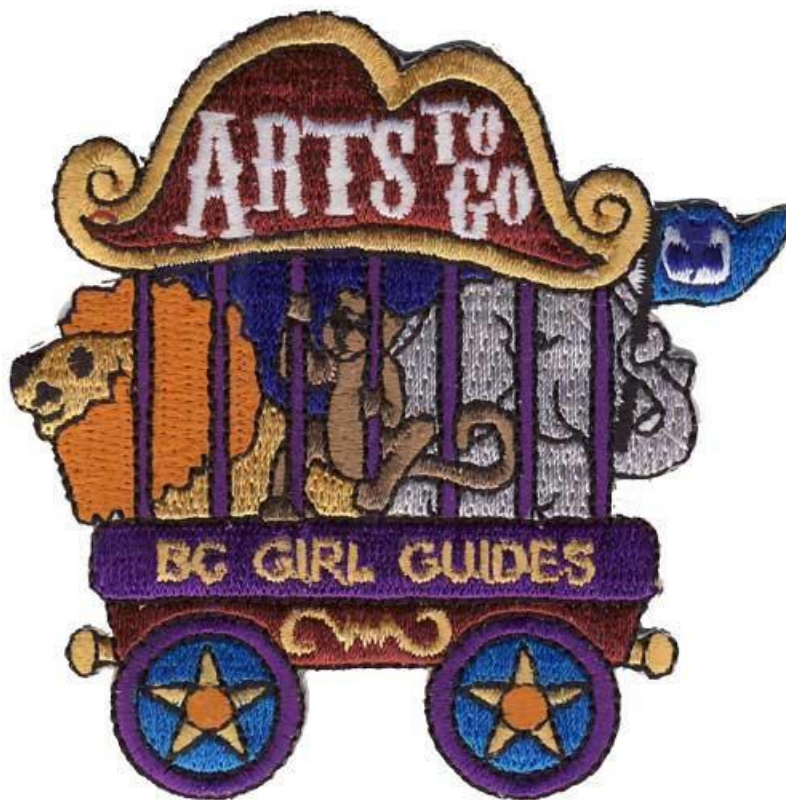


## ARTS TO GO – CIRCUS CHALLENGE

AN ARTS CHALLENGE  
FROM THE BC PROGRAM COMMITTEE

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# Step Right Up! Come One, Come All!

Join the Circus! Take part in the Arts to Go Challenge - Circus - and experience the world of music, dance, drama and crafts. Remember that feeling of excitement and wonder as you immerse yourself in a world of imagination, daring and fun!

The Arts to Go toolbox, which is packed with quick and simple choices to enhance your adventure for music, dancing, crafts and drama, was created by the BC Training Committee then revised by the BC Program Committee and published on the BC Girl Guides website in 2013.

## Earning Your Arts To Go - Circus Challenge

**Required:** Do at least one selection from each of the four acts in MAIN ATTRACTION. Remember to select activities with a circus theme!

**Plus:** For Sparks and Brownies: Do at least two more activities from your choice of the THREE RING CIRCUS, visiting at least two rings.

For Guides and up: Do at least four activities from the THREE RING CIRCUS. Make sure you have visited all three rings.

When you have completed the activities, complete the [BC Challenge Crest, Pin, and Camp To Go Order Form](#) which can also be found on the [BC Girl Guides](#) website (click on Girl Engagement > Program > Program Challenges). Before filling out the Order Form, please read the [BC Challenge Crest, Pin, and Camp To Go Information](#) document in order to understand the pricing and payment for the various crests, pins and merchandise.



# The Main Attraction

## CLOWNING AROUND (DRAMA)

- Participation Story** – *Arts to Go – Drama* (page 13) - Drama Games for Younger Girls
- Paper Bag Skits** – *Arts to Go – Drama* (page 16) - Drama Games for Older Girls
- Shadow Play** – *Arts to Go – Drama* (page 24) - Creative Drama Through the Branches
- Day in the Life of** – *Arts to Go – Drama* (page 15) - Drama Games for Older Girls
- Puppets** – *Arts to Go – Drama* (page 26) - Creative Drama Through the Branches

## CAROUSEL TIME (MUSIC)

- If You Should Meet an Elephant** – *Sing a Song with Sparks and Brownies* (page 26)
  - Lyrics: <http://guidingjewels.ca/resources/songs/515-song-if-you-should-meet-an-elephant>
  - Music: <http://tuneguide.e-guiding.com/elephant.mp3>
- Horsey, Horsey** – *Jubilee Song Book* (page 53)
  - Lyrics & Music: <http://guidingjewels.ca/resources/songs/545-song-horsey-horsey>
- Join Into the Game** – *Sing a Song with Sparks and Brownies* (page 9)
  - Lyrics: <http://guidingjewels.ca/resources/songs/611-song-join-into-the-game>
  - Music: <http://tuneguide.e-guiding.com/Join-into-the-game.mp3>
- Tzena** – *Our Chalet Song Book* (page 35)
  - Lyrics: [http://dragon.sleepdeprived.ca/songbook/songs2/s2\\_12.htm](http://dragon.sleepdeprived.ca/songbook/songs2/s2_12.htm)
  - Music: <http://tuneguide.e-guiding.com/tzena.mp3>

## HIGH ON THE TRAPEZE (DANCE)

- Tzena** – *Arts to Go – Dance* (page 12) (see above for music links)
- Sing and Shout** – *Arts to Go – Dance* (page 11)
  - Lyrics: <http://guidingjewels.ca/resources/songs/569-song-sing-and-shout>
  - Music: <http://tuneguide.e-guiding.com/singshout.mp3>
- Punchinello** – *Musical Fun with the Brownie Pack* (page 16)
  - Lyrics & Instructions: Appendix
  - Music video: <http://youtu.be/XRqBfDfWxco>
- Carousel** – *Dance, Dance, Dance* CDs
  - Video: <http://youtu.be/NiqYUIEECHA> (not the same as the instructions in the appendix)
  - Instructions: Appendix

## PEANUTS AND POPCORN (CRAFTS)

- Clown Kazoo** – make a musical instrument
- Puppets** – make a puppet and use it in a play
- Masks and Costumes** – animal? Ringmaster? Use your imagination!
- Fun Fair Booths** – create the props and the backdrops



# Three Ring Circus

Additional suggestions from various resources

## SONG AND DANCE

- Animal Fair** – *Campfire Activities Book pg 144*
- Merry-Go-Round** – *Jubilee Song Book pg 47*
- A Place in the Choir** – *Celebrate with Song pg 35*
- Cherkassiya** – *Dance, Dance, Dance pg 15* (reminiscent of the Lipizan stallions)
- Caimarusa** – <http://guidingjewels.ca>
- The Carnival Song** – *Jubilee Song Book pg 57*
- Ribbon Dance**
- Make a band** – what would a circus be without background music? Create your own instruments and play along with March of the Gladiators (the traditional entry song for the circus)
- Your Choice** \_\_\_\_\_

## DRAMA

- Mime** – Acting without words—use the animals and performers of the circus and have the girls act out their parts—this can be done as charades or as silent storytelling
- Puppetry** – in groups, create circus puppets and act out a story—these can be marionettes, stick puppets, finger puppets, hand puppets
- Performing Arts** – Have you tried to do a magic trick? Juggle? Spin a plate or balance a teacup on a broom pole? Been a fortune teller? Try your hand at performing! It's not just practice but learning how to act in front of an audience!
- Be a Clown** – learn the art of face painting, and determine the costume and gimmick you will make your own—big shoes? Create a name and then a parade.
- Drama Circle** – see Appendix
- Your Choice** \_\_\_\_\_

## ARTS AND CRAFTS

- Balloon Animals** – learn the art of balloon animals
- Circus Train** – using boxes and art materials create a mini circus train
- Make an Acrobat** – <http://www.sciencetoymaker.org/tumblePerson/index.htm>
- Origami Circus Animals** - try your hand at making circus animals to put into your circus train
- Crochet a Clown Doll**
- Craft with Food** – create ice cream cone clowns, animal cracker circus scenes
- Hat Crafts** – make a pompom rabbit in a top hat, clown face
- Make a spinning top**
- Use your imagination!!**



# Appendix: Dance Instructions

## CAROUSEL

### Formation:

Two circles, one inside the other, all dancers facing inwards.

The inside circle dancers join hands.

The outside circle dancers place their hands on the shoulders of their partner (on the inside circle)

### Dance:

The dance starts slowly, and everyone takes sliding steps to the left, one per beat.

When the music speeds up, continue to slide step to the left, but at twice the speed – the slide then becomes a gallop.

When the music repeats, change direction and gallop to the right.

And the end of the faster music, switch places between the inner and outer circles, then repeat the dance from the beginning.

## PUNCHINELLO

- Look who comes here!  
Punchinello, funny fellow!  
Look who comes here!  
Punchinello, funny you!*
- What can you do,  
Punchinello, funny fellow?  
What can you do,  
Punchinello, funny you?*
- We can do it, too,  
Punchinello, funny fellow,  
We can do it, too,  
Punchinello, funny you!*
- You choose one of us,  
Punchinello, funny fellow,  
You choose one of us,  
Punchinello, funny you!*

### Formation:

One child is Punchinello, and begins in the middle of the circle alone.

Everyone else dances or walks around in a circle, holding hands up high.

### Dance:

During the first verse, Punchinello weaves in and out of the circle, stopping in the middle at the end of the first verse.

During the second verse, Punchinello chooses a funny action to perform rhythmically while the song is sung.

During the third verse, everyone imitates Punchinello's action, who watches them to choose the next performer.

During the fourth verse, Punchinello weaves in and out of the circle and chooses the next Punchinello.



# Appendix: Drama Circle

Everyone stands in a circle. Shuffle and hand out all of the following cards – it is ok to receive multiple cards! Follow the cards in sequence, acting them out as described, for a trip to the circus.

<p>1. (Starting card) Walk to the centre of the circle and pretend to be looking at a poster on the wall. Pretend to read it, and then say, <b>“The Circus is coming to town! I can’t wait!”</b> Return to your spot in the circle.</p>	<p>2. When you hear that the circus is coming to town, jump up and down and yell, <b>“I need a ticket! Where can I get a ticket?!?”</b></p>
<p>3. When you hear someone looking to buy a ticket, call out <b>“Come and buy your circus tickets here!”</b> Repeat until somebody comes to buy a ticket!</p>	<p>4. When you find out where to buy circus tickets, run over to the ticket booth and say, <b>“I need a ticket! One ticket please!”</b> Then, after paying for your ticket, join the circle next to the ticket seller.</p>
<p>5. Once a ticket has been purchased, walk around the circle looking at all the circus animals. Point at some of the animals in the circus and identify them <b>“Ohh! The elephant is SO big!... the lion is very scary... the giraffe has a very long neck!”</b> Return to the circle once you have seen the animals.</p>	<p>6. When you hear about a giraffe, walk briskly to the middle of the circle. Lift your imaginary hat and say <b>“Step right up! Step right up! Ladies and gentlemen, boys and girls! Step right up for the main attraction under the big top is about to begin!”</b> Return to your place in the circle.</p>
<p>7. When you hear that the main attraction is about to begin, step out of the circle and call out <b>“The clowns! I see the clowns!”</b></p>	<p>8. When you hear that the clowns are coming, put on your clown face and do your best silly walk across the circle, while blowing on an imaginary horn. Don’t bump into the other clowns!</p>



<p>9. When you hear that the clowns are coming, put on your clown face and do your best silly walk across the circle. Try to bump into the other clowns, but don't hurt anyone.</p>	<p>10. When you hear that the clowns are coming, put on your clown face and ride your unicycle across the circle – be careful - don't bump into the other clowns!</p>
<p>11. When the clowns have left the centre ring, call out <b>“No trip to the circus is complete without a balloon animal. Who wants a balloon animal?”</b> You are going to make 3 balloon models – make the actions of blowing up and twisting the balloons as requested!</p>	<p>12. When you hear that someone is making balloon animals, approach that person and say, shyly, <b>“Can I please have a balloon dog? I love dogs. They are my favourite animal in the whole world!”</b> When you get your balloon dog, jump up and down excitedly, then act like a dog and run around the circle before you take your place.</p>
<p>13. When the balloon dog has returned to the circle, go ask the balloon sculptor to make you a balloon sword. Then have a sword fight in the middle of the circle. Don't stop fighting until you are told.</p>	<p>14. When the balloon dog has returned to the circle, go ask the balloon sculptor to make you a balloon sword. Then have a sword fight in the middle of the circle. Don't stop fighting until you are told.</p>
<p>15. Watch the sword fight for a while, then step into the circle and say <b>“Children, children! Take your swords and return to your seats! We have a real treat for you now... the strong woman competition! May the mightiest win!”</b></p>	<p>16. When you hear that there is going to be a strong woman competition, step into the circle, and in your strongest voice, say, <b>“I am the great and powerful Bionic Bertha! Nobody can beat me!”</b> You will now wrestle one competitor and out-weight-lift another competitor (bringing the weights, with extreme difficulty, over your head). Do not leave the circle until you have won both competitions.</p>





<p>17. When Bionic Bertha enters the circle, step into the circle and say, <b>“I am Wicked Wanda! I challenge you to a wrestling match!”</b> Wrestle (carefully!) Bionic Bertha until you, unfortunately, lose the match. Return to the circle with your head hung low.</p>	<p>18. When Wicked Wanda leaves the circle, step into the circle and say, <b>“I am Mighty Matilda! I challenge you to a weight lifting competition!”</b> Try very, very hard to lift the weights off the ground. For the first two weights, you will eventually succeed and raise them above your head. Unfortunately, you will not be able to lift the final weight, and must leave the circle defeated.</p>
<p>19. When you hear there is going to be a weightlifting competition, step into the circle and narrate the competition. <b>“These two ladies will each lift three weights. Each weight will be heavier than the last. Ladies, begin with the first weight!”</b> Wait until they have lifted the weights over their heads. <b>“Now the second weight!”</b> Return to the circle.</p>	<p>20. After the weightlifters have lifted two weights, take over for the narrator and say, <b>“Finally, we have the heaviest weight! Can either of these powerful women lift this weight?”</b> Wait until Bertha lifts the weight and Matilda drops her weight and walks away. Lift Bertha’s hand in the air and declare, <b>“Bertha is the mightiest strong woman!”</b> Return to the circle with Bertha.</p>
<p>21. When the weightlifting competition is over, step into the circle and announce, <b>“Here come the acrobats!”</b></p>	<p>22. When you hear the acrobats announced, do a somersault (or whatever acrobatic maneuver you are able to safely do) across the circle.</p>
<p>23. When you hear the acrobats announced, do a somersault (or whatever acrobatic maneuver you are able to safely do) across the circle.</p>	<p>24. While the acrobats are performing, walk around the outside of the circle yelling <b>“Peanuts! Popcorn! Cotton Candy! Buy your snacks here!”</b> Continue walking around the circle and repeating your call until somebody approaches you. Return to the circle after you have sold something.</p>



<p>25. When you hear the peanut seller, wait until she is close to you, and then step out of the circle and say, <b>“I’d like some peanuts, please!”</b> Pay for your peanuts, and then begin to eat them. Throw some peanuts into the circle.</p>	<p>26. When peanuts have been purchased, step into the circle and announce, <b>“And now for one of the largest land animals on earth! Weighing in at fifteen thousand pounds, please welcome Jumbo, our African elephant!”</b></p>
<p>27. When you hear Jumbo announced, hang one arm in front of you like a trunk and the other arm behind you like a tail. Slowly plod your way around the inside of the circle. Stop and eat the peanuts that were thrown into the circle and then plod your way back to your place.</p>	<p>28. When the Jumbo has returned to the circle, step into the circle and announce, <b>“And now I draw your attention to high above the ring – where you will see our brave and talented tightrope walker!”</b> Return to the circle.</p>
<p>29. When you hear the tightrope walker announced, carefully walk, as though on a tightrope, across the circle... when you are halfway across the circle, wobble a bit, catch yourself, then fall from high in the sky... land on the trampoline below and bounce slightly on your bottom.</p>	<p>30. When you see the tightrope walker fall, run to assist her. <b>“She’s all right, everyone! She’s going to be fine! This is why we have a net under the rope! It’s all in Safe Guide, you know! Now we’ll bring out our favourite juggler!”</b> Escort the tightrope walker back to the circle.</p>
<p>31. When you hear the juggler announced, do your best juggling act in the centre of the circle. Add more and more items to your juggling act, until, finally, you cannot juggle any more, and drop the balls on the ground. Go searching for your balls, and then rejoin the circle.</p>	<p>32. When the juggler returns to the circle, step into the circle and say, <b>“Ladies and gentlemen, boys and girls, it appears as though our performers are very tired now. I would like to thank all of you for coming to our show today, and I invite you all to take a ride on the Merry Go Round at no charge!”</b> (This is the end card.)</p>



# Appendix: Circus Professions Charades

Circus Professions Ringmaster	Circus Professions Juggler	Circus Professions Clown
Circus Professions Acrobat	Circus Professions Trapeze Artist	Circus Professions Fortune Teller
Circus Professions Lion Tamer	Circus Professions Peanut Seller	Circus Professions Magician
Circus Professions Ticket Seller	Circus Professions Cotton Candy Maker	Circus Professions Strong Man
Circus Professions Tightrope Walker	Circus Professions Snake Charmer	Circus Professions Pony Rider
Circus Professions Bearded Lady	Circus Professions Contortionist	Circus Professions Sword Swallower
Circus Professions Knife Thrower	Circus Professions Fire Eater	Circus Professions Ballerina
Circus Professions Tall Man	Circus Professions Stilt Walker	Circus Professions Unicyclist
Circus Professions Mime	Circus Professions Balloon Seller	Circus Professions Balloon Artist



# Program Connections

The Girls First program is girl-driven and designed to be highly flexible and agile. We encourage you to visit the [Digital Platform](#) to best determine how this challenge fits into the Program Areas and Themes.

You may want to start exploring the following Program Areas:

- Experiment and Create
- Guide Together
- Be Well

This is not a comprehensive list, and remember that you can apply your activities to the Girls First program as you see fit.