



girl scouts   
greater los angeles

# CAMP MARIPOSA

**RESOURCE  
GUIDE**

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CAMP MARIPOSA | 615 E. Mariposa St., Altadena, CA 91001

# WELCOME TO CAMP MARIPOSA!

Thank you for choosing Camp Mariposa! We hope you have a wonderful time here. In this activity guide are some tips, tricks, and general knowledge from our staff that uses this property most and knows all the best practices! From campfires to cooking classes, Mariposa offers a wide variety of experiences for your troop.

Camp Mariposa is a cozy, park style camp that is just over an acre. This activity guide contains information on the facility, surrounding amenities and things to do around town, as well as some of our favorite crafts, activities, and recipes from our 9 week day camp here at Camp Mariposa.

It can sometimes feel like we are in the wilderness, but please be conscious of our neighbors. Guests may not use amplified sound equipment outside. Guests must also observe outdoor quiet hours between 8pm and 7am on the weekdays and 10pm and 8am on the weekends.

Camp Mariposa also enjoys a ton of shade during the day, but please make sure your campers are drinking enough water and reapplying sunscreen throughout their stay.

We hope you have a wonderful adventure, thank you for being a part of our Mariposa family!

Yours in Scouting,  
*GSGLA Council*



# TABLE OF CONTENTS

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Amenities	pg 3
Low Ropes	pg 4
Maps of Camp Mariposa	pg 14
Flag Ceremony	pg 12
Craft & Activity Ideas	pg 13
Outdoor Cooking	pg 18
Suggested Badge Work	pg 22
Icebreakers	pg 25
Group & Team Building Games	pg 26
Campfire Skits & Songs	pg 24
Things to do Around Camp Mariposa	pg 28
Mariposa Events at a Glance	pg 30

# AMENITIES

## AMENITIES

<p><b>TROOP HOUSE</b></p>	<p>Includes a full kitchen with an ice machine, four burner stove, oven, refrigerator, separate freezer, microwave, some pots/pans, plates, cups, knives, cutting boards, and basic condiments. Access to a bathroom with five toilets and five showers. There is also a projection screen, heating and AC, and Wi-fi. 10 tables, 52 folding chairs.</p> <p>Capacity: 75 day use, 27 overnight</p>
<p><b>GAGA COURT</b></p>	<p>Gaga is a kinder, gentler version of dodge ball. Rules and guidelines are on page 20. Please be kind to our neighbors and restrict game play to 9am-6pm.</p>
<p><b>LOW ROPES</b></p>	<p>Spider’s Web, portable thick balance beams, and thin zig-zag beams. More information on how to best utilize these are on page 5.</p>
<p><b>3 SHELTERS</b></p>	<p>Each shelter has two to three picnic tables. One shelter includes an outdoor kitchen space with an outdoor sink.</p>
<p><b>OUTDOOR COOKING</b></p>	<p>We have a fire ring and two charcoal BBQs.</p>
<p><b>BRIDGE</b></p>	<p>Our bridge is perfect for bridging ceremonies.</p>

# LOW ROPES

Mariposa has (3) low ropes elements, perfect for team building! Please see the “Low Ropes” section on page 5 of this guide for activities you can facilitate at each of the low rope elements:

- Spider Web
- Balance Beam
- Zig Zag

One unique benefit of a low ropes course is its ability to engage girls by removing them from the challenges they ordinarily face. When confined to the same environment each day, whether it is a classroom or at play, girls may fall into a routine mindset that allows little opportunity for growth or change. Low ropes courses present challenges that appear to be wildly different from the tasks they face on a day-to-day basis. The challenges encourage them to attempt new problem solving methods to achieve success.

Throughout the completion of each low ropes element, girls rely on group members when they have never relied on before while being forced to think about how they communicate with those around them. As the group begins to move toward success, they discover the parallels between these activities and the challenges in their day-to-day life.

Each low ropes element has a different focus. Leaders/facilitators can use each element in several different ways to present a group with exactly the challenge that they need to overcome their weaknesses and become a stronger team. There are limitless variations on the rules and goals for each low ropes element, providing the opportunity to use the elements multiple times by the same group with different experiences and different lessons each time.

## RECOMMENDED GEAR

- Dress appropriately for the activity. Sharp objects, jewelry, and watches are removed and pockets emptied. Long hair is pulled back from the face.
- Long pants or bike pants for activities when skin abrasions on legs are possible
- Sunscreen (SPF 15 at least) and lip balm
- Sunglasses and close-fitting clothing (avoid wearing loose clothing especially around the head and neck)

# LOW ROPES

## DAY OF THE LOW ROPES COURSE

- Girls learn about and prepare for the low ropes course. Leaders describe the objectives, safety procedures, and hazards to the participants before beginning an activity.
- Girls practice safe challenge-course techniques. Spotting techniques are taught, demonstrated, and practiced by participants prior to any challenge-course activity. All activities are appropriately spotted. For activities where partners are needed, instructors match participants according to size and skill level, if appropriate. Instructors supervise spotting on the low element course. Participants are not stacked more than three levels high vertically (in a pyramid, for example) on each other at any time. No one should stand on the middle of someone else's back.

## SPOTTING

Spotting is the most important safety method for the low ropes course elements. The main role of the spotter lies in protecting the climber's head, neck, and upper body should a fall occur. Spotters should understand that although they should always be in a position to support a falling climber, it is usually very difficult to "catch" a falling body, even from a small height.

### TEACHING SPOTTING TECHNIQUE

Teaching spotting to participants is one of the most challenging aspects of the ropes course. The technique itself is not complicated; the difficulty lies in the fact that would-be spotters do not understand their importance until they actually have to spot a falling person.

Remember to include these important instructions when teaching spotting:

- Spotters should mimic the movements of the climber, positioning himself or herself to anticipate any falling action.
- Spotters should always be focused on the climber.
- Spotters should anticipate a fall at any time.
- Spotters should be aware of the special dynamics of each element (i.e. swinging from a rope).
- Spotters must understand how important their role is to both the physical and emotional safety of the climbers. Joking around and horseplay are not acceptable.



# LOW ROPES

<b>FOUR PART VERBAL CONTRACT</b>		
FALLER	“Spotter(s) Ready?”	With this question, the Faller is saying he/she is ready to fall and in the correct position.
SPOTTER(S)	“Ready”	When the Spotter is in the correct position and 100% focused on the Faller. This is said in a clear, firm voice to ensure that the Faller knows they are ready.
FALLER	“Falling!”	The Faller is committed and waiting for the final go ahead from the Spotter(s).
SPOTTER(S)	“Fall On”	Means - go ahead and I/we will support you and keep you safe.

\*Please Note: This is for the trust fall exercise.

## **SPOTTING INSTRUCTION SEQUENCE**

Prior to beginning any low ropes course elements, each group must complete a spotting instruction sequence. Below is a suggested sequence, although there are several different activities and techniques that can be used to teach spotting.

1. Explain the meaning of spotting. Start with Human Spring activity (demonstrate first).
  - In pairs, participants face each other standing close together.
  - With feet together and hands up palm out, lean in towards each other.
  - Hands meet and then they push each other back to the standing position.
  - If they feel comfortable with this, take a small step back and repeat process.
  - Continue with this until pair reaches their personal comfort level.
2. Demonstrate the proper spotting technique to the group.
  - One leg in front of the other.
  - Knees flexed to absorb impact.
  - Hands up and ready to support. Thumbs tucked along fingers.
3. Allow the group to practice moving in the spotting position.
4. Demonstrate the two-person trust fall sequence.
  - Faller’s position: crossed arms to chest, body stiff and straight, feet together.
  - Four-part verbal contract.
  - Spotter’s hand position: aimed directly at Faller’s shoulder blades
  - Spotter’s body position: first close to Faller, then increasing angle of the fall as Faller becomes more comfortable.

# LOW ROPES

5. Allow participants to pair off and practice the two-person trust fall sequence.
6. Explain and complete the activity “Willow in the Wind.”
  - 8-14 participants stand in the spotting position, shoulder to shoulder in a circle with one person standing in the falling position in the center of the circle.
  - Following completion of the four-part verbal contract, the center person, remaining rigid, may fall in any direction. The spotters in the circle stop the faller and redirect him or her to another arc of the circle. This fall-catch sequence continues in a gentle fashion until it becomes obvious that both the Faller and the Spotters are comfortable (stress the gentle aspect—it is not a pinball game!).
  - Allow each member of the group to have an opportunity to try this activity.

## SPIDER’S WEB

The objective is to cross from one side of the spider’s web to the other without touching the web. The group must create a plan that takes participant physical size and ability to lift and spot participants’ in order to get them through.

### Sample Story Line

1. Explain to the group that they are exploring caves, looking for treasure, in a “remote” part of the world.
2. Fortunately, they found the treasure in the last cave they were looking in. Unfortunately, a giant poisonous spider has spun a web across the entrance to the cave while they were inside. There are no other ways out of the cave.
3. The group must help each other through the web without touching it, or else that person would become stuck in the extremely sticky web. Really! Just brushing against a strand ever so slightly would cause someone to become stuck.
4. Although very strong and sticky, the web is very sensitive. The vibrations from someone passing through a hole causes it to close, making it impossible to pass another full body through the hole. For some unknown reason, it is still large enough to put hands through.
5. The entire group must get through, because each member of the team has a special piece of the map needed to get back to safety. You can’t just give the map pieces to save the others, either, as it is tattooed onto your body.
6. Good Luck!



# LOW ROPES

## **Some Facilitation Tips:**

- Be sure the group has practiced spotting and lifting, and that they are mature enough to safely do both. This activity requires lifting and must be taken seriously.
- Use clothes pins to mark holes that have been passed through. After the first few people go through, it's almost impossible to remember which holes are available to use.
- You can add a time restriction if you like. The spider will be back in 15 minutes, after all.
- Rope Variation: You can use this element by threading a rope through all of the holes without it ever touching the web. This variation is difficult in its own right, but is perfect for groups that you do not want to do lifting for any reason.

## **STAYING SAFE:**

### **PRE-CHECK: Facilitator's Responsibility**

1. Check the area for pinecones, branches, or any other dangerous objects on the ground and in the trees above.
2. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
3. Closed toed shoes must be worn at all times.

### **RISK MANAGEMENT PROCEDURES:**

1. Only one person will go at a time.
2. Two people must be on each side before you can pass someone through.
3. A person must go through the web feet-first and their head should never go below their waist. On the other side, their feet must be lowered to the ground so that they are able to stand. Protect them from landing on their head/neck!
4. As soon as room permits, place one person in between the two in a semi-crouched position. This way, if the two fall they will have a spotter in the middle to help them. Add additional spotters as the participants move further along.
5. Everyone must reset before the next participant is allowed to start.

### **Discussion Questions:**

What worked?

What didn't work?

What can we do better next time?

What other "webs" will this group face? How will you support each other in the future?

# LOW ROPES

## BALANCE BEAMS

This element challenges participants to trade places on the beams without losing their personal balance, another teammate's balance or the balance of the whole group.

There are many variations to keep this activity lively and full of learning potential for all participants. Have all the participants line up on the beams. Instruct them to now get in order from largest to smallest from one end to the largest on the other. (The facilitator can also have them order by birthdays, alphabetical by name, etc.) The objective is to get in order without anyone getting off the beam. If someone should fall off, the facilitator can choose at his or her discretion to return a fallen participant anywhere on the beam.

This activity demonstrates group problem-solving skills through communication. Group size can range from 3-12.

### STAYING SAFE:

#### PRE-CHECK: Facilitator's Responsibility

1. Check that the beams are on flat ground.
2. Check the area for sharp or dangerous objects on the ground and in the trees above.
3. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
4. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example: large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
4. Closed toed shoes must be worn at all times.

#### RISK MANAGEMENT PROCEDURES:

1. Review the group task.
2. Be careful when trading places; consider the risk for yourself, others, and the entire group.
3. If a participant feels a fall is imminent, he or she should simply step off of the beam.

#### Discussion Questions:

What worked?

What didn't work?

What can we do better next time?



# LOW ROPES

## ZIG ZAG

The objective is to try to get your entire group across the balance beam without falling off. Have girls begin by going one at a time across the beam, and build up to the larger group holding hands to make it all the way across. Make sure participants always have a spotter next to them in case they lose their balance. In addition to this the beam can become an individual problem solving exercise commonly known as the TP Shuffle. A team stands on the beam and they are asked to rearrange themselves in a different order (e.g. youngest at one end and oldest at the other). They must then change places without touching the ground.



### STAYING SAFE:

#### PRE-CHECK: Facilitator's Responsibility

1. Check that the beams are secure.
2. Check the beams for any splinters or cracks.
3. Check the surrounding area for any sharp or dangerous objects on the ground as well as in the trees above.
4. Collect all hazardous clothing and paraphernalia from participants prior to the activity. For example, large earrings, rings, sweatshirts with draw strings, water bottles, or anything else that could get caught on someone else or the equipment.
5. Two people must be touching a plank when placing it or removing it from the platforms (planks can be removed and added as needed).
5. Closed toed shoes must be worn at all times

#### RISK MANAGEMENT PROCEDURES

1. Review the group task.
2. If a participant feels a fall is imminent, he or she should simply step off of the log.

#### Discussion Questions:

What worked?

What didn't work?

What can we do better next time?

# MAP



# FLAG CEREMONY

## FLAG CEREMONY

### OPENING CEREMONY:

#### ***“Girl Scouts, attention”***

Everyone present should stand silently at attention, and remove any hats or head coverings (including bandanas).

#### ***“Color guard, attention”***

The Color Guard stands at attention and prepares to advance

#### ***“Color guard, advance”***

Guards come forward, stand in front of flag pole

#### ***“Color guard, post the colors”***

The Flag Bearer attaches the top clip, unfolds the flag and then attaches the second clip. The flag is raised briskly to the top of the pole. The rope is secured and the guard steps back into place.

#### ***“Girl Scouts, please join me in saying the Pledge of Allegiance”***

The caller and audience salute the flag and recite the pledge of allegiance. Color Guard is silent.

#### ***“Please join me in saying the Girl Scout promise”***

#### ***“Color guard, dismissed”***

#### ***“Girl Scouts, dismissed”***

### FOR A CLOSING CEREMONY:

#### ***“Girl Scouts, attention”***

#### ***“Color guard, attention”***

#### ***“Color guard, advance”***

#### ***“Color guard, retire the colors”***

#### ***“Color guard retire the colors”***

The flag is brought down slowly and folded properly (see image)

#### ***“Girl Scouts, please join me in the singing of Taps”***

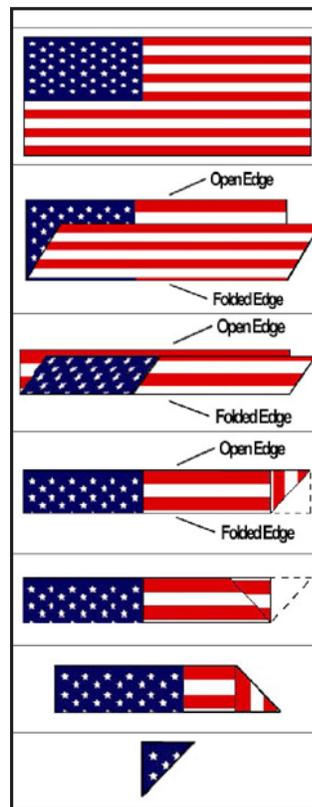
#### ***“Color guard, dismissed”***

#### ***“Girl Scouts, dismissed”***

### TAPS

Day is done, gone the sun, from the lake,  
from the hill, from the sky...

All is well, safely rest, God is nigh



# CRAFT & ACTIVITY IDEAS

## SWAPS

SWAPS, is the tradition of Girl Scouts exchanging keepsakes, started long ago when Girl Scouts and Girl Guides first gathered for fun, song, and making new friends. SWAPS stands for “Special Whatchamacallit’s Affectionately Pinned Somewhere.” Making SWAPS is a great group project during downtime at a campout or at the end of meetings. Below are a few examples of easy SWAPS that are representative of Mariposa. You can also let the girls be creative and make something representative of their troop. Many troops choose to include small tags with their troop information and council name.

### SWAPS Safety and Etiquette

#### GIRLS SHOULD:

- Never refuse to swap with another person.
- Swap face-to-face, especially if exchanging addresses or email information.
- Avoid using glass or sharp objects in SWAPS.
- Follow all *Safety Activity Checkpoints* guidelines.
- Avoid using food products, unless they are individually wrapped.

#### SLUMBER PARTY SWAP

- Wooden Popsicle sticks
- Felt
- Yarn
- Tacky Glue
- Scissors
- Sharpies
- Safety pins
- SWAP tags

#### Instructions:

Have the girls draw a face on their Girl Scout. Fold the bottom third of the felt strip to cover the rest of the popsicle stick, keeping the face exposed and glue down to create the sleeping bag. Roll top third of the felt down and glue to create pillow. Cut small strips of yarn and glue to the face to create hair. Affix pin and SWAP tag!



# CRAFT & ACTIVITY IDEAS

## SLEEPING BAG SWAP

- Felt
- Yarn
- Tag
- Safety Pins

### Instructions:

Cut a strip of felt and roll it up like a sleeping bag. Tie yarn onto each end. Safety pin and add tag.



## MARIPOSA SWAPS

- Magazine pages cut into small
- Magazines
- Scissors
- Glue
- String

### Instructions:

Have the girls pick a few of their favorite pages. Cut one large diamond and one medium sized diamond for each butterfly. Start making a fan, folding the diamonds into an accordion. Glue the two diamonds together with a little dot of glue. Tie the centers. Fluff the wings!

## CRAFTS

### SPIN DRUM

- Cardboard cut into rounds
- String
- Beads
- Markers
- Dowels or coffee stirrers
- Paper cut into rounds
- Scissors
- Glue

### Instructions:

Cut cardboard into rounds, about 2 inches in diameter. Cut small holes into the sides of each round and tie string on both sides. Attach a bead on each string. Glue paper rounds onto each cardboard circle. Put a drop of glue onto the dowels and slide them into the cardboard circle. Decorate!



# CRAFT & ACTIVITY IDEAS

## CLAY IMPRESSIONS

- 1 Cup flour
- 1 Cup salt
- Up to 1 Cup of water (I used a little over 1/2 a cup)
- Food Coloring
- Sea Shells from our beach
- Parchment paper
- Baking sheet



### Instructions:

1. Head outside and choose your leaves, cool rocks, or knickknacks you have brought.
2. Back inside, mix the salt and flour together.
3. Slowly pour the water in and mix. You probably won't need the whole cup of water so add it slowly. Mix. Add it in again. Continue doing this until you get a nice dough consistency.
4. Add in a drop or two of food coloring
5. Preheat the oven on your lowest heat setting. Add a sheet of parchment paper to a large baking sheet.
6. Next, spread some extra flour out on the kitchen table or counter. The kids will need lots of room to work.
7. Choose your leaves and press them into the dough. Don't be too gentle with them as you really need to press them in to get the imprint to show up.
8. Once the imprints are to your liking lay the dough gently on the parchment paper on top of the baking sheet. Repeat with the other leaves and dough and lay them on the baking sheet.
9. Bake the dough for about 3 hours on the low setting. This will help them not burn and cook evenly to simply dry them out and not bubble up.

## S'MORE CRAFT

- Fun Foam (light brown and dark brown)
- Cotton Balls
- Sharpie
- Googly eyes
- Tacky glue
- Safety pins



### Instructions:

Layer light brown foamie, cotton balls, dark brown foamie, and light brown foamie with tacky glue between each of these layers. Add googly eyes and draw a smile.

# CRAFT & ACTIVITY IDEAS

## LANYARDS AND FRIENDSHIP BRACELETS

Lanyards and friendship bracelets are a camp craft staple and easy to learn. Few materials are required apart from the string. The internet is full of tutorials on how to make lanyards and friendship bracelets, and you can find books with picture guides to follow.

### Lanyards:

1. It is easier to work with the lanyard string if you warm it up in your hands first and cut the ends at an angle.
2. The designs can be made into bracelets, key chains, zipper-pulls, etc...
3. Hooks and lanyard string can be found at arts and crafts stores.
4. You can begin and end your lanyards with overhand knots.
5. Lanyards can be melted to end, but this requires much practice and can turn the plastic black.

### Friendship Bracelets

1. Bracelets can be made with yarn, string or cording, but most are made with embroidery thread found at sewing or craft stores.
2. Generally speaking a string strand can be cut about the length of the chin to the hand on an adult. Looped threads are twice the length of single strands.
3. It is best to either braid both ends before you start the bracelet or leave extra on both ends so that you can tie the bracelet when you are finished.
4. Highly contrasting colors highlight patterns best.
5. The end can be secured while making the bracelet with a safety pin or tape.
6. Most bracelets begin or end with an overhand knot.
7. It is best to tie the bracelets on with a square knot.



# OUTDOOR COOKING

## OUTDOOR COOKING

Our fire ring is a great place to practice outdoor cooking before your next big camp out. Dutch ovens are great to cook with in a fire ring. Dutch ovens may be used for baking, stews, roasting various meats, one pot cooking, and some desserts. Set the oven on some hot coals, and put more coals on top of the lid. The temperature may be controlled by adding or subtracting coals. It will probably take a lot less coals than you think. Some recipes ask you to line your Dutch oven with foil. You can also use a crock pot liner (which is a circle of parchment paper). But in either case, take care when you stir that you do not rip the lining. Below are some excellent recipes to try.

### BREAKFAST CASSEROLE

This breakfast favorite may also be used as a dinner. The contents of this recipe were split between two 12 round by 1.5 inch deep pans that stacked neatly into one Dutch oven. Wire stakes were used to separate the two pans, the lower pan was held above the bottom of the oven with a trivet although almost anything will do.

- 8 slices of bread, broken into pieces
- 1 lb. sausage, cooked and drained
- 8 oz. sharp cheddar cheese, shredded
- 6 eggs
- 2 Cup milk
- 1 tsp. each salt & pepper



#### Instructions:

Beat mixture of eggs, milk, salt and pepper. Divide the ingredients evenly between the pans as follows: place bread in bottom of pan, sprinkle cheese and crumbled sausage on top. Pour egg mixture over all and bake at 350° for 1/2 hour. Cut into wedges for serving.

### CAMP CHILLI

- 2 lb. hamburger
- 2 onions, diced
- 2 large cans of kidney or red beans, or a combination of both
- 2 cans cream of tomato soup, undiluted or 2 cans diced tomatoes
- 4 tsp. chili powder
- 2 tsp. garlic powder or two cloves of minced garlic pepper to taste
- Grated cheddar cheese (optional)



#### Instructions:

Brown meat and onions in pot. Drain off excess fat. Add beans, tomato, garlic and green pepper. Simmer together for about 20-30 minutes to one hour. Top with cheese. Serves 12.

# OUTDOOR COOKING

## CHICKEN POT PIE

- 4 c. chicken, cooked and cubed OR equal amounts of canned chicken
- 1 container refrigerator rolls,
- 1 Tbsp. butter or margarine
- 1 medium onion, chopped
- 1 stalk celery, sliced
- 1 (16 oz.) pkg. frozen vegetable combination
- 1 tsp. garlic powder
- 1 tsp. poultry seasoning
- 1 (12 oz.) jars chicken gravy OR 3 pkgs. chicken gravy

### Instructions:

Melt butter in Dutch oven, add onion, celery, seasons, and cook until tender. Add gravy, vegetables, and chicken. Place biscuits around the edge of the casserole. Bake 30 minutes. Serve 6 – 8. May use box oven.

## DUMP CAKE

- 2 large cans of any kind of fruit with juice  
OR 2 cans of any kind of fruit pie filling  
OR 6 cup cut up fresh or frozen fruit
- 1 box of white or yellow cake mix and needed ingredients
- 1 stick of butter or margarine whipped cream or Cool Whip (optional)

### Instructions:

Line Dutch oven with foil. Pour fruit (and juices) into oven. Top with dry cake mix and spread evenly. Stir enough to moisten cake mix. Dot with butter or margarine. Bake 25 minutes with 12 coals on top and 8 on the bottom. Serve with whipped topping. Serves 12. Suitable for box oven.

### Variation:

Peach Dump Cake: use 1 (size 2 1/2) can sliced peaches with juice Apple+ Dump Cake: use 1 can apple pie filling and 1 can “your choice” pie filling.



# SUGGESTED BADGE WORK

While Mariposa is extremely versatile, there are a few badges that work extremely well at the property due to our unique location and amenities. Contact information for the sites mentioned can be found in the Local Resources section.

## **First Aid Badge (Brownie, Junior, Cadette, Senior, and Ambassador)**

We are lucky enough to have a very friendly Fire Station a few blocks away. They are often willing to come by and talk to the girls about fire safety, first aid, and being a first responder. The fire department usually asks for two weeks notice when asking for a speaker. The outdoor space is also great for teaching the girls about wilderness first aid in a controlled environment. With Eaton Canyon hiking trails close by, you can also take the girls on a hike to test their first aid preparedness.

## **Daisy Buddy Camper, Brownie Cabin Camper, Junior Eco-Camper, and Cadette Night Owl**

Mariposa is a great place for a multi-level first night out event! There is plenty of space to set up tents, practice outdoor cooking, and do team building activities. There is also the convenience of having a refrigerator and stove on site, just in case! Campers can hike at Eaton Canyon before settling in for stargazing later at night. Girls can practice their Leave No Trace principles and conquer their first camp out nerves.

## **Daisy Flower Garden, Brownie Bugs, Junior Flowers, Cadette Trees and Citizen Scientist Journey (Daisy, Brownie, and Junior)**

Mariposa is the ideal place to complete any of the outdoor badges, but especially those listed above. The enclosed space makes it easy to allow girls to roam around and explore. In addition to having a variety of bugs, plants, and trees on site, Mariposa is also close to the Eaton Canyon Nature Center and the Altadena Community Garden. The Nature Center is located three miles from Mariposa and has a collection of local bugs and wildlife. They also host guided hikes every weekend with naturalists. The Community Garden is also a great resource for badges. The garden is supported by several local gardeners and each year they use the garden harvest to host a community picnic. They offer free tours of the garden upon request.

## **Think Like an Engineer (Daisy, Brownie, and Junior) and JPL Earth Science Patch Program**

Mariposa has plenty of indoor and outdoor space to explore the new Engineering Journeys and the Jet Propulsion Laboratory (JPL) patch program. Girls can discover their scientific side by making an outdoor shelter and testing it, or designing the best paper airplane. Mariposa is about 4 miles from both the JPL and Kidspace Science Museum. Kidspace offers exhibits with hands on physics experiments to help girls visualize the concepts they will learn during the journey. Kidspace is a great resource for girls 3rd grade and below. JPL offers free public tours with 3 weeks advance notice. They are also wonderful about providing speakers with 6-8 weeks of advanced notice. JPL is a great experience for any age group!

# SUGGESTED BADGE WORK

## **Daisy Mari Petal, Brownie Snacks, Junior Simple Meals, Cadette New Cuisines, Senior Locavore, and Ambassador Dinner Party**

Mariposa offers a full kitchen with an oven, stove, refrigerator, ice machine, and freezer. We also have a few pots, pans, and cooking utensils. It is a great space to let your aspiring chef's go wild! We are also close to the Altadena Farmers Market where the girls can meet food producers, purchase local produce, and ask questions directly to real farmers and chefs! We are also close to the Urban Homestead, a sustainable farming program where troops can purchase local produce for their culinary creations. The Urban Homestead has a limited visitor policy, but they do have events and volunteer opportunities for girls to see how a real farm runs.



# ICEBREAKERS

## **Group Juggle into Warp Speed**

Group Juggle – the ball/object gets thrown from one person to another so that each person gets it once and it ends up with the person who started (to get to know names, say the name of the person you are throwing it to before you throw it and thank the person by name that you received it from). Can expand this to several objects, one after another. Warp Speed – using the order of people from the group juggle, figure out (let the participants figure out) how to do it the faster. The only rule is that everyone must touch the ball/object in the original order.

## **Two Truths and a Lie**

Ask each person in the group to think of two true facts about themselves, and one lie. Each person in the group takes a turn telling the group their three facts. The group then has to agree on which fact they think is a lie. Once the group announces their decision, the speaker tells the group the correct answer. The group then can then talk about any of the interesting things they learned about the new person.

## **First Letter Name Game**

Everybody introduces themselves with a descriptive adjective starting with the same letter as their name (e.g. Charismatic Carolyn, Smarmy Susan, Egalitarian Elizabeth, Vivacious Vicky, Bouncing Bob, Friendly Fred, etc.)

## **10 FINGERS**

Have everyone sit in a circle close enough to be able to hear each other. Ask everyone to hold up all 10 fingers. A grown-up can start off by stating one fact about themselves. For example: “I have never been to Florida” or “I have blue eyes.” Then the participants who have been to Florida, or do not have blue eyes, will put one finger down. This will continue around the circle, having each person share one fact about themselves until someone is all out of fingers. Whoever has the most fingers left at the end wins!

## **Face 2 Face**

The leader has the group randomly pair up. Once introductions between partners are made, the leader gives the group a topic to discuss with their partner for 30 seconds or so. At the end of the time, the leader will call for the group to switch partners and call out a new topic. Try to choose topics that are both fun and insightful. Examples include: “If you could have lunch with anyone from the entertainment world, who would it be?” OR, “If you could be granted one wish, what would it be?”

# GROUP & TEAM BUILDING GAMES

## GROUP & TEAM BUILDING

### Gaga Ball

#### The official game rules from The Gaga Center:

1. All players start with one hand touching a wall of the pit.
2. The game begins with a referee throwing the ball into the center of the pit.
3. When the ball enters the pit, the players scream 'GA' for the first two bounces, and 'GA' on the third bounce, after which the ball is in action.
4. Once the ball is in play, any player can hit the ball with an open or closed hand.
5. If a ball touches a player below the knee (even if the player hits himself or herself) he or she is out and leaves the pit. If a player is hit above the knees the person who hit the ball is out, the play continues.
6. Players should not use the wall to lean on sit to avoid being hit.
7. Players cannot hold the ball.
8. If needed, a second ball can be thrown in the pit to expedite the end of the game. The last player standing is the winner of that round.
9. Gaga can be played every girl for herself or you can divide your group into teams, last team with group members standing wins!

### Group Number Count

As a group, try to count to a given number; you cannot go consecutively around the circle and cannot talk at the same time. Each time someone says the same number at the same time, you must start over.

### Human Knot

Group stands in a circle, everyone puts hands into center and grabs someone else's hand, (note: both your hands can't be holding both of someone else's hands), then try to get out of the knot without letting go of hands.

### Elbow Tag

You are only safe/untaggable if you are part of a pair linked at the elbow. A free spirit running around tries to link with a pair...this sends the person on the opposite end out looking for another pair to link to.

### Sharks, Eels, Sea Crustaceans

Set up two lines with borders on either side (cones are totally fine). Depending on the size of the group, 1 – 3 people start out as sharks ("it") in the middle. The other participants are behind one of the lines. They choose what species of fish they'd like to be...give them options, like tuna, octopus, sea bass, etc. When the shark calls out a species, those participants have to run from one line to the other, staying within the boundaries. If the sharks tag them they become stationary kelp. They are planted, but can wave about and help the sharks to tag others. Eventually, the sharks are "hunting" through a kelp forest...oooh!

# GROUP & TEAM BUILDING GAMES

## **Right Hand Person**

Everyone decides who their right hand person is (without telling) then they decide who their left hand person is (also without telling) then each person must keep their right hand person to their right and their left hand person to their left.

## **Moonball**

Use a moon ball – how many hits can you keep it in the air; let group set a target & see if you can meet it or beat it.

## **Sardines**

The person that is “it” goes and hides - similar to hide-n-seek. Everyone else counts slowly to 100. When they’re done counting they go find the “it”. But when they find “it” they hide with him/her until the last person finds the hiding group. You can get very creative in location.



# CAMPFIRE SKITS & SONGS

## **BANDANA/BANANA SKIT**

One person explains to the audience how essential a bandana is as a camp accessory. They would like to demonstrate to the camp all the wonderful things they can do with a bandana. The person asks for one or 2 volunteers who have bandanas with them (they are planted ahead of time) to stand behind him/her and help demonstrate the usefulness of a bandana at camp. They are told, “Just do what I do.” As the leader pulls a bandana out of his/her pocket, the volunteers pull out bananas. The leader demonstrates using a bandana as a sweatband, to keep your hair out of your eyes, to put around your neck, wipe a sweaty forehead, blow your nose, etc... The volunteers act confused, but go along with it. Eventually, the leader turns to see that they are using a banana and exclaims, “I said BANDANA, not BANANA!”

## **THE INVISIBLE BENCH**

One camper comes on stage and pretends to be sitting on something. Another camper comes up and asks what they are doing; the response is, “Sitting on the invisible bench.” The other camper joins them. This continues with any number of campers asking what the others are doing and joining them. Finally, one person informs the group that the invisible bench was moved, “over there.” And all the campers fall down!

## **THE IMPORTANT PAPERS**

A Queen or some person of great importance is asking for his important papers. Various people bring him different papers, but he always responds, “These are not my important papers, to the dungeon with you!” This continues until someone brings him toilet paper, the important papers!

## **RAISIN BRAN**

A number of campers dance around in a group singing, “Oh it’s the raisins that make, the raisin bran so great, o yea”. They keep repeating it until another camper runs on stage to act as the Crazy Spoon and scoop out a raisin. The raisins act scared and shout out, “CRAZY SPOON!!” while running around the stage. The spoon takes away a raisin and this continues until there is only one raisin left. The last raisin, realizing their impending doom, begins to sing, “Oh I wish I were an Oscar-Mayer wiener...”

## **SOAP AND WATER**

A cabin and their counselor act as though it is meal time. The counselor begins to pass out utensils and plates. One camper comments on how clean the utensils are, and asks the counselor how she gets the dishes so clean. The counselor responds “Soap and Water.” You do this a few more time with different utensils. At the finish, one more camper says “May I have a fork?” The counselor says “Hold on, I have to clean some first.”

The counselor then yells, “Soap, Water, come here” and 2 campers pretending to be dog come up and lick all silverware. All the campers act sick.

# CAMPFIRE SKITS & SONGS

## CAMPFIRE SONGS

### THE BASIC 8: SONGS EVERY GIRL SCOUT SHOULD KNOW!

#### BROWNIE SMILE SONG

I've got something in my pocket that belongs  
across my face,  
I keep it very close at hand in a most convenient  
place.

I'm sure you couldn't guess it if you guessed a  
long, long while,  
So I'll take it out and put it on, it's a great big  
Brownie Smile.

#### G FOR GENEROSITY

She wears a G for Generosity  
She wears an I for her Integrity  
She wears an R for Real Good Sportsmanship  
She wears an L for Loyalty, for Loyalty  
She wears an S for her Sincerity  
She wears a C for Courtesy, for Courtesy  
She wears an O-U-T for Outdoor Life, Outdoor Life  
And that Girl Scout is ME!

#### GIRL SCOUTS TOGETHER

Girl Scouts together, that is our song,  
Winding the old trails, rocky and long.  
Learning our motto, living our creed,  
Girl Scouts together in every good deed.

Girl Scouts together, happy are we;  
Friendly to neighbors far o'er the sea.  
Faithful to country, loyal to home,  
Known as true Girl Scouts wherever we roam.

#### HELLO (Parts Song)

(Each part holds their Hello until all 4 are done)

1: Hello, 2: Hello, 3: Hello, 4: Hello  
All: We are glad to meet you  
All: We are glad to greet you  
1: Hello, 2: Hello, 3: Hello, 4: Hello

#### MAKE NEW FRIENDS (Round)

1. Make new friends but keep the old  
One is silver and the other gold  
2. A circle is round, it has no end  
That's how long I want to be your friend.

#### ON MY HONOR CHORUS

On my honor I will try  
There's a duty to be done and I say "Aye"  
There's a reason here and a reason above,  
My honor is to try and my duty is love.

#### VERSE

People don't need to know my name,  
If I've done any harm, then I'm to blame.  
If I've helped another, then I've helped me  
If I've opened up my eyes to see.

I've tucked away a song or two...  
If you're feeling low there's one for you.  
If you need a friend, then I will come  
And there's many more where I come from.

Come with me where a fire burns bright  
You can even see better by candlelight  
And we'll get more meaning from a campfire's glow  
Then we'll ever learn in a year or so.

We've made a promise to always keep  
And we sing Day is done before we sleep  
We'll be Girl Scouts together and when we're gone  
We'll still be tryin' and a singin' this song.

#### SING SING TOGETHER (Round)

1: Sing Sing together, merrily merrily sing,  
2: Sing Sing together, merrily merrily sing,  
Sing, Sing, Sing, Sing

# CAMPFIRE SKITS & SONGS

## WHEN E'ER YOU MAKE A PROMISE (Round)

1: When e'er you make a promise,  
2: Consider well its importance  
And... when.... Made....  
Engrave it upon your heart

## A PIECE OF TIN

I'm a little piece of tin  
no one knows just where I've been  
got four wheels and a running board  
I'm not Chevy and I'm not Ford  
Honk, Honk, Rattle, Rattle, Rattle  
Crash, Beep, Beep  
Honk, Honk, Rattle, Rattle, Rattle  
Crash, Beep, Beep  
Honk-Honk

## SINGIN' IN THE RAIN

### CHORUS

I'm singin' in the rain, just singin' in the rain  
What a glorious feeling, I'm happy again

Ooga Chug-a, ooga chug-a, ooh chug-a, chug  
(Repeat after each verse)

(Repeat after leaders)

1. Arms out! (Arms out!)
2. Knees bent! (Knees bent!)
3. Toes together! (Toes together!)
4. Butt out! (Butt out!)
5. Chest out! (Chest out!)
6. Tongue out! (Tongue out!)

(Keep adding verses as song continues)

## WADALYACHA

Wadaly acha Wadaly acha  
Doodely do Doodely do  
Wadaly acha Wadaly acha  
Doodely do Doodely do

It's the easiest song, there ain't nothing to it,  
All you gotta do is doodely do it  
I like the rest but the part I like the best  
Goes doodely doodely do  
Wooh!

**(Repeat faster)**

## AUSTRIAN WENT YODELING

### VERSE

Once an Austrian went yodeling on a mountain so  
high, When along came a cuckoo bird interrupting  
his cry.

### CHORUS

Oooh lee aaahhh  
oh lee (pat thighs) oh kee kia (clap hands) oh lee ah  
cuckoo cuckoo (snap fingers)  
oh lee (pat thighs) oh kee kia (clap hands) oh lee ah  
cuckoo cuckoo (snap fingers)  
oh lee (pat thighs) oh kee kia (clap hands) oh lee ah  
ooohhh

***(Repeat verse but replace cuckoo bird with the following and add sound into chorus.)***

St. Bernard - arff, arff  
Grizzly Bear - grrr  
Dinosaur - ugh, ugh  
Skier - swoosh  
Avon lady - ding dong  
Girl scout - Hi! Wanna buy some girl scout cookies?  
NO!  
Avalanche - rumble rumble

## HERMIE THE WORM

### CHORUS

Sittin' on my fence post  
Chewin' my bubble gum, chew,  
chew, chew, chew  
Playin' with my yo-yo, woo, woo  
When along came Hermie the worm

# CAMPFIRE SKITS & SONGS

And he was this big  
(make a motion as if measuring a  
tiny worm)  
And I said “Hermie, what happened?”

“I ate breakfast”

## CHORUS

### *Continue with:*

“I ate lunch” (measure larger worm)  
“I ate dinner” (measure larger worm)  
“I burped” (measure tiny worm)

## LITTLE RED WAGON

You can’t ride in my little red wagon  
Front seats broken  
And the axle’s dragging  
CHUG!...CHUG!...CHUG!

SECOND VERSE, SAME AS THE FIRST  
A WHOLE LOT LOUDER AND A WHOLE LOT WORSE!

*(Repeat as many as times as you would like...)*

## MOOSE SONG

There was a great big moose  
He liked to drink a lot of juice  
There was a great big moose  
He like to drink a lot of juice

## CHORUS

Singin’ way-o way-o  
Way-o way-o way-o way-o  
Way-o way-o  
Way-o way-o way-o way-o

The moose’s name was Fred  
He liked to drink his juice in bed  
The moose’s name was Fred  
He liked to drink his juice in bed

## CHORUS

He drank his juice with care  
But he spilled it everywhere  
He drank his juice with care  
But he spilled it everywhere

## CHORUS

There was a great big moose  
On the loose  
Eating cous-cous  
Roasting a goose  
Watching Footloose  
Talking to Bruce  
Drinking juice



# THINGS TO DO AROUND CAMP MARIPOSA



## THINGS TO DO AROUND CAMP MARIPOSA

### **Altadena Library**

**600 East Mariposa St. Altadena, Ca 91001  
626-798-0833**

The Altadena Library is directly across Mariposa St. from the camp. This library has a wonderful children's section and is a great resource for any badge with a research component.

### **Altadena Fire Dept. Station 11**

**2521 El Molino Ave. Altadena, Ca 91001  
626-797-0379**

The Fire Dept. has been great about coming by to give a short tutorial on the fire engine and answer questions about fire safety. They generally request two weeks' notice.

### **Eaton Canyon**

**1750 N. Altadena Dr. Pasadena, Ca 91107  
626-398-5420  
[ecnca.org](http://ecnca.org)**

Eaton Canyon is approximately 3 miles away from Camp Mariposa. This site offers several trails for day hiking. They also have a visitor's center with a nature exhibit. Please refer to their website for information about docent guided hikes

# THINGS TO DO AROUND CAMP MARIPOSA

## **Altadena Community Garden** *3330 N. Lincoln Ave. Altadena, Ca 91001*

The Altadena Community Garden offers tours. Please contact the Garden President Silvera Grant at [silveragrant@gmail.com](mailto:silveragrant@gmail.com) or [info@altadenacommunitygarden.com](mailto:info@altadenacommunitygarden.com)

## **Urban Homestead** *631 Cypress Avenue, Pasadena CA 91103* *626-765-5704* *[info@urbanhomestead.org](mailto:info@urbanhomestead.org)*

The Urban Homestead is a running sustainable farm. They have limited visitation, but they do occasionally offer tours and volunteer opportunities. They also front porch farm stand where troops can purchase produce produced at the farm. Please refer to their website for hours.

## **Altadena Farmers Market** *600 W. Palm Street* *Wednesdays 4pm-8pm (Spring/Summer), 3pm-7pm (Fall/Winter)*

The Altadena Farmers Market offers a wide variety of produce and prepared foods. Visiting the farmers market is a great supplementary activity for any of the food based badges. It gives girls the opportunity to talk to chefs and farmers as well as explore new cuisines.

## **Jet Propulsion Laboratories** *4800 Oak Grove Dr.* *Pasadena, Ca 91109* *[JPL.NASA.Gov](http://JPL.NASA.Gov)*

JPL is a national research facility specializing in robotics, earth science, and space exploration! JPL is a great resource for all things science! They offer tours for troops with 3 weeks' notice. They can also supply speaker through their Speakers Bureau program with 6-8 weeks' notice. Speaker and tour requests are available on their website.

# MARIPOSA EVENTS AT A GLANCE

## MARIPOSA EVENTS AT A GLANCE

If you have enjoyed your time at Mariposa, please consider joining us for our Summer Day Camp! We offer themed weeks with several different emphases from which girls can choose. Girls participate in new and traditional Girl Scouts activities while making new friends, developing self-esteem, and making lasting memories. Every week girls will enjoy our gaga court, low-ropes elements, new this year “STEM Lab” science activities, and “kids’ kitchen” cooking activities. The themes for each week provide additional activities and experiences for the campers. We run for 9 weeks, Monday through Friday, from June 11th to August 10th, 2018.

Mariposa focuses on girl-led programming by emphasizing girl planning and challenge-by-choice activities, giving them an opportunity to challenge themselves in a safe space. Girls are encouraged to try new things while surrounded by fellow Girl Scouts and counselors who foster an environment of support and empowerment. These new experiences instill courage, confidence, and character in each girl who is a part of the camp magic. Check out our summer camp guide to see themes and dates for Mariposa Day Camp! Below is a sample camp clock, explore what a week at camp might look like!

We also offer Jump into Journeys programs to help get girls started on their journeys, as well as outdoor adventure day programs. Girls can attend with their parents or with their entire troops. We provide snacks, lunch, and whatever patch or badge is earned during the event. For more information contact Brianna Colomb, [Bcolomb@girlscoutsla.org](mailto:Bcolomb@girlscoutsla.org). Explore what a week at camp might look like on the page below.



# MARIPOSA EVENTS AT A GLANCE

## CAMP MARIPOSA SAMPLE CAMP CLOCK

### MARIPOSA CAMP AT A GLANCE

\*Sample schedule, each group rotates through activities listed\*

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:15am	Flag & Announcements	Flag & Announcements	Flag & Announcements	Flag & Announcements	Flag & Announcements
9:15-10:00am	Rules/ Fire Drill/ Units	All Camp Activity	All Camp Robot Building	All Camp Activity	Unit Time
10:00-10:45am	Unit Time/ Ice Breakers	Badge Work	Badge Work	Badge Work	Badge Work
10:45-11:30am	Badge Work	Knot Lesson	Trail Sign Lesson	Outdoor Cooking	Ranger Relay Practice
11:30-12:15pm	SWAPs	First Aid Lesson/Craft	Sit Upon Making	Girl Scout Games	Owl Craft
12:15-12:45pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:45-1:15pm	All Camp Activity	All Camp Activity	All Camp Activity	All Camp Activity	All Camp Activity
1:15-2:00pm	Pinecone Lesson	Knife safety/ Daisy craft	Semaphore lesson	Para cord Bracelet craft	Nature Scavenger Hunt
2:00-3:00pm	Teambuilding	Skit Practice	Special Guest	PA Lead game	Ranger Relay
3:00-3:30pm	Unit Time	Unit Time	Unit Time	Unit Time	Scouts Own
3:30-3:45pm	Clean Up	Clean Up	Clean Up	Clean Up	Clean Up
3:45-4:00pm	Closing Flag	Closing Flag	Closing Flag	Closing Flag	Closing Flag

\*Activities subject to change





## **DAY CAMPS**

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EL RANCHITO

LA CASITA

MARINE LANDING

MARIPOSA

## **RESIDENT CAMPS**

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LAKOTA (will reopen in 2020)

OSITO RANCHO