



WHY THE OCCITAN CROSS?

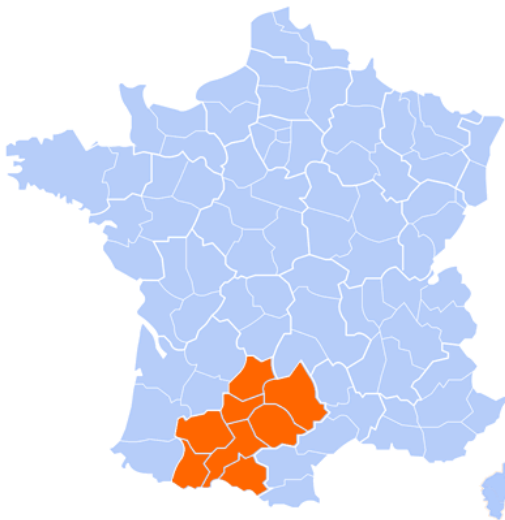
The Occitan Cross, also known as the Cross of Occitania has been used as far back as 1165 as the official seal of the Counts of Toulouse.

It is now used on flags, symbols, coats of arms, logos and jewellery.

Occitania is the region in Southern France where Occitania was historically the main language spoken, and where it is still sometimes used, now mostly as a second language. Occitan or langue d'oc (lenga d'oc) is a Latin-based romance language in the same way as Spanish, Italian or French.

This cultural area covers the southern half of France, as well as Monaco and smaller parts of Italy (Occitan Valley, Guardia Piemontese) and Spain (Aran Valley).

Toulouse is the capital of the Midi-Pyrénées, the largest region in France. The flag of the region is the Occitan Cross.



HOW TO COMPLETE THE CHALLENGE

Steep yourself in all things French and complete an activity from each activity section. We have placed different activities in Section appropriate areas but feel free to try any activity that interests you.

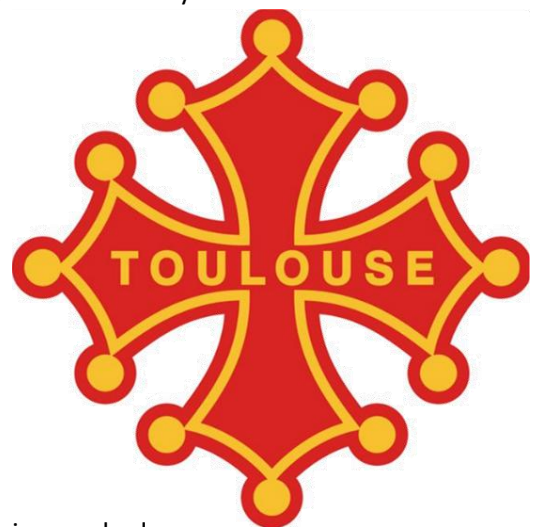
To order the badges, contact:

badge.toulouse.guides@gmail.com












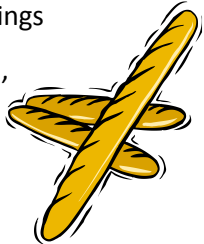




Badges cost:

We hope you enjoy the Challenges.

Thank you for supporting our District by doing our Challenge and buying our badge



THE CHALLENGES:

Activity theme	Rainbows	Brownies	Guides	Senior Section
<p>French language</p>	 <p>Play 'Strip Bingo' to teach numbers 1-10 or Learn to sing 'Frère Jacques'</p> 	 <p>Play 'Onze' to teach numbers 1-11 or Learn to sing and dance to 'Sur le Pont d'Avignon'</p> 	 <p>Play Dance mat memory game to teach numbers, colours or days of the week or Parlez-vous Français? Learn some new phrases and try them out on each other</p> 	
<p>Food</p>	<p>Play Hunt the bean or Make a snail from salt dough, modelling clay, icing, marzipan or pipe cleaners</p>  	<p>Play Beans game or Toulouse Sausage game</p>  	<p>Make crêpes and try different fillings or Pain de France: Play 'Baguette'</p>  	
<p>Violets</p>	<p>Violet thumb/fingerprint pictures or Violet Lollipop stick bookmarks</p> 	 <p>Make iced violets or Make violet felt badges</p> 	 <p>Make a violet picture by quilling or Try pressing flowers and use them in a craft</p>	

Activity theme	Rainbows	Brownies	Guides	Senior Section
<p>Toulousain culture</p>	<p>Half and half: Complete a picture of the Occitan cross or Play 'Boatman's rules'</p> 	 <p>Make an Occitan cross with iron on (Hama) beads or Play 'Four corners' with Toulousain landmarks</p>	<p>Make a family or Haute Garonne shield or Make a Cross stitch or Mosaic Occitan cross</p>  	
<p>Aerospace industry</p>	 <p>Make a sandwich bag wind sock or Make flat paper planes and flap them to race them</p>	<p>Decorate paper aeroplanes and race them. or Make an aeroplane loop from a wire coat hanger and try to fly the planes through the loops</p> 	<p>Make planes from balsa wood or lollipop sticks or Make an aeroplane from cardboard boxes or Make a baking soda and vinegar rocket</p>  	
<p>Toulouse sport</p>	<p>Make and decorate a drum using a round cheese triangle box or Play 'Coach says'</p> 	 <p>Make a rugby player finger puppet or Ice a Gingerbread man in a rugby strip</p> 	 <p>Design your own cycling shirt or Set yourself a challenge to cycle to improve your fitness</p>	

FRENCH LANGUAGE:

Play Strip Bingo:

First teach the French numbers one to ten

Give each child a strip of paper. Tell them to fold it in half, in half again, then in half again. When the paper is unfolded there should be eight sections. Ask the children to write eight different numbers between one and ten in non-sequential order in each of the sections, so a strip might read 2, 6, 1, 8, 3, 7, 10, 4.

Call out a number in French. If the number called is the number at either end of the strip of paper it can be torn off and disregarded (so in the example above 2 or 4). Call out another number, again if it is at either end of the paper it can be torn off. Continue calling out numbers. You will need to repeat numbers frequently as each time a number at the end is torn off a new numbers become the end number.

The first person to tear off all their numbers and shout 'Lotto' wins.

Play Onze:

First teach the French numbers one to eleven

Girls stand up and take turns to call out numbers in sequence i.e. un, deux, trois, quatre, cinq, six, sept, huit, neuf, dix,.. They may choose to call out one number, two numbers or three numbers. Whoever calls out Onze is out and has to sit down. The next person starts a new sequence from 'un' again.

Play Dance mat memory game:

First choose about 7 French words to learn eg. colours or days of the week).

Print or write these words in French onto cards. Divide the girls into teams.

Play 'dance mat' by sticking the cards to the floor. The first player picks a word on one of the cards, says it, and jumps on and off it. The next player repeats and chooses a card. The third player repeats the first two words and chooses a third. Which team can make the longest routine?

**FRENCH NUMBERS: 1 un, 2 deux, 3 trois, 4 quatre, 5 cinq,
6 six, 7 sept, 8 huit, 9 neuf, 10 dix, 11 onze.**

Sing Frère Jacques:

This song is about a Monk (Brother Jack) who is asleep when the bells for morning prayers ring. It is traditionally sung in a round.



Frè - re Jac-ques, Frè - re Jac-ques, dor - mez vous? Dor - mez vous?

Son-nez les ma-ti - nes! Son-nez les ma-ti - nes! Din, dan, don. Din, dan, don.

Sing and Dance to Sur le pont d'Avignon:



Sur le pont d'A - vi - gnon, On y dan - se, on y
dan - se, Sur le pont d'A - vi - gnon, On y dan - se tout en rond.
Les beaux mes - sieurs font comm' ça Et puis en - core comm' ça.

Sur le pont d'Avignon,
On y danse, on y danse,
Sur le pont d'Avignon,
On y danse tout en rond.

Les beaux messieurs font comme ça
Et puis encore comme ça.

Refrain :
Sur le pont d'Avignon,
On y danse, on y danse,
Sur le pont d'Avignon,
On y danse tout en rond.

Les belles dames font comme ça
Et puis encore comme ça.
Refrain

Les cordonniers font comme ça
Et puis encore comme ça.
Refrain

Les blanchisseurs font comme ça
Et puis encore comme ça.
Refrain

FOOD: Cassoulet toulousain (a sausage and bean stew) and saucisse de Toulouse (Toulouse sausage) are two of the most famous dishes from our region. Crêpes (similar to pancakes) with sweet or savoury fillings and baguettes are popular across France and 40,000 tonnes of snails are eaten in France each year!



Play Hunt the bean:

This is a simple adaptation of Hunt the Thimble. Hide a bean and the girls search for it.

Play Toulouse Sausage game:

Teams take turns to ask one person in the other team a question for example: 'What do you stir your tea with?' Or 'What do you brush your teeth with?' The person answering must reply 'sausages' & they can't laugh or smile. They get a point for each question they can answer without laughing. If the person laughs, the teams swap roles & the other team get to ask the questions.



Make crêpes and try different fillings:



Make snails from salt dough, modelling clay, icing, marzipan, or pipe cleaners:



Play Baguette:

Each team think of a list of film titles and for each film they swap one of the words in the title with "baguette", or if the word is plural "baguettes". For example the film title "Three men and a baby" could be changed to "Three men and a baguette" or "Three baguettes and a baby"

Teams swap lists and try to work out what the real film titles are.



Play Beans game:

Call out various types of beans and the girls perform the correct action.

Runner Beans - Run around

Jumping Beans – Jump

Baked Beans - Lie out in the sun

Chilli beans – Shiver

Frozen Beans - Stand still

Broad Beans - Stand with legs as far apart as possible

French Beans - Say "Oh La La!"



VIOLETS: The violet has been grown in Toulouse since the 19th Century and is used for perfume, confectionery and baking. Violet liqueur, Crystallised violets and violet sweets are all Toulousain specialities. In February, Toulouse holds a violet festival.

Make a Violet lolly stick bookmark:

Take a wooden lolly stick. You can often buy coloured ones. Cut out a flower shape and stick on top. You could also add a leaf.



Make a Violet thumb/fingerprint picture:

Make 'iced violets':

First, make your icing A basic buttercream icing works well 140g/5oz butter, softened, 280g/10oz icing sugar, 1-2 tbsp milk and few drops of food colouring (blue and red if you want purple violets). You could also add violet flavouring if you can find it.

Next, Place a star nozzle into a piping bag. Fill with the icing, twist and hold the end with one hand (usually your writing hand) and rest the tip of the bag in your other hand. Squeeze the icing at the top of the bag to make it flow through. To make flowers, hold the bag vertically with the nozzle close to the surface, squeeze a little icing out to make the desired size, then to finish, stop squeezing, push down, then draw up sharply. Add a yellow mini Smartie to the centre. Leave in a cool place to set.

Tips: Don't overfill the piping bag. Make sure your icing isn't too thick (it will need a lot of force to pipe), or too thin (it will run out of the bag and won't hold its shape). Finally, don't squeeze the bag from the middle.

Make a Violet felt badge:

You will need: green and purple felt (wool-mix works well), embroidery thread blue/purple for the flowers and yellow for the centre, a broach/ safety pin back, a sewing needle and some scissors, and pins and paper for pattern-making Cut a 5 petal flower shape from the purple felt. You can either cut it out freehand, or you can make a paper pattern. Start with the yellow embroidery thread, making about 4 small stitches in the centre of the flower, starting and finishing on the back of your flower so you can hide your knots and finishing off. Then use the purple thread to make stitches from the near centre out to the edges of the petals. If you want to add a green felt leaf- join it to the flower using these stitches.

Finally, get your broach back or safety pin, lay it on the back of the flower (or leaf) and sew it on tightly.

Make a Violet picture by quilling:

Quilling uses strips of paper that are rolled, shaped, and glued together to create decorative designs. The paper is wound around a quill to create a basic coil shape. The paper is glued at the tip and the coil shaped, these shaped coils are arranged to form flowers, leaves, and various ornamental patterns.

During the Renaissance, French and Italian nuns and monks used quilling to decorate book covers and religious items. The paper most commonly used was strips of paper trimmed from the gilded edges of books. These gilded paper strips were then rolled to create the quilled shapes. Quilling often imitated the original ironwork of the day.



Try Pressing flowers and using them in a craft:

Traditional: Flower presses are easily available and consist of two pieces of wood with a screw at each corner. The press is filled with a sandwich of absorbent paper and the flowers to be pressed are placed in between the layers.

If you don't want to buy a press, you can use telephone directories, or heavy books. Make a simple folder from absorbent paper, place the flowers into that and then slip it between the pages. Add extra books on top to weight them down and leave to dry for around 4 weeks.

Microwave Flower Pressing: You will need: 2 pieces of hardboard or tough fibreboard about 20cm x 20cm, 5 or 6 elastic bands about 6mm wide and 6 pieces of absorbent paper cut to 20cm x 20cm. Lay a piece of hardboard down and cover with three sheets of absorbent paper. Place a layer of prepared flowers on the paper and cover with the other three sheets. Put the second piece of hardboard on top and fasten with the rubber/elastic bands with two or three along each side. Then place the package in a microwave on medium heat for a couple of minutes. Allow the contents to cool and then check to see if the flowers are dry - if not then replace in the microwave for a further minute and then leave to cool - check again. Keep repeating until you are satisfied that the flowers are dry.

TOULOUSAIN CULTURE: Toulouse is a city rich in culture and history. Famous landmarks include the Pont Neuf bridge which stretches over the river Garonne, the Canal du Midi, Saint Sernin (the largest romanesque church in Europe) and the impressive Place Capitole. Toulouse, is often referred to as the *Ville Rose* ("Pink City") because of its distinctive brick architecture.

Play Boatman's rules:

The girls line up against a wall. One girl is the Boatman and stands in front of them. The passengers call out "Boatman, Boatman, can we cross the river?" The Boatman replies: "You can only cross the river if you are wearing....." and gives a colour, item of clothing or similar criteria. The girls who meet the criteria can cross to the other side. Those that don't must then run to the other side without being caught. The girl who is caught either swaps places with the Boatman, or helps the Boatman to catch other people.


Play Four Corners game with Toulousain landmarks:

Name and number the four corners of the room after four places in Toulouse e.g. 1. Canal du Midi, 2. Place Capitole, 3. Pont Neuf and 4. Saint Sernin.

The girls all run around and on a blast of a whistle they get into any corner.

The leader rolls the dice. If a 1, 2, 3 or 4 is rolled then anyone in that corner is out. If a 5 or 6 is rolled everyone is safe and anyone that has been previously out can come back into the game.

The game continues until there is one person left in.



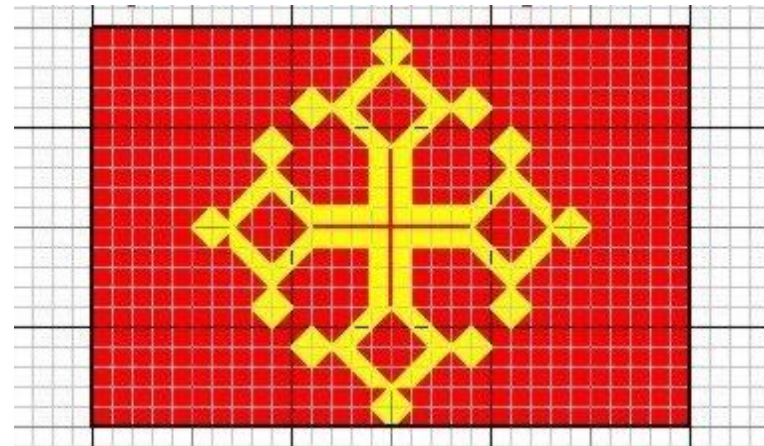
Half and Half:
Can you complete a picture of the Occitan cross?

Make an Occitan cross with iron on (Hama) beads:
Use the cross stitch template to help you.

Make a family or Haute Garonne shield:
The symbols on shields, flags and family crests have special meanings. For example the ram on the Toulouse coat of arms signifies strength. Find out the meaning of other symbols on <http://www.fleurdelis.com/meanings.htm> and <http://www.digiserve.com/heraldry/symbols.htm>

Make a Cross stitch or Mosaic Occitan Cross:

Try using the template below to cross stitch an Occitan cross.



Traditional mosaics were created with many small pieces of clay, glass, stone and other hard materials which were set closely together on a firm surface to create a decorative design or picture. There are several ways to recreate this effect:

Method 1: Copy the Occitan cross design. On the back draw a grid to divide the image into small squares. Cut out, carefully laying the pieces in order as they are cut out.

Glue the pieces in the right order onto another piece of card, leaving a 2mm gap between each piece. You could use a cocktail stick as a guide.

Method 2: Cut red and yellow coloured paper, card or foam into small squares and triangles. Glue the pieces into an Occitan cross design.

For the Tourist Office of Toulouse go to:

http://www.uk.toulouse-tourisme.com/accueil/index_en.php



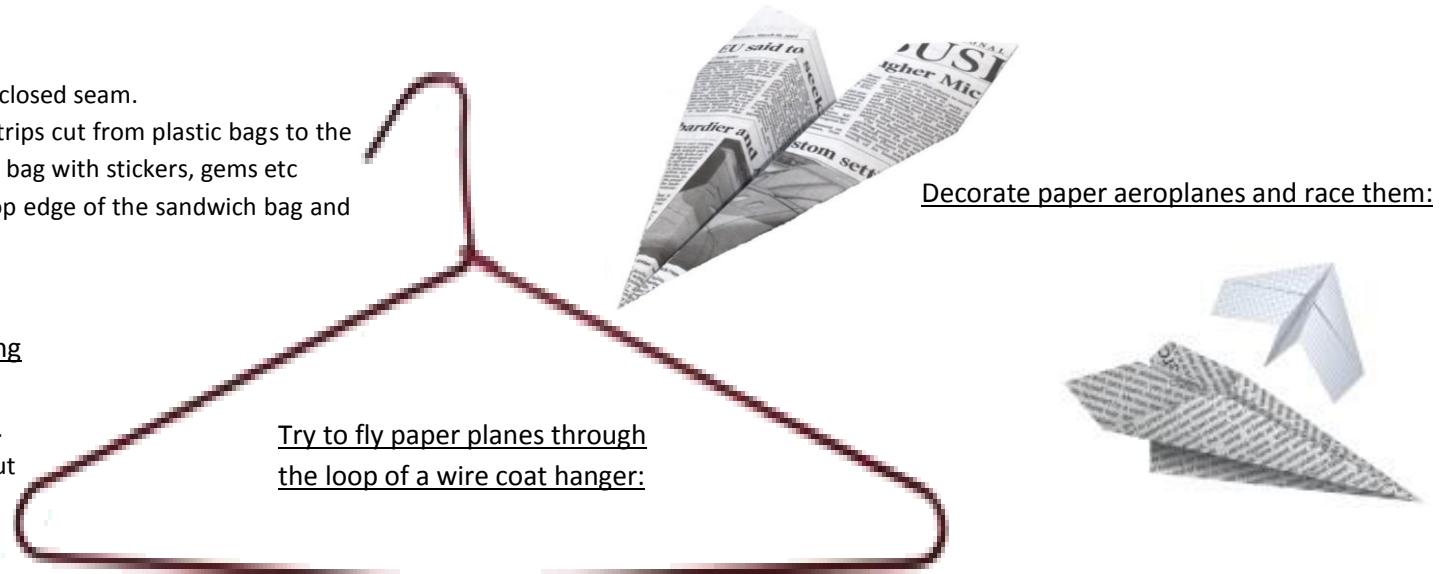
AEROSPACE INDUSTRY: Toulouse is one of the major bases of the European aerospace industry. Toulouse hosts the Airbus headquarters and assembly-lines of the Airbus A320, A330, A340, and A380. Toulouse is also closely linked to the Galileo positioning system, the SPOT satellite system, Thales Alenia Space, Europe's largest satellite manufacturer, and Astrium Satellites. CNES's Toulouse Space Centre is the largest space centre in Europe.

Make a sandwich bag windsock:

Take a clear plastic sandwich bag and cut along the closed seam.
Add streamers made from strips of crepe paper or strips cut from plastic bags to the bottom edge and decorate the sides of the sandwich bag with stickers, gems etc
Finally make two holes about 2cm down from the top edge of the sandwich bag and add string.
Test them outside on a breezy day.

Make flat paper planes and race them by flapping air under them:

Cut out plane shapes and let the girls decorate them.
Race them by flapping air under them to make the cut outs move. No touching!



Try to fly paper planes through the loop of a wire coat hanger:

Decorate paper aeroplanes and race them:

Make planes from balsa wood or lollipop sticks:



The following websites have some great instructions and paper aeroplane patterns:

<http://www.amazingpaperairplanes.com/Simple.html>

<http://www.paperairplanes.co.uk>

<http://www.funpaperairplanes.com>

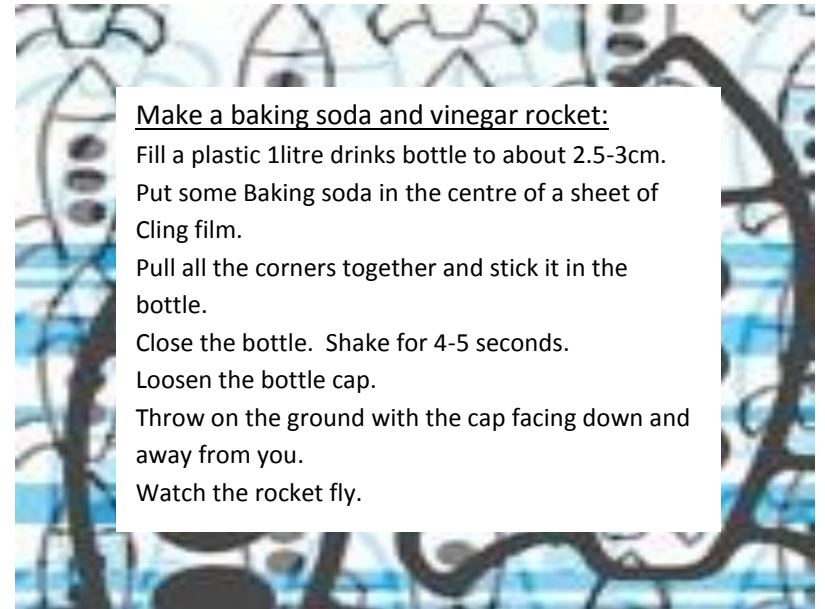
<http://www.10paperairplanes.com>

Make an aeroplane from cardboard boxes:



Make a baking soda and vinegar rocket:

Fill a plastic 1litre drinks bottle to about 2.5-3cm.
Put some Baking soda in the centre of a sheet of Cling film.
Pull all the corners together and stick it in the bottle.
Close the bottle. Shake for 4-5 seconds.
Loosen the bottle cap.
Throw on the ground with the cap facing down and away from you.
Watch the rocket fly.



TOULOUSE SPORT: Toulouse has one of the best rugby union clubs in Europe (Stade Toulousain). They have been crowned Heineken Cup champions four times in 1996, 2003, 2005 and 2010. They were also runners-up in 2004 and 2008. The club's distinctive colours are red, black and white. As the fourth biggest city in France, Toulouse is a regular host to the Tour de France cycle race, having been a stage town 25 times.



Play 'Coach says':

Girls stand in a large circle and the coach stands in the middle with a ball. The coach chooses someone in the outside circle and throws the ball to them along with a task to perform.

The task can be before the person catches the ball (eg. 'Spin around') or before they return the ball (e.g. 'turn around and throw the ball back between your legs).

The person in the middle must say 'coach says' each time they give an order. If they forget, they have to swap around and another person becomes coach.

Make and decorate a drum using a round cheese triangle box:

Rugby matches can be very noisy and there are often people playing drums, cheering and chanting.

Here are two ways of transforming an empty cheese triangle box into a drum.

Method 1: To make a spinning drum you will need to thread a short piece of string through each side and attach a bead at each end. Cut a small hole in the side of the box and insert a lolly stick to use as a handle. Seal around the edge of the box and decorate.

Method 2: Seal the box and decorate with gummed shapes, coloured paper or stickers. Make different sounds by drumming with your fingers, a pencil or a lollipop stick.

Drums don't just make a loud noise. Pound on your drum hard, then softly. Pound on your drum fast and then slowly. How would you play the drums if you were angry? Or happy? Can you think of words to go along with the drumming, like a chant

Make a rugby player finger puppet:

Cut a rectangle of thin white card, about the length of your hand. Draw a rugby player's head near the top. Then add a neck and a rugby shirt below it.

Draw a pair of shorts on a piece of coloured paper and cut them out. (Toulouse wear black shorts) Place the cut out shorts under the shirt you have drawn and draw around them, then put them to one side. Now, draw the player's arms. Then draw two circles (a little smaller than a penny coin) on the shorts. Colour the player and decorate the rugby shirt, with logos, sponsors, badges etc. Cut around the player and cut out the circles. Glue the waistband of the shorts and stick them in place.

To make the boots and socks fold a piece of paper in half and draw a boot shape. The straight edge should be along the fold and the top should be two fingers wide. Use this template to make a second boot. Decorate the socks and boots with studs, laces etc. Use tape to secure the edges.

Push your fingers through the holes and put the boots on the end of your fingers. Your knuckles will be the rugby player's knees. Make a rugby ball and flick it to kick it.

Ice a Gingerbread man in a rugby strip:

You can often buy Gingerbread men, but if you want to make them from scratch, the following recipe makes about 4: 3 tablespoons softened unsalted butter, 3 tablespoons light brown sugar, 1 egg yolk, 2 tablespoons corn syrup, 100g plain flour and 1 teaspoon ground ginger.

Mix ingredients together and then knead to form a dough. Wrap the dough in cling film and chill for 30mins. Roll out on a floured surface to about ½ cm thickness. Cut out shapes using a cutter, place on a baking sheet and bake in a pre-heated oven for about 12-15 minutes. Only ice when cool!

To ice: Cut the basic rugby strip (t-shirt and shorts) from coloured rolled fondant icing and add detail using tubes of writing icing.



Set yourself a challenge to cycle to improve your fitness:



Design your own cycling shirt:

Remember light-coloured or fluorescent clothing helps other road users to see you in daylight and poor light