

## **Sparks Instant Meeting – Theme: Snow (NWT/Nunavut)**

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### Games:

#### **Igloo Game (Prep time: < 5 minutes) (Playing time: 5 minutes)**

An igloo is a house made out of snow!

##### Materials:

- A large towel or bed sheet
- Tape player and tapes (optional)

##### How To Play:

- At the leader's signal (blow a whistle or turn on music), the girls can run around, dance, etc.
- When the music is turned off, the girls crouch down and close their eyes.
- The leader covers one of the girls with the sheet (She goes into her igloo)
- The remaining girls open their eyes and try to guess who has been hidden. (Optional - The first one to guess correctly can become the leader for the next round.)

#### **Snowball Tag (Prep time: None) (Playing time: 5 minutes)**

##### How To Play:

- Everyone is a snowflake in this game.
- One person is "It" to start.
- When "It" tags someone, they hold hands and continue to chase other "snowflakes" to add to their snowball.
- When there are 4 "snowflakes" in a snowball, they can split into two smaller snowballs and continue chasing loose snowflakes.
- The game continues until all the "snowflakes" have been added to snowballs. The last one caught can become "It" for the next game.

**Snow Storm (Prep time: None) (Playing time: 5-10 minutes)**

Inuit people in Canada's arctic have many different words for snow.

<b>Word</b>	<b>Description</b>	<b>Action</b>
Qali	Snow that collects on tree branches	Extend arms above head and sway gently from side to side (be a tree)
Api	Snow on the ground – even thickness, especially in forested areas	Lay down flat on floor
Siqoq	Drifting or blowing snow	Run around with arms extended. Make "wind blowing" sound effects.
Upsiq	Wind-hardened tundra snow cover – varies greatly in thickness	Slap open palms against thighs.
Kanik	Ice crystals that form on solid cold objects when warm moist air passes over them (e.g. telephone poles)	Wiggle fingers while moving hands from above head to floor level (sparkling of crystals)

**How to Play:**

- Introduce two of the snow words to the girls to start with. Tell them the meaning, and have them repeat the words a couple times while doing the actions.
- Have the girls spread out around the room and call out a snow word – they do the action.
- Call out the words slowly at first – allowing plenty of time for everyone to do the action, then faster and faster. When the first words are mastered, add another one, etc.

### **Snowshoe Relay (Prep Time: 5 minutes) (Playing Time: 5 minutes)**

Source: <http://www.guidezone.skl.com>

#### Materials:

- A bare (uncarpeted) floor
- Old newspapers (2 sheets per team)
- Chairs or other goals (1 per team)

#### How to Play:

- Divide the girls into teams of 4-6 players each.
- Line the teams up at one end of the playing area.
- Place a chair or other goal to run around near the opposite end of the playing area. (1 per team)
- Give each team a pair of "snowshoes" (2 sheets of newspaper)
- Each member of the team places her feet on the sheets of paper, "snowshoes" (shuffles) to the other end, around the chair, and back to the start line. She passes the "snowshoes" to the next person in line and goes to sit at the back of the line.
- The first team to finish wins.

#### Activities:

### **Snow Ice Cream (Prep Time: 10 minutes) (Meeting Time: 10 minutes)**

Source: <http://www.family.com>

#### Materials:

- 10 cups loose, clean snow (collect after a fresh snowfall if possible – store in a sealed container outside or in your freezer)
- 1/3 cup milk
- 3/4 cup sugar
- 2 tsp vanilla
- Large mixing bowl
- Spoon for mixing
- Measuring cup
- Measuring spoon
- Small paper cups & plastic spoons (for tasting)

#### How to:

- Collect snow as soon after a snowfall as possible. Find a clean "untouched" area of snow, and gently remove the top layer. Collect the snow from the undisturbed layer below.
- Mix snow, sugar, and vanilla together in a large bowl.
- Add the milk, a little at a time until the desired consistency is reached.
- Sample, and adjust sugar and vanilla as desired.

\* This recipe makes enough for 12 servings (approx ½ cup each) \*

## **Dressing for Snow (Prep time: 10 minutes) (Meeting time: 10 minutes)**

### Materials:

- 1 or more sets of winter clothing (adult size)
  - Hat
  - Mitts
  - Scarf
  - Jacket
  - Snow or wind pants
  - Wool Socks
  - Boots
  - Etc.
- 1 or more sets of summer clothing (adult size)
  - Sun hat
  - Sunscreen
  - Sunglasses
  - Tank top
  - Shorts
  - Sandals
  - Etc.

### How To:

- Discuss the appropriate type of clothes for playing in the snow. (5 minutes or less)
- Pile all the clothes at one end of the room
- Divide the girls into teams (1 team for each set of winter clothing) and have them line up at the other end of the room.
- Choose 1 girl to be the "model" for each team. The model does not run or dress herself.
- Team members take turns running to the pile of clothes, selecting 1 piece of winter clothing (i.e. 1 boot, a hat, etc.) and returning to the team. She dresses the model in the clothing item while the next person is running.
- When the model is fully dressed, she runs to the other end of the room.
- Check to see if each model is wearing a full set of winter clothing (no sandals or tank tops.)
- \*\* Bonus points for anyone who picks sunglasses or sunscreen! The sun can be very bright in the winter too, especially when it reflects off the snow. Aboriginal people traditionally made "snow goggles" from bone or wood with a thin slit to look through. These goggles were worn outdoors in winter to prevent snow blindness.

## Crafts

### **Pasta Snowflakes (Prep Time: 5 minutes) (Meeting Time: 15 minutes + drying time for glue)**

#### Materials:

- Waxed paper (1 – 12" piece per girl)
- Pasta shapes such as wagon wheels, rigatoni, macaroni, etc.
- Glue
- Glitter (optional)
- String or ribbon

#### How to:

- Arrange pasta shapes on waxed paper to form snowflake designs.
- Glue together.
- Add glitter if desired.
- When glue has dried, tie a string or ribbon to the top for hanging.

### **Snow Paint (Prep Time: 10 minutes) (Meeting Time: 10-15 minutes + drying time)**

Source: <http://www.teelfamily.com>

#### Materials:

- Plastic squeeze bottles (old glue bottles, mustard bottles, etc.)
- Flour
- Salt
- Water
- Dark coloured construction paper (1 sheet per girl)

#### How to:

\*\* Before meeting, mix equal amounts of flour, salt, and water together to make the paint (it should be a bit thick and goey). Pour paint into the squeeze bottles and close tightly.

- Squeeze paint onto the construction paper to make a snowy scene.
- When the paint dries, it will sparkle like snow.

**Stick on Snowflakes (Prep. Time: 10 minutes) (Meeting time: 10 minutes + drying time for fabric paint ~ ½ hour)**

Source: <http://www.teelfamily.com>

**Materials:**

- Dimensional Fabric Paint
- Glitter
- Sandwich size Ziplock bag (1 per girl)
- Copies of snowflake patterns on paper (1 per girl)
- Plastic garbage bags or newspapers

**How To:**

- Cover work area with plastic bags or newspapers.
- Place a snowflake pattern inside the bag and "zip" it closed. Try not to have any air in the bag.
- Trace the outline of the snowflake onto the bag with fabric paint. Make sure the lines are filled in completely, with no gaps.
- Sprinkle glitter over wet paint.
- Allow paint to dry completely, and peel snowflake gently off of the plastic bag.
- Stick snowflake to any smooth surface, such as a window or refrigerator.

**Songs:**

- Forty years on an Iceberg
- Frosty the Snowman
- Jingle Bells