



## N.S. Brownies 100<sup>th</sup> Anniversary Challenge

2015 is the 100<sup>th</sup> Anniversary of Brownies in N.S., so let's celebrate!

- We are offering a challenge made up of components similar to how our guiding program is put together.
- Arts (craft, song, dance, drama), STEM, Active Living, Service and Heritage.
- Please note- Program connections for all levels are included at the end of this challenge document.
- To earn the crest, please complete at least one activity from the five sections.

### **ARTS:**

#### Activity 1-Song

Plan a campfire, whether it's for your unit, a bridging event, or for the parents. Here are a few from the early 1900s or before:

- Quartermaster's store
- Hole in the Bucket
- Oh my Darling, Clementine
- When the Saints Go Marching In
- This Old Man
- Cockles & Mussels
- Old MacDonald Had A Farm
- Camptown Races
- Mary Had a Little Lamb
- Rock-a-bye Baby
- Alphabet Song
- The Battle Hymn of the Republic
- Row Row Row Your Boat
- I've Been Working on the Railroad
- She'll Be Comin' 'Round the Mountain
- Oh! Susanna
- Alouette
- O Where O Where Has My Little
- Dog Gone
- Polly Wolly Doodle (All The Day)
- My Bonnie Lies over the Ocean
- Home on the Range
- Skip To My Lou
- Baa Baa Black Sheep
- Home on the Range
- I'm a Yankee Doodle Dandy
- Take Me Out to the Ballgame
- Hail Hail the Gang's All Here
- It's a Long Way to Tipperary
- Let Me Call You Sweetheart
- Aba Daba Honeymoon
- Ballad of Casey Jones

Feel free to do your own searching for more options. This website has some great well-known songs from the late 1800s that Girl Guides would have sung 100 years ago.

(<http://popculturemadness.com/Music/Charts/1800s.php> )

#### Activity 2-Craft

100 years ago, girls did lots of different types of handicrafts. Try one of these or find one of your own:

- A. Spool knitting is a technique that helps teach young girls to knit. With your unit, try spool knitting. Perhaps you could have a contest to see who makes the longest rope, then you could coil it to make a chair cosy and donate to a senior's home.

- B. Loom weaving is another craft that has been around for many years and is still popular today. Check to see if there are any active loom weaving businesses in your area and plan a visit. Alternatively, make a loom and weave a placemat or item of your choice. This could be a gift for mothers' day or Christmas. This would be a great bridging event with your local Trefoil Guild or seniors group in your community.
- C. Basket weaving
- D. Needlework/Embroidery

### Activity 3-Dance

- In the early 1900s, Ragtime was a popular style of dance, along with One Step, Argentine Tango, Maxixe and Hesitation Waltz.
- As a unit, learn about one of the dances and perform it. Try with the traditional music, or something more modern.

### Activity 4-Drama

- Some classic children's stories came from the early 1900s.
- Favourites include Anne of Green Gables, The Wizard of Oz, Rebecca of Sunnybrook Farm and Peter Pan in Kensington Gardens.
- Introduce one (or more) of these stories to your unit, either by reading during a meeting or watching a movie.
- Using some props, sock puppets or paint stick puppets assign the girls characters and have them re-enact the story. Or, have them create a different ending than the author did.

### **STEM:**

#### Activity 1: How Germs Spread.

This dates back to 1915, when Clara H. Hasse published a paper about Citrus Canker, a disease that is spread by bacteria in citrus trees. This experiment is to see why you should wash your hands even if they look clean.

What you need:

- |               |                |
|---------------|----------------|
| • Hand lotion | • Paper towels |
| • glitter     | • soap         |
| • sink        | • water        |
| • a helper    |                |

What to do:

- Put a drop of lotion on your hands and rub together.
- With your hands over a sink, have your helper put a pinch of glitter in the palm of one of your hands.
- Make a fist with that hand, and then spread your fingers out. What do you see? Now press your hands together and pull them apart. What do you notice about your hands? Touch your helper's hand. Now do you see anything on it?
- Get a paper towel and use it to wipe your hands clean of all the glitter. Is it working? After using the paper towel, try using soap and water to wash your hands. Did the glitter come off?

What happened?

- The glitter spread quickly every time you touched something--your hand, your helper's hand, etc. It didn't come off easily when you used the dry paper towel, but soap and water worked well. Germs work the same way.

<http://www.hometrainingtools.com/a/germs>

<http://www.fractalfoundation.org/resources/fractivities/sierpinski-triangle/>

#### Activity 2-Glow Stick Crafts

- In 1915, Georges Claude patented the neon discharge tube for use in advertising. Do a fun activity using glow sticks.
- Some ideas: glow stick ring toss, glow in the dark bowling, glow in the dark Easter egg hunt.
- Firefly craft: <http://www.craft-craft.net/recycling-plastic-bottles-pop-bottle-craft.html>

#### Activity 3-Fractal Patterns

- In 1915, Waclaw Sierpinski describes the Sierpinski triangle for the first time, though the pattern had been used in decorations for years before. Fractals are self-similar patterns that can be found in many places, but nature is a great place to start looking. The Sierpinski triangle is the simplest fractal to recreate.
- \*dots are the midpoints of the edges, half way between the corners. Connect the dots as shown below to form a new triangle, pointing down. Colour it in.
- \*you are now left with three white triangles. Find the midpoints of each of these three triangles, connect them, and color in the resulting triangles (pointing down).
- \*each of the 3 triangles now turns into 3 smaller triangles, leaving 9 small white triangles. Connect the midpoints of each of the 9 white triangles to form 27 smaller triangles, pointing downward. Colour them in.
- \*Continue this process if you wish, as long as you have patience.
- \*when you are done, cut the big triangle out and write your name on the back.
- \*next join your fractal triangle with 2 other fractal triangles to form a bigger triangle.
- \*Then add 2 more groups of 3 triangles to form a bigger triangles made of 9 triangles.

#### Activity 4-Optical Illusions

- In 1915-Danish psychologist Edgar Rubin publishes Synsoplevede Figurer (visual figures) introducing the optical illusion, which becomes known as the Rubin vase.
- Make your own optical illusion:
- You will need:
- 4 equal lengths of pipe cleaners-2 the same colour, 2 different colours
- \*take two pipe cleaners that are the same length and the same colour. If they aren't the same, the optical illusion won't work.
- \*now, cut in half two other pipe cleaners that are a different colour. You will use these different coloured pipe cleaners to make the ends of your arrows.
- \*wrap the middle of one short pipe cleaner around the end of one long pipe cleaner. Then bend the short one in half so it looks like an arrow. Repeat this process on the other side.

- \*then repeat with the other pipe cleaner, but this time, your arrows on the ends will be turned in the opposite direction (an inverted arrow)
- \*now take your completed pipe cleaners and hold them up side by side. Then slowly move your pipe cleaners apart. You have created an optical illusion. Which pipe cleaner looks longer?

[http://www.mrsec.psu.edu/education/nano-activities/vision/optical\\_illusions/make\\_your\\_own\\_optical\\_illusions.pdf](http://www.mrsec.psu.edu/education/nano-activities/vision/optical_illusions/make_your_own_optical_illusions.pdf)

### **ACTIVE LIVING:**

#### Activity 1-Stress Relief:

- In 1915, Walter Bradford Cannon coins the term “fight or flight” to describe an animal’s response to threat. Humans can have a flight or flight reaction to stress. Practice stress-reducing activities. (yoga, make a stress ball, read a story from Relax Kids: the Wishing Star

#### Activity 2-Active games

- Many of the older games are still played today, with many more variations of course. With your unit, and perhaps another, play one or more of the following games:

Tag	jump rope	marbles
Baseball	hopscotch	hide/seek
Capture the flag	rolling the hoop	blind mans bluff

<http://mrsgebauer.com/oldfalls/games/games.htm>

#### Activity 3-Quiet games

- Board games and other quiet games were popular in the early 1900s. Set up various games or activities around your meeting place in round robin format, allowing 15-20 minutes at each station.

Snakes & Ladders	Chess
Checkers	Jacks
Crayons/colouring books	Dolls

### **SERVICE**

#### Activity 1-

- Learn songs from the lists provided and perform them at a senior’s home, could be either Christmas or other.

Christmas:

Joy to the World

The First Noel

Silent Night

Auld Lang Syne

Oh, Tannenbaum

Hark! The Herald Angels Sing

Jingle Bells

O Little Town of Bethlehem

Away in a Manger

It Came Upon a Midnight Clear

Good King Wenceslas



do you think they would have changed over time? Which of those badges would you have been interested in earning? Share with your unit.

Activity 4-Lady Baden Powell

- Create a timeline of important aspects of her life, including any visits or communications with Nova Scotia.

Now that you've completed the challenge, here's how to get the crest.



*Send this completed form along with the payment for the crests to  
Girl Guides of Canada – Nova Scotia Council,  
3581 Dutch Village Rd., Halifax, NS B3N 2S9*

*Cheques should be made payable to Girl Guides of Canada*

**Questions:** [program@girlguides.ns.ca](mailto:program@girlguides.ns.ca)

*Don't forget to include some photos!*

Name of Contact: \_\_\_\_\_

iMIS #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

City or Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Unit Name: \_\_\_\_\_ District: \_\_\_\_\_

Cost per Crest: \$1.75 Number of crests required \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

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## **Program Connections:**

### **Sparks:**

- Arts #1-Campfire.
- Active Living #2-Going Outside
- Heritage # 4 Brownies and Beyond, The story of the Baden-Powells.
- Stem # 2 Exploring and Experimenting, goofy inventions.

### **Brownies:**

- Arts #1 Key to Camping 5; Key to Arts 5
- Arts #2 Key to I Can 6; Key to Arts 3; Super Craft
- Arts #3 Share Your Talent for Dance
- Arts #4 Key to Me 7; Key to the Arts 1; I Can Be; Puppet Play
- Stem #1 Key to Active Living 4
- Stem #2 Key to Stem Special Interest Badge
- Stem #3 Number Magic
- Stem #4 Key to Stem Special Interest Badge
- Active Living #1 Special Thoughts; Hurrah for Reading; Write On
- Active Living #2 Key to Active Living 2; Go For It!; Wheels; Winter is Great! Key to Living World 1
- Active Living #3 Key to the Arts 7
- Service #1 Key to My Community 1; Community Counts; Key to Girl Guides 1
- Service #2 Key to my Community 1; Community Counts; Money Talks/ Key to Girl Guides 1
- Service #3 Key to my Community 1; Key to I Can 3; Community Counts; Key to Girl Guides 1
- Heritage #1 Key to Arts 2; Key to Girl Guides 3
- Heritage #2 Girlfriends Through Time; Key to Girl Guides 4
- Heritage #3 Key to Girl Guides 4
- Heritage #4 Key to Girl Guides Special Interest Badge

### **Guides:**

- Arts#1 You and Others: Leadership in a Group 5
- Beyond You: Try New Things 5
- You in Guiding: Learn About Guiding 2 & 6
- Campfire Leading 1, 3, 6, 7, 8
- Arts #2 Discovering You: Discover Your Creativity 2
- Creative Craft 5
- Heritage Home Skills 3
- Needlework Skills 6, 7
- Arts #3 Discovering You: Discover Your Creativity 5
- Beyond You: Try New Things 6
- Dancing 2
- Arts #4
- Discovering You: Discover Your Creativity 5
- Performing Arts 7
- STEM #1 Discovering You: Stay Fit and Healthy 1
- STEM #3 Beyond You: Try New Things 4
- Discovering You: Discover Your Creativity 4
- STEM #4 Beyond You: Try New Things 4
- Body Works 5
- Active Living #1 Discovering You: Stay Fit and Healthy 6
- Feeling Good 3, 5
- Active Living #2 Discovering You: Stay Fit and Healthy 4

- Service #3 You in Guiding: Be Involved in Your Community 6
- Beyond You: Discover Your Community 3
- Service All: You in Guiding: Be Involved in Your Community 3
- Heritage #4 You in Guiding: Learn About Guiding 1
- Heritage All: You in Guiding: Learn About Guiding 6

Pathfinders:

- Arts #1 Outdoor Know How 5
- Arts #2 The Arts from A to Z 6; Girls Just Want to Have Fun 4
- Arts #3 The Arts from A to Z 5; Around the World at Home 1
- Arts #4 The Arts from A to Z 1, 4
- Stem #1 Winter Wonderland 8
- Active Living #1 Let Go and Chill Out 1,2,6
- Active Living #2 Beyond Pathfinders 3,4; Active Living 4,7; We're a Team 4
- Active Living #3 Puzzle Me 2,3; Focus on Friendship 3
- Service #1 Choosing Your Own Direction 5; Get Musical 6; Lending a Hand 6
- Service #2 Choosing Your Own Direction 5; Lending a Hand 3,6; Beyond Pathfinders 5
- Service #3 Choosing Your Own Direction 5; Lending a Hand 6; Skills for Around the Home 10
- Heritage #1
- Heritage #2 It's About Time 6
- Heritage #3 From Dinosaurs to Vintage Cars 3
- Heritage #4 Follow that Woman 2
- All-Event Planning

Rangers:

- Arts #1 Community Connections 14, Leadership & Management 1
- Arts #2 Explore your Creativity 19, 20, Leadership & Management 1
- Arts #3 Explore your Creativity 5, Healthy Living 5; Leadership & Management 1
- Arts #4 Celebrate Guiding 24; Community Connections 15; Explore Your Creativity 16, 8, Global Awareness 6.
- Stem #1 Healthy Living 29
- Stem #2 Explore your Creativity 9
- Stem #3 Explore your Creativity 1,3
- Stem #4 Explore your Creativity 14, Celebrate Guiding 17
- Active Living #1 Healthy Living 8,9,27
- Active Living #2 Celebrate Guiding 19, Environment, Outdoors and Camping 7, 16, 27, Healthy Living 1,3,4
- Active Living #3 Healthy Living 8
- Service #1 Community Connections 19, Leadership and Management 24
- Service #2 Celebrate Guiding 17; Community Connections 19
- Service #3 Environment, Outdoors & Camping 10; Global Awareness 13; Your Future 7
- Heritage #1 Leadership and Management 24
- Heritage #2 Celebrate Guiding 28, Leadership and Management 3
- Heritage #4 Celebrate Guiding 25
- All Leadership and Management 15, 23
- All Celebrate Guiding 30, Community Connections 31, Environment, Outdoors and Camping 30, Explore Your Creativity 30, Global Awareness 30, Healthy Living 33, Leadership and Management 31, Your Future 31



