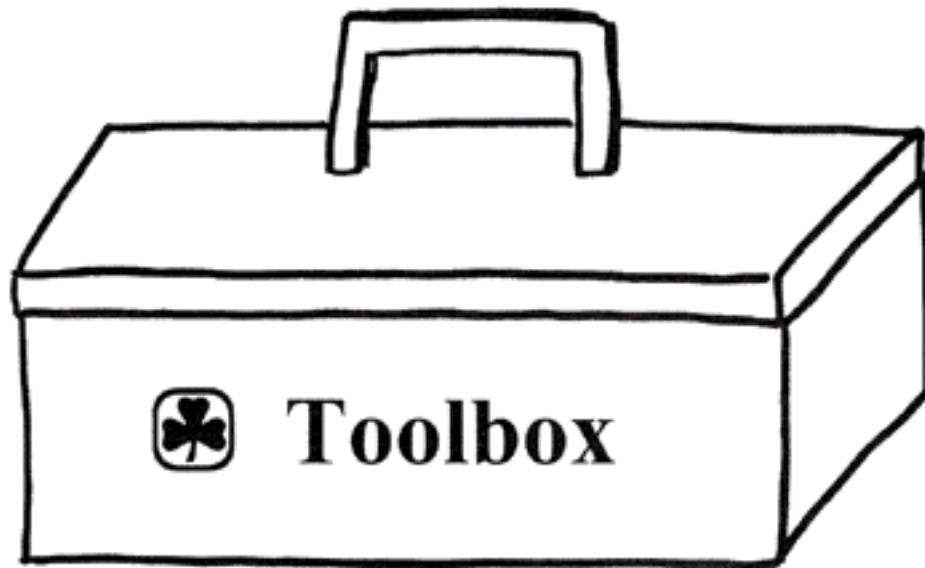


Active Living



for

Pathfinders and Senior Branches

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The Active Living Toolbox **for** **Pathfinder and Senior Branches**

Introduction

This *Active Living Toolbox for Pathfinders and Senior Branches* is for you – young women who are in their transition years preparing for adulthood. It is Guiding's hope that many of you will choose to assume the adult Guider's role.

In this *Toolbox*, there is a considerable mix of thought-provoking and/or activity-related sessions designed to help you to lead others to an Active Living lifestyle. Leadership activities and Active Living span all pathways. Use the activities in this resource to develop your leadership skills through Active Living. You have our invitation to adapt and restructure these activities to suit your themes/situations. Guiders and Trainers are your resources and can help you.

We hope that you will enjoy this newest Active Living resource. Use it to support your Unit challenges and take it with you into the community as well to help promote Guiding.

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

Active Living Toolbox for Pathfinders and Senior Branches

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THE OUTDOORS

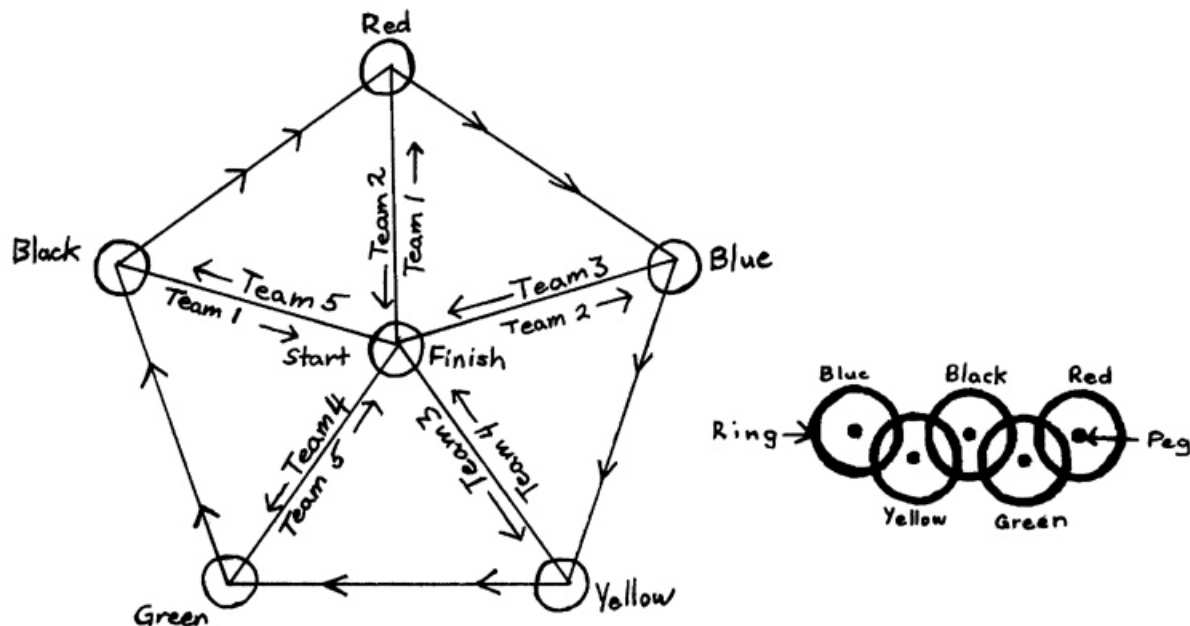
Title: Olympic Rings

Equipment: five stations (one for each colour of the Olympic Rings); a challenge activity for each station; appropriate equipment for each station; the "prize" for completing each station's activity will be a coloured ring representing one of the Olympic Rings; five pegs to toss the rings over to form the full complement of Olympic Rings

Each team (ideally four people) has a card with five bearings and distances on it. The bearings are in a different order for each team and the first one is individual, so that each team starts at the same place then goes off in its own particular direction and from then on to each point separately (see diagram). See the Appendix for how to estimate distances and walk a bearing.

Each team is given five envelopes marked with appropriate colours (or alternatively instructions can be left at each station). When the teams arrive at a coloured marker they follow the instructions given and on completing the task they take the next bearing to the next coloured marker. For each successfully completed task the team is given a coloured ring. After the fifth ring has been gained they return to the start where they must throw each ring over a peg (hoola hoop style) arranged in the Olympic Rings pattern.

In between two of the markers (Red and Blue) teams have to stalk to avoid the "Ring Hunters". If teams are caught, the Ring Hunters steal a coloured ring. To regain the ring, the team must perform that task successfully again.



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THE OUTDOORS

Sample Stations

Tent Pegs

Equipment: tent pegs and mallet
Correctly place and pound tent pegs at a 45 degree angle. This could be done individually or as a team; try it blindfolded.

Pathfinders - Camping Emblem
Senior Branches - Camping

Knots

Equipment: knotting cord (may need two different sizes), legs or poles around which to tie knots
Knots have their own purpose, for example, reef knot, packer's knot, clove hitch, round turn and two half hitches, bowline, sheepshank, sheetbend, etc. Challenge team members to tie the knots needed for a specific purpose, for example, an arm sling, bedroll, rescue line, shorten a line, flag knots, etc.

Pathfinders - Camping Emblem
Senior Branches - camping challenges

Compass

Equipment: compass to check accuracy, analogue watch
Find north using natural signs such as trees bent from the prevailing winds, moss growing on one side of trees, using an analogue watch and the sun (see Appendix), etc.

Pathfinders - Outdoor Emblem
Senior Branches - outdoor challenges

First Aid

Equipment: first aid booklet, first aid supplies (for example, list found at the back of the Pathfinder Guider's manual), triangular bandages, situation cards

Pack a first aid kit according to different emergencies (for example, cuts/scrapes, blisters, head/stomach aches, minor burns, sprains, slivers). Demonstrate different uses of the triangular bandage (use their ties or the full-sized bandage): sling, doughnut, head bandage, support for broken arm, etc.

Pathfinders - Be Prepared Emblem
Senior Branches - first aid challenges

Emergency Shelter

Equipment: camping knife, knotting cord, tarp, emergency solar blankets
Construct a simple shelter that will keep you protected from the elements.

Pathfinders - Be Prepared Emblem
Senior Branches - outdoor & camping challenges

Fire Skills

Equipment: wood supply, matches, axe/hatchet, fireproof water container, water
A group activity to gather wood, light a fire and boil a predetermined amount of water as quickly and safely as possible. Make instant soup to share.

Pathfinders - Camping & Outdoor Emblems

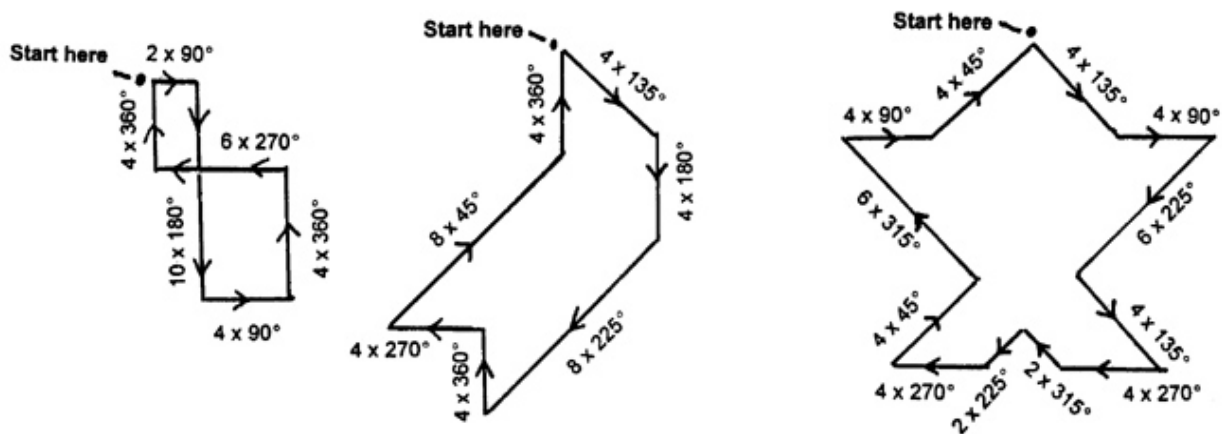
Tenting Skills

Equipment: tents, tent pegs, mallets
Depending on the tent size, this may be done as a group or as individuals. Pitch a tent as quickly as possible; strike a tent as quickly as possible. The tent will be pitched then struck alternately by teams as they arrive at the station.

Pathfinders - Camping Emblem
Senior Branches - camping challenges

Title: Compass Game
Equipment: compasses

Use the “Estimating Distance” and “Walking a Bearing” methods in the Appendix to develop a shape or series of shapes with which to practice the bearings and paces. Design a shape using Bearings and Paces to challenge another team. The following are suggestions for shapes:



Pathfinders - Outdoor Emblem: Outdoor Skills 2
 Senior Branches - outdoor & camping challenges

Title: Reverse Hide and Seek
Equipment: none

All the girls hide their eyes while one hides. As each of the others find her, they join her in that hiding spot. The trick is to stay still and quiet as the group enlarges. The last one to find the group is “It.” Try playing this game in the dark with flashlights.

Pathfinders - Outdoor Emblem, Leadership Emblem

Title: Scavenger Hunt
Equipment: large areas; list of items for the girls to find

There can be a list of items to seek out, or it can be played as a bingo game. Each girl must find the items listed and describe where they were found. The list can be theme related or a general outdoor scavenger hunt.

Themes: tree anatomy (canopy, roots, trunk, leaf, branch, twig, bud, bark, rings, etc.); erosion (forest litter, roots, small plants, moss, blow pit, drift, gully, stream, silt, etc.); human interference with nature (carved initials, no-trace camping, tramped vegetation, pathways, litter, damaged picnic tables, etc.); wild flowers; birds; pollution; food chains.

Pathfinders - Outdoor Emblem: Natural Environment 2, 4, 5, 6, and 9

THE OUTDOORS

Title: Popcorn Game

Equipment: plastic bag with 40 pieces of popcorn per player, a number of smaller bags with 5 to 10 pieces of popcorn in each, string for hanging, whistle and lots of leaders

Goal: to discover how animal behaviour, energy needs, food sources and environmental conditions inter-relate during the winter.

Preparation: Before beginning the game, choose several trees throughout the play area with branches within reach of the girls. Attach the smaller bags of popcorn to these branches, being careful not to completely hide them nor to make them too obvious. They may also be hidden anywhere you choose that's appropriate, apart from the trees.

To Play: Each player is an animal that needs to eat popcorn to survive. The players are given a bag with 40 pieces of popcorn to start the game. If the players run out of food, they must search out the bags that have been hidden throughout the playing area.

Each animal must eat five pieces of popcorn every time she hears the whistle. This represents the amount of energy required to maintain this animal. Energy is also needed to move. They must eat: one piece of popcorn for every three steps taken through new snow; one piece for every five steps taken along a broken trail; two pieces on the spot if caught running; three pieces for breaking through deep snow. If all their popcorn is used up before winter is over, they must return to the starting point. Winter lasts 10 minutes, with the whistle blown every minute. Leaders circulate to impose the weather conditions on the players at random.

Pathfinders - Outdoor Emblem: Environment 9; bridging activity

Senior Branches - environment challenges; bridging activity

Title: A Progressive Hike

Equipment: varies depending on the task

Choose a number of stations appropriate to the size of the group. Choose a task, sport or fitness activity for each station (for example, hockey skills, golf skills, fitness skills, Guiding skills). Players will travel from station to station, performing the activity posted at each. The last station may include a healthy snack.

Variations: Make it a treasure hunt based on different community activities (arenas, pool, playground, community helpers, etc.). You may wish to do different activities in the girls' backyards and travel yard to yard by bike, on foot, running, etc.

Pathfinders - Outdoor Emblem: Active Living 7, 8, 9

Senior Branches - outdoor & community awareness challenges

Title: **Casing the Joint**

Equipment: **flashlights for the guards, pens/pencils and paper for the players, objects to hang in the trees**

This game is played in teams, in the dark, preferably in the summer. Hanging in the trees are all kinds of objects, for example, can openers, ladles, colanders, dolls, clothes, brushes, or a set of valuable items, for example, pictures, china, jewellery, etc. (or supplies related to a theme for a Pathfinder challenge). Teams must creep about and try to get accurate drawings or written descriptions of all the objects without mentioning the name of the object concerned, together with all the locations of all the items found. These reports and drawings are returned to Home Base. "Security Guards" walk about the area with flashlights, turning the beams on anything that moves or makes a noise. If caught in the light and recognised by name, a player must remain immobile for one minute. Guards keep a list of those caught. At the end of the allotted time, teams get points for each object found and accurate descriptions or good drawings. They can lose points for the number of times each player was caught by the Guards.

Story: Several groups of thieves are at work in the area planning their burglaries and what to steal. They often do not recognize valuable objects when "casing the joint." They have to report back on everything they see by drawing the item or giving a description. They also have to describe the exact location of each item. As well, they have to avoid the Security Guards.

Pathfinders - Outdoor Emblem, Outdoor Skills 1, Camping Emblem
Senior Branches - active living

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Title: **The Cities Game**

Equipment: **flashlights, 'passport' card for each player**

This is an exciting evening game! *Warning!* You need to assess your playing area in the daylight to remove major hazards. A large area should be designated as the travel route. Points in the bush, around the playing area, are cities/towns. For each 'City,' a flashlight-bearing leader will be hiding in the bush near the open field. Each 'City' has its own flashing code that can be seen flashing occasionally during the game. Participants are given passport-type cards with the names of cities or towns recorded on them as well as the flashlight code. The objective is for the girls to make their way, City-to-City, to get a signature of the 'City Official' for a visa on their passport. As with any journey, the travellers must make their way across the country in a geographical order. In the open field, a number of border patrollers are ready to confiscate the passports. Border patrollers might have program-related questions for the players. If they answer correctly, they retain their visas; if not, one of their visas is cancelled. The group that has the most visas in a given time wins. This game can go on for as long as you like!

Pathfinders - Outdoor Emblem: Outdoor Skills; World Emblem: Travelling
Senior Branches - International Guiding

THE OUTDOORS

Title: **Kim's Game**

Equipment: **theme-related supplies - first aid supplies, pencils, paper, tray for carrying, blanket or cloth for hiding items**

Discuss potential injuries from outdoor activities or sports. Display and discuss the appropriate first aid supplies used to treat them. Then hide the items and see how many the players can remember, or remove an item or two and see who knows what is missing.

Pathfinders - Outdoor Emblem: Outdoors 3, 4, 10; Be Prepared in the Home 2
Senior Branches - first aid challenges

Title: **Discussion Starters**

Equipment: **none**

Exploring issues related to sports played or seen on TV, will help develop the ability to:

C use critical thinking skills to consider various points of view with respect to fair play issues

C understand and evaluate the influence of media on fair play attitudes and values in sport

C suggest fair play resolutions to conflicts in your own activities.

1. In what sports do you participate? Why do you participate in that activity? What skills, abilities and attitudes do you need to have to participate in your sport? What aspects of the sport keep you enthusiastic about participating?

2. Think of a familiar or common sport. What groups of people are involved with that sport besides the athletes? Why are those other people interested in that sport? How are their interests different from the interests of the athletes?

See "The Fair Play Idea" on page 13.

Pathfinders - Outdoor Skills: Active Living 2, 13, 14; World Emblem: Global Understanding 1, 17

LEADERSHIP

Title: One- and Two-way Communication

Equipment: one-way and two-way activity sheets (see below)

Have everyone choose a partner and decide which partner will be “A” and which partner will be “B.” Have everyone arrange themselves so that they are sitting back to back. It is important that they are arranged so that A’s and B’s not only are back to back, but so that the B’s cannot see any other A’s.

One-way Communication

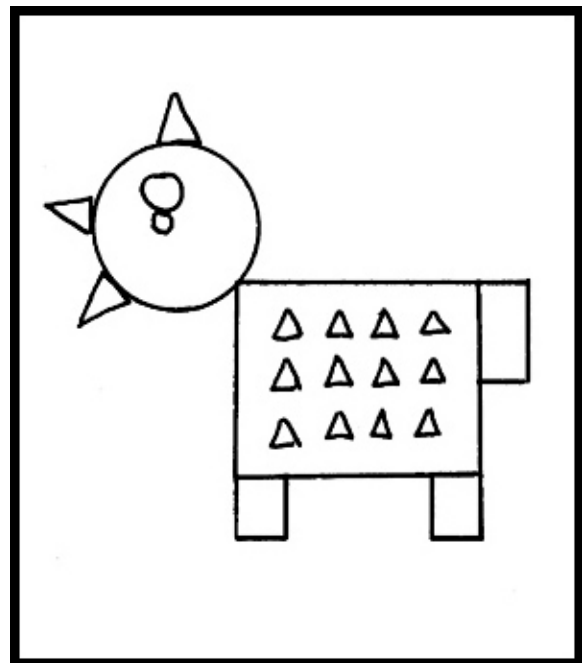
Explain the rules of this activity to the participants.

1. Only partner A can speak, and only she can read the directions of the activity sheet. Directions may only be read once.
2. Partner B draws a picture following the directions given by partner A. Partner B may not speak for any reason.
3. Partner B is not allowed to look at the sheet of directions given to partner A.

Distribute copies of the One-way Communication Activity Sheet to the A partners. Distribute a sheet of blank paper to the B partners. Have everyone complete the activity. When all pairs have completed the activity, allow partner B to compare her completed drawing with the diagram on the activity sheet.

One-way Communication Activity Sheet

1. Draw a rectangle at the centre of the page.
2. Draw two squares attached to the bottom of the rectangle.
3. Draw a small rectangle attached to the right side of the large rectangle, near the top.
4. Draw a circle attached to the top left corner of the rectangle.
5. Draw a triangle on top of the circle.
6. Draw a triangle attached to the left side of the circle.
7. Draw a circle inside the large circle near the top left-hand side.
8. Draw a triangle with its base on the bottom left-hand side of the large circle.
9. Draw twelve triangles inside the large rectangle.
10. Draw an octagon (an eight-sided figure) attached to the edge of the small circle.



LEADERSHIP

Two-way Communication

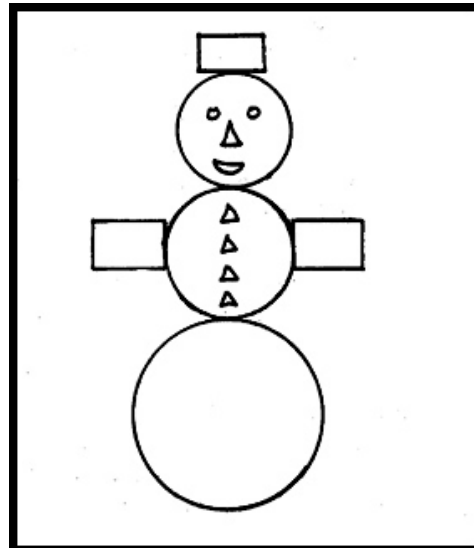
Explain the following rules to the participants.

1. Partner B is to read the directions on the activity sheet while partner A draws the picture following these directions.
2. Partner A is allowed to ask questions and partner B may answer those questions.
3. Partner A is not allowed to look at the sheet of directions given to partner B.

Distribute copies of the Two-way Communication Activity Sheet to the B partners. Distribute a sheet of blank paper to the A partners. Have everyone complete the activity, allow partner A to compare her completed drawing with the diagram on the activity sheet.

Two-way Communication Activity Sheet

1. Draw a circle in the middle of the page.
2. Draw a smaller circle on top of the first circle.
3. Draw a rectangle on top of the smaller circle.
4. Draw a large circle under the first circle.
5. Draw a triangle in the centre of the smallest circle.
7. Draw two circles above the triangle.
8. Draw a half moon below the triangle.
9. Draw four diamonds in a vertical line in the middle circle.
10. Draw one rectangle attached to the left and one rectangle attached to the right side of the middle circle.



Follow up with questions such as:

- Were the diagrams different? Were they a lot different or just a little?
- Was the difference greater in the One-way Communication or Two-way Communication Activity. Why do you think this was so?

Pathfinders - Leadership Emblem: Bronze 8;
Senior Branches - leadership and independent living challenges

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Title: Build What I Built

Equipment: one object constructed from building blocks or other building material, sufficient material for each group of girls to construct an identical object

The object is hidden from view. One person from each group observes the object for 15 seconds. The person returns to the group, and without any discussion attempts to recreate the object from the group's supply of building materials. When she has gone as far as she can, she signals the next person to go and observe. Each person in the group is given an opportunity to observe and construct, all without any *verbal* communication within the group. The first group to complete the object wins. Discuss feelings evoked during the exercise and the importance of communication and teamwork.

Pathfinder - Leadership Emblem: Bronze 8; Silver 5

Senior Branches - leadership and independent living challenges

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Title: Non-traditional Occupations Circuit

Equipment: hammer and nails; two decks of cards; screw driver and screws; two sets of dominoes; hand saw; scrap wood; complete set of hockey or football equipment

Set up "stations" for a carpenter, an architect, a civil engineer and a professional athlete. Have everyone divide into groups and give everyone an opportunity to "test" each career choice. The carpenter would put pieces of wood together to make a small toy (or whatever), the architect would construct an elaborate house of cards, the civil engineer would place dominoes in a pattern so they all fall down and the athlete would get herself dressed and undressed.

Pathfinder - Leadership Emblem: Bronze 6; Home Emblem: Personal Interests 19; Community Emblem: Knowledge and Service 9

Senior Branches - independent living and future opportunities challenges

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LEADERSHIP

Title: Raft Race

Equipment: sheets of newspaper

Teams line up in relay formation. The first player in each team is the captain and she stands with her feet on separate pieces of newspaper. The second player is the passenger and she stands on the same pieces of newspaper with the captain. On a signal, the captain bends over and takes hold of the newspaper. By shifting their weight and sliding the papers forward, the two players manoeuvre themselves “across the river” to the goal line without stepping off the newspaper. On reaching the goal line, the passenger picks up the newspaper, runs back to her team and brings the next player across the river.

Pathfinder - Leadership Emblem: Bronze 6, 8
Senior Branches - bridging challenges

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Title: Gibberish

Equipment: none

The players form pairs and carry on a conversation with their partners without using words. They have to make up sounds that make no sense to them and create a conversation. (They could pretend to be cave people.) It may help to suggest a topic, such as arguing about which TV show to watch; discussing a new car that they are thinking about buying; planning a ceremony.

Extensions: The players carry on a conversation with their partners without talking, using different parts of their bodies to communicate. For example, they can say hello with their elbows, and argue with their knees.

Organize into relay lines. The first and second person run to the end of the room. The first person using gibberish gives the second person a message. Together they run back to the line. The second person and third person run to the end of the room and the second person passes the message on to the third person and so on through the line.

Pathfinders - Leadership Emblem: Bronze 8

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Title: Find a Family

Equipment: small cards

A number of small cards, depending on the number of participants, is marked with family names and positions. Each family has four members and four cards, for instance “Father Smith,” “Mother Smith,” “Daughter Smith,” and “Son Smith.” The cards are mixed up and distributed among the players. When the leader gives the command, players move about the room trading cards with other players. At a signal from the leader, all the members of each family must find each other and sit down on one chair, Father Smith at the bottom, then Mother Smith, then son and then daughter. Communication may be verbal or non-verbal.

Extension: The players choose to be either a cow or a duck, but they cannot tell anyone which they have chosen. A cow says “Moo” and a duck says “Quack.” Since it is dark on the farm, all the players close their eyes and crawl around, mooing or quacking as they go. When one player meets another who is making the same sound, they hold hands and crawl around together until finally all the cows are together and so are all the ducks. There can be six different kinds of animals and each player can make her own animal’s sound.

Pathfinder - Leadership Emblem: Bronze 8

Senior Branches - leadership and independent living challenges

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Title: Tell It Again

Equipment: short story or tape recording

Five players are asked to leave the room. The leader reads a short story (plays a tape recording) to the rest of the group. The group listens to the story twice and after the second reading agree on a few important points that a summary of the story should contain. The first player is asked to come in and listens to the story once. The second player is called in and hears the story from the first player. Player two then tells the story to player three, player three to player four, and player four to the last one. Player five tells the story to the group. The players who were listening and observing report of the changes in the story. Then the original is read or played again. If a cassette recorder is available, all the versions of the story can be recorded and compared.

Extensions: Instead of telling a story, a picture could be described and then drawn by the last player or an activity acted out (for example, washing a car, weeding the garden).

Pathfinders - Leadership: Bronze 7, 8

LEADERSHIP

Title: Messenger

Equipment: building bricks or blocks, pencils, paper

Players form groups of three to four. Before the game starts, the leader makes something out of building bricks and covers it with a cloth. When the groups have been formed and building materials have been distributed, each group sends a messenger to look at what the leader has built. Each messenger reports back to her group and tells them how to build the same thing. The messengers are not allowed to touch the building bricks or to demonstrate how it should be done. The group can send the messenger to have a second look at the leader's work. When all the copies are finished they are compared with the original.

Extension: Instead of building bricks, objects that are unknown to the players (such as an apple corer) can be brought in and described by the messenger.

The messengers can tell their group how to draw a picture that the leader has shown only to them using the same rules as in the first game.

Pathfinders - Leadership Emblem: Bronze 8

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Title: Picture Puzzles

Equipment: photographs/pictures cut into about 20 pieces, patterns or shapes

The players divide into groups of four to six. The leader provides one photograph per player, each cut into about 20 pieces. Scattered the photograph pieces around the playing area. Players search for their pieces to assemble a picture. Players may only take pieces that belong to the group. If a player picks up a piece belonging to another player she must put it back. No one may speak during the game, and no one may intervene directly in another player's work. To help identify pieces for each picture, mark the back of each piece with a colour, using a different colour for each puzzle.

Extensions: The game can then be played with an abstract picture, or a plain rectangle cut into odd-shaped pieces for players to piece together in silence.

Pathfinders - Leadership Emblem: Bronze 7, 8

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The Fair Play Idea

The next six activities are from *Fair Play for Kids: A Handbook of Activities for Teaching Fair Play*, a program designed to help young people develop and reinforce their ability to become fair players in life as well as in physical activity. *Fair Play for Kids* is available from the Canadian Centre for Ethics in Sport, 2197 Riverside Drive, Suite 300, Ottawa, ON K1H 7X3, (613) 521-3340.

“If people relate to each other in an environment of acceptance and trust; if they demonstrate honesty, integrity and respect, then knowledge, self-confidence and the ability to make appropriate ethical choices will grow.”

Title: Our Secret Game

Equipment: will depend on the game chosen by the group

Choose three teams and a game with simple rules. Team #1 will play the game by the rules. Team #2 will be given a secret set of rules, for example, I can pick up the ball with my hands as well as kick it...I can take the ball out of the hands of my opponent....I can retrieve the ball from out of bounds..., etc.

Safety Tip: Be sure the secret set of rules will still ensure the safety of all players.

Team #3 will observe while the other two teams play. Have Team #3 describe what they saw.

Follow up asking the players:

- to describe what happened and how they felt.
- what conflict or confusion occurred?
- was there a potential for danger? Why?

Discuss what happens when rules are not the same for everyone. Are they, in fact, playing the same game? Was the game any fun? Why or why not?

Pathfinders - Home Emblem: Relationships and Values 4; Leadership Emblem: Silver 4
Senior Branches - leadership challenges

Title: Warm Fuzzies

Equipment: none

It is sometimes easier to try something new, finish a difficult task, or just feel confident about doing something when someone reminds us of how special we are. These special words and statements are sometimes called *warm fuzzies*. With a partner list examples of words, statements and body language that have made you feel good, or you have used to make someone else feel good.

Pathfinders - Home Emblem: Relationships and Values 6

LEADERSHIP

Title: Wildlife Scavenger Hunt
Equipment: paper, pencils and evidence list

Wildlife comes in all shapes, sizes and appearances, just like we do. Walk around the streets and a park in your community. As you walk look for evidence of animals and record observations.

Find evidence that:

- humans and wildlife share environments
- humans and wildlife must adjust to their environment, move to a more suitable environment or die
- wildlife can be very small or very large
- people and wildlife experience some of the same problems
- people and wildlife both need a place to live
- other evidence??

Relate your evidence to “The Fair Play Idea” on page 13.

Pathfinders - Outdoor Emblem
Senior Branches - outdoor and environment challenges

Title: Role Play
Equipment: role play cards (see below)

Create a role play group for each of the situations described on role play cards. With your group, discuss your role play and assign individual roles. Develop two positive problem-solving strategies for each problem.

Improvisation #1

Time: 2 minutes

No. of People: 4

Background: a game of floor hockey

Topic: I lose my cool after my opponent scores a goal.

Improvisation #3

Time: 1 minute

No. of People: 3

Background: a game of baseball

Topic: I argue with the umpire when s/he makes a call I don't like.

Improvisation #2

Time: 3 minutes

No. of People: 5

Background: a school track meet

Topic: One of our team is caught cheating.

Improvisation #4

Time: 2 minutes

No. of People: 4

Background: planning a hike

Topic: One member of our group is ignored by the rest of the group.

Pathfinders - Home Emblem: Relationships and Values 3 and 14

Title: Sports In the Community
Equipment: none

Invite a member of the local media (radio, newspaper or television) who reports on sports to visit your Unit and give their views on the changes that have occurred in attitudes of fair play in sports in the last five years. Ask how their job as a sports reporter has changed over time because of improved communication technology.

Write to a cable television sports broadcaster to find out what five types of sporting events attract the largest viewing audience. Prepare a skit or tableau to illustrate what you have learned.

Pathfinder - Community: Arts and Recreation, 12, 13; Knowledge and Service, 18; World: Global Understanding, 1

Title: Game Inventors
Equipment: games suggestion cards

Prepare game suggestion cards. Put them in an envelope or box and mix them up. Divide players into groups of 3 or 4. Groups draw a card and make up a new game following the directions. Complete at least one competitive and one co-operative game then follow with a discussion on the following questions:

- Which games did you like best? Why?
- How was co-operating different from competing?
- What did you learn about rules?

Game Suggestions:

1. Co-operate with one other person.
 - Make up a game in which you send a ball high into the air.
 - Make up a striking game using the ball and a big wall.
2. Co-operate as a pair with two other people.
 - How can you keep a ball in the air?
 - How can you use a ball, the wall and the floor in a game?
3. Compete with as a group of five with five other people.
 - Make up a game using a ball and a bench.
 - Make up a game using a rope and a bean bag.
4. Get everybody involved.
 - How can you use a ball, the wall and a floor line in a game?
 - Make up a bouncing game using a hoop and a ball.

Pathfinders - Leadership Emblem: Gold 6

LEADERSHIP

Title: 60-Second Energizers

Equipment: none

Energize your meetings! The following activities can be included regardless of the amount of room or time that you have.

- Tent Door Stretch* Stretch your arms straight out in front, with palms facing outwards so that your fingers reach just through the tent door. Slowly spread your arms apart to push back the tent door. Repeat several times.
- Star Stretch* Extend your arms over your head and look up at your fingers. Spread your fingers wide apart and allow the stars to twinkle. After a few seconds, close your fists as if catching a star. Lower your arms with the elbows bent. When you open your hands you discover that the star is gone and reach up to find another one.
- Shoulder Writing* Pretend there is a pencil attached to your shoulder and write your name in the air beside you. Repeat with the other shoulder. Encourage the participants to write smoothly. Variations: write with your nose, your hips or your elbow; write something other than your name.
- Tin Soldier/Rag Doll* Participants begin by tightening all of their muscles as if they were a tin soldier. After a few seconds they are instructed to become a rag doll, allowing all of their muscles and joints to loosen and relax, including the facial muscles.
- Bunny Hop* The bunny hop step can be done to common tunes such as “Farmer in the Dell,” “Row, Row, Row Your Boat” and “Frere Jacques.”
- Flag Wave* Stand as straight as a flagpole with arms at sides, palms in. As you breathe in, raise your arms above your head. As you exhale bring your arms down, palms downwards. Each action is done slowly; taking four counts to raise the flag and four to lower it.
- Jelly Jiggle* Jiggle loose every part of your body. Flap your arms, shake your hands, shrug your shoulders, wobble your knees, jiggle your legs until your whole body feels like a bowl of jelly. This could be accompanied by the chant, "Jelly in a bowl, jelly in a bowl; wibble wobble, wibble wobble, jelly in a bowl." This can begin softly and slowly, rise to a crescendo and then quietly disappear.
- Stand and spread out so that everyone has room to swing their arms forward and backward without hitting someone or something. Place your feet shoulder width apart with the knees relaxed, tummy tucked in (pelvic tilt), and the arms hanging loosely at your sides. Grasp the floor with your toes and get ready for an under push. Force your arms backward as far as is comfortable then let go and let them swing free forward until they reach a natural position in front of the body. Allow the arms to continue swinging naturally 25 to 30 times.

- Weather Stretch* Clouds: stand with knees relaxed and hands in front. Inhale and raise arms up and over head, inverting hands so as to push the clouds away.
Rain: exhale and lower arms in an arc to your sides.
Rainbow: clasp hands together behind back and lift your arms as you inhale. Exhale and bend forward with arms extended behind to form a rainbow.
Inhale once more, then exhale and lower arms to sides.
Sunshine: inhale as you turn palms upward and lift arms in an arc over your head. As you exhale, lower arms to make a circle of sunshine in front of you. Inhale and draw the sunshine into yourself; then exhale and enjoy its warmth.
- Group Groan* Everyone inhales deeply. As they exhale, they groan loudly. Repeat and encourage participants to vary the sound level, length and tone of their groans.
- Handout Haven* Officially distribute yet another handout, but this one is pages taken from the recycling bin. When all of the papers have been distributed and the participants have been advised of the importance of this session, crumple your paper and throw it out into the group encouraging the others to do likewise. This should invoke a wonderful game of paper toss.
- Coffee Crusher* Before breaking for coffee, have the participants simulate grinding the coffee beans. Bend down to pick some beans out of the basket and place them in the palm of one hand. Make a fist of the other hand and grind the coffee beans. Vary the position of the fist so that even the knuckles are used to massage the palm. Then switch hands.
- Chair Run* Stand up and run around your chair three times; change directions and repeat.
- Over and Under Pass* The participants stand sideways in front of their chairs with everyone facing in the same direction. Give the first person in each row a small ball, beanbag or a crumpled piece of paper. At a signal, the first person passes the item over her head to the person behind her who passes it under her legs to the next person. Continue in this fashion, alternating over and under. When the item reaches the other end of the row the last person yells "turn" and then begins to pass it back down the row.
- Sit and Stretch* The following stretches can be done while seated. Rotate both feet and ankles. Pretend to row a boat: reach forward and pull back. Lift one arm above the head and extend to reach that rosy red apple; repeat with the other arm. Rotate the hands and wrists in full circles in both directions. Turn head a quarter turn to the right and hold for 10 seconds; repeat to the left. Bring shoulders as far back as possible as if trying to get them to touch, hold for five seconds, then bring them forward as if trying to get them to touch in front, hold for five seconds. Place hands in lap comfortably and take several slow, deep breaths.

COMMUNITY

Title: Family Roots
Equipment: depends on activities chosen

Prior to the meeting/activity, each person must research her own heritage to find an expressive song, dance or game from the country of her ancestry. Activities can then be completed in stations with each participant leading her own activity. This is an excellent *bridging activity* for all branches. Incorporate into a Thinking Day Rally. Consider having one station as a traditional Canadian Game and complete both challenges at the same meeting.

Pathfinder - World Emblem: World Guiding 16: Canadian Mosaic 8; Community Emblem: Heritage 14
Senior Branches - bridging, practice Units

Title: First Aid Kit Scramble
Equipment: set of first aid supplies for each group, accident scenarios on cards, dice, paper, pencil

The leader is in the centre of the team playing area.

1. The leader has a set of first aid supplies for each team. Each team has a set of cards with accident scenarios on them. Each group has to figure out what supplies are needed for the scenario and then ask the leader for what they need and why. The first group to fill the first aid kit from the scenarios on the cards wins.

2. Each team receives a set of first aid scenarios. Each team would roll a dice and pick up a card with a the corresponding scenario on it. They would write a solution to the problem in the scenario on a piece of paper and put it into an envelope (or fold it and put it into a box in the centre of the room). The first group with all their scenarios filled and in the centre would win. You could then review and discuss all the answers.

Try adapting to other themes by altering the scenarios.

Pathfinders - Be Prepared Emblem
Senior Branches - community challenges

Title: Accident and Emergency Prevention Walk
Equipment: none

Go on a walk of the community to identify unsafe features of the area (for example, glass on the street, cars driving too fast, etc.).

All - Service, Bridging

Title: Agency Awareness

Equipment: recipe cards, blackboard, poster board material, tape, markers, chalk, pens, scissors

Resources: local telephone book, municipal hall, agency, government departments, women's transition centre, mental health services

Preparation:

1. Research agency names and their services, and identify the source of support (where agency funding comes from).
2. On poster board, write the title of the agency.
3. On recipe cards, write the services which someone might need.
4. Remember to include protection services and services listed in the Pathfinder program in *Be Prepared in the Community Emblem 1*.

Directions:

1. Place the agency title (at eye level) on the walls around the room.
2. Divide recipe cards equally among the teams.
3. In relay formation, the first girl takes a card and reads the service and then runs to the appropriate agency title and places her card under the title.
4. She then returns to the team and the next player begins.
5. The game is completed when all the (service) cards are placed under the agency titles.

Pathfinder - Be Prepared In the Community 1; Community: Citizenship 10, 11
Rangers - community challenges

Title: Healthy Board Game

Equipment: as required to make game

Develop a Trivial Pursuit or Jeopardy-type game with health questions based on different categories. One or two people may each want to take a different topic and develop an abundance of questions. A group of people can then play (remember to play fair and not answer questions you researched). Some examples of categories to consider include: effects of smoking, drinking or drug abuse; nutrition; benefits of exercise; first aid...

Pathfinders - Home Emblem: Nutrition and Home Management
Rangers - independent living challenges

COMMUNITY

Title: Service Auction
Equipment: items for auction
Resources: financial section of the newspaper

Preparation:

1. Make items to auction (for example, make crafts from other countries). For ideas, see Canadian Mosaic 5, 7, 10 in *The Pathfinder Program: For Fun and Opportunities!*
2. Bring a currency guide for the country which your auction item represents.
3. Bring money. This is an exercise to experience converting to international currencies and to take part in a service. Monies required should be nominal, as in a penny sale or silent auction where the individual can decide how much to spend. Experience at exchanging currencies creates an awareness necessary for those who desire to travel.

Directions:

1. Place auction items in a central location.
2. Auction items by country, alphabetically. (For example, start with "A" for Australia.)
3. Each girl 'auctions' her item(s).
4. Bid in country currency; auctioneer to explain currency.
5. Continue until all items are auctioned.
6. Total monies donated to Canadian World Friendship Fund.

Pathfinder - World Emblem: Canadian Mosaic 5, 7, 10; Travelling 3, 11
Senior Branches - international challenges

Title: Plan a Hike
Equipment: as required depending on weather, participants, route, etc., plus food, a game, songs to sing while hiking, etc.

Have the Unit organize a day hike for Sparks or Brownies, with each Pathfinder or Senior Branch member responsible for one aspect of the hike.

All - Service, Bridging

WinterActive

Take the following games and activities to camp, to your teaching Units or adapt them to the community events in which you are involved. They are reproduced with permission from *Get WinterActive: Tips, Tools and Cool Ideas for Leaders* developed by Active Living Canada, 1600 James Naismith Drive, Gloucester, ON K1B 5N4 (613) 748-5743.

Title: Winter Nature Scavenger Hunt
Equipment: prepared sheet of item/places to find (see Appendix)

A ready-made scavenger hunt with an environmental/nature theme. The best location would be a snowy, wooded area. You may modify some items according to your local geography.

Title: Snowflake Scavenger Hunt
Equipment: prepared sheet of things to see (for example, birds, animal tracks, trickling or frozen water, other people active outdoors)

Take this scavenger hunt sheet with you when you go snowshoeing, walking or skiing. The purpose is to increase participants' awareness of the nature around them in winter.

Title: Frozen Cold
Equipment: frozen spoon, yarn

Teams of six to eight players stand in a straight line. Each team is given a frozen spoon with a long length of yarn attached. The object of the game is to put the spoon down the clothes of one player and up the clothes of the next until the yarn is through the entire team.

Title: Island Hopping
Equipment: none

Identify a feature of your community and develop an active game around it. For example, Kingston, ON has the Thousand Islands. Here, using a combination of different movements, (for example, hop, skip, crawl, run), participants move from island to island. When the challenge is complete, each participant receives a reward (Active Living pin, etc.).

Title: Marble Garbage
Equipment: marbles, snowmobile gloves, garbage bag, snow

Team members must find a marble in a garbage bag full of snow while wearing snowmobile gloves.

COMMUNITY

Title: Open Air Curling Bonspiel

Equipment: bleach bottles with frozen water in them, object for a target

Clear a section of a well-frozen lake or pond and paint curling circles. Have a curling match. Place an object to aim for instead of using the circles. Award points for the closest stone.

Title: Obstacle Skating

Equipment: chair, bench, hoola hoop, etc.; indoor or outdoor rink

Play a relay game on an ice surface. Place obstacles in a sequence. Establish challenge requirements such as, skate under the chair, straddle the bench, pass the hoop over your head and jump three times.

Variation: If participants are competent skaters, have them go through the course, one after another, at intervals of 15-30 seconds.

Title: Crazy Carpet Races

Equipment: crazy carpet sliders

Using crazy carpet sliders, simulate a bobsled race. One participant sits on the carpet while the team members push. You don't need a hill for this one!

Title: Dog Sled Pull

Equipment: toboggan, long rope, obstacles

Each team must pull each member on a toboggan around an obstacle course. Those pulling are the "dogs." Construct the obstacles using snow, toboggans, etc.

Title: Fore!

Equipment: tennis balls, hockey sticks, tin cans, snowshoes

Try snowshoe golf events, using tennis balls, hockey sticks and tin cans as fun alternatives to the summer fairway.

Title: Ski Relay

Equipment: ski boots, skis, snowshoes, ice cubes, tennis balls, spoons

Participants, in teams, wear ski boots and skis. Each team relays a tennis ball on a spoon.

Variation: Wear snowshoes and relay ice cubes.

Title: Smooshing Races

Equipment: two 2x4's for each team, leather or nylon straps attached to each plank about an arm's length apart

In teams of four, players place their boots into the straps, one boot on each plank. In race format, the teams race about six metres, stop, reverse direction (and reverse order so that the fourth person on the planks is now in the lead) and return to the start. The winner is the team that manages to “smoosh” successfully back to the start/finish line.

Title: Snow Boot Ringette

Equipment: rubber ring, bladeless stick, ice surface or cleared parking lot area

Ringette is a game similar to hockey, but is played with a rubber ring and bladeless sticks. Ringette sticks can be made from sawed-off hockey sticks, broom-handles, etc. No skates are used in this version, just snow boots on the feet. Rotate the lines on and off the ice so that everyone has a chance to play with everyone or have more than one game being played at one time (i.e., play three games the width of the ice surface).

Title: Over and Under

Equipment: two pails for each team, snowballs

Each team makes snowballs and puts them in a pail. Pass the snowballs one by one through the first person's legs, then over the second person's head, etc., until the snowball reaches the second pail at the end of the line. If a snowball breaks, use the next snowball from the pail. The team with the most snowballs in the second pail is the winner.

Variation: Use ice cubes if snow is unavailable.

Title: Snowball Target Shooting

Equipment: suspended hoop, snowballs

Make snowballs and aim at a suspended hoop. For an added challenge, swing the hoop so that the target is moving.

Title: Snow Snakes

Equipment: hockey stick shafts with rounded ends, narrow troughs in the snow

Make narrow troughs, 50 metres in length, in the snow. Participants slide the sticks (snow snakes) down the trough for distance. Participants are at each end of the trough. After one person slides the ‘snake’ from one end, the person at the other end runs to retrieve the ‘snake’ and then that person glides it through the trough to the first person.

Variation: Pour water in the trough and let it freeze for a faster track. Make troughs parallel to each other and have distance contests.

APPENDIX

The two activities, "Olympic Rings" and "Compass Game," require players to know how to walk on a compass bearing, estimate distance with paces and use a watch to find north. Teach or review this skill using the following methods.

Estimating Distance

Place two markers exactly ten metres apart. Ask each person to walk at a normal speed with normal sized steps between the markers, counting how many double paces she takes (i.e., starting with the left foot at the first marker the counting each time she puts her left foot down). She should walk a few paces before the first marker so that she is "into her stride" when she starts counting. Each person will then have a measure, with her own steps, of ten metres.

Walking a Bearing

To walk on a bearing with a Silva type compass, turn the compass housing until the required number of degrees is at the mark on the housing, then turn the whole compass until the red end of the needle is over the red arrow on the base plate (i.e., pointing North). Now turn yourself until you are at the end of the compass nearest the housing. Look beyond the housing, on to the base plate for the direction of travel arrow. This shows you the way to go. Stand by the marker from which the bearing was taken. Ensure the compass arrow needle is still pointing North. Look along the direction of travel arrow and select another marker object ahead of you. When you reach it, look along the direction of travel arrow again and select another marker object. Any slight errors in alignment become greater the further you travel so you may have to search on either side of you for the marker you are seeking.

Using an Analogue Watch to Find North

Point the hour hand towards the sun. South is half way between the hour hand and 12 o'clock. North is in the opposite direction. For daylight saving time, use 1 p.m. instead of 12 noon.

The following is a sample scavenger hunt for use with the WinterActive Winter Scavenger Hunt.

Winter Nature Scavenger Hunt

- | | | | |
|--|--------------------------|--|---|
| 1. These are often on the Christmas tree. | <i>icicle</i> | 11. An edible container for ice cream. | <i>cone</i> |
| 2. A hitchhiker. | <i>burr</i> | 12. A fire's worst enemy. | <i>water, snow</i> |
| 3. A tired hiker's friend. | <i>sturdy stick</i> | 13. These are used for knitting. | <i>needles</i> |
| 4. A dog has this but a cat has not. | <i>bark</i> | 14. Always the same colour. | <i>evergreen</i> |
| 5. The sweetest tree. | <i>maple</i> | 15. Two exactly the same you'll never find. | <i>snowflake</i> |
| 6. You won't find this on a rolling stone. | <i>moss</i> | 16. A page from a book. | <i>leaf</i> |
| 7. The girl who lived with seven dwarfs. | <i>Snow White</i> | 17. Native people belong to this "bird" tribe. | <i>crow</i> |
| 8. Native people used this to make canoes. | <i>elm or birch bark</i> | 18. Should be used to open locks. | <i>maple-key</i> |
| 9. A Canadian symbol. | <i>maple leaf</i> | 19. A little boy's delight. | <i>snowball or slingshot (y-shaped stick)</i> |
| 10. Many of these a bird's suit does make. | <i>feather</i> | 20. An empty house. | <i>Nest, hollow log</i> |