

ARTS TO GO – FOOD CHALLENGE

AN ARTS CHALLENGE
FROM THE BC TRAINING/PROGRAM COMMITTEES





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EAT IT UP!

In a hurry? Want a taste of the Arts in your Unit meeting? The Arts To Go resources are packed with quick and simple choices to satisfy your appetite for music, dancing, crafts and drama. Think of it as your picnic basket to open and enjoy!

The Arts to Go toolbox, which was created by the BC Training Committee, was revised by the BC Program Committee and published on the BC Girl Guides website in 2013. You can find this resource split between four pdf files on the Unit Guider Resources page.

EARNING YOUR ARTS TO GO – FOOD CHALLENGE

You CAN have your Arts to Go!

Select one (or more) item from each of the four soul food groups on the menu – at least one from each section (Music, Dance, Crafts, Drama). There are no unwanted calories, and after sampling these tastes, we are sure you'll want more!

Prefer something else? Feel free to explore the Arts to Go resources and enter your activities as a “à la Carte” items from the appropriate soul food group.

When you have completed the four (or more!) activities, complete the **BC Crests Order Form** found at <http://www.bc-girlguides.org/> (click on Program > Challenges & Activities > Provincial Challenges) on the BC Girl Guides website. Instructions on how to order the crests are provided on the form.

Tips: Good service deserves a good tip!

- Tip #1 - Network: Use your resources wisely – involve Rangers, Trainers, other Guiders and community resource people to help with these activities.
- Tip # 2 - Use the Arts to accomplish program activities. The Arts to Go resources contain references to program goals for suggested activities.
- Tip # 3 - There are audio links in the Arts to Go – Music resource – play them! Have the music playing as the girls arrive for a meeting, play it while doing crafts, play it just for fun and soon you'll be singing along with Guiding's Greatest Hits!
- **Bonus Tip!** – Check out the April 2013 edition of the FunFinder (found on the BC Girl Guides website at [http://www.bc-girlguides.org/Documents/Funfinder\(April2013\).pdf](http://www.bc-girlguides.org/Documents/Funfinder(April2013).pdf)) for an instant meeting plan, “A Parisian Experience,” which fulfills the requirements of this challenge through a French Café night.

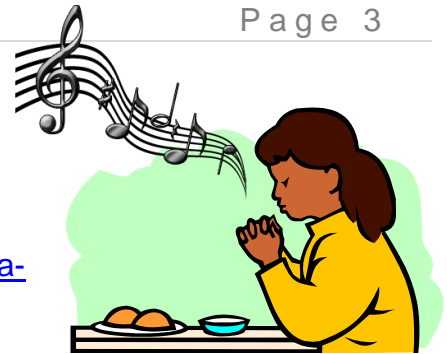
For more information, contact the BC Program Committee.

Bon Appétit!



Appetizer – Music

Sing before your snack or meal.



- Mabel Lake Morning** – *Arts to Go – Music* (page 28)
 - Lyrics & Music: <http://guidingjewels.ca/resources/songs/597-song-a-mabel-lake-morning>

- Give Thanks** – *Arts to Go – Music* (page 28)
 - Lyrics & Music: <http://guidingjewels.ca/resources/songs/596-song-give-thanks>

- Simple Blessings** – *Celebrate with Song* (page 130)
 - Lyrics: <http://guidingjewels.ca/resources/songs/570-song-simple-blessings>
 - Music: <http://tuneguide.e-guiding.com/bless.mp3>

- à la Carte:** _____

Main Course – Drama

- Who or What Am I** – *Arts to Go – Drama* (page 12)
 - Drama Games for Younger Girls section
 - “Who” cards (page 60)

- Who, What, Where?** – *Arts to Go – Drama* (page 17)
 - Drama Games for Older Girls section
 - “Professions” cards (page 44)
 - “What” cards (page 52)
 - “Where” cards (page 56)
 - “Who” cards (page 60)

- Shadow Play** – *Arts to Go – Drama* (page 24)
 - *Creative Drama Through the Branches* article

- à la Carte:** _____





Dessert – Dance

Learn (or modify) a dance, use the *Let's Dance* CD or *Dance, Dance, Dance* CD or create a dance using the music found in *Arts to Go – Music*.

Tzena – *Arts to Go – Dance* (page 12)

- Lyrics: http://dragon.sleepdeprived.ca/songbook/songs2/s2_12.htm
- Music: <http://tuneguide.e-guiding.com/tzena.mp3>



I'se the B'y That Builds the Boat – *Arts to Go – Dance* (page 10)

- Lyrics: http://dragon.sleepdeprived.ca/songbook/songs9/S9_13.htm
- Music: <http://www.youtube.com/watch?v=S-bQn9DtqUA>

F You Should Meet an Elephant – dance steps in *Celebrate with Song* (page 128) and Appendix

- Music: <http://tuneguide.e-guiding.com/elephant.mp3>

á la Carte: _____

Side Dishes – Crafts

Use the craft section of the *Arts to Go – Crafts* resource or search online for ideas. Make one of the following.

A puppet

A craft that teaches you about another country (ie. Rain sticks, drums, masks)

A craft for an occasion (enrolment, World Thinking Day, Mother's Day)



á la Carte: _____

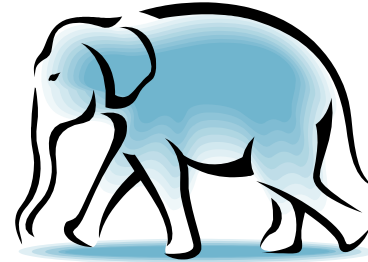


APPENDIX: DANCE INSTRUCTIONS

If You Should Meet an Elephant - *Sing a Song with Sparks and Brownies* (page 26)

*If you should meet an elephant
on a summer's day
What would you do?
What would you say?*

*I'd say, "Good morning, Elephant,
How do you do?
I'm glad to meet you, Elephant,
I'd like to dance with you."*



Formation:

A double circle is formed with partners facing each other. The inner circle sings the first verse, wagging their "trunks" (hands clasped, arms extended) in time to the music. The outer circle replies, bowing on "Good Morning", shaking hands with the "trunk" on "How do you do?" then joining right hands, the partners skip around each other, everyone singing for the last line. Switch the circles and sing it again!



PROGRAM CONNECTIONS

The Arts to Go resources on the BC Girl Guides website contain a comprehensive list of program connections which link to Music, Drama, Dance and Crafts. We encourage you to review this resource to determine which parts of the program you have accomplished by completing this challenge.

