

# Arab Region

## 5-REGION CHALLENGE



Girl Guides of Canada Guides du Canada

ONTARIO COUNCIL

Created: October 2008

The Five Region Challenge is a chance to learn about the 146 countries where Guides live.

Have fun, explore and use your artistic abilities as you challenge yourself to apply your program in the context of another region.

Each year, you will learn about one of the WAGGGS five Regions and earn a diamond-shaped crest for your camp hat, poncho or blanket.

Each section is beautiful on its own.

Earn all five to form a brightly coloured star radiating from a map of the World.



# Arab Region

Units must complete **one challenge** from each of the **ARTS** sections, plus **one** from the **OUTREACH** section.

All units are encouraged to make a paper copy of the WAGGGS Asia Pacific Region map. Put it together as a puzzle. This may involve colouring and cutting the countries apart or just assembling the map. How else could you use the map?

In addition **Adult Members, Rangers and Pathfinders** are to choose a WAGGGS Arab Region member and follow a news story located there for two to three weeks.

## **LIST OF RESOURCES**

There are many valuable resources available to help you complete this challenge. Several that are recommended are:

### **Craft Resources**

The Middle East, The lands and their people

Maureen Ali, published by MacDonal Educational, ISBN 0-336-13161-0

Iraq, The Culture

Bobbie Kalman, published by Crabtree Publishing Company, ISBN 0-7787-9688-4

United Arab Emirates Yearbook 1999

Published by Trident Press, ISBN – 1-900-724-29-4

Jordan, Enchantment of the World

Patricia K. Mummer, published by Scholastic, ISBN 0-516-24870-7

Countries Of The Middle East, World In Conflict

Cory Gunderson, published by ABDO Publishing Co., ISBN 1-59197-419-4

The Arabian Nights

Williams-Ellis, Amabel, published by Blackie Children's Books, Library Reference - 398.21 WIL

### **Drama Resources**

Iraq, the Culture

April Fast, published by Crabtree Publishing Company, ISBN 13: 9780778796886

The story of Gilgamesh and Utnapishtim

The Persian Cinderella

Shirley Climo, published by The Bowen Press, ISBN 269004822X

The Egyptian Cinderella

Shirley Climo, published by Crowell, Library Reference - LHS A CLI

Tales from the Arabian Nights

James Riordan, published by Childrens PressChoice, Library Reference - J 398.22ARA

Tales from the Arabian Nights

N. J. Dawood, publishes by Doubleday, Library Reference - 398 DAW

Spend the Day in Ancient Egypt



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Linda Honan, published by John Wiley, ISBN 978-0-471-29006-3  
[www.al-bab.com/arab/literature/poetry.htm](http://www.al-bab.com/arab/literature/poetry.htm)

## **Dance/Music Resources**

Middle Eastern Dances, by Penni Al-Zayer, published by Chelsea House Publishers, ISBN 97807910 76453

A Pictorial History of Turkish dancing : from folk dancing to whirling dervishes--belly dancing to ballet, by Metin And, published by Dost Yayinlari, Library Reference - 793.31956 A54  
[www.hinesmusic.com](http://www.hinesmusic.com)

## **Recipes**

[www.dltk-kids.com/world](http://www.dltk-kids.com/world)

[www.historyforkids.org/learn/egypt](http://www.historyforkids.org/learn/egypt)

[www.historyforkids.org/learn/islam/index.htm](http://www.historyforkids.org/learn/islam/index.htm)

[www.mideastfood.about.com/od/chicken](http://www.mideastfood.about.com/od/chicken)

Multicultural Snacks, by Susan Hodges, published by Warren Pub. House, ISBN – 10: 570290253

Multicultural Meals, by Bobbie Kalman , published by Crabtree Publishing, ISBN - 0-7787-1255-9

## **Other Resources**

<http://www.smilesprod.com/alphabet.htm>

<http://www.state.gov/countries/>

<http://worldatlas.com/aatlas/world.htm>

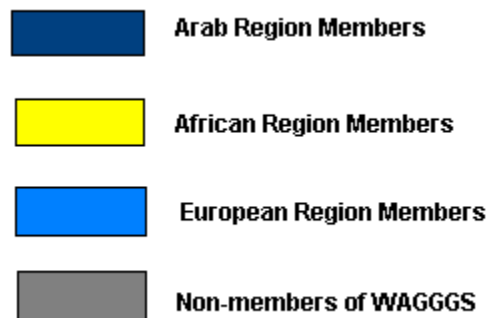
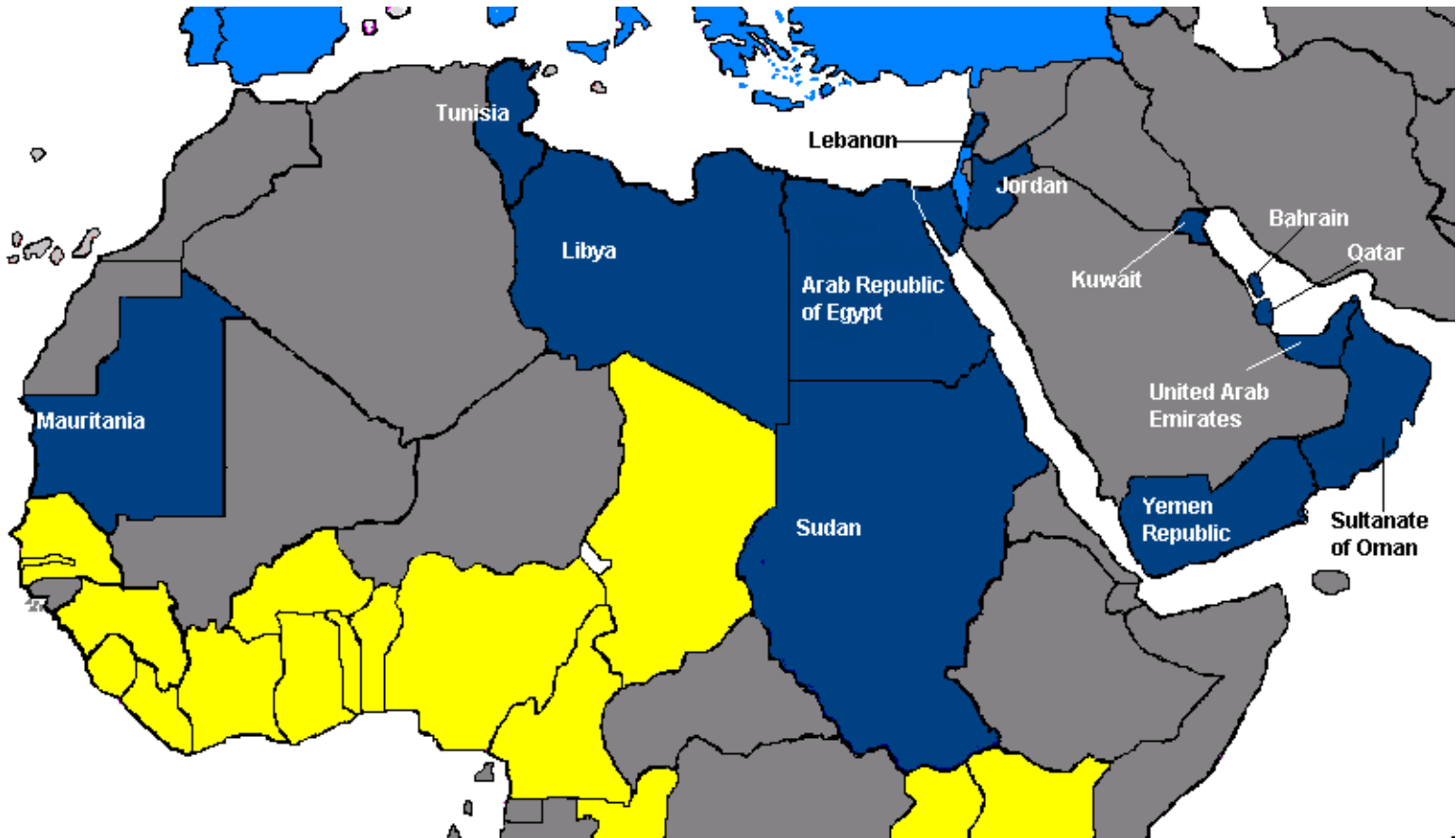
## **Outlook Resources**

Cleopatra, by Ron Miller and Sommer Browning, published by Chelsea House, ISBN-10: 0791095827



# Arab Region

## MAP OF ARAB REGION





# Arab Region

## MAP OF ARAB REGION



### **WAGGGS Members of the Arab Region**

**Bahrain  
Egypt, Arab Republic of  
Jordan  
Kuwait  
Lebanon  
Libya  
Mauritania**

**Oman, Sultanate of  
Qatar  
Sudan  
Tunisia  
United Arab Emirates  
Yemen Republic**



# Arab Region

## **CRAFTS**

Complete **one** craft from this section.

*Ranger Program Application: Take one of these ideas and teach it to a younger branch level – Explore your Creativity, #16 It's Child's Play; Leadership and Management, #2 – Leading Children, #4, My Inspiration, #7 – Developing Others, #21 – Make Learning Fun*

**Picture Mat** (suggested for S, B, G, P) - [see Appendix, page 1](#)

Materials needed:

- fun foam or scrapbooking paper
  - scissors
  - paint
  - white glue
  - gold glitter paint
1. Using fun foam or scrapbooking paper, cut out the centre of the mat to resemble a traditional Arabian window.
  2. Using gold glitter paint (or white glue sprinkled with gold glitter) make a lace design all around the frame.
  3. Have an “Arabian night” theme and take a picture of each Member of the unit dressed in a hijab (head covering).
  4. Put their picture in the frame.

*Program Application:*

*Sparks – The World Around Me – WAGGGS Craft*

*Brownies – Key to the Arts – Crafts from Afar*

*Guides – You in Guiding, Learn About WAGGGS, #6*

*Pathfinders – My Music, My Movies, and More – The Arts from A to Z, #6*

**Puppet Show of an Story from Iraqi** (suggested for S, B, G) - [see Appendix, page 2](#)

Materials needed:

- glove
  - scissors
  - felt
  - wool
  - fun foam
  - marker
1. Cut fingers of glove off and decorate the fingers of the glove with felt, wool, fun foam, marker, to resemble characters of a story.
  2. Play out the story below or one of the Arabian Nights stories.

*Program Application:*

*Sparks – The World Around Me - Additional Activities*

*Brownies – Key to the Arts – Puppet Play badge*

*Guides – Discovering You – Discover your Creativity, #2; Adventures in Guiding, Folklore badge*



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## **CRAFTS (cont'd.)**

### **Puppet Show of an Story from Iraqi (cont'd.)**

#### **The Epic of Gilgamesh**

An Iraqi story discovered on twelve clay tablets in King Ashurbanipal's library at Nineveh.

Taken from the book - *Iraq, the Culture* by April Fast

*Story of Gilgamesh and Utnapishtim –*

#### **Gilgamesh and Utnapishtim**

Gilgamesh travels to the land of Far-Away to see if Utnapishtim would share the secret of everlasting life with him. He travelled through many rivers in a boat propelled by a ferryman. After traveling many days he reached Utnapishtim and asked him to share his secret. Utnapishtim refused because nothing is meant to live forever. Even the rivers that Gilgamesh traveled on came to an end when they reach the ocean. Gilgamesh became angry and insisted that he wanted to be immortal.

Utnapishtim finally gave in and granted Gilgamesh his wish and told him to swim to the bottom of the ocean that surrounds the land of Far-Away and pick the magic plant that grows there and eat it. If this task was accomplished, Gilgamesh would live forever. Gilgamesh thanked Utnapishtim and immediately dove into the ocean and retrieved the magic plant.

When Gilgamesh rose from the water, he was very happy. He called for the ferryman to take him home. As they crossed the River of Death, Gilgamesh fell asleep. When he awoke, he cried with despair for he no longer held the magic plant. He looked into the water just in time to see a snake disappearing into the dark water with the magic plant in his mouth. Gilgamesh knew that the serpent would be forever young and that Gilgamesh would grow old and die.

Suddenly Gilgamesh was at the gates of his city where he saw his wonderful kingdom and the sight of all that he had built made him very happy. Gilgamesh decided that if he couldn't live forever he must find a way to make a difference in the world. He would build a stronger empire filled with wonderful structures, teach his people to be kind to one another and live the best way he could so that his life would have meaning.

#### **Resources for Arabian Night stories:**

*Tales from the Arabian Nights*

James Riordan, published by Childrens PressChoice, Library Reference - J 398.22ARA

*Tales from the Arabian Nights*

N. J. Dawood, publishes by Doubleday, Library Reference - 398 DAW

#### **Traditional Jordanian Bride** (suggested for B, G, P) - [see Appendix, page 2](#)

Weddings in Jordan are the most expensive event in a family's life and this is the reason that mass weddings are so common. These weddings are celebrated over several days. The signing of the marriage contract in front of witnesses is the actual wedding ceremony. After this the groom and all the men celebrate outside the bride's house while the women and the bride celebrate inside. Traditional brides are completely hidden behind veils.

Materials needed:

- One piece wooden clothes pin
  - white fabric
  - lace
  - ribbon
  - glue
  - small artificial flowers
1. Use a one piece wooden clothes pin for the bride's body and head.
  2. Cut out a circle approximately 8 ½ " of white fabric and lace.



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3. Put the lace on top of the fabric and tie them with the ribbon around the doll's neck.
4. Cut a piece of lace 2" x 5" then tie this as shown to make the bride's head covering and arms.
5. Glue a small flower bouquet to one of the hands.

## *Program Application:*

*Brownies – Key to the Arts – Crafts from Afar*

*Guides – Discovering You – Discover your Creativity, #6*

*Pathfinders – variation – My Music, My Movies, and More – The Arts from A to Z, #7*

## **The Dead Sea - Science Experiments** (suggested for B, G, P)

Materials needed:

- Glass jars (2)
- Water
- Salt
- objects to float
- pan
- something to collect the steam

*Can you make the Dead Sea in a jar and make objects float?*

1. Fill one jar  $\frac{1}{2}$  full of regular water and the other jar  $\frac{1}{2}$  full of heavily salted water.
2. Compare objects' ability to float by placing them in a jar and measuring where the water level is on the object. Then place the same objects in a jar with very salty water and see if the water level is at same place on the objects.
3. Experiment with cork, bottle caps, and pennies.

The Dead Sea in Jordan is supposed to have many magical healing and beautifying properties. Buy some Dead Sea products and have a spa night. How do they compare to other products? If there are no Dead Sea products available, you can use any facial products found in drugstores.

*Can you separate salt from the water and mine as in the great salt mines in Jordan?*

1. You will need salt water, pan to put the water in, something to collect the water vapours.  
Hint: Boil the salt water and collect the steam droplets.
2. Taste the water that you have collected. Does it taste salty?
3. After all the water has vaporized you should have a pile of salt and "fresh water" that you have collected.

This is also a survivor technique if you are ever stranded in a boat in the middle of a salt water body. You could use the sun to separate the salt from the water.

*Program Application:*

*Brownies – Key to S.T.E.M. – Caboosh!*

*Guides – Beyond You – Try New Things, #4; Science and Technology – Science badge*

*Pathfinders – Exploring a Theme – Everything Comes from STEM: Science, Technology, Engineering and Math, #1*

## **Prayer Rugs** (suggested for S, B, G, P) - [see Appendix for diagram \(anchor\)](#)

Muslims pray five times per day facing Mecca and they do this on a carpet. Iraqi carpets are decorated with geometric patterns that vary from region to region, in bright reds, oranges, browns, yellows and blues. The girls can make a miniature one.

Materials needed:

- Felt in various bright colours
- glue
- scissors
- protective material for the table



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## **CRAFTS (cont'd.)**

### **Prayer Rugs (cont'd.)**

#### Alternative Method – door mat

- vinyl squares, flooring or a door mat
  - white primer
  - small containers of various colours of craft paint
  - paint brushes and rollers
  - scissors
  - sponges
  - aluminum plates to hold the paint
  - sealer
1. Cut fringes on the short side of a 9" x 12" piece of felt.
  2. Cut thin strips of other felt, then cut these strips into tiny squares.
  3. Glue these squares onto the 9" x 12" piece making mosaic patterns.

#### Alternate Method:

1. Make mats by cutting left over vinyl flooring into rectangles 2 ft. x 3 ft.
2. With the wrong side up, use the primer paint to give a good coat on the vinyl.
3. Cut the sponges into small squares and pour coloured craft paint into plates so you can dip the sponges.
4. Decorate the vinyl in a mosaic pattern and then let them dry.
5. Finish with a coat of sealer - great for a door mat.

#### *Program Application:*

*Sparks – Let's Make Arts and Crafts*

*Brownies – Key to the Arts – Crafts from Afar*

*Guides – Discovering You – Discover your Creativity, #4, #6; Adventures in Guiding – Cultural Awareness badge, #5; Girls Creating – Creative Craft, #8*

*Pathfinders – My Music, My Movies, and More! – The Arts from A to Z, #6, 10*

### **Camp Hat Craft** (suggested for S, B, G) – see [Appendix, page 4](#)

Girls wear colourful costumes for Now-ruz or New-roz (pronounced NO-ROOZ) which means new day, or Kurdish New Year (the spring equinox, March 21).

#### Materials needed:

- Pictures
- fun foam
- fastening apparatus
- scissors
- crayons
- glue

#### Instructions

1. Colour a picture.
2. Make a fun foam doll for your camp hat.

#### *Program Application:*

*Sparks – Brownies and Beyond – Additional Activities; Let's Make Arts and Crafts*

*Brownies – Key to My Community – Celebrations; Special Days badge*

*Guides – Beyond You – Discover Your Community, #3; Adventures in Guiding – Cultural Awareness, #2*



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## **CRAFTS (cont'd.)**

### **Mosaic Eye** (suggested for S, B, G) - [see Appendix, page 13](#)

Iraqis traditionally believe that demons can steal a beautiful child, so they don't brag or call attention to the beauty of their babies or children. Most Iraqi families hang an eye symbol over a baby's bed to keep jealousy and evil spirits away.

Materials needed:

- fun foam
- sponge
- wood
- glue
- scissors

1. Create a Mosaic Eye out of fun foam, or sponge painted on wood, etc.

*Program Application:*

*Sparks – Let's Make Arts and Crafts*

*Brownies – Key to the Arts – Crafts from Afar*

*Guides – Beyond You – Discover Your Community, #1; Adventures in Guiding – Cultural Awareness badge, #2*

### **Weaving a Bookmark** (suggested for S, B, G) – [see Appendix, page 5](#)

This will help the girls learn about the weaving of rugs. Younger girls could use thicker wool and older girls can use embroidery floss.

Materials needed:

- unused meat tray
  - wool or embroidery floss
1. Take the unused meat tray and put little cuts across the top and bottom of the tray.
  2. Take your wool or embroidery floss and put the wool around the slits to make a base.
  3. Take the a long length of wool or embroidery floss and start weaving the material up and over the stands already placed in the slots.

*Program Application:*

*Spark – Brownies and Beyond, Additional Activities*

*Brownie – Key to the Arts – Art by Hand, Super Crafts badge*

*Guide – Discovering You – Discover Your Creativity, #2; Personal Growth – Heritage Home Skills, #3*

### **Clay Pot** (suggested to B, G, P)

Materials needed:

- clay
  - clay pot
  - paint
  - broken ceramic tile
  - protective cover for table
1. Shape clay into a pot and let it dry. Then paint it with a mosaic design.
  2. Older girls may want to use broken ceramic tile pushed into the moist clay in order to create their design.

*Program Application:*

*Brownie – Key to the Arts – Super Craft badge*

*Guide – Fun in the Outdoors – Gardening badge, #8; Girls Creating – Creative Craft, #3,*

*Pathfinder – A World to Discover – Around the World at Home, #2*



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## CRAFTS (cont'd.)

### Language Skills (suggested for S, B, G, P)

Materials needed:

- fun foam
- scissors
- pen/pencil to draw the word
- attachment apparatus, e.g., glue or sewing material

1. Learn the following terms.
2. Make fun foam greetings for your camp hat.

<u>English</u>	<u>Arabic</u>	<u>Kurdi</u>
Hello	Marhaba	Bakher
Goodbye	Maa'el Salama	Khwa hafiz
How are you?	Kaif halak?	Jone?
I am fine	Ana bikhair.	Bashim.
What sports do you play?	Ay riyada tala'o?	Jewavza shek akai?
My favourite sport is soccer	Ma riyadatak el Mofadala	Tob tobeen.

English	Kurdish	Pronunciation
bread	nan	NAHN
you	tu	TOO
friend	yar	YAHR
child	zar	ZAHR
water	av	AHV

### Program Application:

*Sparks – Brownies and Beyond - Additional Activities; The World Around Me – WAGGGS Craft*

*Brownies – Craft for Key to My Community*

*Guides – Adventures in Guiding – World Guiding badge, #5*

*Pathfinders – A World to Discover – Going Global, #2, Around the World at Home, #3*

### Pearl Bracelet (suggested for S, B, G,P)

One place pearls come from is the United Arab Emirates.

Materials needed:

- string
- needles, if using thin string
- white beads
- scissors

Instructions

1. Cut string to the size of the girl's wrists and add an additional 4 inches for tying.
2. Put a knot at one end of the string so the beads do not fall off during threading.
3. The girls thread the string through the white beads.
4. Put the bracelet around the girl's wrist and tie in a bow or knot making sure that the girl can remove the bracelet easily.



# Arab Region

## **CRAFTS (cont'd.)**

### **Pearl Bracelet (cont'd.)**

*Program Application:*

*Spark – The World Around Me - Craft*

*Brownie – Key to the Arts – Crafts from Afar*

*Guide – Beyond You – Try New Things, #6; Girls Creating – Creative Crafts badge, # 4*

*Pathfinder – My Music, My Movies, and More! – The Arts from A to Z, #6*

### **Falconry** (suggested for S, B) – [see Appendix, page 6](#)

Falconry is an important part of desert life, originally for purely practical reasons, to supplement the diet of dates, milk and bread with tasty hare or buzzard. Now it is a sport enjoyed by rich and poor alike in the United Arab of Emirates.

Materials needed:

- picture of falcons
  - crayons
1. Colour a picture of a saker (*falco cherrug*) or a peregrine (*falco peregrinus*) the two main species of falcons.

### **Wildlife** (suggested for S, B, G)

Materials needed:

- pictures of wildlife or scrapbooking paper
  - fun foam
  - scissors
  - crayons
  - colour markers
  - glue
1. Colour pictures, or use scrapbooking paper or fun foam to create the following wildlife:
    - Camel
    - Arabian Oryx
    - Flamingos
    - Arabian Tahr
    - Scimitar
    - Horned Oryx
    - Dessert Sand Fox
    - Chameleon
    - Hedgehog
    - Giraffe
    - Arabian Leopard
    - Ibex
    - Cama (half camel, half Llama)

*Program Application:*

*Spark – Let's Make Arts and Crafts – Additional Activities (mobile)*

*Brownie – Key to the Arts – All About Art badge (collage)*

*Guide – Science and Technology – Plants and Animals badge, #5*



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## **CRAFTS (cont'd.)**

**Flag Crafts** (suggested for S, B, G,P) - [see Appendix , pages 7 - 9](#)

Materials needed:

- picture of flags
  - fun foam
  - crayons
  - coloured markers
  - scissors
  - glue
1. Colour a picture of all the countries' flags or make the flags out of fun foam or felt for hat crafts.

*Program Application:*

*Spark – The World Around Me - Craft*

*Brownie – Key to My Community - Craft*

*Guide – Can be used for Thinking Day Event; Guiding Through out the World*

*Pathfinder – Around the World at Home, #7 – use to identify the food's origin at a meal*



# Arab Region

## **DANCE/MUSIC**

Complete **one** dance/music activity from this section.

### **Belly Dance**

Most dances in the Arab region are performed by men and women. One of the better known dances is the belly dance. Explain about belly dancing to the girls. Invite a local teacher of belly dancing or someone who does belly dancing to a meeting. You can have the girls make finger cymbals for the dance, as outlined below. This is adaptable for all levels, by using large buttons joined with wool etc. for Sparks and Brownies. Use the cymbals while you belly dance!

### **Finger Cymbals.** – see Appendix, page 13

Materials needed:

- 2 caps from baby food jars or buttons
  - wool
  - Craft foam
  - Low temp glue gun
  - Confetti, stickers etc.
  - Scissors
  - Glue
1. Cut two 1 7/8" circles out of foam. Glue them to the inside of the baby food jar caps.
  2. Cut a strip of foam 4 1/2" x 7/8". Glue into a loop and glue the loop inside a cap. This will slide onto 2 fingers. Cut a strip of foam 3 1/2" x 7/8". Glue into a loop and glue the loop inside the other cap. This will slide onto your thumb.
  3. Decorate with confetti or stickers.

*Program Application:*

*Spark – The World Around Me – Birthdays Around the World (part of the celebration)*

*Brownie – Key to the Arts - Around the World in Song and Dance, Share Your Talent for Dance badge*

*Guide – Discovering You – Stay Fit and Healthy, # 4; Being Healthy – Fitness Fun badge #; Girls Creating – Dancing badge*

*Pathfinder –Living Well – Active Living; Finding the Path – Beyond Pathfinders, #4;*

*Ranger - Healthy Living, #1 – Where's the Motivation, #4 – Pass It On, #5 – Dance, Dance, Dance*

Guides, Pathfinders and Rangers could make their own belly dance costumes. See [Appendix, page 11](#). Search the internet for some costume ideas (remember to talk about Internet Safety) or go to the public library for books on costumes.. Below are some suggestions:

Resources (Guides, Pathfinders and Rangers)

Middle Eastern Dances, by Penni Al-Zayer, published by Chelsea House Publishers, ISBN 793.31953 ALZ

A Pictorial History of Turkish dancing : from folk dancing to whirling dervishes--belly dancing to ballet, by Metin And, published by Dost Yayinlari, ISBN 793.31956 A54

Variation: Guides/Pathfinders/Rangers may wish to do an Arabian Night with the Sparks and Brownies. They could perform and teach them how to belly dance.



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## DANCE/MUSIC (cont'd.)

### Singing

Music is an integral part of Islam. Since Islam is a multicultural religion, there is a wide range of cultural music. You may wish to invite someone from a local Mosque to a meeting to share the music of their Mosque with your unit or listen to a CD of Arab music.

The music listed below is from Guiding songbooks and could be used at all levels.

- A Ram Sam Sam from *Our Chalet Songbook II*
- The Crocodile from *Sing a Song with Sparks and Brownies*
- Camels from the *Jubilee Songbook*
- ★If You Should Meet an Elephant from *Sing a Song with Sparks and Brownies*

#### *Program Application:*

*Spark – The World Around Me – Birthday Celebrations (part of the celebrations); Let's Sing Songs  
Brownie – Key to the Arts – Around the World in Song and Dance, Share Your Talent for Music badge*

*Guide – Adventures in Guiding – Campfire Leading badge, Cultural Awareness, #5, Girls Creating – Music Fan, #4, Performing Arts badge #6, Singing badge, #1, #6*

*Pathfinder – Let's Take it Outside – Outdoor Know how, #4, My Music, My Movies and More! – Get Musical, #1, The Arts from A to Z, #7*

*Ranger – Celebrate Guiding, 26 – Make it Special;*

You can also find songs at this link: [www.hinesmusic.com](http://www.hinesmusic.com)

The library is also a good source for songbooks and information about Islamic Music.

Sparks and Brownie are to sing **all** the **four** songs above

Guides are to sing **all** the **four** songs above and **one** Islamic song

Pathfinders and Rangers are to sing **all** the **four** songs above and **two** Islamic songs..

★If You Should Meet an Elephant is sung on the *Sing-a-long with Sparks and Brownies* CD which is at Guiding stores and the e-store at [www.thegirlguidestore.ca](http://www.thegirlguidestore.ca).



# Arab Region

## **DRAMA**

Complete **one** drama activity from this section.

### **Country Chants** – (suggested for B, G, P, R)

In pairs or small groups, girls make up a clapping chant using one of the WAGGGS member countries from the Arab region. Then share with each other.

Example:

- Clap hands together in front of the body and say “**S**”
- Tap floor on left side and say “**U**”
- Clap together and say “**D**”
- Tap floor on right side and say “**A**”
- Clap in front of the body and say “**N**”
- Raise both hands (palms up) and say “**SUDAN**”

*Program Application:*

*Brownie – Key to the Arts - Share your Talent for Music badge*

*Guide – Discovering You – Discover Your Creativity, #3; Girls Creating - Music Fan badge, Singing badge*

*Pathfinder – My Music, Movies and More! - Getting Musical – more complex chant*

*Rangers – Exploring Your Creativity, #6 - Let Everyone Know – more complex chant*

### **Interviews** (suggested for G, P)

Girls work in pairs. Each person is an Arab WAGGGS region traveler or famous person or character from a folktale she has heard or read about, and the other is the TV or radio personality interviewing her. Make sure the interviewer gets lots of information from her subject about the country, the problem or story.

Character example:

- Aladdin
- King Tutankhamen
- Cleopatra
- Lawrence of Arabia.

*Program Application:*

*Guide – You and Others – Building Skills in Communication #6; Beyond You – Try New Things, #1; Girls Creating – Reporting badge*

*Pathfinder – a World to Discover - What’s Up Around the World?, and Going Global (find out information about the country and customs)*



# Arab Region

## **DRAMA (cont'd.)**

### **Storytelling**

Scheherazade★ told stories about Aladdin, Ali Baba and other characters. Tell a story to the girls and have them act out the parts with sounds. Read a story about a country in the Arab Region to younger girls. Alternative for bridging; the older girls read the story to the younger girls. Girls can act out their favourite part.

Suggestions: The Persian Cinderella by Shirley Climo, The Egyptian Cinderella by Shirley Climo, Tales from the Arabian Nights by James Riordan

*Program Application:*

*Spark – The World Around Me – Additional Activities*

*Brownies – Key to the Arts - Hurrah for Reading*

*Guides – You and Others – Learn About Leadership in a Group, #1; Personal Growth – Reading badge*

*Pathfinders – Creating Your Future – Find Your Inner Leader, #7; My Music, My Movies, and More! - The Arts from A to Z, #7*

*Rangers – Explore Your Creativity, #16 - It's Child's Play*

★Scheherazade is a story about a woman who was destined to marry the King. This King would marry a new wife every day after he had beheaded yesterday's wife. Scheherazade learned that she was going to become the next wife and she decided that should would tell the King an exciting story that took all night. He wanted to hear more stories but she said it was too late and she would tell the next one that night. She did this for 1001 nights.

### **Mime** – (suggested for B, G, P, R)

Act out with charades a scene for others to guess what they are doing.

Suggestions:

- Crossing the Desert
- Climbing a Pyramid
- Riding a Camel
- Selling in a Bazaar

*Program Application:*

*Brownie – Key to the Arts – No Talking, I Can Be badge*

*Guide – You and Others – Build Skills in Communication, #2; Girls Creating – Performing Arts, #8 (in mime)*

*Pathfinder – My Muis, My Movies, and More! - The Arts from A to Z, #1 and #4 (done in mime)*

*Rangers – Explore Your Creativity, # 30 - Your Interests*

### **Puppet Show** – (suggested for S, B, G)

Materials needed:

- Gloves
- Felt
- Fun foam
- Markers
- Glitter

1. Cut the fingers from gloves and decorate them with felt, wool, fun foam, marker etc.
2. Act out the story from one of the Arabian Nights.

Variation: Paper bag puppets could be made by Sparks for a similar activity.



# Arab Region

## **DRAMA (cont'd.)**

### **Puppet Show (cont'd.)**

***The Epic of Gilgamesh*** –An Iraqi story discovered on twelve clay tablets in King Ashurbanipal's library at Nineveh.

#### **Gilgamesh and Utnapishtim**

Gilgamesh travels to the land of Far-Away to see if Utnapishtim would share the secret of everlasting life with him. He travelled through many rivers in a boat propelled by a ferryman. After traveling many days he reached Utnapishtim and asked him to share his secret. Utnapishtim refused because nothing is meant to live forever. Even the rivers that Gilgamesh traveled on came to an end when they reach the ocean. Gilgamesh became angry and insisted that he wanted to be immortal.

Utnapishtim finally gave in and granted Gilgamesh his wish and told him to swim to the bottom of the ocean that surrounds the land of Far-Away and pick the magic plant that grows there and eat it. If this task was accomplished, Gilgamesh would live forever. Gilgamesh thanked Utnapishtim and immediately dove into the ocean and retrieved the magic plant.

When Gilgamesh rose from the water, he was very happy. He called for the ferryman to take him home. As they crossed the River of Death, Gilgamesh fell asleep. When he awoke, he cried with despair for he no longer held the magic plant. He looked into the water just in time to see a snake disappearing into the dark water with the magic plant in his mouth. Gilgamesh knew that the serpent would be forever young and that Gilgamesh would grow old and die.

Suddenly Gilgamesh was at the gates of his city where he saw his wonderful kingdom and the sight of all that he had built made him very happy. Gilgamesh decided that if he couldn't live forever he must find a way to make a difference in the world. He would build a stronger empire filled with wonderful structures, teach his people to be kind to one another and live the best way he could so that his life would have meaning.

Taken from the book - *Iraq, the Culture* by April Fast

*Program Application:*

*Sparks – The World Around Me - Additional Activities*

*Brownies – Key to the Arts – Puppet Play badge*

*Guides – Discovering You – Discover your Creativity, #2; Adventures in Guiding, Folklore badge*

### **Poetry** – (suggested for G, P, R)

Research some of the Arabian poets or storytellers, and find out how the poetry differs from Western countries, (e.g. metre), and then compose and act out a poem using the new ideas.

*Program Application:*

*Guide – You and Others – Build Skills in Communication, #5; Girls Creating – Performing Arts badge;*

*Personal Growth – Reading badge*

*Pathfinder – Creating Your Future – I have to give a Speech, #6; Girl Stuff – Girls Just Want to Have Fun, #4*

*Ranger – Global Awareness, #7 – Tell Me a Story, #12 – Where in the World?*



# Arab Region

## RECIPES

Try **one** food or recipe from this section.

### *Program Application:*

*Spark – Brownies and Beyond - Additional Activities; The World Around Me – Additional Activities; Being Healthy – Healthy Snack Relay*

*Brownie – Key to My Community – Celebrations, B; Key to I Can, Be a Chef badge; Key to Active Living – Fabulous Foods, A, C*

*Guide – Adventure in Guiding – World Guiding badge, #4, Girls Creating, Kitchen Creations badge*

*Pathfinder – Finding the Path – Beyond Pathfinders, #4; Creating Your Future – Event Planning #4; A*

*World to Discover – Around the World at Home, #7; Living Well – You are What You Eat, #5; On My Own – Now You're Cooking*

*Ranger – Healthy Living, #17 – Fun and Fancy Fare, #21 – What's for Lunch*

## **Sample Recipes**

Chicken Shawarma - The ultimate meal on the go!

### Ingredients

- 1½ lb boneless, skinless chicken thighs or breasts (thinly cut)
- 8 regular slices of pita bread or 4 large

### Marinade

- 1 cup plain yogurt
- ¼ cup vinegar
- 2 cloves of garlic, crushed
- 1 tsp. pepper
- ½ tsp. salt
- 2 cardamom pods
- 1 tsp. allspice
- juice from 1 lemon
- Olive oil, if needed

### Sauce

- 1 cup tahini
- ¼ cup lemon juice
- 2 cloves of garlic, crushed
- 2 tbsp. yogurt

### Filling

- Thinly sliced large cucumber
- ½ tsp. sumac
- ½ cup fresh parsley, finely chopped
- Thinly sliced onion
- Thinly sliced tomatoes, approximately 2



# Arab Region

## RECIPES (cont'd.)

### Chicken Shawarma (cont'd.)

#### Instructions

1. In a sealed container, make the marinade and add chicken, cover & refrigerate at least 8 hours, preferably overnight. If it seems a little dry, add a little olive oil.
2. In a stockpot or large saucepan, cook chicken over medium heat for 45 minutes or until done. Be sure not to overcook!
3. While chicken is cooking, prepare sauce. Combine sauce ingredients and mix well. Set aside.
4. Take the onions, tomatoes, and cucumbers and sprinkle with sumac. Add other "Filling" ingredients in a large bowl and combine well.
5. When the chicken is done, either shred, slice, or leave in large pieces.  
Place enough chicken on Pita to cover ¼ of the loaf. Add veggies and pour sauce

6. Roll like a soft taco and that is a "shawarma." Make sure you have plenty of napkins!

Source: [www.mideastfood.about.com/od/chicken](http://www.mideastfood.about.com/od/chicken)

### Falafel

This is a Middle East "fast food". Even McDonald's in Egypt has their own version. Can you guess what it is called? McFalafel!

#### Ingredients

- 1 16oz can of chickpeas
- 1 tsp. coriander
- 2 cloves garlic, chopped
- ½ tsp. baking powder
- 1 large onion, chopped
- 3 tbsp. fresh parsley, chopped
- 1 tsp. cumin
- Salt/ pepper
- Oil for frying (can also be made into patties & cooked on the BBQ so no oil would be required)
- Pita bread
- Tahini
- Tomatoes
- Lettuce

#### Instructions

1. Drain chickpeas, and place in pot of fresh water; bring to a boil.
2. Allow to boil for 5 minutes, then let simmer on low for about 1 hour.
3. Drain and allow to cool for 15 minutes.
4. Combine chickpeas with other ingredients in medium bowl; mash chickpeas ensuring that ingredients are mixed together into a thick paste.
5. Form the mixture into small balls (like small meatballs) and flatten slightly.
6. Fry in 2 inches of oil until golden brown - 5-7 minutes.
7. Serve hot.
8. Stuff pita bread with falafel, lettuce, tomatoes, and tahini.

Serves 4.



# Arab Region

## RECIPES (cont'd.)

### Couscous with Raisins

#### Ingredients

- 1 1/2 cup couscous
- 2 3/4 cups water
- 1/4 teaspoon salt
- raisins

#### Instructions

1. In a saucepan, bring water to a boil and add salt and stir.
2. Add couscous and remove from heat and allow to sit for about 5 minutes.
3. Couscous should be light and fluffy, not gummy. Be sure to allow the couscous to absorb the water.
4. Mix in the raisins and enjoy.

### Ful Medames– Egyptian Fava Beans

This is a very typical breakfast in many of the Arab states. It is usually served with pita bread which may be used for a scoop, and a fried egg.

#### Ingredients

- 1½ lbs of dried fava beans or broad beans.
- 2 cloves garlic, crushed
- 1 tbps. lemon juice
- ¼ cup olive oil
- ½ tsp. cumi
- Optional
  - Pita bread
  - eggs

#### Instructions

1. Soak beans overnight in water.
2. Drain, and cover with fresh water in large saucepan. Bring to a boil and simmer on low for 45 minutes to one hour, or until beans are tender.
3. Drain & place in medium bowl. Add remaining ingredients. They can be mashed with the beans or beans can be left whole & mixed gently with the other ingredients.
4. Serve hot with a fried egg & pita bread.

You could also use canned fava beans, or purchase the ful as a canned good in a Middle Eastern grocery store.

Source: [www.mideastfood.about.com](http://www.mideastfood.about.com)



# Arab Region

## **RECIPES (cont'd.)**

### **Sample Snacks**

#### Pita bread with dip

##### Ingredients

- Pita bread, 1 for every 4 girls
- Salsa dip or Hummus dip

##### Instructions

1. Set oven to 425 degrees.
2. Cut pitas into six or eight wedges.
3. Place on baking pan and bake for about 7 minutes.
4. Serve with salsa dip, or hummus dip.

Source: [www.mideastfood.about.com](http://www.mideastfood.about.com)

#### Hummus (purchased from store)

##### Ingredients:

- Pita bread
- Hummus

##### Instructions

1. Break the pita bread and dip into hummus.

#### Hummus - Arabic for chickpea (home made)

- 1 can (15 oz) of chickpeas (reserve 1/3 cup of the liquid)
- 3 tbsp of lemon juice
- 1/2 cup of sesame seeds
- 1 garlic clove, crushed
- 1 tsp. of salt
- Pita bread, crackers or raw vegetables for dipping

##### Instructions:

1. Place the all the ingredients above, including the reserved liquid, into a blender until smooth.
2. Put the hummus into serving bowl and enjoy!



# Arab Region

## Outreach Activities

All branches need to do **one** Outreach Activity to complete the challenge.

1. Learn a new song from the Arab Region that is not listed in this challenge.  
*Program Application:*  
*Spark – The World Around Me – Birthday Celebrations (part of the celebrations, Additional Activities); Let's Sing Songs (note: If You Should Meet an Elephant is on the Sing-a-long for Sparks and Brownies CD)*  
*Brownie – Key to the Arts – Around the World in Song and Dance, Share Your Talent for Music badge*  
*Guide – Adventures in Guiding – Campfire Leading badge, Cultural Awareness, #5, Girls Creating – Music Fan, #4, Performing Arts badge #6, Singing badge, #1, #6*  
*Pathfinder – Let's Take it Outside – Outdoor Know how, #4, My Music, My Movies and More! – Get Musical, #1, The Arts from A to Z, #7*  
*Ranger – Celebrate Guiding, 26 – Make it Special;*
2. Learn a dance from an Arab country that is not a Member of WAGGGS, e.g., Somalia.  
*Program Application:*  
*Spark – The World Around Me – Birthdays Around the World (part of the celebration)*  
*Brownie – Key to the Arts - Around the World in Song and Dance, Share Your Talent for Dance badge*  
*Guide – Discovering You – Stay Fit and Healthy, # 4; Being Healthy – Fitness Fun badge #; Girls Creating – Dancing badge*  
*Pathfinder –Living Well – Active Living; Finding the Path – Beyond Pathfinders, #4;*  
*Ranger - Healthy Living, #1 – Where's the Motivation, #4 – Pass It On, #5 – Dance, Dance, Dance*
3. Have an Arab Region night for Thinking Day.  
*Program Application:*  
*Spark – Brownies and Beyond*  
*Brownie – Key to Girl Guides, #2*  
*Guide – You in Guiding – Learn about WAGGGS; Adventures in Guiding – World Guiding badge*  
*Pathfinder – Creating your Future – Event Planning; A World to Discover - Around the World at Home, #7, Finding the Path – Broaden Your Horizons, #4 (can be incorporated into the event)*  
*Ranger – Celebrate Guiding, #3 – Guiding Around the World; Global Awareness, #21 – International Days*
4. Ask someone who has lived in an Arab country or is of Arab descent or a leader in the Muslim faith, e.g., an Imam, come to one of your meetings and talk about their way of life. How does this differ from your way of life?  
*Program Application:*  
*Spark – The World Around Me – Diversity Meeting*  
*Brownies – Key to My Community – Celebrations, A (someone comes and talks to unit)*  
*Guides – Beyond You – Discover Your Community, #1, Adventures in Guiding – Cultural Awareness badge*  
*Pathfinder – A World to Discover – Going Global, #9, Around the World at Home, #5 Creating Your Future – Be a Model Citizen, #9*  
*Ranger – Global Awareness, #14 – World Religions, #16 – Talk About It, #10, Women and the Law,*
5. Compare the rights of women in Canada, Tunisia and Syria to find out aspects of life might be the same and what could be different. (suggested for P, R)  
*Program Application:*  
*Pathfinder – Creating Your Future – Follow That Woman, Be a Model Citizen, #1, 2, 9*  
*Ranger – Global Awareness, #10 – Women and the Law, #14 – World Religions*



# Arab Region

## Outreach Activities (cont'd.)

6. Read a non-fiction story about a person from the Arab Region, e.g., Cleopatra by Ron Miller and Sommer Browning (grades 6 – 12) and write a play. Then do the play for a younger branch. (suggested for G, P, R)

*Program Application:*

*Guide – Discovering You – Discover Your Creativity, #3; Girls Creating – Writing badge, Performing Arts badge*

*Pathfinder – Creating – Creating your Future – Event Planning, Find Your Inner Leader, #7 My Music, My Movies and More! – The Arts from A to Z, #1*

*Ranger – Leadership and Management, #2 – Leading Children, #13 – Meeting Themes, #21 – Make Learning Fun*

7. Investigate what Guiding is like in one of the Arab countries. What uniform do they wear and what promise and laws do they have for the same age branch you are in? If you were in their country, what is the name of the branch you would belong to?

<http://arab.wagggsworld.org/en/home> (suggested for S, B, G)

*Program Application:*

*Spark – Brownies and Beyond – incorporate as part of Thinking Day and Guide-Scout Week; The World Around Me – incorporate as part of Diversity Meeting*

*Brownie – Key to Girl Guides – incorporate as part of #2 – Thinking Day and Guide-Scout Week Guides – You in Guiding – Learn About WAGGGS, #1;*

8. See a film made about an Arab country. Rent a National Film Board film or two from the public library and compare them. One of the films should be a documentary so you can compare the real daily life to the fictional one. Discuss if there is any stereo typing and/or myths in the films. Did these films change your view of the country and the people? (suggested for P, R)

*Program Application:*

*Pathfinder – Girls Stuff – Media and Image, #1; A World to Discover – Around the World at Home, #9 Ranger – Global Awareness, #3 – The World on Your TV, #17 – What Matters to You, #22 – The World at Home, Explore Your Creativity, #7 – Documenting Reality*

9. Find a game that is played in an Arab country and show your unit how it is played and play the game. (suggested for B, G)

*Program Application:*

*Brownie - Key to Girl Guides – Thinking Day and Guide-Scout Week, D*

*Guide – You in Guiding - Learn About WAGGGS, #1; Adventures in Guiding = Cultural Awareness, #4*

10. Find a new recipe that is enjoyed in an Arab country and share it with your unit.

*Program Application:*

*Spark – The World Around Me – Additional Activities*

*Brownie - Key to Active Living – Fabulous Food, A, Key to My Community – Celebrations, B*

*Guide – Adventure in Guiding – World Guiding badge, #4*

*Pathfinder – Exploring a Theme – Getting Food on the Table, #4*

*Ranger - Healthy Living, #21 – What's for Lunch, #17 – Fun and Fancy Fare, Global Awareness, #11 – Food Awareness*



# Arab Region

## Outreach Activities (cont'd.)

11. Learn how to say a few basic words in Arabic or Kurdish (suggested for G, P, R)

Variation: Pathfinders and Rangers could try basic phrases.

*Program Application:*

*Guide – You in Guiding - #1 – Learn to say their Promise in their language, Beyond You – Discover*

*Your Community #1 – ask them to teach you some phrases, Adventures in Guiding – Cultural*

*Awareness badge, #8 – thank them in their language, World Guiding badge, #5*

*Pathfinders – A World to Discover – Going Global, #2*

*Ranger – Global Awareness, #16 – Talk About it*

**Note:** basic phrases can be found in the Craft Section

## Films and DVDs

**National Film Board** - <http://www3.nfb.ca/index.php>

Here are some films that can be obtained through the National Film Board. It is recommended that the Guider review the films before showing them to girls to make sure they are age appropriate and the scenes and topics are suitable for the branch level. Most of the films listed below would be better suited for Pathfinders, Rangers and Guiders. You may also find some films in your local library to borrow.

### Shadya

Shadya Zoabi, a 17-year-old from a small Arab village in northern Israel, is a world karate champion.

### Beyond Borders: Arab Feminists Talk About Their Lives... East and West

Though the promise of women's equality inspired by national liberation movements in the 1950s and '60s never really materialized, Arab women have not given up their struggle.

### Four Women of Egypt

They are inspired by love of country, but each adopts an approach radically different from the others'. Muslim, Christian, or non-religious, their visions of society range from wanting a secular or socialist state to an Islamic one.

### Reema, There and Back

With a Canadian mother, who until recently was the only family she knew, and an Iraqi father who wants to get to know his daughter after a 16-year absence, young Reema is confronted with difficult questions about her identity.

### A Grain of Sand

There is live footage of a day in the life of a ten-year-old boy in Tunisia. What he observes on his way to and from school illustrates some of the work of UNICEF.



# Arab Region

## Outreach Activities (cont'd.)

### Films and DVDs (cont'd.)

#### **Of Hopscotch and Little Girls...**

Hopscotch is universal. Girls around the world trace squares on the ground, then hop through them, trying hard to reach the end. Girls share other interests too; they all like to talk about school, what they want to be when they grow up, who they will marry, how many children they will have, and their hopes for a better life for themselves and their family.

But all too often, through poverty, perversion, spite, ignorance or superstition, adults shatter these dreams by denying girls the right to an education, entering them into forced labour, subjecting them to mutilation, sexual abuse and other injustices.

#### **Women of Oil**

The oil boom that made the United Arab Emirates a world financial power in less than a generation has also brought enormous social and political changes. But traditions and attitudes continue to make it difficult for Arab women to participate in life outside the home.

## Recipes

Try some of these foods and then using the recipes provided below, make an Arabian meal or snack!

### Foods to Try

- Tabbouli
- Stuffed dates
- Pita
- Chickpeas (hummus)
- Bariwat (meat parcels)
- Kahk (dessert)
- Baklava(dessert)
- Falafel
- Chicken Shawarma
- Falafel
- Ful Medames
- Couscous with raisins
- Pita bread with dip
- Hummus
- Yogurt
- Figs
- Karkady (hibiscus tea)
- Lemonade
- Mint tea
- Halva (dessert)

#### *Program Application:*

*Spark – The World Around Me – Additional Activities*

*Brownie - Key to Active Living – Fabulous Food, A, Key to My Community – Celebrations, B Guide – Adventure in Guiding – World Guiding badge, #4, Girls Creating, Kitchen Creations badge*

*Pathfinder - Pathfinder – Exploring a Theme – Getting Food on the Table, #4*

*Ranger - Healthy Living, #21 – What's for Lunch, #17 – Fun and Fancy Fare, Global Awareness, #11 – Food Awareness*