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Sheila Fahlman, Director
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My name is...

Write your name and draw a picture of yourself and your friends or family.
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Guiding and Your Brownie

Girl Guides of Canada-Guides du Canada, of which Brownies is the second-youngest branch, is founded on a century-old commitment to providing girls and young women opportunities to have fun adventures, learn new things, give service to their communities and develop leadership skills. In Guiding, your Brownie will be encouraged and empowered to:

- try new activities in a supportive, non-competitive environment
- discover and explore her potential at her own pace
- respect herself and others
- offer service to her community
- learn to be a leader and to assume a leadership position
- be the best that she can be.

The Brownie program involves girls in many exciting experiences. They will explore their own abilities, tackle innovative and challenging tasks, meet new people, make new friends and strengthen existing friendships. They will enjoy a variety of outdoor activities, play games, do arts and crafts activities and learn to appreciate, respect and protect the environment. But first and foremost, they will have **FUN!**

For Parents/Guardians
Inclusivity Statement

Girl Guides of Canada – Guides du Canada (GGC) recognizes and values the richness of human diversity in its many forms, and therefore strives to ensure environments where girls and women from all walks of life, identities, and lived experiences feel a sense of belonging and can participate fully. This commitment to inclusion means GGC’s culture, programming, and practices encourage self-awareness and awareness of others; room for difference; and environments where girls and women feel safe, respected, supported, and inspired to reach their potential.

How can you get involved?

Your involvement will have an important influence on your Brownie’s Guiding experience. By knowing what she is doing, you can support and encourage her in practical ways. You can help her complete activities; you can provide craft materials when they are needed; you can ensure she is prepared for activities and arrives at each meeting and event on time; and you can inform her Brownie Guider whenever she can’t attend a meeting or event.

In addition, Brownie Guiders frequently need parent/guardian volunteers throughout the year. Whenever possible, please take part in a Brownie meeting or activity to see firsthand what your girl is doing. Your support is always appreciated and your active participation will enhance your Brownie’s experience and help her to reach her full potential.

Helping Your Brownie Earn Interest Badges

Interest badges are a fun way for your Brownie to learn more about herself and develop her skills in new ways. Some of these badges may be worked on in the Brownie meeting, but if there is something that interests your Brownie, she can work towards earning any Interest Badge at any time while she is a Brownie. As a parent/guardian you can provide guidance and support to this process; however it is important to remember to let your Brownie take the lead. Talk to your Brownie’s Guider to find out more about the unit’s expectations for Interest Badges, frequency, and how they are checked. The activities in this program book serve as a guide. Your Brownie can complete a different activity provided it meets the objectives stated. If you have questions about this, check with your Brownie’s Guider.
What does your Brownie need for meetings and events?

Uniform

Brownies wear the following uniform:

- Brownie uniform T-shirt
- Navy cargo pants
- Brownie tie
- Brownie badge sash
- Reef knot pin (to close the badge sash)

The Brownie uniform is available through the online store at www.thegirlguidestore.ca

You can purchase the pieces individually or together as a Brownies Starter Kit. Please note that all previous GGC uniform is always acceptable.

Footwear and Outdoor Clothing

During meetings, girls will be running, jumping and playing physically active games. For her safety and comfort, your Brownie should wear shoes appropriate for these activities. For variety and a change of pace, periodically the girls will go outside. To allow for this flexibility, your Brownie should bring appropriate seasonal outdoor clothing with her to all meetings.

Permission and Personal Health Forms

For some activities, you will be asked to complete forms and provide additional information about your Brownie. By providing this information, you play an important role in helping Guiders create a safe environment for your Brownie. The permission form allows your daughter/ward to attend activities away from the regular meeting location. These forms must be submitted, in order for your daughter/ward to attend these activities.

It is also important that you accurately fill out your girl’s Personal Health form, to inform her Guider about health-related conditions that might affect her participation in Brownie activities. Be sure to list all relevant conditions, such as asthma and food allergies. Include any medication that your Brownie may need to take, and make arrangements with her Guider to have it available during meetings and events. All medications must be provided by the girl’s parent or guardian, in their original containers, and clearly labelled.

What else do you need to know?

Health and Safety

Health and safety are primary concerns in all Guiding activities. Activities are organized according to the Girl Guides of Canada Safe
Guide, which outlines the risk management policies for the organization. These policies and procedures set training standards, supervision ratios, insurance requirements, health and well-being criteria and other health and safety considerations. A copy of Safe Guide is available for your review from your Brownie’s Guider upon request.

Girl Guides of Canada has an Accident and Sickness policy intended to provide some financial relief, should injury or illness occur during a Guiding event. The policy pays for medical/dental expenses over and above those that can be claimed under a private or provincial health care plan. Girl Guides of Canada’s insurance does not cover personal property.

Girl Guide Cookies

Everyone loves Girl Guide cookies. Girl Guides across Canada sell these delicious treats, twice each year. In spring, we offer the classic vanilla and chocolate cookies and in fall we offer the chocolatey mint cookie. These cookies are more than a popular treat; they are a significant source of revenue for the Guiding organization, both locally and across the country. By selling them, the girls learn valuable skills, while helping to fund their unit’s activities and camps, and enable the unit to buy supplies, and resource materials. Your support of each cookie sales campaign will help ensure its success. You can help your Brownie’s unit by:

• coordinating orders
• acting as a sales contact
• assisting sales at local malls and other public locations
• supporting your Brownie’s personal efforts
• selling to your family, friends and associates
• selling cookies in your workplace.

Your Brownie’s involvement in the cookie campaigns will bring added benefits, over and above revenues for her unit. By taking part in cookie sales, she will:

• gain confidence when speaking to people she doesn’t know
• improve her communication skills
• learn how to handle money
• gain experience in the use of telephone, fax or e-mail
• learn about other people and organizations
• help promote an awareness of Guiding throughout her community.

What if you have other questions or concerns?

Your Brownie’s Guider will always be available to answer any questions or concerns that might crop up in the course of the Guiding year. She will provide you with her contact information, or you can approach her before or after meetings.

Guiders belong to a special group of women volunteers, who are dedicated to helping girls reach their full potential through activities and adventures that promote fun, friendship, hands-on learning, service, respect for self, others and the environment, and awareness of the world’s many and diverse cultures and peoples. We welcome all girls and women into our organization, and are more than happy to discuss Guiding’s values, structure and ways of work. And we encourage any woman who wishes to play an important role in the lives of today’s girls to join our dynamic leadership team by becoming a Guider herself.
The Brownie Story

Brooke and her cousin Cindy were on their way to visit Grandma Ella in the country. Grandma Ella lived with her dog Scooter, her turtle Leo and her fish Goldilocks in a small brick house, surrounded by thick woods.

Brooke loved visiting Grandma Ella. In the fall, they collected leaves and dried them between the pages of heavy books. In the winter, they snowshoed and skated on the frozen pond. In the spring, they ate pancakes with maple syrup they bought from a farmer down the road. And in the summer, they swam in the pond and had picnics on the grass.
Brooke loved to do all these things, but most of all, she loved to hear Grandma Ella’s stories about Brownies. Grandma Ella said Brownies were little people who helped with chores when no one was watching.
“I wish a Brownie would help me with my chores,” said Brooke.
“So do I,” said Cindy.
“Have you ever seen a Brownie?” Brooke asked Grandma Ella.
“No one ever sees Brownies,” said Grandma Ella. “They lend a hand when no one is around, and they always know exactly when help is needed.”
“Do you think there are any Brownies in the woods behind your house?” asked Brooke.
“Brownies could be anywhere,” said Grandma Ella. “The only one who knows where they are is the wise old owl who lives in the great pine tree near the pond.”
“I’ve never seen an owl near the pine tree,” said Cindy.
“Neither have I,” said Brooke.
“People say she only appears when the moon is blue,” said Grandma Ella.
“The moon is never blue,” laughed Brooke.
“Oh, sometimes it is,” said Grandma Ella with a twinkle in her eye, “but not very often.”
That night in bed, Brooke and Cindy talked about how much fun it would be to meet the wise old owl and learn more about Brownies.

“If I met a Brownie,” said Cindy, “I’d ask that Brownie to clean up my room. That would make my mom very happy.”

“If I met a Brownie,” said Brooke, “I’d ask that Brownie to dry the dishes, take out the garbage and pull up the weeds. That would make my mom very happy. And you know what else, Cindy?”

But Cindy didn’t answer. She was fast asleep.

Brooke stretched. She was feeling sleepy herself.

“If only,” she thought, yawning, “if only I could meet that wise old owl.”

“Whoooo. Whooo. I was waiting for you,” said a voice.
“Cindy?” said Brooke, peering around.
But it wasn’t Cindy. Cindy was gone. The bedroom was gone. Brooke was standing outside, near the pond.

“Who000. Who0oo. I see you,” said the voice.
Brooke looked up. “Yikes!” she exclaimed, when she saw an owl sitting on a branch of the pine tree.

“Are you the wise old owl?” Brooke asked.

“Who00. Who00. That is true.”

“But you’re only supposed to appear when the moon is blue,” said Brooke.

“Who000. Who00. The moon is blue,” said the owl.
Brooke looked up at the sky. The moon was blue. It was as blue as a blueberry.
“Do you know where I can find a Brownie?” asked Brooke. “I want to ask the Brownie something important.”


“I’ve never seen a Brownie at my grandma’s. Where is it hiding?” asked Brooke.

A Brownie is there. Now listen with care.
This is the rule. At the toadstool,
Look in the pond. Don’t use a wand.
Turn round three times.
And finish what rhymes.”

“What rhyme do I have to finish?” asked Brooke.

“Twist me and turn me and show me an elf. I look in the water and see...”

Brooke ran to the toadstool beside the pond. She turned three times, repeated the rhyme and looked in the pond. But all she could see was her own reflection. Brooke ran back to the owl.
“All I see is myself,” she told the owl.
“Whooo. Whooo. That is true. A Brownie is you,” said the owl.
“I’m a Brownie?” said Brooke. “No I’m not.”
And with that, the owl flapped her wings and flew away.
As soon as she did, the blue moon vanished. Brooke looked up. The sun peeked through the window. She was back in her room. She was back in bed.
“Cindy!” she called. “I can be a Brownie! All I have to do is...”

“You can be what?” asked Cindy, rubbing her eyes.

“A Brownie. And you can be one, too,” said Brooke. Then she told Cindy everything that had happened with the owl.

“Why don’t we be Brownies together? It might be fun.” said Brooke.

“Why not?” said Cindy. “Wow, Grandma will be surprised!”

So that day, Brooke and Cindy wiped all the dishes, weeded every bit of the garden and took out the garbage, without being asked. They even baked cookies and took them over to some of Grandma’s friends at the seniors’ centre.
Everyone was surprised and delighted, especially Grandma.

“There’s magic in this house,” she said smiling. “Two wonderful Brownies have somehow appeared to help me out, just when I needed it. Do you think those Brownies might like some warm apple pie with vanilla ice cream?”

“Yes,” said Brooke and Cindy. “They would!”
We’re so glad you joined. Brooke is especially happy, so much so, in fact, that she’s written you a special welcome letter and some helpful notes that you’ll find as you go through your Brownie Program Book. Here’s her letter:

Dear Brownies,

I love being a Brownie and I hope you will, too!

When I first met the wise old owl, I didn’t know much about being a Brownie. I didn’t know how much fun it would be to make new friends.
I didn’t know how exciting it would be to go camping, learn about the world and try new games and crafts. I didn’t know how good it would feel to help my family and my community.
I didn’t know Brownies have 10 keys to try and that you can earn terrific badges.

Being a Brownie is all those things and more. I hope you have as much fun being a Brownie as I do. And even if you never meet the wise old owl, I know she’d say this to you, too:
“You’re a Brownie at heart.
Now hurry and start.”

So let’s look at all the badges you can earn and then start into the Keys. Have fun!

Your Brownie Buddy,
Brooke
Brownie Badges

Pins and Badges
You will wear these pins, patches, crests, emblems, and badges on the upper front of the badge sash in the following order:

Unit Title Tape (the name of the unit, for example, 1st Town Brownies)

Brownie Enrolment Pin

Membership Pin (shows the number of years of membership)

Circle Emblem (the Brownie unit is organized in smaller groups, called circles. This shows which circle each girl is a member of.)

Spark Fun and Friendship Pin (for girls who were in Sparks)

Circle Leader and Circle Second Patches (Each circle has a leader and a second, or helper)

You can put the following ones anywhere you choose:

Key Badges

Interest Badges

Challenge Crests

Western Hemisphere Pin

World Pin

Girl Greatness Award Pin

Every Brownie wears a Brownie uniform. You will need a badge sash to put your pins and badges on.
Badge Sash

- Unit Title Tape
- Enrolment Pin
- Membership Pin
- Circle Emblem
- Fun and Friendship Pin
- Key Badges
- Interest Badges
- Circle Leader & Circle Second Patches
- Challenge Crest
- World Pin

PHOTO: EMMA SMALLBONE
Earning Your Badges

As you go through Brownies, you will earn two kinds of badges. They are called Key badges and interest badges.

You work on Key badges at Brownie meetings with your Brownie friends.

Interest badges give you a chance to try new things and learn more about what you think will be fun and interesting. You can do as many as you want. Sometimes, everyone does the same badge at Brownie meetings.

Hi Brownie Buddies!

We do all the Key activities together at meetings. You do most of the interest badges on your own but sometimes, especially for Key to Camping, you may do part of the interest badges at Brownie meetings. Whatever you do, have fun!

Brooke

Key badge
Pen Pals
Memories
Special Thoughts
My Space
Cool Collecting
Girl Friends
Through Time
My Hero
Special Interest
Special Badge for the Key Interest
Key to Brownies

At Brownies, you’ll make new friends.

You’ll help your family and community.

You’ll learn new crafts, songs, and games.

You’ll go camping and visit interesting places in your neighbourhood.

And most of all, you’ll have FUN!
The Brownie Toadstool

Long ago, our Founder Lord Baden-Powell decided that Brownies should have something special in the centre of the Brownie Ring. He chose a toadstool.

The toadstool stands on a carpet of grass, which represents the solid foundation that unites Brownies everywhere. Grass is strong and spreads out in all directions, just like Brownies do, who live in many countries around the world.

The stem of the toadstool stands for the Brownie Promise and Law, and the cap stands for the crown of happiness. When a Brownie keeps her Promise, it makes her feel as if she’s wearing a crown of happiness.

The wise old owl sits on top of the toadstool and teaches the Brownies how to “Lend a Hand” to others. Nearby there’s a magic pool. When a Brownie lends a hand and helps others, she can look into the magic pool and see herself and say:

Look in the magic pool and you will see what a special person I can be!
Think About:
Why are promises important and what does it mean to do my best?

Try This:
A. Learn the Brownie Promise and Law.
B. Learn the Brownie Motto and how to make the Brownie Sign.
Brownie Promise, Law, Motto, Sign and Handshake

The Brownie Promise
I promise to do my best,
To be true to myself, my beliefs and Canada,
I will take action for a better world,
And respect the Brownie Law.

The Brownie Law
As a Brownie
I am honest and kind;
I help take care
Of the world around me.

The Brownie Motto
Lend a Hand

The Brownie Sign and Handshake
To make the Brownie Sign, raise your right hand as high as your shoulder. Hold your first three fingers upright. With your thumb, hold the fourth finger down. The Brownie Handshake is done with the left hand.
Getting To Know You

Think About:
How can I make a new Brownie feel welcome?

Try This:
A. Sing a welcoming song.
B. Play a “getting to know you” game.
C. Find out what your new Brownie friends like to do.

Enrolling in Brownies

Think About:
How can you make your enrolment ceremony fun and special?

Try This:
A. Make invitations for your enrolment ceremony.
B. Decide what food to have and who’s going to bring it.
C. Practise your Brownie Promise with your family and friends.
D. Have an enrolment celebration party.
E. Do the Grand Howl.

Brownie Flag
Brownies have a special flag. It is displayed at special events. Often it has your unit’s name and number on it.

World Flag
The World Association of Girl Guides and Girl Scouts has its own flag. The gold World Trefoil sits in the upper left. It represents the golden yellow sun in the blue sky shining over the children of the world.

Hi Brownie Buddies!
I’m so excited! Everyone in my family is coming to my Brownie enrolment ceremony, even my four-year-old cousin, Ellie. Ellie can’t wait to become a Spark next year.

Brooke

Brownie Flag

World Flag

Key to Brownies
The Grand Howl

The “Grand Howl” is a special way to welcome a guest or show appreciation to a helper.

Here’s what you do:

A. Gather in the Brownie Ring. (This is when all the Brownies in your unit come together and stand in a big circle.)

B. Squat down, knees bent, arms between your legs with two fingers of each hand touching the floor.

C. Say, “Tu-whit, tu-whit, tu-whoo” softly. Rise a little and then return to the squatting position.

D. Rise again a little higher and repeat, “Tu-whit, tu-whit, tu-whoo,” a little louder.

E. Rise a third time, even higher. Say only, “Tu-whit,-tu-whit,” but louder. Then leap in the air and clap your hands above your head as you yell, “Tu-whoo”!
Being a Brownie

Think About:
Why do you like being a Brownie?

Try This:
A. Read or listen to The Brownie Story (see page 8), and the story of the Brownie Toadstool (see page 22).
B. Learn The Brownie Song and the Brownie Closing Song (see below).
C. Learn to tie the Brownie tie (see page 28).
D. Find out about your Brownie circle and its special songs (see page 29).
E. Plan with others in your unit what you’d like to do at Brownies (try Two Stars and a Wish, on page 31).

The Brownie Song

\[ \text{We’re the Brownies, here’s our aim} \]
\[ \text{Lend A Hand and play the game.} \]

Brownie Closing Song

\[ \text{O hear us now, Your children call. Grant to us peace, and bless us all.} \]
Brownie Tie

Your Brownie uniform includes a tie, so you’ll need to learn how to tie it before meetings. Here’s how to fold and tie your Brownie tie:

1. Lay the tie flat, with the point facing away from you. Place it hem up so you can see it.
2. Fold flat in two and a half centimetre (one-inch) sections, moving toward the point.
3. Keep folding until you have approximately 12 centimetres (five inches) of the point still unfolded.
4. Put the tie around your neck. Have the point facing down behind you, and the hem against your back, so it doesn’t show.
5. Take the two ends and tie a reef knot* in them.

* Here’s how to tie a reef knot, also known as a square knot: Take the two ends of the scarf and cross them (right over left), pull the right end under and through to form a half knot. Cross them (right over left) again pulling the right end under and through. Pull ends tight to form a reef knot.
Brownie Circles

As a Brownie, you will be part of a circle. Each circle has a leader and a second who helps the leader, as well as its own emblem, name and song. The tune for the songs is the same as the Brownie Song, so that makes it easy to remember.

Circle Emblems

**Dryads** (pronounced: dri’ ads)
- **Origin:** Greek or Roman. Dryads are tree spirits.
- **Song:** *Playful Dryads strong and true,
  Nature’s friend in all we do.*

**Elves**
- **Origin:** English, Norse or German. Elves are small mischievous beings.
- **Song:** *This is what we do as Elves,
  Think of others, not ourselves.*

**Fairies**
- **Origin:** French or Roman. Fairies are clever and playful.
- **Song:** *We’re the Fairies shining bright,
  Trying hard to do what’s right.*

**Gnomes** (pronounced: nomes)
- **Origin:** French or Roman. Gnomes live in the earth and often guard buried treasure.
- **Song:** *Here you see the laughing Gnomes,
  Helping others in our homes.*

**Kelpies**
- **Origin:** Scottish. Kelpies are water spirits.
- **Song:** *We’re the happy, friendly Kelpies,
  Smart and quick and ready helpers.*
Lares (pronounced: lah’rays)

**Origin:** Roman. Lares are household spirits, similar to the helpful German Brownie.

**Song:** *Now you watch the Lares working,*
*Playing, singing, never shirking.*

Leprechauns

**Origin:** Irish. Leprechauns are mischievous and often guard treasure.

**Song:** *Happy Leprechauns are we,*
*Helping friends and family.*

Nymphs

**Origin:** Greek, Roman or French. Nymphs are water spirits.

**Song:** *Nymphs love water bright and blue,*
*Smiling, playing, helping too.*

Pixies

**Origin:** Unknown. Pixies are playful and mischievous.

**Song:** *Look! We are the jolly Pixies,*
*Helping people when in fixes.*

Sprites

**Origin:** French or Roman. Sprites are nimble water spirits.

**Song:** *Sprightly Sprites we’re on our way,*
*Play and laugh and help today.*
Brooke and Cindy like to do Two Stars and a Wish with their Brownie friends. This is when each Brownie says two of the things she likes best about Brownies (stars), and one thing she would wish for to make Brownies even better.

What are **two things** you like about Brownies?

________________________________________________________________________

________________________________________________________________________

What is **one wish** you have that would make Brownies even better?

________________________________________________________________________
Now I'm a Brownie

I'm ___________ years old.

I came to Brownies because ______________________________________

______________________________________________________________

My favourite part of my Brownie uniform is _________________________

At Brownies I hope we __________________________________________

I'll earn **Key** and **interest badges** to sew on my badge sash.
These will remind me that ________________________________________

______________________________________________________________

My Brownie unit is ______________________________________________

My Brownie circle is ____________________________________________

When I become a second-year Brownie, I might become a circle leader.

Brownie camp will be fun. At camp I will __________________________

______________________________________________________________
Key to Me

What do you like to do?

Sing? Draw? Play sports?

What makes you happy or sad?

What makes you the person you are?

Let’s find out more about YOU!

Key to Me
Key to Me

Activities

1. Who Am I?

Think About:
What do you do well and what would you like to do better?

Try This:
A. Talk about things you do well now and four new things you’d like to try.
B. Make a booklet about your family, your interests, and your activities. Use magazines, newspapers, postcards or photos to help decorate and illustrate your booklet.

2. I Feel Proud

Think About:
What have you done that makes you feel proud?

Try This:
A. Tell your circle or unit what makes you feel proud and why.
B. Share other things you could do that would make you feel proud.

3. My Favourite Things

Think About:
What do you like to do best?

Try This:
A. Ask your friends what they like to do and why.
B. Talk about your circle’s or unit’s favourite things.
C. Make a treasure box to keep special things.
Respecting Others

Think About:
Why is it important to always be respectful and have good manners?

Try This:
A. Name different kinds of manners: table manners, party manners or visiting friends’ manners.
B. Put on a skit showing how to use good manners on the first day in a new school. Have one person be the teacher, another the new student and everyone else children in the class. One person can play the class bully.

Being a Friend

Think About:
What’s special about being a friend and having a friend?

Try This:
A. Make friendship cards and give them to the girls in your circle.
B. Describe something you like about each of your friends.
C. Invite a friend to a Brownie meeting.
**Fun Alone**

**Think About:**
What activities are fun to do by yourself?

**Try This:**
A. Plan an activity that you like to do by yourself.
B. Draw a picture of a special place where you like to read, listen to music, or draw.

**Helping Others**

**Think About:**
What would you do if your best friend played with someone else, a girl was left out of a game, or a friend asked you to do something you’re not allowed to do?

**Try This:**
A. Read a story about friends helping each other. Tell your unit about the story.
B. Act out the situations of your best friend playing with someone else, a girl being left out of a game, or a friend asking you to do something you’re not allowed to do. How could you make everyone feel better?
Memories
• Make a time capsule using a box or container of your favourite memories. Decorate your time capsule. Label each item you include with the date the event occurred.

• Buy or make an autograph book. Ask all your Brownie friends to sign it. They can add pictures and special messages too.

My Space
• Draw a picture of your room as it is now. Draw another picture of your “dream” room.

• How can you arrange your room so it’s more organized? Think of three ideas.

Pen Pals
• Choose a country that has Brownies and where you’d like to have a pen pal. Find out what Brownies are called in that country and what their uniform is like.

• Make a Brownie doll from that country, by drawing a picture and cutting it out.

My Hero
• Think about what makes someone a hero.

• Who is your real life hero? Why is this person a hero to you?

• Read a story about a hero. Share it with your circle.

Hi Brownie Buddies!

My grandmother is one of my heroes. When she was ten, she helped save her friend’s life by getting help quickly, when her friend fell out of a tree.

Brooke
Special Thoughts

• Keep a word or picture journal for two weeks. Write, draw or cut and paste pictures about what happens and how you feel about it.

• Draw a picture of one event from your journal. Share it with your unit.

• Write a poem or draw a picture about your family, friends, a special event, something you love to do, or a special place.

Girlfriends Through Time

• Draw a picture of what your grandmother and mother wore when they were your age.

• Ask your grandmother and mother what they liked to do when they were your age.

• Read a story about another time. Tell your circle about your story. Explain how things are different today from when the story took place.

Cool Collecting

• Collect some things you enjoy, such as photographs, leaves, or postcards. Organize them into an album or storage box.

• Share your collection with your Brownie unit.

Special Interest Badge

• Create your own badge to show what makes you special. Do three things tied to this idea and think of why this makes you special.
Ask your friends to sign this page. They can add their pictures or special messages, too.
Key to My Community

What’s special about your country, Canada?

Let’s learn more about the people and places around us.

What’s special about your city, community, and neighbourhood?

My Community

PHOTO: SANDY NICHOLSON
Key to My Community

Activities

1 My Neighbourhood

Think About:
What makes a neighbourhood interesting and fun?

Try This:
A. Talk about why you like living in your neighbourhood.
B. Take a walk in your neighbourhood and share what you see and hear.
C. Name two neighbourhood or community events. Do they take place every year about the same time?
D. Take part in a neighbourhood service project.

Proud To Be Canadian

Think About:
Why do you like living in Canada?

Try This:
A. Play a game that shows why Canada is a special country in which to live.
B. Learn a song about Canada.

Hi Brownie Buddies!

My friend Jill lives in the country. I live in the city.

We like to visit each other. I love to feed her cow Patches and her chickens and ducks. She loves to see all the skyscrapers and stores in the city.

Brooke
Our Flag and Our National Anthem

Think About:
How do you feel when you sing "O Canada"?

Try This:
A. Draw a picture of the Canadian flag.
B. Have a flag ceremony. Sing “O Canada” and show the flag.

Celebrations

Think About:
Why is it important to respect different cultures?

Try This:
A. Find out more about a special ceremony or celebration for a culture that is different from yours.
B. Plan a meeting where everyone brings a snack that is special to their culture and talks about it.

Jobs in the Community

Think About:
What different kinds of jobs do people do in your community?

Try This:
A. Name six different jobs people in your community do.
B. Pick a job you’d like to do. Have a career night and come dressed as if you worked at your special job.
Advertisements All Around Us

Think About:
Why do people advertise and how do advertisements make us feel?

Try This:
A. Look in a newspaper or magazine. Watch television and listen to the radio. Talk about three things you see or hear advertised.
B. Pick two advertisements. What do they tell you about the product they are advertising?
C. Make up an ad about Brownies. You can make it a newspaper, magazine, television or radio ad.

Art in the Community

Think About:
How does art make your community a better place?

Try This:
A. Look at samples of art. What do you like about them?
B. You can see sculptures, murals and paintings in public places, such as buildings and parks. Talk about two examples of art in public places in your community. Do you like the art?

Hi Brownie Buddies!
My aunt is a potter. She came to Brownies and showed us a beautiful teapot and vase she’d made on the potter’s wheel. She’s going to show me how to use the wheel!

Brooke

PHOTO: IAN MELLOWS/TRACY CLARE

Key to My Community
All About Canada

- Paint a maple leaf or a beaver on a white t-shirt or create a model of one out of any material you choose. Why are they symbols of Canada?
- Collect a set of Canadian coins. What are the symbols on each coin? Why do you think these symbols were chosen?
- Create a collage with your provincial flower, tree, mineral, bird, and flag.
- What other animals or plants do you think would make good Canadian symbols? Explain why.

Aboriginal Peoples in Canada

- Find out about the Aboriginal Peoples who live or used to live near your home.
- Learn an Aboriginal game, song, folk tale, dance, or ceremony.
- Trace or copy an Aboriginal symbol. Explain its history.
- Use an Aboriginal invention, such as a toboggan, or snowshoes.
- Play an Aboriginal game, such as lacrosse.

Modern Canadian Inventions

- Find four modern things invented by Canadians. Who invented each one? When?
- Choose one invention and tell why it’s important. Draw a picture of it or make a model of it out of any material you choose.
Family Heritage

• Interview an older relative about life when she was young. What games did she play? What was school like for her? What chores did she have at home? If she was a Brownie, what activities did she do? How different is your life today from hers when she was your age?

• Locate the places your parents or grandparents came from on a map. Why did your family move from that place? When did they come to where they are living now?

• Share a special family treasure, such as a photo, a piece of jewelry, or a quilt. Why is it special? Tell its story.

• Prepare a food that’s part of your family’s heritage and background. Share it with your Brownie friends.

Your Day

• The day you were born is important to your family. How do you celebrate your birthday? Tell your unit about it.

• Ask how other girls in your unit celebrate their birthdays.

• Learn how someone in another country celebrates a birthday.

• Create an “I’m special” poster, poem, dance, or song. Include the things you like to do with your family and friends.

Hi Brownie Buddies!

I always feel extra special on my birthday! I like receiving gifts and good wishes. But, most of all, I like sharing my birthday celebration with my family and friends. That’s the best part. Do you think so, too?

Brooke
Special Days

• Make a symbol of a celebration from a culture other than your own. It can be a Jewish menorah, a First Nations dream catcher, a Christmas tree, a Chinese dragon, a Halloween jack-o’-lantern, or something else. What does the symbol mean? Tell its meaning.

• Interview someone from a country other than Canada. Ask about that person’s life. Share a food from that person’s country.

• What is your favourite celebration? Why? Share a story about it.

• Invent a new celebration. Link it to a natural occurrence, such as the beginning of spring or a group event, such as starting a new grade at school. Talk about what foods, activities, crafts, decorations, and other things you’d have at your celebration. Celebrate it with your unit.

Community Counts

• Help a neighbour with a chore.

• Take flowers or a card to someone at a seniors’ centre and visit with them for a while.

• Help out at a food bank, community garden or other community service.

• Choose another way that you would like to serve your community and do that.

Special Interest Badge

• Create your own special interest badge about your community. Do three things tied to this idea and think of why this is interesting to you.
My Family Flag

Draw a flag celebrating your family.
Include special food, activities, people, places, and other things that are important to your family.
Key to I Can

You do lots of things for yourself, your family, your friends and your community.

See how much you do already.

Think of new things to try!
Staying Safe
Think About:
How can you stay safe indoors or outdoors?

Try This:
A. Make a safety booklet about staying safe while playing inside or outside.
B. Learn how to call for help in an emergency.
C. Learn the emergency telephone numbers for your community.
D. Learn about “stop, drop and roll,” if your clothes catch on fire.

First Aid
Think About:
How do you get an adult’s help quickly when someone is hurt?

Try This:
A. Do a skit showing what you would do in an emergency situation. Use a friend or a doll to act it out.
B. Make a booklet containing “What to do in an Emergency” rules.
C. Invite someone from St. John Ambulance or the Red Cross to a meeting to talk about first aid.
D. Show how to clean and bandage a cut or scrape or deal with a nosebleed.

Hi Brownie Buddies!
Here are some emergency steps I’ve learned to do:
Check for danger.
Call for help.
Care for the person.

Have a safe day!
Brooke

NOTE:
Participation in the Girls for Safer Communities (GFSC) safety audit can be used in place of Staying Safe activities A-D.
Around the House

Think About:
What tasks need to be done at your home every day, week, and season?

Try This:
A. Take responsibility for a household chore. Do the chore.
B. Help a friend or a neighbour with a chore.
C. Keep your room tidy. Find places to store toys, games, books, clothes, and other articles.

Turn It On Safely

Think About:
How do you use the appliances in your home safely?

Try This:
A. Name all the appliances in your home. Which ones can you use by yourself?
B. Check each appliance for safety features with an adult.
C. With adult supervision, use three household appliances, such as a vacuum cleaner, stove, microwave, or blender.
5 Tool Girl

Think About:
What tools help fix things or create new objects?

Try This:
A. Find broken toys or clothing that need repair.
B. Learn what tools you need to fix them.
C. Ask an adult for help, if you need to, and fix them.
D. Think of an object you can make. Draw a picture of it. Gather the materials and tools to make it.

6 Sewing Magic

Think About:
What tools and materials are needed in sewing?

Try This:
A. Make a gift that includes sewing for a special occasion, such as Mother’s Day.
B. Make your own wrapping out of old calendars, magazines, dishcloths, or fabric remnants.
C. Wrap your gift.
Party Planner

Think About:
What events would you like to celebrate by throwing a party?

Try This:
A. Pick an event to celebrate.
B. Make a list of people you’d like to invite.
C. Design invitations. Plan a menu and activities.
D. Help prepare food for your party.
E. Get help from family or friends, if you need it. Make your party happen!

Girl Guide Cookies

Think About:
Why do Brownies sell Girl Guide cookies and how is the money raised used by your unit?

Try This:
A. Choose an activity, such as a cookout, that your Brownie unit would enjoy doing. Plan how much it will cost and how the unit will get there. Discuss how cookie sales will help pay for the activity. Create a poster, newspaper or radio commercial, or make a video of your own to promote Girl Guide cookies. Share your work with other girls and parents. Would your advertisement convince them to buy Girl Guide cookies?
B. Set unit goals for the cookie campaign. At the end of the cookie campaign, discuss how well you met your sales goals.
C. Practise selling cookies with your unit, using skits.
Cookies Rising

To complete this interest badge, do three activities. If you cannot find an activity you want to do, think about the goals of each activity to create your own with the help of your Guider. Ask your Guider to help you come up with fun ways to earn this badge. You can earn this badge every year, so next year, do three different activities to earn the second Brownie interest badge!

• Learn different ways to properly handle money. How will you make change for people when you are selling cookies?

• Learn about the history of Girl Guide cookies. What are some exciting things that have happened to Girl Guide cookies?

• Talk with the Brownies in your unit to find fun ways to sell Girl Guide cookies.

• Cookie selling takes a lot of teamwork. Play some team games to help you get ready to work with your unit on cookie sales.

• What is goal setting? How will it help you sell cookies? Work with your unit to come up with a cookie selling goal.

• What does it mean to be an ambassador for Girl Guides of Canada? How do you do this when you are selling cookies?

• Practice being polite when selling cookies. What is polite and what isn’t?

• Be creative with your cookies. Learn how to decorate cookies with icing.
Cookies, Yum!
• Find out how to be a safe cookie seller.
• Learn how much each box costs, how to keep records, and how to make change.

Wood Works
• Learn the safety rules for using woodworking tools and what protective equipment is needed. What tools do you need to use with adult supervision?
• With adult help, use two woodworking tools, one of which you’ve never used.
• Build a mobile, a wood chime, a birdhouse, a birdfeeder, a kite, or a treasure box.

Money Talk
• Think of something you’d like to buy, such as a book, a piece of clothing, or a gift. How much will it cost? When do you want to buy it?
• Make a plan for how you will obtain the money you need.
• Why do people keep money in banks or credit unions? Open a bank account. Save for something special.
Pet Pals
• Talk about the basic skills for caring for a pet.
• Talk about why a pet needs to be active and healthy.
• Visit your local humane society, animal shelter, or animal hospital.
• Bring pictures of your pet to a meeting, and tell stories about your pet. If you don’t have a pet, find a story about a pet in a book and share it.

Be A Chef
• Plan a simple meal for your family. Include one item that is heated or cooked.
• Make a list of ingredients. Use a cookbook. Go shopping with an adult.
• Follow safe food handling practices, such as washing hands, caring for work surfaces, and storing food properly.
• Learn the names and uses of kitchen utensils. Use your stove or microwave, with adult help.
• Prepare the meal. Help clean up.
Listen to This

• Discuss what being a good audience means. How should a good audience behave?

• Do a skit, in which some people are performers and others are the audience. Act out both good and bad audience skills.

• Attend a local play or recital and display good audience manners.

Special Interest Badge

• Create your own interest badge about something you can do. Do three things tied to this idea and think of why this is interesting to you.
Put an X on anything in this messy room that needs to be organized or cleaned. How quickly do you think you could clean up the mess?
Key to I Can

Word Search

Find these words and circle them in blue or red.

sew    safe    party    tool    yum    wood    job

Can you make your own word search using other Key to I Can words? Try it out on your friends.
There's no time like now to get active.

Staying active is fun.

Spending time outside, playing active games and eating good food help keep us strong and healthy.

There's no time like now to get active.

Key to Active Living
Key to Active Living

Activities

1. Feel the Pulse

Think About:
How does your pulse feel when you’re resting and just after you’ve been active?

Try This:
A. Take your own pulse. Look at a chart that tells you what’s normal for you.
B. Invite a coach, teacher, or athlete to visit your group and talk about exercise and breathing.
C. Act out a skit in which each participant plays a different part of the body. Talk about how you all work together to make the body work well.

Hi Brownie Buddies!

We ran a relay race yesterday and my team won! I ran so quickly! I could hear my heart thumping in my chest. It was fun to run, and it felt good to rest on the grass after.

Brooke
Outdoor Action

Think About:
What active things do you enjoy doing with your family and friends?

Try This:
A. Try a winter activity, such as building a snow figure, skating, tobogganing, or something else you can do with your Brownie friends.
B. Try a spring activity, such as helping in your garden, skipping rope, bicycling, or something else you can do with your Brownie friends.
C. Plan a summer picnic with your unit. Have relay races.
D. Plan an outside game, such as soccer, basketball, or another sport you’d like to try.
Fabulous Food

Think About:
What foods are healthy to eat and why is it important to eat healthy food every day?

Try This:
A. Plan and make a meal with your unit. Make sure you eat something from each of the four food groups.
B. Play restaurant owners, and make up a healthy meal menu and an unhealthy meal menu.
C. Try a new food from a different country.

Germ Buster

Think About:
What can you do to avoid bad germs?

Try This:
A. Make up a story about germs. Make it funny but true.
B. Help fight germs. Clean an area at home or at Brownies.
C. Learn how to clean your toothbrush, hairbrush and comb.
5 Good Health

Think About:
Why is taking care of your health important?

Try This:
A. Name three positive active things you do around the house, such as cleaning your room every day.
B. Name three positive active things you do at school every day.
C. What is your favourite sport? How often do you play it?

6 Zzzzz – Good Night

Think About:
Why is sleep important and how much sleep do people need every day?

Try This:
A. Tell a funny story about sleep and dreams.
B. Share some of your dreams. Are they strange or curious?

7 Say No

Think About:
How can you say no to someone who suggests you do something that is wrong or that you don’t want to do?

Try This:
A. Act out a skit where you say no when people suggest you do something you know is wrong or you don’t want to do.
Key to Active Living

Interest Badges

Swim! Skate!
• Plan a skating or swimming party.
• Learn a new skill in swimming or skating.

Smile Girl
• Talk to a health professional about good dental habits and health.
• Make a collage of smile pictures. Use magazine photos or photos of people you know.
• Keep a daily chart for one week, showing how you kept your smile healthy by brushing and flossing.

Go For It!
• Take your pulse before a physical activity and after. How different is it? How does a physical activity help you stay healthy and strong?
• Play an active team game, such as baseball or soccer.
• Name three pieces of playground equipment you can use that are safe and fun and that keep you moving.

Food Power
• What is junk food? Eliminate it from your diet for a week.
• Visit a local supermarket. How do they handle food to keep it safe and clean?
• Name three fruits or vegetables you’ve never eaten. Try one.
• Donate healthy food to a food bank.

Hi Brownie Buddies!
Did you know that it takes more energy to frown than to smile? So smile!
Brooke
Wheels
• Why must people wear a helmet and other safety equipment when on a bike, scooter or in-line skates?
• Show the proper way to wear a helmet.
• Make sure your wheels and brakes are in good working condition on your bike, scooter or in-line skates.
• Explain how to maintain and store your bike, scooter or in-line skates.
• Learn the road signs. Play a road sign game.
• In a safe area, such as a playground, show how you can start, stop and move smoothly. Show your hand signals and shoulder checking.

Winter is Great!
• Build a snow figure or fort.
• Go downhill or cross-country skiing, skating, sledding or snowshoeing.
• Know how to use, maintain, store, wear and carry your equipment safely for any winter sport you try.

Special Interest Badge
• Create a special interest badge about an active lifestyle. Do three things tied to this idea and think of why this helps keep a healthy lifestyle.

Hi Brownie Buddies!
The first time I tried to skate I fell 23 times. The second time I tried to skate I fell 15 times. Now I only fall once in a while.
Skating is fun and I’m getting better and better at it all the time!
Brooke
Good for You?

Put a happy face beside all the things that will help you get exercise and grow strong.
Science is a way of looking at the world, asking questions and communicating answers. STEM stands for Science, Technology, Engineering, and Math. It also stands for Smart, Tenacious, and Exploring Minds. And STEM stands for you!
1  Keeping in Touch

Think About:
What communication tools do you use to keep in touch with family and friends?

Try This:
A. Use three methods of communication to send a message to a friend.
B. Learn how to protect your privacy on the Internet.

2  People in Science

Think About:
What science-related job might you like to do?

Try This:
A. Invite a science teacher or someone interested in science to a meeting. Ask questions.
B. Listen to a story about a famous scientist and do a skit about what you found out.
CABOOSH!

Think About:
Why do things go fizz, pop, or do nothing at all when mixed together? (Chemical reactions can create crazy outcomes!)

Try This:
A. Conduct two experiments creating chemical reactions.
B. Discuss the results.
C. Repeat the experiments. Did they work the second time? What would happen if you changed one ingredient? Two?

The Power of Power

Think About:
How many everyday items have a motor, such as a vacuum cleaner and how many do not have a motor?

Try This:
A. Clean a tile or linoleum floor, once with a broom and once with a vacuum. Which is easier and more effective?
B. Clean an area rug, once with a vacuum and once by shaking or beating it outside. Which is easier and more effective?
C. Clean a broadloom floor with a vacuum. Is there a way to clean it easily and effectively without a vacuum?
Building Up

Think About:
What buildings do you like and why do you like them?

Try This:
A. Using blocks, Lego, popsicle sticks and other materials, build a building. How high can you build it? How long will your building stay up?

Reach for the Stars!

Think About:
What do you know about the planets, the sun, the moon and the stars?

Try This:
A. What is a constellation? Identify four constellations. Where did they get their names?
B. Find the North Star.
C. Make up a story about the stars. Tell it to your unit.
D. Play a game about space.
E. Listen to a legend about the stars. Draw a picture of one scene in the story.

Hi Brownie Buddies!

Did you know that Toronto’s CN tower is the tallest free-standing structure in the Western Hemisphere? Lightning strikes it approximately 60 times a year. Now, that’s electrifying!

Brooke
Key to STEM

Interest Badges

Communication Is Where It’s @
- Think about how you communicate with people near and far.
- Learn American Sign Language for “Make New Friends.”
- Create a secret language. Use it to communicate.
- Think of an animal and describe it to someone without saying what it is. Ask them to draw a picture of the animal from your description.
- Write a message backwards to a friend using a mirror.
- Write a message on a friend’s back with your finger. Ask them to guess what you wrote.

Information Technology is “IT”
- Talk about how information technology improves your life and how it helps you have fun.
- What is the Internet? Name four ways you can use it.
- Name three Web sites you like. Share the information with your unit.
- Learn and use the Internet safety rules.

Hi Brownie Buddies!
I made up a secret language with my Brownie friend Ruth. It’s called “KLAT LRIG OG UOY.” Can you figure out what that means?

Brooke
SSSS stands for Sound, Surround, Soothe and Stimulate

• Talk about how we use sound when we work or play.
• Identify six sounds in your home.
• Build a “Brownie phone” and call a friend. (Tie a length of tubing between two Styrofoam cups or a length of string between two clean empty cans.)
• Make a musical instrument out of everyday materials.
• Learn a campfire song and play it for your unit with your instrument.

Number Magic

• Discuss why math is important.
  Name five ways we use math in everyday life.
• Discuss how people did math before there were calculators and computers.
• Play a math game.
• Use math to figure out how to sew a piece of clothing or make a craft or a model.
• Count the girls in your Brownie unit. How many girls have black, brown, blonde or red hair? How many have green, blue, grey or brown eyes?
Exploring Space

- Read a story about Roberta Bondar or another female astronaut.
- Find out what the International Space Station and the Canadarm are.
- Imagine you could go anywhere in space, where would you go? Why?
- Act out a space story.
- Discuss the difference between a planetarium and an observatory.
- Play a game about space.

Making Things Go

- Discuss the following topics: What are batteries? How do cars run? What makes a plane fly? How do we light our homes?
- Research what people used for light, heat and transportation before electricity? Draw the way a house would have looked before the invention of electricity.
- Build something that needs a battery to make it light up.

Special Interest Badge

- Make your own special interest badge on a STEM topic. Do three things tied to this idea and think of why this STEM topic is interesting to you.
Batteries
Put an X on anything that needs a battery to make it work.
Our world is amazing.

It's full of people, animals, and plants.

It's covered by oceans, forests, deserts, and mountains.

Let's find out more about our world.

Key to the Living World
Key to the Living World
Activities

1

Wondrous Walks

Think About:
What kind of plants and animals do you see when you take a walk in the country?

Try This:
A. Take a walk. Plan your route. Tell about what you see, hear, smell, and feel.
B. Look for animal homes, such as bird nests or rabbit holes. Is it easier to see animal homes in winter or summer? Why?
C. Play a game about an animal or insect.
D. Find five natural objects of different colours and tell your unit about them.

2

Plant Life

Think About:
How do plants grow indoors and outdoors and what kind of plants do you see around you?

Try This:
A. Using egg cartons or peat pots, plant six different kinds of seeds. Mark them. Watch them grow. Which grow more quickly?
B. Grow a plant by putting the bottom of a potato, carrot or other root vegetable in water. When the root is big enough, plant it in soil.
C. Draw a picture of how a seed sprouts into a plant.
Water All Around

Think About:
Where do we get our water and how can we all keep it clean and safe?

Try This:
A. Conserve water at home by turning a tap on only when you need it, instead of running it the whole time you brush your teeth, wash dishes or do other household chores.
B. Explore how people live in the desert, where there’s little water.
C. Paint a picture about water or make a mural.
D. Learn or make up a song about water. Sing it with your unit.
E. Find out how a wetland, conservation area or body of water helps provide water for your community.
F. Describe a body of water near where you live. Mention the plants and animals that live near it. Make a mural of your body of water.

Hi Brownie Buddies!
Here’s a poem from Holly Heron, who knows all about water:

We all need water
So keep it clean.
It helps us live.
It makes things green.

Can you make up your own poem about water?

Brooke
Celebrate Earth Day on April 22\textsuperscript{nd}

Think About:
How can you make your community and country a good place to live?

Try This:
A. Find out what causes bad air and other pollution. Discuss ways you and your unit can help improve the environment.
B. Take part in a game about the environment.
C. Help clean up your neighbourhood, school or local park.

Reduce!  Recycle!  Reuse!

Think About:
Why should we reduce, recycle and reuse waste, and what can you do to help?

Try This:
A. Sort garbage for recycling. Separate the glass and cans from the paper.
B. Learn how to turn food waste into compost for gardens.
C. Take your recycling container out to the sidewalk on recycling days, or to the recycling depot.
D. Reuse old material in a new way. For example, turn a ripped old t-shirt into cleaning rags, a pop bottle into a terrarium, a toilet roll into a bird feeder or food containers into art supply holders.
Weather Watch

Think About:
Why is the weather different in different parts of the world?

Try This:
A. Watch a weather report on television or look at the different weather listings in the newspaper or on the Internet. How are different types of weather shown?
B. Imagine you’re a weather reporter describing today’s weather. Act out a weather report.
C. Cut out a weather map from the newspaper. Circle your city or community.

Seasons Come and Go

Think About:
How do different seasons affect everyone’s life?

Try This:
A. Make a chart listing the seasons across the top and, under each season, find and glue a picture of two plants that grow during it.
B. Find pictures of plants that are green year-round. What are they called? How do they stay green?
C. Play a game that relates to one of the seasons.
D. Take a walk in two different seasons. Compare the experiences.
Terrific Trash
• Make something for your home out of recycled material, such as a vase out of a bottle. Decorate it. Use it.
• Find two things that you can recycle and reuse in your home.

Weather Tracker
• Track the weather for a day. How much does the weather change during the day?
• Make a chart and track the weather for a week. How much did the weather change each day?
• Make a “weather watcher” tool, such as a rain gauge. Use a clean jar. Leave it outside for a week and mark off how much rain fills the jar. Try it another week and compare results.

Grow Your Garden
• Identify three gardening tools and learn how to use them.
• Make your own “rain forest” or terrarium out of recycled containers. Plant seeds and watch your rain forest grow.
• Grow a plant, such as a tulip from a bulb.

Hi Brownie Buddies!
I grew a tomato, a cucumber, three radishes and a head of lettuce. Now I have a salad. I never liked salad before but my home-grown salad tastes soooo good!

Brooke
Bird Watcher

- Make a bird feeder out of natural or recycled materials.
- Track how many birds come to your feeder in an hour. What kind of birds come? Use a bird book to help you identify them.
- Learn the name of your provincial bird. Have you seen it? Where? What does it eat? What kind of nest does it build?
- Visit a park or nature reserve. Use field glasses and record how many different kinds of birds you see.

Saving Our Plants and Animals

- Pick an animal that is endangered and do a skit about it.
- Visit a zoo or animal reserve. How do these places protect animals and plants? Did you see any endangered plants or animals?

Help Our Planet

- Track your activities for a week and see how often you walk, drive, take public transportation or ride a bike. The next week, try to walk or ride your bike more than you use fuel-consuming means of transportation. Compare how you did both weeks.
- Create a “walking bus.” Meet with your friends and have a parent walk you all to school.
- Name three renewable or alternative sources of energy, such as solar energy.

Water, Water Everywhere

- Track how much water you drink in a day.
- Track how much water your family uses for cooking in a day.
- Do a water experiment.

Special Interest Badge

- Create your own special interest badge about the Living World. Do three things tied to this idea and think of why this is interesting to you.
My **Nature Picture**

Dry leaves, flowers, pods or seeds between the pages of a book. Then glue them in a collage on this page.
Camping is fun.

There's so much to see.

There's so much to hear.

There's so much to do and learn.

Let's go camping.
Key to Camping
Activities

1

Safety First

Think About:
What are the most important safety rules to know about camping?

Try This:
A. Learn and practise campfire, outdoor cooking and water safety rules.
B. Find out about poisonous plants and how to avoid them.
C. Show how to protect yourself from insect bites and how to treat them.
D. Learn how to prevent sunstroke, sunburn, frostbite and hypothermia.
E. Make a “Be Prepared” kit. Play a game that challenges you to use it in different situations.
Hi Brownie Buddies!

This is what I put in my “Be Prepared” kit:
• a whistle
• a large orange garbage bag for emergency shelter
• water in a leak proof container
• dried fruit snacks for energy
• cleaning wipes
• band-aids
• paper and pencil
• safety pins
• tissues
• coins for the phone
• phone numbers for emergencies.

I also wrote a message to myself to read if I get lost:
1. Stay calm.
2. Stay where I am.
3. Put on clothes to stay warm and dry.
4. Don’t eat anything from the woods.
5. Stay alert and blow my whistle often.

Brooke
Camping Know How

Think About:
What do you need to know about eating and sleeping on a camping trip?

Try This:
A. Learn how to store food safely and out of reach of animals and insects.
B. Learn about setting up a tent.
C. Practise storing food and setting up a tent.
D. Plan four fun activities for a camping trip. Make two of them active games.
E. Organize the food and cooking plans with your unit, so that everyone has a job.

Dress Right

Think About:
How should you dress in different seasons on camping trips?

Try This:
A. Have a fashion show of outdoor clothing for each kind of weather and different seasons.
B. Draw an outdoor outfit, using unusual colours, design or shapes.
C. Make a mural including everyone’s outdoor clothing designs.
Lost and Found Outdoors!

Think About:
What do you do if you become separated from your group on a hiking or camping trip?

Try This:
A. Act out what you’d do if you were lost without your unit. Discuss what you should do in different situations.
B. Take part in a program such as “Hug-A-Tree” or ask a local rescue agency to visit your unit and demonstrate hiking and survival skills.

Sing and Shout

Think About:
What are your favourite campfire songs?

Try This:
A. Visit a Spark unit with your Brownie unit and teach them your favourite campfire songs and chants.

Hi Brownie Buddies!

On a camping trip, I saw three deer, two fox, a rabbit and five frogs. My favourite animal was the rabbit. I called her Snifty, because she kept sniffing all the flowers.

Brooke
Key to Camping

Interest Badges

You may need adult assistance for many of these badges

Happy Hiking

• Plan two hikes of approximately two kilometres each in a park, green space or along an historic trail with an adult.

• Plan where you will go and what you will need to take.

• Put together a “Be Prepared” kit. Take it with you.

• Know how to take care of your feet. How do you keep them dry? What do you do if they get wet?

• Lay a hiking trail for others to follow, making sure it is environmentally-friendly.

Going Camping

• Visit a camping supply store. Look at different types of tents and sleeping bags.

• Prepare a list of items you should take to camp.

• Pack your belongings.

• If you’re sleeping in a tent, demonstrate how to keep your belongings dry.

Which Way?

• Learn the eight compass points and play a game using a compass.

• Learn how to identify directions in daylight without a compass, by pointing the hour hand of your analogue watch to the sun. South is the direction halfway between 12 and the hour hand.

• Walk in your neighbourhood, using your compass. Draw a map and note landmarks.
Be Aware
• Learn how to set up and light a campfire with an adult.
• Know how oxygen, heat and fuel are used to create a fire.
• Know how many minutes it takes to boil water to make it safe for drinking.
• Help build a simple shelter using poles and a tarp. You can invite some Pathfinders or Guides to help.

Winter Outside
• Learn how to dress properly for winter camping.
• Learn how to prevent and deal with: frostbite, skin on cold metal, falling through ice, hypothermia.
• Plan and take part in a special outdoor winter activity for a group.
• Prepare special winter meals and snacks to keep you warm.

Cookout
• Pick a location for an outdoor meal and snack.
• Plan your menu. What will you cook and how will you cook it?
• Make a list of ingredients and utensils you will need to cook your meal.
• Prepare and serve your meal.

Team Together
• Name two camping activities that are better done in a small team with two or three people. Name two activities that work better with larger teams.
• Tell your group why you think teamwork is important in camping or games and what skills you can learn.
• Play two team-building games.

Special Interest Badge
• Create your own special interest badge for camping. Do three things tied to this idea and think of why this is interesting to you.
Help Brooke Find Her Way

Help Brooke and her friends follow the trail for her outing on the beach, and back to camp. (Remember, for any outing in the sun, you need to slip, slap, slop: slip on a t-shirt, slap on a hat and slop on some sunscreen!)

Use trail signs to mark your way.

- Straight ahead
- Turn right
- Turn left
- Do not go this way
Art is all around us.

It's the stories in your books.

It's the pictures and posters on your wall.

It's a beautiful house and garden on your street.

It's music and drama.

You can enjoy art and make it, too!

Make something beautiful, funny or interesting.

Share it!
1. Act It Out

Think About:
How do you make a skit, play, rap or puppet show with the Brownie story?

Try This:
A. Learn the words for your show.
B. Assign parts. Collect props. Make scenery and costumes.
C. Rehearse.
D. Perform it for an audience.
2 Best of Brownies

Think About:
What are the best activities, celebrations or trips you’ve had with Brownies?

Try This:
A. Make a memory book of what you like best about Brownies.
B. Share it with your unit and family.

Art By Hand

Think About:
What items do you own that are knitted, woven or appliquéd?

Try This:
A. Make a knitted, woven or appliquéd square.
B. Gather the materials you’ll need. Make your square.
C. Use the square for a potholder, or combine it with other squares from girls in your unit to make a quilt for “Blankets for Canada” or another service project.

Crafts From Afar

Think About:
What different kind of crafts do people make in WAGGGS countries?

Try This:
A. Choose a craft you’d like to try from a WAGGGS country.
B. Find instructions, materials and a place to work.
C. Make your craft and show it to your friends.

Hi Brownie Buddies!

My friend Yoko is from Japan. She’s teaching me how to make origami birds. It’s hard to do origami at first, but it’s so beautiful when you finally make a bird. My bird is hanging in my room.

Brooke
5 Around the World in Song and Dance

Think About:
What songs and dances do people enjoy in WAGGGS countries?

Try This:
A. Find a song and dance from a WAGGGS country.
B. Learn them both.
C. Teach them to your Brownie unit or circle.

6 Canada Sings

Think About:
What is a folk song and what Canadian folk songs do you know?

Try This:
A. Find a Canadian folk song you’d like to learn.
B. Learn it.
C. Teach it to your Brownie unit or circle.

7 No Talking

Think About:
How do you play charades and why is it fun to play it?

Try This:
A. On separate pieces of paper, write the topics, movie, song or book titles or sayings to use in charades.
B. Put them into a basket or hat and have each girl in your unit choose one.
C. Take turns acting the charade out and guessing someone else’s charade.
Marvellous Masks

Think About:
Why do people wear masks and how can you make your own mask?

Try This:
A. Look up different kinds of masks on the Internet or in a book.
B. Decide what kind of mask you’ll make.
C. Draw a pattern.
D. Gather the materials for your mask.
E. Make your mask.
F. Use your mask in a play with your unit or have a costume party and wear it. Later, you can hang it on your wall as decoration.

Hi Brownie Buddies!

Would you believe that there are Girl Guides and Girl Scouts in 146 countries around! We’re all members of WAGGGS. WAGGGS stands for the World Association of Girl Guides and Girl Scouts.

Brooke
**Key to the Arts**

*Interest Badges*

**Hurrah For Reading**
- Read a combination of six different books, magazines, articles, or short stories on any of these topics: science, animals, adventure, fantasy, nature, children in other lands, poetry or Guiding.
- Tell your Brownie unit about your favourite book. Why did you like it? Did you learn anything new?
- Draw a poster advertising your favourite book.
- Draw a cover of your own for the book.

**Artist at Work**
- Make up a list of questions to ask an artist.
- Visit a local art studio or store.
- Watch an artist at work.
- Try two different kinds of art.

**Write On**
- Write a poem about flowers, trees, or your favourite animal.
- Write a short story about being a Brownie.
- Write an advertisement, jingle, or rap about an upcoming Brownie event.
- E-mail or write a letter to a friend or pen pal in another city, province or country.

**Super Crafts** - Do three of the following:
- Knit, sew, quilt, or sculpt something out of clay and make a gift for family or friends.
- Make an Aboriginal craft.
- Make a craft using recycled materials.
• Make a paper craft, such as origami, strip-weaving, wrapping paper, or three-dimensional cards.

• Make a toy out of wood, boxes or cartons and donate it to a children’s hospital or shelter.

• Make a kite and fly it.

• Learn calligraphy and make signs and cards.

**My Hobby**
• Tell your Brownie unit about your hobby.
• Bring in pictures or examples of your hobby and share them with your unit.
• Find out about one hobby you’d like to try and share it with your unit.

**I Can Be**
• Imagine you’re a character in your favourite book or television show. Describe who that would be.

• If you could be an animal, which animal would you be? Why? Act out being that animal and have the girls in your unit guess what animal you are.

• Use mime to describe an activity or situation. Ask your friends to guess what you’re acting out.

**Share Your Talent for Dance**
• Learn how to warm up and cool down before and after dancing.

• Perform a short ballet, jazz, modern or folk dance.

• Learn a new dance. Teach a dance to a friend.

• Wear a costume when you dance.

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**Hi Brownie Buddies!**

Ask an adult to use a camera or audio equipment to help you record any of the drama or dance activities you choose to do.

**Brooke**
Share Your Talent for Music

- Learn a Canadian folk song.
- Play or sing two different types of music.
- Make up your own song, play or sing it.
- Make a musical instrument, such as a drum, cymbal, or flute out of recycled material.

Puppet Play

- Make a puppet out of a sock or paper bag.
- Make a marionette.
- Create a short puppet play about a holiday celebration in a WAGGGS country.
- Make a stage and paint scenery for your play.

All About Art – Do three of the following:

- Interview a local artist.
- Learn your primary and secondary colours.
- Visit an art gallery.
- Draw or paint on fabric or an unusual kind of paper, such as tissue paper.
- Make a whacky sculpture out of wire, pipe cleaners, or wood scraps.
- Draw a cartoon strip to illustrate your favourite book.
- Scan or download photographs into a computer and make a collage.

Tell It

- Present a two-minute speech for your unit on a topic of interest to you.
- Retell a short fairy tale, folk tale, fable, or joke to your unit.
- Debate or discuss an issue that is important to you.

Special Interest Badge

- Create a special interest badge about the arts. Do three things tied to this idea and think of why this is interesting to you.
Be A Costume Designer

Here are Brooke and Cindy from *The Brownie Story* (on pages 8-16). Draw clothes for them and background scenery.
Guiding is for girls of all ages.
Now you’re a Brownie but what will you be next?
Let’s learn more about Guides.
Let’s see where Guides can take you.
Key to Girl Guides

Activities

1

Girl Guides Through Time

Think About:
Why has Guiding been popular for over 100 years?

Try This:
A. Visit a Guide unit or ask a Guide unit to visit your Brownie unit. Find out what they do.
B. Plan an event with a Guide unit.
C. With other Brownies or Guides lend a hand to help people in your Community

Hi Brownie Buddies!

Did you know that the first Girl Guide group started over 100 years ago? Lord Baden-Powell started Scouts for boys. When girls wanted to join Scouts, his sister Agnes helped start Girl Guides. When Lord Baden-Powell married his wife, Olave, she became the World Chief Guide. Lord and Lady Baden-Powell shared the same birthday. They were both born on February 22nd! We call this day World Thinking Day and have great parties!

Brooke

P.S. Here’s a picture of Lord and Lady Baden-Powell.

PHOTO: COURTESY GUIDES CANADA NATIONAL ARCHIVES

PHOTO: COURTESY GUIDES CANADA NATIONAL ARCHIVES
World Thinking Day and Guide-Scout Week

Think About:
How can we celebrate our links to Brownies and Girl Guides around the world?

Try This:
A. Find out why we celebrate World Thinking Day and Guide-Scout Week.
B. Participate in a World Thinking Day or Guide-Scout Week celebration.
C. Find something out about the four WAGGGS World Centres.
D. Play a game from another WAGGGS country.
E. Find out how the Canadian World Friendship Fund (CWFF) helps Brownies and Girl Guides all around the world.

Hi Brownie Buddies!

WAGGGS stands for World Association of Girl Guides and Girl Scouts. WAGGGS has World Centres in four different countries. I can hardly wait to visit them!

Brooke
Brownie Memories

Think About:
What activities do you like doing as a Brownie?

Try This:
A. Make a memory book about things you enjoy about being a Brownie.
B. Share your book with a Spark unit.
C. Tell what you think it will feel like to go from Brownies to Guides.

Being a Guide

Think About:
What badges will you earn as a Guide?

Try This:
A. Look in the Girl Guides of Canada online store (www.thegirlguidestore.ca) to pick out an outfit.
B. Look at your Brownie outfit. How much have you grown?
C. Draw a picture of yourself in a Guide uniform.
5 Moving Up

Think About:
What new things will you be able to do as a Guide?

Try This:
A. Find out what happens at a Brownie advancement ceremony.
B. Plan your ceremony with your unit.
C. Design invitations and organize refreshments for your ceremony.
D. Invite your parents/grandparents/guardians to the ceremony.

6 Staying Friends

Think About:
How can you stay in touch with your Brownie friends, even if they move or don’t go on to Guides?

Try This:
A. Get the e-mail addresses and phone numbers of the girls in your unit.
B. Make an address book containing all the information.
C. Stay in touch.
Key to Girl Guides

Interest Badges

Helping Sparks
• Visit a Spark unit.
• Learn the girls’ names.
• Teach them a song or craft.
• Read them a story.

Taking Part
• Plant a tree or flowers.
• Help clean up a park or green space.

Saving Water
• Learn about water or water conservation projects in your community.
• Find out how you can help. Then help out.
• Create a booklet about a local water conservation project.

Lend a Hand at Home
• Help with a spring cleaning or a renovation project.
• Offer to help fix something at home.
No More Mess
- Look around your room and find something that needs organizing. Organize it in boxes, on shelves or in closets and drawers.
- If there’s something you’ve outgrown, give it away to a needy group.

Special Interest Badge
- Create your own special interest badge about Girl Guides. Do three things tied to this idea and think of why this is interesting to you.

Hi Brownie Buddies!
I love being a Brownie, but I can’t wait to try new things and meet new friends at Guides. I’ll never really say goodbye to Brownies. After all, I’ll always remember what it was like to be a Brownie.

See you in Guides!

Brooke
Key to Brownies

Key to Me
Memories, My Space, Pen Pals, My Hero, Special Thoughts, Girlfriends Through Time, Cool Collecting, Special Interest

Key to My Community
All About Canada, Aboriginal Peoples of Canada, Modern Canadian Inventions, Family Heritage, Your Day, Special Days, Community Counts, Special Interest

Key to I Can
Cookies Rising, Cookies Yum, Wood Works, Money Talk, Pet Pals, Be A Chef, Listen To This, Special Interest

Key to Active Living
Swim! Skate!, Smile Girl, Go For It, Food Power, Wheels, Winter is Great, Special Interest

Key to STEM
Communication is Where It’s @, Information Technology is IT, SSS, Number Magic, Exploring Space, Making Things Go, Special Interest

Key to the Living World
Terrific Trash, Weather Tracker, Grow Your Garden, Bird Watcher, Saving Our Plants and Animals, Help Our Planet, Water, Water Everywhere, Special Interest

Key to Camping
Happy Hiking, Going Camping, Which Way, Be Aware, Winter Outside, Cookout, Team Together, Special Interest

Key to the Arts
Hurrah for Reading, Write On, Artists At Work, Super Crafts, My Hobby, I Can Be, Share Your Talent for Dance, Share Your Talent for Music, Puppet Play, All About Art, Tell It, Special Interest

Key to Girl Guides
Helping Sparks, Taking Part, Saving Water, Lend a Hand at Home, No More Mess, Special Interest
I promise to do my best,
To be true to myself,
my beliefs and Canada,
I will take action for a better world,
And respect the Brownie Law.