

Girlguiding Anglia – Canada International Challenge



We are a group of 11 girls and 4 leaders going on an international to Canada in July 2026! We would love your support in raising some money to help us get there. We have created a fun Canada themed challenge pack which you can tailor to each unit and section.

We suggest each section (Rainbows, Brownies, Guides, Ranges and Trefoil) do at least one activity from each activity sub-section (Guiding in Canada, Crafts, Food and drink, Song and dance and games) and then each section above rainbows does +1

Rainbows = 1 activity from each sub-section (total 5 activities)

Brownies = 1 activity from each sub-section + 1 extra activity (total 6 activities)

Guides = 1 activity from each sub-section + 2 extra activities (total 7 activities)

Rangers & Trefoil = 1 activity from each sub-section + 3 extra activities (total 8 activities)

But feel free to do more!

Contact us at: angliatocanada2026@gmail.com

Activities

Girlguiding In Canada:

1. Uniform + Neckers
2. Sections
3. Promise/ Law

Crafts:

1. Maple leaf keyrings
2. Maple/ moose/beaver bunting
3. Paint rocks for the rock

Food:

1. Make pancakes with maple syrup
2. Make Cheesy chips (Poutine)
3. Canadian maple butter tarts
4. Nanaimo bars

Songs and dance:

1. Sing Canada Girlguiding songs
2. Learn Red River jig

Games:

1. Dragon Tag
2. Moose, Moose, Beaver (Duck, Duck, Goose)
3. Niagara Falls Game
4. Landmark Scavenger Hunt/ Match up
5. Canadian celebrity quiz
6. Canadian Wordsearch
7. General Canadian Quiz

Girlguiding in Canada

Uniform + Neckers

Girl Guides in Canada all wear the same t-shirt and have different neckers for their section.

The top is navy with a white promise badge.

The neckers are white and the colour of the maple leaves shows which section the member belongs to:

- Sparks have pink
- Embers have orange
- Guides have dark blue
- Pathfinders have green
- Rangers have red



Make the Uniform

Some ideas:

- Worry dolls
- Peg dolls
- Paper dolls (you could make a chain)
- Make (sewing or otherwise) the uniform for a teddy bear

Instructions for worry dolls [Worry Doll Instructions](#) (wrap the legs with one colour for trousers and the torso/arms with navy wool for the uniform top - use wooden beads - add white fabric with coloured dots/shapes as the necker)

Colour the Necker

Please see the template of the necker colouring sheet in the resources section of this document.

Colour in the necker in the corresponding colours of your section.

Girlguiding in Canada

Find out about Canadian Girlguiding by putting the matching pairs together. You could hide them around your meeting place or turn it into a game of snap, for example.

Find the about Girlguiding in Canada grid in the resources section of this document

The Promise Badge

Create the Promise badge - you could draw/colour, paint, make a giant version out of sticks, embroider...the choice is yours!



The Promise

Which section would you be in if you were in Canada?

Have a look at their Promise - how does it differ from your Promise? Create a Promise card with the Canadian Promise on one side and the UK Promise on the other.

Find the promise and sections grid in the resources page.

Crafts

Maple leaf keyring

What you will need:

- Maple leaf cut from red felt (template to scale)
- A keyring
- Needle and thread
- Safety pins
- Scissors

Instructions

1. Cut out the template (in resources) and draw round this on red felt.
2. Cut the shape out of felt
3. Take a keyring and push the shape through they keyring, folding it in half and attaching the two halves with two safety pins.
4. Using either running stitch or blanket stitch, sew around the perimeter of the shape to attach both halves
5. Once you have sewn round the whole shape, secure the thread and take out the safety pints

Maple/ Moose/ Beaver bunting

What you will need:

- Card
- Pens/pencils
- Scissors
- String/ Ribbon

Instructions

1. Trace 3 of each template onto card (you can cut as many as you like and whichever shapes you choose)
2. Cut them out and decorate as you like
3. With the help of a leader, make two holes in the shapes were indicated
4. Take a piece of string or ribbon the length you would like your finished bunting to be and thread this through the shapes
5. Once all your shapes have been threaded on, space them evenly and you have your finished bunting.

Find templates in the resources section of the document

Paint Rocks for the rock

Did you know that Dwayne (The Rock) Johnson is from Canada? To celebrate one of the biggest names in Hollywood why not paint a rock in his honour.

You can design your rock anyway you like. Either paint your rock or cut out letters from old magazines and glue on positive messages.

Why not leave your rock in your local neighbourhood for others to find and enjoy!



Food

Pancakes and maple syrup

Ingredients:

- 135g/4¾oz **plain flour**
- 1 tsp **baking powder**
- ½ tsp **salt**
- 2 tbsp **caster sugar**
- 130ml/4½fl oz **milk**
- 1 large **egg**, lightly beaten
- 2 tbsp melted **butter** (allowed to cool slightly), plus extra for cooking
- Maple syrup

Method

1. Sift the flour, baking powder, salt and caster sugar into a large bowl. In a separate bowl or jug, lightly whisk together the milk and egg, then whisk in the melted butter.
2. Pour the milk mixture into the flour mixture and, using a fork, beat until you have a smooth batter. Any lumps will soon disappear with a little mixing. Let the batter stand for a few minutes.
3. Heat a non-stick frying pan over a medium heat and add a knob of butter. When it's melted, add a ladle of batter (or two if your frying pan is big enough to cook two pancakes at the same time). It will seem very thick but this is how it should be.
4. Wait for about 3 minutes until the top of the pancake begins to bubble, and the edges begin to set. Flip it over and cook for another two minutes until both sides



are golden brown and the pancake has risen to about 1 cm/½in thick. If the pancake is too dark, reduce the heat slightly for the next round.

5. Repeat until all the batter is used up. You can keep the pancakes warm in a low oven, but they taste best fresh out the pan.
6. Serve with lashings of real maple syrup and extra butter, if you like.

Cheesy Chips (Poutine)

Ingredients:

- 1 kg bag chunky oven chips
- 2 x 125g pack mozzarella balls, roughly torn
- 1 tbsp butter
- 1 large red onion, finely sliced
- 1 tbsp flour
- 450ml pack beef stock



Method:

1. Preheat the oven to gas 6, 200°C, fan 180°C and spread the oven chips out on a tray. Cook for 22-25 minutes until golden, crisp and piping hot.
2. In the meantime, make the gravy. Melt the butter in a saucepan set over a medium heat, then add the onion. Season, and cook for about 10-15 minutes until softened. Add the flour, stir to coat then cook for a minute. Gradually add the stock a little at a time, stirring constantly to prevent lumps. Once all the stock has been added, cook for 5 minutes, until thickened and bubbling.
3. To serve, divide the chips between bowls, pour over the gravy and top with mozzarella. Serve immediately.

Canadian Maple Butter Tarts

Ingredients:

- 1 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 cup cold butter cubed
- 1/4 cup lard cubed
- 1 egg yolk
- 1 teaspoon vinegar
- ice water
- Filling:
 - 1/2 cup packed brown sugar
 - 1/2 cup corn syrup
 - 1 egg
 - 2 tablespoons butter softened
 - 1 teaspoon vanilla
 - 1 teaspoon vinegar
 - 1 pinch salt
 - 1/4 cup currants
 - 1/4 cup raisin
 - 1/4 cup chopped pecans



- 1/4 cup shredded coconut

Method

1. In large bowl, whisk flour with salt. With pastry blender or 2 knives, cut in butter and lard until mixture resembles coarse crumbs with a few larger pieces.
2. In liquid measure, whisk egg yolk with vinegar; add enough ice water to make 1/3 cup (75 mL). Sprinkle over flour mixture, stirring briskly with fork until pastry holds together. Press into disc; wrap in plastic wrap and refrigerate until chilled, about 1 hour. *Make-ahead: Refrigerate for up to 3 days.*
3. **Filling:** In bowl, whisk together brown sugar, corn syrup, egg, butter, vanilla, vinegar and salt until blended; set aside.
4. On lightly floured surface, roll out pastry to 1/8-inch (3 mm) thickness. Using 4-inch (10 cm) round cookie cutter (or empty 28 oz/796 mL can), cut out 12 circles, rerolling scraps once if necessary. Fit into 2-3/4- x 1-1/4-inch (7 x 3 cm) muffin cups. Divide currants among shells. Spoon in filling until three-quarters full.
5. Bake in bottom third of 450 F (230 C) oven until filling is puffed and bubbly and pastry is golden, about 12 minutes. Let stand on rack for 1 minute. Run metal spatula around tarts to loosen; carefully slide spatula under tarts and transfer to rack to let cool.

Nanaimo Bars

Ingredients

For the biscuit base

- 125g softened butter
- 50g caster sugar
- 5 tbsp cocoa powder
- 1 egg
- beaten
- 200g digestive biscuits
- blitzed to crumbs
- 100g desiccated coconut
- 50g chopped almonds (optional)

For Custard icing

- 100g butter (softened)
- 4 tbsp double cream
- 3 tbsp custard powder
- 250g icing sugar

For Chocolate topping

- 150g dark chocolate
- 50g butter



Method

1. Start by making the biscuit base. In a bowl, over a pan of simmering water, melt the butter with the sugar and cocoa powder, stirring occasionally until smooth. Whisk in the egg for 2 to 3 mins until the mixture has thickened. Remove from heat and mix in the biscuit crumbs, coconut and almonds if using, then press into the base of a lined 20cm square tin. Chill for 10 mins.
2. For the middle layer, make the custard icing; **whisk** together the butter, cream and custard powder until light and fluffy, then gradually add the icing sugar until fully incorporated. Spread over the bottom layer and chill in the fridge for at least 10 mins until the custard is no longer soft.
3. Melt the chocolate and butter together in the microwave, then spread over the chilled bars and put back in the fridge. Leave until the chocolate has fully set (about 2 hrs). Take the mixture out of the tin and slice into squares to serve.

Song and Dance

Songs

They All Call it Canada

Side by side and step by step
Our fathers were marching along
They were building a road to the future
With a spade and a smile and a song.
Out of the wildness and out of the sand
Grew the land that we live in today.
Though the job to be done has barely begun,
There is one thing I'm proud to say:
My country is my cathedral
The northern sky its dome
They all call it Canada
But I call it home
The mountains, the lakes and valleys
Are friends that I have known
They all call it Canada
But I call it home
From the Atlantic to the Pacific
From the pole to the U.S.A.
We're on united brotherhood
And united we will stay
The people across the border
And far across the foam
They all call it Canada
But I call it home

https://www.youtube.com/watch?v=6Ee4XD_GxRs

A Place to Stand

Give us a place to stand
And a place to grow
And call this land Ontario.

A place to live
For you and me
With hopes as high
As the tallest tree.
Give us a land of lakes
and a land of snow
And we will build Ontario
A place to stand,
a place to grow
Ontari-ari-ari-o!
From western hills,
To northern shores.
To Niagara Falls,
Where the waters roar.
Give us a land of peace,
Where the free winds blow.
And we will build Ontario
A place to stand, a place to grow Ontari-ari-ari-o!

<https://www.youtube.com/watch?v=bisa1nNNZA0>

Tree Song

Once upon a time
There was a tree
The prettiest tree
That you ever did see!

Chorus:

*And the tree was in the ground
And the green grass grew all around, all around,
And the green grass grew all around!*

Now on that tree
There was a branch
Just the prettiest little branch
That you ever did see!

Chorus:

*And the branch was on the tree
And the tree was in the ground
And the green grass grew all around, all around
And the green grass grew all around!*

...add on twig, nest, egg, bird, wing, feather, flea, elephant!

Actions:

Ground: move both arms out from the body horizontally (i.e. as a movie director would when saying "cut!")

Tree: two hands trace parallel lines starting at the level of your head and heading downwards
Branch: hold one arm out as a branch

Twig: hold up your pinkie finger

Nest: cup your hands
Egg: make a fist
Bird: one hand pointed forward at your face as a beak, the other sticking out behind as a tail
Wing: flap one arm
Feather: trace the path a feather would take as it falls through the air
Flea: indicate something really small
Elephant: trace the outline of something really big!

Ham and Eggs

Team 1 - I LIKE MINE FRIED NICE AND BROWN (normal)
Team 2 - I LIKE MINE FRIED UPSIDE DOWN (a bit louder)
Team 1 - FLIP 'EM (louder)
Team 2 - FLOP 'EM (louder still)
Team 1 - FLIP 'EM (even louder still)
Team 2 - FLOP 'EM (a lot louder)
Everyone - HAM AND EGGS (really loud)

Grey Squirrel

Grey squirrel (one paw comes up--put arm with floppy hand in front),
Grey squirrel (next paw comes up),
Swish your bushy tail (Guess what you wiggle here!).
Grey squirrel (one paw comes up--put arm with floppy hand in front),
Grey squirrel (next paw comes up),
Swish your bushy tail (Guess what you wiggle here!).
Wrinkle up your funny nose (wrinkle your nose),
Put a nut between your toes (bend down and touch the ground between your toes).
Grey squirrel (one paw comes up--put arm with floppy hand in front),
Grey squirrel (next paw comes up),
Swish your bushy tail (Guess what you wiggle here!).

https://www.youtube.com/watch?v=J1U5i_scF_M

The Beaver Song

Beaver one, beaver all, let's all do the beaver crawl
Ch ch ch, ch ch ch, ch ch ch, ch ch ch (make "beaver teeth" with fingers, move hands alternately up and down on each "ch")
Beaver two, beaver three, let's all climb the beaver tree
Ch ch ch, ch ch ch, ch ch ch, ch ch ch (tree climbing action on each "ch")
Beaver four, beaver five, let's all do, the beaver jive
Ch ch ch, ch ch ch, ch ch ch, ch ch ch (John Travolta dance on each "ch")
Beaver six, beaver seven, let's all go to beaver heaven
Ch ch ch, ch ch ch, ch ch ch, ch ch ch (flap arms like wings on each "ch")
Beaver eight, beaver nine, STOP! It's beaver time!
Ch ch ch, ch ch ch, ch ch ch, ch ch ch (spin around in circles)

Big Buffalo Big

buffalo come from mountain far, far away
Big buffalo come from mountain far, far away
Far, far away, hee hee hee!
Far, far away, hee hee hee!
Big buffalo come from mountain far, far away

Actions:

Big: arms out to each side as if measuring something large

Buffalo: two fingers up at either side of head, imitating horns

Come from: both hands pointing back over one shoulder Mountain: arms in a point over head Far, far away: hold forearms up to shoulders, then rotate down to point right in front of you, repeat twice

(Repeat using Tiny and Humungous buffalo, altering actions and your voice appropriately!)

Red River Jig

Using the videos below try and learn the Canadian dance – the red river jig!

https://www.youtube.com/watch?v=oTwc_Gqbg14

https://www.google.com/search?q=red+river+jig+canada+&sca_esv=eb6537429eff7540&sxsrf=AE3TifOKHfZCVdzUvl-fNeJ3e3K5vnoX1A%3A1759596658537&ei=cIDhaJnEINDAhbIPu8qY0A4&ved=0ahUKEwiZxZ6ugluQAxVQYEEAHTslBuoQ4dUDCBA&uact=5&oq=red+river+jig+canada+&gs_lp=Egxnd3Mtd2l6LXNlcniAiFXJlZCByaXZlciBqaWcgY2FuYWRhIDIEECMYJzIGEAAyFhgeMgYQABgWGB4yBhAAGBYHjIIEAAYogQYiQUyCBAAGKIEGikFMggQABiABBiiBDIIEAAYogQYiQVikQRQ5wJY5wJwAXgAkAEAmAF3oAHHAaoBAzEuMbgBA8gBAPgBAZgCAqACgwHC A goQABiwAxjWBBhHmAMAIAYBkAYIkgcDMS4xoAeGC7IHazAuMbgHfsIHAzItMsgHCA&scIent=gws-wiz-serp#fpstate=ive&vld=cid:c25d2dad,vid:EDgqZYSQtyU,st:0

<https://www.youtube.com/watch?v=894xfQ7mvUc&t=61s>

Games

Dragon Tag

Divide participants into teams of four or five.

The players in a team make a line and each player will place their hands on the shoulders of the player in front of them to form a Dragon.

The player at the rear will wear a flag football belt with one flag attached at the back (or a piece of fabric connected by a clothespin to the back of their belt).

This will be their dragon tail.

Have the Dragon teams spread out.

When the game starts, the player at the front of each Dragon must try to snatch the tails of the other Dragons.

If a Dragon has its tail stolen, the Dragon is eliminated, and the team sits off to the side. A team is also eliminated if their Dragon breaks apart.

The last Dragon team with a tail wins.

Play again and switch up the position of members in a team.

Moose, Moose Beaver

Like duck, duck goose but with moose instead of duck and beaver instead of goose

Niagara Falls Game

What you need:

Teams of 4 (if you don't have an even number add an extra person into the water chain)

1 litre water bottle per team (no lid)

1 plastic cup for every girl

A large bucket of water

An outside space

Instructions:

1. One of the most famous natural wonders in the world and in Canada is Niagara Falls. 4 of the 5 Great Lakes flow into Niagara Falls, Lake Superior, Lake Michigan, Lake Huron and Lake Erie, before the water goes over the falls into the 5th lake, Lake Ontario.
2. To set the game, put the bucket of water at one end of your outdoor space and the empty 1 litre bottles at the other end.
3. In groups of 4, explain to the girls they are going to represent the 4 lakes. Girl 1 is Lake Superior, Girl 2 is Lake Michigan, Girl 3 is Lake Huron and Girl 4 is Lake Erie. If you do not have even numbers add another girl into the line. The girls are going

to pass water between each other from the bucket to fill up the empty bottle of water, representing the flow of water through the Lakes to Niagara Falls.

4. Each person in the team has a plastic cup. The first person stands by the bucket of water, the other 3 should be spaced evenly between the bucket and water bottle.
5. When the leader shouts Go, the first girl fills her cup with water from the bucket and runs to the second girl and passes her the water. The second girl runs to the third girl passing the water to her and so on down the line.
6. The first girl should continue to keep passing the water to the second girl all the time.
7. Once the water reaches the fourth girl, she should run to the water bottle and empty the water into it.
8. The first team to overflow the bottle wins and shouts Niagara Falls.

Take it further:

For Guides and Ranger units, rather than telling them the order of the Great Lakes, give each group of 4 the names of lakes on separate pieces of paper and challenge them to put them in the right order. Check the girls answer, telling them how many they have in the right place, but not which ones are correct. Once they have the right order the girls can run to their positions and start passing the water down the line.

Landmark Scavenger hunt and match up

Cut out pictures and hide around your room

To make it more difficult you can also cut out the names and get the girls to match them with the pictures.

Find the pictures and landmarks in the resources section

Canadian Celebrity Quiz

Try and name all our favourite celebrities from Canada.

Find the picture quiz and answers in the resources section

Canadian Word Search

Find all the words in our Canadian themed word search. Find the words hidden in all directions — horizontally, vertically, diagonally, and backwards!

Find the wordsearch in the resources section.

General Canada Quiz

Can you answer 10 questions all about Canada, test your knowledge and maybe you will learn some cool new facts!

1. What is the capital city of Canada?

- a) Toronto
- b) Ottawa**
- c) Montreal

2. What is the national animal of Canada?

- a) Moose
- b) Beaver**
- c) Wolf

3. How many different time zones does Canada have?

- a) 4
- b) 5
- c) 6**

4. How many moose are estimated to be in Canada?

- a) 500,000 to 1,000,000**
- b) 1,000,000 to 1,500,000
- c) 1,500,000 to 2,000,000

5. Which iconic pizza topping was first invented in Canada?

- a) Meat Lovers pizza
- b) Ham & pineapple pizza**
- c) Pepperoni

6. How many of the Great Lakes can be found in Canada?

a) 3

b) 4

c) 5

7. What ingredient would you not find in poutine?

a) Gravy

b) Cheese

c) Basil

8. Which sport was invented in Canada?

a) Wheelchair basketball

b) Wheelchair rugby

c) Sitting volleyball

9. What is the name of the largest mountain range in Canada?

a) Andes

b) Rocky Mountains

c) Appalachian Mountains

10. What are the two most common languages spoken in Canada?

a) English and Spanish

b) English and French

c) English and German

Resources

About Girlguiding in Canada Grid

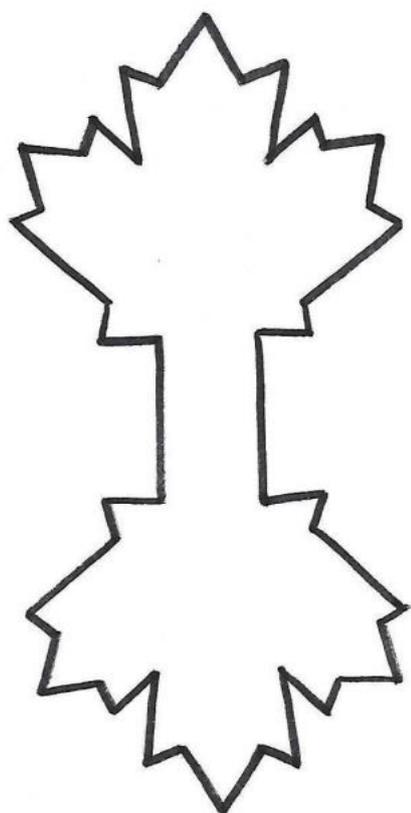
Canada is in...	...the Western Hemisphere Region of WAGGGS.
As of 2018, there are...	...97,149 members.
Sparks are...	...5-6 years old.
Embers are...	...7-8 years old.
Guides are...	...9-11 years old.
Pathfinders are...	...12-14 years old.
Rangers are...	...15-17 years old.
The first Canadian Guide units were established...	...in Ontario in 1910.
In 1911...	...the first Guide camps were held.
By 1912...	...Guiding had spread across Canada.
In 1917...	...the Canadian Council of Girl Guides was incorporated by an Act of Parliament.
In 1961...	...the organisation became known as Girl Guides of Canada-Guides du Canada.

Their vision is...	...a better world, by girls.
Their mission is...	...to be a catalyst for girls empowering girls.
Girl Guides of Canada-Guides du Canada have five values...	...which are respect, learning, adaptability, partnership, and joy.

The Promise

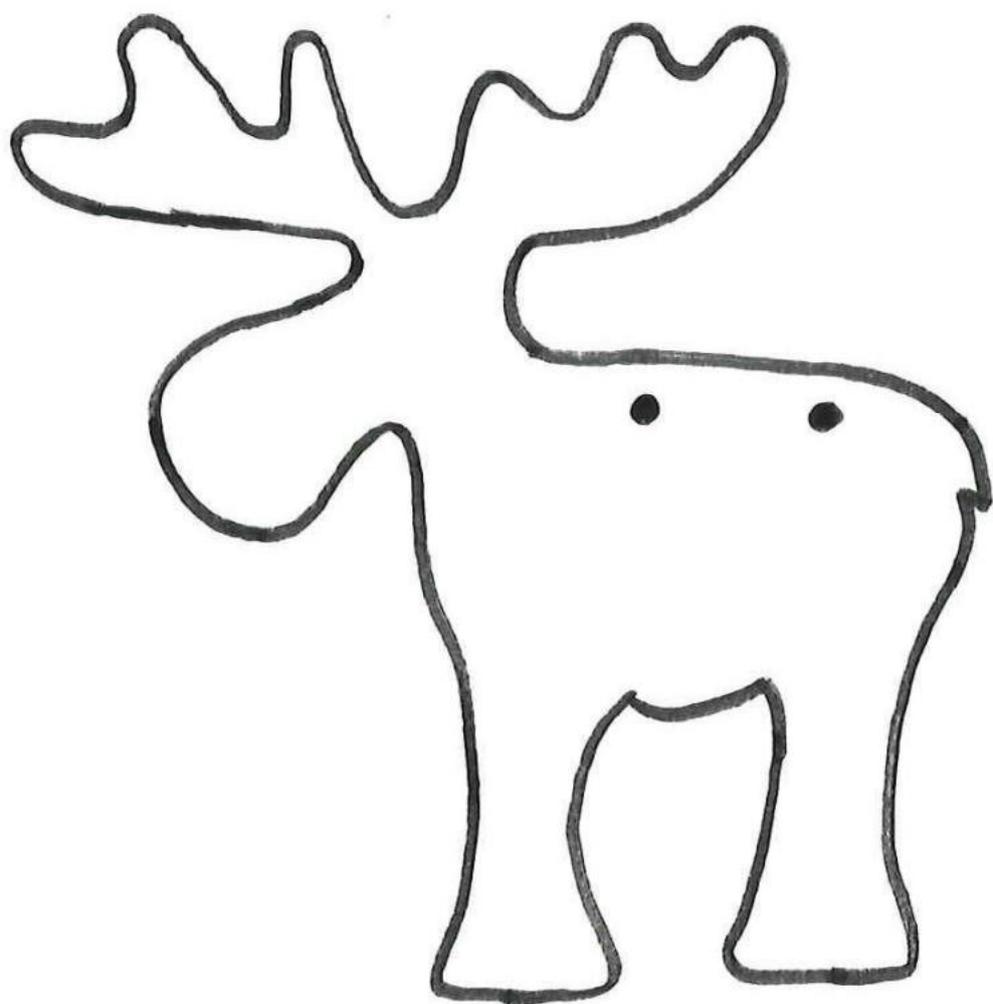
Section	Ages	Promise
Sparks	5-6	I promise to share and be a friend.
Embers	7-8	I Promise to do my best, To be true to myself, my beliefs and Canada I will take action for a better world And respect the Ember Law.
Guides Pathfinders Rangers	9-11 12-14 15-17	I Promise to do my best, To be true to myself, my beliefs and Canada I will take action for a better world And respect the Guiding Law.

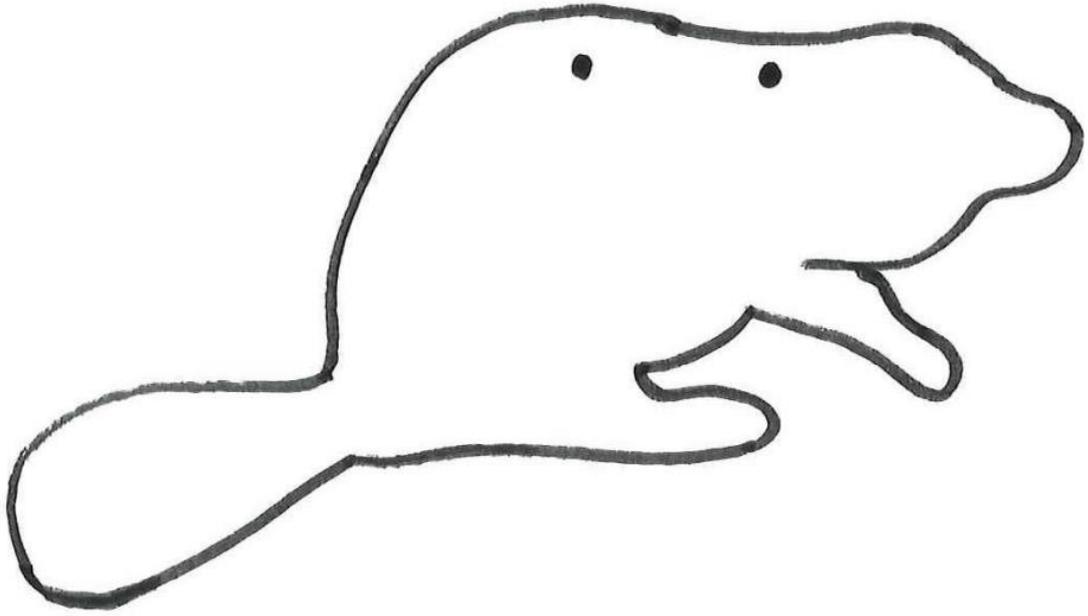
Maple leaf keyring



Maple leaf/ Moose/ Beaver bunting templates







Canadian Word Search

Word List:

CANADA, TORONTO, HOCKEY, MAPLE, MOOSE, BEAVER, NIAGARA, BASEBALL,
POUTINE, CN TOWER

M	A	P	L	E	N	T	C	H	O	C	K	E	Y
O	T	O	R	O	N	T	O	I	P	O	U	T	I
O	U	C	N	T	O	W	E	R	S	A	S	E	A
S	E	C	A	S	U	B	O	L	C	V	B	B	G
E	B	E	A	V	E	R	E	R	A	N	A	A	A
C	A	M	A	P	A	I	I	G	N	A	I	S	R
N	I	A	G	A	R	A	P	O	A	S	O	E	A
O	R	L	M	A	O	P	E	C	D	B	L	B	B
P	O	U	T	I	N	E	T	O	A	C	H	A	H
L	L	A	B	E	S	E	A	B	E	A	V	L	E
E	H	O	M	O	O	S	E	O	A	L	A	L	M

Word search answers

M	A	P	L	E	N	T	C	H	O	C	K	E	Y
O	T	O	R	O	N	T	O	I	P	O	U	T	I
O	U	C	N	T	O	W	E	R	S	A	S	E	A
S	E	C	A	S	U	B	O	L	C	V	B	B	G
E	B	E	A	V	E	R	E	R	A	N	A	A	A
C	A	M	A	P	A	I	I	G	N	A	I	S	R
N	I	A	G	A	R	A	P	O	A	S	O	E	A
O	R	L	M	A	O	P	E	C	D	B	L	B	B
P	O	U	T	I	N	E	T	O	A	C	H	A	H
L	L	A	B	E	S	E	A	B	E	A	V	L	E
E	H	O	M	O	O	S	E	O	A	L	A	L	M



CN



Niagara Falls



Parliament Hill



Vancouver Island



Banff & Jasper National Park



Graffiti Alley



Gooderham Building

Canadian Celebrity Quiz

1)



2)



3)



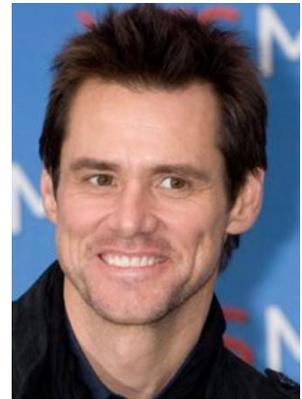
4)



5)



6)



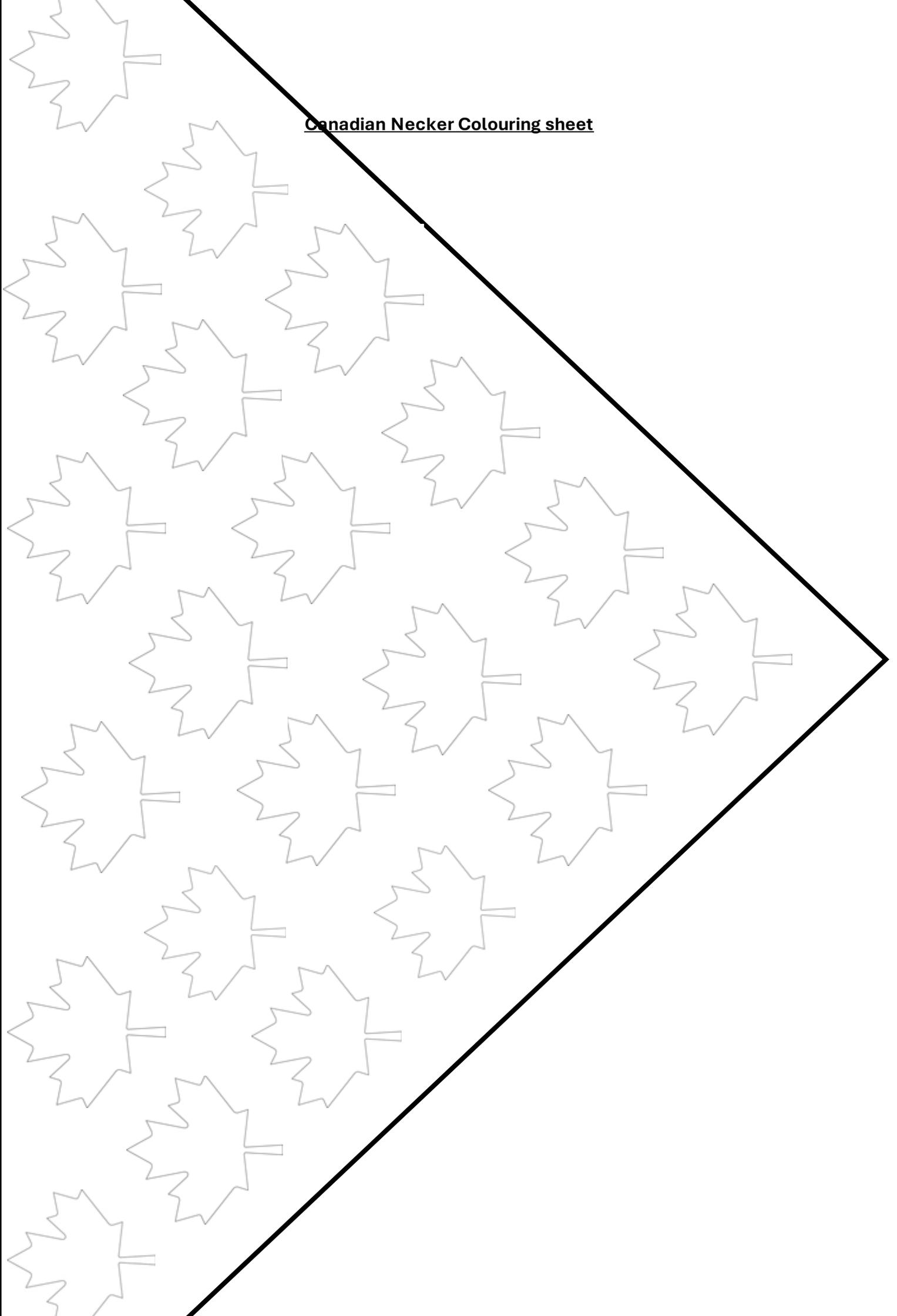
Answers:

- 1) Ryan Gosling
- 2) Dwayne (the rock) Johnson
- 3) Justin Bieber
- 4) Ryan Reynolds
- 5) The weekend
- 6) Jim Carrey



Toronto Harbour

Canadian Necker Colouring sheet



Badge Order form



Unit:

County:

Contact Name:

Address to post badges:

Contact email/ phone number:

		COST
Number of badges required £1.20 each		£
+ Postage	1-6 Badges = £1 6-35 Badges = £2 Over 35 Badges = £3	£
	Total cost =	£

PAYMENT INFORMATION

Pulsatilla Rangers

Account number: 82704968

Sort code: 30-96-26

Can all completed forms be emailed to

angliatocanada2026@gmail.com where we will confirm receipt.