



GUIDING ELEMENTS FIRE

FROM THE BC CAMPING COMMITTEE



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INTRODUCTION

Welcome to the third Guiding Elements “Camp in a Box” - Water.

These four camps are based on the elements earth, fire, water and air. The elements are very dependent on each other - water for safety; fire for heat; earth provides wood to burn and air provides oxygen.

Every living thing on earth depends on water to stay alive. Through Guiding, we can promote a strong sense of stewardship of this limited natural resource. In Canada, we are rich in rivers, streams, lakes and waterways, but there are many parts of the world where water is scarce and needs to be carefully hoarded and monitored. Keeping our own waterways clean and useable is the responsibility of each one of us.

In this camp package, you will find the program outline and a wide variety of activities, games, projects and crafts to choose from. As well, there are menu and recipes suggestions, a campfire, Guides’ Own and a kit list. Build your camp to suit the season, building or campsite, number of participants and available time. Pick those activities that work the best for you and your girls and remember to be flexible. Adapt this package to have fun learning about our watery world.

Remember to use the most recent [Safe Guide forms](#) and to have them assessed as appropriate. Be sure to inform your Camping Advisor and District Commissioner of your camping plans, and draw on the resources available to you within your district (Camping, Music, Program Advisers, local trainers, etc.).

Crests order forms are available on the BC Girl Guides website (<https://www.girlguides.ca/WEB/BC/>), and crests are \$1.00 each for units from BC. There is also an evaluation form at the end of this package, and we would love to hear feedback from you regarding this camp. We love receiving pictures, so please send photos from camp (making sure that everyone in them has image releases in iMIS) and feedback to the BC Camping Committee at bc-camping@girlguides.ca.

In this camp, as in every camp, a vast amount of material has been covered and learning has happened. Please, be sure you are adding activities completed to the girl's Girls First program.

An evaluation form has been included for you to complete after your camp and the BC Camping Committee would greatly appreciate hearing from you. Your suggestions and comments are very useful in the creation of future camp packages. We love receiving pictures, so please send some of those along too!

The most important thing is flexibility and adapting this package to work for your camp. Please use your wonderful creativity as required!

BC Camping Committee
Created 2011
Revised August 2019

PROGRAM SCHEDULE

Friday

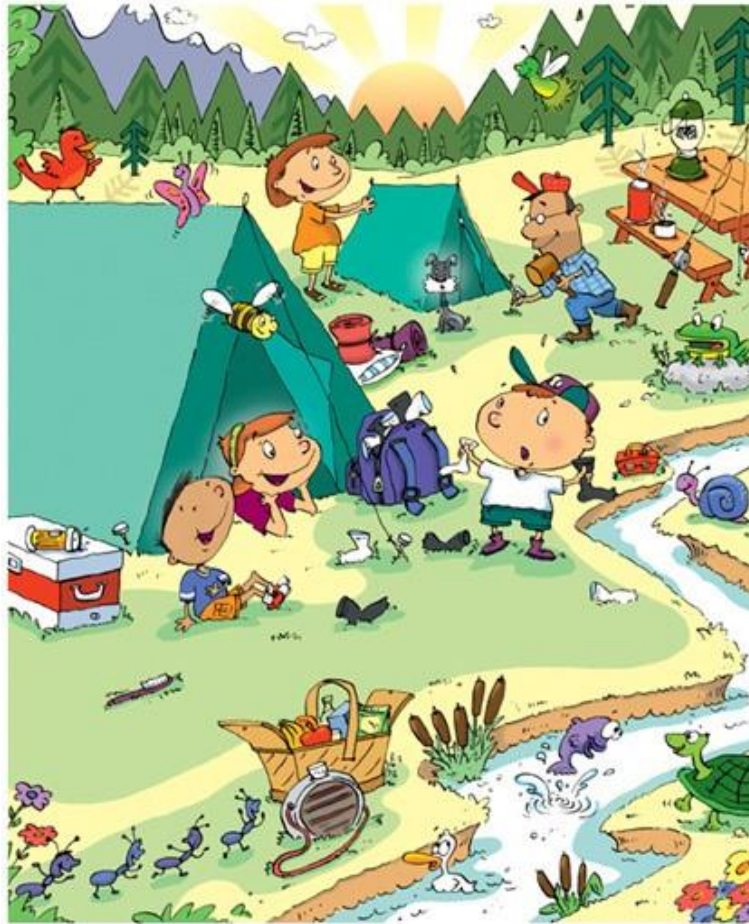
5:00pm	Company dinner (spaghetti, garlic bread, salad)
Or 6:00	Arrive at camp (dinner prior to arrival of bag dinner brought to camp) Set up camp
7:00	Opening - camp boundaries, rules, fire drill, patrol duties
8:00	Name tags, Introduce the water cycle
9:00	Campfire sing along Mug up
10:00	Bed Time

Saturday

7:30am	Breakfast Patrol Duties
8:45	Flag Ceremony
9:00- 12:00	Introduce the rainbow craft that will be made throughout the day Round Robin Activities
10:30	Snack on the drun
11:00	Hike
12:00	Lunch Clean up Patrol duties
1:30	Quiet time
2:00 - 4:30	Round Robin Activities
3:00	Snack on the go
4:30	Iron Chef dessert challenge
5:00	Dinner prep Dinner Patrol Duties
7:00- 8:00	Water Experiment for each patrol. Upon completion each patrol will demonstrate for the other patrols
8:30	Night Game Mug Up Campfire
10:30	Bed time

Sunday

8:00	Breakfast Patrol Duties Girls pack up gear Break camp
10:00	Guides' Own Camp site clean up
10:30	Closing. Present crests and take a group photo
11:00	Parents pick up girls



PROGRAM WORKSHEET

Friday

Saturday

7:30	Rise and Shine		
8:00	Breakfast		
	Patrol Duties		
9:00– 11:00	Round robin stations Station 1		
	Station 2		
	Station 3		
10:45	Snack on the go		
11:00	Hike		
12:00– 1:00	Lunch		
	Patrol Duties		
2:00– 4:30	Round Robin stations Station 4		
	Station 5		
	Station 6		
4:30	Iron Chef Challenge		
5:00	Dinner		
	Patrol Duties		
7:00	Water Experiments		
8:00	Night Game		
	Camp Fire		
	Mug Up		

Sunday

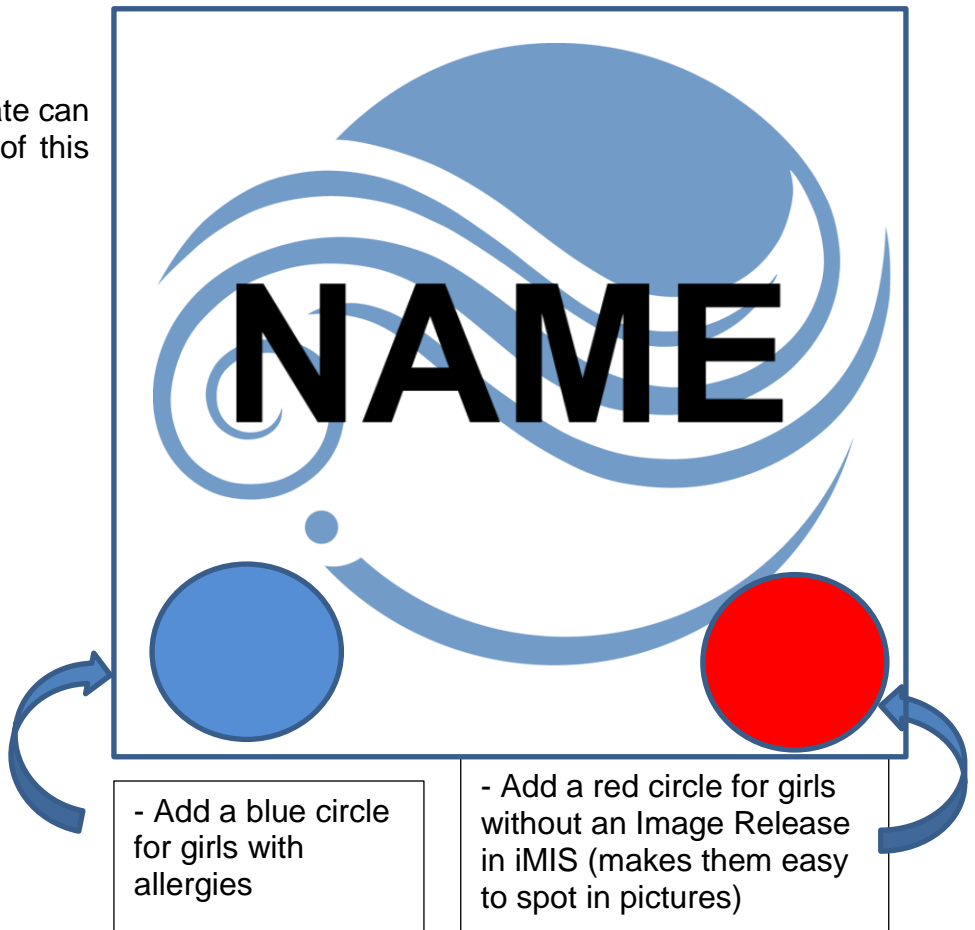
7:30	Breakfast		
	Patrol Duties		
10:00	Guides Own		
10:30	Girls take down tents		
	Closing		
	Patrol Duties		
	Campsite Cleanup		
	Group Photo		



SAMPLE NAME TAG

A printable name tag template can be found on the last page of this document.

- Background colour/shape denotes program and chore group



PROGRAM NOTES

Choose your activities to suit the time of year, site, number of Guides and your references.

Name tags can be made in advance or made/decorated at camp. You can use name tags to help identify girls with an Image Release “No”, food allergies, or other health concerns. There is a sample name tag on page 9, and a printable template is available with this package. In addition to the sample provided, name tags and/or program groups could be made to depict different plants or animals found around your campsite.

Program group suggestions:

- lakes
- streams
- rivers
- seas
- oceans
- ponds
- brooks
- ice
- snow
- rain
- mist
- different water animals
- different water plants
- different water words (whirlpool, whitecaps, splash, wave, cascade, trickle, etc.

Round Robin stations (*you will have time for 6 - 10 round robin activities. Give each participant a sealable plastic bag and as the girls complete each station, give them another piece for their rainbow craft*

A rainbow is an optical and meteorological phenomenon that causes a spectrum of light to appear in the sky when the sun shines onto droplets of moisture in the earth’s atmosphere. Rainbows caused by sunlight always appear in the section of sky directly opposite the sun and right after it slows or stops raining. Rainbows can be caused by many forms of airborne water. These include not only rain, but also mist, spray and airborne dew. You can even create one with a garden hose!

Rainbow craft:

What you need:

- one rainbow shaped piece of plastic canvas for each participant
- ribbons, each about 12 inches long, in the colours of the rainbow: red, orange, yellow, green, blue, indigo and violet
- optional: matching coloured beads to add to the end of each ribbon



Water Activities

1. Drop a single drop of food colouring into a glass of water. Don’t stir or shake, just watch what happens.
2. Use a medicine dropper to drop water onto a penny, one drop at a time. How many drops will the penny hold before the water spills? The answer may surprise you! Try the same water experiment with water that has a little detergent in it. the same again and compare the two sides of the coin—heads and tails.
3. A lump of clay sinks. Change its shape to make it float
4. Dunk sieves and colanders in water. Pour water through funnels. What does the size of the holes have to do with how fast water flows?

5. Measure volumes of water using measuring cups and spoons. Weigh measured volumes of water on a diet scale. Don't forget to subtract the weight of the cup that holds it.
6. Simulate erosion by pouring water onto a "mountain" of sand or dirt. Experiment to find out whether some soils resist erosion better than others.
7. Test different types of sponges to see which holds more water.
8. Float an apple in fresh water. Make it float higher by adding salt to the water.
9. An orange floats, but without its peel it sinks. Build an artificial peel that will enable an orange to float.
10. Is it easier to move through air or through water? Do an experiment to find out.
11. Does sound travel better through air or water? Experiment to find out.
12. What happens when salt dissolves in water? Make some salt water and then leave it in a warm place for a few days. What happens? Why?
13. Repeat water experiment #12 with a mixture of vinegar and water. Are the results the same?
14. Make a chart showing all the ways your family uses water.
15. Paint abstract water-colour pictures by floating some oil on the surface of water. Add drops of different food colours here and there. Place absorbent paper flat on the surface of the water, then lift. Lay flat to dry. Coffee filters work well for this.
16. Investigate the absorbency of different materials by cutting pieces all the same size, wetting each thoroughly, and measuring the amount of water you can squeeze out.
17. Measure the diameter and depth of puddles. Record how long they take to dry up. Does diameter and depth seem related to drying time?
18. Hang swatches of different types of wet fabric on the clothesline. Do some take longer to dry than others? Why?
19. Compare the sizes of containers by filling one with water, then predicting whether another will hold more or less. Test your prediction.
20. Select some household objects. Predict which will sink and which will float.
21. Make a boat from a margarine tub. Predict how many pennies it will hold before it sinks.
22. For safety, this should be an adult demonstration that the girls watch. Hold a cold surface (such as the bottom of an ice-filled glass) over the spout of a steaming kettle. What collects on the surface? Why? Is this like rain?
23. Test foods to see which dissolve in water. Try cornstarch, sugar, butter and nutmeg. Stir one cup of cornstarch into $\frac{1}{2}$ cup of cold water and mix thoroughly. Will the mixture pour? Will it make a ball? What happens when you press your fingers into it?



WATER EXPERIMENTS

Slow Melt

Slow melt is an easy water activity where you can watch an ice cube practically saying

"I'm m-e-l-t-i-n-g!"

Watch time stand still as an ice cube melts in slow motion.

What you need:

- drinking glass
- vegetable oil
- ice cube



What to do:

1. Fill a drinking glass with vegetable oil. Now drop an ice cube into the oil.
2. As the ice melts, you will be able to see the droplets form and fall in slow motion. The droplets fall this way because water has a higher density than oil.

Liquid Melodies

You may have noticed all the different sounds that water makes.

What to do:

1. Go around the building or campsite and see how many different sounds you can make with water. Try the faucets, from barely on to full blast. Listen to the shower, the hose and the sprinkler.
2. Drop ice cubes into a glass of water. Any other ideas?
3. Now think of water sounds in nature: soft rain, hard rain, waves, a waterfall. It's a regular symphony, isn't it?

Learn how to make water music in Liquid Melodies. The next activity creates a symphony of water.

What you need:

- glass bottles, jars, or drinking glasses of different sizes
- water
- spoon or stick

What to do:

1. Speaking of a symphony here's one way to make music with water. Gather several glass bottles, jars, and/or drinking glasses of different shapes and sizes. (Always be careful when handling glass.)
2. Put water in them either a little water or a lot.
3. Use a spoon or a small stick to tap the containers and listen to the different sounds they make.
4. Can you arrange the containers from lowest pitch to the highest? Can you change the level of water in the containers to create new notes? How about making up a song to play on your water instruments?

How to See Water in Three States:

Have an adult on hand to supervise this activity. What to do:

1. To see all three states, put some ice in a pan. Put the pan on the stove and turn on the heat.
2. First the ice will begin turning to liquid, then the liquid will begin turning to steam.
3. Ice and snow melt at 0 degrees Celsius (32 degrees Fahrenheit) and water turns into steam at 100 degrees Celsius (212 degrees Fahrenheit).

Cloud in a Bottle

Making a cloud in a bottle is an easy water activity that takes two steps. Whether it's a rainy or sunny day, you can bring a part of the sky inside.

What you need:

- empty soda bottle
- candle
- matches

What to do:

1. Hold the narrow-mouth of the bottle upside down over a candle flame for a few seconds. Then blow out the candle.
2. Wipe the rim of the bottle and quickly blow into it. The warm moisture in your breath will condense and turn into a cloud in the bottle.

Feeling Pressured?

Test the pressure between air and water. You may not feel it, but the air around you has pressure. This activity will help demonstrate its invisible force.

What you need:

- cup
- index card

What to do:

Work over a sink in case your cup slips and the water spills.

1. Fill a cup all the way to the top with water. Place an index card over the top of the cup.
2. Hold the card in place, and turn the cup upside down.
3. Slowly, carefully, let go of the index card. It should stay in place, held by the pressure of the air beneath it.

Bottled Waves

With bottled waves, you can watch the waves without having to leave your home. When you make a "sea-in- a-bottle", you'll have an easy activity that brings the waves to you.

What you need:

- clear plastic bottle with top
- water
- blue food colouring
- mineral oil

What to do:

Many people are soothed by the sight and sound of ocean waves. Here's how to make waves!

1. Fill a large plastic bottle 2/3 full of water. Add blue food colouring to the water and mix it up.
2. Fill the rest of the bottle with mineral oil, so there's no room for air. Then put the top on the bottle.
3. Lay the bottle on its side. Watch as the mineral oil floats to the top. To make waves in your sea, tilt the bottle back and forth. You can imagine you're at the beach or sailing on the ocean.

Water Magnifier

What you need:

- piece of glass or plastic (a microscope slide is ideal)
- newspaper
- crayon
- eyedropper
- water

What to do:

1. Always be careful when handling glass. Put the piece of glass or microscope slide on top of a piece of newspaper that has small print on it.
2. Use a crayon to draw a small circle on the slide. Look closely at the print that is within the circle.
3. With an eyedropper, carefully put a drop of water in the crayon circle. Now look at the print again. Does it look larger? This is because the water drop bends rays of light, magnifying the image.

Sticky Water Tension

Sticky water tension is for those who have ever wondered how high can you really fill a glass with water. This experiment will demonstrate the power of surface tension, all in one easy activity.

What you need:

- glass
- water
- eyedropper

What to do:

1. Fill a glass to the very top with water. Then use an eyedropper to add water, very gently, one drop at a time.
2. You'll see that you can add drops until the water level is actually above the rim of the glass! How is this possible?
3. Here's the explanation: The water molecules are attracted to one another, but not to air molecules. So, as long as they possibly can, the water molecules will stick together in the glass, rather than falling over the edge of the glass.
4. This tendency of water molecules to stick together is called "surface tension." A surface tension gives water the appearance of having a "skin" across the top of the glass.
5. This is also why small droplets of water stay in a round shape rather than spreading out in all directions.



WATER FACTS AND DEFINITIONS

The Water Cycle

Run and get a glass of water and put it on the table next to you. Take a good long look at the water. Now -- can you guess how old it is?

The water in your glass may have fallen from the sky as rain just last week, but the water itself has been around pretty much as long as the earth has!

When the first fish crawled out of the ocean onto the land, your glass of water was part of that ocean. When the Brontosaurus walked through lakes feeding on plants, your glass of water was part of those lakes. When kings and princesses, knights and squires took a drink from their wells, your glass of water was part of those wells.

And you thought your parents were OLD!

The earth has a limited amount of water. That water keeps going around and around and around and around and (well, you get the idea) in the water cycle.

This cycle is made up of a few main parts:

- evaporation and transpiration
- condensation
- precipitation
- collection

Evaporation:

Evaporation is when the sun heats up water in rivers or lakes or the ocean and turns it into vapor or steam. The water vapor or steam leaves the river, lake or ocean and goes into the air.

Do plants sweat? Well, sort of.... people perspire (sweat) and plants transpire.

Transpiration is the process by which plants lose water out of their leaves. Transpiration gives evaporation a bit of a hand in getting the water vapor back up into the air.

Condensation:

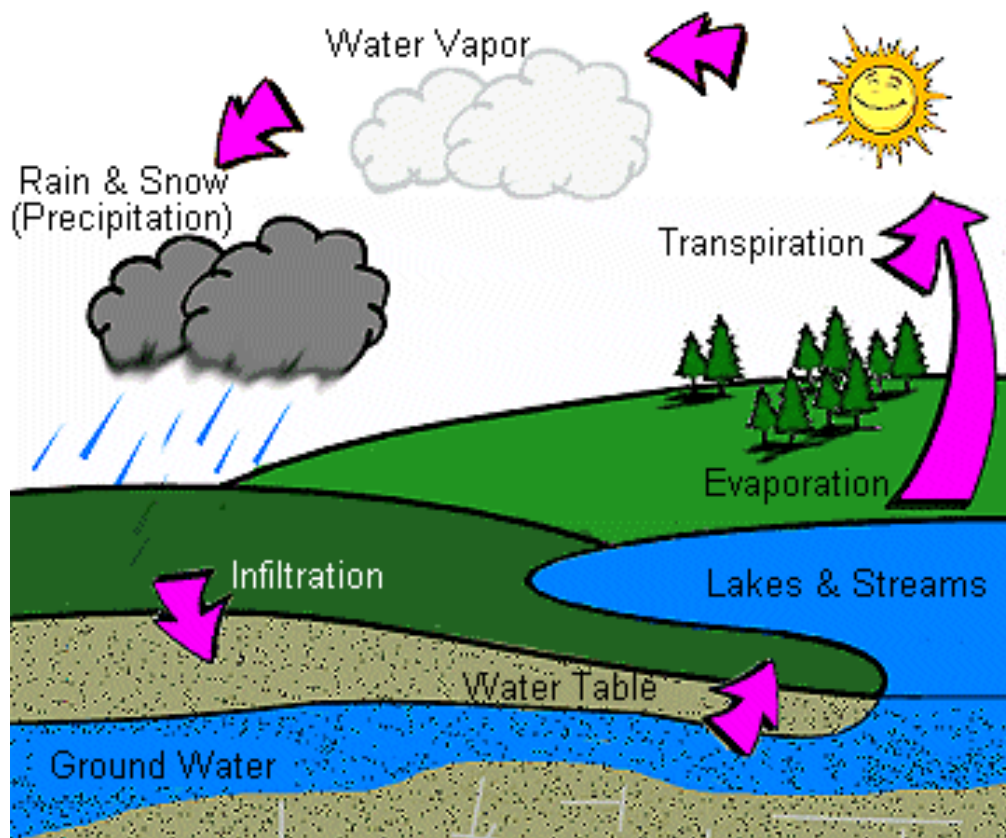
Water vapor in the air gets cold and changes back into liquid, forming clouds. This is called condensation. You can see the same sort of thing at home—pour a glass of cold water on a hot day and watch what happens. Water forms on the outside of the glass. That water didn't somehow leak through the glass! It actually came from the air. Water vapor in the warm air turns back into liquid when it touches the cold glass.

Precipitation:

Precipitation occurs when so much water has condensed that the air cannot hold it anymore. The clouds get heavy and water falls back to the earth in the form of rain, hail, sleet or snow.

Collection:

When water falls back to earth as precipitation, it may fall back into the oceans, lakes or rivers or it may end up on land. When it ends up on land, it will either soak into the earth and become part of the groundwater that plants and animals use to drink, or it may run over the soil and collect in the oceans, lakes or rivers where the cycle starts again.



The water cycle (also known as the hydrologic cycle) is the journey water takes as it circulates from the land to the sky and back again.

The sun's heat provides energy to evaporate water from the earth's surface (oceans, lakes, etc.). Plants also lose water to the air (this is called transpiration). The water vapor eventually condenses, forming tiny droplets in clouds. When the clouds meet cool air over land, precipitation (rain, sleet, or snow) is triggered, and water returns to the land (or sea). Some of the precipitation soaks into the ground. Some of the underground water is trapped between rock or clay layers; this is called groundwater. But most of the water flows downhill as runoff (above ground or underground), eventually returning to the seas as slightly salty water.

WHY ARE THE OCEANS SALTY?

Oceans cover about 70% of the earth's surface. The oceans contain roughly 97% of the earth's water supply. As water flows through rivers, it picks up small amounts of mineral salts from the rocks and soil of the river beds. This very-slightly salty water flows into the oceans and seas. The water in the oceans only leaves by evaporating (and the freezing of polar ice), but the salt remains dissolved in the ocean—it does not evaporate. So the remaining water gets saltier and saltier as time passes.



GAMES

Water Cup Relay

Place a plastic cup for each team at the finish line. Each girl in turn, fills their spoon with water from the bucket at the starting line, runs to the other end and empties it into the cup. They run back, pass the spoon to the next girl in line, who fills the spoon and runs to the cup. The first team to fill their cup wins.

Sponge Relay

Divide the girls into two teams and have them line up behind a starting line. Each team gets a small empty bucket and a large sponge. At the finish line, place two larger buckets filled with water. Tell the girls that on the word go, the first girl in line must run to her team's water bucket, dunk the sponge in, run back with it and squeeze all the water from the sponge into the team's empty bucket. They then pass the sponge to the next girl and so on until one team wins by completely filling their empty bucket with water.

Water Balloon Toss with a Twist

Make this game for a fraction of the cost of similar products and it will last longer!

What you need:

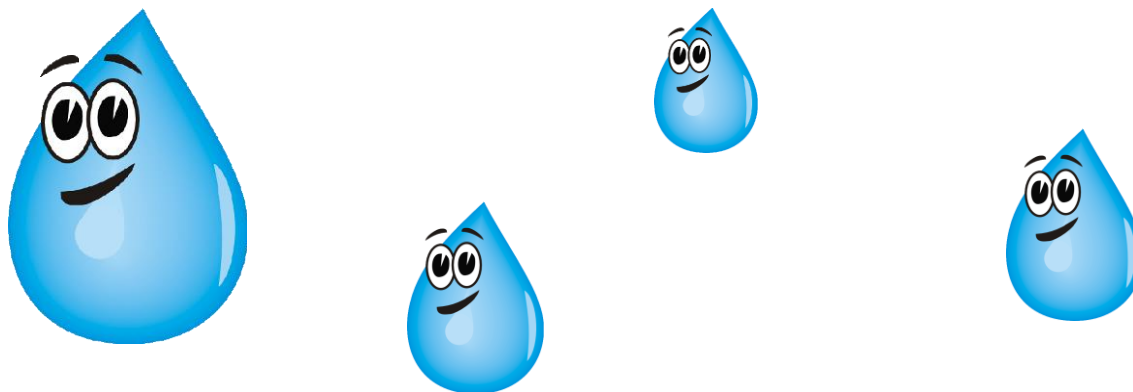
- empty bleach bottles
- water balloons
- scissors

Cut the bottom out of each bottle. Make the opening a bit bigger by cutting a sloped edge so that it resembles a scoop. Take off the bottle top and discard. Toss the water balloon using the scoop instead of hands. Play with as many players as there are jugs/scoops.

Cold Potato (good for a hot day)

Have the girls stand or sit in a circle outside. A water balloon is passed from girl to girl. However, the balloon is not passed around the circle as in traditional "hot potato". It is thrown across the circle from girl to girl. If a girl fails to catch the balloon, or it breaks when she attempts to catch it, that girl is out.

If a girl intentionally throws the balloon hard to make it explode in another's hands, she is called "out". Older girls can spread farther apart if necessary. The game proceeds until there is one dry girl left.



Elements

History: This game was played by British settlers and soldiers in 1812. It was a way to teach natural science.

Equipment: Bean bag or Frisbee Formation: circle

Directions:

Select a person to go into the middle of the circle. The person in the middle calls out one of four words: EARTH, WATER, AIR or FIRE. The person in the middle throws the bean bag/frisbee to someone in the circle. The person catching the bean bag must name something living in the element called out e.g. Earth - bear; Water - shark; Air - pigeon. If FIRE is called out the person catching it says nothing and returns it to the person in the middle as soon as possible. You have 10 seconds to give an answer, and no repeats! If you can't answer, you go in the middle.

Variations: Select a continent before the game starts; all answers must come from that continent. Or, go through the alphabet for living nature names.

Flashlight Camouflage

Equipment and playing area:

- one flashlight
- large wooded area with designated starting point
- designated spot for flashlight spotter—finish line.

Once flashlight spotter is in place, participants crawl, run, hide behind trees as they sneak up to the finish

line. The flashlight spotter faces away from the wooded area with her eyes closed and counts to 10 to let girls sneak up. At 10, she turns the flashlight on the playing area to spot participants. If spotted, they go back to

the starting point. After one minute of searching, spotter turns flashlight off and counts 10 more seconds for

participants to move forward. Winner is first to cross the finish line and becomes the spotter.

Firefly

Materials: three or four flashlights


To play: Gather all the girls in one spot. Send three or four girls out into the play area with their flashlights. These are the fireflies. These girls can either walk around the play area or stay in one spot, but either way they must flick their flashlight on-off, on-off, like a firefly. The rest of the girls must try and catch a firefly by stalking up to her. If one of the fireflies sees or hears a stalker, she may stop flashing her light for 30 seconds. Once all the fireflies have been captured, the game is repeated with new girls as fireflies.

Night Lines

Materials: In advance, make up eight cards per team, with a design on the card in light reflecting tape. Mac tack or laminate the cards in advance so as to be able to use the game again! The designs could be three lines, two triangles, four rectangles, one circle, etc. The cards must be hidden, in a certain area while no one else is watching. Each team must have a flashlight.

To play: Each team is assigned a kind of card that they are looking for. The boundaries of the game must be described to all the players. Each team sends out one member at a time, with the flashlight to find, and bring back one of their cards. (At that time they may find cards of the other teams, but should just leave them undisturbed.) When the first team member finds one card, she returns and hands the flashlight over to the next member of their team. Each player takes a turn to find one card for her team. The first team to find all their cards wins.

MENU & RECIPIES *(Some recipes were chosen because they make good use of water)*

Friday Mug Up	
	Chicken Noodle Soup in a mug Hot apple cider
Saturday	
Breakfast	Oatmeal with fresh seasonal berries and/or dried fruit (can be made on a buddy burner toast juice <u>Buddy Burners</u> To Make: Pierce a ring of holes on the sides, just up from the bottom and just down from the top of the soup can - to allow air in and out. Set the tea light in the bottom of the can, lightable with a long match or long lighter. Or place the tin over the lit candle, with the bottom
	
Snack	fruit leather or fresh fruit and juice or water
Lunch	Wraps with refried beans, ground beef, tomato, peppers, cheese, lettuce, onion, etc.
Snack	Crackers and cheese
Dinner	Chicken and Pasta with Alfredo Sauce Salad Juice and water Iron Chef Dessert Challenge
Mug Up	Popcorn
SUNDAY	
Breakfast	Eggs cooked as the girls like them. Sausages Cheese toast Milk or Juice
Snack	Cookies Juice

A note about patrol cooking with Guides:

Patrol cooking does take more time than having a camp cook but it is a very worthwhile activity for the girls. In this day and age of fast food and microwaves, some girls have not had the opportunity to do any cooking. Girl Guides offers the opportunity to cook over the fire, on a buddy burner or in a box. Practice ahead of time at unit meetings or on a day hike.

Plan on having one adult per patrol for keeping an eye on things and assisting as needed, but let the girls do as much as possible.

Iron Chef Dessert Patrol Challenge

Set up a table

with: apples
oranges
raisins
mini
marshmallows
chocolate chips

pita bread
tortilla
wraps
oatmeal
tinfoil



The patrol members work together to plan and create a dessert that is cooked over the campfire or using the propane stove.

Testing Temperature of Outdoor Fires

Hold your palm over your small cooking fire close to where you are going to cook. Holding your hand still, count slowly. "One and two and three and..."

The length of time you can hold your hand comfortably over your fire indicates the temperature of the fire. Be very careful not to burn yourself.

If the count is one to two:
very hot fire
230°C (500°F)

If the count is four to eight:
hot fire
200-230°C (400-500°F)

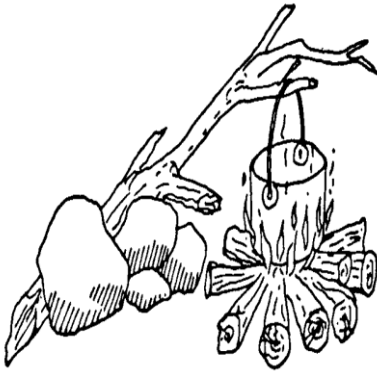
If the count is seven to ten:
medium fire
160-200°C (325-400°F)

If the count is eleven to sixteen:
low fire
120-160°C (250-325°F)

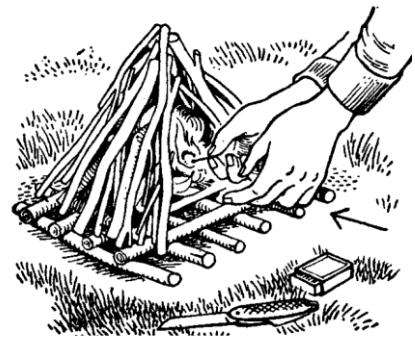
Charcoal briquettes burn at 20°C (40°F) per briquette—10 briquettes is equivalent to 200°C (400°F)



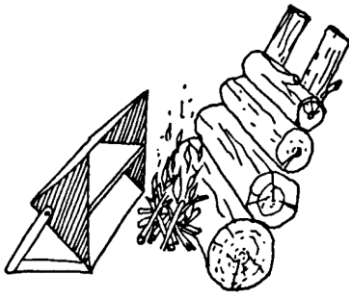
Types of Campfires



Star Cooking Campfire with stationary branch pot holder



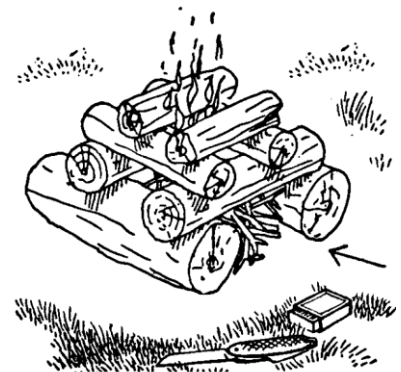
Teepee Style Campfire



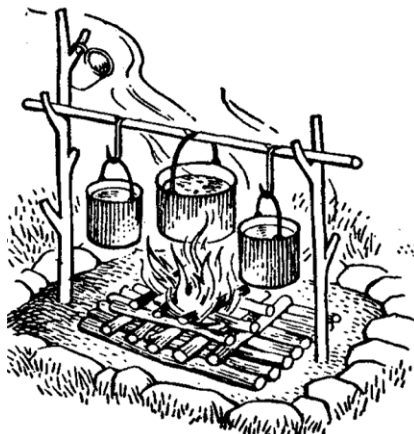
Reflector Cooking Campfire with portable Reflector Oven



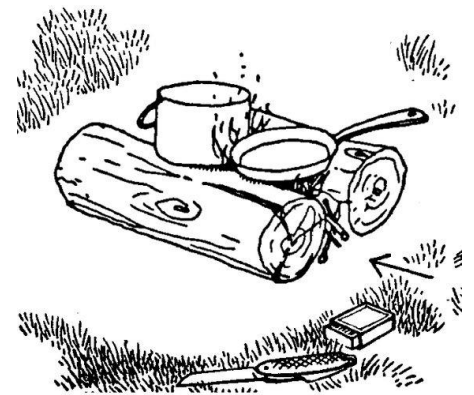
Pyramid style



Log Cabin / Criss-Cross Style Campfire



Cooking Campfire with Horizontal Pole Pot Holder



Trapper / Parallel Log Style Campfire

CAMPFIRE

We suggest having a sing along on Friday evening with the girls choosing the songs. Saturday evening can be a more traditional campfire using lanterns that the girls can make using a tea light. Lanterns can be used to illuminate a pathway to the campfire or circle the outside of the fire ring for the evening. The girls can plan their own ceremony.



The campfire theme is WATER. Feel free to mix them up or add you own choices.

Tall Trees (Songs for Canadian Girl Guides) We all know that trees need lots of water to survive.

Land of the Silver Birch (Jubilee Songbook). Our first nations and early settlers built their homes near waterways to have a source of drinking water always at hand and for travel.

The Frogs (Jubilee Songbook) Who hasn't heard the spring songs of frogs in their neighbourhood pond?

Chinese Fan (Jubilee Songbook) Boats sail all over the world on our oceans

Story: "The Happy Raindrop" (Water for Tomorrow booklet)

Tell the story of a raindrop that falls from the clouds and have the girls describe all the things they think that drop will see and do as it makes its way through the water cycle.

For example - if it falls as snow in the mountains, someone might ski over it; as it moves from there in surface runoff, it might be taken into a tree and transpired back into the atmosphere again. Or it might percolate through the water table and become part of the ground water piped into someone's house for drinking; or move directly into the ocean where the fish live and be evaporated again into the atmosphere.

Canoe Song (Songs for Canadian Girl Guides) Slicing through the clear still water with a paddle is fantastic!

Farewell to Nova Scotia (Jubilee Songbook)

We have many provinces along the eastern seaboard of Canada that have made their living from the sea for a long time.

Rain: make a rainstorm with your hands and feet

Game: See how many girls can find a type of waterway that begins with the same letter as their name, or rhymes with their name.

Row, Row, Row your boat. What better water song?!?

Barges (Jubilee Songbook) A lovely and traditional Guiding song in which water plays a central part

Taps: What do we sing about in taps?

GUIDES OWN/REFLECTIONS

A Guides' Own is a very special type of ceremony and can be held the night before closing camp or the morning before leaving camp. A Guides' Own is not a replacement for a church service or other religious ceremony and is a time for reflection and being thankful. A Guides' Own can be held in a camp's chapel or the girls may select a special area at camp.

Ask each member of your group what they liked the best about camp, learning water facts and a way they can think of to save water around their home or to help keep water clean.

OPENING: The Water-Go-Round by Dennis Lee

Oh the sea makes the clouds, and the clouds make the rain, and
the rain rains down, on the mighty mountain chain;
Then the silver rivers race, to the green and easy plain
Where they hurry, flurry, scurry, till they reach the sea again.

Poems and Quotes

"In every glass of water we drink, some of the water has already passed through fishes, trees, bacteria, worms in the soil, and many other organisms, including people... Living systems cleanse water and make it fit, among other things, for human consumption." *Elliot A. Norse, Animal Extinctions*

"If there is magic on the planet, it is contained in the water." *Loren Eiseley*

"How beautiful is the rain!
After the dust and the heat,
In the broad and fiery
street, In the narrow lane,
How beautiful is the rain!" *Henry Wadsworth Longfellow, Rain in Summer*

"Rain is grace; rain is the sky condescending to the earth; without rain, there would be no life." *John Updike*

"A river seems a magic thing. A magic, moving, living part of the very earth itself." *Laura Gilpin*

"Let the rain kiss you.
Let the rain beat upon your head with silver liquid drops.
Let the rain sing you a lullaby." *Langston Hughes, April Rain Song, 1902 – 1967*

"Everywhere water is a thing of beauty gleaming in the dewdrop, singing in the summer rain." *John Ballantine Gough*

“Keeping in touch with childhood memories keeps us believing in life’s simplest pleasures like a rainy afternoon, a swingset, and a giant puddle to play in.” *Chrissy Ogden*

“A river seems a magic thing. A magic, moving, living part of the very earth itself - for it is from the soil, both from its depth and from its surface, that a river has its beginning.” *Laura Gilpin*

“By the time it came to the edge of the Forest, the stream had grown up, so that it was almost a river, and, being grown-up, it did not run and jump and sparkle along as it used to do when it was younger, but moved slowly. For it knew now where it was going and it said to itself, "There is no hurry. We shall get there some day." *Benjamin Hoff, The Tao of Pooh*

It’s What’s Inside that Counts by *Wendy Baker*

Materials needed (per person): small square of fabric elastic band
small rock shell feather

Hand out square of material (about the size of your palm).

The world we live in is a material world. But it is not the things we buy, or wear or what we look like that counts. It’s what is on the inside that matters most.

Hand out the rocks.

The rock represents the earth. In our busy lives, whether at school or work with our friends, or in our families, we need a solid base to build on. As Guides and girls, we help to give each other this solid base.

Hand out the shells.

The shell represents the water. All living things need water, all things on land, all things in the air, and all things in the water. Through Guiding and in other parts of our lives, we explore the flowing currents of our faith.

Hand out the feathers.

The feathers represent the air. What we do and say can build up or hurt others. Our words are like the wind ... you do not see them but you see their effects

Now wrap these things inside the material and tie it with the elastic.

Remember – IT’S WHAT INSIDE THAT COUNTS!



KIT LIST



BED ROLL:

- 1 warm sleeping bag
- 1 sleeping mat – nothing that needs a pump, please!
- 1 small pillow (or pillow case to stuff with clothes)
- 1 small tarp
- rope for tying bed roll

CLOTHING:

- Guide Uniform (girls should travel to camp in it)
- 2 pairs of long pants
- 2 long sleeved shirts
- 3 changes of underwear
- 4 pairs of socks
- Warm pyjamas
- Warm sweater/sweatshirt
- Warm hat (toque)
- Gloves or mitts
- Rain gear (water-proof jacket & pants)
- Rain boots
- Outside shoes for dry weather
- Indoor shoes or slippers
- Camp hat (girls are expected to wear hats at all times)

OPTIONAL:

- Camera
- Book/quiet time activities
- Camp blanket
- Sleeping Buddy

OTHER:

- Flashlight & extra batteries
- Sunscreen
- Sit-upon
- Water bottle
- Toothbrush/paste, soap, Brush/comb, and other toiletries
- Small towel & wash cloth
- Daypack (school sized backpack)
- Dishes (unbreakable plate, mug, bowl, fork, knife, spoon in a mesh bag)

REMINDERS:

- We will be going outside rain or shine, so please make sure you have the appropriate clothing for the weather.
- **“A warm camper is a happy camper”**: wool, fleece and synthetic materials are warmer than cotton for ANY clothing items!
- **Please ensure that ALL of your items are clearly labeled with names, especially sleeping bag**

EVALUATION FORM

Please share with us what you liked about this Camp in a Box, and any things that we could improve on for next time! Thanks for your input, and Happy Camping!

WHAT DID YOU LIKE BEST?

WHAT WORKED/DIDN'T WORK FOR YOU?

WHAT COULD WE IMPROVE ON FOR NEXT TIME?

COMMENTS

Please return to:
BC Camping Committee
107-252 Esplanade Ave W.
North Vancouver, BC V7M 0E9

or e-mail to:
bc-camping@girlguides.ca



