

Gathering Activity:

Have the girls come up with a day's worth of meals that fits all the nutrition requirements laid out in the Canada food Guide. So each patrol will need a food Guide and some paper and pen.

Opening

Activity 1: Zumba



This is a great work out and very fun for this age group. Find a zumba instructor that will come in and do a half hour session.

If this is not possible give each patrol a song and have them come up with a work out for the song. Give them 15 minutes to work on it and then come together and each patrol will lead the whole group in exercise.

Craft: Wonderful me Canvas

Before you start have the girls think of some qualities they have that they love about themselves. (funny, smart, kind, thoughtful a good friend...etc.)

You'll need for each girl: one canvas, paint, glitter, glue, pre-printed words on paper in different fonts

Give each girl a canvass and have them decoupage (glue down and then glue on top of) the papers with words that represent themselves. They can also paint words on the canvas. Decorate with some glitter and you are done. They can place it in their bedrooms and be reminded of all the qualities they have that they like about themselves.

Game: If you like

Have the girls all grab a chair and sit in a large circle. Then you stand in the middle of the circle and say "If you like _____" and fill in the blank. Let's pretend you say "If you like clowns". Then everyone who likes clowns will get up and run to an empty chair. (you can't move to a chair that is next to you) In the meantime you try and steal a chair that is now empty. Once everyone finds a chair there will be one girl left in the middle, she is now "it" and will start the next round.

You want to make sure you explain to the girls they need to hurry and they do not want to get caught in the middle

Song:

If there is still time left you can have the girls pick a few of their favorites to sing.

Closing:

