Go Sparks Go!

Spark Activity Book

Girl Guides of Canada
Guides du Canada
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Guiding and Your Spark

Girl Guides of Canada-Guides du Canada, of which Sparks is the 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 Spark 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 Spark 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 and learn to appreciate, respect and protect the environment. But first and foremost, they will have fun!

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 Spark’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 Spark Guider whenever she can’t attend a meeting or event.

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

What does your Spark need for meetings and events?

Uniform

Sparks wear the following uniform:

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

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

You can purchase the pieces individually or together as a Sparks 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 safety and comfort, your Spark 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 Spark 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 Spark. By providing this information, you play an important role in helping Guiders create a safe environment for your Spark. 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 Spark activities. Be sure to list all relevant conditions, such as asthma and food allergies. Include any medication that your Spark may need to take, and make arrangements with her Guider to have it available during meetings and events. All medications must be provided by a 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 and procedures 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 Spark’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 Spark’s unit by:

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

Your Spark’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 Spark’s Guider is 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, or contact her by telephone or e-mail.

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.
Welcome to Sparks

I’m a Spark!

My name is ____________________________________________

I was born on ____________________________________________

I am now__________ years old.

My favourite colour is ___________  (Circle your favourite colour)

Here is a picture/photo of my family and me.
My Spark Uniform

Badge Sash

- Unit Title Tape
- Enrolment Pin
- Membership Pin
- Challenge Crest
- Keepers
Spark Tie

Your Spark uniform includes a tie, so you’ll need to learn how to tie it before meetings. Here’s how to fold and tie your Spark 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.
Crystal’s New Friend

Crystal looked out her bedroom window. It was the gloomiest day ever. Rain fell heavily from the grey sky onto the grass, the flowers and the big oak tree.

She wished it would stop.

She wished she could go out and play.

She wished she had a friend to play with. But her family had just moved to the neighbourhood and she didn’t know anyone.
If only they hadn’t moved. If only she had Andrea to play with again. On rainy days like today, they’d tell each other stories, draw pictures and play games. They always had fun. It was good she had her cat Cuddles to play with, but she wanted a girlfriend, too.

Crystal peered out the window again. The rain had stopped. She opened the front door and walked across the wet grass. But she was lonely outside without a friend.

Crystal looked up at the sky. And as she did, a rainbow arched over the fence that separated her house from Mrs. Green’s house next door. The rainbow sparkled and shimmered with bright blues, greens, reds and whites that glittered like sapphires, emeralds, rubies and diamonds. What fun it would be to slide down that rainbow, surrounded by thousands of tiny glistening jewels! 

"Colour me!"
“Wow!” exclaimed Crystal.

“Wow!” exclaimed another voice.

Crystal spun around. Who was that? Had she imagined it? There was no one but her in the yard.

Crystal looked up at the rainbow again. It seemed so close she could almost touch it. She ran over to the fence and stretched her hand out toward the rainbow.

“Yikes!” she shouted. What was that? She had touched something, but it wasn’t a rainbow. It was soft and warm like a...

Crystal peeked over the fence.
A girl with sparkly eyes and a big smile was standing on the other side of the fence. 
“Was that your hand I touched?” asked Crystal.
“Yes,” said the girl.
“The rainbow looked so close, I thought I could touch it,” said Crystal.
“I did, too,” said the girl.
“I guess we touched each other instead,” said Crystal laughing. “My name’s Crystal. We just moved here.”
“My name’s Molly,” said the girl. “I’m visiting my Grandma. I always visit her before my Spark meeting.”
“What’s a Spark?” asked Crystal.

“Sparks are girls who have fun together and learn new things. We even say a promise to share and be a friend,” said Molly, smiling. “Maybe you could join Sparks. My grandma is taking me to our meeting tonight and you could come with us.”

Crystal looked at Molly. Molly’s smile was as warm and friendly as the sun shining on their faces. It would be so nice to play with Molly. It would be so nice to make other new friends.

“I’d love to join Sparks!” said Crystal. “I’ll go ask my mom and I’ll be right back.”

Crystal ran inside her house. As she did, she peeked up at the sky. The rainbow was gone! But Crystal didn’t mind. It had been a beautiful rainbow and she’d never forget it. Best of all, she couldn’t wait to join Sparks with her new friend Molly.
When girls become Sparks, they make a promise to their Guiders, to themselves and to the other Sparks. This is called the Spark Promise, and it says they will share and be a friend. When they say the Spark Promise, they make the Spark Sign with their right hand. They also get to wear the Spark Enrolment Pin and to earn badges, which are called Keepers.

This is my **Spark Promise**

I promise to share and be a friend!

This is my **Spark Sign** 🌈

The Spark Sign is made with the first two fingers of the right hand. One finger stands for the promise to share and the other finger stands for the promise to be a friend. Which one of these hand signs is correct? Put a heart around the correct sign.
These are the **Keepers** I can earn:

- **Being A Spark**
- **Being Me**
- **Going Outside**
- **The World Around Me**
- **In My Community**
- **Exploring and Experimenting**
- **Going Camping**
- **Brownies and Beyond**

Each time I earn one of these keepers, I can wear it on my sash.
My Spark friends are:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Fun things we like to share and do together:
Crystal and her friends love Girl Guide cookies. There are many tasty treats you can make with Girl Guide Cookies. Here’s one:

**Cookie Caterpillar**

Here’s what you need:
- four classic Girl Guide cookies
- white icing
- a tube of coloured icing
- sugar beads (for eyes)
- pipe cleaners (for antennae)
- liquorice beans (for feet).

Here’s how you make it:

1) Spread the white icing between the cookies to stick them together.

2) Use the coloured icing to draw a face on the front cookie, and to glue the sugar bead eyes in place.

3) Place the pipe cleaner in the icing between the first two cookies, and shape into antennae.

4) Place your caterpillar on a square of wax paper; spread some icing on the paper along the sides; and place the licorice beans for feet.

Can you make up your own treat using Girl Guide cookies?
Crystal’s Dream

One night Crystal had a dream.
A beautiful rainbow, like the one she’d seen in her backyard, arched across the sky.

Crystal ran to the yard. She saw something sparkle on the ground. It looked like a large raindrop, caught on a blade of grass.

Crystal picked it up. It shimmered in her hand. The colours of the rainbow were reflected through the object, making a pool of bright colours on the ground.

The colours swirled and spun, until they became a beautiful stairway. The first step was red, the next orange, the next yellow… then green… then blue…

Crystal climbed the rainbow until she was standing at the top.

“Whoopee!” she shouted, as she slid down the rainbow. With a soft bump, she landed at the rainbow’s end. The ground was covered with jewels of different colours. There were red rubies, blue sapphires, green emeralds and clear diamonds.
“Hello,” said a voice. “I’ve been waiting for you for so long.” Crystal looked up. A little girl dressed in bright pink and covered with stars was smiling at her.

“My name’s Jewel,” said the girl, “and I’m a Spark. Come and meet the other Sparks. The fireflies will take us there.”

In an instant, Crystal was surrounded by beautiful blinking fireflies. They formed a long line down a path. Crystal followed the path to where the fireflies formed an archway.
Crystal walked through the archway and found nine little girls, all dressed in blue with pink trim and covered with stars. They were playing games. They were running and singing and dancing.

“Join us!” they called to Crystal. “Be a Spark, too.”

“Thank you,” said Crystal.

“But first you must make the Spark Promise,” said one of the girls.

“What is it?” asked Crystal.

“To share and be a friend,” said another girl.

“I promise to share and be a friend,” said Crystal.
Soon Crystal and her new Spark friends were dancing, singing and playing games. Jewel threw the rubies and emeralds and sapphires in the air, where they mingled with the bright stars.

“It’s so beautiful,” said Crystal.

“Each jewel stands for something,” said Jewel. “Rubies stand for love. Emeralds stand for sharing. Sapphires stand for friendship. And diamonds stand for peace. All those things are part of being a Spark.”
“I’ve had a wonderful time, but I must go home now,” said Crystal.

“Look in your pocket. The raindrop will take you home,” said Jewel.

Crystal pulled the raindrop out of her pocket.

“It’s a prism,” said Jewel. “Can you see all the colours of the rainbow in it?”

“Yes,” said Crystal.

And as soon as she said that, Crystal was back in her own bed, with her cat Cuddles curled up beside her.

It was morning. The sun was peeking through her curtains. Crystal smiled. It had been a wonderful dream! She couldn’t wait to become a Spark.
Find Cuddles

Can you find Cuddles hiding?
When you find her, colour her in. Colour the rest of the picture.
Collect fall leaves that have different shapes. Outline each shape on a separate piece of paper. Colour or paint the leaves in bright fall colours. Glue your leaf drawings to this page in an interesting pattern. You can have the leaves touching each other, as if they had just fallen to the ground.
Crystal and her Spark friends love to sing.
Here are two of their favourite Spark songs:

**The Sparks Are Here**

Music and words by Jaën Wanamaker

Sparks jump up when you light the fire. Sparks jump up and give a big cheer.

Sparks jump up as flames get higher. The Sparks! The Sparks! The Sparks are here!

**Sparks Closing Song**

Music and words by Jaën Wanamaker

I promise to share and be a friend. By showing we care it's love we send. Tho' the world is so wide, with love deep inside, it's easy to be a friend a friend!
The New Girl

The new girl at Sparks had long dark brown hair and big dark brown eyes.

“Hi!” said Crystal. But the new girl didn’t say hi back.

Their Spark Guider Sue introduced the new girl, whose name was Maria. Her family had just moved to Canada. Sue said Maria came from Mexico, a beautiful country, where one of the four WAGGGS World Centres is. She explained that WAGGGS stands for the World Association of Girl Guides and Girl Scouts.
“Welcome to Sparks, Maria,” said Sue. “I hope one day you’ll teach us some songs and dances from Mexico. I hope you’ll be happy at Sparks. All the girls want to be your friends.”

But Maria didn’t smile or join in the games. Nobody knew what to do.
At the next meeting, Crystal was the special helper and brought her cat Cuddles to Sparks.

“She’s so cute,” squealed all the girls, trying to pet Cuddles. But Cuddles did not want to be petted. Cuddles ran under a chair and refused to come out.

“She’s just shy,” said Crystal.
The girls began to play snowflake tag. They invited Maria to play with them but Maria shook her head.

“Maybe you’ll join us later, when we cut paper snowflakes,” suggested Sue.

After their game of tag, the girls began to cut up paper for snowflakes. For a minute Maria watched them and then suddenly she called, “Gato! Gato!”

“Gato? What’s that?” asked Sue, running over.

“Are you hurt? Are you sick?”
“No! No! El gato,” Maria repeated again, pointing to the floor.
“Look!” said Crystal. “It’s Cuddles! She’s caught her tail under a leg of the chair and she can’t get out.”
Sure enough, Sue and the girls had been so busy playing, they hadn’t heard Cuddles meow for help. But Maria had heard.
Together Maria and Crystal helped Cuddles untangle her tail from the bottom of the chair. “Thank you Maria,” said Crystal.
Then Maria and Crystal brought Cuddles some water in a dish.
“Meow,” she purred happily at the girls.
Maria smiled. “Su gato es muy lindo,” she told Crystal.
“She is,” answered Crystal.
“How do you know what Maria’s saying?” asked Crystal’s friend Molly. “Do you speak Spanish?”
“No,” laughed Crystal, “but I know Maria likes Cuddles.”
Cuddles let Crystal and Maria stroke her. Then Crystal showed Maria how to cut a snowflake out of paper. Soon Maria cut her first snowflake, as Cuddles curled up in her lap.

By the end of the meeting, Maria had taught the girls a Mexican song.

“We’re glad you’ve come to Sparks,” Crystal told Maria. Maria smiled, and Crystal knew she was glad, too.
In Sparks, we have something called Two Stars and a Wish, which means each Spark says two of the things she likes best about Sparks (stars), and one thing she would wish for to make Sparks even better.

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

____________________________________________

____________________________________________

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

____________________________________________
Cats, Cats, Cats Everywhere!

Crystal, Molly and Maria love cats, especially Crystal’s cat Cuddles.
Fill the page with all the different kinds of cats that you like. You can put in cat stickers, pictures of cats, photos of cats and your own drawings of cats.
What Can We Do in Winter?

Circle four activities you can do outside in winter. Colour in your favourite activity. Ask your friends what their favourite activities are. How many of your friends like the same activities you do? Write the number down_______.
Snowflakes come in all different shapes and sizes.
Draw three snowflakes or cut snowflake shapes out of paper and glue them in. Remember, even though they come in different shapes and sizes, **snowflakes always have six points.**
Crystal Goes Camping

“Yahoo! We’re going camping!” shouted all the girls in Sparks.

But Crystal didn’t shout yahoo. Crystal didn’t want to go camping. She’d never gone camping. Every summer she visited her grandmother’s cottage by the lake.
At the cottage, she slept in a cozy bedroom. She fed ducks and swam in the lake. She played on the swings and ran through the trees. She picked berries with her mother.

But camping was different!
What if she saw a bear?
What if she heard a wolf?
What if a snake crawled into her tent?
What if she missed her mother?

“I can’t wait to go camping,” said Crystal’s friend Maria. “We go camping every summer. Maybe we can share a tent on the camping trip,” said her other friend, Molly.

Crystal didn’t know what to say. How could she tell Molly and Maria she didn’t want to go on the Spark camping trip? How could she tell them she was scared? So she said nothing.
That Saturday Molly and Maria came over to Crystal’s house for a sleepover. They ate noodles and cheese. They watched a funny movie and munched on a big bowl of popcorn.

Then they talked and laughed in bed until Crystal’s mother called, “Lights out, girls!”
Crystal closed her eyes, but before she fell asleep, she heard a strange noise. Her eyes flew open! The noise was coming from the next bed. The noise was coming from Molly. Molly was crying. Her cries woke Maria up, too.

“What’s the matter?” asked Crystal.

“There’s something under my bed,” stammered Molly.

Crystal looked under Molly’s bed. Two glowing eyes stared back at her.
“It’s just my cat Cuddles!” said Crystal, running to turn on the light. “See?”

Crystal coaxed Cuddles out from under Molly’s bed. Molly wiped her eyes and smiled.

“Sometimes I get scared at night in the dark. I think I see big ugly monsters,” said Molly.

“Sometimes I get scared too,” said Maria. “I’m scared I’ll see bears or wolves or snakes when we go camping. I’ve never gone camping before.”
“Don’t worry,” said Molly. “I’ve never seen any bears or wolves or snakes on our camping trips. And we won’t be alone. Our Spark Guider Sue is coming with us and so are three mothers, including my mom.”

“Your mom is coming?” asked Crystal and Maria together. Crystal and Maria liked Molly’s mom.

“Yes,” said Molly, “and she told me we’ll hike, play games, tell stories and sing songs around the campfire. It’s going to be so much fun.”

Crystal smiled. “I hope we can all share a tent.”

“That will be the most fun of all!” said Molly, smiling back. “Let’s ask my mom.”
Crystal, Maria and Molly **love sleepovers.**

Decorate their sleep shirts.
Decorate your own sleep shirt with fabric paints or crayons.
Crystal is ready for her first camping trip. Here are some things she’ll need to take along. Circle each item she will need to take. Put an X on anything she would never take.
Can You Find Us?

When you go camping, you might see a pond like this one. Can you find these pond friends in this picture? Colour each of them. There are five friends hiding in the pond.

Buzzy  Fin  Strider  Frannie  Birdy
Crystal and her friends love to take trips to places in the community. What trips have you taken with Sparks? Glue in or draw something you were given, saw or did on your trip.
For tonight’s meeting,” said Crystal’s Spark leader Sue, “we’re taking a night walk to a special place. On our way, look up at the sky and think about what you see.”

“What kind of special place are we going to?” asked the girls at Sparks.

But Sue wouldn’t tell. “It’s a surprise,” she said, smiling. “So hurry up. It’s time to go.”

Sue and the girls walked down the stairs and out into the clear April night. A soft breeze blew through Crystal’s, Molly’s and Maria’s hair as they walked past the library, the park, the community centre and the fire station.
“Look at the stars twinkle,” said Molly, pointing up at the sky.

“I wish I could travel to the stars,” said Crystal.

“Me too,” said Maria. “Look! The moon’s bright tonight too. I wonder what it would be like to visit the moon.”
“I wonder what it will be like to visit the surprise place,” said Crystal. “I wonder if we’re almost there.”
“Yes, we are,” said Sue, stopping in front of a school.
“Is this the surprise?” asked Maria. “A school?”
“Yes and no,” said Sue. “Come inside and you’ll see.”
As the girls walked inside, they heard laughing voices and running feet.
“They’re coming! They’re coming!” said the voices. Crystal and Molly and Maria looked at each other. Who was waiting for them?
The girls followed Sue into a big, dimly-lit room. All they could see were large silver stars dangling from the ceiling and a big yellow paper moon in the centre.
The moon was smiling.
Then before they could ask Sue what was going on, the lights flashed on and a bunch of girls shouted, “Welcome to Brownies!”
“There’s my cousin Jessica!” said Molly waving.
“There’s my neighbour Chandra!” said Crystal waving.
“Yes,” said Sue. “Meet the Brownie Guiders Robin and Kira, and all the Brownies.”

“Soon all of you will become Brownies,” Robin told the Sparks, “so we wanted to invite you to our last meeting of the year for a special night party. If you look up at each star, you’ll see each of your names beside a Brownie name. And if you look up at the moon, you’ll see the names of all the Spark and Brownie Guiders. Like the stars and the moon in the sky, we’re all together tonight.”
For the next hour, the Brownies and Sparks made up songs and dances about stars and the moon. They listened to stories about the constellations and how they were named. They imagined they were astronauts exploring the moon and stars. They nibbled on star- and moon-shaped cookies the Brownies had baked.

Then the Sparks said goodbye to their new Brownie friends.

“I love Sparks,” said Crystal. “But I can’t wait to be a Brownie!”

And all the Sparks agreed.
I Spy in the Night Sky

Look up at the night sky. What do you see?
Draw a picture of what you spy in the sky.
Put a border of stars around this page.
You can use star stickers or draw your own stars.
Night Walk Maze

Can you help Crystal, Molly and Maria find their way to the Brownie meeting at the school?
Twinkle, Twinkle, Little Spark

Here’s a song you might like to sing after a night walk. You can sing it to the tune of “Twinkle, Twinkle, Little Star.”

Twinkle, Twinkle, Little Spark
Time to go. It’s getting dark.
Hurry! Hurry! Off to bed.
Time to rest your sleepy head.
Tomorrow is a brand new day.
What fun we’ll have in every way!
My Brownie Uniform

Colour your Brownie uniform. Fill in the face space with your face.
Don’t forget to add your smile!
These are the last pages of your book. You can do anything you want with them. You can print or write your name in fancy letters. You can draw pictures of the best things you did in Sparks this year. You can glue in photos of your Spark friends. Use these pages for your very own Spark Scrapbook. Have fun!
I promise to share and be a friend!