

THE 4 ELEMENTS CHALLENGE SPARKS



PROGRAM COMMITTEE

INTRODUCTION

We are going to learn about **FIRE**, **WATER**, **AIR** and **EARTH**! Read through the activities under each element. **Complete at least one item from under each element** that will be most interesting, challenging, and FUN for your Unit.

FIRE

1. **Make a camp hat craft with a fire theme.**
2. **Incorporate fire in a ceremony.**
3. **Make an edible campfire.** Use your imagination! For example: pretzels, hickory sticks or chow mien for wood, fruit rollups for fire, small candies for coals, marshmallows for the rock ring, use a cookie for the base, etc.
4. **Create artwork using charcoal.** You could use some coals from your own campfire, after they have fully cooled. Artwork could be on paper, or on faces!
5. **Perform a campfire skit or tell a yarn or folktale about fire.**

WATER

1. **Learn a traditional rain dance or make one up.**
2. **Make snow angels.**
3. **Pretend that you are a raindrop and dramatize your journey through the water cycle.**
4. **Make a boat.**
5. **Make a squeaky duck.** See *Canadian Guider*, Spring 2002, pg 22.

EARTH

1. **Plant a garden or plant native plants in a disturbed area.** Consider doing this as a service project. Wildflower seeds can be purchased in most stores, but check that weeds and plants that are banned in your area are not included in the mix.
2. **Find a fossil.** Hide small plastic dinosaurs or old bones in a tray of sand for the girls to discover.
3. **Make a sand craft.** Examples: sand pictures, sculptures, castles, candles.
4. **Make a pet rock.** Rocks can be easily painted to look like animals like a ladybug or a turtle.
5. **Go for a short hike to explore the earth.** Collect some rocks and try to identify them, using a field guide on rocks and minerals. Gently turn over a rock to see what lives under it, and then put it back, of course. Check how moist the soil is under plant cover and compare to how moist the soil is on the trail. How do the plants help prevent erosion of the soil?

AIR

Detailed activity instructions and the Beaufort Scale are provided at the end of this section.

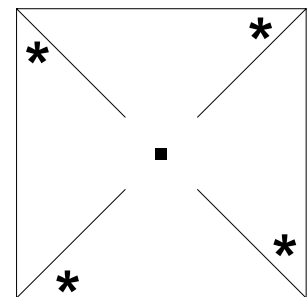
1. **Make Rhythm Sticks and dance with them.** Attach several streamers of 1-1.5 m length with tape to one end of a stick.
2. **Make a pinwheel.**
3. **Make a set of wind chimes.** Consider using recycled materials such as tin cans.
4. **Play parachute games.**
5. **Cloud Observations.** Gaze at the clouds for a while, what did you see?

Parachute Games

- All games start with the girls in a circle, with the parachute held by all participants.
- Switch places -lift up the parachute, yell out a month, all those with a birthday in that month runs under the parachute and finds a new spot
- Moonwalk - the parachute is on the ground, everyone shakes the edge of it to make a moon surface, take turns walking gently across it.
- Cat and Mouse – similar to moonwalk, but mice crawl under the parachute and the cat walks on top, trying to catch the mice.
- Sharks - sit with your feet extended under the parachute, holding the parachute up close to your chest, just under your chin. The shark crawls under the parachute and pulls in her victims by their feet until there are no more victims to eat!

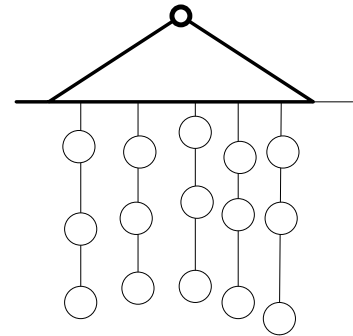
Pinwheel

- Materials: 21cm x 21 cm square piece of paper, pencil with eraser tip, thumb tack
- Cut 9 cm towards the centre from each corner.
- Bend the left side of each corner (where the * is) into the centre.
- Push a thumbtack through the four corners, then through the center, and into the eraser of the pencil.



Wind Chimes

- Materials: 30 cm long twig, 15 recycled lids from frozen juice cans, small key ring, 3m length of fishing line or invisible thread or wire.
- Punch 2 holes opposite each other on each lid with a nail.
- Tie three lids together with pieces of wire approximately 15 cm long. Repeat until you have 5 strings of three lids each.
- Tie a length of wire approximately 45 cm long to the one end of the twig. Secure the key ring to the middle of the wire, and then tie the other end of the wire to the other end of the twig.
- Tie the 5 strings of three lids each onto the twig.
- You can also paint the lids or use stickers to decorate.



Challenge Created By:
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