

## GUIDING ELEMENT EARTH

FROM THE BC CAMPING COMMITTEE

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## INTRODUCTION

Welcome to the first Guiding Elements camp-in-a-box—Earth.

These four camps are based on the elements earth, fire, water and air. The elements are very dependent on each other—earth provides the source of wood that fire needs to burn; air provides oxygen and the water is for safety.

The earth is our home. As the third planet from the sun, it is the only habitable world in our solar system. The more we learn about the world around us the better we will be able to help take care of it and become better stewards of our home.

In this camp package, you will find the program outline and a wide variety of activities, games and crafts to choose from. As well, there are menu and recipe suggestions, a campfire, Guides' Own and a kit list. Build your camp to suit the season, building or campsite, number of girls 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 the earth all around us.

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](mailto: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!

Most of all have fun at camp!

BC Camping Committee  
Created 2004  
Revised August 2019

## PROGRAM SCHEDULE

### Friday

**6:00pm** Arrive at camp – Bag supper  
Set up Camp

Girls decorate place mats and/or nametags, make scarves and passports

**7:00pm** Opening

- Camp Rules, including boundaries
- Introductions – Guiders, First Aider, Quarter Master,
- Divide into program patrols if you haven't done so prior to camp
- Mke name tags and/or placemats

**8:00pm** Night game

**9:00pm** Sing along & Mug Up

**10:00** Lights out

### Saturday

**7:30** Wake up (you may want to have colouring or a craft for early risers)

**8:00** Breakfast & Patrol duties

**9:00– 12:00** Round robin stations

Choose stations from pages to follow. Mix of crafts and games is recommended. Depending on the number of girls at this event, you can divide girls into three groups, and do two sets of three stations, or divide girls into six groups, and do a round robin of six stations all day.

**10:30** Snack on the run

**12:00– 1:00** Lunch & Patrol Duties

**1:30** Quiet Time

**2:00** Hike with snack

**3:30** Build an Inukshuk (Patrol Challenge)

**4:15** Free Time

**5:00** Dinner Prep

Dinner  
Patrol Duties

**7:00** Forest in a Jar (p. 25, Fun Outdoors – GGC)  
Shrinking Habitats (p. 24, Fun Outdoors -GGC)

**8:00** Night Game

Mug Up  
Camp Fire

**10:00** Bedtime

**Sunday**

<b>7:30</b>	Breakfast Patrol Duties Girls Pack up Gear
<b>10:00</b>	Guides Own
<b>10:30</b>	Girls take down tents
<b>11:00</b>	Seed Plantings
<b>12:00</b>	Lunch Patrol Duties Campsite Cleanup
<b>2:00</b>	Closing - present crests and take group photo Parents pick up girls



# PROGRAM WORKSHEET

## Friday

Time	Activity	Responsible Guider	Equipment Needed
6:00pm	Set up Camp		
	place mats		
	Scarves		
	Passports		
7:00pm	Opening		
8:00pm	Night game		
9:00pm	Sing along		
	Mug Up		

## Saturday

7:30	Rise and Shine		
8:00	Breakfast		
	Patrol Duties		
9:00– 12:00	Round robin stations 3 or 6 stations		
	Station 1		
	Station 2		
	Station 3		
	Station 4		
	Station 5		
	Station 6		
10:30	Snack on the run		
12:00– 1:00	Lunch		
	Patrol Duties		
1:30	Quiet Time		
2:00	Hike with snack		
3:30	Inukshuk (Patrol Challenge)		

<b>5:00</b>	Dinner		
<b>Time</b>	<b>Activity</b>	<b>Responsible Guider</b>	<b>Equipment Needed</b>
<b>5:00</b>	Patrol duties		
<b>7:00</b>	Forest in a Jar		
	Shrinking Habitats		
<b>8:00</b>	Night Game		
	Mug Up		
	Camp Fire		

**Sunday**

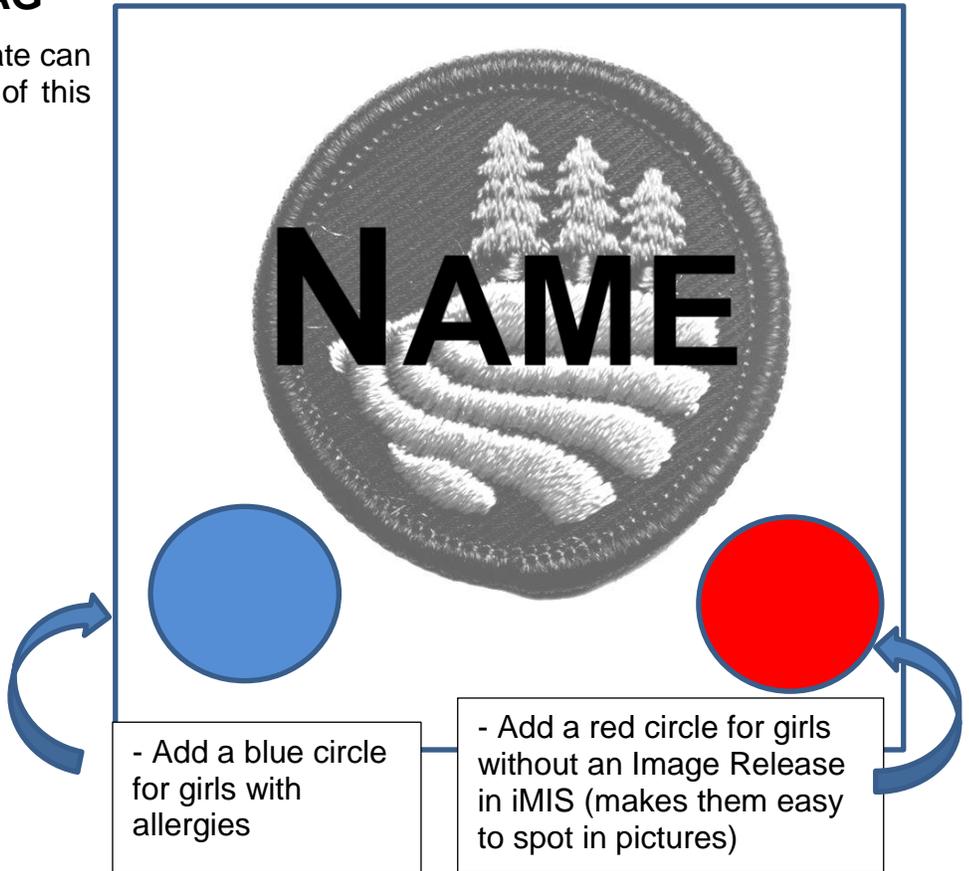
<b>7:30</b>	Breakfast		
	Patrol Duties		
<b>10:00</b>	Guides Own		
<b>10:30</b>	Girls take down tents		
<b>11:00</b>	Seed Plantings		
<b>12:00</b>	Lunch		
	Patrol Duties		
	Campsite Cleanup		
	Closing		
	Group Photo		



## 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



- Add a blue circle for girls with allergies

- Add a red circle for girls without an Image Release in iMIS (makes them easy to spot in pictures)

## 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:**

- shale
- Basalt
- Granite
- Sandstone
- marble
- Pebbles
- Loam
- Boulders
- Gravel
- Rocks
- Stones
- Limestone
- Quartz
- Clay
- Mountains
- Valleys

**Round Robin stations** (*numbers of participants will help decide how many stations you need*)

### **Tie Dye T-Shirts**

Have each girl bring a plain white t-shirt to camp and try the natural fabric dye from p. 26 of Fun Outdoors – GGC. (You will have to prep this ahead of time.) Alternately, purchase fabric dye at your craft store in natural earth colours and have each patrol make a t-shirt that goes with their patrol name.

### **Nature Bingo**

Use the bingo card from p.18 of Fun Outdoors – GGC. Copy the cards and then glue each onto a piece of cardboard, one for each girl. Give the girls approximately 20 minutes to spread out and see how many things they can find and check off on their card.

### **Inukshuks**

#### **Building an Inukshuk**

Fact: Inukshuk is an Inuit word meaning 'like a person'.

You'll need: Rocks! You can make variations of this basic Inukshuk design, stacking flat rocks to make legs instead of stubby rocks, or one long stone can be used as both arms. Let the girls be creative with it. As a general rule you'll need more rocks that are flat on the top and the bottom for this project. A hammer can be used (by the leaders of course) to break up bigger pieces. To give the Inukshuk more staying power so the girls can bring them home, use white craft glue or putty to stick them together.

Step 1: Start with a large, flat stone to provide a smooth and firm foundation to build on.

Step 2: Position two stones roughly the same height with fairly level bottoms and tops for the legs. Set them as far apart as the length of the next

stone, which will be used for the body.

Step 3: Place a flat stone on top of the two leg stones. Move and shift the stone until it sits firmly in place. Since the stones have irregular surfaces, even moving them slightly can help them to find a better fit. If the stones are still a bit wobbly a small stone wedge can be fitted into the space between stones.

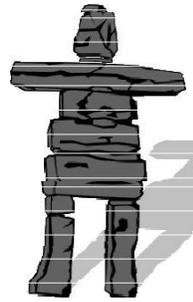
Step 4: A second flat stone is placed on top. It is gently shifted around until it sits in place.

Step 5: The smaller stones are the arms. The thicker, heavier side of each stone is placed toward the center, with the lighter side hanging over the edge.

Step 6: Another piece of flat stone is placed on top of the arm stones to become the shoulder stone. The weight of this stone should keep the arm stones in place.

Step 7: A round stone is usually placed on top of the shoulder stone to act as a head. Usually it will sit best if the flattest side is on the bottom.

If it feels a bit wobbly, try turning it to find the best side.



### Rock Painting

Have the girls collect medium-size rocks. Provide acrylic paints and let the girls use their imaginations to create animals, nature scenes, etc.

### Planting for the Future

This is a great way to connect with the earth. Depending on the time of the year you have your camp, plan ahead to have seeds, pots, popsicle sticks and potting soil ready for planting. For example, in the spring, provide sunflower seeds, 3 individual peat pots per girl and potting soil. Each girl plants her sunflowers and marks the date on a stick. The girls take the pots home and you can have them chart the progress of their seedlings through the spring until it is time to plant them outside. Check back during unit meetings to see how the plants are doing.

You could also try vegetable seeds such as zucchini, tomatoes, etc.

### Patrol Challenge

To build a "Circle of Stone Friends" start with a large circle on the ground and have each patrol build an Inukshuk at a point on the circle. The object is to build a circle of friends symbolic of the friendships the girls have made at camp.

### Hike

Plan for a 1.5 hour hike. Be sure to take water bottles and a snack along with you. Here are several ideas to make the hike more interesting for the girls:

1. ABC Hike – Give each patrol a letter of the alphabet. They must find natural objects beginning with their letter.
2. Crayon Hike – Have a selection of crayons in "natural earth" colours. Each girl chooses 3 and while on the hike tries to find as many things that match her crayons as possible.
3. Monogram Hike – Have each girl see, touch, hear and smell nature objects that begin with the initials of her name.

## GAMES

### 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.

### Memory Stalking

Source: *Calgary Area Training*

Equipment: Baggies with information or verses of a poem copied onto cards; string to tie the bags onto bushes, trees or grass; and ribbon or reflective tape.

Number of girls: teams of 4-6

Preparation:

Each baggie must be prepared in advance with parts of something that the girls must memorize. Number the parts of the things you want them to memorize. If it is a song or poem, then only put two lines or so per baggie. (If you have a theme, your parts could be related to that theme, for instance, Outdoor cooking #1. To prepare a fire pit for cooking, you must...) Then (and you need two people to do this easily) you put your first baggie within visual sighting distance of your starting point. Mark that spot with a piece of ribbon or tape and tie the baggie down with the string so that it doesn't blow away. Then, one person stays there and the other person takes the baggies and the ribbon to the next spot. Ideally the second spot should not be visible from the starting spot. Work in a large loop (an irregularly shaped loop) so that the girls are near the starting point when they reach the end.

To Play:

The teams of girls are sent out at long enough intervals that they can't just follow each other. They are to find the baggies which are numbered from 1 to whatever (usually 10 or 12). The girls must know in advance how many they are looking for. They are to memorize the contents of the baggies in order as they go, and must leave the baggies and the marking ribbon for the next team. You will have to go and collect all the things you put out for next time. If the last team picks it up, they will have an unfair advantage.

The teams must find all the baggies and recite all the instructions to you on their return.

## The Wedding

*Many thanks to Katherine Town and Stewart Schon for posting this game to the Guide Mailing List!*

Each girl brings a chair or sit-upon into the circle. Divide the circle into the eight points of the compass. Leave a clearly defined space between each point. When each section is called, for instance, NORTH, they stand up, turn around and then sit down. Each section does the same thing when their compass point is mentioned. When the storyteller says WORLD, each player moves (clockwise) over one chair. Each player will need to note which section they are in after a WORLD move.

## The Story:

A big important wedding is being held this year. The daughter of King NORTH is being married to the son of King SOUTH. It is going to be a very grand affair with guests from all parts of the WORLD.

From the land of the rising sun, the Emperor of the EAST and his wife, the Empress, and from the other side of the WORLD, King and Queen WEST with the little Prince NORTHEAST and the Princess SOUTHWEST are invited.

The bridegroom, son of King SOUTH, has invited his cousin SOUTHEAST to be the best man. The bride, daughter of King NORTH, has asked her best friend, NORTHEAST, who is also a cousin of SOUTHEAST, to be Maid of Honour.

The Queen of the NORTH was very busy trying to find places for the visitors from all over the WORLD to stay. The Emperor EAST and his wife the Empress EAST had brought so many servants to wait on them, that the little town was beginning to be very overcrowded. To add to the confusion, King and Queen WEST had brought so much luggage that it took three wagons to haul it to the NORTH palace. Queen NORTH looked quite worried. Where in the WORLD was she to put it all?

In the last wagon, Prince NORTHWEST and Princess SOUTHWEST had put all their pets which they couldn't bear to leave behind. There were four SOUTHWEST cats; four big dogs (which came from the other side of the WORLD); and a cow and a goat from the EAST. The cousins SOUTHEAST and NORTHEAST thought these were very odd things to bring halfway across the WORLD to a wedding.

At last the great day dawned, beautiful and sunny. The procession started to go to the NORTH Cathedral from NORTH Palace, and people from all over the WORLD cheered. After the ceremony in the NORTH Cathedral, the procession returned to the NORTH Palace for the wedding breakfast.

First came King NORTH, with Queen SOUTH on his arm. Next came King SOUTH with Queen NORTH. Following them came King and Queen WEST, with Prince NORTHWEST and Princess SOUTHWEST. Looking very grand in their silk robes were the Emperor of the EAST and the Empress of the EAST. The guests from this part of the WORLD came next. Cousins SOUTHEAST and NORTHEAST then appeared. Then came the moment the whole WORLD had been waiting for. The beautiful bride, daughter

of King NORTH, and the handsome bridegroom, son of King SOUTH, were standing in the doorway. Guests from all over the WORLD threw confetti and rice as they ran down the steps to the famous NORTH glass coach.

After the wedding breakfast at NORTH Palace, the bride and groom left on their honeymoon around the WORLD. Prince NORTHWEST had tied an old boot on the back of the car, and Princess SOUTHWEST had printed Just Married on the front.

The whole WORLD laughed and cheered and waved good-bye and good luck, along with Prince NORTHWEST, Princess SOUTHWEST, Cousins NORTHEAST and SOUTHEAST, Emperor and Empress EAST, King and Queen SOUTH, and finally King and Queen NORTH.

So ends a happy and exhausting day!

## NIGHT GAMES

### 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** *Thanks to Jane Maddin for posting this game to the Guide Mailing List*

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.

## EARTH FACTS

### The Earth is Not Round

If you always thought the earth was round, then you would be wrong! The earth is actually a little bit flattened at the north and south poles. So the next time someone tells you the earth is round, you can let them know it is not quite as round as we like to think!

### Earth is Really Old

You may think of your grandparents as old, but when you compare them to the earth's age, they just don't compare! The earth is an oldie but a goodie, just like Grandma and Grandpa. Scientists think the earth is about 4.5 to 5 billion years old, but like close to what we know it has only existed for the last 150 to 200 million years. That means that life has only been present on earth for about 5 - 10% of its lifetime.

### Much of Earth is Water

Although it probably does not feel like it; about 70% of earth is water which means only about 30% of earth is land. It is kind of like earth is a huge bath tub or pool and land is the diving board!

### Earth is Huge

There are nine planets and earth is the fifth largest planet, it is also the third planet from the sun. Some people call it the "third rock from the sun."

### Earth's Core is Steaming Hot

The earth's core is the center of earth and it is hotter than the sun! It's a steaming hot place!

### Earthquakes Happen All the Time

Did you know that earth has earthquakes all the time but most of the time the earthquakes are so small we can't even feel them.

### Marine Plants and Animals are Undiscovered

Biologists predict that up to five million marine plants and animals are waiting to be discovered!

### Volcanoes in the Ocean

Approximately 90% of volcanic action happens in the oceans; just imagine what must go on under the water?

Earth is the only planet in the solar system known to be geologically active, with earthquakes and volcanoes forming the landscape, replenishing carbon dioxide into the atmosphere and erasing impact craters from meteors.

### Talc is the Softest Mineral

There are many minerals found on earth, but talc is the softest and is found in talcum powder and is what baby powder is made from.

### Mount Everest is the Highest Mountain

There are lots of mountains found on earth but Mount Everest is the highest mountain on planet earth.

Earth has one natural satellite. Earth's moon is called Luna.

Earth has a magnetic field.

Earth's rapid spin and molten nickel-iron core give us a magnetic field, which the solar wind shapes into a teardrop shape that is polarized.

Earth is the only planet in the solar system to have water in its three states of matter: as a solid (ice), a liquid (sea, rain, etc.) and as a gas (clouds).

Earth is the only planet in the solar system not to be named after a mythical god.

From a distance, earth would be the brightest of the planets. This is because sunlight is reflected off the planet's water.

Earth is gradually slowing down. Every few years, an extra second is added to make up for lost time. Millions of years ago, a day on earth will have been 20 hours long. It is believed that, in millions of years time from now, a day on earth will be 27 hours long.

The length of time it takes for earth to orbit the sun is 365 and a quarter days. To make up this extra quarter which isn't counted at the end of a year, we have an extra day every four years on February 29. The next leap year will be in 2016.

### **What are fossils and what is paleontology?**

Paleontology is the branch of biology that studies the forms of life that existed in former geologic periods, primarily by studying fossils.

The only direct way we have of learning about dinosaurs is by studying fossils. Fossils are the remains of ancient animals and plants, the traces or impressions of living things from past geologic ages, or the traces of their activities. Fossils have been found on every continent on earth.

The word fossil comes from the Latin word fossilis, which means dug-up. Most fossils are excavated from sedimentary rock layers. Sedimentary rock is rock that has formed from sediment, like sand, mud, and small pieces of rock.

Over long periods of time, these small pieces of debris are compressed (squeezed) and are buried under more and more layers of sediment that piles up on top of it. Eventually, they are compressed into sedimentary rock.

The fossil of a bone doesn't have any bone in it! A fossilized object has the same shape as the original object, but is chemically more like a rock.

## **EARTH EXPERIMENTS**

### **Make Your Own Quick Sand**

Quick sand is a fascinating substance. Here's how to make your own

What you'll need:

- 1 cup of maize corn flour
- half a cup of water
- a large plastic container
- a spoon

**Instructions:**

Mix the corn flour and water thoroughly in the container.

When showing other people, stir it slowly and drip the quick sand to show it is a liquid.

Stirring it quickly will make it hard and allow you to punch or poke it quickly (this works best if you do it fast rather than hard).

Remember that quick sand is messy, so use it outside and don't forget to stir just before you use it.

Always stir instant quicksand just before you use it!

**What's happening?**

If you add just the right amount of water to corn flour it becomes very thick when you stir it quickly. This happens because the corn flour grains are mixed up and can't slide over each other due to the lack of water between them.

Stirring slowly allows more water between the corn flour grains, letting them slide over each other much easier.

Note: Poking it quickly makes the substance very hard. If you poke it slowly it doesn't mix up the mixture in the same way, leaving it runny. It works in much the same way as real quick sand.

**Baking Soda and Vinegar Volcano**

Create an awesome chemical reaction!

Watch as it rapidly fizzes over the container but make sure you've got some towels handy for clean up.

**What you'll need:**

- Baking Soda (make sure it's not baking powder)
- Vinegar
- A container to hold everything and avoid a big mess!
- Paper towels or a cloth (just in case)

**Instructions:**

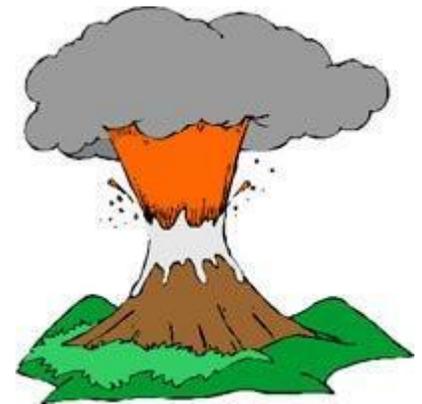
Place some of the baking soda into your container. Pour in some of the vinegar  
Watch as the reaction takes place!

**What's happening?**

The baking soda (sodium bicarbonate) is a base while the vinegar (acetic acid) is an acid.

When they react together they form carbonic acid which is very unstable, it instantly breaks apart into water and carbon dioxide, which creates all the fizzing as it escapes the solution.

For extra effect you can make a realistic looking volcano.

**Diet Coke and Mentos Eruption**

This experiment is a lot of fun but do it outside rather than inside.

What you'll need:

- large bottle of Diet Coke
- about half a pack of Mentos
- geyser tube (optional but makes things much easier)

Instructions:

Make sure you are doing this experiment outside—on some grass would be best. Please don't try this inside!!

Stand the Diet Coke upright and unscrew the lid. Put some sort of funnel or tube on top of it so you can drop the Mentos in at the same time (about half the pack is a good amount). Doing this part can be tricky if you don't have a specially designed geyser tube.

Drop the Mentos into the Diet Coke and run like mad!

If you've done it properly a huge geyser of Diet Coke should come flying out of the bottle, it's a very impressive sight. The record is about 9 metres (29 feet) high!

What's happening?

The thing that makes soda drinks bubbly is the carbon dioxide

It doesn't get released from the liquid until you pour it into a glass and drink it, some gets released when you open the lid (more if you shake it up beforehand).

Dropping something into the Diet Coke speeds up this process by both breaking the surface tension of the liquid and also allowing bubbles to form on the surface area of the Mentos.

Mentos candy pieces are covered in tiny dimples (a bit like a golf ball), which dramatically increases the surface area and allows a huge amount of bubbles to form.

The experiment works better with Diet Coke than other sodas due to its slightly different ingredients and the fact that it isn't so sticky.

Diet Coke that has been bottled recently works better than bottles that have been sitting on the shelf for too long, check for the date on the bottle.

## **Taste Testing Without Smell**

This simple experiment shows that there's a lot more to taste than you might have first thought.

What you'll need:

- a small piece of peeled potato
- a small piece of peeled apple (same shape as the potato so you can't tell the difference)

Instructions:

Close your eyes and mix up the piece of potato and the piece of apple so you don't know which is which.

Hold your nose and eat each piece, can you tell the difference?

What's happening?

Holding your nose while tasting the potato and apple makes it hard to tell the difference between the two.

Your nose and mouth are connected through the same airway which means that you taste and smell foods at the same time.

Your sense of taste can recognize salty, sweet, bitter and sour but when you combine this with your sense of smell you can recognize many other individual 'tastes'.

Take away your smell (and sight) and you limit your brains ability to tell the difference between certain foods.

### **Plant Seeds and Watch Them Grow**

Plant some seeds and watch the growth of the seedlings as they sprout from the soil while taking proper care of them with the right amount of light, heat and water.

What you'll need:

- Fresh seeds of your choice such as pumpkins seeds, sunflower seeds, lima beans or pinto beans.
- Good quality soil (loose, aerated, lots of peat moss), if you don't have any you can buy some potting soil at your local garden store.
- A container to hold the soil and your seeds.
- Water.
- Light and heat.

Instructions:

Fill the container with soil.

Plant the seeds inside the soil.

Place the container somewhere warm, sunlight is good but try to avoid too much direct sunlight, a window sill is a good spot.

Keep the soil moist by watering it everyday (be careful not to use too much water).

Record your observations as the seeds germinate and seedlings begin to sprout from the seeds.

What's happening?

Hopefully after a week of looking after them, your seedlings will start to sprout. Germination is the process of a plant emerging from a seed and beginning to grow. For seedlings to grow properly from a seed they need the right conditions.

Water and oxygen are required for seeds to germinate.

Many seeds germinate at a temperature just above normal room temperature but others respond better to warmer temperatures, cooler temperatures or even changes in temperature.

While light can be an important trigger for germination, some seeds need darkness to germinate, check the seed package for instructions.

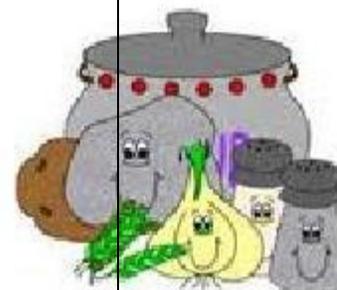
Continue to look after your seedlings and monitor their growth. For more experiments you could compare the growth of different types of seeds.

**MENU & RECIPES**

<b>Friday Mug Up</b>	
	S'Mores and Apple Cider
<b>Saturday</b>	
Breakfast	<p><u>Hunting for Breakfast</u>  1 large Ziploc bag per girl  1 small Ziploc bag per girl  Cereal  Granola or fruit bar  1 package of instant hot chocolate  1 paper napkin per girl</p> <p>Fill the small Ziploc bag with about 1.5 cups of cereal of choice, seal. Place in the large Ziploc bag and add the other ingredients to the large bag and seal. Hide them around your campsite! Don't make it easy for the girls to spot them.  Girls bring a spoon and cup to breakfast and like animals in the wild, they have to hunt down their breakfast! When everyone has found their breakfast, it's time to eat. Provide the milk for cereal and hot water for cocoa.  Alternate: English muffins, with cheese and ham slices and butter and the girls can cook over a buddy burner.</p>
Snack	Cookies
Lunch	<p><u>Box Oven Pizza</u> (1-2 ovens per patrol. Made prior to lunch)</p> <p>Pizza – 1 individual size pizza shell per girl  Pizza sauce  Topping – ham, pepperoni, salami, mushrooms, peppers, onions, etc.  Shredded mozzarella cheese</p> <p>Veggies and Dip  1 cup sour cream  1 cup mayo  1/2 pkg. favourite dip mix  Raw veggies of the girls' choice</p> <p>Pineapple Upside Down Cake  Yellow cake mix with additional ingredients as per package instructions  Pineapple rings (1 per girl)</p> <p>Grease the inside of a clean tuna can, place pineapple ring in the bottom and cover with prepared cake batter - not quite to the top of the tin. After the pizzas are cooked, place the "cake pans" in the</p>

	oven and bake until set. Time will vary depending on the number of coals in the oven. If you cook lots of pizza, you may have to add a few more coals. Test the cake batter for doneness.
Snack	<p>GORP</p> <p>During lunch cleanup let the girls make their personal version of trail mix for afternoon snack. Provide a selection of dried fruit, nuts, pretzels, cereal, etc. all packaged in a small Ziploc bag.</p>
Dinner	<p><b>Campfire Chicken and Mud Potatoes</b></p> <p>1/2 a chicken breast or 1 chicken thigh per girl  Red potatoes (cut in half) optional if you want to try mud potatoes  Carrots (cut in half)  Roma tomato (cut in half)  Place the above ingredients onto sheets foil, making it into a pocket. Add some seasoning (salt, pepper or balsamic dressing) and wrap tightly. Cook over the campfire or in the oven. An all in one dinner!</p> <p><b>Mud Potatoes</b></p> <p>Take baking potatoes and coat in a thick layer of mud (this is the fun part!) When you have a good bed of coals, place the potatoes in the coals and cook for approximately 1 hour, depending on the size of your potato and how hot the coals are. Use tongs to remove from the fire, knock the mud off and enjoy with butter and additional toppings if desired.</p> <p><b>Worms in Dirt</b></p> <p>Chocolate Pudding  Girl Guide Cookies (or Oreos if GG cookies are not in season) broken up  Gummy worms cut in half  This can be made in individual paper cups or in a bowl for the patrol. Put crumbs on top of the pudding and stick the worms in the pudding so just the heads are showing.</p> <p><b>Foil Sundaes (alternate dessert)</b></p> <p>Give each girl a slice of pound cake on a piece of foil. Top with brown sugar and butter and your choice of canned pie filling or crushed pineapple. Wrap and grill over the coals.</p>
<b>Mug Up</b>	Popcorn and hot chocolate
<b>SUNDAY</b>	
<b>Breakfast</b>	<p><b>Ziploc Bag Omelettes</b></p> <p>Give each girl 2 eggs, a couple of tablespoons of milk or water,</p>

	<p>and a choice of add-ins such as mushrooms, grated cheese, ham cubes, peppers, etc.</p> <p>Put all the ingredients into the Ziploc bag and zip closed. Have the girls use their hands to break the eggs and mix everything together. Put the bags in a large pot of boiling water and turn with tongs to cook evenly. Use a sharpie marker to put each girl's initials on her bag. Eat right from the bag for no cleanup!</p>
<p><b>Lunch</b></p>	<p>Hot Dogs Stone Soup <b>Stone Soup</b></p> <p>You can plan to do this as a group lunch to help with the packing up of camp.</p> <p>1 large stone 1 tbsp. butter or vegetable oil 1 medium onion, chopped 2 stalks of celery, chopped 1 large carrot, cut into coins 3 medium potatoes, unpeeled and cut into halves ½ sweet red pepper 1 large clove of garlic, minced 6 cups of chicken broth 1 medium zucchini, cut into chunks 1 medium yellow squash, cut into chunks 2 cups of pasta of your choice Salt and pepper to taste Grated parmesan cheese croutons</p> <p>Wash the stone really well. If you like, it can be boiled while you prep the rest of the soup.</p> <p>In a large soup pot, melt butter or oil and sauté the onion, celery, carrots, potatoes and red pepper for 6 – 8 minutes. Add garlic and sauté. Then add the broth. Add the stone at this point. Add the rest of the vegetables and cook for another 8 minutes. Season with salt and pepper. Ladle into bowls and sprinkle on the cheese and croutons. Serves 6 to 8.</p>

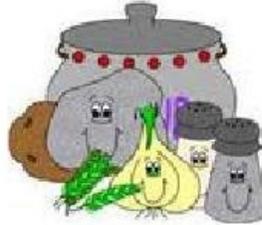


### **A note about patrol cooking with Guides:**

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.



One version of the story of Stone Soup - embellish as you wish!

One day a man went to a village and all the people were hiding. There was a farmer that came and the man asked the farmer why everyone was hiding. The farmer said that all the people of village were hungry and the children were weak.

The man went to the lake and filled a pot with water. He added a stone to the pot full of water and brought it to the village. He put it over a fire to cook.

The farmer asked him what he was making. The man told him it was stone soup. The farmer said that he had never heard of stone soup and asked if he could have some. The man said only if you give me a vegetable, so the farmer gave him a potato.

Along came another villager and he asked the man what he was making. The man said it was stone soup. The villager said that he had never heard of stone soup and asked if he could have some. The man said only if he would give him a vegetable. The villager added a carrot to the soup.

A woman came along and asked what the man was making. He said he was making stone soup. The woman asked if she could have some. The man said only if he she would give him a vegetable, so she added her onion to the soup.

All the people in the village started to smell the stone soup and came to see what the man was cooking. They all added their vegetables to the soup. After a while, the soup pot was filled with many wonderful flavours and the entire village had a feast.

Everybody thanked the stranger and he stayed there for many days to feed them the stone soup.

After the stranger left, the village people decided to try the same thing and they worked together to make many feasts.

## GRACES

Mable Lake Morning and Give Thanks (Arts to Go Box)  
 Western Grace (p.131, Celebrate with Song)  
 Simple Blessings (p. 130, Celebrate with Song)  
 Morning is Here (Sing a Song with Sparks and Brownies)

### Johnny Appleseed

Ooooooooooooooh,  
 The Lord is good to me  
 And so I thank the Lord  
 For giving me the things I need  
 The sun and the rain and the apple seed  
 The Lord is good to me.

And every seed that grows  
 Will grow into a tree,  
 And one day soon there'll be apples there,  
 For everyone in the world to share.  
 The Lord is good to me.

#### *Alternate 2<sup>nd</sup> verse*

Fooooooooooooor every seed I sow  
 An apple tree will grow  
 And soon there'll be an apple tree  
 For everyone in the world to see  
 The Lord is good to me.  
 Johnny Appleseed.  
 Amen (*clap twice as you say amen*)

### Be Present At Our Table, Lord

Be present at our table Lord,  
 Be here and everywhere adored.  
 These mercies bless and grant that we  
 May live in harmony with Thee.  
 Amen (*sing it again*)

### The Seed Grace *Tune: Farmer in the Dell*

The seed goes in the ground,  
 The seed goes in the ground,  
 The sun, the rain will make the grain,  
 The seed goes in the ground.

The grain goes to the mill,

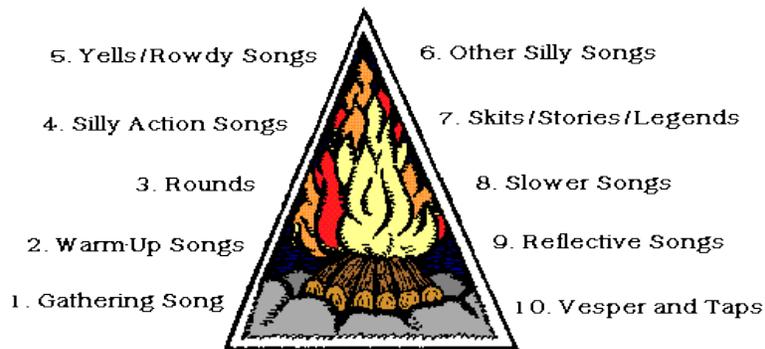


The grain goes to the mill,  
 God's wind and power make the flour.  
 The grain goes to the mill.

The flour makes the bread,  
 The flour makes the bread.  
 From seed to bread, God keeps us fed,  
 That's how God's love is spread!

**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.



Opening (one or two of the following):

- Tall Trees (Songs for Canadian Girl Guides)
- Everywhere Around the World (p.8 Celebrate with Song)
- Australian Campfire Opening (Jubilee Song Book)

Rounds (choose one or two):

- Music Shall Live (p.15 Celebrate with Song)
- I Like the Flowers (p.54 Celebrate with Song)
- White Sands and Grey Sands (p.123 Campfire Activities)

Light Hearted (choose one or two):

- Happy Wanderer (p.23 Jubilee)
- Alberta Hiking Song (p.63 Celebrate with Song)
- Listen to the Earth (p.54 Celebrate with Song)

Action Songs (choose one or two):

- Zulu Warrior (Jubilee Song Book)
- Auntie Monica (Jubilee Song Book)
- The Window (Campfire Activities)

Land, Air and Water game (p.151 Campfire Activities)

Light Hearted (choose one or two):

- Cuckoo (Jubilee Song Book)
- Tongo (Jubilee Song Book)
- Sing a Song of Canada (music by Dorothy Lind in the Arts to Go Toolbox)

Quiet Songs (choose one or two):

- Linger (Campfire Activities)
- Land of the Silver Birch (Jubilee Song Book)

B.C. Camping Song (p.29 Jubilee)  
 Tree Song (p.25 Jubilee)

Vespers:

Softly Falls (Jubilee Song Book)  
 Irish Blessing (p.111 Celebrate with Song)

To close your campfire, use 'wishing powder'. Put white granulated sugar or powdered coffee whitener in a pouch or cool container and at the end of campfire stand around the fire and pass it around letting everyone take a small handful. Have them hang onto it until everyone is ready. Have everyone make a wish and all at once throw the 'powder' into the fire. It creates beautiful sparks for a couple of seconds, to show the magic at work. Just make sure everyone's standing back from the fire when you toss it!

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.

### How Full Is Your Jar?

There is a story about a philosopher who was speaking to a group of students and he used this illustration to make his point. Share this illustration with your group.

Fill a large, wide-mouth jar (mayonnaise or pickle jar) with large rocks (about 2" in diameter).

"Time for a quiz!" "Is this jar full?" The answer will probably be YES!

Dump some gravel into the jar and shake.

Smile and ask again, "Is this jar full?" The answer will most likely be YES but some may be catching on and answer...Probably NOT.

Add some sand to the jar and shake. Ask again, "Is this jar full?" By now the answer may be NO... but you can talk about it.

Take a container of water and pour it into the jar until it is full to the brim. Ask "What is the point of this illustration?" You will probably get many answers: e.g. No matter how full your schedule is, you can always fit something else in. If you pack carefully enough, you can fit almost anything into your suitcase or duffle bag.

Actually the answer is "If you don't put the big ROCKS in first, you will never get them in at all."

What are the big ROCKS in your life??

Time with special people—your family, your Guiding family, etc.

Your health  
School

You can talk about the big ROCKS of our Guiding values—the Guiding Promise and Law, our aims and objectives.

If you would like a reminder souvenir, you can collect supplies for each girl to make their own jar. Use baby-food or other small jars, aquarium stones or marbles, colored sand and water (or leave out the water in the craft and/or the story). You may be able to collect pebbles, rocks and sand at camp. Make labels for each jar **“Take care of the big rocks first.”**



## 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 bags!**

# 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](mailto:bc-camping@girlguides.ca)



