

Instant Arts Meetings Embers: Key to Embers

Goal: Girls will achieve some of the Key to Embers in a way that focuses on fun, friendship, and the Arts (visual art, drama, music).

Program Connections:

- Key to Embers: Making a Promise (A, B)
- Key to Embers: Getting to Know You (A, B, C)
- Key to Embers: Being a Ember (A, B, D)



Time: One Ember meeting.

Materials:

- Making a Promise: white paper, construction paper, glue, wax crayons or oil pastels, water colour paints, cups of water, paper towel, newspaper.
- Chairs or sit-upons for the game.

Preparation:

- Read over the Ember Story (p. 8-16) of the program book prior to using it in your meeting. Think of creative ways to use your voice for the different characters and practice using your voice in an expressive way.
- Promise crayon resist: Set up a table and line with newspaper or a cheap (Dollar Store) table cloth to help with clean up. Set out crayons, paints, paintbrushes, cups of water and paper towel.
- Decide if you will use chairs or sit-upons for the game. Girls can help set up when it is time to play.

Opening: (10-15 minutes)

- Welcome the girls to Embers.
- Open by teaching the girls the Ember song and circle songs. Have second year Embers assist.

Activity #1: Ember Story Drama (10 minutes)

- Read the Ember Story on pages 8-16. Have the girls do the following actions when they hear a specific word:
 - Ember – hand on shoulder, hand out with palm down, flip palm up saying “Lend a hand!”
 - Toadstool – squat with hands over head, saying “It’s a mushroom”
 - Promise – Ember sign saying “I promise to do my best”
 - Crown of happiness – jazz hands saying “Hooray!”
 - Magic Pool – diving motion, saying “Splish splash”
 - Lend a Hand – high five your neighbour and say “That’s our motto!”
 - Owl – Flap arms like wings saying “Hoot hoot”

Activity #2: Promise Poster (20-30 min)

- Do the “think about” portion of page 23 – ask the girls to think about what it means to

make a promise and to lend a hand.

- Help the girls learn the promise. Go through what the different parts of the promise mean. Have the Promise, Law, and Motto printed on paper so girls can learn and follow along.
- Crayon resist poster
 - Girls can choose either to do the Promise, Law, or Motto – choose one
 - Crayon or pastel resist – Girls will select a colour or different colours of crayon or pastel and write the Promise, Law, or Motto on the white paper. Write it thick! They can choose to add Ember symbols or other pictures around to decorate the poster. When they have finished, have the girls select watercolour paint and paint a thin layer over their entire poster. The crayon or pastel will show through!
 - Early finishers can do another poster with the Promise, Law, or Motto that they didn't put on the first poster.
- When it dries, glue it onto a piece of construction paper to keep the poster flat.

Activity #3: Play a get-to-know you game while the paint dries: Fruit Salad (10 min or more!)

- The girls sit in a circle either on sit-upons or chairs. One girl should be in the middle. There should be one less sit-upon/chair than there are girls.
- The person in the middle calls out different traits, likes, dislikes, etc to help us get to know each other. Examples: Green hair, like spaghetti, wearing a uniform, likes Embers
- When something is called out, any girl who identifies with it has to move to a different spot. The person in the middle will try to get someone's spot, and whoever is left will be the new caller.
- If the caller says “Fruit Salad!”, that means everyone has to move to a different spot.

Campfire:

- Make New Friends
- Hey There, Neighbour
- Share, Share
- Say Why
- Ember Closing Song

