

Mexico Challenge 2013



Welcome to our Mexico Challenge! This badge has been designed to help us raise money for the Girlguiding trip to Mexico in 2013 and can be completed by Girlguiding UK members of any age, either as a group or as individuals. All you have to do is complete a set number of challenges from each section. Once you have completed the challenge you can send for your Chilean Challenge cloth badges. Badges will cost £1.50, with all profits going towards raising funds for the trip.

The trip involves 12 senior section members and 4 leaders travelling to Mexico to stay for a week at Our Cabaña, one of the 4 guiding world centres, and to visit many areas in Mexico. As part of the trip we will be involved in some community projects. This is a trip of a life time but naturally costs are high and we need your help. With this pack have some fun, learn some new things and help Girlguiding members have the trip of a lifetime!!

To earn the badge members must complete a number of challenges from each section (but feel free to do more!):

Girasolas (Rainbows): 1 challenge per section

Haditas (Brownies): 1 challenge per section plus any other 2

Guias (Guides): 2 challenges per section

Guias Mayores (Senior Section and adult members): 2 challenges per section plus any other 2.

Not all challenges are suitable for all age groups and Guiders are asked to use their discretion. If you think of a similar activity to those listed which you wish to complete you may do so with your Unit Guider's permission. Guiders and Trefoil Guild members may also take part.

Badges must be ordered by The end of March 2013, however the challenge can be completed after this date.

This resource maybe copied as needed:



Section 1 - Mexican Challenge

- Learn Spanish
 - Learn some basic Spanish phrases, such as “hello”, “goodbye”, “please”, “thank you” and “my name is...” How about learning taps?
- Make a poncho
 - A poncho is a simple garment designed to keep the body warm, or if made from a watertight material, to keep dry during rain. How about starting a camp blanket poncho?
- The jaguar is a native mammal of Mexico.
 - Invent a new animal and be as crazy as you like!
- The golden eagle is the national symbol of Mexico.
 - Think of a mascot for your unit and take them on your adventures with you! Perhaps you could have a theme tune as well!
- Mexican Wave
 - The origins of the Mexican wave are confusing but it is brilliant fun especially at campfires. With the whole unit stand in a straight line shoulder to shoulder and one after another wave your hands in the air cheering. Instead of cheering try it with other words, at a campfire “welcome” and “thank-you” work very well.
- Mexican dancing dolls
 - Baile folklórico is a traditional Latin American dance emphasizing local cultures. Baile folklórico means folk dance in Spanish and women wear colourful dresses with billowy skirts. Make your own Mexican Dancing Doll to celebrate Mexican heritage (see instructions at the end)!
- Seaside fun in the sun!
- Many tourists come to Mexico to visit the gorgeous beaches.
 - Have a seaside themed evening, with appropriate clothing, food and activities; or even better, visit a beach with your unit.
- Musical Maracas
 - The maracas are a popular musical instrument in Mexico. Have a go at making your own from dried peas, beans or lentils and a cardboard box. Don't forget to decorate it nice and brightly too!
- Try making a God's eye
 - The Eye of God is a symbol of the power of seeing and understanding the unknown. They are made for children when they are born and a new eye is added for each year until they are five. Instructions on how to make them can be found at the end.
- Community Action
 - Guides and Scouts in Mexican are very involved in helping their community, help the community in some way.
- Team work
 - Guides in Mexico work in Patrols of groups of eight and like us like to have a democratic unit. Try some team games in your six/patrol
- South American word search
 - Try the word search at the end

- Let's build the pyramids!
 - There are many huge pyramids in Mexico. Use whatever resources are available to you to build as tall a tower as you can. (Paper and sellotape, building blocks, marshmallows and spaghetti)
- Mardi Gras
 - Mardi Gras, which is the French term for "Fat Tuesday", is also celebrated in Mexico as part of a bigger holiday, known as Carnaval. Carnaval is celebrated yearly right before the Lenten season, usually in February. Make your own Mardi Gras masks (templates at the end).

Section 2 - Siesta time!

Mexicans are typically easy-going. It is traditional in many parts of Mexico to observe the 'siesta' during early afternoon, the hottest part of the day, when shops and offices may be closed for two hours or more. Try some of these relaxing activities as a unit to help you to relax.

- Try yoga
 - Yoga is a traditional way of relaxing body and mind. Invite a local yoga teacher to teach you some basic techniques
- Hold a pyjama party
 - Maybe you could have a unit/patrol sleepover?
- Enjoy an evening of pampering
 - You could invite someone from The Body Shop to teach you about looking after your skin.
- Listen to some relaxing music
 - And discuss how it makes you feel.
- Have a film night/cinema visit
 - Pick your favourite films or watch something no one has seen before.
 - How about holding an Oscar's ceremony.
- Learn about massage
 - Try out different techniques on each other.
- Play some relaxing games
 - E.g. Chinese whispers, sleeping lions.
- Make bath bombs or other 'smellies'
 - You could give them to a friend or relative as a present.
- Go bowling
 - Remember it's a relaxing evening - try not to get too competitive!
- Have a book night
 - Bring along your favourite book, settle down with some hot chocolate and take turns to read your favourite part to the others. Don't forget the marshmallows!

Section 3 -Mexican munchies!

- Taste/cook some traditional Mexican food
 - Chilean cuisine is a reflection of the country's topographical variety, featuring an assortment of seafood, beef, fruits and vegetables. Traditional recipes are included at the end.
- Fruit Salad
 - Mexico cultivates oranges, apples, table grapes, tangerines, grapefruit, pears and raisins, bananas, mangoes, lemons, limes, watermelons, peaches, nectarines, plums, avocados, pineapples, and strawberries. Why don't you make a fruit salad or a smoothie or perhaps try a fruit you have never tried before.
- Hot chillies!
 - There are many varieties of chiles which are native to Mexico. Have a sampling session of different strengths of chile (are you brave enough?!)
- It was the Mayans and the Aztecs who first started to eat chocolate primarily as a sort of cold chocolate drink
 - Play the chocolate bar game with hats, gloves and scarf
 - Have a go at making flavoured hot chocolate: chilli, vanilla and salt are all good ideas
- Try some Mexican Tequila
 - Over 18s only!

Section 4 - International Guiding Friendships

- 4 World centres
 - I will be visiting Our Cabaña. It is one of the World Centres of Guiding. Find out about another.
- Our Cabaña Song
 - All guides that visit Our Cabaña try the Our Cabaña song. You could be a part of this in your units by having a go at singing the song. The words and a you tube link is at the back
- Guides all around the world are members of WAGGGS. This helps them to connect with others, even people who don't speak the same language as them, or live hundreds of miles away from them.
 - Learn about WAGGGS - what do the letters stand for? What does it do?
- Find out about Girlguiding in Mexico. How about looking into your parallel section, their promise, laws and uniform. Do they do anything different to you? Do they have to do anything else before they can become a member of Girlguides? A good website is the Our Cabaña website (<http://www.ourcabana.org/en/about/MexicoMexicanGuides>)
- International Wonders
 - Chichen-Itza is a city built by the Mayan people. It is now one of the New Seven Wonders of the World. Find out about another
- Ask an expert
 - Invite a GOLD or international participant to talk to you about their adventures.
- Imagine you've been away to a far distant country....
 - Write a postcard home, telling your family about an exciting adventure you've been on.
- Passport
 - Before you can travel abroad, you need a passport. Make your own using the template attached.
- International Opportunities
 - If you are a Guide or Senior Section Member find out about or attend your local international weekend.
- Friendship is something that lasts a lifetime. Lots of girls, who meet in Guiding when they are very young, are still friends years later. As part of our trip we are taking part in Our Cabaña's Friendship Project. Why doesn't your unit start a friendship project too, here are some ideas each of which could count:
 - Learn how to tie a friendship knot in a necker, and share this with a friend who doesn't know how. (a good video which shows you how is http://www.youtube.com/watch?v=5hxnBpSZG5k&feature=player_embedded)
 - Make a friendship bracelet with wool, beads or thread and give it to someone you don't know so well
 - You can make friends with members of Girlguiding all around the world. You could write to girls from another unit
 - Host a bring a friend night and bring a friend along to one of your meetings (this can also help to increase your unit numbers)

Thank you for completing the Challenge Badge

Badge Order Form (must be ordered before 31st March 2013.)

Badges cost £1.50 each + postage and packaging. Please include payment with this form.

Name _____ Unit _____

Address to send badges to: _____

Telephone or e-mail _____

Number of badges required _____

Postage and packaging is:	£1	for less than 25 badges
	£1.50	for 25 to 50 badges
	£2	for 50 to 75 badges.
	£2.50	for 75 to 100 badges.
	£3	for more than 100 badges.

Total Cost = number of badges x £1.50 + Postage and Packaging = _____

Please make cheques payable to **Girlguiding Sheffield**.

Return to: **Mexican Challenge, Eleanor Wildbore, 12 Whiteley Wood Road, Sheffield S11 7FE**. Badges will be delivered by sent as soon as they are available.

If you need anymore information feel free to email me on marmite4president@btopenworld.com

Thanks for your help and support in completing this challenge and helping us raise money towards our project! We hope you all enjoy the challenge.

The Girlguiding Sheffield Mexico 2013 Team
(Badge pack sent by Rachel)

God's Eyes Craft

The Ojo de Dios, or Eye of God, is a Native American craft of the Huichol Indians of northwestern Mexico. The Eye of God is a symbol of the power of seeing and understanding the unknown. They are made for children when they are born and a new eye is added for each year until they are five.

Materials you will need:

2 small sticks, fairly straight and approximately 13 cm long	Scissors and pencil
OR 2 lolly sticks (the sticks can be fairly smooth tree branches or dowels)	
Wool in various colours	Small Bells for Decoration (optional)

Step 1: Cross the sticks at the centre. Tie them together with the end of a piece of yarn, making an X, but don't cut the yarn off its ball (Figure 2). Tie the yarn IN BACK of the 2 crossed sticks (Figure 1).



FIGURE 1

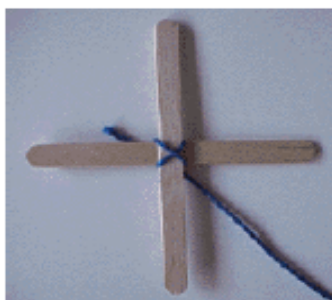


FIGURE 2



FIGURE 3

Step 2: With the pencil, number the sticks at the ends, in the centre. (Figure 3)

Step 3: Bring the yarn to the front between sticks 3 and 4. Pull the yarn over stick 3 and the next one too (stick 2), and bring it to the back between sticks 2 and 1. Wrap it behind stick 2 and bring it to the front again between sticks 2 and 3. Pull it over stick 2 and the next one too (stick 1), and wrap it behind stick 1 (Figure 3).

Step 4: Pull the yarn over stick 1 and the next one too (stick 4) and wrap it behind stick 4. Pull it over stick 4 and the next one too (stick 3) and wrap it behind stick 3. This is one complete round. Always lay the yarn next to, NOT on top of the yarn already in place.

Step 5: Keep on wrapping the yarn behind each stick, over that stick and the next, and around behind that one, then over that stick and the next and behind that one. (Figure 4) As you continue making the rounds, always be sure that the yarn lies next to, but never on top of the yarn in the previous round. After the first few rounds, you will see the woven pattern of the "eye" beginning to form.



FIGURE 4



FIGURE 5

Step 6: When you have an "eye" in one colour of yarn, you can cut the yarn and tie on another colour, and continue weaving. Make sure that the knot that you joined the 2 colours with stays in the back (Figure 5).

Step 7: Keep weaving the "God's Eye" until you are about 1½ cm from the ends of the sticks. Cut the yarn, leaving approximately a 18-20 cm tail. Tie the tail in a knot in back. If you have bells for decoration, attach one to each of the 4 ends.

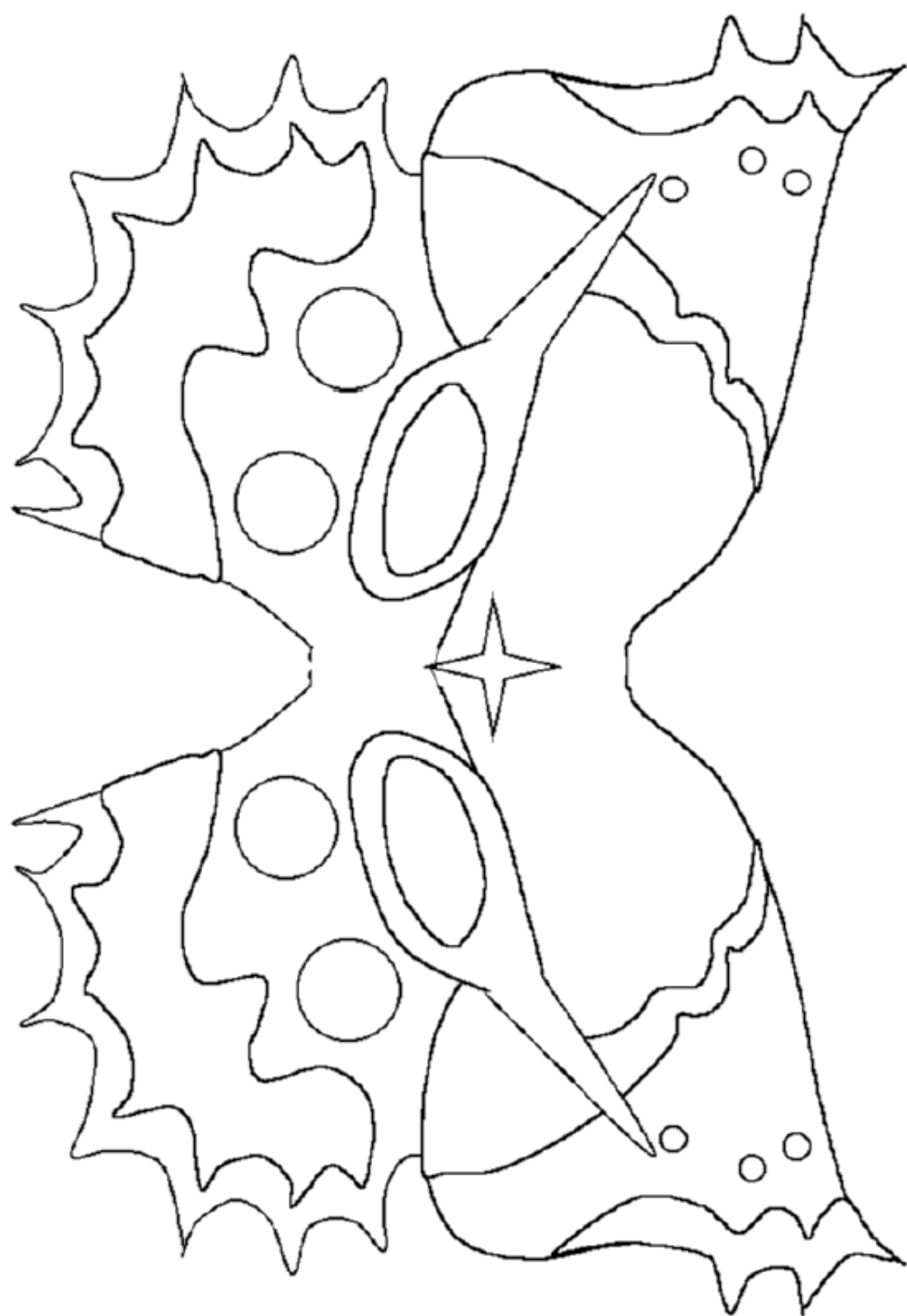
A "God's Eye" this size can be used as a decoration, hung almost anywhere. At Christmas you can even hang them on your tree. They can also be made in miniature with the thread wound on toothpicks, but these are delicate and much harder to handle.

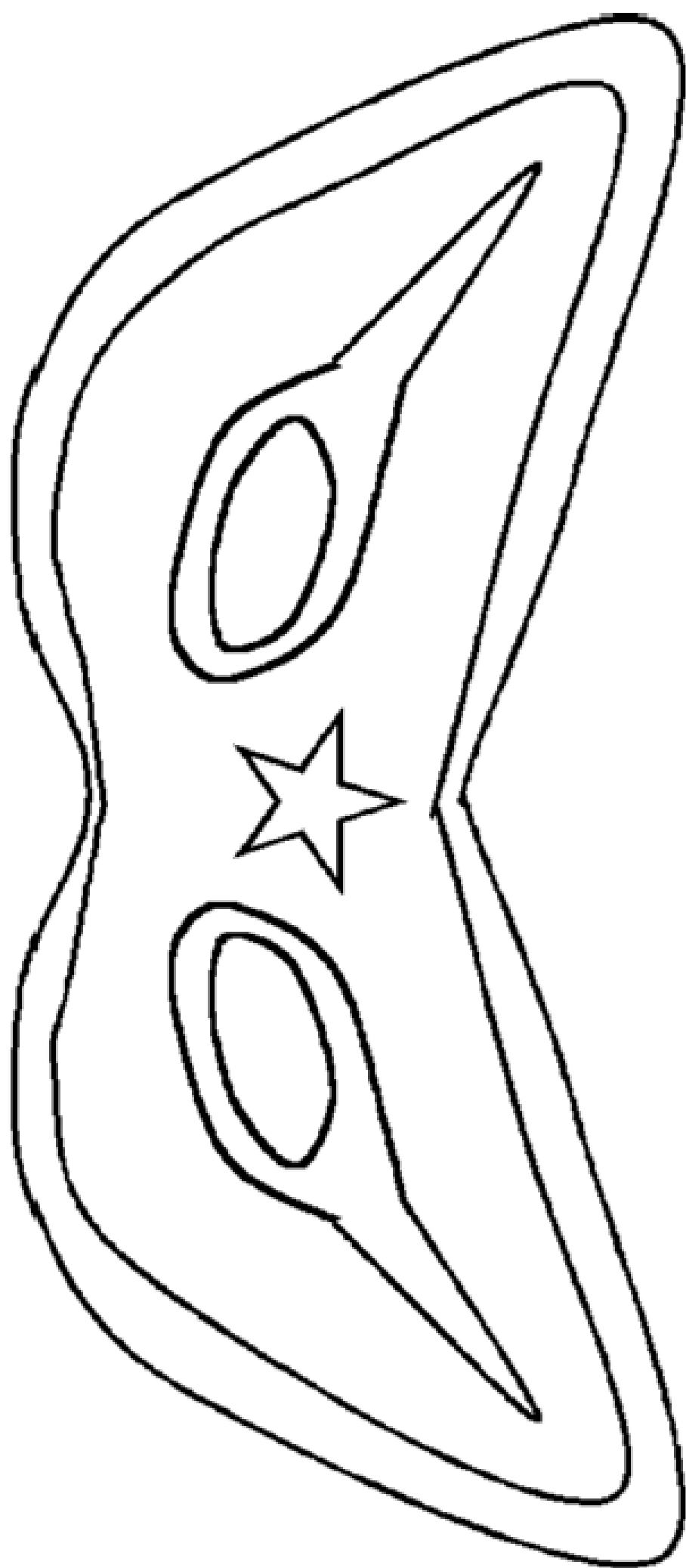


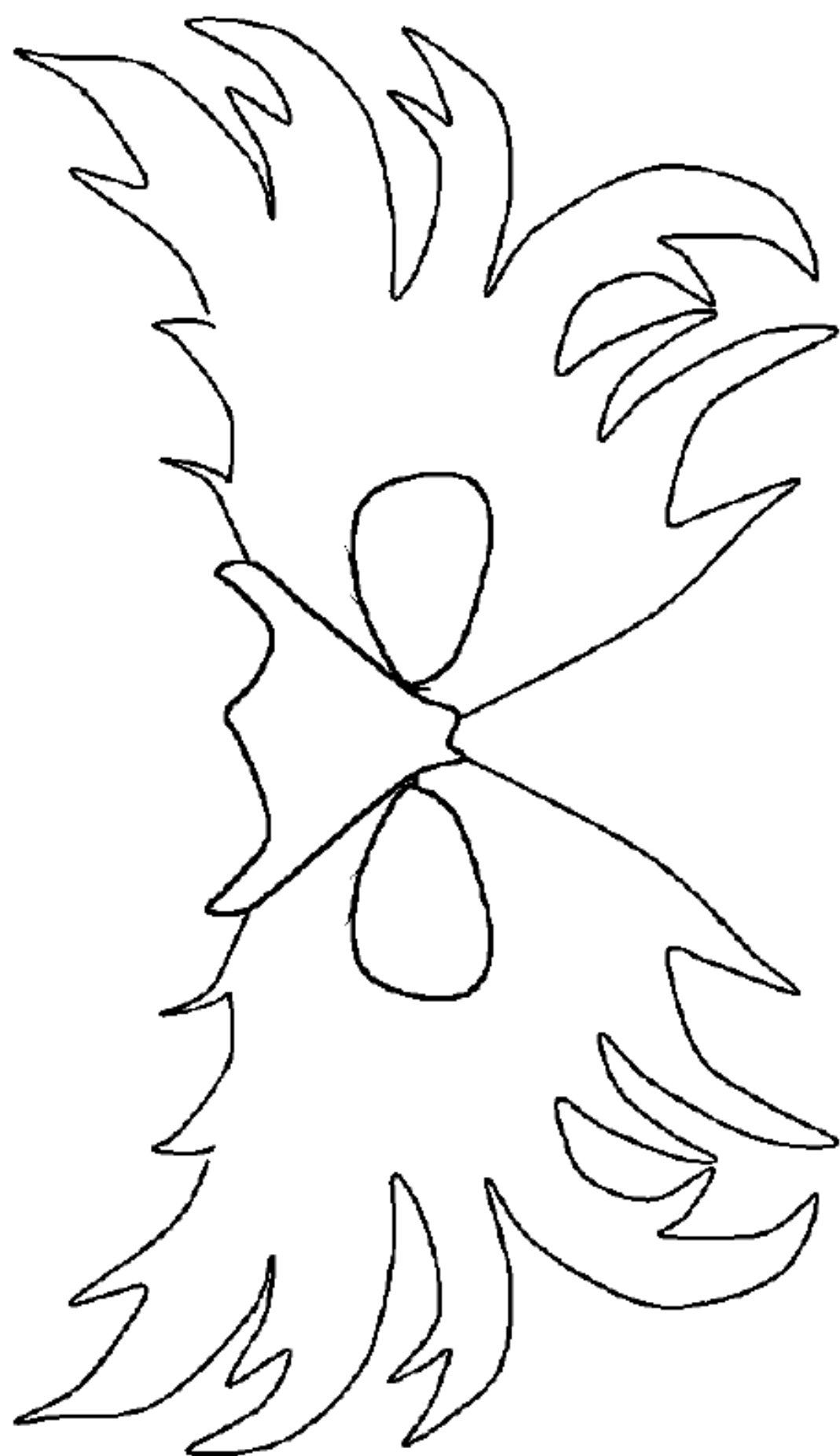
FIGURE 6



FIGURE 7







CLOTHESPIN MEXICAN DANCING DOLL

Baile folklórico is a traditional Latin American dance emphasizing local cultures. Baile folklórico means folk dance in Spanish and women wear colorful dresses with billowy skirts. Make your own Mexican Dancing Doll to celebrate Mexican heritage!

What you'll need:

- ☐ 2 basket coffee filters
- ☐ Yellow water color paint
- ☐ Red, green, and blue crayons
- ☐ Wooden doll pin
- ☐ Doll pin stand
- ☐ Brown pipe cleaner
- ☐ Small black pom pom
- ☐ White craft glue
- ☐ Light brown and black craft paint
- ☐ Black and red fine tip markers
- ☐ Scissors



How to make it:

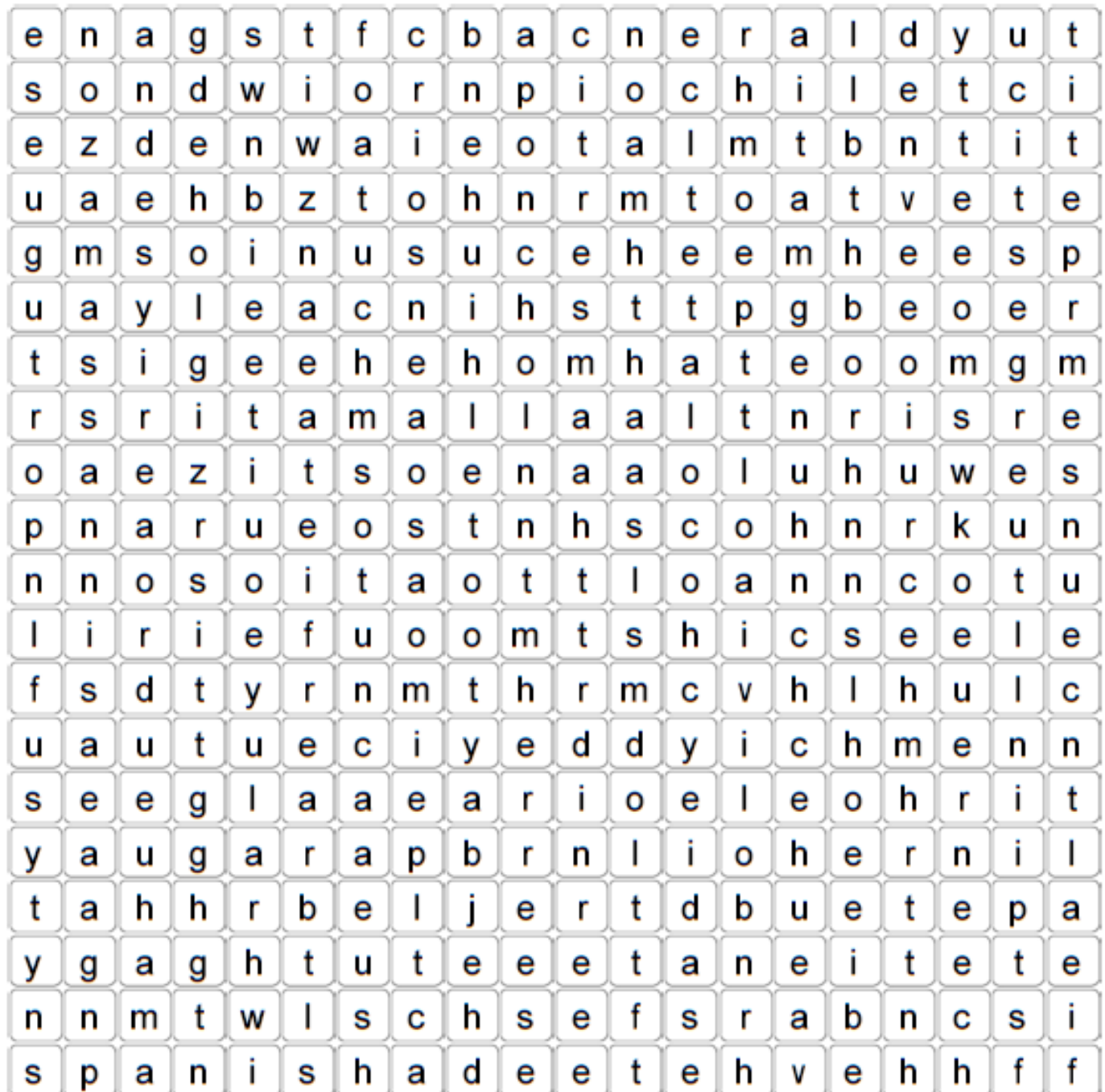
1. Glue the doll pin into the stand.
2. Paint both coffee filters with yellow water color paint and allow to dry completely.
3. Paint the head of the doll pin with light brown paint. Paint hair on with black paint. Let dry.
4. When coffee filters are dry, use crayons to draw stripes around the outer edge of one of the filters.
5. Cut pipe cleaner stem in half. Set one half aside for later. Using the second piece, twist around the doll pin at "arm height" and tack in place with glue. Set aside to dry.
6. Take the coffee filter that you decorated and fold it in half. Now fold in half again and cut the center tip off (just a small amount). This will create a hole in the center of the filter once you unfold it. This will act as the head hole for the blouse.
7. Cut out the center of the decorated filter. You will need a circle about 2.5" in diameter. The center circle that you cut out will be used as the top (blouse) half of the doll's dress. The remaining section of the filter should be a decorated circle resembling a donut. Set the blouse section aside.
8. Using the decorated piece you will now create the skirt. Hold the doll pin in your hand and with the other hand, scrunch the coffee filter around the doll pin, pleating it if possible. Wrap the extra piece of pipe cleaner around the top of the skirt to help hold it in place. Tack in place with glue.
9. Take the blouse circle and using the hole in the centre, slide carefully over the doll head. Glue the blouse down and around the chenille stem arms and over the top of the skirt.
10. Trim the pipe cleaner hands so that they barely stick out of the sleeves.
11. From the second yellow coffee filter, cut a circle for the dress collar. Decorate with crayons the same way you did the skirt.
12. Cut a small slit or hole in the centre and slide over the head. Glue in place.
13. Also from the second yellow filter, decorate a square about 2" x 2" with crayons. Fringe the ends with scissors. This will be the hair decoration.
14. Squeeze together in the middle and fan out the fringes. Glue the black pom pom to the middle.
15. Glue pom pom and fringed filter to the back of the head.
16. Use markers to add eyes and lips.

Tips:

- Do an internet search to see what other colour dresses these dancers wear and decorate with those colours.
- Instead of a doll pin, try making this project with a jumbo craft stick.
- Play Mexican music and discuss the different dances that are performed by these ladies.

South American wordsearch

Brownies/Guides



Words to find:

amazon, andes, argentina, aztecs, beef, bolivia, brazil, chile, chocolate, colombo, cowboys, inca, llama, paraguay, peru, poncho, portuguese, rainforest, spanish, uruguay

Recipes

Pastel Azteca - Aztec Pie



6 corn tortillas
1/2 pint of sour cream
1 lb. of tomatoes
8 poblano chilies, or green peppers
1/2 lb. grated Monterrey Jack cheese
1/2 lb. grated mild cheddar cheese
2 cups diced, cooked chicken
cooking oil
salt
1 small onion, chopped

Fry tortillas lightly in hot oil, but avoid hardening. Chop tomatoes and fry with chopped onions. Clean chilies and cut in 1/4-inch strips. In a greased baking dish, place alternate

layers of tortillas, tomato mixture, chicken, cream, chili strips, and grated cheese and salt. Last layer should be tomato mixture, cream and cheese. Heat in 350 degree F. oven for approximately 20 minutes, or until the bottom tomato layer is cooked and the top is golden brown.

Salsa Verde - Green salsa sauce



20 small green tomatoes
4 serrano chilies
1 clove garlic
2 tbsp. chopped coriander
2 tbsp. chopped onion
1/3 cup sugar
salt to taste

Chop the chilies. Remove the husk from the tomatoes, cut them into pieces and blend with garlic, chilies, salt and water in a blender. Stir in the onion and coriander. Serve at room temperature.

Quesadillas

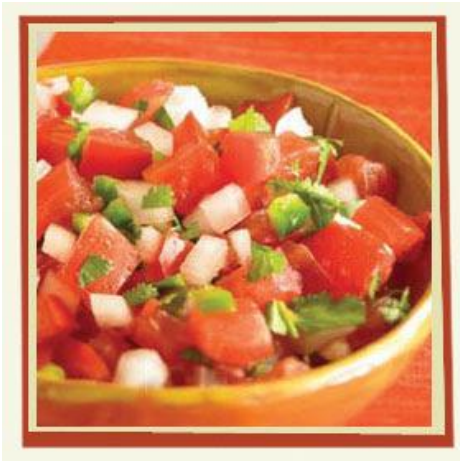


A quick and easy favourite for late evening snacks.

Quesadillas can be made either with ready-made or purchased tortillas or ones made on the spot. With ready made tortillas, heat the tortillas on the griddle on one side only. Place the filling on half of the heated side and fold the other half over. Fry on both sides and serve hot. With tortillas made on the spot, the uncooked tortillas are filled and then fried.

Accompany quesadillas with *crème fraîche*, slices of avocado or guacamole, shredded lettuce and finely chopped onion, crumbled *queso fresco* (ricotta) or *queso anejo* (dry feta), and salsa to taste.

Pico de Gallo



2 cups fresh tomatoes, chopped
1/4 cup onion, finely chopped
4 - 6 jalapeno peppers, diced
salt, garlic powder (or chopped garlic clove), cilantro -- to taste

Mix all ingredients in a bowl and let sit in the refrigerator for an hour or more. Serve with molletes for a great breakfast.

Our Cabaña song

The Our Cabaña song was written by the participants who attended the very first Juliette Low session at Our Cabaña in 1957. It is sung to the traditional Mexican Birthday tune and in the way that the original writers intended. First verse in English, then Spanish, English, Spanish and then English.

1. Neath the Grand Sierra Madre on a plain in Mexico,
Lies our beautiful Cabaña, where Girl Scouts and Guides go,
Oh come then to see the mountains, the Cactus and sunny skies, Hear the crickets in the evening
and see the white moon arise.

2. En la bella Cuernavaca, en un valle en México,
sencuentra Nuestra Cabaña un lugar lleno de sol,
Vamos a Nuestra Cabaña, gozaremos a llegar
d'amistad y d'alegria y de belleza sin par.

3. When you see the warm red roofs, you think of hearts that glow with cheer,
And the walls of sturdy stone work stand for friendship so dear,
Each day there is filled with laughter, each evening is filled with song,
And our stay at Our Cabaña gives us memories life long.

4. Cada día en Nuestra Cabaña, trabajamos por cumplir,
Los ideales de Guidismo y de nuestro fundador,
Vayamos a La Cabaña, nuestra promesa a vivir,
con nuestras hermanas Guías, l'amistad a compartir."

5. When you go to Our Cabaña you will find yourselves at home,
There's a greeting smile so friendly and a handshake so warm.
So come now to Our Cabaña, world friendship to increase,
and carry to our homeland International peace.

Link to the music:

http://www.youtube.com/watch?v=8c8lbfBgimk&feature=player_embedded

Passport



Draw or stick a picture of yourself here!

Countries I would like to visit:

Name.....

Age.....

Country.....

Guiding section.....

Signature.....