



Asia Pacific Region

5-REGION CHALLENGE



Retired: December 2012



Girl Guides of Canada
Guides du Canada
ONTARIO COUNCIL

Created: October 2007
Challenge Begins: **January 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.



ASIA PACIFIC REGION

To Earn the Five Region Challenge –

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, Senior Branches and Pathfinders** are to choose a WAGGGS Asia Pacific 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:

India

Demi. *One Grain of Rice*.
Scholastic Press, 1997.

A reward of one grain of rice doubles day by day into millions of grains of rice when a selfish raja is outwitted by a clever village girl.

Jeyaveeran, Ruth. *The Road to Mumbai*.
Houghton Mifflin, 2004.

Shoba and her pet monkey, Fuzzy Patel, set out overnight by flying bed to attend Fuzzy's cousin's wonderful wedding in Mumbai, India.

McDonald, Megan. *Baya, baya, lulla-by-a*.
Atheneum, 2003.

A mother sings an Indian lullaby to her baby with a scattering of Hindi words and a description of rural village life.

Verma, Jatinder Nath. *The Story of Diwali*.
Cambridge, 2002.

This book shares an age-old Hindu tale and explains the Indian Festival of Lights.

Subhan, Sadia. *Enchanting Tales from India for Children*. Authorhouse, 2005.

Heine, Teresa. *Elephant Dance: A Dance to India*.
Barefoot Books, 2004.

Bannerman, Helen. *Story of Little Black Sambo*.
Harper Collins, 2007.

A little boy has to sacrifice his coat, pants and new purple shoes to four tigers including one that wears his shoes on his ears. Follow his antics.

Charles, Veronica Martenova. *The Birdman*.
Tundra Books, 2006.

Noor Nobi loses his family in a tragic accident. To release his grief he sets about to free caged birds so that they might live free.

Pakistan

English, Karen. *Nadia's Hands*.
Boyd's Mills Press, 1999.

A young girl takes part in her aunt's traditional Pakistani wedding.

Nepal

McCormick, Patricia. *Sold*.
Hyperlon, 2006.

The long journey from Nepal to the brothels of India.

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LIST OF RESOURCES (cont'd.)

Australia

Fox, Mem and Vivas, Julie. *Possum Magic*. Omnibus Books, 1983.

When Grandma Poss's magic turns Hush invisible, the two possums make a culinary tour of Australia to find the food that will make her visible once more.

Morin, Paul. *Animal Dreaming: An Aboriginal Story*. Stoddart Kids, 1998.

Mirri learns about his heritage, his people's past and his place in the future while learning the stories of Dreamtime.

Maddern, Eric. *Rainbow Bird: An Aboriginal Folktale from Northern Australia*. Little, Brown 1993.

Crocodile Man had something nobody else had – fire and Bird Woman waited and watched for a way to trick him into sharing his precious gift.

Wokstein, Diane. *Sun Mother Wakes the World: An Australian Creation Story*. Harpercollins Publishers, 2004

McLeod, Kate. *Outback Adventure; Australian Vacation*. DK Publishing, 2004

Soffer, Ruth. *Learning About Australians Animals*. Dover Publications, 2000

Roughsey, Dick. *The Rainbow Serpent*. William Collins Publisher Pty Ltd., 1975

Ellis, Jean. *From the Dreamtime: Australian Aboriginal Legends*. Harper Collins Canada, 1992

McKnight, David. *Lardil: Keepers of the Dreamtime*. Chronicle Books, 1998

Rodda, Emily. *Delta Quest Books*. Apple Paperbacks

Thailand

MacDonald, Margaret Read. *The Girl Who Wore Too Much: A Folktale from Thailand*.

August House Littlefolk, 1998.

Spoiled and vain, Aree cannot decide which of her many silken dresses and lavish jewels to wear to the dance, so she wears them all.

Japan

Coerr, Eleanor. *Sadako and the Thousand Paper Cranes*. G.P. Putnam's Sons, 1977.

Sadako Sasaki was two when an atom bomb was dropped on the city of Hiroshima. She is a heroine to the children of Japan who visit her memorial in the Hiroshima Peace Park to leave the paper cranes they have made in her honour.

Umezawa, Rui. *Aiko's Flowers*. Tundra Books, 1999.

For Aiko, a chance meeting in a field of sunflowers causes her to realize the purpose of ikebana, the ancient Japanese art of flower arranging.

Mayer, Mercer. *Shibumi and the Kitemaker*. Marshall Cavendish, 1999.

After seeing the disparity between the conditions of her father's palace and the city beyond its walls, the emperor's daughter has the royal kitemaker build a huge kite to take her away from it all.

Korea

So-un, Kim. *The Deer and the Woodcutter: a Korean Folktale*. Tuttle Publishing, 2005.

This popular Korean folktale tells children the story of why the rooster looks skyward and crows loudly at dawn.

Park, Janie Jaehyun. *The Love of Two Stars: a Korean Legend*. Groundwood Books, 2005.

In Korea generations of children have grown up hearing this ancient legend about two stars that meet in the Milky Way each year, on the seventh day of the seventh moon month.

Hong Kong/Taiwan

Young, Ed. *Seven Blind Mice*. Penguin Young Readers Group, 2002

Young, Ed. *Beyond the Great Mountains: A Visual Poem About China*. 2005

Young, Ed. *Cat and Rat – The Legend of the Chinese Zodiac*. 1998

World Games and Recipes – published by WAGGGS

ASIA PACIFIC REGION

MAP



A



A



European Members



Non-WAGGS Members

ASIA PACIFIC REGION

rs

- 4. *Cambodia
- 5. *Cook Islands
- 6. Fiji

- 10. *Kiribati
- 11. Korea
- 12. Malaysia

- 16. New Zealand
- 17. Pakistan
- 18. Papua New Guinea

- 19. Philippines
- 20. *Samoa
- 21. Singapore
- 22. *Solomon Islands
- 23. Taiwan
- 24. Thailand



Member Countries

Australia	Mongolia
Bangladesh	Nepal
Brunei Darussalam	New Zealand
Cambodia	Pakistan
Cook Islands	Papua New Guinea
Fiji	Philippines
Hong Kong	Samoa
India	Singapore
Japan	Sri Lanka
Kiribati	Solomon Islands
Korea	Taiwan
Malaysia	Thailand
Maldives	Tonga
	Vanuatu



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CRAFT IDEAS

Complete one craft challenge.

1. **Japanese Characters (Japan) - S, B, G, P, SB**

Have girls paint their name in Japanese (see website for translations:

<http://japanesetranslator.co.uk/your-name-in-japanese/>)

2. **India: Sand Art - S, B, G, P, SB**

Source #C6 Beaver resource book

Materials:

Bristol board, glue, different coloured sand, different sized paint brushes, spoons or shakers for sand distribution.

Method:

Have girls draw a simple design on the paper (see:

http://www.geocities.com/kanika_sandart/index.htm for examples of different Indian designs).

Paint with glue all the areas of the design that are to be one colour and sprinkle sand. Shake off excess and paint next section, sprinkle sand and shake off excess.

3. **Henna Body Art (India) - S, B, G, P, SB**

Share the history of henna body art (<http://www.tattoo-me.com/history.htm>) and discuss different techniques and designs. Working in partners, have the girls trace each other's hands on a piece of paper. Using a brown marker, pencil crayon or paint, have them make their own henna designs on their traced hands.

4. **Batiks (Indonesia) - S, B, G, P, SB**

Try using adaptations (e.g. fabric, not paper) for older age girls. Batiks are a well known textile made in Indonesia. Using hot wax, the artist draws a picture or design onto a piece of fabric and dyes the unwaxed portion (see <http://www.serve.com/aberges/index.html> for the complete process).

Make a batik:

Use a white crayon to draw a picture or design onto a piece of white paper. Using watercolours or tempera paint, brush the page with different colours. The waxed portion will remain white and the picture will be revealed.

Source: <http://familyfun.go.com/arts-and-crafts/drawpaint/feature/famf18crayon/famf18crayon2.html>

5. **Rock Art (Australia) - S, B, G**

Rock art in Australia dates back almost 40 000 years ago. Learn about Australian Aboriginal rock art and paint a modern day picture about the way we live, customs, or important events in our lives. Use earth tones such as red, brown and yellow (these were the colours Aboriginals used, made from ochre). Source: <http://www.aboriginalartonline.com/art/rockage.php>

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CRAFT IDEAS (cont'd)

6. Festival Lights Candle (Thailand) - B, G, P

Source: <http://www.guidesaus.org.au/page.php?pageid=125#Results>

The Festival of Lights (Loi Krathong Festival) takes place in Thailand (and other South Asian areas) at the end of the rainy season, when the rice has been planted. It is an offering to the water gods. Small boats (kratong) in the shape of lotus flowers with a candle in the middle are floated on rivers and canals at night. They are traditionally made from folded banana leaves wrapped around a disk cut from a banana stalk.

Materials:

- Aluminium foil cupcake holders
- Card stock
- Tea light candles

Method:

- Cut 12 leaves about 5 inches long and 1 1/2 inches wide, from card stock.
- Glue one circle of six leaves around the outside of a cupcake holder, so that the leaves are pointing upwards.
- Glue second ring of six leaves around the outside of the first ring.
- When dry, bend the leaves away from the centre of the flower.
- Bend the outer ring more than the inner ring.
- Place tea-light in foil holder.
- Place candle and holder in a wide dish of water so that it floats.
- Light the candle (it may be easier to light the candle before placing it in the holder).

Several candles and holders could be used as a table centrepiece. A variation is to cover the leaves with aluminium foil.

7. Make a Kangaroo (Australia) - S, B, G

Source: <http://www.guidesaus.org.au/page.php?pageid=111>

Materials:

- 1 medium Brown pom pom
- 1 brown pom pom a little smaller for head
- Another smaller brown pom pom for snout
- 2 small wobbly eyes
- Tiny black pom pom for nose
- 2 tiny black pom poms for ears
- 2 long Brown Pipe Cleaners
- Craft Glue
- Safety pin

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CRAFT IDEAS (cont'd)

7. Make a Kangaroo (Australia) - S, B, G cont'd.

Method:

- Glue Medium pom pom to large pom pom to make head and body. Then glue smaller pom pom to front of head to make snout. The tiny black pom pom goes on the front of that one to make the nose. Then glue on eyes and ears.
- Take one of the pipe cleaners and break it in half. Bend each half in half and leave a slight loop in front. Glue these to the bottom of the Kangaroo as the feet. With the other pipe cleaner, break it in half, bend one half in half to make a tail.
- Bend the pipe cleaner slightly up and then glue it to the bottom of the pom pom opposite to the legs.
- Break the remaining half of the pipe cleaner in two. Bend each half in two for arms. Bend the rounded part of the pipe cleaner down a little bit, making paws. Glue these just under the sides of the head.

8. Flower Garland (India) - S, B, G

Adapted from *Pacific Guiding November 1999*.

Hindus wear flower garlands as part of their Holi celebrations. Holi is a fun festival which celebrates the beginning of Spring.

Materials:

- Large sewing needles
- Strong thread – crochet cotton is ideal
- Coloured tissue paper
- Card circles to use as templates – about 5cm in diameter
- Scissors
- Pencils

Method:

- Each girl should use a card template to cut out lots of different coloured tissue paper circles.
- Pinch the centre of a tissue circle and twist it to make a simple 'flower' shape.
- Repeat with all the colours.
- The girls then need a piece of thread long enough to pull over their heads and around their neck. Tie a large knot in one end of the thread and put the needle in at the other.
- Arrange the 'flowers' along the length of the thread.
- When the thread is full, remove the needle and tie the two ends together.

The beautiful flower garlands are now ready to wear.

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CRAFT IDEAS (cont'd)

9. Sangam and the Elephant Sangelee (India)- S, B, G

<http://www.guidesaus.org.au/attach/JessieO-SangamActivitySuggestions.doc>

Look at the logo for Sangam (see side). It incorporates the words Sangam and WAGGGS. The design illustrates a continuum symbolising the lasting friendships made at Sangam between Girl Guides and Girl Scouts from many lands. A circle with a swirling 'S' is taken from the Eastern symbol of the Yin and Yang, which represents the balance of harmony in the universe.

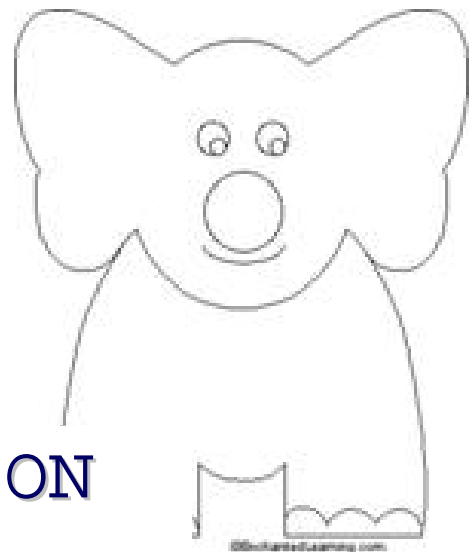


The fun symbol of Sangam is Sangelee the elephant. The name came from the first part of Sangam and the first part of elephant. It was the brainchild of the former Chairman of the Sangam Committee, Joey Shelley in 1998.

There are two types of elephants in the world; one is the African elephant and the other is the Indian or Asiatic elephant. The Indian elephant is smaller than the African elephant. The elephant has been domesticated in India for many years and is used for carrying heavy loads. The wealthy Sultans of India would ride on an elephant's back. Even today you can ride on the back of an elephant in India.



Elephants are now an endangered species in India and in Africa. They have been hunted mercilessly for their tusks that are made of ivory. Make an elephant puppet using the pattern below or make a template of Sangelee. There is another Indian style of elephant also shown below. You may like to make some elephants out of Crayola Model Magic and put a pin on the back. Paint and decorate these elephants, varnish and sell them to your friends to raise money for the CWFF.



Enlarge the puppet shape beside onto firm card stock using a photocopier.

Cut out the nose and put a finger through.

Your other fingers become his legs.

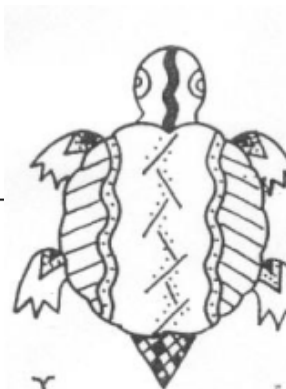
10. Boo

A bc

purp

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Tribal boomerangs may be incised and/or painted with designs meaningful to its maker. Use these designs or a boomerang bookmark. These pictures can didgeridoo (a wind instrument of the indigenous cardboard cylinder).



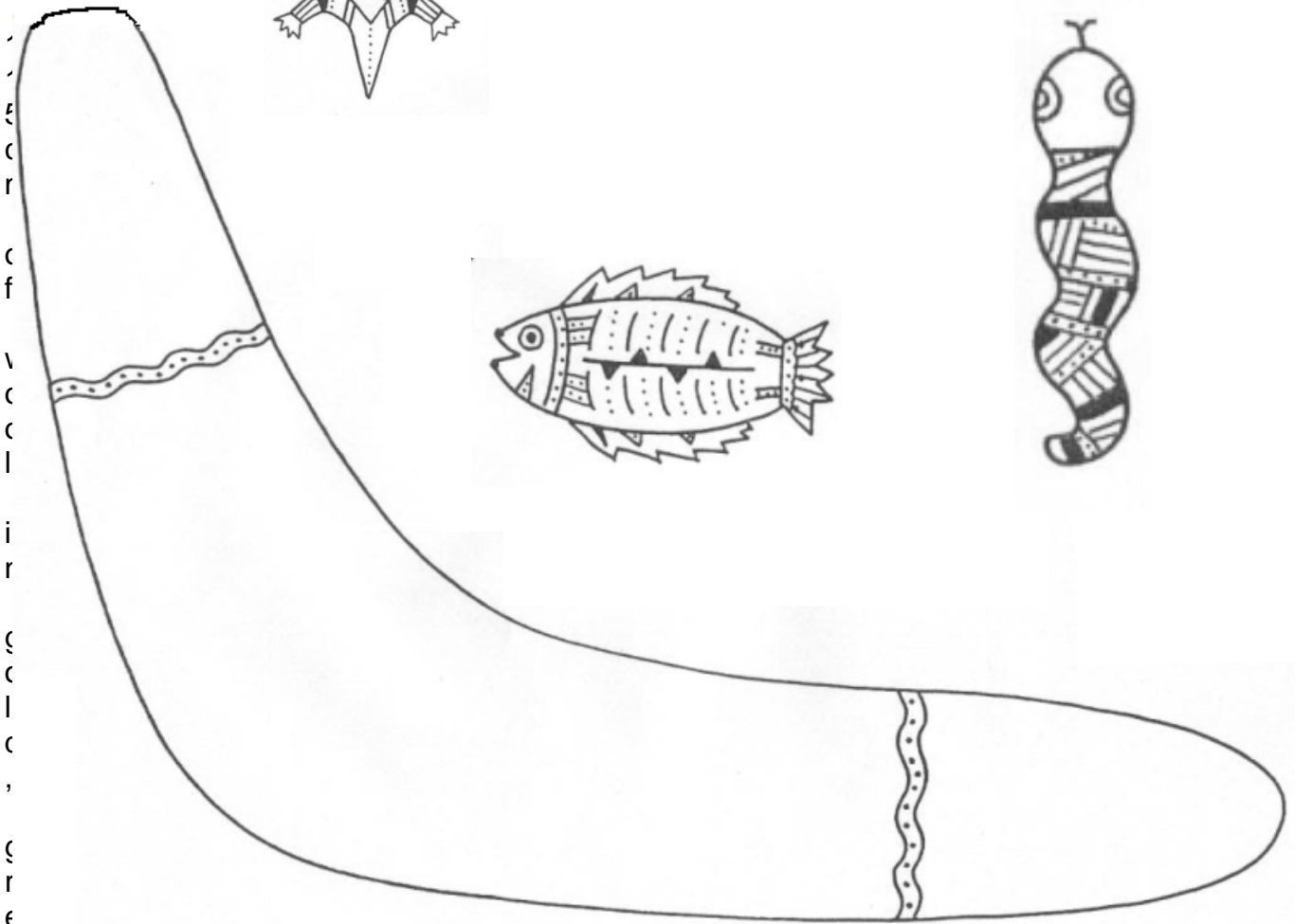
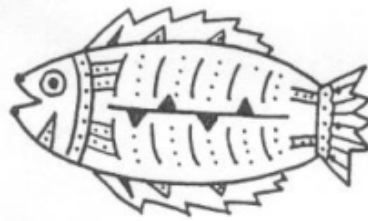
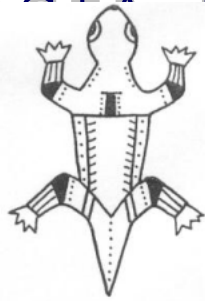
create your own to make also be used to make a Australians) made from a



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ship Link
ils:

Necklace (Thailand) - G, P, SB



en, blue, mauve, red and pink; a small bell

Method:

- Take one strand of each colour and tie 13 double overhand knots in the wool.
- Join end of the strands with a reef knot.
- Tie the bell to one strand of wool.

Legend:

- 10 of the knots represent the Guide Law
- 1 knot represents the Promise
- 1 knot represents the unity of Guiding
- 1 knot represents friendship
- The reef knot is used as it won't allow the link of friendship around the world to break.

Colours:

- Gold – Sun that shines above all the world
- Green – Nature that provides beauty worldwide
- Blue – Waters of the world that divide our land



- Mauve – Arts of the worlds, all unique in their own culture
- Red – Hope of continued friendship and peace
- Pink – Unity of all countries within the Guiding sisterhood

Bell:

- An old Thai custom, the sound it makes is believed to frighten away evil spirits.

12. Homemade Paper (Bangladesh) - G, P, SB

Source: <http://www.elca.org/countrypackets/bangladesh/crafts.html>

In southern Bangladesh, a women's cooperative makes paper. They use waste jute and the fibers of the water hyacinth plant to make the paper. The hyacinth is a plant that clogs many water ways in Bangladesh, thus allowing malaria-carrying mosquitoes to multiply. Not only does the paper become a beautiful item to sell, but it also helps the community's environment!

Materials:

Papermaking mold (directions found below)	Bucket
Used paper (white envelopes, office paper, etc.)	Food blender
Dishpan that mold fits into	Water
Wooden spoon	Tray
Rubber gloves	Dish towels
Pressed leaves or flower petals (optional)	Iron
Brick or other heavy weight	9" by 13" pan

12. Homemade Paper (Bangladesh) - G, P, SB cont'd.

To make papermaking mold:

Take an old wooden picture frame (about 8" by 10") and staple a piece of plain net curtain with a fine mesh over the frame. Stretch the net evenly, and staple securely.

To press leaves:

Take small leaves or petals from daisies, mums, black-eyed Susans, and lay them flat on a piece of paper. Cover with heavy book. Let set at least overnight.

To make paper:

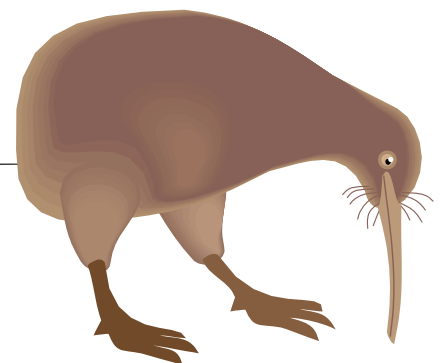
Tear used paper into small pieces and soak overnight in a bucket of water. (This will have to be done before your event.) Avoid glossy paper, gummed edges, etc. Liquidize soaked paper by placing small amounts into a blender until it is a soupy pulp. Use plenty of water, and shorts bursts of the blender. Pour one jugful of pulp and four jugfuls of water into plastic dishpan. Dip mold, net side up, into pan. Gently lift upward, catching a thick layer of pulp on the net. Lay petals or leaves on top for decoration. Press in gently. Let drain. Place 9" by 13" pan upside down on tray. Lay newspaper on pan, then cover with a dish towel. Turn the mold over and gently transfer the paper pulp onto the cloth. Cover with another dish towel. Make another sheet of paper, and continue to stack paper and dish cloths. When finished, place a brick on top, and let dry. Or iron sheets of paper individually between dish cloths to dry them.

13. Bag Kiwi (New Zealand) - S, B

The kiwi is the national bird of New Zealand.

Materials:

- Paper bags
- Brown Paint
- Paint brushes





- Newspaper strips
- Googly eyes
- Feathers
- Felt
- Elastic bands

Method:

1. Stuff your paper bag with newspaper.
2. Fasten the stuffed bag with an elastic band.
3. Paint your bag dark brown and let it dry.
4. Cut out feet using felt.
5. Decorate your kiwi with feathers, googly eyes and felt feet.

14. Painted Hand Prints (Australia) - All

Adapted from Rolling Hills Area International 2004

Many caves have these 'Painted Hands' done by Aboriginal people many years ago.

Materials:

- White paper
- Straws
- Soap (liquid dish detergent, clear if possible)
- Powder paint (variety of colours)
- Newspaper or plastic sheet (this can be messy)

Method:

1. Put soap in a container; mix in paint until desired colour is achieved.
2. Put one hand on the white paper and take up a bit of paint with the straw.
3. Blow the paint out of the straw around the edge of your hand. Keep your hand steady on the paper and keep blowing different colours until your hand is well outlined.
4. Lift your hand carefully!

15. Dragon Boat (China) - G

Adapted from GuideZone (Liz Watt)

The Dragon Boat festival celebrates the life of a Chinese poet called Chu Yuan. He threw himself in the river as a protest against the corruption of government officials. Local people sailed out into the river and beat on the water with their paddles to keep the fish away from his body. They also threw rice into the water to keep the fish away. Today, many towns in China hold special boat races in memory of Chu Yuan. The long, colorful boats have carved dragons' heads and tails. Up to 80 people row each one in time to the beat of a large drum in the centre of the boat.

For this craft ask the girls to create a dragon's head and tail using their own imagination.

1. Fold a piece of paper (8 1/2 X 11) in half lengthwise.
2. Fold one half into thirds (lengthwise again), folding in the opposite direction to the first crease.
3. Turn the paper over, and do the same with the other half.
4. Fold the ends over and staple into place.
5. Push the middle down so that it is flat and pushes the sides of the boat out.
6. Staple a dragon's head and tail at either end.
7. Decorate with crayons.

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16. **Sheep Badge (New Zealand) - S, B**

Materials:

Black Card stock (or regular card stock and some black paint)

Scissors

Glue

Cotton wool

Black felt

Safety pin

Scotch tape

Method:

1. Using the template, cut out a sheep for each girl using the black cardstock.
2. If necessary, colour or paint the card stock black, in particular the legs and head.
3. Glue the cotton wool in place to make the fleece.
4. Cut out ears and eyes from black felt and glue them in place.
5. Attach a safety pin to the back with tape.

17. Have the girls close their eyes and visualize a scene from a country in the Asia Pacific Region (topics could be going on an elephant ride or river raft in Thailand, walking through Australia's outback in the summer on a dry hot day, jungle trekking through Vietnam, etc). Quietly play music or a rainforest soundtrack in the background. In groups of 4 or 5, discuss the scenes that were visualized and choose one to turn into a tableau.

MUSIC/DANCE

Complete one music/dance challenge.

1. **Good Morning Friend Brownie (Japan) - B**

Change the words to 'Konichiwa friend Brownie'

Get a partner and make two circles (an inner and outer circle) face your partner.

Song

Konichiwa friend Brownie
How are you this morning?
Let's dance in a circle
And bow and pass on

Action

Make the Brownie sign
Brownie handshake – left hand
Dance around on the spot
Bow to each other –outside circle moves to the right

2. **Dandya Ras (India) - S, B, G**

Adapted from *Guiding Magazine November 1999*

Dandya Ras is a simple stick dance, performed to Indian music.

Each girl needs one or two sticks. These should be about 30cm long, with a tassel attached to one end. Girls can paint the sticks as they wish. Make up your own dances, standing in a row or a circle. Click the sticks together on the beat and take simple steps forwards and backwards.

3. **Three Bright Lights (New Zealand) - S, B**

Sing this Pippin safety song to the tune of Three Blind Mice

*Three bright lights,
Three bright lights,
See how they glow,
See how they glow,
The red is stop and the green is go,
The amber says you should take it slow.
So never cross till they tell you so,
Those three bright lights.*

4. **Maori Stick Game (New Zealand) - G, P, SB**

Learn how to play the Maori Stick Game, which involves singing a traditional Maori melody while tossing pairs of sticks between partners. Lyrics and instructions can be found in the *Jubilee Song Book*.



MUSIC/DANCE (cont'd)

5. Hana, Hana, Hana, Kuchi - S, B

Learn how to play this game from Japan, which will help you learn how to say different body parts in Japanese. Instructions can be found in the *Campfire Activities* book.

6. Tinikling (Philippines) - B, G, P

Learn how to do the Tinikling dance from the Philippines. Instructions can be found with the *Let's Dance CD*.

GUIDING SONGS – by songbook

Campfire Activities

He Puru Taitama (New Zealand) (G, P)

Canciones de Nuestra Cabana

Australian Hiking Song (Australia) (G, P)

Campfire Opening (Australia) (G)

Click Go the Shears (Australia) (G, P)

Kookaburra (Australia) (All)

Haere Mai (New Zealand) (G, P)

Hey, Hey, Hey, Jubilee Hey (Sri Lanka) (All)

Pokare Kare (New Zealand) (P)

Sangam Song (India) (P, SB)

Celebrate with Song

Chinese Fisherman's Song (China) (G, P)

Gao Trang Trang Thanh (Vietnam) (G, P, SB)

Me He Manu Rere (New Zealand) (G, P)

Diamond Jubilee Songbook

Australian Hiking Song (Australia) (G, P)

Burmese Welcome (Myanmar) (S, B)

For all the Sunshine (Fiji) (B, G, P)

Oy Lé, Oy Lé (Solomon Islands) (All)

Poi Song (New Zealand) (B, G, P, SB)

Pokare Kare (New Zealand) (P)

Musical Fun with the Brownie Pack

Bento-Uri (Japan) (All)

Chinese Fan (China) (All)

Jubilee Songbook

Chinese Fan (China) (All)

Maori Stick Game (New Zealand) (B, G, P)

Poi Song (New Zealand) (B, G, P, SB)

Wallis Island Hand Drill (Wallis and Futuna) (B, G, P, SB)

Our Chalet Songbook

Sakura - Cherry Trees (Japan) (G, P)

Sangam Song (India) (P, SB)

Our Chalet Songbook II

Maori Stick Game (New Zealand) (B, G, P)

Planting Rice (Philippines) (G, P)

Sangam GIT

Campfire Opening (Australia) (G)

Celebrate Sangam (India) (G, P, SB)

The Chinese Fan (China) (All)

Come In to Sangam (India) (G, P, SB)

A Friendly World (Philippines) (G, P, SB)

Hai Hai Hai (Philippines) (G, P, SB)

Haru Ga Kita (Japan) (G, P, SB)

Kaeru-no-Yomawari (Japan) (G, P, SB)

Leron, Leron Sinta (Philippines) (G, P, SB)

Orchestra (New Zealand) (B, G, P)

Sangam Festival Song (India) (G, P, SB)

Sangam Grace (India) (G, P, SB)

Sangam Song (India) (P, SB)

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MUSIC/DANCE (cont'd)

GUIDING SONGS – by songbook

Sangam GIT cont'd.

Sing Together (India) (G, P, SB)
Song of the Delhi Tongawallah (Ponycart Driver)
(India) (B, G, P)
Song of Sangam (India) (G, P, SB)
Tongo (Polynesia) (B, G)

Songs for Canadian Girl Guides

Sangam Song (India) (P, SB)

Sing a Song with Sparks and Brownies

Hindi Song (India) (S, B, G)
Shri Ram, Jai Ram (India) (All)

Songs to Sing and Sing Again

Chichi Papa (Japan) (G, P)
Planting Rice (Philippines) (G, P)
Sakura - Cherry Trees (Japan) (G, P)
Tongo (Polynesia) (B, G)
Yangtze Boatman's Chantey (China) (All)

Songs for Tomorrow

Hurihuri (New Zealand) (G, P)
Me He Manu Rere (New Zealand) (G, P)



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DRAMA/GAMES

Complete one drama/games challenge.

1. **Lame Chicken (China) - S, B, G**

Each group has 10 sticks placed 10-12 inches (25-30 cms) apart like the rungs of a ladder – one row in front of each group. The first girl in each group is the "Lame chicken" and she must hop over the sticks without touching them. After hopping over the last stick, she picks it up and hops back with it, placing it at the beginning. She is out of the game if both feet touch the ground or she touches a stick with her feet when hopping. The next girl then becomes the "Lame chicken" and the game continues in the same way until they all have a turn.

<http://www.guidesaus.org.au/page.php?pageid=126#Results>

2. **Mah Kha Diew (Thailand) - S, B**

Mah Kha Diew (pronounced mah kah DEE-o) is a tag game using your feet.

The name of the game actually means, "horse with one leg".

Number of players: four or more

What you'll need: chalk

How to play:

- Draw a circle with chalk. Make it large enough for all the players to hop in and out of, such as a diameter 3 to 6 feet (1 to 3 meters).
- Choose somebody to be IT.
- IT stands inside the circle.
- Players move in and out of the circle by hopping.
- Players inside the circle can be tagged by IT. But IT can only use her foot.
- As IT tries to tag the players, they can run inside the circle or hop to get out of it.
- Once IT tags a player, that player becomes IT.

<http://www.guidesaus.org.au/page.php?pageid=126#Results>

3. **Snakes and Ladders (India) - S, B, G**

Snakes and Ladders originated in India where it was called Moksha Patamu. It was a game of morality and was introduced to Britain in Victorian times. In this ancient race game the bases of the ladders were located on squares representing various types of good and the more numerous snakes came from squares representing various forms of evil. Over the years this game has become simply a game of going up ladders and down snakes. Invite some friends along to Guides one night and play games of snakes and ladders. Perhaps you can have a play off and find a winner. <http://www.guidesaus.org.au/page.php?pageid=126#Results>



DRAMA/GAMES (cont'd)

4. Jan-Ken-Pon (Japan) - S, B, G

<http://www.guidesaus.org.au/page.php?pageid=126#Results>

Two girls face each other with hands behind them. Together they say, "Jan-Ken-Pon. On "Pon" both bring their hands forward to represent stone, paper or scissors. A clenched fist is stone; an open hand is paper and holding out a hand with the index and middle finger extended makes scissors. Stone beats scissors because it blunts them; scissors beats paper because they can cut it; and paper beats the stone because it can wrap it. Each time a girl wins; she gains a point for her group.

5. Compass Points (New Zealand) - B, G

Adapted from *Using Maoritanga in your programmes*.

The playing area is marked out with four basic points of the compass, but in Maori. One person calls commands and the players run to whatever point is called.

You might want to make a chart showing the translations.

Tokerau is North

Runga is South

Rawhiti is East

Hauauru is West

6. Catch the Dragon's Tail (Hong Kong) - S, B, G

The game fits well with Chinese New Year celebrations when there are street festivals with dancing dragons. The dragon is a Chinese symbol of Good Luck. Articles with dragons on them are given to friends and relatives as a sign of good fortune. This game needs 10 or more players for it to work properly. All the players stand in a line; their hands on the shoulders of the person in front. The first person is the dragon's head; the last, the dragon's tail. The head tries to catch the tail by maneuvering the line around so she can tag the tail. The line must follow the head and must not break. All the other players must stop the head from tagging the tail. When the head catches the tail or after an agreed time, the second player in line becomes the head and the head moves to the tail position.

7. Fish Race (Samoa) - S, B, G

Adapted from *Pacific Guiding November 1999*

Each girl is given a page from a magazine and they tear the paper into a shape of a fish.

Determine the distance that the girls are to cover. Girls are divided into two teams. When the Guider says GO the girl in the front of the line must go down on her feet and hands and blow her fish across the line. She then runs back and taps the next girl in line. This continues until the whole team has had an opportunity to race their fish. The winning team is the team that has completed their turns first and has played the game well.

8. The Crocodile (Vanuatu) - S, B, G

Adapted from *Pacific Guiding November 1999*

Girls stand in two lines facing each other, three or four yards apart. One girl is the 'crocodile' and sleeps in the river (the space between the two lines). While asleep, one player from each line is chosen by a Guider to cross the river. The 'crocodile' wakes up and tries to catch players as they

cross to each other's places. Those caught join hands with the 'crocodile' and help to catch the prey.

9. **Fruit Basket (India) - S, B, G**

Materials: Chairs (optional)

The children sit in a circle. Each child is a fruit.

There should be many of the same fruits, for example 6 apples, 6 oranges, etc. One child is in the middle. That child yells the name of a fruit such as "banana" and all of the children who are bananas must stand up and run to sit in the chair of another banana. The child in the middle also runs for a chair. The child who does not get a chair will stand in the middle and call out the next fruit. Sometimes, the child will call "fruit basket" and everyone will run for a new chair.

It's fun to use fruits that are common in India, such as: papaya, banana, pomegranate, sweet lime (a.k.a. mozambi), orange, pineapple, coconut, etc.

10. **Farmyards (Malaysia) - S, B**

Materials: A scarf for each girl

Gather into groups of four or five girls. Each group chooses an animal they would like to be and makes sound. Guiders disperse the girls and blindfold them. Now each girl makes their distinctive sound and tries to gather her group together by sound only. The first group to gather all its members wins.

11. **Chuang Chai – Catch the Chuang (Thailand) - S, B, G**

This game is traditionally played on special holidays such as Songkran. Two teams are formed. A *chuang* (which is a towel or other large piece of cloth tied in a knot to resemble a ball with a tail) is made. The *chuang* is thrown back and forth between the two teams until one player fails to catch it. That player then joins the opposing team. The game ends when one team has lost all its players.

12. **Hindi Colour Game (India) - G**

Materials:

- Items in the colours listed below placed around a room

Method:

1. The Leader calls out a colour in Hindi.
2. The players must all run to touch something that colour.
3. The last one to touch the colour or touches the wrong colour is out or loses a life.
4. Sometimes the Leader can call out two or three colours all at once and the girls have to find a way of touching all of the colours at once.

Hindi Colours

Lal = Red; Narangi = Orange; Pila = Yellow; Hara = Green; Nila = Blue;
Gulabi = Pink; Zambala = Purple; Kala = Black; Safed = White

13. **TIZ, FIZ, NICNOC (with actions) (Australia) – B, G**

Adapted from Rolling Hills Area International 2004



Have a group of girls sitting in a large circle. Each girl counts off but instead of the number 2, 5 and 9 they say TIZ, FIZ and NICNOC. They would also do an action like: Stand up, put your hands on your head and clap your hands. Count around the circle using TIZ, FIZ, NICNOC and actions. Play until tired!

Example:

2 is TIZ and Stand up

5 is FIZ and put your hands on your head

9 is NICNOC and clap your hands

12 is 1TIZ and Stand up

15 is 1FIZ and put your hands on your head

19 is 1NICNOC and clap your hands

Variation: Count by one going clockwise then start counting by one going counter clockwise as well.

14. **Tuki Tuki Teni Teni (Cook Islands) - S, B, G**

Can be downloaded from GuideZone

Material:

- A coconut shell per participant (you can use a stone or sea shell instead)

Method:

All players sit in a large circle. Each player has a coconut shell and one of the shells is marked as a “ghost” shell. Tapping shells on the ground, players chant the first line to the Tukituki chant.

During the remainder of the chant, players pass the shell to the player on the right (banging it in

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14. **Tuki Tuki Teni Teni (Cook Islands) - S, B, G cont'd.**

front of the player). The player who receives the “ghost” on the word “toke” must get up and dance the hula in the middle of the circle.

Tukituki Chant

Tuki, Tuki, Teni, Teni

Tuki, tuki, teni, teni, takaia, rakau, kamu,
tere, rua, ki, mua, ra.

Tu toru e papa roroa tairi metua rakau
kamu tare, kanu tare.

Kia akatere pakanuu e toke.

Chant: Ranitu (for the hula)

Ranitu Ranitu ititi Ranitu (repeat as often as you like).

15. **Kim's Game (India) - S, B, G, P, SB**

Kim's game is an exercise used to develop a person's capacity to observe and remember specific details. The name comes from a novel by Rudyard Kipling, Kim. In that novel, young Kim and other students were trained to use this exercise in order to become better spies.

Materials:

- Tray
- Objects (can be related to a certain country if doing an International theme)
- A scarf or dishtowel

- Pen and paper

Method:

1. Have the girls view the objects on a tray for a minute or two.
2. Cover the objects and ask the girls to write down as many objects as they can remember.
3. The girl with the most correct answer, wins!

16. Shadow Puppets (Japan, China) - S, B, G, P, SB

Shadow puppets originated in the Orient over 2000 years ago.

Create a shadow puppet by drawing a simple outline of a character (person or animal) onto a piece of cardboard. Cut out the figure and glue one or two wooden sticks to the bottom. For older girls, use brass paper fasteners for leg and arm joints to make an articulated puppet. Set (or hold) up a white sheet and light from behind with a lamp or flashlight. Divide the girls into smaller groups and have them make up a story, script, or ad-lib and present to the rest of the group (<http://www.molli.org.uk/burma/theatre/make.htm>).

17. The Sari (India, Nepal, Bangladesh, Pakistan) - S, B, G, P, SB

A sari is a rectangular piece of cloth measuring five to six metres in length. The style, colour and texture of the cloth varies and the traditional dress of Bangladesh women can be made from cotton, silk, or man-made materials. For centuries, the sari has been worn by millions of women throughout the Far East. In Bangladesh, people have for years been using the sari to remove insects and extraneous particulate matter from sugar or molasses water commonly used to make local drinks. The sari is now being used in Bangladesh to filter drinking water in an attempt to reduce the occurrence of cholera.



(<http://www.tve.org/ho/doc.cfm?aid=588>)

Have a discussion about the sari and its uses. Use a piece of fabric to demonstrate how a sari is worn (see 'How to Wear a Sari' at this web address:

<http://www.cuisinecuisine.com/CultureClothing.htm#Here%20is%20how%20to%20wear%20a%20Sari>)

and have the girls take turns trying it on. Activity: In a circle, demonstrate how the sari can be turned into something completely different and demonstrate how it would be used (use your imagination; it could be a parachute, magic carpet, snake, etc). Pass the fabric to the person beside you and take turns turning the sari into something else.

18. Shopping at the market - S, B, G, P

Bring in pictures of different markets from various countries in the Asia Pacific Region and talk about the things you might see at each one. Have the girls decide which city they would like to go shopping in. In a circle, each girl takes a turn saying, "I'm going shopping in (city name, e.g. Changmi) and I am going to buy a (name item, e.g. chicken)." Each market item has to be accompanied by an action (e.g. for chicken you could flap your arms). The next girl has to repeat the line and action from the previous girl's, then choose a country and add her own market item. Go around until everyone has had a turn (the last person will have to remember all of them!).

19. Rainforest Soundtrack - S, B

The rainforests of Asia stretch from India and Burma in the west to Malaysia and the islands of Java and Borneo in the east. Bangladesh has the largest area of mangrove forests in the world.

<http://www.srl.caltech.edu/personnel/krubal/rainforest/Edit560s6/www/where.html#SA>

In Southeast Asia the climate is hot and humid all year round. The mainland Asia has a subtropical climate with torrential monsoon rains followed by a drier period.

Read a picture book about animals that live in the Australasia rainforest, and examine each picture with the girls. Ask them what kinds of sounds they would hear with each scene. Practice the sounds and conduct the group to make them louder and softer like an orchestra conductor.

Continue doing this with each picture. Return to the beginning of the book and have the girls begin making the sounds automatically when each picture is revealed. Cut off the sound when the page is turned. The result is a story telling with a running soundtrack.

<http://www.childdrama.com/picturebook.html>

20. **A Tree in the Rainforest - S, B, G**

Using masking tape (or chalk, if your floor will bear it), draw a large outline of a rainforest tree on the floor. It should take up as much space as you have. Be sure it has a clearly defined shape, with roots, a trunk, and a canopy shape. Also be sure there is at least a little floor space "above" it. Talk about the four levels in the rainforest and the plants and animals that live there

Forest Floor: branches, roots, leaves, little vegetation, thin layer of soil

Understory: trees up to 50 feet tall, trunks of canopy trees, new trees

Canopy: tops of trees ranging 60-90 feet tall

Emergent Layer: top most level, tops of the tallest trees as tall as 150 feet.

One at a time, girls get up and announce the animal they have chosen to be. Then, moving like that animal, they go and stand/sit/slither in the appropriate part of the tree diagram. (If there is no diagram, simply establish where the bottom is and use your imagination.) Give them help as necessary to choose the right level. Source: <http://www.childdrama.com/rainforest.html>

21. **Building a dragon (China) - S, B**

Read a short story about a Chinese dragon (see Dragon stories online:

http://www.lair2000.net/Chinese_Poetry/Chinese_Poetry.html or books from the library:

(http://www.primarysource.org/resources/tcu_botsford/toc.html)

The Chinese dragon is made up of nine entities: the head of a camel, the eyes of a demon, the ears of a cow, the horns of a stag, the neck of a snake, it's belly a clam's, it's claws that of an eagle, while the soles of his feet are that of a tiger, and the 117 scales that cover it's body are that of a carp. Source: <http://www.fortunecity.com/roswell/goldendawn/102/Dragons/chinese.html>

After reading the story, talk about the different parts of a Chinese dragon. Discuss what each part does and if it helped the dragon in any way in the story. Ask for volunteers to demonstrate how they could use their whole body to make the dragon's tail, claws, mouth, etc. Once each part has been explored separately, tell the girls that they are all going to work together to make one Dragon. Starting with the tail, take volunteers to become each part of the Dragon, building up to its head. When the Dragon is finished, carefully move together around the room. (Source: <http://www.childdrama.com/dragon.html>)

22. **Around Asia Pacific in 30 minutes - B, G, P, SB**

<http://www.childdrama.com/lpworld.html>



Working in groups of 2 or 3, have each group choose a country in the Asia Pacific Region. Tell them they will be someone or something from that country. Bring in maps, reference books and magazines (National Geographic), travel books, etc, that include information and pictures of animals, landmarks, industries, etc. When everyone is ready, we will take a trip around Asia Pacific and watch while each group pretends to be animals, people, or things a visitor to that country would likely see. Give the pair 10-15 minutes to decide and practice what they are going to be. After each group presents, allow the girls to guess what they are acting out. (If they cannot guess, allow the presenters to give hints).

23. Chinese Jump Rope (China) - B, G, P

This game was first played in China in the seventh century. It was rediscovered by English children in the 1960s.

Materials:

Long length of elastic joined together to form a circle. (You can buy one at a toy store or make your own with 60mm of elastic from a fabric store.)

Set up:

Two people stand with the elastic around both ankles, spread legs until the two lengths of elastic are about 30cm apart. (If you don't have enough people you can use chair legs instead.)

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The player jumps over the elastic, then jumps over the elastic, then a step or 'stumble or trip' over the elastic. The next player takes their turn.

The game can be made more difficult by raising the height of the elastic or changing the pattern of jumping. When the elastic is raised so high to make it impossible to "jump" in without getting caught up in the elastic the player can call "pinky" and then use one finger to hold down the side of the elastic to jump in and out.

24. Hand clapping (Australia) - S, B, G

Children's traditional hand-clapping games are passed on from one generation to another in the school playground. However, there are many competing demands on children's free time, such as computer and electronic games, and today there are reduced opportunities for hand-clapping games to be performed. They may therefore be considered to be endangered.

Easy Directions for basic hand clapping games:

Sit across from your clapping partner. Begin by clapping your hands together at the same time, then reach out with your right hand to clap your partner's right hand. Next, clap your hands again. Now reach out with your left hand and clap your partner's left hand. Repeat. Clap on the beat.

Australian children have also performed for several generations' rhymes such as 'Miss Mary Mack' and 'Say, Say, Oh Playmate':

Miss Mary Mack

Miss Mary Mack, Mack, Mack
All dressed in black, black, black
With silver buttons, buttons, buttons
All down her back, back, back
She asked her mother, mother, mother

Say, Say, Oh Playmate

Say, say, oh playmate
Come out and play with me.
Bring out your dollies three.
Climb up my apple tree.
Slide down my rainbow



For fifty cents, cents, cents
To see the elephants, elephants, elephants
Jump over the fence, fence, fence
They jumped so high, high, high
They touched the sky, sky, sky
And didn't come back, back, back
Till the fourth of July, July, July

Into my cellar door.
And we'll be jolly friends
Forevermore, one two three four!
Say, say, oh playmate
I cannot play today
My dollies have the flu
Boo hoo hoo hoo hoo hoo (cry, rub eyes)
My apple tree is dead
My rainbow's gone away
My cellar door is locked
Forevermore, one two three four!

Hand-clapping games are usually identified with girls, and there is no evidence of their having been played by boys in the past. In this respect they are unlike skipping, which was a common boys' game in the nineteenth century, but is now mostly played by girls. The age-group for hand-clapping games extends from about 7 to 12 years of age. For more hand clapping rhymes see:

<http://www.childstoryhour.com/gamesclapping.htm>.

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25.

visit fortunetellers who read their future by means of wooden sticks similar to pick up sticks. (Played with a group of about 30 sticks, each one 20 cm in length. You can use chopsticks or skewers painted in different colours.) The pieces are grouped with different coloured ends; with each colour having an allotted value that is counted up at the end to determine the winner of the game. The sticks are held in a bunch on their ends and left to fall to the playing surface. Each player takes a turn to lift up a single piece without touching or moving any of the other pieces. Usually a black piece is used as a helping stick (used to separate).

26. Improvisation/Storytelling - B, G, P, SB

Use as a starting point for drama a book such as *Damsels in Distress: World Folktales for Strong Girls* that includes characters such as Li Chi, the Chinese girl who slays a dreaded serpent and saves her town. Invite the girls to create their own collective or individual stories in which the characters must use their cunning, wisdom, and strength to overcome an obstacle.

Source: http://www.sasked.gov.sk.ca/docs/artsed/g5arts_ed/drama/unit2.html

27. Role Playing - B, G, P, SB

Read a short myth or story to the group. Split the girls into smaller groups and allocate a scene to each group. They can then re-tell the scene from what they remember. Any changes they make will only make the story richer. Variations: 1. Each group re-tells the whole story making two changes. They then practice saying their script and present it to the group who has to find the two changes that have been made 2. Give them a pre-prepared script. In their groups they have to change the end of the story. Source:

http://www.sasked.gov.sk.ca/docs/artsed/g5arts_ed/drama/unit2.html



28. **Readers Theatre (India, Vietnam, China, Pakistan, Malaysia) - B, G, P, SB**
Readers Theatre is an interpretive oral reading activity. Girls use their voices, facial expressions and hand gestures to interpret characters in scripts or stories. Select one of the many scripts available from the following website and have a Readers Theatre. Scripts include:

[The Gifts of Wali Dad: A Tale of India and Pakistan](#),
[The Millionaire Miser: A Buddhist Fable](#) ,
[How Violence Is Ended: A Buddhist Legend](#),
[The Crystal Heart: A Vietnamese Legend](#),
[The Magic Brocade: A Tale of China](#),
[The Adventures of Mouse Deer: Tales of Indonesia and Malaysia](#),
[Monkey Lives!: A Superhero Tale of China](#)

Source for scripts: <http://www.aaronshp.com/rt/RTE.html>

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29. **An**

The **Angkunh** is a round fruit from Cambodia, Thailand, Laos, and Kratie. It is round with two flat sides and a diameter of about six centimetres. When ripe, it has a hard skin and turns the colour of mahogany. The game of Angkunh requires several players with two teams. Each participant takes turns to throw the fruit into the opponent's area – a triangle made from three Angkunh stuck into the ground. A goal is scored when a player knocks over all the Angkunh or when an Angkunh lands in the triangle. The victor wins the right to gently tap the loser's bent knee with the fruit, the sound of which is a source of much amusement. Source:

<http://www.guidesaus.org.au/attach/CambodianActivities06.pdf>

Use a round disk like a Frisbee as the Angkunh to play the game.

30. **Thongs (Flip Flops) (Cambodia) - S, B, G**

This game is very common on the streets of Cambodia and is often played as a game of gamble. Two people use one of their thongs each to play (because of the almost constant heat most people wear thongs every day). They place an item, such as money, an empty water bottle (because of the extreme poverty in Cambodia some people are forced to make a living out of collecting empty water bottles and selling them for recycling) or another shoe in the playing area. The players then either kick or Frisbee-style throw their thong out from an imaginary line of where the item is. Whoever's thong goes the furthest gets to have the first turn at playing their thong from where it lies and either kicking or throwing it back at the item. Whoever hits the item first gets to keep it. Source: <http://www.guidesaus.org.au/attach/CambodianActivities06.pdf>

31. **Dhreh (Cambodia) - B, G, P, SB**

Like a cross between the games of knuckles and pickup sticks, Dhreh involves throwing a lemon or lime into the air with one hand. Before you catch the lemon you must pick up one of the bamboo or wooden sticks which have been set out on the ground in a particular shape (such as square, triangle, house, stick figure). As the game goes on it can get harder by changing the layout of the sticks and increasing the number of sticks which must be picked up in each throw. Source: <http://www.guidesaus.org.au/attach/CambodianActivities06.pdf>



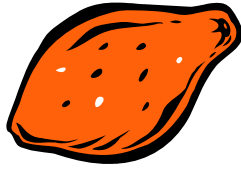
RECIPES

Try a food or recipe as an added Asia Pacific Region experience.

Foods to Try

Fruits:

Mango
Papaya
Lychee
Asian pears
Bananas
Coconut



Drinks:

Oolong tea
Jasmine tea
Darjeeling tea
Green tea
Ice cold mango or sweet lassi



Vegemite on toast (an Aussie staple)



All types of noodles:

Chinese, Filipino, Indonesian, Japanese, Korean and Thai.

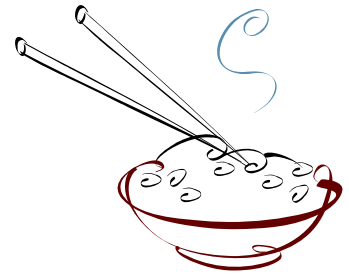
Different types of rice:

Japanese rice – which is a short grain and becomes sticky when prepared.

Jasmine rice – a long grain rice which is also sticky but has a very nice aroma.

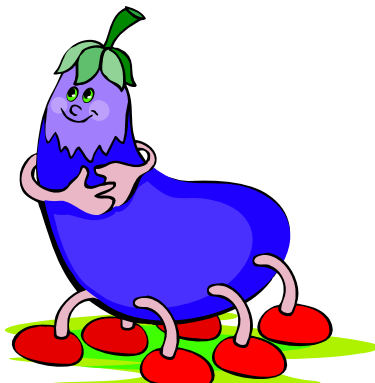
Basmati rice – used mainly with Indian dishes which has a firm almost dry texture when cooked.

Again has a strong aroma, some say almost popcorn like!



Vegetables to try:

Eggplant
Bok Choy
Snap or snow peas
Luffa, gourds and melons
Daikon (Chinese radish)
Gailon (Chinese broccoli)
Okra



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RECIPES

India

<http://www.guidesaus.org.au/attach/JessieO-SangamActivitySuggestions.doc>

Indian people are from a mix of different cultural, religious, and ethnic backgrounds and live in geographic and climactic diversity. As a result, it is hard to describe Indian food under one heading. The British tended to describe Indian food as 'curry'. This is too simplistic. Indian food is inspired by the use of ingredients meant to bring out six main flavours or rasas – sweet, sour, salty, bitter, pungent and astringent in every meal. Indian food is not so much hot as it is spicy and in all, some 25 spices, herbs and condiments are added to foods in different orders and sequences. No two cooks agree! In summer, dahlia based (yoghurts/curd) foods are more common and in winter, dried fruits and nuts feature in foods. In the north, Indians tend to eat more wheat-based foods, while in the south and east they eat more rice. In west India the people eat a mix of both. It is hard to recommend a particular recipe.

Perhaps you could invite an Indian person along to your unit and ask them to cook something. Ask them what the ingredients are and where they used to live in India.

Tea

<http://www.guidesaus.org.au/attach/JessieO-SangamActivitySuggestions.doc>

A well-known Indian product is tea. Although tea production began in China, India is one of the main producers of tea today and has been for two hundred years. The famous Indian teas are called Darjeeling, Assam, and Nilgiri. Plan an afternoon tea party for your Mom. Serve an Indian brand of tea and some Almond Balfi, which is an Indian sweetmeat. A sweetmeat is a sweet snack that may be served at any time but especially in the afternoon.

Almond Balfi

- 1 ½ cups (150g) caster sugar
- 1 ½ cups (150g) full cream milk powder
- 1 tablespoon (15 mL) plain flour
- ½ teaspoon (2 mL) ground cardamom
- 80g unsalted butter, melted
- 3 eggs, lightly beaten
- ½ cup (70g) slivered almonds toasted

Grease a 19cm x 29 cm rectangular slice pan. Sift sugar, milk powder, flour and cardamom into medium bowl. Mix in remaining ingredients. Spread barfi into prepared pan; bake in a moderate oven for about 55 minutes or until firm. Cover with foil during cooking if over browning. Stand balfi for 30 minutes. Turn balfi onto board, cut into triangles. Makes 48 (can be made 3 days ahead).

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RECIPES (cont'd)

Kiribati

The Republic of Kiribati lies scattered over about 5 million square kilometers of the Central Pacific Ocean (an area about 1/2 the size of the United States). Kiribati lies astride the Equator and is made up of three groups of islands: Gilbert Islands, Line Islands, and Phoenix Islands. These include a total of thirty-three atolls (coral islands), each with its own unique culture, customs, rituals, history, myths and legends and lifestyle.

Te bua toro ni baukin (Main Course)

- 1 cup (250 mL) flour
- 1 teaspoon (5 mL) baking powder
- 6 tablespoons (90 mL) powdered milk
- 1 medium pumpkin
- 1 cabbage
- 1 lemon
- 1 tin canned meat

Peel pumpkin, wash and grate into a clean dish. Remove excess water from grated pumpkin. Shred cabbage and add to grated pumpkin. Add flour, meat, powdered milk, cabbage and baking powder to the pumpkin. Mix all together. Flavour with salt, pepper and lemon juice. Put mixture into a greased baking dish. Cook in oven until brown. This should be baked at 300 degrees for about one hour.

How to open a Coconut

Pierce 2 of the 3 "eyes" (round black spots) with an ice pick or screwdriver. Drain out the juice. If desired, strain and refrigerate juice for up to a week—simply drink it, or add to soups, sauces, etc. Bake coconut in a preheated 375° oven for 15 minutes (heating the coconut facilitates removing the meat from the shell). Remove coconut from oven; place on a hard surface. Cover coconut with a dish towel; smack it lightly in several places with a hammer. Break coconut in several pieces for easier access to the meat. Use a butter knife or screwdriver to separate the meat from the shell. Remove the thin brown membrane with a paring knife or vegetable peeler. Fresh coconut can be sealed airtight and refrigerated for up to a week, frozen for up to 6 months.

Onion Sambol (Sri Lanka)

Serve as a part of a salad, with flat bread or to cool down a curry.

- | | |
|--------------------|----------------------------|
| 3 hard boiled eggs | 1 green pepper |
| A large onion | The juice of half a lemon |
| 1 cucumber | A pinch of salt and pepper |

Finely chop the vegetables and mix them together in a large bowl. Add the seasoning and lemon juice and stir well. Finally, slice the eggs and arrange on top of the mixture.

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Green onions

Seasoning sauce (1 tbsp (15mL) sugar, 2 tsp (10 mL) rice wine, 2 tbsp (30 mL) soy sauce, 2 green onions finely chopped, 3 cloves garlic, minced, 1 tbsp (15 mL) sesame salt, 2 tsp (10 mL) sesame oil)

Salad oil

Wooden bamboo skewers soaked in water

Score the beef slices to tenderize and cut them into 3" long strips. Trim the small green onions and cut them into lengths, slightly shorter than the beef strips. Marinate the beef in the seasoning sauce. String the seasoned meat and small green onion strips alternately on skewers; beginning and ending with the meat. Baste with sauce. Fry the skewered food in a hot, oiled pan until the meat is browned on both sides. Hint: Cut the meat longer than the vegetables as it has a tendency to shrink when cooked.

Creamy Chicken Curry (Malaysia)

Adapted from Weight Watchers

300 grams boneless, skinless chicken, cut into strips

1 tsp (15 mL) minced garlic

2 tsp (30 mL) curry powder

1 small onion, chopped

2 carrots, chopped

½ red pepper, chopped

2/3 cup (150 mL) evaporated low-fat milk

2 tsp (30 mL) chicken stock powder

2 tsp (30 mL) cornstarch

1/3 cup (80 mL) water

Cook chicken in a hot pan coated with cooking spray till brown and tender. Remove from pan and keep warm. Sauté the garlic, curry powder, carrots, onion and red pepper for 4 – 5 minutes. Combine cornstarch and flour in a small bowl. Turn the heat down low and stir in the milk, stock and water mixture. Stir until sauce thickens. Add all ingredients to the pan and coat with curry sauce. Let simmer for a few minutes. Serve over rice.

Chapatis (India)

250 g wheat flour

Water for mixing

2 tbsp (30 mL) oil

Ghee (butter)

1/2 tsp (2 mL) salt

2 tbsp (30 mL) oil

1/2 tsp (2 mL) salt water for mixing ghee

Mix flour, oil and salt, using enough water to make a soft dough. Knead for 5 minutes. Make a ball the size of a medium lime and flatten by hand, using some oil. Spread flour, and then repeat. Use a little dry flour for rolling. If the chapati sticks to the work surface during rolling, lift carefully. To cook chapati, preheat a tawa or non-stick pan to prevent chapati from becoming hard or brittle. Put chapati in the pan and dry roast until bubbles and brown spots appear on the surface. Turn occasionally. Put a little ghee on chapati. A well cooked chapati should be light and fluffy. Cooked chapatis can be stacked. Cover with a napkin.

Rice Pula (India)

200 grams long grain rice

4-5 cloves

1 carrot, sliced

4 cinnamon leaves

50 grams green beans, sliced lengthwise

2-3 cinnamon sticks



1 onion, thinly sliced
 3 tbsp (45 mL) ghee (butter)
 400 ml boiling water
 pinch of baking soda

5-6 cardamoms, slightly open
 50 grams cashew nuts
 1 1/2 tsp (8 mL) salt; pepper to taste

Put rice into a sieve. Wash thoroughly under cold running water until water runs clear. Bring water to the boil. Boil carrots for 2-3 minutes. Boil green beans with baking soda. Drain and set aside. Heat ghee and fry onion for 2 minutes. Add cloves, cinnamon leaves, cinnamon sticks, and cardamoms. Then add rice and cashew nuts. Fry for a few minutes. Add salt and pepper and stir for 2 minutes. Add water and turn heat low. Cover and simmer. After 5 minutes remove lid and add boiled vegetables. Cook for 10 minutes. Serve hot.

Indian Sweet (India)

Condensed milk Chopped nuts
 Desiccated coconut Icing sugar
 Raisins

Put a small amount of condensed milk into a small bowl. Add a handful of desiccated coconut, a few raisins and chopped nuts. Mix together. Form into small balls with your hands. Coat with icing sugar and leave to set.

ANZAC ASIA PACIFIC REGION

1
 1 d coconut
 2 tablespoons (30mL) of boiling water 1 cup (4 oz) (250 mL) plain flour
 1 & 1/2 tablespoons (22 mL) of baking soda 1 cup (8 oz) (250 g) of sugar

Combine all dry ingredients except soda. Add melted butter. Stir in soda mixed with boiling water and syrup. Place in spoonfuls on greased tray. Cook in moderate oven about 20 minutes - Allow to cool - Store in airtight container.

Pisang Goreng (Banana Fritters) (Singapore)

4 Eggs
 12 tablespoons Flour
 4 Ripe bananas
 Oil for deep frying
 Cinnamon sugar

Slightly beat eggs and mix with flour and half cup water. Mash bananas with fork and mix thoroughly with flour and egg mixture. Deep-fry banana and flour mixture by the tablespoonful in hot oil until golden brown. Drain on absorbent paper and dust with cinnamon sugar.

Singapore Noodles (Singapore)

1/4 cup (60 mL) cooking oil 2 cups (500 mL) cooked pork, chicken, shrimp
 4-6 garlic cloves, minced or beef, cut-up
 2 tbsp (10 mL) slivered ginger strips (optional) 1/3 cup (175 mL) slivered green onions
 2 qts (2 L) water 2 tsp (10 mL) crushed red pepper
 1 tbsp (15 mL) cooking oil (may be halved)
 2 tsp (10 mL) salt 1/4 cup (60 mL) oyster sauce
 4-6 vermicelli nests 3 tbsp (45 mL) curry powder

(rice vermicelli works great)

2 tsp (10 mL) soy sauce

Heat first amount of cooking oil in wok or frying pan. Add garlic and ginger. Cook until tender. Heat water, second amount of cooking oil and salt in a large uncovered saucepan until boiling. Add vermicelli. Make sure nests are covered with water. Turn off heat and let stand. Add meat, green onion and red pepper to wok. Stir-fry until hot. Add oyster sauce, curry powder and soy sauce. Stir and toss well to mix thoroughly. Drain noodles. Add and toss. May be served now or cover and place in 250F oven to hold until ready.

Chocolate Australian Crunchies (Australia)

½ cup (120 g) softened butter

½ cup (125 mL) cocoa

1/3 cup (80 mL) honey

3 cups (750 mL) mini marshmallows

4 cups (1 L) rice bubble cereal (Rice Krispies)

½ cup (125 mL) shredded coconut

Small Dixie cups and wooden stir sticks

Melt the butter in a large saucepan; add marshmallows until melted. Stir in cocoa, honey and coconut. Add rice krispies. Remove from heat and press into cups, insert wooden sticks.

Whitchitty Grubs (Australia)

Aborigines seek out this grub, which feeds on the Witchetty bush, for its high source of protein. This is an alternative! Stick 2 mini marshmallows together on a toothpick, dip one end in cocoa or chocolate sauce and eat!

Bush Damper (Australia)

In colonial Australia, stockmen developed the technique of making damper out of necessity. Often away from home for weeks, with just a camp fire to cook on and only sacks of flour as provisions, a basic staple bread evolved. It was originally made with flour and water and a good pinch of salt, kneaded, shaped into a round, and baked in the ashes of the campfire or open fireplace. It was eaten with pieces of fried dried meat, sometimes spread with golden syrup, but always with billy tea.

Today it is made with milk and self-rising flour. Salt is optional.

3 cups (360 g) of self-rising flour

1/2 teaspoon (2 mL) salt (optional)

3 tablespoons (45 mL) butter

1/2 cup (120 mL) milk

1/2 cup (120 mL) water

Sift flour and salt into a bowl, rub in butter until mixture resembles fine crumbs. Make a well in the centre, and add the combined milk and water. Mix lightly with a knife until dough leaves sides of bowl. Gently knead on a lightly floured surface and then shape into a round, put on a greased oven tray. Pat into a round 15-16 cm (6-6 1/2 inch) diameter. With sharp knife, cut two slits across dough like a cross, approximately 1cm (1/2in) deep. Brush top of dough with milk. Sift a little extra flour over dough. Bake in a hot oven (about 350 degrees) for 10 minutes, or until golden brown. Reduce heat to moderate and bake another 20 minutes.

Pavlova (Australia)

In 1935, the chef of the Hotel Esplanade in Perth, Western Australia, Herbert Sachse, created the pavlova to celebrate the visit of the great Russian ballerina, Anna Pavlova. Whilst it has been

suggested this dessert was created in New Zealand, it has become recognized as a popular Australian dish.

- 4-6 egg whites (room temperature)
- pinch salt
- 8oz (224 g) sugar
- 1 teaspoon (5 mL) white vinegar
- 1/2 teaspoon (2 mL) vanilla essence
- 2 level teaspoons (10 mL) cornstarch
- Whipping cream or thawed whipped topping
- Assorted fruit (such as berries and kiwi)

Preheat oven to 400F(200C). Lightly grease oven tray, line with baking paper or use non-stick cooking spray. Beat the whites of eggs with a pinch of salt until stiff (until peaks form). Continue beating, gradually adding sugar, vinegar and vanilla, until of thick consistency. Lightly fold in cornstarch. Pile meringue mixture into circular shape, making hollow in centre for filling. (Mixture will swell during cooking). Turn down oven to 250F (130C) and bake for 1 – 1 and 1/2 hours. Turn oven off and leave Pavolva in oven until cool. Top with whipped cream and decorate with fruit

Peanut Candy (Fiji)

From GuideZone webpage

- 2 cups (475 mL)milk
- 4 tbsp (60 mL) treacle
- 2 oz (56 g) butter
- 1 cup (150 g) chopped peanuts

Place milk, treacle and butter in a saucepan and boil for ten minutes. Add peanuts, bring back to boil and continue cooking for about five minutes. Test for setting by dropping a tiny amount into ice cold water - if the candy forms into a soft ball (like dough) it is ready. If it not ready, continue boiling and testing. Pour into a shallow, greased tin and allow to set. When cold, cut into bars and wrap in waxed paper. Store in an airtight container.

Banana Toast (Solomon Islands)

From GuideZone webpage (contributed by Liz Watts)

- 4 bananas
- Juice from an orange or lemon
- Grated rind of an orange or lemon
- 2 tbsp (30 mL) sugar
- 1 tsp (5 mL) cinnamon powder
- Slices of bread for toast
- Butter/margarine for spreading

Place bananas, fruit juice and rind in a bowl and mash together until smooth. In a separate bowl, mix together the sugar and cinnamon. Toast the bread on one side only. Thinly butter the untoasted sides and sprinkle with half the sugar and cinnamon mixture. Spread the banana mixture on next and top with remaining sugar mix. Grill lightly. Serve with grilled bacon as they do in the Solomon Islands.

Tongan Recipes

from The Tastes of Tonga, a Guide to Living and Cooking in Tongatapu

Stuffed Squash or Pumpkin

1. Wash a squash or pumpkin and cut an approximately 12 cm circle in the top to form a lid.

2. Remove the seeds.
3. Fill with 2 cups of grated cheese and one of the following:
 - 1 cup (250 mL) diced ham
 - 1 cup (250 mL) diced salami
 - 310 g tin of whole kernel corn
 - 400 g diced pineapple (drained)
4. Season with salt and pepper and replace lid.
5. Bake at 375F (190C) for approximately 1 hour or until pumpkin is cooked.

Kumala (Yam) Burgers

1. Grate 2 large kumala (yams) or any other vegetable, such as carrots.
2. Mix with 2 eggs, beaten
 - 1 small onion, finely chopped
 - herbs, such as parsley
 - salt and pepper to taste
3. Melt some butter in a pan and add a spoonful of the yam mixture.
4. Flatten the patty with a spatula and cook for about 10 minutes on each side.

Ota Ika (Raw Fish)

Cut 3 cups (750 mL) raw fish into small cubes. Mix fish with $\frac{3}{4}$ cups ((180 mL) lemon juice, 2 teaspoons (30 mL) finely chopped onion, 1 chopped chili, $\frac{1}{2}$ clove chopped garlic; salt to taste. Allow fish to soak in lemon mixture for at least two hours. Drain off the liquid, then add $\frac{1}{2}$ cup of thick lolo (coconut cream). Garnish with chopped tomatoes and/or chopped sweet pepper.

Kheer (Sweet Rice Pudding) (Bangladesh)

One of the most popular local desserts. A Bangladeshi family would prepare this treat for holidays or to welcome guests on special occasions.

- 1L homogenized milk
- 250 grams basmati rice
- 500 grams brown sugar
- 125 grams raisins
- Dashes of white cardamom

Place the rice in a colander and rinse with cold water. Bring milk and rice to a boil in a heavy saucepan. Simmer tightly covered for 25 minutes. Add sugar, cardamom and raisins. Cool slightly and serve.

Dhal (India/Bangladesh)

Try this dish eating it the common way, with your fingers. It is polite and a mark of respect to use the right hand when giving or receiving anything, particularly food. You might hold a glass of water with your left hand, or use both hands to break bread, but food goes into your mouth from your right hand only.

- | | |
|----------------------------|------------------------------------|
| 1 cup (250 mL) red lentils | Pinch of salt |
| 1 onion, chopped | 1 tbsp (5 mL) turmeric powder |
| Water | Ghee or oil [about 2 tbsp (15 mL)] |
| 2-3 bay leaves | |

Rinse the dhal using a colander and cool water. Bring to a boil just slightly covered with water adding the bay leaves, salt and turmeric powder. Once at a boil, simmer for 15 – 20 minutes making sure the water does not evaporate – add a bit more if needed. In a frying pan brown the onions in oil. Add the lentils and cook a further 5 minutes. Serve with basmati rice.



OUTREACH

Complete one outreach challenge.

1. Kooloora invites Koala for Tea (Australia)

Adapted from Rolling Hills Area International 2004

There are many stories about flower fairies in Australia. Kooloora means quiet friend and is the Eucalyptus fairy. Gum Tips are eucalyptus tree leaves. Have a tea party and dress up like flower fairies. Bring a stuffed animal; have tea and biscuits.

Lazy Old Koala sleeping in my tree,
I called to say how do you do and ask you out for Tea!

I have gum tips, ripe and juicy, special nuts all sweet and spicy,
Possum is coming, and Kangaroo,
Won't you come and join us too?

Gum tips do you say?
Well then I'd love to come for tea
With you, and with Possum and Kangaroo!

2. Find out about the Japanese Tea Ceremony (chado or sado) which is a traditional ritual influenced by Zen Buddhism in which green tea or matcha is ceremonially prepared and served to a small group in a tranquil setting. Use low tables, cushions on the floor and Japanese music for atmosphere with Japanese teapots & cups. Challenge yourself to be truly Japanese for the whole evening: polite, considerate and self-controlled.
3. English enjoys associate status but is the most important language in India for national, political and commercial communication. Hindi is the primary tongue of 30% of the people and there are 14 other languages.

Learn these Hindi words:

Hello	Namaste
Goodbye	Alavidha (or again namaste)
Yes	Ha
No	Nahi
One	Ek
Two	Do
Three	Teen
Four	Chaar
Five	Panch

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OUTREACH (cont'd)

4. For adventurous eaters try this traditional Japanese dish. The classic folktale "The Rolling Rice Ball" by Junichi Yoda would complement this meal – be sure to use chopsticks.
500ml cooked (sticky) rice – use extra water
60ml rice vinegar
125 ml dried egg, dried shrimp, avocado pieces or another food that might appeal.
Combine rice and vinegar in a bowl, mix and divide in to 10 portions. Add a portion of the third ingredient to each portion of the rice and form into a ball. Serve with teriyaki dipping sauce.

5. Introduce your girls to the various spices used in Indian cooking. The following are some examples. You may want to try this as an identification game as well. Don't forget to use your sense of smell as they are distinct.
These are whole spices; you could also use ground spices such as garam masala, chili powder, tumeric powder and paprika.
Cardamom – Elaichi
Cloves – Loung
Cinnamon sticks – Daarchini
Whole red chilis – Laal Mirch
Cumin seeds – Zeera
Celery root seeds – Ajawain
Fennel seeds – Saunf
Bay leaves
Whole black pepper – Kali Mirch
Black cardamom – Badi Elaichi

6. Investigate Guiding in one of the Asia Pacific Region countries. Find the uniform that the girls in your branch would wear, as well as the name of your age group. Compared to Canada, are there many girls involved in Guiding there? Is the Promise different or the same as ours?

7. There are so many textiles used for clothing such as obis, saris, jodhpurs, etc. Find out about the textile industry and how it is such a huge part of the economy in certain countries. How does it compare with Canada's textile industry? It would be wonderful if different type of textiles were brought in such as silk and cotton.

8. Read a novel set in an Asia Pacific Region country or a collection of stories and poems and share a book report.

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OUTREACH (cont'd)

9. Because Australia is a continent on its own it has some unique animals and birds found nowhere else in the world. Find out about these creatures and share with your unit. Some to consider might be: koala, kangaroo, possum, platypus, bandicoot, goanna, emu, kookaburra, wombats, Tasmanian devil, lyre bird, wallaby, galah, echidna, dingo. Check out the website for these animals and plenty more: www.australian-animals.net/
10. According to Chinese legend, the twelve animals of the zodiac were selected by the Jade Emperor after he invited all the animals to participate in a race. What are the twelve animal zodiac signs? What sign are you?
11. *Kanji* are the Chinese characters that are used in the modern Japanese logographic writing system. The Japanese term *kanji* literally means “Han characters”. Try your hand in writing your own name in these characters, perhaps even make a bookmark. Information can be found on the following website: www.en.wikipedia.org/wiki/Image:Nihongo_ichiran_01.png
12. Chinese Kite Festivals take place in the first week of September. It is the Festival of Ascending on High. Kites are flown for a week, and on the last day people let go of the strings so that the kites fly off by themselves. The symbolism behind this is that as the kite flies away, so will illness and bad luck. If someone comes across a kite that has fallen to the ground, they must burn it, so that the illness and bad luck do not fall on them. Design and make your own paper kite using your favourite symbols (animals, smiling faces, lucky charms). Use skewers for the backing and don't forget to make a tail out of ribbons!
13. Send a Thinking Day card to the National Commissioner of an Asia Pacific Region country of your choice. Maybe write “Greetings” in the language of that country. To find a translation for a greeting visit the following website: www.elite.net/~runner/jennifers/hello.htm
14. Try your hand at Sushi: this is a vegetarian method and quite suitable for older girls. Lay out some Nori – green seaweed (which can be purchased in Chinatown). Cook rice the usual way (if you use short grain rice it will stick together better) but when it's done, sprinkle vinegar on it while a second person fans it to cool it. When the rice is cool, pat it in about a 1/4 inch thick layer on the nori, staying about 1/2 inch from the ends. You can put a scallion (green onion) or some mushrooms or some cucumber spears on top of the rice, near one long end. Wet your hands and start to roll like a jelly roll from one long end . If you go very slowly and are careful, you will end up with a very pretty green log. Using a sharp knife, cut it into rounds about 1 inch thick. Sushi is usually thicker, but you are just trying to get a sample to see if everyone likes it.

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OUTREACH (cont'd)

15. Attend a concert, dance or listen to a storytelling from one of the Asia Pacific Region countries. Or, you can tune in to Global Village on CBC Radio on Saturdays at 6:30pm.
16. Invite a visitor to your unit who has traveled to a country in the Asia Pacific Region. Ask them to show pictures or slides and bring some souvenirs of that country to your meeting.
17. At New Year's, many Japanese girls play **Hanetuki**. It is like badminton and you use a paddle (Hagoita) and a shuttlecock or feathers (Hane). On the first New Year after a girl is born her grandparents present her with a Hagoita which will be her good luck charm. Try making your own Hagoita using a piece of wood decorated on one side with pretty paper pictures. Usually there are two players but can be played with up to 4 or 5 people. The shuttlecock is hit between two players and if someone misses her opponent scores a point. The first to reach 10 wins.
- 
18. Look up the Asia Pacific Regional Committee on the WAGGGS website: www.wagggsworld.org. Who is the Chair of this Committee? How many countries belong to the Asia Pacific Region? List the countries and find them on a map.
19. Chinese Yo-Yo or Pull Bell date back to the Ming Dynasty, played by both girls and boys especially in the Spring 'when the willow leaves turn green'. A poem is sometimes recited about this event:
- Cut bamboo in the shape of a hip drum.
Pull both ends of the string slowly, gently!
When the wind blows, it spins like rushing water.
In the mountain temples, the sound of bells can be heard.*
- Try out different events such as continuous play or in a relay game. Maybe you would like to organize a Chinese Games meeting – have a look at this website for original game ideas: <http://www.chcp.org/games.html#Yo-Yo>

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OUTREACH (cont'd)

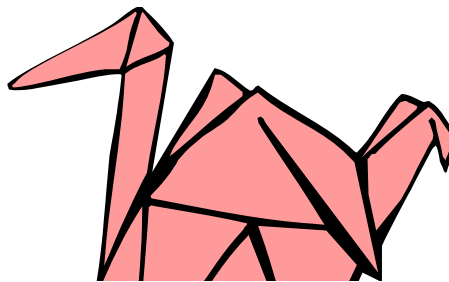
20. Each year, children around the world create hundreds of origami paper cranes in memory of Sadako, a young girl from Japan who became sick with leukemia after atom bombs were dropped on Hiroshima and Nagasaki in 1945. Sadako believed that if she folded 1,000 cranes, good luck would come to her and perhaps even cure her disease. Although Sadako passed away before she could reach her goal, a monument to commemorate her can be found in the Peace Memorial Park in Hiroshima, Japan. Help honour the memory of Sadako and the thousands of other victims of these bombings by making your own paper crane. You can also learn more about Sadako's story by reading the book *Sadako and the Thousand Paper Cranes* (check the Resources section for more information).
21. Today Guiding in Cambodia involves around 2000 members and relies almost solely on funding from other organizations. Almost all Guide Units hold their weekly activities on Sundays, because it is the only day children do not go to school, and most of them are held in the morning before it gets too hot! Any materials needed for the activities must be organized at least one month in advance so that the Leader can submit a request for the office staff to buy them. Most Units meet in open areas, such as a school ground or even in front of someone's house. Plan an entire Unit meeting using little or no materials. You can use only a hall for shelter if needed and a mat or tarp to sit on the ground on. How would you continue to make the meetings interesting if you had very little materials available? Source: <http://www.guidesaus.org.au/attach/CambodianActivities06.pdf>
22. In Cambodia it is difficult to keep girls involved in the Guide Movement as their parents often need them to help around the house, in the informal work force or on the farm in order to earn food and money for the family. But children are very similar throughout the world and such games as 'mothers and fathers', play cooking and shops are also popular with young Cambodian children. As they have no toy money to use to purchase each others 'wares' in their shops, the children use leaves. The bigger the leaf, the more money it is worth and the more mud cakes the children can buy. Yum! (What games and activities could you play with younger children using very few materials? Try playing at least one of these with a group of younger children.) Source: <http://www.guidesaus.org.au/attach/CambodianActivities06.pdf>
23. 84% of Cambodian households use wood as their primary fuel source. For cooking they use a clay pot to hold the fire in and sit huge woks and pots on top. They control the temperature by adding or taking out coals from the fire. Traditional Cambodian food always includes rice and some snacks are deep fried spiders, cockroaches and beetles! How well can you control the temperature of a wood cooking fire? How many meals can you think of that are made with rice? Could you eat it for breakfast, lunch and dinner in one day? Plan a camp menu using rice with every main meal. Could you eat it? Source: <http://www.guidesaus.org.au/attach/CambodianActivities06.pdf>

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OUTREACH (cont'd)

24. Paper Lotus - Did you know that the lotus (the oriental or sacred lotus) is the national flower of India? Begonias are native to India. Make a paper lotus.
25. The kimono is the traditional clothing of Japan worn by men, women and children. The word kimono is Japanese for clothing or 'things to wear'. Make a folded handkerchief kimono. (See the following website for instructions: <http://www.guidesaus.org.au/attach/kimono.jpg>)
26. Test your knowledge of Guiding in Asia Pacific with a quiz:
<http://www.guidesaus.org.au/attach/AsiaPacificGuidingTriviaQuiz.doc>
27. The ancient temples of Angkor are the most famous Cambodian tourist destination. The different temples were built between the 9th and 14th centuries, from massive stone blocks and have intricate details and pictures carved into many of the walls. Because of their historic significance, the temples of Angkor have been registered, since 1992, as a World Heritage site. (Find out about Buddhism, Hinduism, ancient temples of Angkor and what a Bas-Relief is. Try to draw scenes of your daily life in the style of the bas reliefs. Can you carve your scenes in wood or some other medium?) *Source:* <http://www.guidesaus.org.au/attach/CambodianActivities06.pdf>
28. Origami (Japan, China)
Origami is typically known as a Japanese art but it originated in China where paper was first invented. The word 'origami' means to fold paper. Origami was used in Japan for religious ceremonies as well as wrapping gifts. There are many designs available on the internet and in books from the library. Find a pattern to fit the ability of your unit.



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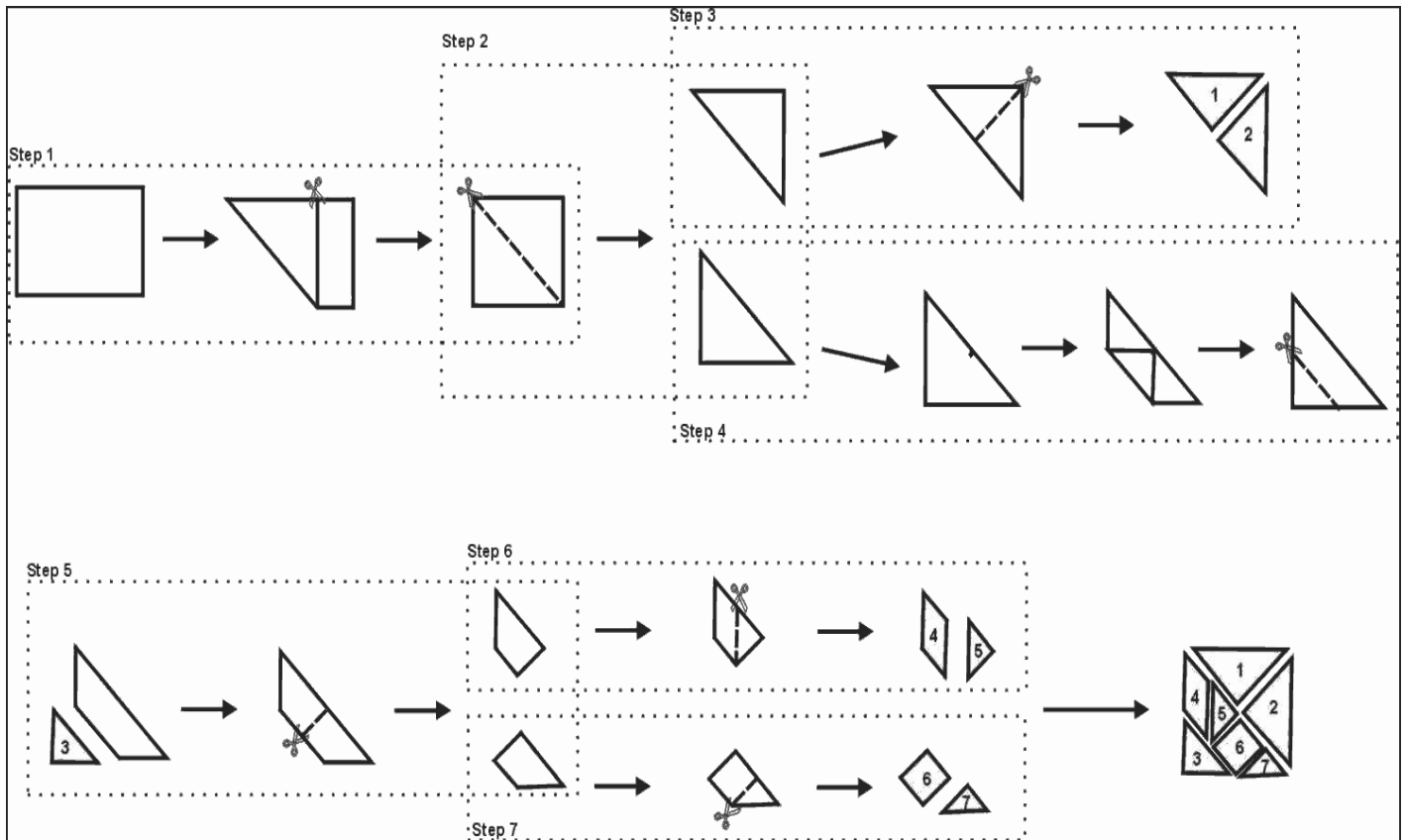
OUTREACH (cont'd)

29. Tangram is a square divided into seven pieces, similar to the Western jigsaw puzzle. It differs from the jigsaw in that it always has seven pieces. The pieces can be arranged to form the outlines of many different objects and shapes. This was invented over 1,500 years ago in China. It is also used today to teach trigonometry and geography.

You can use any material you want to make your tangram set, the only requirement being that you can cut or form it into shapes. They can be made of paper, cardboard, wood, ceramics, glass and metal.

Whatever you choose to use, you will need a 12cm square of it, usually about two mm thick for a puzzle this size.

Jaime Jorge has an easy way to fold the cut lines of a tangram set. All you need is a sheet of paper and these pictorial instructions. For further tricks and hints check out <http://tangrams.ca/inner/makeset.htm>.



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PROGRAM LINKS - SPARKS

The following program sections are completed either in part or in their entirety as part of this Challenge:

Crafts

Activity	Program Connection
Japanese Characters	The World Around Me
Sand Art	The World Around Me
Henna Body Art	The World Around Me
Batiks	The World Around Me
Rock Art	The World Around Me
Make a Kangaroo	The World Around Me
Sangam and the Elephant Sangalee	The World Around Me
Paper Lotus	The World Around Me
Flower Garland	The World Around Me
Bag Kiwi	The World Around Me
Painted Hand Prints	Being Me The World Around Me
Sheep Badge	The World Around Me

Music/Dance

Activity	Program Connection
Dandya Ras	The World Around Me Exploring and Experimenting Being Healthy
Three Bright Stars	The World Around Me Being Healthy
Hana, Hana, Hana, Kuchi	The World Around Me

Guiding Songs

Any song links to “The World Around Me” and “Going Camping”.

Drama/Games

Any activity links to “The World Around Me” and “Being Healthy”.

The following activities also link to:

Activity	Program Connection
The Crocodile	Going Outside
Chuang Chai – Catch the Chuang	Going Outside
Mah Kha Diew	Going Outside
Chinese Jump Rope	Going Outside

Recipes

Any activity links to “The World Around Me”.

Outreach

Any activity links to “The World Around Me”.

The following activities also link to:

Activity	Program Connection
#13	Brownies and Beyond
#14	Being Healthy
#17	Exploring and Experimenting
#23	Going Camping
#29	Exploring and Experimenting

PROGRAM LINKS – BROWNIES

All program sections/interest badges are completed either in part or in their entirety as part of this Challenge.

Key to Me	<ul style="list-style-type: none">- Being a Friend- Special Interest Badge
Key to My Community	<ul style="list-style-type: none">- Celebrations- Interest Badges – Your Days- Interest Badges – Special Days- Special Interest Badge
Key to I Can	<ul style="list-style-type: none">- Party Planner- Interest Badges – Be A Chef- Special Interest Badge
Key to Active Living	<ul style="list-style-type: none">- Outdoor Action- Fabulous Food- Interest Badges – Food Power- Special Interest Badge
Key to Camping	<ul style="list-style-type: none">- Sing and Shout
Key to the Arts	<ul style="list-style-type: none">- Act It Out- Crafts from Afar- Around the World in Song and Dance- Interest Badges – Hurrah for Reading- Interest Badges – Artist at Work- Interest Badges – Write On- Interest Badges – Super Crafts- Interest Badges – Share Your Talent for Dance- Interest Badges – Puppet Play- Special Interest Badge
Key to Girl Guides	<ul style="list-style-type: none">- Thinking Day and Guide Scout Week- Special Interest Badge

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PROGRAM LINKS – GUIDES

The following program sections are completed either in part or in their entirety as part of this Challenge:

All Activities

You in Guiding Program Area – Card 7, #1, 2, 6

Beyond You Program Area – Card 3, #1

World Guiding Interest Badge - #5

Crafts

Activity	Program Connection
Japanese Characters	Cultural Awareness Interest Badge - #2 Interpreting Interest Badge - #1
Sand Art	Art Production Interest Badge - #2 Cultural Awareness Interest Badge - #2
Henna Body Art	Cultural Awareness Interest Badge - #2
Batiks	Art Production Interest Badge - #2 Cultural Awareness Interest Badge - #2 Fashion Interest Badge - #3
Rock Art	Art Production Interest Badge - #2, 3
Festival of Lights Candle	Cultural Awareness Interest Badge - #2
Make a Kangaroo	Art Production Interest Badge - #2
Sangam and the Elephant Sangalee	Art Production Interest Badge - #2 Performing Arts Interest Badge - #7
Paper Lotus	Art Production Interest Badge - #2 Cultural Awareness Interest Badge - #2
Flower Garland	Art Production Interest Badge - #2 Cultural Awareness Interest Badge - #2
Boomerang	Art Production Interest Badge - #2 Cultural Awareness Interest Badge - #4
Friendship Link Necklace	Creative Craft Interest Badge - #4 Cultural Awareness Interest Badge - #4
Painted Hand Prints	Art Production Interest Badge - #3
Dragon Boat	Cultural Awareness Interest Badge - #2

Music/Dance

Activity	Program Connection
Dandya Ras	You and Others Program Area – Card 7, #5 Cultural Awareness Interest Badge - #4 Dancing Interest Badge - #1 Music Fan Interest Badge - #8
Maori Stick Game	Cultural Awareness Interest Badge - #4

Guiding Songs

Any activity links to:

Campfire Leading Interest Badge

Music Fan Interest Badge - #7, 8

Performing Arts Interest Badge - #6

Singing Interest Badge

Drama/Games

Any selection links to:

You and Others Program Area – Card 7, #5

Cultural Awareness Interest Badge - #4

World Guiding Interest Badge - #3

The following activities also link to:

Activity	Program Connection
Shadow Puppets	Discovering You Program Area – Card 5, #3 Performing Arts Interest Badge - #7
The Sari	Cultural Awareness Interest Badge - #2
Around Asia Pacific in 30 minutes	Cultural Awareness Interest Badge - #2

Recipes

Any activity links to:

Discovering You Program Area – Card 7, #3

Kitchen Creations Interest Badge

Tasty Treats Interest Badge

World Guiding Interest Badge - #4

Outreach

Activity	Program Connection	Activity	Program Connection
#1	Cultural Awareness Interest Badge - #2	#12	Art Production Interest Badge - #2 Cultural Awareness Interest Badge - #2
#2	Cultural Awareness Interest Badge - #2	#13	You in Guiding Program Area – Card 8, #6
#3	Interpreting Interest Badge - #2	#14	Discovering You Program Area – Card 7, #3 Kitchen Creations Interest Badge World Guiding Interest Badge - #4
#4	Discovering You Program Area – Card 7, #3 Kitchen Creations Interest Badge World Guiding Interest Badge - #4	#15	Cultural Awareness Interest Badge - #2 Performing Arts Interest Badge - #3
#5	Discovering You Program Area – Card 7, #3 World Guiding Interest Badge - #4	#16	Cultural Awareness Interest Badge
#6	You in Guiding – Card 8, #5 World Guiding Interest Badge - #2, 3	#17	You and Others Program Area – Card 7, #5 Cultural Awareness Interest Badge - #4 World Guiding Interest Badge - #3
#7	Cultural Awareness Interest Badge - #2 Fashion Interest Badge - #8	#18	You in Guiding Program Area – Card 7, #1
#8	Reading Interest Badge - #3, 5, 6	#19	You and Others Program Area – Card 7, #5 Cultural Awareness Interest Badge - #4

			World Guiding Interest Badge - #3
#9	Ecology Interest Badge - #7 Endangered Species - #6	#20	Reading Interest Badge - #5 Peace Interest Badge - #5
#10	Cultural Awareness Interest Badge - #2 Faith Awareness Interest Badge - #6	#21	Cultural Awareness Interest Badge - #2 Art Production Interest Badge - #2
#11	Cultural Awareness Interest Badge - #2 Interpreting Interest Badge - #1		



PROGRAM LINKS – PATHFINDERS

All program sections/interest badges are completed either in part or in their entirety as part of this Challenge.

- | | |
|------------------------------|---|
| Finding the Path | - Broaden Your Horizons # 4,#5, #6, #7, & #9 |
| Creating Your Future | - Event Planning
- Be a Model Citizen |
| Let's Take It Outside | - Outdoor Know-How #4 & #5 |
| Girl Stuff | - Fashion Sense from Head to Toe #1 & #2 |
| A World to Discover | - Going Global
- Girl Guides International
- What's Up Around the World
- Around the World at Home |
| Living Well | - We Are What We Eat
- Active Living # 6 & #7
- Beyond Baseball #4 |
| My Music, My Movies and More | - Get Musical #3
- The Arts from A to Z #1, #5, #6 & #7 |
| On My Own | - Now You're Cooking #3 & #6 |
| Exploring a Theme | - It's About Time #6
- Puzzle Me #1
- Web Surfin' #5 & #6
- Everything Comes from STEM #5
- Our Environment #2
- Getting Food on the Table #3, #4 & #5 |

ASIA PACIFIC REGION