

**BC Girl Guides**  
**Active Living Resource Handbook**

**4 Seasons of Fun  
and Fitness**

**(February 2012)**



Girl Guides  
of Canada  
Guides  
du Canada

BC Program Committee

# **ACTIVE LIVING RESOURCE HANDBOOK**

## **4 SEASONS OF FUN AND FITNESS**

*Acknowledgements: Fun and Fitness, 1987, Girl Guides of Canada*

Dear Guider,

We hope you enjoy using this handbook as a resource for adding active living into your meetings. We have included activities for all seasons and all ages, as well as instant meeting ideas and easy games that can be added into any meeting.

The activities are meant to be fun and enjoyable. There are many different options for activities that require balance, fine motor skills, gross motor skills and cooperative play. At the end, there is a listing of local resources for physical activity and nutrition in BC. We encourage you to add your own resources to the list to help increase knowledge of active living opportunities in your area.

Yours in Guiding,

BC Program Committee  
February 2012

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## Fitness Goals for Units

- Introduce girls to various forms of physical activity, such as games, sports, outdoor activities and dance.
- Encourage self-esteem and exploration of personal strengths and abilities.
- Encourage lifelong physical activity as an enjoyable and attainable activity for everyone.
- Initiate and encourage girls' interests in physical activities.



## Tips to make Active Living a vital part of your Unit

1. **Fun** is key!
2. **Non-competitive** activities are great because they help to boost self-esteem and encourage participation from everyone.
3. **Inclusivity** is essential. Alter activities, as needed, to ensure that everyone feels included.
4. **Participate**. Get into the action yourself, the girls will appreciate it and you'll enjoy it too!
5. **Music**, when appropriate, can lighten the atmosphere and help with motivation.
6. **Outdoors** is the best location (whenever possible) for active living activities.
7. It's the **effort** that counts! Recognize that everyone has different levels of ability, but giving your best effort is the real goal.
8. A sense of **purpose**. Help girls to understand the benefits of the physical activity they are participating in.



# Canada Guidelines for Physical Activity

Please refer to the Government of Canada's information at <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>

and the Canadian Society for Exercise Physiology at <http://www.csep.ca/english/view.asp?x=804>

These websites contain the most current guidelines for children, youth and adults. The guidelines were recently changed in 2011, so it is worth checking back to ensure that you are up to date!

## Warm Ups & Cool Downs

Use warm-up and cool-down activities to help your muscles move more easily and comfortably and to help lessen the chance of injury.

A few warm-up/cool-down ideas are listed here

- Jogging on the spot
- Skipping in a circle
- Jumping jacks
- Tossing a ball or beanbag back and forth
- Walking at a light pace
- Stretching the major muscle groups you use



## Safety Tips

- ✓ Set safety boundaries at the start of your activities.
- ✓ Check that the play area is free of rocks, broken glass or other dangers.
- ✓ Ensure that any equipment is in good working order before use.
- ✓ If you aren't sure if an activity is suitable for a particular age group, contact a physical education teacher, fitness instructor or sports coach for advice.
- ✓ Explain the rules of play clearly to girls before the game begins.
- ✓ Ensure that girls are dressed appropriately for the activity whether it is indoors, outdoors, winter or summer.
- ✓ Ensure that girls' footwear is appropriate for the season and activity.
- ✓ Before starting an activity, find out whether girls have any physical limitations.
- ✓ Ensure that girls are feeling well during activities. A good way is to make sure they can still talk during a vigorous activity.



## 4 Seasons of Fun and Fitness

### Age-suitable activity suggestion codes

S=Sparks (ages 5 and 6)  
B=Brownies (ages 7 and 8)  
G=Guides (ages 9 to 11)  
P=Pathfinders (ages 12 to 14)  
R=Rangers (ages 15 to 17+)



### Spring

- **Bicycle skills:** Host a bicycle relay, or set up a bicycle obstacle course. Invite experts from local bicycle shops to help teach bicycle skills. (B, G, P, R)
- **Jump rope rally:** Have everyone bring their skipping ropes, including long ropes, if available. Have a skipping rally to see who can skip the longest, do the double dutch etc. Bring music to skip in time. (B, G, P)
- **Hula hoop hurdle:** You'll need two hula hoops. Girls will stand in a line holding hands. The girl in the middle will hang one hula hoop over each arm. The goal is to pass the hula hoops from girl to girl in each direction all the way to the end of the line without letting go! Girls will have to get creative and work together. (B, G, P)
- **Bunny hop:** Divide girls into relay teams. Each team has a basket of eggs (chocolate or plastic) and an empty basket. Each girl takes her turn by taking an egg from the basket and hopping to the empty basket to place her egg in it. The goal is to get all of their eggs in to the new basket as fast as they can. (S, B, G)
- **Mirror-mirror:** Girls divide into pairs and take turns being the mirror where they must imitate exactly the movements of the other girl. (S, B, G)
- **Swimming:** Arrange a visit to the local recreation centre pool to work on your swimming badge, or the local lake (be sure to call ahead to arrange for a lifeguard and swimming instructors to be present). (B, G, P, R)
- **Wildflower hike:** Go for a day-hike or walk in a local park while the wildflowers are in bloom. Take a guide book with you and identify as many as you can. (S, B, G, P, R).
- **Musical butterflies:** You will need music and a sit-upon for each girl. When the music plays the girls dance around like butterflies. When the music stops they must find a "flower" (sit-upon) to perch on. Take one sit-upon away each time the music stops. To keep all the girls included, they can share sit-upons with each other. The game ends when all the "butterflies" are sharing one "flower." (S, B).
- **Farmers' Market:** Walk to your local farmers' market. Pick out the foods in season from the various food groups. Or, work on your gardening badge by planting your own garden and then bringing your plants to a meeting to create your own farmer's market. (B, G, P, R)

## Summer



*Most of these activities, especially those involving water, are best done outside in a wide open space.*

- **Big bubbles:** Using an extra-large bubble wand and bubble solution, see who can make the largest, longest bubble. Best done in a large open field so girls can run as far as possible to make long bubbles. (S, B, G, P)
- **Beach ball frenzy:** Try to keep several beach balls up in the air as long as possible using one hand or your feet, etc. These large balls are also great for playing a gentle game of volleyball. (S, B, G)
- **Sidewalk Chalk:** Girls can make up their own creative hopscotch grids, and even design a maze using sidewalk chalk. (B, G, P)
- **Water Relay:** Each team needs one plastic cup, one empty bucket and one bucket full of water. Girls take turns filling up the cup from the bucket, then running and dumping it into their empty bucket. Once the full bucket is empty, the relay is complete and the team with the largest volume of water in their second bucket wins. (S, B, G, P, R)
- **Water balloon relay:** Each team has a water balloon. Girls take turns hopping to the finish line with the water balloon between their legs then throwing it to the next girl. Alternatively, two girls stand back-to-back with the balloon held between them and race towards the finish line. (G, P, R)
- **Water balloon toss:** Each pair of girls is given one water balloon. Partners face each other, an equal distance apart, and toss the water balloon. After each toss, partners take a step back. Keep going until there is only one unpopped water balloon left. (G, P, R)
- **Animal relay:** Girls take turns running to the finish line while imitating different animals. Try crab-walking, gorilla loping, horse prancing and penguin shuffling to start. (S, B, G)
- **Scavenger hunt:** make a list of items to find from nature (round pebble, maple leaf, pine cone, etc). Try to find the items as quickly as you can. Best done at a park. After the hunt, make sure to return your treasures to nature. (S, B, G, P)
- **Obstacle course:** Have each girl bring a piece to contribute to an obstacle course (large cardboard boxes, hula hoops, saw horse, cones, jump ropes, etc.). Build it and go through the course together. (S, B, G, P)
- **Frisbee fun:** Bring several Frisbees for the group. Set up a course with a sequence of markers where girls aim to throw their Frisbees. Once they successfully throw their Frisbee to the first marker, they can move on to the next and so on. Aim to complete the course as quickly as you can. (G, P, R)



## Autumn



- **Farm visit:** Visit an apple orchard, pumpkin patch or corn maze as a Unit. You'll be learning about where your food comes from as you're being active! For older girls, you may want to plan to cook with the apples or carve the pumpkins afterwards. (S, B, G, P, R).
- **Apple Pass:** You'll need one or more apples for the group. Girls take turns passing the apple(s) to each other - they can use any part of the body but not their hands! (try using your elbows, your wrists, your back, etc). (S, B, G, P)
- **Duck-duck-goose:** Have all the girls sit in a circle. One girl walks around the outside and pats each girls head while saying "duck". When she says "goose" the girl whose head she touches has to race in the opposite direction around the outside of the circle to get back to her spot. If she is too late then the other girl takes her spot and she must now walk around the circle to choose a new "goose". (S, B, G)
- **Rubber Chicken Relay:** The group will need a couple of rubber chickens (available at pet stores). Try relays with the chickens between the knees, under the chin, between two girls elbows, etc. (S, B, G)
- **Turkey relay:** Girls split into relay teams and take turns racing around a cone and back to the finish line. But, instead of running, they must waddle like a chicken/turkey as fast as they can. (S, B, G)
- **Chestnut chase:** Scatter ten chestnuts (or marbles) on the ground around a small bowl. See how fast you can place the chestnuts in the bowl using your non-dominant hand or using just your toes! (S, B, G, P)
- **Rollerama:** Arrange a visit to the local rink to learn how to roller skate/roller-blade. Be sure to call ahead to arrange for instructors. (S, B, G, P, R)
- **Halloween broomstick relay:** Girls split into relay teams and take turns running across the room and back using their broomstick as if they are flying like a witch on a broomstick. (B, G)
- **Indoor bowling:** Set up your own bowling alley at a meeting. Use a soft foam or plastic ball and create bowling pins from old plastic pop bottles. (S, B, G)
- **Lily pad game:** Each girl brings a leaf that has fallen off of a tree. The leaves are used as lily pads and the girls are the frogs. Design a course for the girls to frog-jump from lily pad to lily pad. Be sure to return your leaves to nature after the game. (S, B, G)

## Winter



- **Ice skating:** Arrange a visit to the local rink to work on your ice skating badge, or learn to play hockey. Be sure to call ahead to arrange for instructors. (S, B, G, P)
- **Holiday cheer:** Walk around your neighbourhood as a Unit singing carols for neighbours, local businesses and nursing homes. A good bridging activity. (S, B, G, P, R)
- **Snowshoe/skiing:** Arrange a visit to your local ski-hill or trails to work on your skiing/snowboarding badge or your snowshoe badge. Be sure to call ahead to arrange for instructors. (B, G, P, R).
- **Winter soccer:** Use red and green balloons, instead of soccer balls, to play a gentle game of indoor soccer. You'll want to ensure a large area clear of furniture, fragile items and other hazards. (S, B, G)
- **Upward Climb:** Arrange a visit to your local indoor rock-climbing wall to learn and try some rock climbing. Be sure to call ahead to arrange for instructors. (G, P, R)
- **Stay-in:** Invite a local expert to your meeting to teach girls some basics about an indoor type of exercise. Ideas: martial arts, yoga, dance, aerobics. (B, G, P, R).
- **Balance-builder:** This activity can be done as a unit or in relay teams. Girls take turns walking across the room with a book or slip of paper on their head. Place a strip of tape on the floor and try to walk only on the tape (like a balance beam). Practice standing like a flamingo on one leg with your arms (wings) tucked in. Practice flying like a bird with your arms (wings) flapping out at each side, standing on one leg, with your other leg lifted up behind you. (S, B, G)
- **Guess what I'm doing:** Place slips of paper with a type of sport, dance or other physical activity in a hat. Each girl draws a slip of paper and takes her turn miming the activity for the group until someone successfully guesses her activity. (B, G, P)
- **Chopstick relay:** Girls split into relay teams. Each girl will need a pair of disposable chopsticks, and each team will need a few items (a fortune cookie, a penny, a raisin, etc). The first girl on each team picks up the item with her chopsticks and girls must pass items from girl to girl without dropping them and using only their chopsticks. (G, P, R)
- **Freeze frost game:** One girl is chosen to be the "north wind" and stands at the centre of the room slowly turning in a circle. The other girls stand in a wide circle around her. When the "north wind" is turned away from the girls they may move towards her. When she turns towards them, girls must freeze into a funny position. If the "north wind" catches a girl moving she is "blown by the wind" back to the place she started. The goal is to touch the "north wind" on the shoulder without getting caught- the first girl to do this takes the place of the "north wind" and the game starts over. (B, G, P)

# Online Physical Activity Resources (as of January 2012)

## Trails, Mountains, and Parks around the province

Recreation Sites and Trails BC (government website)

<http://www.sitesandtrailsbc.ca/>

Link to search by geographic location in BC

<http://www.sitesandtrailsbc.ca/search/search-location.aspx>



## Parks, Recreation and Community Centres

BC Recreation and Parks Association

[http://www.bcrpa.bc.ca/recreation\\_parks/active\\_communities.htm](http://www.bcrpa.bc.ca/recreation_parks/active_communities.htm)

BC Parks Website

<http://www.env.gov.bc.ca/bcparks/>

National Parks of Canada

<http://www.pc.gc.ca/eng/progs/pn-np/index.aspx>

## Lions Area

North Vancouver Recreation

<http://www.northvanrec.com/>

West Vancouver Recreation

<http://www.westvancouver.ca/residents/level3reclp.aspx?id=28800>

Sunshine Coast Recreation

<http://www.scrd.ca/Recreation>

Pemberton Recreation & Leisure

<http://www.pemberton.ca/residents/recreation-and-leisure/>

Whistler Culture & Recreation

<http://www.whistler.ca/culture-recreation>

## Lougheed Area

Burnaby Things To Do

<http://www.burnaby.ca/Things-To-Do.html>

Port Moody Recreation

<http://www.portmoody.ca/index.aspx?page=143>

Coquitlam Recreation & Community

<http://www.coquitlam.ca/Residents/Recreation+and+Community/default.htm>

Port Coquitlam Parks & Recreation

[http://www.portcoquitlam.ca/Citizen\\_Services/Parks\\_and\\_Recreation.htm](http://www.portcoquitlam.ca/Citizen_Services/Parks_and_Recreation.htm)

Pitt Meadows Parks & Leisure

<http://www.pittmeadows.bc.ca/EN/main/residents/742/1910.html>

Maple Ridge Parks & Leisure

<http://www.mapleridge.ca/EN/main/residents/935/facilities.html>

Mission Parks, Recreation & Culture

<http://www.mission.ca/municipal-hall/departments/parks-recreation-culture/>

## Monashee Area

Sports and Recreation in Kelowna BC

<http://www.kelowna.ca/cm/page172.aspx>

Okanagan Falls Parks and Recreation

<http://www.okfalls.net/>

Keremeos Recreation and Leisure

<http://www.keremeos.ca/Residents/recreationandlei.html>

Princeton Parks, Recreation and Cultural Services

<http://town.princeton.bc.ca/residents/recreational-services>

Penticton Recreation

<http://www.penticton.ca/EN/main/departments/recreation.html>

Summerland Parks and Recreation

<http://www.summerland.ca/departments/parks/>

Peachland Recreation

<http://www.peachland.ca/cms.asp?wpID=5>

Vernon Parks, Recreation & Culture

<http://www.greatervernonrecreation.ca/>



Armstrong Recreation

<http://www.cityofarmstrong.bc.ca/siteengine/activepage.asp?PageID=143>

Salmon Arm Recreation

<http://www.salmonarmrecreation.ca/wb/index.php>

Sicamous and District Rec Centre

<http://www.sicamousreccentre.ca/>

Revelstoke Recreation

<http://www.cityofrevelstoke.com/index.aspx?NID=134>

### **Pacific Shores Area:**

Nanaimo Parks and Recreation trails and parks

<http://www.parksgo.ca/nanaimo/>

Nanaimo Parks Recreation and Culture - Aquatic [NAC] and Ice Center [NIC]

<http://www.nanaimo.ca/EN/main/departments/parks-recreation-culture.html>

Romper Room Climbing Wall

<http://www.climbromperroom.com/>

Wildplay Fun Zone

<http://www.wildplay.com/parks/Nanaimo>



### **Other**

Rock Climbing Walls and Gyms

<http://www.indoorclimbing.com/britishcolumbia.html>

Gymnastics BC Clubs

[http://gymnastics.bc.ca/view\\_doc\\_by\\_id.php?edit=1&inpage=true&id=122](http://gymnastics.bc.ca/view_doc_by_id.php?edit=1&inpage=true&id=122)

### **Online BC Provincial Resources**

ActNowBC Website (many resources for healthy living and physical activity)

<http://www.actnowbc.ca/>

Canadian Society for Exercise Physiology (for updated guidelines on physical activity)

<http://www.csep.ca/english/view.asp?x=804>

Public Health Agency of Canada (for access to tips on getting active)

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>

# Online Nutrition Resources (as of January 2012)

## Nutrition Tours

Nutrition tours at your local grocery store are a fun, hands-on activity for girls to learn about nutrition. Here are some online resources, try calling your local grocery store to see if they offer tours as well.

Choices Markets

<http://www.choicesmarket.com/Storetour.aspx>

Save-on-Foods, most locations

<http://www.saveonfoods.com/nutrition-tours>



## Nutrition Resources

Dieticians of Canada website (provides nutrition information, resources and activities)

<http://www.dietitians.ca/>

Canada's Food Guide online

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Find a Dietician (Call Centre): in BC call 8-1-1 (Monday-Friday from 9am-5pm)

## Other Resources

BC Farmers Markets

<http://www.bcfarmersmarket.org/>

BC Pumpkin Patches and Corn Mazes

<http://www.pumpkinpatchesandmore.org/CABCpumpkins.php>

BC Farm Tours

[http://www.aipc.ca/bc/index.php?page=farm\\_tours](http://www.aipc.ca/bc/index.php?page=farm_tours)



# Program Connections

## Sparks

- Being Healthy Keeper
- Going Outside Keeper
- In My Community Keepers
- Being Me Keeper

## Brownies

- Key To My Community - #1 My Neighbourhood,
- Key To Active Living - #2 Outdoor Action
- Interest Badges: Swim! Skate! , Go For It

## Guides

- Feeling Good: #3, 5 and 7
- Fitness Fun: #2, 3, 4 and 7
- Discovering You: Stay Fit and Healthy: #2,3,4 ,5 and 6

## Pathfinders

- Active Living
- Let's Go and Chill Out: #1, 3, 6
- Be Glad that You Are You: 1,2,3,5 and #6
- Girls Just Want to have Fun: #4

## Rangers

### Celebrate Guiding

- # 2 Just us Girls
- #5 Girls Worldwide Say!
- #14 Guiding in the Real World
- #19 Make a Game of it

### Community Connections

- #1 Identify Your Communities
- #8 Students Speak Out
- #24 Social Aggression and Bullying

### Environment, Outdoors and Camping

- #7 Take a Hike
- #16 The Outdoor Community
- #27 Winter Wonderland

### Explore Your Creativity

- #5 Let's Dance
- Global Awareness
- #8 Advocacy
- #11 Food Awareness

### Healthy Living (most challenges in this program area)

### Leadership and Management

- #3 Role Models
- #24 Maintaining Balance

### Your Future

- #2 Growing Up