

Know Myself - Reflect, Stage 6 Skill Builder

Soundtrack to my life

In just a few seconds,
a song can fill you with happiness,
transport you to a different place or
bring a memory rushing back!

Pick 8 different songs to complete a soundtrack
to:

- Your life
- Your best day ever
- For someone else, like a friend to cheer them
up or sounds that remind you of them

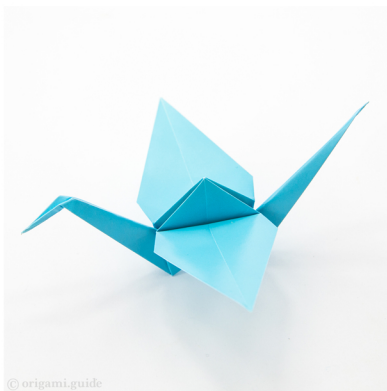
Think about the order you put tracks in and mixing up slower and faster songs.

Express Myself, 30minute UMA

Legend of 1,000 cranes

Did you know...

Origami has been part of Japanese
culture for centuries. It's said that
anyone with enough patience to fold
1,000 cranes will be rewarded with
their most desired wish.



To fold your own origami crane,
you will need a paper square
measuring at least 7.5cm x 7.5cm.

You can follow instructions at

[https://www.girlguiding.org.uk/globalassets/docs-and-resources/
programme-and-activities/adventuresathome/rangers_legendof1000cranes.pdf](https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/rangers_legendof1000cranes.pdf)
or search for demonstration video.

Once finished decide on a way to display your crane.
In Japan, they often hang lots of them together on ribbons.

Post your work Facebook so
that we can let your leaders
know you took part!



Sadako's Story

At the end of World War II, an atomic bomb
was dropped near Sadako's home in Japan.
Because of this, she became sick. Sadako
knew about the crane legend and started
folding. She wished to get well and for peace
for people who were suffering. She sadly died
before she could finish her cranes, but her
classmates finished the 1,000 cranes in her
honour. As Sadako's story spread, the origami
crane has become a symbol of peace and hope.
A statue of Sadako stands in Japan surrounded
by cranes sent by children from all over the
world.

