



2023 Big Ideas Calendar: April – Get Moving!

NL Programming Challenge

April – Get Moving!

This challenge is inspired by National's Big Ideas Calendar, with April's Big Idea being Get Moving which encourages you to move your body in ways that feel good for you! The Big Ideas Calendar is a year-at-glance resource for Guiders filled with planning tips and activity inspiration for unit meetings, camps, and more.

To complete this challenge, members must do activities from each section depending on your branch level:

- Sparks/Embers: 1 from each category + Movement Challenge
- Guides/Pathfinders/Rangers: 2 from each category + Movement Challenge

Categories include:

- Active Games
- Active Outside
- Active Minds
- Healthy Bodies
- Movement Challenge

Crest:

This challenge will only be available for April 2023. Crests will be available at no charge to units if ordered by April 30th, 2023 (applies to NL units only) – we encourage units to order together or to order as a District. We want to ensure that everyone gets their crest prior to year end, please order your crest using the [Online Crest Order Form](#) as soon as possible

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Active Games

On the platform (experience.girlguides.ca) there are lots of Active Game options. Below is a list of some of the games you can learn how to play on the platform. Choose ones appropriate for your Branch, or find other games that work well for your unit. Sparks/Embers complete at least one game, Guides/Pathfinders/Rangers complete at least two games.

<ul style="list-style-type: none">• Rainbow Ants Tag• Time for Tag• Ready, Set, Race!• Giant's Keys• Cat and Mouse• Same Game, New Rules• Hop to It!• Leaf Race• Right Light, Left Light• Forest Feast• Sleeping Bunnies• Online Shopping Shuffle• Balancing Feelings• Solar System Relay• Saturn's Rings Tag• Overcome Obstacles• Animal Antics• Friendly Competition• In Your Court• Dribble Drills• Clearing the Hurdles• She Shoots, She Scores!• Support for the Court• Round the Bases• Honeybee Dance• Data Traveler• Computer Virus Tag• Robot Rush• Helper Bot Hustle• Bot Boogie• Fox and Squirrel• Power On, Power Off• Playing for Peace	<ul style="list-style-type: none">• We're Connected• Barriers and Bystanders• Socially Supported• Power Pose• Repost Relay• Compliments Tag• Privacy Protector• Princess Power• Global Guiding Games• Capture the Guiding Flag• Feeding Frenzy Tag• Rights Roll-Up• Pelele Game• Everybody's It Tag• Take a Break Tag• Be an Ally• Inside and Out• We're Stronger Together• Change the Game• Flip It• Stop, Breathe, Listen• Keep Away Viruses• Show Us Your Moves• Balloon Tag• We Care Together Tag• Who's The Leader?• Timber Tag• Renewable Resource Tag• Boss Up Toss Up• Embers, Witches and Wizards!• Tagging You In <p>Plus many more!</p>
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Active Outside

Get your unit outside! Because the clocks have now sprung forward, the sun sets later in the evening and units can now enjoy more daylight outside!

To complete the Active Outside Component, you can complete any of the following challenges – Sparks/Embers must complete 1, Guides/Pathfinders/Rangers must complete 2:

- Complete the [NL Geocaching Challenge](#) (counts for 2 challenges).
- Complete the [NL Guiding Granny Challenge](#) (counts for 2 challenges).
- Play an active outdoor wide game, such as:
 - Tag
 - Hide and Seek
 - Spotlight
 - Sardines
 - Capture the Flag
 - Obstacle Course
 - Sharks and Minnows (or other variations)
 - Outdoor Sport (such as soccer, baseball, ball hockey, etc.)
 - Try a new outdoor sport or activity for the season (such as snowshoeing, skiing, running, etc.)
- Teach a younger unit an outdoor wide game of your choosing.
- Spend an entire unit meeting outside!
- Spend a day at camp or a day at day-camp outside!
- Learn about stretching and do some practice stretches before exercising.
- Complete a service project outside such as a clean-up or tree-planting.

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Active Minds

Getting our bodies moving is one important part of an active lifestyle, but so is taking care of our minds as well! Improving our mental health means building positive mental health skills you can use in your daily life, and exploring how to support others in feeling strong and confident. Use this component to develop an awareness of and fight against mental health stigma while learning more about your own emotions and feelings.

To complete the Active Minds Component, you can complete any of the following challenges – Sparks/Embers must complete 1, Guides/Pathfinders/Rangers must complete 2:

- Complete either the Mighty Minds, Feeling Balanced or Power of Yet challenges/instant meetings on the Platform (experience.girlguides.ca) (counts as 2 challenges).
- Learn about Mental Health First Aid from a local professional counselor (counts as 2 challenges).
- Learn about various breathing techniques and practise some as a unit.
- What is a grounding exercise? Learn about different grounding techniques and find one that works for you!
- Take a yoga class or learn some yoga exercises.
- Do some mindful colouring for some quiet time.
- Make a homemade stress ball or other similar fidget activity toy.
- A Whole New Game - build flexible thinking skills by using game/sport objects in a different way to create a new and unique game. For example a soccer ball can become a tool for balancing by balancing it on your head for a length of time. This can be done individually or in groups.

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Healthy Bodies

We've moved our bodies, we've given our minds a hug, and now its time to learn how to be mindful about what we put into our bodies. Healthy eating is more than the foods you eat: being mindful, learning cooking skills, enjoying your food, and more are critical tools to ensuring we stay healthy. How we treat our bodies inside and out will keep us healthy.

To complete the Healthy Bodies Component, you can complete any of the following challenges – Sparks/Embers must complete 1, Guides/Pathfinders/Rangers must complete 2:

- What is mindful eating? Learn about this practise and try to implement it in planning your meals for a camp.
- Explore Canada's Food Guide and complete at least one of the following:
 - Using art supplies, create a collage of some of your favourite foods that help contribute to mindful eating.
 - Make a rainbow meal.
 - Create a family meal plan for a week.
 - Create a mindful meal plan for a family of four (2 adults, 2 kids) on a weekly budget of \$100.
- Learn how to cook a new recipe that excites you (Sparks, Embers and Guides should have adult supervision).
- Create a new recipe or modify a recipe you find into something new and exciting.
- Get creative in the kitchen! As a group participate in a Master Chef competition and have fun!
- Learn a new camp cooking skill.
- Staying hydrated is very important! Decorate a water bottle to encourage you to drink more fluids.
- Learn about proper sun care. What is SPF? Complete the SunSense Challenge from NB/PEI Councils (counts as 2 challenges).
- Getting enough sleep is also important. Try to keep track of how much sleep you get each night (if you use a smartwatch they typically record the information, or ask someone to help keep track). Do you get enough sleep? Do you sleep too much? How can you improve your sleep schedule?

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Movement Challenge

Challenge your unit to get moving outside of unit meetings! Give each girl a copy of this Movement Challenge Record Sheet and have them record their active minutes in the chart below and submit their total active minutes to their Guider by April 28th. Then the Guider will email nl-program@girlguides.ca with the unit's total number of active minutes by April 30th. The unit with the average most recorded minutes per girl throughout April will receive a special prize worth \$50 after the challenge is complete!

Date	Activity Completed	Active Minutes Completed

Total Active Minutes: _____