The Girls Go North! Territorial Challenge has been designed to provide opportunities to experience different aspects of life in the north. Each section of the Challenge has its own crest—Creating! Sharing! and Moving! When all 3 sections have been earned, participants receive the centre piece to make up the 4-part crest!

Creating! Challenge

Northern Inspired Art
Use your artistic talents to create something that communicates the spirit of Guiding in the North. Your artwork can take any form you choose. Here are some ideas:

- A banner or mural
- A song, poem, story or rap
- A skit or dance
- A sculpture, piece of clothing, painting, or model

Songs of the North
Learn a song relating to the North. This could be a Guiding song, or any other song you like.

Folk Songs about the North include:

- Spirit of the North (words by Bob MacQuarrie, music by Bill Gilday)
- Waltz of the Yukon (words and music by Al Oster)

Here are two Guiding songs from the Northwest Territories!

- Northwest Territories Guide Song—[tuneguide.e-guiding.com/nwtwith.mp3](tuneguide.e-guiding.com/nwtwith.mp3)

- Fire’s Burning in Inukitut
  (unfortunately, I don’t have a recording of this, but here is a link to the English version for the tune—[tuneguide.e-guiding.com/fires.mp3](tuneguide.e-guiding.com/fires.mp3))

Broughton Island, NWT, version in Roman Orthography—Translation by Mathew Nuqingaq

<table>
<thead>
<tr>
<th>Translation</th>
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<tr>
<td>Ikumaajuq</td>
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<td>Come</td>
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<tr>
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<td>Sing</td>
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Ikumaajuq Ikumaajuq  Fire’s burning  é koo ma yook  (rhymes with look)  i is pronounced e
Qaigitsi Qaigitsi    Come                k(eye) geet see  u is pronounced oo
Qaumaajuq Qaumaajuq  In the light        cow ma yook
Inngiautigittaa     Sing                ing é cow tea geet ta  a is pronounced a
Traditional Stories
Read a traditional story or legend. Here are two short stories to get you started:
“Turned Into Moon and Sun” - Inuit Legends www.inuitcontact.ca/artifacts/pdf/Inuit_legend.pdf

The Monster Gull
One day a Nugumiut was out caribou-hunting. While he was wandering about looking for caribou, he saw a monster sea-gull walking towards him. The gull picked him up, placed him on its back, and flew away towards the sea. Then the man became very much afraid, and thought of trying to kill the gull with his knife. He kept on stabbing it with his knife until he succeeded in piercing the skin and opening a “wound. Then the gull’s blood began to flow. The bird died and fell into the sea. The man tried very hard to pull out one the feathers from its wing. After he had taken one out, he pulled out a second one, and made a paddle by tying the quills together. Then he paddled the gull to the shore. After working for a long time, he saw that he was nearing shore. Finally he succeeded in reaching land. From that time on he was no longer afraid of anything. He hurried home to tell the people how the monster sea-gull had taken him out to sea, and how he had killed it.

Turned Into Moon And Sun
Once a brother and sister were walking along the coast. By nightfall they came across a camp. It so happened that in this village people normally drum danced and played games in the evenings. After they had something to eat they joined the game. They saw young men, old men, young ladies and old ladies playing games. They invited every one to this big event.

It was dark and people were playing kissing. One of the new comers, a girl, wanted to find out who got kissed the most so she put soot on her nose. She wanted to find out too who kissed her the most when the game was played. The person who kissed her the most would have soot on his nose. Then she would wash it off when it was over.

They all started going in after the kissing game was over. The new comer was sitting in the corner. She got up suddenly, took some moss and lit it. The men were lined up in a circle so she walked around with a burning moss to investigate someone she had kissed the most. She noticed that her brother was the only one with soot on his nose and she became embarrassed. As she was still walking by she started to ascend into the sky. Her brother got up, lit some moss and followed his sister. Both of them started to ascend into the sky.

When her brother got close enough to catch up with her, she blew his light out. The brother’s light became a smolder while her sister’s was still burning brightly. The one who almost caught up and holding the smoldering light became a moon. The girl became the sun.
Printmaking & Stenciling
Experiment with printmaking or stenciling. You could use this technique to decorate an item you can use such as a coaster, placemat, tote bag or t-shirt.

Printmaking Techniques—www.artshow.com/resources/printmaking.html

How to Stencil—www.waltowallstencils.com/howto/
Learn How to Stencil and Stenciling Tips—www.plaidonline.com/blog/post/2014/03/25/Learn-How-to-Stencil-and-Stenciling-Tips

Carving
Learn about carving, scrimshaw, or other similar craft. Watch a demonstration online or in person if possible. Try it with a bar of soap, block of plaster, or other suitable material.

Carving Stones—www.inuitartzone.com/pages/carving-stones
Soapstone Carving—www.sculptor.bc.ca/pages/hints.html
About Scrimshaw—www.gustavus.com/heidi/scrim.html

Make Your Own Carving From Soap

A bar of soap can be carved in the same way that stone and wood is carved. In carving, you take pieces away from the material. It is very important to plan your work so as not to make mistakes. If you do make one, the design can sometimes be altered.

Materials:
• Bar of Soap
• Penknife
• Newspaper

Put down some newspaper to cover your working area.
First, scratch the outline of the figure, animal, bird, or other design that you would like to carve, onto the bar of soap. Try to use up as much of the space as you can.

Take your knife and cut away the soap that does not form part of your carving. Keep on looking at your work from all angles, front, back and sides—to see that the shapes join up properly all round. This is very difficult.

A simple design with big shapes is best. Details can be put in at the end. Smaller shapes are harder to cut and can break off easily.

Safety Note: This activity should be done with adult supervision and with knife safety in mind. Always cut with the blade away from you to avoid slicing a finger!
Sharing! Challenge

Supporting Your Community
Do something to help your community!
Here are some ideas to get you started:
• Collect donations for your local food bank
• Collect blankets, toys, clothing, or personal care items for a women’s shelter
• Clean up trash around your school, church, or favourite park
• Help a neighbor with planting and weeding flower beds or a vegetable garden

Community Changes
Find out what your community was like 10 years ago, 25 years ago, or longer! What is different? What has stayed the same? You could visit a local museum or history group, or talk to people who have lived in your community for 10, 25, or more years! What are their favourite memories of life in your community?

History at Home
Visit or learn about a place of historic significance in your community. Make a picture, poster or brochure to remind yourself and others about it.
You might visit a:
• Local Museum
• Historic Building
• Landmark
• Community Building
• Home of an Important Person
• Anywhere else you choose!

My Community, My Home
Go for a walk around your community. What do you see? What do you like about your community? What could be done to make it better?

Who Runs My Community?
Is your community run by a mayor? A reeve? A council? Find out who runs your community, how they are chosen, and where your town hall or council office is located.
Northern Games
Play a traditional northern game. Here are a few ideas to get you started:

Arctic Winter Games—www.arcticwintergames.org/
Traditional Inuit Games—Jens Haven Memorial School—www.jenshaven.k12.nf.ca/IGgrassroots/Page_1x.html
Dene Games—www.denegames.ca/

Owl Hop
The goal is to hop as long as possible on one foot. The instep of one foot must be placed behind the knee of the hopping leg. The participant must only use one leg throughout the activity, and each hop must be completely clear of the floor. Set to music and with a people cheering the participants on, this is a popular game, especially for young children.

Thong Pull
The goal of this game is to pull your opponent out of a sitting position or make them let go of the stick. Two players sit facing each other and place the soles of their feet together while keeping their legs straight. They lean forward and grasp a stick (about 3 feet in length) with both hands. The contest begins as they both try to pull the stick away from each other.

**This is a demanding activity on the back and legs, so stretching beforehand is important!**

Back to Back
The goal is to push your opponent over set markings on the floor by using your hands, back and feet. Two players sit back to back on the floor with their knees bent and feet spread apart flat on the floor. One hand is placed on the floor between their legs and the other outside their legs. The contest begins as both players try to push the other. Players should not rise more than a few inches from the floor.

Kneel Jump
Kneel on the floor with your toes straight. Swing your arms back and launch your body up and out to land in a squatting positions. The player jumping the furthest distance wins.

Ajagaak
An Ajagaak is made from a piece of bone with one or more holes in it and a small bone tip 2-3 inches long attached by a string about 6 inches long. The object of the game is to hold the bone tip in one hand and swing the bone into the air, trying to spear the hole in the bone with the bone tip.

Try making your own Ajagaak.
You will need; a skewer, string, cardboard, tape, scissors, and a hole punch
Cut a strip of cardboard about 1.5" wide and 3" long. Tape the ends together. Use the hole punch to punch smaller holes in the cardboard. Tie one end of the string to the cardboard ring and the other to the skewer.
Hold the skewer and try to catch the cardboard ring. Start by trying to catch it using the centre, and then use the smaller holes for more of a challenge.
Make Your Own Game
Use what you've learned about Northern Canada and make up an active game to share with others!

Outdoor Adventures
Plan and take part in your own outdoor adventure! You and your friends or family can choose what you want to do, just follow the steps below and have fun!
1. Decide where you want to go and what you would like to do.
2. How will you get there?
3. What do you need to bring? Make a list so you don’t forget anything!
4. What safety rules will you need to follow?
5. What are you going to eat? Pack a lunch or a snack to take with you.
6. What will you wear?
7. Go on your adventure, take lots of pictures and have a great time!

Local Foods
All of use eat, but do we know where our food comes from? Different foods come from different parts of Ontario, Canada, and the World. Find out what foods are raised or grown in your area. Are there any traditional foods eaten in your area? Try making a dish using local or traditional foods.

To find a Farmer’s Market in your area, try www.farmersmarketsontario.com/index.cfm
For more information about local Ontario Food, try www.eatrightontario.ca/en/Articles/Farming-Food-production/Celebrate-food-from-field-to-table!.aspx

Outdoor Cooking
Put your outdoor cooking skills to test by making a snack, meal or hot drink using outdoor cooking equipment. If you’re an outdoor cooking pro, challenge yourself to try using a method you’re not familiar with or a recipe you haven’t tried before!
You might make:
• Hot Chocolate on a Camp Stove
• Grilled Cheese on a Buddy Burner
• Hamburgers on a Barbecue
• S’mores over a campfire

Plant Pot Kebabs
Supplies:
Terracotta Plant Pot Soil
Charcoal Matches
Tinfoil Kebab Skewers
Ingredients:
(These are suggestions, use what you like to eat!)
Potato Slices Chicken
Peppers Pineapple

Half fill the pot with soil.
Add a tinfoil liner on top of the soil, folding the sides of the foil up the sides of the pot.
Add charcoal and light. Let the charcoal burn until it turn white (it will be very hot).
Thread food onto skewers, leaving space at each end.
Lay kebabs across the plant pot over the coals.
Turn carefully to cook both sides.