



GIRL GUIDES OF NOVA SCOTIA YOUTH FORUM

SPARKS AND BROWNIES

ACTIVITY BOOKLET



Letter to Parents, Sparks, and Brownies

Hello Everyone,

We hope you are safe and are settling into your new routine. This last month has definitely been interesting, to say the least.

Since we can't meet in person, here are some activities to remind you of your friends in Guiding. This consists of some fun arts and crafts, some colouring sheets, and other fun activities that can help to keep the guiding spirit alive during this time. These activities are designed for Sparks and Brownies, but can be used by all ages! If you keep track of what activities you do, feel free to check in with your leaders and tell them what you have gotten done. Most of these activities were taken from the Girls First website and can count towards programming.

We want to give a big thanks to Girl Guides of Canada, who have been working to make most of the programming available for girls at home, and who have been a big support for girls across Canada during this time. We also like to thank organizations like Inkwell Boutiques and Crayola, who have been releasing free activities during this time. We used several of their colouring sheets in this booklet, and have attached links where you can find others like them.

If you would like more activities, you can find them at experience.girlguides.ca. Girl Guides of Canada has made some of the activities accessible to people without accounts. If you would like more activities, reach out to the guiders for information on how to create an account.

So without further ado, the Nova Scotian Youth Forum would like to present some great activities to help everyone come together through Girl Guides during this time.

We hope that you enjoy them!

From,
The Nova Scotia Girl Guide Youth Forum

Spark Portrait

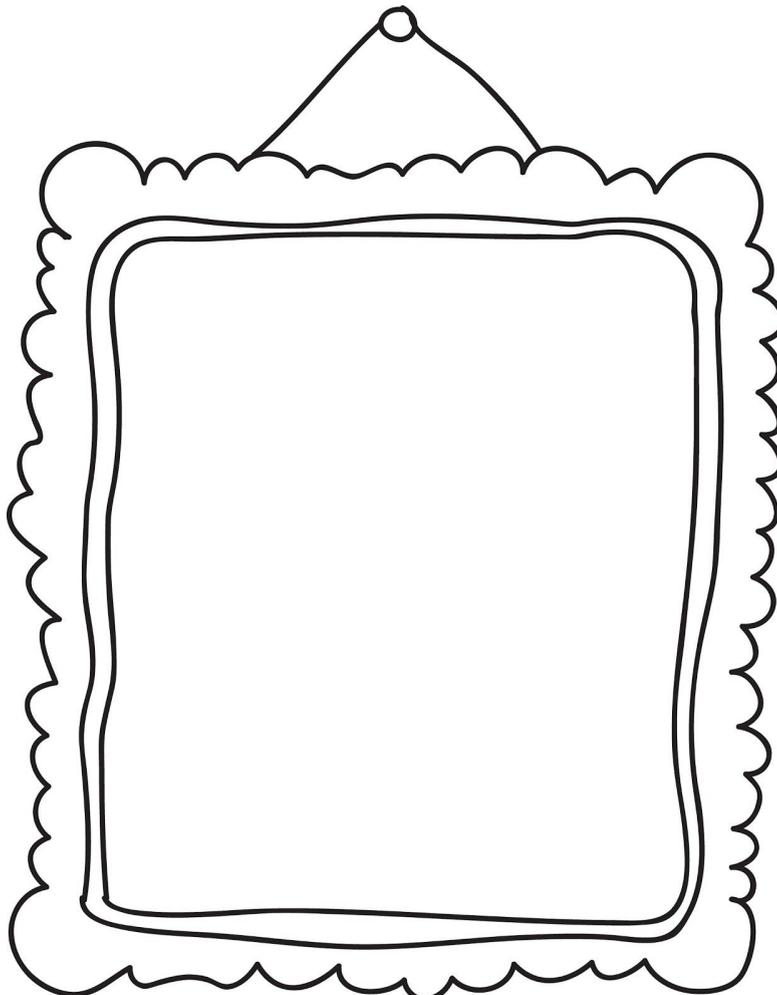
Your qualities make you who you are! Think about the things you like about you and draw a picture of yourself to show your family what “being you” is all about!

Supplies Needed

- Colouring Supplies
- Blank Sheet of Paper

Instruction

- As a family, talk about the things you like and like to do, such as:
 - The activities you like to do
 - The toys you like to play with
 - The clothes you like to wear
 - The books you like to read
 - The shows you like to watch
 - The things you’re good at
- Draw a “self-portrait” (a picture of you) that includes some of the “likes” or interests that make you unique.



Toad Abode

Did you know toads are super helpful creatures to have in a backyard or community garden?

They're insect gobblers, so they're great for keeping pests away from plants and flowers. They also let you know if an environment is clean because they have super sensitive skin and they won't stick around where there are too many pollutants. So, why not thank one of these helpful, slippery friends by building a toad abode -- a shady, damp place toads can visit to cool down on hot summer days.

Supplies Needed

- Terracotta flower pots
- Non-toxic acrylic craft paint in various colours
- Paintbrushes
- Paper plates
- Craft supplies e.g. gemstones, pebbles, moss, etc.
- Hot glue or other heavy-duty glue
- Optional: a small hammer

Instructions

- Choose what style of abode you want to make for the toads. You could:
 - Turn a pot on its side and bury it half in the ground OR
 - Use a hammer to gently break a piece off the top edge to create a door, and then put the pot upside down on the ground.
- Get creative and use the materials available to paint and decorate your toad abode.
- When your abode is completely dry, find a toad-friendly spot and set it up for them to find.
 - Remember: toads like moisture, so it's best to set the abode near a water source and in a cool spot that gets lots of shade.

Colouring Sheet



Throughout the 19th century, a common unofficial motto of Nova Scotia was "We bloom amid the snow." The phrase was a reference to the mayflower (*Epigaea repens*), the provincial floral emblem since 1901, but closely associated with the province long before. Mayflowers are among our earliest blooming wildflowers each spring. Their tiny fragrant pink and white blossoms and evergreen leaves peek out from the edges of the forest often before the snow has left the ground. The hardiness of this modest little flower was embraced as a symbol of the resilience of all Nova Scotians and an inspiration and reminder that beauty can thrive amid adversity.

Colouring Sheet Courtesy of Inkwell Boutique

<https://inkwellboutique.ca/blogs/blog/free-nova-scotia-mayflower-colouring-sheet>

A Circle of Life

Ecosystems can be big or small, wet or dry, full of grass or full of mud! An ecosystem is a community of living things, like animals and plants, that depend on and interact with non-living things, like rocks and soil. Everything in an ecosystem is connected. So, when one thing changes in the ecosystem, everything else is affected.

Head outdoors and explore the nature around your meeting space by studying on one hula hoop-sized ecosystem at a time! You can do this activity on your own, with a partner, or with a small group.

Heads up! Before you start this activity, take a second to look around the area you're exploring for any poisonous plants that could irritate your skin, like poison ivy or poison oak.

Supplies

- Paper or the Nature Notes resource
 - You can find the Nature Notes resource on the following page. Or you could use a piece of paper to record your findings!
- Magnifying glasses
- Pencils
- Pencil crayons
- Hula hoops or ropes
- A hard surface to make your notes on

Instructions

- Gather your exploration supplies and head outdoors!
 - Find a spot that's far enough away from anyone else where you can put down your hula hoop or your rope circle. You're going to be exploring the mini-ecosystem inside your circle.
- Use the magnifying glass to get a close look at the things that live in your ecosystem. Take notes and draw what they see on the observation sheet.
 - You may not see everything in your environment right away! Try looking under leaves, rocks and sticks to see if there's more there than first meets the eye.
- Once you're done exploring, take a look at your drawings and notes. Do you know any of the names of the plants, animals or insects you saw? If you do, write them down.
- Share your findings with your family. What was the coolest thing you saw? Did you see any animals or insects that were interacting with the plants or other animals in the environment?

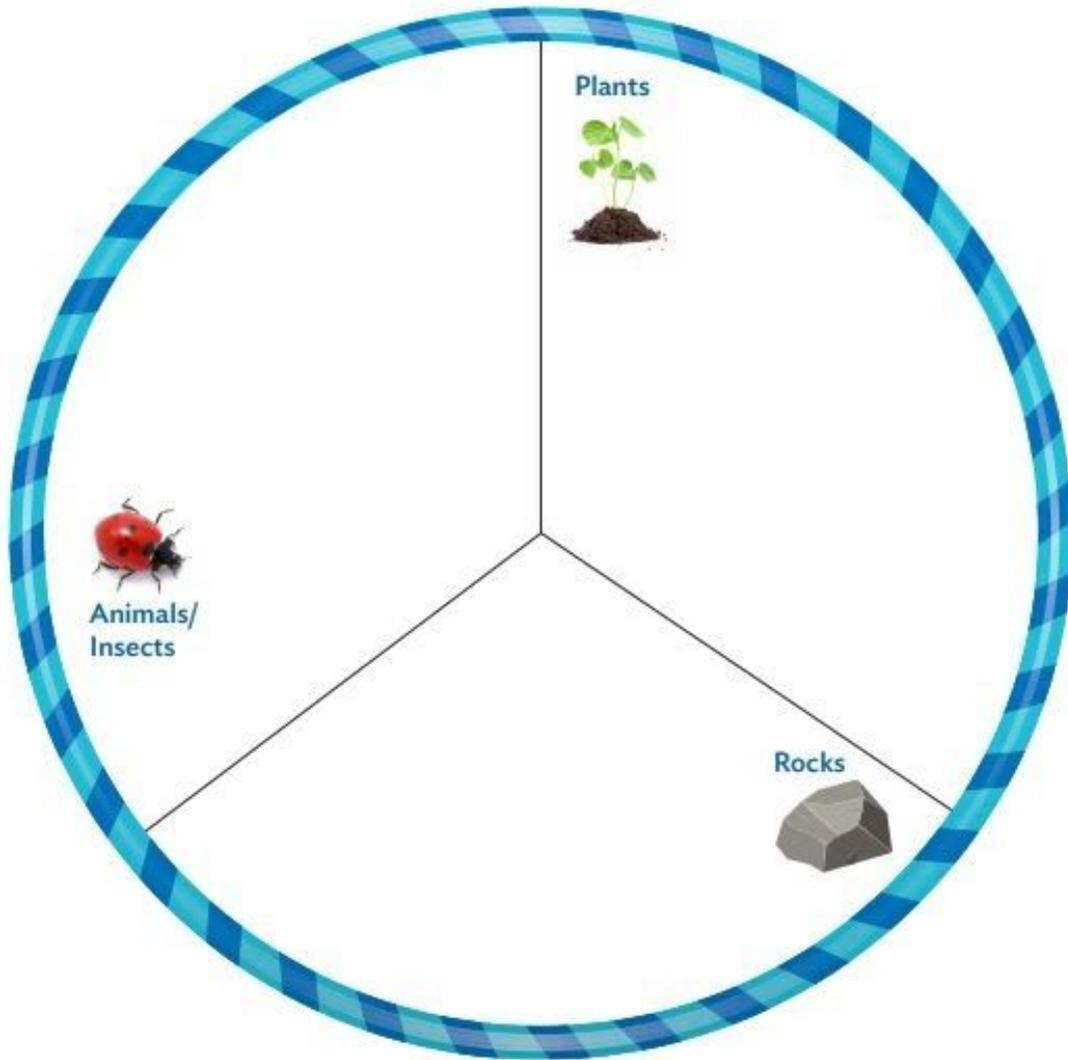


Photo credit: Bug, istockphoto.com/Ale-ks, Plant, istockphoto.com/hudiemm

Thank You Card

When was the last time you got something in the mail?

Connecting online and sending texts or messages is a quick way to stay in touch with the people you care about. But when you really want to show you care, taking your time to create a handmade card and write out a thoughtful message can go a long way. In this crafty activity, create your own thank-you card to share with someone you care about.

Supplies

- Drawing and colouring supplies (enough to share)
- Construction paper or cardstock (1 or more sheet per person)
- Envelopes (1 or more per person)
- Decorating materials e.g. washi tape, sequins, scissors, glue, etc. (enough to share)

Instructions

- As a family, share some of the ways you connect with your friends online and offline:
 - What are some different ways you can use tech to say thank you to someone?
 - Do you ever get things in the mail?
 - Have you ever sent a letter or card to someone in the mail?
- Think about someone who has done something special for you. Maybe they were kind to you on the playground, or let you borrow one of their toys or made you feel better when you were down. Keep this friend in mind as you design your card.
- Fold your sheet of construction paper in half and decorate the front of the card.
- Inside the card, write your friend a message.
- Stick the card in an envelope so it's ready to deliver. If you want, you can decorate the envelope, too!

Trading Cards

Make ‘em, trade ‘em, collect ‘em all! Get inspired by the trading cards of amazing women athletes. Then, create your own trading card to show yourself in a sport!

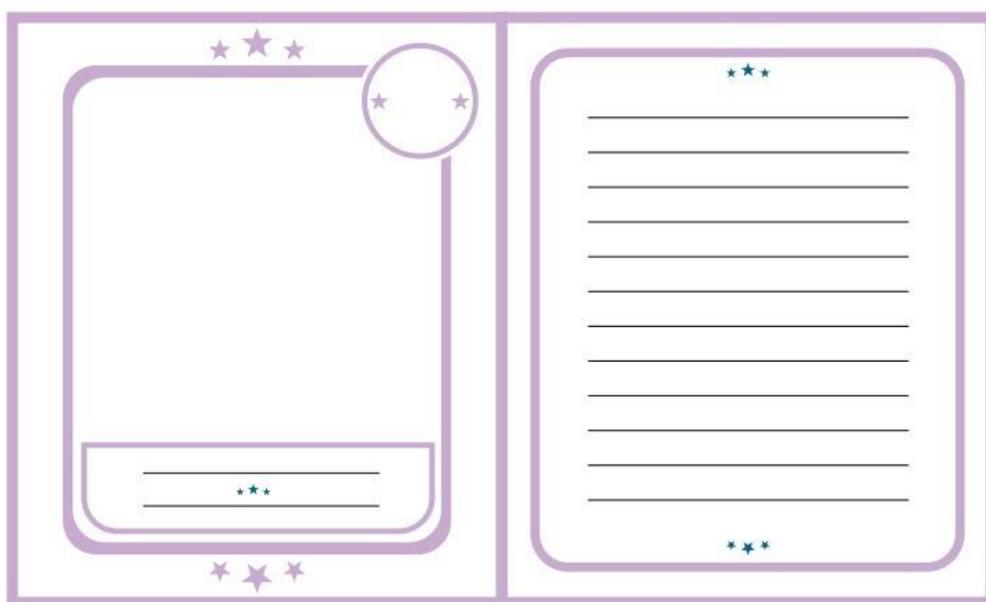
For many years, kids and adults all over the world have built up collections of trading cards – small cards featuring players of a certain sport or characters from certain cartoons and many other kinds of heroes. Usually, people build up their collections by trading their cards with others and sometimes, they buy new and super-valuable ones. Sports trading cards are one of the most popular kinds of trading cards to collect. These tiny treasures capture some of the biggest legends in sport, from track and field star Jackie Joyner-Kersey to Paralympian Cindy Ouellet!

Supplies

- A pair of scissors
- Colouring supplies and glue (enough to share)
- Paper

Instructions

- Picture yourself making sports history! Grab a piece of paper. On the left side of your paper, write your name and draw a picture of yourself doing a sport you like to play or want to try. On the right side, you can include special information or “stats” about yourself like your birthday, where you’re from, and what sport skills you have or are working on. If you want, you can add other fun facts about yourself like your favourite athlete, an inspiring quote or anything else you want to share!
- When you’re done, fold the card in half so you can see the picture you drew on the front and your stats on the back. Then, glue it together.



Trading Card Layout Example

Magically Moving Water

Have you ever noticed how water spreads across a paper towel when you're cleaning up a mess? Or did you ever wonder how water travels up to a plant's leaves from its roots? Experiment with some of the wonders of water in these colourful physics experiments! You can do these experiments on your own, with a partner or in a group.

Supplies

- Clear glasses (6 total)
- Container of warm or hot water (enough to fill the glasses)
- Half-sheets of paper towel (6 total and a few extras for cleanup)
- Red, yellow and blue food colouring (1 or more containers of each)
- Optional: A timer

Instructions

- Put your glasses in a circle so they are side by side.
- Fill every other glass nearly to the top with water. Fill the rest of the glasses only a quarter full.
- Add food colouring to make this pattern with the glasses: a glass of red water, a glass with no food colouring, a glass of yellow, the next with no food colouring, a glass of blue and the next with no food colouring. Check out the "Videos/Images" section to see this step in action.
- Fold or twist your paper towel so it creates a rectangle or rope. Dip one end of the paper towel into a glass with coloured water and the other end into a glass beside it that has no food colouring. Keep adding pieces of paper towel between glasses until each one has two ends of paper towel dipped into it. Check out the "Video/Images" sections to see this step in action.
- Watch the paper towels carefully. It might take a few minutes for the results. Share what you notice happening in each of the glasses. How do you think the water was able to travel the way it did?

Colour Quest

The world around us is full of colour! Head outside for a walk around your neighbourhood and draw a picture of different colourful things that you spot along on your quest.

Supplies

- Paper
- Pencils
- Clipboards or flat surfaces
- Colouring supplies

Instructions

- Grab a piece of paper, a clipboard and a pencil.
- Head outside for a walk around your neighbourhood.
- As you walk around, look for something in the neighbourhood that matches each of the following colours:
 - Red
 - Orange
 - Yellow
 - Green
 - Blue
 - Purple
 - Pink
 - White
 - Black
 - Brown
 - Grey
- When you find something that's the colour you're looking for, draw a picture of it!

Practice the Positive

Your mind is like a mighty machine. It might need a little tune-up now and then to keep it working feeling its best! It's good to have some strategies that help you handle the strong feelings and emotions that might come your way and improve your mood when you need it. These strategies can help you get through what you're feeling and move on to other feelings you like better. In this activity, you'll get the chance to explore different activities and techniques you can use to keep that mighty mind healthy!

Definitions:

- Mental health: Mental health is part of our overall health and something everyone has and experiences. It's about things like:
- how you feel, think, and behave
- how stress affects you
- how you cope with the ups and downs of everyday life
- how you deal with negative things that happen in your life
- how you feel about yourself and your life
- your self-esteem or confidence
- how you see yourself and your future

Supplies for Making Stress Balls

- Activity Instructions
- 2 Round balloons, any colour
- Filling material e.g. flour, cornstarch, rice or sand
- Funnels
- Spoons
- Pencils, skewers or long toothpicks
- Scissors
- Markers

Instructions for Making Stress Balls

- Choose two balloons. Set one of the balloons aside. This balloon should be the colour you want to see when your stress ball is finished.
- Blow up and let the air out of the other balloon several times to stretch it.
- Stretch the balloon onto the funnel and make sure that the balloon is attached tightly to the bottom.
- Spoon the filling material into the funnel to fill the balloon. Be careful to make sure the balloon doesn't slip off. You may want to work with a partner for this step with one person holding the balloon and the funnel while the other scoops in the filling material. If the funnel gets clogged, carefully use the pencil/skewer to push the filling material into the balloon without poking a hole in the balloon.
- When your balloon is filled to the neck, carefully remove the funnel and tie a knot in the balloon. If you need to, ask for help.

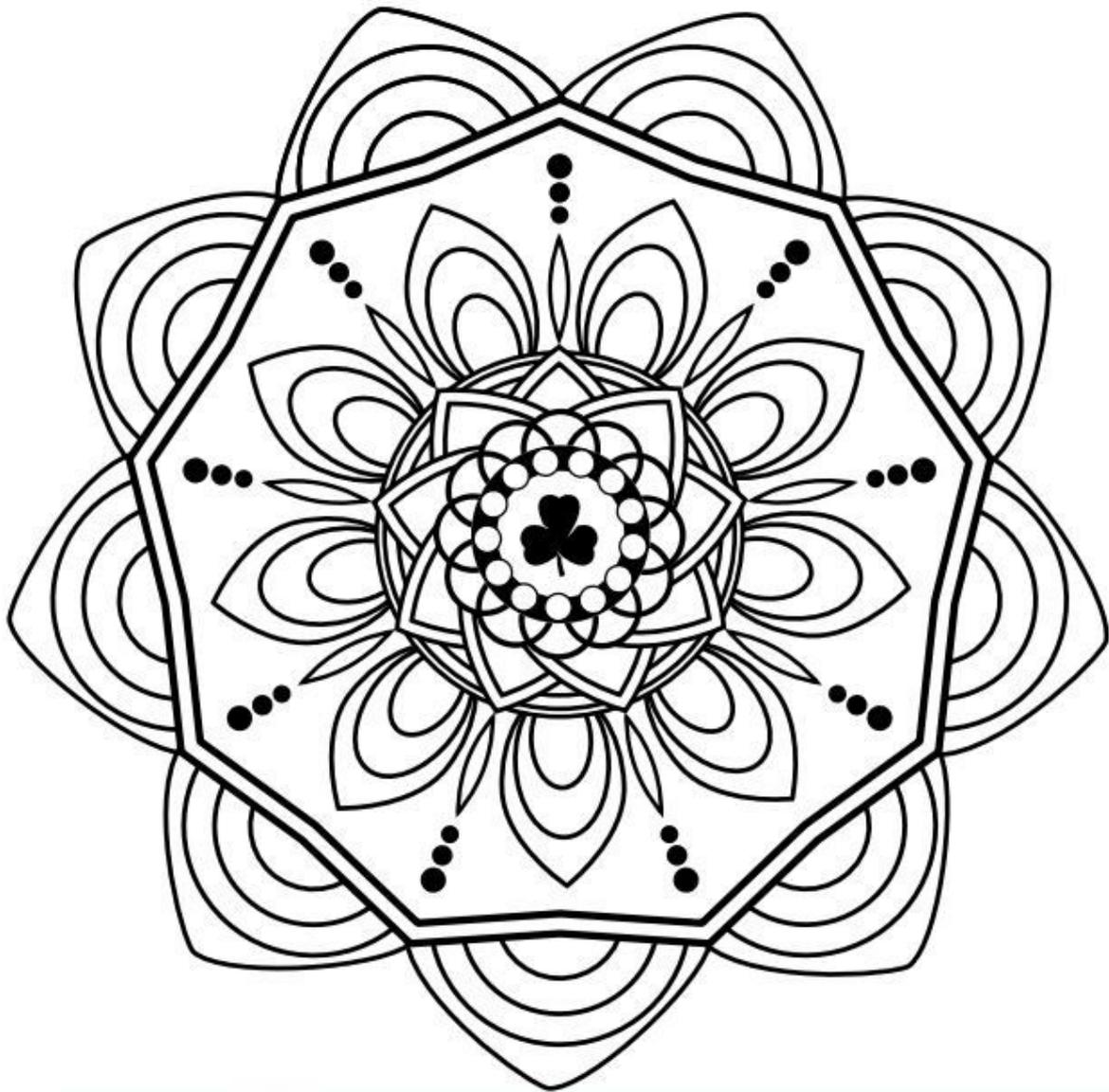
- Cut most of the neck off your second balloon. This could be done in advance.
- Stretch the second balloon over the first to help contain filling material in case of a hole.
- Decorate your stress ball with markers if you want.

Supplies for Colouring Mandalas

- Assorted printed mandalas (including GGC Mandala template)
- Optional: Blank paper
- Crayons, pencil crayons and markers
- Pencils

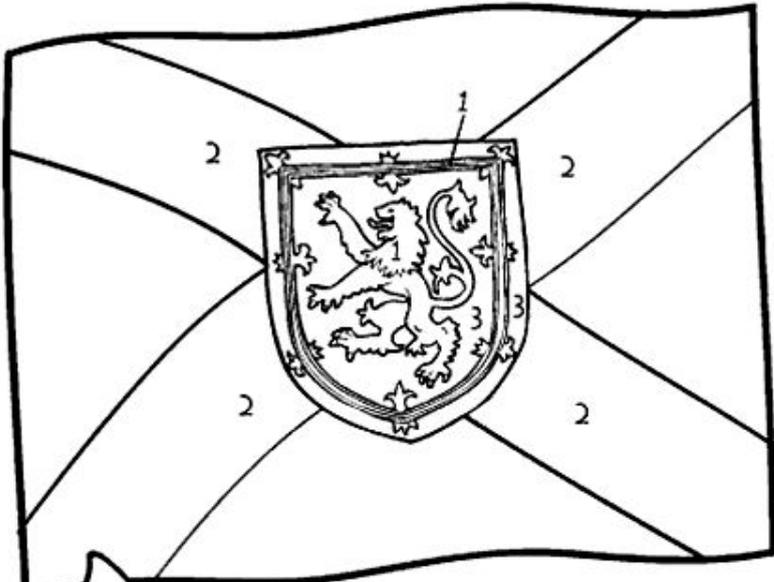
Instructions for Making Stress Balls

- Take some time to draw and colour your mandala (If you have blank paper, feel free to design and draw your own mandala). Let your mind and body focus on your task and allow yourself to let go of other thoughts if you can during this time.



Nova Scotia Colouring Page

Canadian Provincial Fact Sheet



Provincial Flag: 1-red, 2-blue, 3-gold, all else-white



Provincial Flower:
Mayflower



Provincial Bird:
Osprey



Provincial Capital: Halifax

NOVA SCOTIA

Colouring Sheet Courtesy of Crayola
<https://www.crayola.com/free-coloring-pages/print/canadian-province--nova-scotia-coloring-page/>

Making Slime

Did you know you can make your own slime or “goop” for a fun learning and play activity?
Start your slime science experiment at home today!

Ingredients

- 2 (4-ounce) bottles washable school glue, such as Elmer's
- 1 to 2 drops of liquid food colouring (optional)
- 1 teaspoon baking soda
- 2 to 3 tablespoons saline solution (i.e., contact lens solution), divided

Instructions

- Color the glue (optional): Pour the glue into a medium bowl. Stir in the food colouring, if desired. This mixture doesn't need to be homogeneous, as you'll mix it even more after adding the baking soda.
- Add the baking soda: Add the baking soda to the glue mixture and stir until smooth.
- Add the contact lens solution: Pour in 2 tablespoons of the contact lens solution and stir slowly. The mixture should begin to harden, becoming stringy.
- Mix until a ball forms: Continue mixing slowly until a ball of slime forms.
- Knead by hand: Pick up the slime and work between your two hands, until smooth. If the slime is particularly slimy, work in another 1/2 tablespoon of contact lens solution as needed.
- Once mixed, you can play with the slime immediately or store for future play.

Recipe Courtesy of The Kitchn

<https://www.thekitchn.com/how-to-make-3-ingredient-slime-without-borax-245904>