



**Girl Guides of Canada
Cookie Challenge
Senior Branches**



Hi Senior Branches,

Welcome to the Ultimate Cookie Challenge! Want to have some fun and collect some “cookie dough”? Each activity, or challenge, listed below has a cookie dough amount assigned to it. Your cookie mission, if you choose to accept it, is to collect **\$12.00** work of cookie dough, which is equal to three boxes of cookies.

Option 1 – Cookie Commotion

a. Cookie Motion Marathon

Cookie Dough: \$4.00

Check out the nutrition information on a box of cookies. For every box of cookies, find a fitness activity that will burn that amount of calories. What kind of activity will burn one serving of chocolatey mint cookies (1 serving = 180 calories), one serving of the classic sandwich cookies (1 serving = 194 calories)? Create a fitness routine that will burn the energy consumed from one serving, two servings, or one box of cookies. Create a chart with your findings and try these activities with your unit.

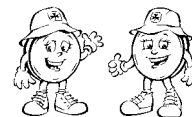
- Bicycling 6 mph..... 240 cal./hr.
- Bicycling 12 mph..... 410 cal./hr.
- Cross-country skiing..... 700 cal./hr.
- Jogging 5 1/2mph..... 740 cal./hr.
- Jogging 7 mph..... 920 cal./hr.
- Jumping rope..... 750 cal./hr.
- Running in place..... 650 cal./hr.
- Running 10 mph..... 1280 cal./hr.
- Swimming 25 yds/min..... 275 cal./hr.
- Swimming 50 yds/min..... 500 cal./hr
- Tennis-singles..... 400 cal./hr.
- Walking 2 mph..... 240 cal./hr.
- Walking 3 mph..... 320 cal./hr.
- Walking 4 1/2 mph..... 440 cal./hr.

b. Cookie Gala

Cookie Dough: \$4.00

Hold a cookie gala sporting event. For example, host a cookie box mini golf. Invite guests (family, potential customers, media, etc.). Come up with a catchy theme and decorate your event in that them. Serve treats (cookies of course!) and beverages.

Cookie Challenge – Sr. Branches



c. Cookie Survivor

Cookie Dough: \$4.00

Play a game based on the popular television program. You can brainstorm the types of challenges such as: build a shelter out of boxes and cartons; have a sailing race using cookie boxes to make sailboats; design a daily menu using cookies and whatever other fruit and vegetation you would find on a tropical island. **Note:** you may wish to take two meetings to plan this activity. One meeting could be small groups coming up with activities and the next would be putting the activities together and playing the game.

d. Cookie Day for Other Branches

Cookie Dough: \$8.00

Plan and hold an active Cookie Theme Day for Sparks, Brownies or Guides. Note: you may wish to look at the activities found in the cookie challenges for those branches to get some ideas.

Option 2 – Cookie Creations

a. Cookie Promotional Press Kit

Cookie Dough: \$4.00

Design a cookie promotional press kit to could be sent out to the media and places where cookies are sold. Include information on Girl Guides, the purpose of selling cookies, an order form posters, etc.

b. Recyclable Cookie Art!

Cookie Dough: \$2.00

Recycle cookie boxes into an art project you have designed, constructed and decorated. You can make something functional with your cookie boxes such as a small toolbox.

c. Cookie Super Sellers Game!

Cookie Dough: \$4:00

Develop a cookie board game (e.g., Cookie Monopoly) for Guides or Brownies that will teach them skills like counting, matching, and following the rules. See Super Seller game for examples of Cookie Monopoly rules and cookie money.
(NOTE: Bonus \$2.00 if you play this game with a Brownie or Guide Unit.

Option 3 – Catch the Cookie Craze

a. Cookie Skit

Cookie Dough: \$3.00

Create a presentation or skit to teach younger girls about the importance of cookies in the Girl Guides of Canada program. You can use props, costumes or puppets.

b. Cookie Career Skills

Cookie Dough: \$4:00

Write an article or create a presentation about potential careers you could have by using the skills you gained through cookie sales. Do some research by asking your Guiders what they do or if they know anyone who can relate their present job to cookie selling.

Cookie Challenge – Sr. Branches



c. Cookie Tasting Party

Hold a cookie-tasting party for a local senior's group. Set up a time to go and share treats with older members of your community.

Cookie Dough: \$4:00

d. Cookie Publicity

Promote cookies by brainstorming ways in which you can publicize your cookie sales. Develop promotional materials and create a strategy to get the word out about Girl Guide cookies.

Cookie Dough: \$4:00

Program Connections

Personal Growth– Catch the Cookie Craze

Service – Catch the Cookie Craze

Active Living – Cookie Commotion

Creative Arts – Cookie Creations

Leadership- Cookie Commotion, Catch the Cookie Craze