



## Come On, Nova Scotia Guiding, let's Lace 'EM Up! - ACTIVE LIVING CHALLENGE

Results from a National survey conducted by Globe Scan and Girl Guides of Canada-Guides du Canada, from randomly selected registered girls and their parents show parents are very satisfied with Guiding and the activities offered. A small percentage of those surveyed though, thought Guiding needed more focus on the outdoors and being active. Well, N.S. Guiding, LET'S SHOW THEM!!!

Here are some great activities that can be completed during your weekly unit meeting, a sleepover/camp or even a Community or District event. Most of these activities are inexpensive to carry out, and could potentially turn into membership recruitment as well. You'll likely recognize a lot of these activities as being in the Girls' program already, but here they're all tied together. Check out the program connections at the end to ensure girls receive credit for completing this challenge.

ACTIVE LIVING is more complex than just moving around. It's Physical Activity, Mental Awareness, and Healthy Eating. To earn this challenge, please complete the number of activities from each section depending on your branch. Sparks/Brownies-1 from each section-total of 3; Guides-1 from each section plus 1-total of 4; Pathfinders/Rangers-1 from Healthy Eating and Physical Activity, 2 from Mental Health plus 1 additional-total of 5. Depending on your branch, attempt to complete a service component of the challenge also. Of course, you are welcome to complete more, the sky is the limit!!! Want the girls to help choose the activities? Print the sneaker attached and let them decide on the options, then once they've completed them they can colour them in.

## **Physical Activity**

Try at least one new physical activity this week. Check out your local recreation department or YWCA for classes. Tai Chi, Tae Kwon Do or Zumba are some examples.

Host a “bring a friend night” and be physically active. Perhaps a dance party with music and light refreshments maybe glow bowling or rock climbing, how about creating an obstacle course for them to follow and then play some wide games. Need some wide game ideas?

[http://dragon.sleepdeprived.ca/games/wide\\_games/wide\\_games.htm](http://dragon.sleepdeprived.ca/games/wide_games/wide_games.htm)

If possible, walk or bike to your unit meeting.

Most everyone loves music of some sort, so why not try dancing? Not sure where to start, here are a couple of you tube videos of various dance moves. There are also dance videos for Wii, Xbox and Playstations that can get you moving also. Turn the music up and get your groove on!

[www.youtube.com/watch?v=jkf5TVOFLU](http://www.youtube.com/watch?v=jkf5TVOFLU); [www.youtube.com/watch?v=aXDvdCDAYHO](http://www.youtube.com/watch?v=aXDvdCDAYHO)

At your unit meeting, have the girls take turns demonstrating a physical skill they are good at. Some examples...cheer move, how to dribble a basketball.

Plan a family night with your unit (or Guiding community) and do something physical. Maybe a family skate, hike or swim, a scavenger hunt with prizes.

Geocaching is a great physical activity that also encourages team building and perhaps a bit of competition. There are many community recreation departments that offer basics of geocaching, or reach out to your local Guiders and friends for help. There are many geocaching apps that can be downloaded onto your smartphones or tablets and around every corner there are caches. Make sure when you find a cache with a log, you are able to at least sign your unit name and also, that when you have found the cache, you log it. It's super cool to look at the history of the geocaches and see unit names. Looking for a great prize to put in your cache? Why not use up those retired unit badges/insignia, check around, I'm sure someone has some they'd offer to give you.

Offer to help with household chores such as vacuuming, floor cleaning, etc. (this is active living too!)

**SERVICE:** Volunteer at one of the many fun runs/walks they have in the province such as Relay for Life, Sole Sisters, Bluenose, Fiddlers Run, Maritime Race Weekend, etc. There are many components to putting together a race, registration bags need to be stuffed, water stations, clean up after the race, etc... There are many opportunities for girls to give back to their community.

## **Healthy Eating**

Try at least 1 new fruit and 1 new vegetable during your meeting.

Who says you can't play with your food? Using different coloured and shaped foods from each of the food groups create food art. Make a simple stick man using celery sticks and cherry tomatoes or a rainbow. Make categories for most artistic, most colourful, and have the girls judge all of the entries,

similar to an awards show. Or you could award each girl a winner with their own category. Of course they get to eat their reward!

Pick a country other than North America and find a recipe from that country and share it in your unit. If possible, maybe you could make the recipe at home and bring it in to your meeting or prepare at your meeting. Be sure to check for food allergies first.

Book a nutrition tour of your local supermarket with their in-store dietician. Superstores offer guided tours that you can book through here: <http://www.fieldtripfactory.com/>

Master Chef Style, give the girls some healthy ingredients and have them create a recipe, prepare and serve a snack or meal to the judges (the leaders). This would be a great camp activity, or even a bridging event and have guests come in and judge. Remember to check for allergies, and monitor the girls when using stoves, burners, etc. Prepare appropriate safe guide documents if using fire, etc.

Plan and cook a healthy meal for your family

Try a new way to eat or drink your fruits/veggies using an appliance. Some examples are: food processor, blender, juicer, and dehydrator.

Make up a commercial or public service announcement about a healthy food item. If possible, video tape it and play back to the girls. Or, invite another unit and/or parents to your meeting to watch in person.

SERVICE: Look at the Canada's food guide and plan a healthy snack or meal. IF possible, purchase those ingredients or bring in from home and donate to the local food bank, soup kitchen or women's shelter.

## **Mental Health**

Learn one quick way to release stress e.g. breathing, meditation, mindfulness and yoga

Mindfulness is described as being present and fully focused on a task and assessing how your body reacted to that task. Take a food object of your choice, something small that the girls can hold easily in their hand. Have them relax, perhaps turn down the lights, play some soft, soothing music. Look at the object; ask them to describe the colour, shape, any small imperfections. How does it feel, is it sharp, heavy, what is the texture? How about smell, is it pleasant, offensive. Now let's talk about the taste, was it worth the wait? Reflect now on how challenging the activity was. What did you notice about your body, your thoughts, breathing? Share with your group.

Feelings from a Hat! On slips of paper, either write or draw pictures of several different feelings and place in a hat. Have girls draw from the hat and act out the feeling while the rest of the group try to guess it. Talk about the feelings after, where they easy to demonstrate, where some more difficult to guess? Examples of feelings: sad, confused, and happy.

Feelings memory game-using clipart from the Internet or hand drawn, create a memory game for your girls using facial expressions of feelings. Have them take turns flipping the playing pieces over to reveal feelings and find the pairs. Once the pairs have all been found, discuss the feelings with the girls. Need help with the basics of a memory game? Check out this website:

<http://www.auntannie.com/GamesToMake/MemoryGame/>

Make a stress ball - <http://familycrafts.about.com/cs/craftsupplies/ht/StressBall.htm>

Invite a nurse or guidance councillor into your unit meeting. Find out what types of services or resources are available in your community or school to assist girls with mental health questions or concerns. With your unit, create a list of questions to ask your guest. For example: my friend hasn't been coming to school lately, and doesn't answer my calls, texts. Her facebook statuses are very sad. What can I do?

At your unit meeting, make a "feeling grateful" jar by decorating a container with bright coloured paper, flowers or glitter, etc. Take it home and each morning either draw a picture or write down something you are grateful for. Bring it to your meeting and share with your unit.

Say at least 1 nice thing to a family member or someone at school each day for a week

Based on your strengths, what type of superhero would you be? Draw a picture of yourself as a superhero or use the link here to print and cut out superhero costumes:

<http://thebroodinghen.blogspot.ca/2010/08/superhero-paperdolls.html> , create a comic of your superhero and how you would make a difference in the world or using costumes, have a dress up time where you get to show what your superhero costume is.

OPTIONAL-Have an active campfire using songs with lots of actions or reference actions.

Here are some examples: 40 years on an Iceberg, Aunt Ola, Disco, Swimming Pool, Chinese Fan, My Bonnie, Alice the Camel, Head and Shoulders, Knees and Toes, Herman the Worm, My Name is Joe.

Resources:

Listed below are resources for several organizations that promote physical activity, campfire song links as well as mental health experts.

Participation: <http://www.participaction.com/get-moving/bring-back-play/>

Hike N.S. <http://www.hikenovascotia.ca/>

Sport N.S. <http://www.sportnovascotia.ca/FindaSport/OurMembers/tabid/257/Default.aspx>

Nova Scotia Trails: <http://www.trails.gov.ns.ca/>

More Walking Trails: [www.southshoreconnect.ca/](http://www.southshoreconnect.ca/);

<http://www.highlandconnect.ca/>;<http://www.halifax.ca/rec/>;<https://fundyconnect.cioc.ca/>

<https://valleyconnect.cioc.ca/>;<https://capebretonconnect.cioc.ca/>

Kids Help Phone: <https://www.kidshelpphone.ca/teens/home/splash.aspx>

Songs for Campfires: <http://dragon.sleepdeprived.ca/>

## Program Connections:

We've included the program connections for each branch below; if you find more, please let me know so I can add them to the list. [Program@girlguides.ns.ca](mailto:Program@girlguides.ns.ca)

<b>SPARKS</b>  Going Outside-Nature Walk  Being Healthy-Healthy Snack, Healthy Breakfast, Move to the Beat  In My Community-Neighbourhood Walk  Going Camping-Campfire	<b>BROWNIES</b>  Key to Me #5; Special Thoughts  Key to My Community #1, #6; Community Counts  Key to I Can #3, #4, #7; Be a Chef  Key to Active Living #2,#3; Swim Swim; Food Power; Wheels; Winter is Great; Go For It  Key to Stem #4  Key to the Living World #1  Key to Camping #5; Cookout  Key to the Arts #1  Key to Girl Guides Helping Sparks; Lend a Hand at Home
<b>GUIDES</b>  Learn About Guiding #3b, #5  Be Involved In Your Community #1-4  Build Skills in Communication #2, 3, 5  Discover what's Important to you #1-6  Stay fit & Healthy #1,3-6  Explore the Outdoors & Nature #1  Learn About our Environment #1  Campfire Leading  Feeling Good  Healthy Eating #1, 3  Skating #3  Snowshoeing #3-4, 7	  Learn How to Plan #1  Learn About Leadership in a Group #1,3,5  Discover Your Creativity #3b  Understand How to be Responsible #3-4  Discover your Community #2b-3  Try New Things #1, 3, 5-6    Cycling #6  Fitness Fun #7  Horsepower #8  Skiing or Snowboarding #6  Swimming

<b>GUIDES Con't</b>	
Hiking #2	Outdoor Adventures #1,4
Outdoor Cooking #1, 3	Outdoors in the City #6-8
Sailing #10	Water #5
Dancing	Kitchen Creations #1, 3, 7
Singing #1-2	Tasty Treats #7
Career Awareness #2, 5-6	Event Planning
Life Skills #1, 3	Body Works #3
Plants & Animals #1b	
<b>PATHFINDERS</b>	<b>RANGERS</b>
Active Living #1, #6	You Lead the Way #17
We Are What We Eat #1, #4, #5	Healthy Eating: #2, #9, #15, #17, #33
Let Go & Chill Out #6, #7	Environment, Outdoors and Camping #7, #28, #30
Lend a Hand #4	
Be a Model Citizen	

This challenge was created by your Provincial Program Team: Catherine, Kayla and Mary Louise

Please see Application on last page

## Nova Scotia Provincial Active Living Challenge Crest Order Form

Unit Name			
District/ Area			
Contact Guider Name			
Phone#	Email:		
Please:	Mailing _____	or	will pickup _____
Address:			
Postal Code		IMIS #	
Number of Crests		X\$1.75 =	Total & amount enclosed:

Forward Order From and Payment to:

Girl Guides of Canada  
 Nova Scotia Provincial Office  
 3581 Dutch Village Rd  
 Halifax NS B3N 2S9

Did you have fun???? Let us know, jot down a few words to tell us what you did:

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