

Instant Meeting Plan

Embers

Key to My Community

10 Min: Gathering;
5 Min: Embers Opening
10-15 Min: Opening
Discussion 10-15 Min: Activity
5-10 Min: Game
20-25 Min: Craft or Activity
10-15 Min: Activity
5 Min: Embers Closing

90 Minute Meeting. Approximate activity time shown.

Activities

- Communication Methods: write a letter, email, telephone
- learn a your name in sign language, write your name in braille/BLIS (if you have access – relay phone)

Crafts

- Lemon Juice writing – lemon juice, paint brushes, paper, light bulb. Write a message or draw a picture with lemon juice. (when ready to read the message heat the paper with the lamp)

Program Connections:

Key to STEM:
Keeping in Touch

Games

- print out individual sheets with one trail sign per sheet. Split girls into 2 teams. Call out – Gone Home. One girl from each team runs to find the right sign.

Girl Guide Events

Program Connections:

10 Min: Gathering;
5 Min: Embers Opening
– Sing O Canada
10-15 Min: Opening Discussion
10-15 Min: Activity
5-10 Min: Game
20-25 Min: Craft or Activity
10-15 Min: Activity
5 Min: Embers Closing

Key to My STEM:
People in Science

90 Minute Meeting. Approximate activity time shown.

Activities

- science and sleuth Dress up night
- Winnipeg – visit the Police museum
- Winnipeg – University of Manitoba Science
- invite a lab technician from a blood lab to come and talk to the group
- don't forget that baking is a science! Bake with the Embers, visit a bakery, have a baker come in

Crafts

Games

Girl Guide Events

BC CSI Challenge - <http://bc-girlguides.org/web/Documents/BC/program/CSChallenge.pdf>

Instructions: Girls wear Scientist or Detective type costumes. Suggest that an easy scientist costume could be made with a man's shirt over play clothes. CSI detective, Mad Scientist, Albert Einstein, Sherlock Holmes

Fingerprint comparison from the Mystery meeting – washable markers instead of ink pads
magnifying glass from the Mystery meeting.
Game – How Good a Witness Are You? from the CSI Challenge

Books:

Harriet the Spy
Nate the Great

Program Connections:

10 Min: Gathering; 5
Min: Embers Opening
- sing O Canada
10-15 Min: Opening Discussion
10-15 Min: Activity
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Key to My STEM:
CABOOSH!

90 Minute Meeting. Approximate activity time shown.

Activities

- Coke and Mentos
- Robot Kits
- milk and food coloring
- elephant soap
- baking soda and vinegar
- beach in a jar

Crafts

- Make Hand Lotion/Lip Gloss

Games

Girl Guide Events

- set up stations (round robin 15 min each station)

Split into three or four groups for experiment stations.

Instructions: Everyone will have an opportunity to do each of the four stations (each leader ran the same program four times). When you arrive at a table, **Pause** (without touching), **Observe** (what do you think will happen?), **Listen** to instructions, **Do** the activity, **Observe** what happened.

Station 1 – Non Newtonian Fluid Demo (Cornstarch and Water).

You need: A water supply (I had a Nalgene water bottle and we parked our table near a water fountain), water cups, disposable cereal bowls (cleanup is not possible between stations so it is nice to be able to dump the lot in the garbage, but you could get plastic cereal bowls and wash them at the end if you have the facilities), and cornstarch.

Station 2 – Baking Soda Balloon Demo

You need: Vinegar, baking soda, plastic bottles, balloons, funnels, measuring spoons. We pre-loaded the baking soda in the balloons (wouldn't that be funny to explain to police if I got pulled over?).

What's happening: The baking soda (sodium bicarbonate) is a base while the vinegar (acetic acid) is an acid. When they react together they form carbonic acid which is very unstable, it instantly breaks apart into water and carbon dioxide, which creates all the fizzing as it escapes the solution.

Station 3 – Layers and Density. There are a couple of different methods.

This one is cool (but expensive with honey as one of the ingredients). Shows different densities and different buoyancies at the same time.

Station 4 – Dancing Raisins to show Buoyancy. This one isn't as dramatic as the others, but it is still fun (the raisins go up and down with the bubbles).

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Key to My STEM:
The Power of Power

90 Minute Meeting. Approximate activity time shown.

Activities

- whipping cream or pudding with whisk or blender

Games

- relay – with broom and with vacuum
- relay – start screws in piece of board. Use screw driver and drill to see which is faster

Crafts

Girl Guide Events

What kinds of things use Power in your house? (round the circle). Is Power always the best way to do things? The four circles are going to circulate amongst the stations

Station 1 – Shake Whipping Cream – made kind of a buttery cream. Taste test with a strawberry. =)

Station 2 – Whisk Whipping Cream – was tough to do. Taste test with a strawberry. =)

Station 3 – Blender Whipping Cream – much easier to do. Taste test with a strawberry. =)

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90 Minute Meeting. Approximate activity time shown.

Activities

- roll up newspaper, have girls build a structure or tallest structure (or scrunch newspaper and build)
- leggo, blocks of wood, any material – build something
- toothpicks and marshmallows
- cookie cases after delivery before hand out
- collect for a food bank and then build with food donations

Crafts

- Home Depot – build with kids program

Program Connections:

Key to My STEM:
Building Up

Games

- Jenga game – build up the tower, then play the game

Girl Guide Events

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Key to My STEM:
Reach for the Stars

90 Minute Meeting. Approximate activity time shown.

Activities

- star chart
- call your local astronomy group
- Star Dome (bridging activity to get numbers to reduce costs)
- star gazing app.

Crafts

- orange juice lids, punch holes (constellations if possible) into lid. Shine flashlight through holes.
- fill can with water and freeze. Using a nail and hammer, punch holes into can. After ice melts, place a candle in can and light. Add a handle from thin wire.

Games

- use a compass to find hidden objects in the meeting location (easter egg hunt)

Girl Guide Events

- Bird's Hill camping – star gazing OR they hold a star gazing night