

2017 TERM 4 - Suggested Programme "Earth"

SCOUTS New Zealand (SCOUTS) is committed to a comprehensive 'Safe From Harm' approach to health and safety.

A comprehensive approach to health and safety is a fundamental part of building a safe learning environment for young people and volunteers. It is important that all volunteers know about and understand their responsibilities.

This includes the health and safety of everyone performing work or undertaking activities at SCOUTS and the health and safety of others whose activities are influenced or directed by SCOUTS.

Everyone involved with SCOUTS has a responsibility to practice 'Safer Scouting'.

Have fun but be safe

As part of Safer Scouting, activities used in weekly programmes will be graded based on their Health and safety Risk:

Low Impact – Minimal Risk	Medium Impact – Low Risk	Major – Medium Risk	Life changing - High Risk
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Please ensure that you have completed the Activity Intention form and Risk Assessment Management (RAMS) forms where required and follow due process.

To assist your planning and delivery, we have identified potential risks and ways to mitigate them for the medium and high risk see below:

Week:	Activity	Risk	Mitigation
2	Making Bird Feeders	Use of power and DIY tools	<ul style="list-style-type: none"> • Parents/carers advised of activity • Full supervision of the young people • Clear guidance regarding use • Safety equipment used correctly: Goggles, Gloves

Week	Date	Activity	Description
1	16 Oct	Earth Activities	<ul style="list-style-type: none"> Making Earth Day activities
2	23 Oct	Bird Feeders	<ul style="list-style-type: none"> Making bird feeders from wood or natural
3	30 Oct	Fear Factor	<ul style="list-style-type: none"> Activities to challenge the fear
4	6 Nov	Nature	<ul style="list-style-type: none"> Nature Scavenger Hunt
5	13 Nov	Recycling	<ul style="list-style-type: none"> Recycled Art Challenge
6	20 Nov	Outdoors	<ul style="list-style-type: none"> Tracking and Trailing
7	27 Nov	Community	<ul style="list-style-type: none"> Carols in the Community
8	4 Dec	MUD	<ul style="list-style-type: none"> Mud, Mud glorious MUD
9	11 Dec	Xmas	<ul style="list-style-type: none"> PARTY, PARTY

Weekly Programmes Template

Term Theme: "All Fired Up-Earth"			
Overview : Learning about UL Online Safety. World Wide Shake Out			
Week: 1	Session theme: "Earth Activities"	Resources	Timing/ Leader:
Coming in activity:	Collect small rocks/pebbles, twigs and sticks		10 mins
Opening	Opening Ceremony <ul style="list-style-type: none"> Welcome to new families Prayer, inspection, Grand Howl (Flag Break, optional) 		
Game/Physical	Around the World: Earth Day Game	Balls, sheet/parachute	
Key Activity Cornerstone: New Experiences	Base 1: Earth Cookies (green and blue cookie dough – make flat planet shapes) Base 2: Simulated earthquake (material, sand/dirt, monopoly houses) Base 3: Worm in the mud cup (Jelly worm, crushed oreos, chocolate mousse)		40 mins
Game	Noughts and Crosses	Using materials collected earlier	
Closing	Closing Ceremony		
Resources	Ingredients for Earth Cookies. Materials, sand/dirt, monopoly houses for Earthquake Jelly, Oreos and chocolate mousse for Mud Cups		
Notes	Source and buy the materials required to build birdfeeders next week Ask for parent help and tools. Power extension cords, bird seed, plastic bottles, skewers.		

Games: Around the World: Earth Day

Two big bouncy balls, and a sheet. The ball is a globe or the earth.
Cubs hold the sheets at the corners and around the sides. Put the ball in the middle and work together to bounce around the earth.

Noughts and Crosses:

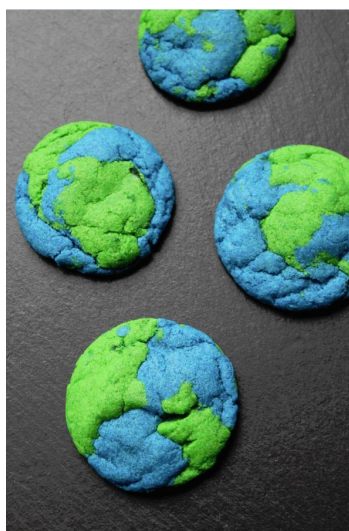
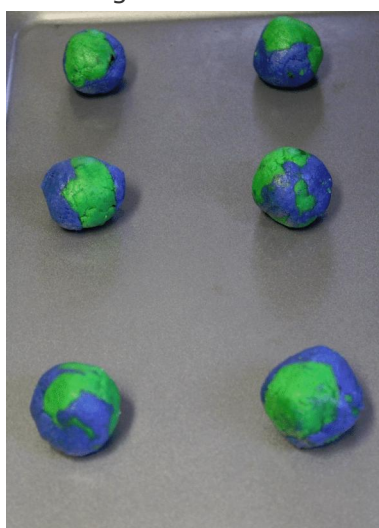
Use the materials they found earlier in the evening to make a game of noughts and crosses.



Make squares from the twigs and use the different coloured rocks as the crosses.

Earth Cookies:

- Make up a basic biscuit mix or buy a supermarket packet
- All you have to do is mix up the mixture and add in a few drops of food colouring until you get the colour you want. Make one batch of green dough and one batch of blue dough
- Stick the dough next to each other in a bowl and pull pieces of each dough out and rolled them together into a ball.



Simulated Earthquakes:

In this activity take two strips of cloth (representing two different plates) and cover it with the Earth's crust (soil). Then I place houses representing a town all along the soil. I always make sure to have a few houses on the actual fault line. Then I have two students assist. One student pulls from one side one strip toward them, while the other student does the same on the other side using the opposite strip. When it is pulled, students notice the "fault line" right away. The destruction (upside down houses!) is very obvious. Once again, we discuss the various ways this could have occurred, such as pulling in the same direction or the speed with which we pull.



Worm in the Mud Cup:

Crush Oreo biscuits up to crumbs. Put the chocolate mousse into plastic cups, then sprinkle on the crushed Oreos. Add a few worm lollies.

You will have to adapt this recipe for children with allergies



Weekly Programmes Template

Term Theme: "All Fired Up-Earth"			
Overview : Making Bird Feeders			
Week: 2	Session theme: "Bird Feeders"	Resources	Timing / Leader : 10 mins
Coming in activity:	Helping leaders to put out the materials for making bird feeders		10 mins
Opening	Opening Ceremony <ul style="list-style-type: none"> Welcome to new families Prayer, inspection, Grand Howl (Flag Break, optional) 		
Game/Physical	Pass the Balloon	balloons	
Key Activity Cornerstone: Outdoors Environment	<p>You can choose between wooden birdfeeders or Seed birdfeeders</p> <p>Brief the Leaders/Parent Helpers about the safety of using the power tools and hand tools</p> <p>Explain what to do if an injury occurs</p> <p>Explain to Cubs about listening carefully to instructions and doing what the leaders/Parent helpers say</p> <p>Explain the instructions for putting together the bird feeders.</p> <p>If you can put up photocopied instructions</p> <p>Can work in small groups with parent helpers</p> <p>Bird Feeder ideas are sought from Pinterest or google.</p>	<ul style="list-style-type: none"> Wood Tools Power cords Nails Bird seed <p>FIRST AID KIT</p>	40 mins
Game	Rob the Nest		
Closing	Closing Ceremony		
Resources			
Notes	Organize Fear Factor activities for next week		
Week:	Activity	Risk	Mitigation
2	Making Bird Feeders	Use of power and DIY tools	<ul style="list-style-type: none"> Parents/carers advised of activity Full supervision of the young people Clear guidance regarding use Safety equipment used correctly: Goggles, Gloves

Games: Pass the Balloon

Prior to playing this relay game, inflate a few balloons for each team, one for the start of the game and spares for those popped accidentally. The goal of this relay is to pass the balloon down the teams' rows by gripping the balloon between the knees.

Every team member must take a turn and the team to complete passing the balloon to all the players first wins the game.

Remember to tell the players, "No hands allowed"

Weekly Programmes Template

Term Theme: "All Fired Up-Earth"			
Overview : Tonight cubs will enjoy an evening of Fear Factor activities Cubs can draw their names with sparklers			
Week: 3	Session theme: "Fear Factor"	Resources	Timing / Leader :
Coming in activity:	Have a bucket of ice cubes ready and cubs have to put their feet in and pick up marbles. To make it more interesting add a few drops of food colouring	<ul style="list-style-type: none"> •Buckets •Ice cubes •Food colouring •marbles 	10 mins
Opening	Opening Ceremony <ul style="list-style-type: none"> • Welcome to new families • Prayer, inspection, Grand Howl • (<i>Flag Break, optional</i>) 		
Game/Physical	Monster Brains.		
Key Activity Cornerstone: Personal Development:	Cubs can rotate around bases of your choice Suggested Fear Factor Activities:- <ul style="list-style-type: none"> • Mystery Boxes • Blindfold Tarp slosh Walk • Box of Worms 		40 mins
Game	Leader Choice		
Closing	Closing Ceremony		
Resources			
Notes	Print out Nature Activities Sheets		

Week:	Activity	Risk	Mitigation
3	Coming in Activity	Ice cubes/water and marbles – slipping/falling	<ul style="list-style-type: none"> • Supervision of the young people • towels/cloths to dry of young people • Area is set out with sheeting/towels to avoid spillage

Games: Monster Brains

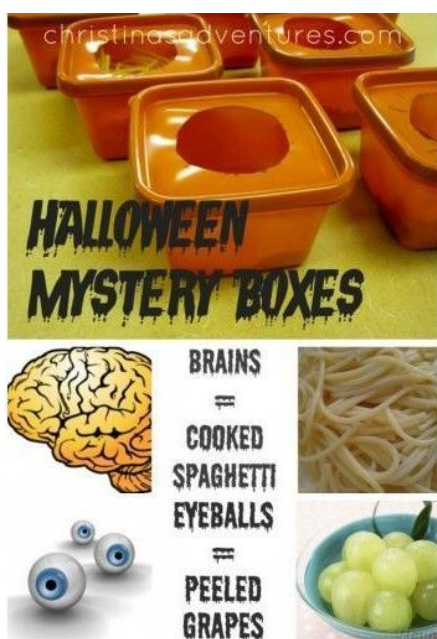
Bowls of cooked spaghetti, gummy bears or other jelly like lollies.

Put spaghetti into a bowls along with the other items and cubs have to put their hands in to find the jellies through the "Brains"

Mystery Boxes:

Cut a hole in the tops of ice cream containers and put in the items below. Blindfolded Cubs put their hands in each container and touch the items. They are told what each one is

Week:	Activity	Risk	Mitigation
3	Mystery Boxes	Sharp edges of cut out plastic containers	<ul style="list-style-type: none"> Put tape around the cut out holes to avoid cuts and grazes Supervision of the young people



Box of Worms:



Blindfold Tarp Slosh Walk:

Put a large tarp outside on the grass. On it in rows put the following: -

- Cold noodles
- Crushed cornflakes
- Sand
- Bubble wrap paper
- Slimy mixture
- Crunchy dried leaves
- Or anything that feels or makes a noise when walked on

Cubs line up blindfolded and are walked through the different textures.

Week:	Activity	Risk	Mitigation
3	Blindfold Tarp Slosh	Allergies Cuts and splinters	<ul style="list-style-type: none"> • Ensure that articles used will not create allergic reaction for young people/Adult Volunteers • Do not use anything sharp or prickly • Supervision of the young people

Weekly Programmes Template

Term Theme: "All Fired Up-Earth"			
Overview : Cubs tonight go out on a Nature Scavenger Hunt			
Week: 4	Session theme: "Nature Scavenger Hunt"	Resources	Timing / Leader :
Coming in activity:	Go outside and find 7 different leaves		10 mins
Opening	Opening Ceremony <ul style="list-style-type: none"> • Welcome to new families • Prayer, inspection, Grand Howl • (Flag Break, optional) 		
Game/Physical	Newspaper Press		
Key Activity Cornerstone: Outdoors Award: Environment	<p>Nature Scavenger Hunt:-</p> <ul style="list-style-type: none"> • Flower • Green Leaf • Spider web • Dandelion flower • Tree Bark • Sand/Dirt • Feather • Ant • Bug • Rock with a hole in • Twig shaped like a Letter • Something hairy • Something bright • Moss/Lichen • Smooth object <p>Give the Cubs boundaries as to where they can go. If a distance from the hall they must have an adult helper/leader with each group/Six</p> <p>Cubs to talk briefly about their findings.</p>	<ul style="list-style-type: none"> • Small cardboard boxes • OR • Plastic bags 	
Game	Hula Hoop Relay	Hula hoops	
Closing	Closing Ceremony		

Games: Newspaper Press

This fun game pairs up team members for a race with a newspaper page held between them as they run to the goal. Begin by creating teams and then pairing up team members. Provide single newspaper pages for each team. The goal is to run to a finish line by while holding the newspaper page between them – no hands! If a pair drops their newspaper page, they must return to the start line and begin again. The team that has all their pairs complete the race first wins.

Hula Hoop Relay:

Divide group into two teams. Each team join hands to form a circle. Loop a hula hoop over one player's arm. Without letting go of the other player's hands, he must step into and through the hoop so it rests on his other arm. Then he can slide it onto the next player's arm and she must repeat the same manoeuvre. Whichever team can pass the hoop all the way around the circle first, without letting go of each other's hands, is the winner.

Week:	Activity	Risk	Mitigation
4	Nature Scavenger Hunt	<ul style="list-style-type: none"> Falls, trips Getting distracted and move out of the dedicated area Risky objects around that could cause injury; broken glass 	<ul style="list-style-type: none"> Supervision of the young people whilst hunting Clearly define the areas they can hunt in Do a pre check of the area to check there are no hazards Advise young people to look themselves and others

Weekly Programmes Template

Term Theme: "All Fired Up-Earth"			
Overview : Cubs to make recycled Art from all the recycling they have collected			
Week: 5	Session theme: "Recycled art Challenge"	Resources	Timing / Leader :
Coming in activity:	Help to put out all the recycling materials they have collected into the hall		10 mins
Opening	Opening Ceremony <ul style="list-style-type: none"> Welcome to new families Prayer, inspection, Grand Howl (Flag Break, optional) 		
Game/Physical	Recycling Bin Race Game		
Key Activity Cornerstone: Community Our World/Our Country	Talk about the importance of Recycling Cubs to make an art piece out of their recycled materials.	Cello tape, scissors, duct tape, craft knives(under adult supervision) string	40 mins
Game	Can Relay	Old drink cans	
Closing	Closing Ceremony		
Resources			
Notes	Milo		

Games: Can Relay

Arrange used clean aluminium cans in stacks, starting with three on the bottom, then two, then 1. Cubs have to get into relay teams and each player bowls a ball to try and knock down the cans. Each player gets three balls.

Recycling Bin Race:

- 3 labelled boxes: 1 Recycles, one Reuse, and one Rubbish
- Two boxes of clean rubbish. (Use your recycling rubbish the cubs have collected)

How To

1. This game would work well for age groups. Basically, you have to gather a pile of recyclable, reusable and landfill items. 20 would be enough.
2. Now place the three boxes at the end of the playing area. The Reuse box should be placed the closest; the Recycling Box should be placed midway, and the Landfill Box must be furthest away.
3. The playing teams have to figure out what they have to do with each item and then run to the bucket and place in the appropriate bin. They more items they reuse, the more items they can recycle. It also increases their chances of winning. Besides, it will reinforce the idea that reusing is cheaper and requires lesser resources than recycling. Recycling, on the other hand, uses fewer resources than land filling.
4. At the end of the game, you have to review each item in the bin. The team members have to explain how they would reuse an item in the reuse bin to confirm that the items put in the recycling bin are actually recyclable in the community.

Week:	Activity	Risk	Mitigation
5	Coming in activity	<ul style="list-style-type: none"> • Sharp edges on tins/containers • Broken glass • Strains/sprains 	<ul style="list-style-type: none"> • Check tins and containers have no sharp edges • Check for no broken glass – wrap in paper for safety & clearly mark • Wear cloth gloves for protection • Supervision of the young people and clear guidance given
	Recycling Bin Race Game	<ul style="list-style-type: none"> • Slips/falls • Cuts/grazes 	<ul style="list-style-type: none"> • Ensure space is clear of anything to cause a slip or falls
	Recycled art	<ul style="list-style-type: none"> • Cuts/grazes 	<ul style="list-style-type: none"> • Clear guidance and supervision around use of tools and recyclable materials

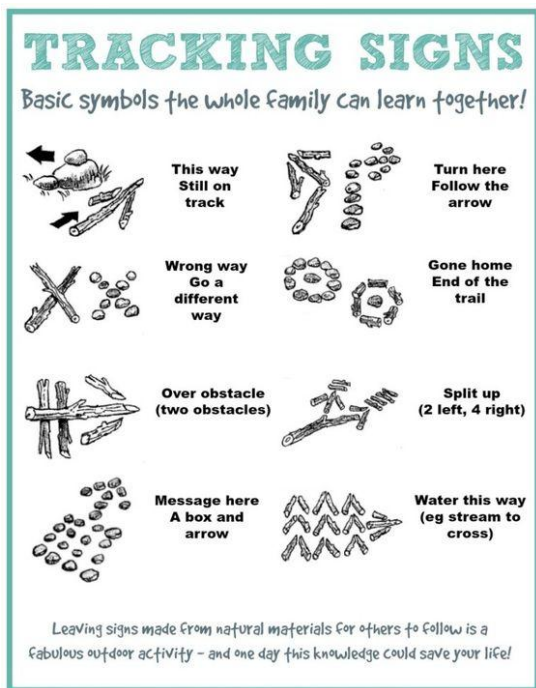
Weekly Programmes Template

Term Theme: "All Fired Up-Earth"			
Overview : Cubs tonight compete in the Outdoor Challenge			
Week: 6	Session theme: "Outdoor Camping Challenge"	Resources	Timing / Leader :
Coming in activity:	Collect twigs, stones, sticks etc suitable for tracking		10 mins
Opening	Opening Ceremony <ul style="list-style-type: none"> • Welcome to new families • Prayer, inspection, Grand Howl • (Flag Break, optional) 		
Game/Physical	Leader Choice		
Key Activity Cornerstone: Outdoors Outdoor Skills	<ul style="list-style-type: none"> • Tracking and Trailing • An option could be to leave the ingredients for a milo drink at the end of each trail. <p>Cubs to make a milo</p>	<ul style="list-style-type: none"> • Milo ingredients 	40 mins
Game	Leader Choice		
Closing	Closing Ceremony		
Resources			
Notes	RAMS, Parent consent, transport for next week. Full Uniform		

Tracking and Trailing

Discuss with the cubs about setting and following trails with tracking signs. Demonstrate some signs with twigs and pebbles.

Each six to go outside and set a track for the other sixers to follow.



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Week:	Activity	Risk	Mitigation
6	Tracking and Trail	<ul style="list-style-type: none"> Falls, trips Getting Asthma, shortness of breath distracted and move out of the dedicated area Risky objects around that could cause injury; broken glass 	<ul style="list-style-type: none"> Supervision of young people Clearly define the areas to work in Medication to hand Do a pre check of the area to check there are no hazards Advise young people to look themselves and others <p>COMPLETE a RAMS form</p>

Weekly Programmes Template

Term Theme: "All Fired Up-Earth"			
Overview : Cubs to visit a venue/place of your choice to sing Xmas Carols and give gifts of your choice			
Week: 7	Session theme: "Carols in the Community"	Resources	Timing / Leader : 10 mins
Coming in activity:			
Opening	Opening Ceremony <ul style="list-style-type: none"> Welcome to new families Prayer, inspection, Grand Howl (Flag Break, optional) 		
Game/Physical			
Key Activity Cornerstone: My Community Award Scheme: Helping Others	Groups to choose a community venue or organisation for Carol signing		40 mins
Game			
Closing	Closing Ceremony		
Resources			
Notes	Notice to go home to say cubs must bring togs, towel and very old clothes next week Ingredients for chocolate goop		

Week:	Activity	Risk	Mitigation
7	Carols in the community	<ul style="list-style-type: none"> Weather Getting lost Missing child/youth Child Protection 	<ul style="list-style-type: none"> Check weather forecast prior and inform all of potential conditions and to be prepared Clear guidance on venue and how to get there Checklist of who will be attending and supervised Have an awareness and follow good practice of Child Youth Protection

Weekly Programmes Template

Term Theme: "All Fired Up-Earth"			
Overview : Cubs tonight experience everything about MUD			
Week: 8	Session theme: "MUD, MUD, GLORIOUS MUD"	Resources	Timing / Leader :
Coming in activity:	Make up mud paint	Tempura paint powder, mud, dishwash liquid	10 mins
Opening	Opening Ceremony <ul style="list-style-type: none"> Welcome to new families Prayer, inspection, Grand Howl (Flag Break, optional) 		
Game/Physical	Leader Choice		
Key Activity Cornerstone: New Experiences	Your choice of activities tonight <ul style="list-style-type: none"> Chocolate Goop Mud Art Mud Volcano Potters clay (Eeny Meeny, Office Max etc.) Cut into pieces to give to the cubs to make sculptures. 	Cardboard, brushes Goop ingredients	40 mins
Game			
Closing	Closing Ceremony		
Notes	Bring a small plate for next week's end of year party Thank You letters/cards for parent helpers		

Chocolate Goop:

To make your own Chocolate Goop you will need:

- 600g Cornflour
- 4 tbs of cocoa powder
- 2.5 cups water



Directions:

Pour your cornflour into a large bowl

Add your cocoa powder and stir well to combine.

Add the water and stir, stir, stir!

This stuff is truly amazing! It looks like a solid and when you pick it up, it starts to stay that way until it magically slimes down your fingers! Sooooo cool!

Mud Art:

- mud
- powdered tempura (liquid watercolor paint or food coloring could be used in place of the powdered tempura)
- water
- heavy cardstock
- paint brushes

Directions: I added a large scoop of mud to each container then sprinkled powdered tempura paint over it. I did not measure, but I would guess that I used 1-2 tablespoons of each colour. Food colouring, liquid watercolour paint, or even regular tempura paint can be substituted if you don't have powdered tempura on hand paper.



Mud Volcano:

Use mud to make the shape of a volcano. Put a small indent in the middle. Make up a mixture of:

- red food dye
- Bicarbonate of Soda
- Vinegar
 - Pour into the mud volcano and it will erupt.

Week:	Activity	Risk	Mitigation
8	Key Activity	<ul style="list-style-type: none"> • Food allergies • Other allergies • Paint/food in eyes • Cuts from modelling tools • choking 	<ul style="list-style-type: none"> • Supervision of the young people • Do a pre check of allergies of young people • Advise young people of the activity, safety and to look themselves and others

Weekly Programmes Template

Term Theme: "All Fired Up-Earth"			
Overview :			
Week: 9	Session theme: "Xmas Party"	Resources	Timing / Leader : 10 mins
Coming in activity:			10 mins
Opening	Opening Ceremony <ul style="list-style-type: none"> Welcome to new families Prayer, inspection, Grand Howl (Flag Break, optional) 		
Game/Physical			
Key Activity Cornerstone: Community	<p style="text-align: center;">PARTY TIME</p> 		40 mins
Notes	Thank You to all leaders, Parent Helpers and to the CUBS		