

Our Cabaña Mexico 2017

Challenge Badge



Hertfordshire County



WE DISCOVER, WE GROW

Girlguiding



This unique badge has been created by The Senior Section members of Girlguiding Hertfordshire to support fundraising for an international trip to Mexico in the summer of 2017. The group are visiting Mexico City and then travelling to Our Cabaña for the International Friendship Programme. Our Cabaña is an international Girl Guide centre of the World Association of Girl Guides and Girl Scouts located in Cuernavaca, Mexico. It opened in July 1957 as a Baden-Powell centennial memorial.

The aim of this challenge is to provide new experiences and explore Mexico's culture and traditions that the group are going to experience whilst visiting this vibrant country.

What to do:

Suggested number of activities to complete the badge:

Rainbows - Do 2 activities from the crafts section and 2 activities from any of the other sections (excluding big projects).

Brownies - Do 2 activities from the crafts section and 1 activity from each other section (excluding big projects).

Guides - Do 2 activities from each section OR 1 big project and 1 activity from each section not covered by the big project.

The Senior Section, Leaders and Trefoil Guild - Do 2 or more activities from each section OR 1 big project and 1 activity from each section.

In the Culture and Guiding sections, things to look up or research are followed by suggested related activities but feel free to make up your own related activities instead or to just have a discussion/do the research.

Times are given for crafts and recipes but are approximate and will depend on the ability of the girls involved. Where there are different methods, time taken will also vary depending on which is followed. The Culture and Guiding activities do not have times as this will vary depending on how much you put into them but can be expected to take up two meetings.

Big projects are aimed at Guides, The Senior Section and adult members. The idea is to combine activities from different sections into one ongoing project. For example, the party can be decorated using ideas from the crafts section, such as paper stars and ojo de dios. The sections it can cover are given in brackets before each project idea.

Activities

Crafts

- **Make Day of the Dead (Dia de los Muertos) sugar skulls:**
 - Drawing/paints/felt tips (or for rainbows, colouring in) (<1 hour)
 - Salt dough (see below) (1 - 2 hours)
 - Fabric and embroidery (see below) (1 hour)
 - Face paint/make-up (check out youtube for lots of tutorials) (1 hour)

- Masks (see below) *(1 hour, less if masks are pre-prepared)*
- Paper collage (follow instructions for fabric skull) (1 hour)
- Make paper sombreros *(less than 1 hour)*
- Make Ojo de Dios (God's eyes). For older girls, these can be made with 3 or 4 sticks instead of 2. *(<1 hour)*
- Make lucha libres masks and find out about Mexican wrestling (see below) *(1 hour, less if using a template)*
- **Make maracas:**
 - Cup/yogurt pot *(<1 hour)*
 - Egg and spoon *(1 hour if using tape, overnight if using papier mache)*
 - Water bottle and toilet roll *(1 hour)*
- Make and use a papier mache piñata *(1 hour to make initially, 1-2 days to dry, 1 hour to fill and decorate)*
- Keep and grow cactuses (cactuses take several years to mature from seeds, so get a potted one)
- Make paper stars (See below) *(1 hour)*
- Make worry dolls *(depends on method, 30 mins - 2 hours)*

Food

- Have a taco night
- Create a menu of Mexican food for someone with specific dietary requirements (vegetarian, gluten intolerance, religious dietary needs etc.)
- Make tortillas *(30 mins)*
- Make guacamole *(<30 mins)*
- Make salsa *(<30 mins)*
- Make tres leches (three milk) cake *(2 hours)*
- Make churros (or watch the episode of Great British Bake Off 2016 where they made churros!) *(1 hour to make)*
- Make sombrero cookies (See link) *(<30 mins to decorate, 1 hour if making and decorating)*
- Make a piñata cake *(1-2 hours)*

Culture

- Learn some Spanish
- Create a timeline of Mexican history
- Learn about and discuss the immigration (legal and illegal) of Mexicans to the USA and the issues and conflicts that have arisen from this.
- Look up different Mexican holidays/celebrations. Throw a party for one of these.
- Learn about Frida Kahlo's art and life. Paint/draw your own pictures inspired by hers. (Please note: some of Kahlo's paintings feature nudity or violence so may not be appropriate for rainbows, brownies and guides.)
- Plan an armchair travel trip to Mexico.
- Research traditional Mexican clothing. Create your own version out of bin bags or your own clothes, or make paper dolls and dress them in traditional clothes (see below).
- Learn about the Mexican flag. Make your own flag out of paper or make and decorate biscuits.
- Research where the name 'Mexico' comes from.
- Find out how Mexico's borders have changed over time. Look at or draw maps of this (if drawn on acetate, these can be placed on top of one another for comparison).
- Learn about the different indigenous peoples of Mexico.
- Have a go at the Mexican Hat Dance (Jarabe Tapatío) or other traditional Mexican dances.

Guiding in Mexico (Guias de Mexico)

- Learn about the different stages of Guiding in Mexico, what age groups they are for and what their names mean in English.
- Find out what Mexican Guide's uniform looks like for the different stages. Compare past and present uniform, and how it is different to yours. Make paper dolls dressed in their uniform (see below).
- Learn the Mexican Guide promise for your age group. Compare it to your own and discuss which you like best. Create an illustrated copy of the promise.
- Play some Mexican Guiding games.
- Learn some Mexican campfire songs.
- Create your own version of the Mexican promise badge out of cardboard or modelling clay.
- Learn about Our Cabaña.

Big Projects

- (Crafts/Food/Culture) Throw a Mexican themed party. Serve Mexican food and drinks, play Mexican music and put up Mexican-themed decorations.
- (Crafts/Culture/Food) Host a fashion show. Feature traditional Mexican clothing and/or your own clothes inspired by Mexico. Serve refreshments.
- (Culture/Crafts) Put together a presentation or folder on Mexico and/or what you have done for the challenge badge.
- Culture) Put on a play or re-enactment of part of Mexican history.

Instructions

Fabric/Embroidery Sugar Skulls

You will need:

- Plain white/light coloured material large enough to draw your skull on/Plain white/light coloured T-shirt (ideally cotton)
- Black/dark fabric
- Scraps of different coloured fabrics
- Embroidery thread
- Embroidery needle
- Pins
- Fabric scissors
- Pencil
- Fabric glue (optional, may be easier for younger girls)



What to do:

1. Draw or trace the outline of a simple skull, including eyes, nostrils and mouth, onto your white fabric.
2. Use backstitch (or similar) to sew on the shape of the mouth and teeth.
3. Cut two circles of black/dark fabric for the eyes and sew/glue them on.
4. Use satin stitch or two scraps of black/dark fabric to create the nostrils.
5. Cut scraps of the coloured fabrics and sew/glue onto the skull, filling in the gaps. Different embroidery stitches can also be used.

Variations: Sew onto a plain T-shirt; make into a cushion cover or bag; make a smaller, simpler version using embroidery on felt; do a paper collage version.

Day of the Dead Mask

This is instructions for how to make a simple, 2D day of the dead mask. Various 3D versions can be found online, but these are more complex and time-consuming.

You will need:

- White or plain flexible card
- Narrow elastic or string
- Scissors
- Colouring pens or pencils

What to do:

Cut out an oval or skull outline the size of your face from the card (for rainbows you may want to pre-prepare the masks to save time).

Use a hole punch to make holes in the sides of the mask.

- A. Cut a piece of elastic approximately the distance between your cheekbones, going round the back of your head. Tie the ends to the holes you have made and check it fits. The elastic should be slightly stretched.
- B. Alternatively: Cut two long pieces of string. Tie one end of each to one of the holes you have made. Put it on by tying the ends in a bow behind your head.

Draw large eye sockets centred on where your eyes are. Either punch small holes and colour the rest of the socket in black, or cut out the whole eye.

Decorate the mask to look like a sugar skull, including nostrils and teeth.

Lucha Libres Mask

Repeat steps 1-3 as above. At step 4, cut large oval holes for the eyes and a small hole for the nose. You can either cut a large oval for the mouth or cut off the bottom of the mask. Use google images for inspiration.

Instructions and templates can also be found here: <http://www.freekidscrafts.com/mexican-wrestling-masks/>



Salt Dough Sugar Skulls

1. Make salt dough (see here for a recipe: <http://www.learning4kids.net/2012/12/09/how-to-make-salt-dough-recipe/>)
2. Shape the dough into either flat skull shapes or 3D ones. Make indentations for the eyes, nostrils and mouth.
3. Bake in the oven until hard.



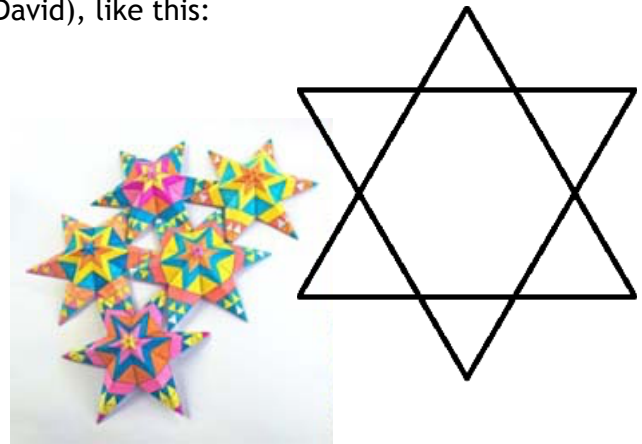
4. Paint your skulls. See here for some more interesting 3D decoration ideas: <https://www.art-is-fun.com/day-of-the-dead-art>

This could also be used to make sugar skull biscuits using biscuit dough and icing instead of paint. Sugar skull cookie cutters can be found online here: <http://www.craftcompany.co.uk/sweet-spirits-cookie-cutters.html>

Design Your Own Paper Stars:

To make paper stars, you can either print out a template (see here for templates and instructions <https://happythought.co.uk/craft/tutorials/mexican-paper-star-ornaments> or design your own. To do so you will need to draw two equilateral triangles (triangles where all three sides are the same length and angles are the same size) on top of one another, with one inverted (like a Star of David), like this:

There are three ways you can make a mathematically accurate equilateral triangle, depending on what you have available. This will be needed for your star to work. You can find instructions here: <http://www.wikihow.com/Draw-an-Equilateral-Triangle>. Then create a pattern similar to that in the template.



Paper Dolls (Rainbows+)

1. Print out/photocopy a simple outline of a person/girl (tracing round a gingerbread man cookie cutter works well).
2. Have your girls draw on the clothing or collage with paper of fabric.

Paper Dolls (Brownies+)

1. Fold a sheet of paper concertina-style (i.e. in a zig-zag) three or four times.
2. Leaving it folded, on the front of the paper draw the outline of a person so that their arms and legs meet the sides of the paper.
3. Cut out your person, going through all layers of the paper. Don't cut the edges; you want the arms and legs connected so the dolls hold hands.
4. Unfold your paper dolls and decorate them.

Paper Dolls (Guides+)

1. Print out/photocopy a simple outline of a person/girl (tracing round a gingerbread man cookie cutter works well). Do two copies, one for a template and one on card for your doll.

2. Cut out both copies.
3. Using your template as a guide for size, draw clothes for your doll. You may need to make them fractionally larger than your doll. Include reasonably large tabs of paper on the edges. Colour the clothes in and cut them out.
4. Put your clothes on your doll by holding the clothes against it and folding the tabs over.

Useful Links and Instructions

Crafts

FREE SUGAR SKULL COLOURING PAGES

<http://azcoloring.com/sugar-skull-coloring-page>

<http://www.supercoloring.com/coloring-pages/day-of-the-dead-sugar-skull>

FELT SUGAR SKULLS

<http://adventures-in-making.com/diy-felt-sugar-skull-sachets/>

DAY OF THE DEAD FACE PAINT TUTORIAL (SIMPLE)

<https://www.youtube.com/watch?v=F2mzrF6f2b8>

DAY OF THE DEAD MAKE-UP TUTORIAL (COMPLEX)

<https://www.youtube.com/watch?v=yhfKJCYTcJs>

HOW TO DRAW SKULLS

<https://www.art-is-fun.com/how-to-draw-skulls>

HOW TO DRAW A SUGAR SKULL STEP-BY-STEP

<http://www.dragoart.com/tuts/21195/1/1/how-to-draw-a-sugar-skull-easy.htm>

ORIGAMI SOMBRERO

<http://www.origami-instructions.com/origami-sombrero.html>

PAPER PLATE AND CUP SOMBREROS

<http://kidfriendlythingstodo.com/2013/08/make-a-paper-plate-sombrero-kid-friendly-things-to-do-com/>

BASIC OJO DE DIOS (CAN ALSO BE MADE USING LOLLYPOP STICKS OR WOODEN CHOPSTICKS)

<https://happythought.co.uk/craft/how-to-make-ojo-de-dios>

https://www.youtube.com/watch?v=X53ZXcHoR_c&t=425s

3 STICK OJO DE DIOS

<https://www.youtube.com/watch?v=4GqAMwmfDIA>

4 STICK OJO DE DIOS

<https://blog.etsy.com/en/how-tuesday-weaving-a-complex-ojo-de-dios/>

PAPER CUP MARACAS

<http://www.kinderart.com/sculpture/maraca1.shtml>

EGG-AND-SPOON MARACAS

<http://www.kiwicrate.com/projects/Easter-Egg-Maracas/781>



WATER BOTTLE AND LOO ROLL MARACAS

<https://makingmulticulturalmusic.wordpress.com/2011/10/12/make-some-marvelous-maracas/>

PAPIER MACHE PIÑATAS

<http://pinataboy.com/make-your-own/overview/>

<http://www.instructables.com/id/How-to-Make-a-Pi%C3%B1ata-Using-a-Balloon/?ALLSTEPS>

HOW TO MAKE WORRY DOLLS

<http://www.tinyfry.com/make-worry-doll/>

Mexican Food Recipes

TORTILLA RECIPE:

<http://www.bbcgoodfood.com/recipes/2902681/flour-tortillas>

GUACAMOLE RECIPE:

<http://www.bbcgoodfood.com/recipes/9088/bestever-chunky-guacamole>



SALSA RECIPE:

<http://www.bbcgoodfood.com/recipes/9222/ultimate-tomato-salsa>

TRES LECHES CAKE RECIPE:

http://allrecipes.com/recipe/221907/pastel-de-tres-leches-three-milk-cake/?internalSource=hn_carousel%2003_Pastel%20de%20Tres%20Leches&referringId=1217&referringContent%20hub&referringPosition=carousel%2003

CHURROS RECIPE:

<http://www.cookingchanneltv.com/recipes/daisy-martinez/mexican-crullers-churros.html>

SOMBRERO COOKIE RECIPE:

<http://the-wilson-world.blogspot.co.uk/2011/05/cinco-de-mayo-treats-sombrero-cookies.html>

HOW TO MAKE A PIÑATA CAKE:

<http://www.goodtoknow.co.uk/recipes/538571/pinata-cake>

Culture

SPANISH PHRASES

http://www.learnspanishtoday.com/learning_module/grammar.htm

<http://www.memrise.com/course/92014/101-most-common-spanish-phrases/>

GENERAL INFORMATION ABOUT MEXICO'S HISTORY AND CULTURE

<http://www.history.com/topics/mexico/history-of-mexico>

A HISTORY OF THE DAY OF THE DEAD

<http://www.mexicansugarskull.com/support/dodhistory.html>

MEXICAN HAT DANCE TUTORIAL

<https://www.youtube.com/watch?v=JcTnrKRlnT0>

Guiding in Mexico

THE GUÍAS DE MEXICO (GIRLGUIDING MEXICO) INFORMATION ON GIRLGUIDING IN SPANISH

<http://www.guiasdemexico.org.mx/>

WAGGGS PAGE ON GUÍAS DE MEXICO

<https://www.wagggs.org/en/our-world/western-hemisphere/member-organizations/mexico/>

PDF ON OUR CABAÑA AND GUIDING IN MEXICO - INCLUDES GAMES

<http://www.bc-girlguides.org/WEB/Documents/BC/ourcabana%20.pdf>

GUÍAS DE MEXICO UNIFORM

[http://www.answers.com/Q/What_Girl_Guide_uniforms_do_they_wear_in_Mexico -
Answers.com](http://www.answers.com/Q/What_Girl_Guide_uniforms_do_they_wear_in_Mexico_-_Answers.com)

MEXICAN CHILDREN'S GAMES

<https://blog.udemy.com/mexican-games/> and [http://www.topics-mag.com/edition27/
mexican_games/page.html](http://www.topics-mag.com/edition27/mexican_games/page.html)

<http://www.queen-of-theme-party-games.com/mexican-fiesta-party-games.html>

GUIDE GAME FROM MEXICO

http://dragon.sleepdeprived.ca/games/guiding_games/guiding_games_6.htm

OUR CABAÑA SONG

<https://myvirtualsongbook.wordpress.com/2012/04/09/our-cabana/>

WAGGGS PAGE ON OUR CABAÑA

<https://www.wagggs.org/en/our-world/world-centres/our-cabana/>

WORLD CENTRES GAME

http://dragon.sleepdeprived.ca/games/guiding_games/guiding_games_16.htm

Badge Order Form

Once your unit has completed the Our Cabaña Mexico 2017 Challenge Badge please complete and return this form to order your badges.

Unit

Rainbow / Brownies / Guides / The Senior Section / Adult / Trefoil Guild

(Please circle)

County

Leader's name

Address where badges should be sent

.....

.....

.....Postcode

Phone or email in case of queries

Number of badges required at £1.25 each _____

Please **add postage** according to the number of badges you order:

Up to 50 badges = 75p

50 - 100 badges = £1.20

100 - 250 badges = £1.54

More than 250 badges = £2.09

Total amount enclosed £ _____

Pay via BACS:

Account name: 11th St Albans Brownies

Account number: 37675360

Sort code: 30 97 25

Make your cheque payable to: 11th St Albans Brownies.

Email to: elaine@girlguidingstalbands.org.uk

Post to:

Elaine Wilson

46 Puddingstone Drive

St Albans AL40GY

If you have any photos to share, please send them with your form, or email the files to elaine@girlguidingstalbands.org.uk. Please ensure that you have permission for the photos to be used within Girlguiding.