

Roar 2020

Extra Activities Booklet



Extra Activities (with acknowledgement to Durham District Scouts)

As well as the activities listed in the document, here are some more that we have borrowed from Durham District Scouts.

Our thanks to all those volunteers and organisations – many from around the world – who have shared some of these ideas.

1. Fire Building Challenge

This activity should be appropriately supervised.

Almost anyone can light a fire – the trick is to not just make a flame, but to build and sustain a fire which would be suitable for a campfire, for cooking on, or to keep you warm.

To complete this challenge, you'll need somewhere safe to build and light a fire. You could clear some ground in your garden, use a corner of your back yard or place an old slab on a piece of lawn.

Also don't forget the fire building workshop on the Saturday afternoon.

DO NOT light open fires indoors or on balconies.

How Does a Fire Work?

For a fire to work you need fuel, heat and oxygen (air). For wood to catch light it needs to reach a temperature of around 400 degC, which is difficult to achieve if your wood is wet, or if you try to apply a tiny flame to an enormous piece of wood.

If the wood is wet (or 'green' – from a living tree) most of the heat just turns the water or sap to steam. To build a fire you need to sustain a flame long enough to heat small pieces of wood to the point where all the moisture is driven out and it catches fire. You then use that to heat larger and larger pieces of wood until you eventually sustain a fire.

You'll need to collect materials to light your fire.

Tinder

Tinder is anything that will catch fire easily once it is hot enough. It's generally fine material with a loose structure that allows air in. It should be dry and catch fire from your ignition source. Ideally it will burn for a minute or more, to set your smallest kindling alight. You could use

- Cotton wool
- Paper / cardboard

- Lint from a clothes dryer
- Birch bark
- Small dry twigs (no thicker than a toothpick)

Can you think of anything else that would work as tinder?

Kindling

You'll need some 'kindling' – small twigs, stick and branches ranging in size from pencil thickness, to as thick as an adult's thumb. These will need to be as dry as possible, so collect them a few days beforehand and put them somewhere safe and dry.

You'll need more than you think, so aim to fill a bag for life.

Sort them into approximate sizes – cocktail stick, pencil and thumb thickness, with a pile for each size.

Fuel

The fuel for your fire is larger pieces of wood which will burn for some time to give you the heat and light. This will range from thicker branches through to larger pieces of wood such as logs. Ideally these will also be dry, but don't worry too much if they are damp because if you build your fire properly, the heat from your small fire will heat the wood to the point it catches fire.

If your fuel just smokes because it is wet and refuses to catch fire, your small fire is too small and/or is not hot enough.

To sustain your fire, use the flames and heat from the thinner materials such as the small branches to help heat and set light to the larger pieces

Ignition Source

You need a way to set your tinder alight. You can use a flint and steel, the sun and a magnifying glass or even the heat from rubbing sticks together (which is really hard to get right!). Whenever you can, use something reliable – matches (ideally waterproofed using candle wax) or a lighter.

Method

You can build the structure of your fire first (there are all sorts of designs) and place your tinder in the centre, OR you can start and then add your kindling and fuel as you go.

If you add your kindling and fuel as you go make sure that you have all of your kindling and fuel close to hand so that you don't have to go searching for more. Many fires go out because of lack of preparation and not having enough kindling and fuel to build a fire that sustains itself – the fire goes out while you search for more material.

Use your ignition source to set your tinder alight and slowly add your smallest kindling. At all times you need a balance of heat, oxygen (air) and fuel. Don't add too much kindling at once and work through your kindling from your smallest pile to the largest pile. If you add too much material you may need to blow gently to add more air.

There are plenty of videos on YouTube on how to build and light a fire. Why not watch some and decide what will work best for you?

This activity can count towards the following badge requirements:



Beavers Camp Craft Activity Badge

<https://www.scouts.org.uk/beavers/activity-badges/camp-craft/>

This activity could meet the following requirements:

2. Collect wood and help to build a fire.
3. Cook on a fire or barbeque.

Cubs Backwoods Cooking Activity Badge

<https://www.scouts.org.uk/cubs/activity-badges/backwoods-cooking/> This activity could meet the following requirements:



1. Show how to light a fire.
 2. Help someone prepare a fire for cooking on.
 3. Cook something using a billy can.
 4. Cook something in the embers of a fire.
 5. Cook something on a stick.
 6. Show how to make the fire safe when you have finished with it.
- Extinguish the fire and make the area safe.

Scouts Outdoor Challenge Award

<https://www.scouts.org.uk/scouts/awards/outdoor/> This activity could meet the following requirements:



4. Prepare and light an open fire
11. (f) Lead the cooking of a meal for the group and (h) Cook a backwoods meal with the group.



Explorers Survival Skills Activity Badge

<https://www.scouts.org.uk/explorers/activity-badges/survival-skills/> This activity could meet the following requirements:

2. Demonstrate different techniques to light a fire.
3. Show how to build several different types of fire.

2. Build a Mini-Golf Course

There are no badges for this one, but building your very own indoor or outdoor (age appropriate) mini-golf at home is always fun.

You'll obviously need a small ball or balls, something to use as a golf putter and something to make some holes (plastic cups, a small box or beakers will do).

Try and make more than one hole and make your course as interesting as possible. Can you introduce some water or other obstacles to play around? Can you construct some tunnels or tubes for your ball to roll through or some ramps for your ball to go over? Can you construct it with multiple levels?



Challenge your family members to play a round of mini-golf with you – see who can get around the entire course using the fewest possible strokes.

3. Make a Monument

Why not try to make a model of a famous international monument?

You could make it out of construction toys such as Lego® or you could model it using junk from around the house. If you have any sticks or canes in the garden and some string you could make a pioneering model.

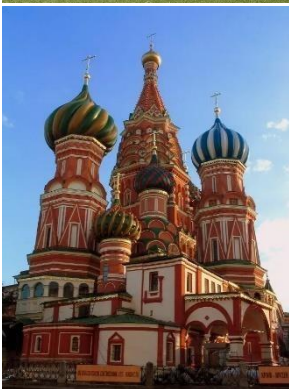
Here are some ideas you might want to try:



The Eiffel Tower, The Paris, France Tower of



Leaning Pisa, Italy



St Basil's The Taj Mahal, Cathedral, India
Moscow, Russia





The Sphinx, The
Egypt State



Empire
Building,
New York, USA

Beavers Builder Activity Badge



<https://www.scouts.org.uk/beavers/activity-badges/builder/> This

activity could meet the following requirements:

1. Design a model of something you would like to build. The design can be on paper or a computer.
2. Make a list of all the things you are going to need to build your idea.
3. Build your idea using the things you need. Your model could be made using building blocks, gears or recycled items such as toilet roll tubes or cardboard boxes.
4. Explain to your Lodge Leader, Explorer Scout Young Leader or Beaver Leader how long your build took to finish, if anything went wrong and what you would change if you built it again

Beavers Creative Activity Badge



<https://www.scouts.org.uk/beavers/activity-badges/creative/> This

activity could meet the following requirements:

4. Construct something.

You could do one of these:

- o make something that has moving parts, using recycled materials
- o use Lego or Meccano to build something
- o make something from clay or plasticine

Cubs Artist Activity Badge <https://www.scouts.org.uk/cubs/activity-badges/artist/>



This activity could be one of the three things needed to complete the Cubs Artist Activity Badge requirements



Cubs Pioneer Activity Badge

<https://www.scouts.org.uk/cubs/activity-badges/pioneer/>

This activity could meet the following requirements:

1. Tie a simple lashing.
4. Build an indoor pioneering project using simple knots and lashings.



Scouts Model Maker Activity Badge

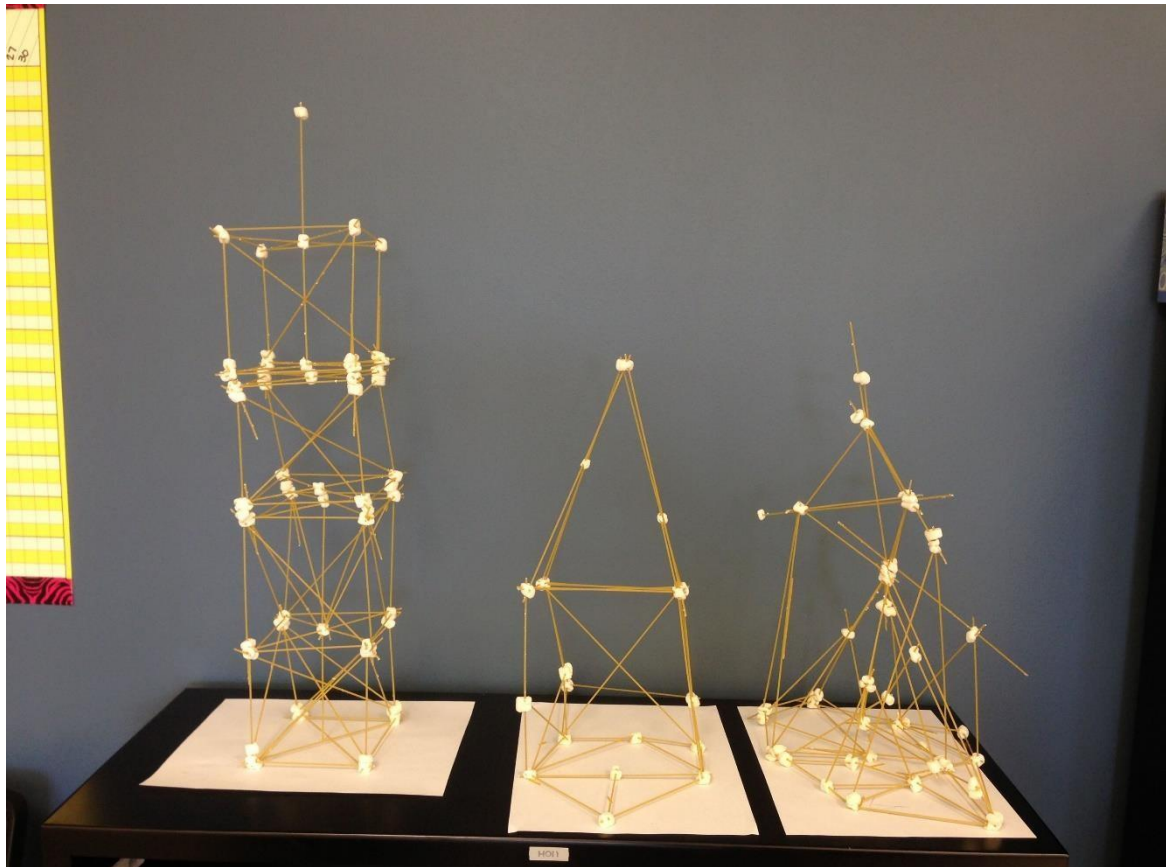
<https://www.scouts.org.uk/scouts/activity-badges/model-maker/>

This activity could meet the following requirements:

1. General model making
 - a. Choose one of these activities:
 - Build a model using a plastic or white metal kit or pre-cast figures.
 - Design and construct a model from a wood, plastic or metal construction set, such as Lego or Meccano.
 - b. Show that you know the different types of kits or parts available in the material you chose.
 - c. Talk about the experience of building the model with a knowledgeable adult.

4. Spaghetti Towers

It's a Scout favourite, but now's the time to get brothers and sisters – and even grown-ups involved.



All you need is a packet of spaghetti and a packet of marshmallows (or several packets if you're feeling ambitious) and we'll see who can build the tallest tower out of just spaghetti and marshmallows.

The photo above will get you started and there's a great webpage with some design tips at <https://makefuncreating.com/posts/how-to-build-a-tall-spaghetti-and-marshmallow-tower/>

Remember – triangles are generally stronger than squares or rectangles!

5. Rangoli Rice Pictures

Why not try making some rangoli pictures. These are traditional Indian decoration and patterns made with rice, particularly during festivals.



A Rangoli is a colourful design drawn on the floor near the entrance to a house to welcome guests. During Diwali, Hindus draw bright Rangoli patterns on the floor by the front door to encourage the goddess Lakshmi to enter their homes.

Rangoli can be square, rectangular or circular. They are traditionally drawn using rice grains, flour, sand or chalk and to make rice rangoli pictures you'll need:

- 4 cups rice
- 3-4 tsp vinegar
- food colouring
- Wax paper
- essential oils (optional)



Warning

Dye will transfer onto whatever surface you are using, so this is best done outside or on a tray/plate or plastic table covering.

Instructions

Combine all the ingredients. You need about 1 tsp vinegar for every cup of rice, but stay on the lower end to reduce the smell a bit. Add in a drop of peppermint oil to make it a little more pleasant smelling as well.

Shake until the colour is evenly distributed.

Set out on wax paper to dry. Make sure to spread it out so that it dries quickly!

Alternative – Use Salt instead of Rice

Add food colouring to salt

Make in advance to ensure food colouring is not as transferable

Add salt gradually until you get the colour you want

Top tip, put salt into a container and add food colouring a little at a time. A container with a lid will allow you to shake the salt to mix in the food colouring.

Alternatively, if you have chalk you can make a rangoli pattern or picture outside your own door.



Beavers Creative Activity Badge

<https://www.scouts.org.uk/beavers/activity-badges/creative/>

This activity could meet the following requirements:

2. Try a Craft



Cubs Artist Activity Badge <https://www.scouts.org.uk/cubs/activity-badges/artist/>

This activity could be one of the three things needed to complete the Cubs Artist Activity Badge requirements



Scouts Artist Activity Badge <https://www.scouts.org.uk/scouts/activity-badges/artist/>

This activity could get you started on the requirements for the Scouts Artist Activity Badge



Explorers

Creative

Arts

Activity

Badge

<https://www.scouts.org.uk/explorers/activity-badges/creative-arts/>

This activity could get you started on the requirements for the Explorers Creative Arts Activity Badge, and if you stick at it could also count towards your Chief Scouts, Queen's Scouts or Duke of Edinburgh's Awards.

6. Pendulum Painting

Scouts Canada have a range of great ideas to do while we're Scouting from Home, based on their trail card programmes.

You might like to have a go at Pendulum Painting.

This is based on the Scout Canada Beaver Scouts Pendulum Painting trail card (see



<https://scoutsca.s3.amazonaws.com/2019/01/tcstembs-pendulum-painting.pdf> for the full trail card).

Basically, you take a container full of paint, suspend it on some string above some card or paper, allow the paint to flow through the hole in the bottom of the container and as it swings backwards and forward the paint will make a pattern on the card or paper. You could try it with several different colours to make your pattern even more interesting.

Although this is based on a Beaver Scout trail card, children (and adults) of all ages can enjoy this activity but please use water based paints, do it outside or ensure that you have a thick sheet to keep the paint off the best carpet!

There's also a video to explain this on YouTube at

<https://www.youtube.com/watch?v=27B6L4NwhSE&list=PLJcRIErnbEAW8MU6L3BXmytuoCCgM8n0a&index=2&t=19s>

For a list of things to do during the summer you can check out the full Scouts Canada Scouting at Home play list at <https://www.youtube.com/playlist?list=PLJcRIErnbEAW8MU6L3BXmytuoCCgM8n0a> and a full list of their STEM trail cards are at <https://www.scouts.ca/resources/program-resources/trailcards/stem-trail-cards.html>

7. S'mores Competition



We're having a campfire and because it's an international camp, what better excuse do we need that to make more S'mores?

Traditionally originating in the USA, S'more are made with Graham crackers, marshmallows and your favourite chocolate

(<https://www.allrecipes.com/recipe/22146/smores/>).

However, with a lack of Graham crackers we have to be more creative in the UK.

To enter the S'mores competition all you have to do is toast some marshmallows, use biscuits or crackers and chocolate. The rest is really up to you – they can be sweet or savoury (really?), and use whatever additional ingredients you like.

As a family you can come up with different recipes and tell us which ones you like the best.

Let's see who comes up with the most creative and yummiest S'mores! Here are some ideas...

- <https://sharedappetite.com/recipes/15-creative-smores-recipes/>
- <https://www.delish.com/cooking/recipe-ideas/g2782/smores/>

Be warned – they're S'morish!

8. Make a Model Catapult, Crossbow or a Trebuchet!

A great craft project and hours of fun to play with and this can count towards the same badge requirements as the Make a Monument idea above.

Make a model catapult, crossbow or trebuchet using some simple materials (see equipment list or watch the videos).

We've found some easy instructional videos you can watch, but be creative and modify the designs to make use of what you have around the house. Check out the following videos:

- https://www.youtube.com/watch?v=WpLFC_SOpXs
- <https://www.youtube.com/watch?v=niADsSjtzzs>
- <https://www.youtube.com/watch?v=i6XH-paB67o>

Do not fire your catapult, crossbow or trebuchet at people or pets and be careful of 'back throws' from the trebuchet

9. Edible Camp Fires!

Why not make a camp fire you can eat?

Obviously not a real camp fire, but a model edible campfire you can eat at home.

You can make this as simple or as complicated as you like – a simple biscuit and some sweets will work, but you can get as creative as you like. You might want to bake some simple fairy cakes as the bases for your camp fire, add icing and food colouring for some 'grass'.

If you're really feeling creative and confident, you could even make a large cake and decorate it to look like a camp fire, or even a camp fire scene – complete with mini beavers, cubs and scouts.



10. Make a Survival Kit

Hopefully you'll never be stranded in the outdoors, far from help. If we plan our activities safely that should never happen, but our motto is 'Be Prepared'.



You can't take everything with you when you go outdoors, but you can prepare a small survival kit to include in your daysack or rucksack.

If you'd like some ideas of what to include, do a search on Amazon.com for 'survival kits'. There are also some useful videos on YouTube, including some reviews of survival kits you can buy.

However, not all of these are designed for use in the UK and only YOU know what is important for your survival.

Remember that the essentials of survival are water, food, and shelter. What would you need to obtain safe drinking water, something to eat and somewhere to take shelter?

What else would you need to ensure your survival?

Take a look at the [Scouts Survival Skills Activity Badge](#) or the [Explorers Survival Skills Activity Badge](#) to give you an idea of what you'd need to do to survive in the wild.

Make a list of the most important things that you'd include in your own survival kit and remember that it shouldn't take up too much space in your rucksack. Put your survival kit together and make sure that you check it regularly, so that you're prepared for anything.

Scouts Survival Skills Activity Badge

<https://www.scouts.org.uk/scouts/activity-badges/survival-skills/>

This activity would meet the following requirements:

2. Put together a personal survival kit



Explorers Survival Skills Activity Badge

<https://www.scouts.org.uk/explorers/activity-badges/survival-skills/>

This activity would meet the following requirements:

9. Make an item of equipment that will be of use to you on a survival exercise.



General Badges and Awards

Many of our activities will count towards badges and awards for our beavers, cubs, scouts and explorers.

While we are Scouting from Home, we are revising or relaxing some of our badge requirements e.g. instead of taking part in something as a member of your Six or Patrol, you could complete it with your brothers, sisters and/or parents/carers.

If you do something that counts towards a badge or award please let your section leaders know what you've done and what badge or award it counts towards.



Beavers My Outdoors Challenge Award

While at Roar 2020, Beaver Scouts should be able to complete many different parts of their My Outdoors Challenge Award. *How to earn your badge:*

1. Go on a sleepover or a camp with other Beavers, and do at least two of these:
 - a. help put up a tent
 - b. collect wood and help to build a fire
 - c. cook something on a fire
 - d. sing songs around a fire
 - e. wash up after dinner
 - f. set up your bed and sleeping bag
 - g. play a wide game
2. Learn how to tie three simple knots.
3. Show that you:
 - a. know what to do if someone has an accident
 - b. know why it is important to tell an adult when an accident happens
 - c. can do simple first aid for someone who has a cut or bruise
4. Take part in an activity using natural things like leaves, bark, twigs, sand or rocks.
5. Point out and name five different types of animal, insect, bird or fish that you might find near where you live.

Find out about the food they eat and the places they might live.
6. Make something to help animals in the wild. It could be a bird box or a bug hotel.



Cubs Our Outdoors Challenge Award

While at Roar 2020, Cub Scouts should be able to complete many different parts of their Our Outdoors Challenge Award. *How to earn your badge:*

1. Take an active part in at least three nights away, on camps or Pack holidays (counts as one night)
2. While you're away, work with other Cubs to do all of these tasks (can be with other members of your family while Scouting from Home):
 - a. help to pitch and strike your tent
 - b. show that you know how to look after yourself and be safe at camp
 - c. show that you know how to keep your tent and kit safe, tidy and secure
 - d. cook a meal with your Six
 - e. build a shelter big enough for two Cubs
 - f. using bamboo canes, rubber bands or simple lashings complete a simple pioneering project or make a camp gadget
 - g. learn and follow the Countryside Code
 - h. show you know what things you need to do to look after your campsite, and that you can put them into practise
 - i. show that you know how to treat mild burns, scalds, cuts or grazes and make a call to the emergency services

3. While you're away, do at least two of these tasks as well:
- take part in a wide game
 - take part in a campfire sing-along or other entertainment
 - cook a backwoods meal
 - build a bivouac and sleep in it
 - care for your personal equipment while at camp
 - using knots that you've learned, make a simple camp gadget, like a flagpole



Scouts Outdoors Challenge Award

While at Roar 2020, Scouts should be able to complete many different parts of their Outdoors Challenge Award. *How to earn your badge:*

- Take an active part in at least eight nights away as a Scout. .
 - Four of the nights should be camping. While you're away, work with other Scouts to complete the other tasks on this list. (counts as one night, working with other members of your family)
- With others, pitch and strike your tent.
- Lead, or help to lead, a group of Scouts to set up a well-organised site. It should include sleeping tents, food and equipment stores, a fire or stove, kitchen and eating area.
- Prepare and light an open fire or set up a suitable stove. Use it to prepare, cook and serve a meal safely.
- Understand the three points of the Countryside Code. Show what action you can take to follow the code.
- Find out why personal and campsite hygiene is important. What should you do to be hygienic?
- Using knots that you have learned, build a simple pioneering project, object or camp gadget.
- Explore the environment of your camp and make sure you know where everything is.

Respect the environment you are in and, at the end of the camp, leave the site as you found it.
- Find out what accidents and incidents can happen outdoors or during your camp.

Show how you would deal with them.
- Show how to use an axe, saw or knife safely. You can choose any or all of these tools.
- Complete at least four of these tasks:
 - Provide a service commitment to the site for about an hour (this could be helping at home)
 - Take part in a wide game.
 - Take part in a campfire or other entertainment.
 - Working with others, successfully complete a two-hour activity or project (this could be a Roar activity)
 - Plan a balanced menu for a short camp.
 - Lead the cooking of a meal for the group.

- g. Show that you know the safety precautions for using lamps and stoves.
- h. Cook a backwoods meal with the group.
- i. Build a bivouac and sleep in it.
- j. Show how to pack a rucksack correctly, with appropriate kit for the camp or event.