apple, etc., the Brownies run to the HEALTHY FOODS end of the room. If it is something like LEMON MERINGUE PIE or something silly like sawdust, the Brownies run to the JUNK FOOD end of the room.

Create something using at least three of these materials: wood, white glue, string, nails, screws, wire, plastic, cloth. You can add any other materials you need for your project.

Title: Create a Critter

Equipment: a supply of recyclable materials, for example, cardboard tubes, paper, foil pie plates, foam/plastic trays, wood, cloth, buttons, etc.

Divide the girls into two or three teams for a relay style game. At one end of the playing area place a bag (one for each team) with a selection of materials. Each girl has a turn to run to the bag, select something, and run back to her team. When all girls have had a turn, they decide what they will create with their chosen materials. Leaders at this point can provide the glue, wire, etc., if needed. When each team/Circle has made a creation, it shares its creation with the other teams. This activity can be done on an individual basis as well with the girls running to the bag four or five times each to make a selection.

Title: Lumberjack

Equipment: none

The Brownies run in a circle. When the "Brownies" are called, they run lightly on their toes. When "tall trees" are called, they stretch up high. When "little bushes" are called, they creep about. When "lumber jacks" are called, the Guider turns into the lumberjack and tries to catch a Brownie. She then takes that Brownie to the centre of the room and counts to five. The rest of the Brownies must make the Brownie Ring before the lumberjack finishes counting.

Title: Body Works

Equipment: none

To encourage the girls to use their imaginations when they create, have them create objects with the girls in their Circle using only their bodies. The objects could be mechanical (a can opener), structural (a bridge), or magical.

Do something active every day for a week. Play an active game at Brownies.

Title: Active Living for a Lifetime

Equipment: chart for days of the week with space for pictures

Have each Brownie prepare a chart with the days of the week across the top of the page and space below to track her active games or sports (in words or pictures) during the week. (See example.)

Play one of the group's favourite active games. Afterwards, ask questions like the following, for discussion:

- Why do you like playing this game?
- How does it make you feel?
- What other games would you like to play?

List the responses. Let the girls take their charts home to work on. To help girls get started see the ideas on page 39 of the Guider's manual.

| <i>Games, sports and other activities I have played in the week between Brownie meetings.</i> | | | | | | |
|---|----------------|-------------------|---------------|----------------------------------|--------------------------|------------------|
| Wednesday | Thursday | Friday | Saturday | Sunday | Monday | Tuesday |
| Brownie meeting! | walked the dog | played hop scotch | played hockey | went up and down stairs 5 times! | played tag at lunch time | swimming lessons |
| | | | | | | |

From *The Canadian Active Living Challenge: Leaders Resource Tool Kit, Program 1, 1993.*

Books of Active Games

Clouds On A Clothesline by Jack Pearse, Barrie Laughton, Jane McCutcheon

Games With A Point by Ailsa Brambleby

Kids Games Too by Elaine Martin

Great Games For Young People by Marilee A. Gustafson, Sue K. Wolfe, Cheryl L. King.

World Games and Recipes



Jump On Right Foot
10 Times



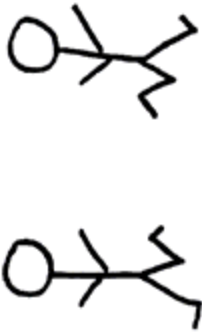
10 Toe Touches



Jump On Left Foot
10 Times



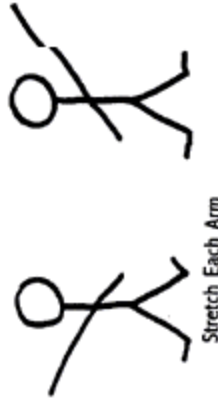
10 Arm Circles



Run On the Spot



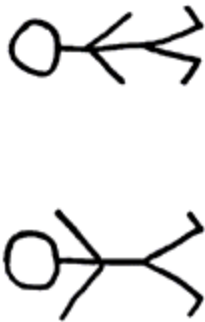
Jump On Both Feet 10 Times



Stretch Each Arm



10 Crunch-ups



10 Modified Jumping Jacks



10 Side Bends Each Side



Roll Over 10 Times



10 Push-ups