

Perfectly Effortless Programs: Camptastic Camp Rally



Activity Overview

The purpose of this packet is to get girls prepared and excited about Girl Scouts of the Missouri Heartland's resident camps. Use this PEP as a guideline for your next troop meeting or service unit rally to help girls become familiar with the different camps and some activities they might do at camp. The PEP is divided by age levels with suggested outdoor skills, games, and crafts.

About GSMH Resident Camps

Cherokee Ridge Program Center

Nestled in the foothills of the Ozarks lies a captivating view of Lake Potashnik where Cherokee Ridge rests on the St. Francis River near Sam A. Baker State Park in Wayne County. Cherokee Ridge is the home of Girl Scouts of the Missouri Heartland's equestrian program. Girls can experience the thrill of a horseback ride, swim in the sparkling pool, learn to shoot a bow and arrow, or catch a fish. Cherokee Ridge builds memories to last a lifetime. Come experience the fun and adventure that is waiting for you!

Accommodations: Screened Cabins & Sleeping Lodge

Program Highlights:

Archery

Canoeing

Environment Education

Out of Camp Trips

Sports

Arts & Crafts

Equestrian Program

Fishing

Outdoor Living Skills

Swimming

Finbrooke Program Center

This program center is tucked away just outside of Springfield in Christian County along the beautiful Finely River. It offers a wide variety of programs designed to encourage and support girls in their quest to face and overcome outdoor adventures. Finbrooke offers the ultimate camp experience, providing options including the excitement of rappelling off the tower, swimming in an Olympic sized pool, hiking to the "Hidden Falls," and perfecting your shot at the archery range.

Accommodations: Cabins, Perma-Tents, Huts, & Platform Tents

Program Highlights:

Archery

Basketball Courts

Climbing Tower

Low Ropes Challenge Course

Outdoor Living Skills

Arts & Crafts

Canoeing

High Ropes Challenge Course

Mountain Biking

Swimming

Latonka Program Center

Tucked away in its own cozy private cove on beautiful Lake Wappapello in Wayne County you'll find Latonka, "Home by the Water." Challenge yourself on the low ropes adventure course, swing through the trees on the high ropes course, spend some time in the recreational hall, soar down the zip line, cook over a campfire, swim in the lake, or soak up the sun on the sandy beach front. You'll have lots of fun learning outdoor skills you can use for the rest of your life.

Accommodations: Cabins (Lights/Ceiling Fans), Sleeping Lodge, Platform Tents

Program Highlights:

Archery
Canoeing
High Ropes Course
Outdoor Living Skills
Sailing
Swimming

Arts & Crafts
Fishing
Low Ropes Course
Recreational Activities
Sports
Wilderness Skills

Mintahama Program Center

Mintahama boasts a private 12-acre lake with Goose Island in the center fit for primitive camping perfect for canoeing and paddle boating. Mintahama is located just outside of Joplin in Newton County. Come explore the wildlife at the nature center, shoot a picture and develop it in the dark room, perfect your shot at the archery range, take a nature hike along the lakeshore, or enjoy a dip in the pool. This wonderland is yours to explore.

Accommodations: Sleeping Lodging, Cabins, Platform Tents, & Tree Houses

Program Highlights:

Archery
Canoeing
Fishing
Paddle boating
Swimming

Arts & Crafts
Environmental Education
Outdoor Living Skills
Photography
Wilderness Skills

Introduction

Discuss each resident camp and what opportunities it has to offer. Bring the camp guide (December Issue of Girls Newsletter) for the girls to look at the new and exciting camp sessions offered. Ask which camp sessions they want to attend. After they are excited about camp, have them prepare their snack.

Snack

GORP stands for "Good Old Raisins and Peanuts." The traditional recipe is below, but you can make substitutions based on your group's needs and/or tastes. This snack is not only nutritious, but it is a traditional snack for Girl Scouts at camp and in troop activities! You can make it ahead of time and explain what it is, or you can have the girls mix it up and make their own.

GORP

Raisins
Granola
Peanuts
Chocolate candy

Mix well in a large bowl or large Ziploc bag. Share straight from the bowl or bags or transfer to sandwich bags for individual portions. Amounts are not given because the amounts of each individual ingredient will vary based on the likes and dislikes of the group.



Daisies

Outdoor Skill: Outdoor Manners

Discuss how you can have good manners in the out-of-doors and discuss some bad manners, too. Review some good manners (see below) that might not have been discussed.

- Leave a place better than you found it
- Leave no trace
- Clean up
- Respect wildlife – don't feed the animals
- Leave nature as you found it – look, don't touch

Go on a hike around the meeting place and practice good manners.

Games

Elbow Tag

How to play: A simple twist on an old game! Divide the girls into pairs and have each girl link an elbow with her partner. You will need one volunteer to be "it" and another to be the runner. The person who is "it" tries to tag the runner; however the runner can avoid being tagged by linking elbows with any other pair. Once they link elbows, the other member of the pair must take off as the new runner. If the runner is tagged, she becomes "it" and the old "it" is now the runner.

Little Sally Walker

How to play: The group stands in a circle with one person in the middle. The person in the middle walks around inside the circle while everyone else sings, "Little Sally Walker walking down the street. She didn't know what to do so she stopped in front of me." (at this point, the one in the middle stands in front of someone and does a dance move while still singing...) "Hey girl, do your thing, do your thing, switch!" (Then that person that got picked does the dance move while still singing.) "Hey girl do your thing, do your thing, switch!" The new person now walks on the inside of the circle and continues the game.

Craft

Pet Rocks

Supplies Needed:

- One or more rock for each girl
- Paint (acrylic works best, but any paint will do)
- Paint brushes
- Glue or hot glue gun (for alternative pet rocks)
- Protected surface on which to work

How to do it: One way to make pet rocks is to let the girls choose a rock to paint based on the shape or something else that they like about that particular rock. Once they have the rock, they can paint it in any way they want, but recommend that they put eyes on it so that it can see. It can be a solid color, striped, polka dotted, have their name painted on it, or a design. Some of the best designs come from what the girls like to do or see (i.e. clouds on a blue background, tiger stripes, a watermelon slice, a roller skate, etc.). An alternative way to make pet rocks is to take a bunch of smaller rocks and glue them together in the shape of an animal and then paint it. This is where the hot glue gun comes in handy (don't forget to check your *Safety Activity Checkpoints*). Now you have an easy care pet to play with, pet, and look at without the chore of feeding and cleanup!

Brownies

Outdoor Skill: Dressing for the Weather

Discuss with the girls about how to dress in different types of weather (cold days, hot days, days when it starts off cold, and gets warm) and dressing in layers.

Dressing for the Weather Relay Race

Provide clothing applicable to the weather scenarios, hot, rainy, and cold. Create two teams and race. An adult will call out a weather scenario and each girl will have to run to the bag and put on items that should be worn. This game will continue until every girl has participated. Here are some fun items to include floppy hats, big sunglasses, gloves, ponchos, and giant boots. Layer up and enjoy the fun and weather.

Games

People to People Twister

How to play:

- Pair up in groups of two and stand back to back. Make sure participants introduce themselves to one another. Then the leader will say different combinations that the group has to try to get while staying back to back (right hand to right hand, left foot to right foot, head to head, right hand to left leg, etc.). The pairs must maintain all called combinations until they switch partners.
- Once the leader says “People to People,” they will then switch partners. If you have an odd number of participants, the odd person is the leader. Once pairs switch, the odd person out is the new leader.

Animal Who Am I?

How to play: Divide the girls into groups of five to ten. Tell them that they must form their groups into types of animals or insects. Give each group time to work together. Then everyone tries to guess what animal or insect each group is.

Craft

Friendship Pins

Supplies Needed:

- Safety pins of different sizes (let the girls make several pins to share with new and old friends)
- Small beads (assortment of colors, glass or plastic)

How to do it: Each girl gets a couple of pins. String beads onto the pointed end of the pin, creating any color scheme. Put as many beads on as the pin will allow. When pins are complete, each girl can swap a pin with another girl in the troop and give their other pins away to friends or family.



Juniors

Outdoor Skill: Nature Scavenger Hunt

It is important to be aware of your surroundings. Take the girls outside and give them the challenge to find various items with names that begin with each letter of the alphabet. Go in order from A to Z.

Games

Birthday Lineup

How to play: Explain to the group that you want them to line up in chronological order, according to birthdays, without talking. After the girls line up, discuss how they arrived at their formation and if there are any double birthdays.

Find the Leader

How to play: The group sits in a circle. "It" goes out of the room or away from the group, and the leader is designated. The leader leads the group in a series of motions, such as hand-waving, foot-stomping, and ear-wiggling. "It" returns to the center of the circle, as the group is following the leader, and must guess who the leader is. When "it" guesses correctly, the leader then becomes "it."

Craft

Tie Dye

Supplies Needed:

- One clean white cotton t-shirt, bandana, pair of socks, pillowcase, or other item per girl
- Big bag of rubber bands
- Dye packets (or a kit – many are available at most craft stores)
- Tubs for the dye
- Rubber gloves to protect your hands
- You do not need to have new clothing items so long as it is white, clean and cotton (synthetics don't take dye well) **and are parent approved!** You can easily get rubber bands for free from most post offices if you ask nicely and tell them it is for a Girl Scout project. Dye packets are relatively inexpensive and you can choose either hot water dyes or cold water dyes.

How to do it: Prepare your dye as directed by the manufacturer. You may want to wear rubber gloves to protect your hands during the process. Make as many dye baths as colors you have chosen to dye with. Decide what sort of design you want and which colors you want to use. Lay out your shirt or other item flat first, then fold or gather and tie with rubber bands as desired. Cover your work area so that the dye doesn't stain it. Start dying, starting with the lightest color you want to use first if you are using more than one color. Some dyes require a rinse immediately and some need to wait a day first (see manufacturer instructions for how to set the dye). When dying is complete, be sure to wash your containers immediately. Each girl can take their item home and allow it to dry there (send home in a plastic bag if still wet). Be careful washing the garment for the first time. It should always be washed alone in cold water!

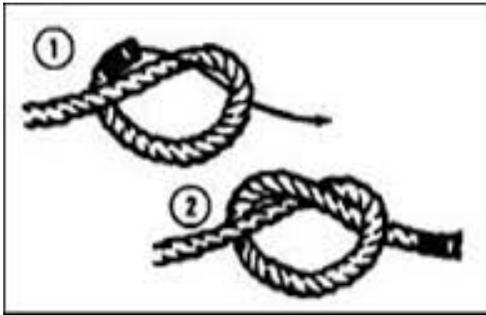




Outdoor Skill: Knot Tying

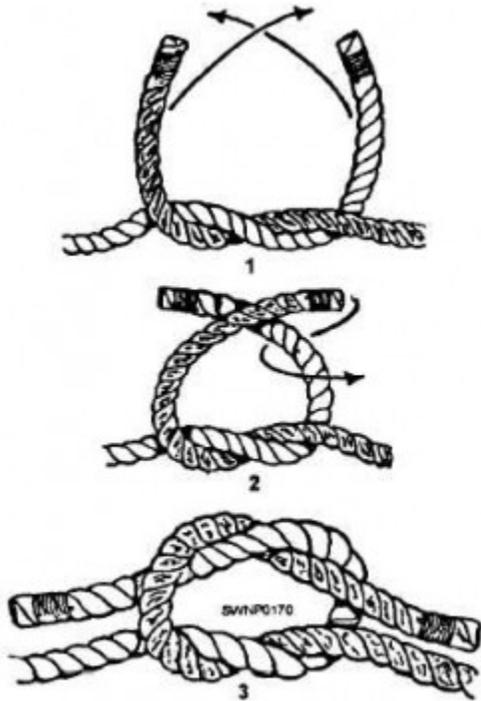
Teach the girls how to tie an overhand, square knot, clove hitch, and bowline. Explain the purpose or use for each knot. Gather rope that is hand to shoulder length for each girl. Once they have mastered the knots, test their skills with a relay race. (See game below.)

The **overhand knot** is useful for tying shoes, or at the end of another knot to keep it from working free.



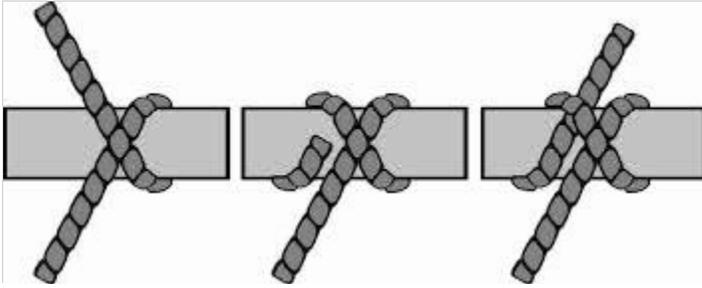
1. Make a loop and bring on end around the rope and through the loop.
2. Pull both ends of the rope tightly.

The **square knot** is used to join two ropes of the same thickness. Also, it's used to tie a bandage in place.



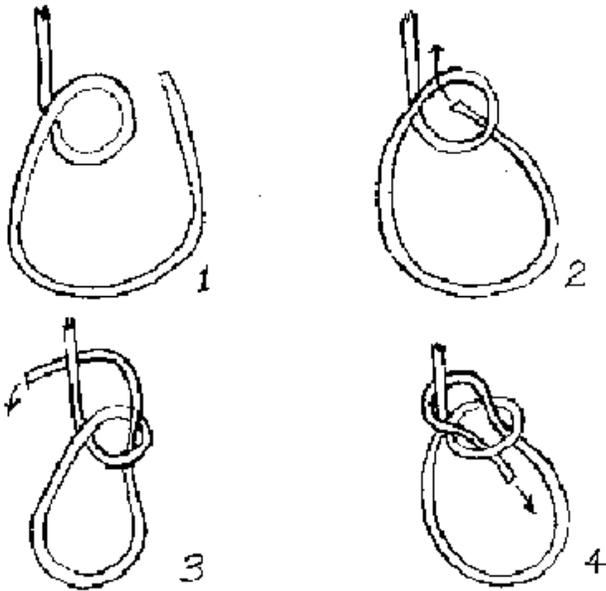
1. Hold the ends of the rope in each hand. Cross end left over right end, then push it under and through.
2. Then cross right over left, pushing right under and through the loop.
3. Tighten by pulling both loose ends.

The **clove hitch** is used to fasten one end of a rope around a post or tree. For instance, the clove hitch could be used when putting up a clothesline between two trees.



1. Pass the short end of the rope around the back of the tree. Bring the short end around in front and cross it over the long part of the ropes, making an "X".
2. Hold the "X" with your thumb while you wrap the rope around the post again below the first turn.
3. Push the rope end under the "X", so that the end comes out between the two turns around the post. Pull the short end with one hand and the long end with the other. As long as there is a steady pull on the long end, the hitch will not loosen.

The **bowline** is used at the end of a rope to form a loop that will remain the same size. The knot can be used to form a loop over a peg, hook or to make a loop around a post, tree, or even a person's waist.



1. Make a small loop by passing the working end over the standing end of the rope. (The lengths of the rope from this loop to the end of the working portion of the rope will be the approximated circumference of the final loop that will be formed.)
2. Bring working end up through the loop.
3. Pass the working end behind the standing part of the rope.
4. Push working end down through the loop again. Tighten up pulling on the standing and working ends of the rope.

Fire Rescue Relay Game

You will need teams and one girl to be the person in distress. She will be positioned about 20 feet from the remaining teams of girls. Each team will be given 6-7 pieces of rope segments, measuring approximately 4-5 feet in length each. The object is to tie the segments of rope together with a square knot into one length; then throw one end to the person in distress and pull her from the fire to safety.

Games

Human Knot

How to play: Five to ten girls stand in a circle. Each places her hands in the center and takes hold of the hands of two people other than those standing next to her. The group must take work together to untie the knot without releasing hands.

Can't Laugh

How to play: The group lays down flat on the ground with their head on another's stomach. The group will have formed a zigzag. Every person will say, "Ha" and depending on where they are in the zigzag depends on how many times they say, "Ha". For example: if a girl is the third person in the zigzag she would say, "Ha" three times. While the group says their respective "Ha" the entire group can not laugh if they do then the group has to start all over again.

Craft

Friendship Bracelets

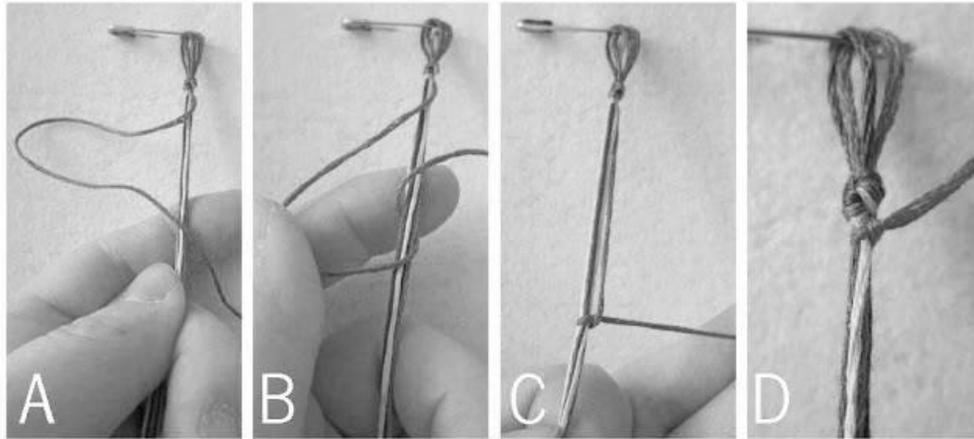
Supplies Needed:

- Embroidery Floss (various colors)
- Scissors

How to do it:

- Grab three or four (or more) colors of embroidery floss. The more colors you choose, the thicker your bracelet will be. For each color, cut a length of string about 2 to 3 arm lengths long. Gather all of your strings together. Find the middle of the strings and fold in half. Tie a knot to make a loop.
- Make sure your loop is big enough for your strings to go back through later. This is the loop you'll send your strings back through to tie it onto your wrist when you're finished. Slip the loop onto a safety pin. Fasten the safety pin to a stable surface.
- *Tip:* To take your project outside or on the road, pin it to your pants! Gather all but one of your strings together in one hand. Keep one string off to the side.





A - Create a loop with your string off to the left side.

B - Pull your string end through the loop.

C - Pull your string tight.

D - Holding all of the other strings taught; pull the single string upward until your knot reaches the top.

Repeat steps A through D over and over again. For this bracelet, make 5 knots at a time in each color. When you're ready to change colors, simply return your single string to the other strings. Pull out a single string of the next color you'd like to use and continue tying knots (following steps A through D). Check the length as you go to decide how long you want your bracelet to be. When you're finished, tie a knot at the end (using all of the strings). Leave a few inches of string at the end and cut off the excess. Remove the bracelet from the safety pin. To tie, pull the excess string through the loop and tie a knot.

Closing

Close the meeting by reviewing the fun things the girls did and what they have learned about camp. Ask them if they are excited about going to camp and what session they would like to attend.

Make sure to ask the parents/guardians if they have received their camp guide in the mail yet, and if they have planned on signing their girl up for camp this year. Let them know how important it is that they consider it and all the benefits their girl could receive by going.

