

Guides Instant Meeting – Theme: Arctic Nights (NWT/Nunavut)

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Games:

Flashlight Tag (Prep Time: None) (Playing Time: 10 minutes)

Materials:

- ☆ A large open playing area
- ☆ Flashlights
- ☆ Whistle

How to:

- ☆ Players pair off and create a flashlight signal with their partner (one short & one long flash, three short flashes, etc.)
- ☆ Partners separate and go to opposite ends of the playing area.
- ☆ Signal the start of play with a whistle.
- ☆ Each pair of girls tries to reunite as quickly as possible by sending flashlight signals to their partners.
- ☆ The first pair to reunite wins.

Flashlight Limbo (Prep Time: None) (Playing Time: 15 minutes)

Materials:

- ☆ 2 flashlights

How to:

- ☆ Clear some floor space and turn off the lights.
- ☆ Two girls, each holding a flashlight, stand a few feet apart, turn on the flashlights and point them at each other to create a level beam of light.
- ☆ Everyone else limbos under!

Optional:

- ☆ Add music (taped or singing)

Crafts:

Mini Star Projectors (Prep Time: 10 minutes) (Meeting Time: 15 minutes)

Program Connections: Astronomer Badge Parts #6 and #7

Materials:

- ☆ Empty film canisters (black ones work best)
- ☆ Copies of Inuit constellations (see attached)
- ☆ Large darning needles or push pins
- ☆ Tape
- ☆ Scissors
- ☆ Paper
- ☆ Markers
- ☆ Small Flashlight (optional)

How to:

- ☆ Cut out a constellation pattern. Tape it to the bottom of a film canister. ** The constellation patterns have been reversed (mirror-image), so they will project correctly as they would appear in the sky.
- ☆ Use a needle or push pin to make small holes in the bottom of the film canister representing each star in the constellation.
- ☆ Label your canister with the name of the constellation (or place it inside on a slip of paper)
- ☆ Project the constellation by slipping the film canister over the end of a small flashlight and pointing it at a wall in a dark room. ** The constellation can also be viewed by holding the open end of the canister up to your eye, and looking towards a light source. **

Suggestions:

- ☆ Make a number of different constellation projectors, and use them to help learn the names of constellations.
- ☆ Decorate the outside of your film canister with a label or piece of paper and stickers or markers.
- ☆ Add a string to the canister and replace the lid to make a hat craft.
- ☆ Write a short story about the constellation, and store it inside the canister. Project the constellation and read your story to create an instant star show.

Activities:

Inuit Star Legends (Prep Time: None) (Meeting Time: 20 minutes)

Program Connections: Encountering My Community #3a
Exploring My Future #2
Astronomer Badge Part # 5

Materials:

- ☆ Copies of Inuit legends (see attached)
- ☆ Mini Star Projectors (optional)

How to:

- ☆ Divide girls into several groups (such as their Patrols).
- ☆ Give each Patrol a copy of one or more Inuit legends.

Group Prep time (10 minutes)

- ☆ Ask each group to read their legends, and make up a legend of their own about how a particular constellation came to be. They must be prepared to present their legend to the rest of the Unit.

Presentations (10 minutes)

- ☆ Each group (Patrol) presents their legend to the others by reading it, as a skit, or in some other way.
- ☆ Set a time limit for presentations! 2-3 minutes per group should be enough.

String Games (Prep Time: None) (Meeting Time: 10 minutes)

String games were traditionally played during the winter, when the sun doesn't rise. They are played only until the first appearance of the constellation Aagjuuk, signalling the return of daylight in the spring. Many string figures are created to illustrate a story or legend.

Program Connections: Encountering My Future #2b

Materials:

- ☆ String
- ☆ String Figure Instructions
 - Attached sheet gives instructions for "Alaskan Star" figure
 - Additional figures can be found in books or on the Internet

Instructions:

- ☆ Measure & tie string loops for each person as indicated on the String Games sheet.
- ☆ Demonstrate the Alaskan Star figure, and have the girls follow along to create the figure.

- ☆ Provide copies of the Alaskan Star or other string figure instructions, and allow the girls to practise these or any other string figures (such as cat's cradle) that they may know.

Flashlight Hike (Prep Time: 15 minutes) (Meeting Time: 20 – 30 minutes)

Materials:

- ☆ Flashlights
- ☆ Pencils & paper
- ☆ Juice Can Lids or Cardboard
- ☆ Tinfoil
- ☆ Tape
- ☆ Black Permanent Marker

How To:

Before the Meeting:

- ☆ Cover juice can lids or cardboard pieces with tinfoil (shiny side out).
- ☆ Write one letter from a "secret" word or message on each one with a black marker.
- ☆ Hide the letters in the area where you will be hiking (indoors or out). They should be placed so the shiny tinfoil will reflect flashlight beams.

At the Meeting:

- ☆ Give each girl a flashlight, pencil & piece of paper.
- ☆ As you hike, challenge the girls to shine their flashlights around and find as many letters as possible. They should write down the letters they find, and use them to try and discover the "secret" message or word.