

Activity name: Fire Knot Water Relay

Short description: Firelighting and extinguishing relay game.

Equipment: Candles  
Matches  
Rope (thin)  
String  
1 x Matchbox/matches per team  
1 x Piece of J-cloth per player  
1 x Container filled with water per team  
1 x Length of rope per team (long enough to tie a bowline around the waist and for the end to reach down between the knees and ankles)  
1 x Candle/tea light per team

Resources:

Duration: From 10 minutes to 25 minutes

Instructions:

- Set up the playing area with the equipment
- Divide the Section into several relay teams, giving each player a match and piece of cloth and each team a piece of rope
- Place the candle (unlit) at one end of the playing area with the container of water about half way between the teams and the candles
- The format of the race is for one person at a time to tie the rope using a bowline around their waist. On the end that is hanging down between their legs, they tie the piece of cloth
- They then run/walk to the candle and light the candle
- Next they run back to the container of water and without using their hands, they lower the piece of cloth on the end of the rope into the water. When enough water has been absorbed by the cloth they then return to the lit candle. Again without using their hands, they lower the wet cloth onto the candle to extinguish it. When extinguished, they return and hand over to the next team member
- Ensure the bowline is undone and retied between each player
- Continue until each team has finished the relay and announce the winner

Additional Information: As part of your risk assessment for this activity, ensure all members have some knowledge of fire safety. Have some extra water at the side as a precaution.

Activity name: Map Bingo

Short description: A good game, designed to help the Scouts learn some map symbols.

Equipment: Ordnance Survey map (local area)  
Ordnance Survey map symbol flashcards

Resources:

- [Map Bingo - player cards](#) (POL - 742 - 310806 - Map Bingo.pdf  
Source: POL)

Duration: From 15 minutes to 30 minutes

Before the activity:

- Prepare 6-figure map references, using any Ordnance Survey map, for all of the possible conventional signs that are used on the bingo cards. These are:

railway cutting  
unfenced road  
Youth Hostel  
radio mast  
heliport  
place of worship (with tower, with steeple, and without either)  
coniferous wood  
level crossing  
footbridge  
windmill  
golf course  
telephone  
embankment  
orchard

Instructions: bus station  
park  
post office  
railway station  
steep hill  
roundabout  
quarry

- Divide the Troop into small groups, linking the younger inexperienced ones with the older more experienced ones, in order to even out their abilities
- Call out the map references, one by one, allowing sufficient time for your Scouts to find the reference and identify the sign (you should know the ability of your Scouts, and thus how long they require), but do not give them too much time, because the quicker ones will get bored and may disrupt the game!
- Start by playing for a 'line of 4', and then finish with a 'full house'
- The inevitable shout of 'Bingo' arrives as the tension and excitement rises, towards the end

Additional Information: For a quicker, simpler version of the same game, you could print a set of Map Symbol Flashcards from Ordnance Survey (see

<http://www.ordnancesurvey.co.uk/oswebsite/education/teachingresources/index.html>) and shuffle/draw these at random, calling the map symbol and showing it to the Section when doing so.

- Activity name: Map Symbol bingo
- Short description: A game to help with map symbol recognition.
- Equipment: Pencils  
Pens  
Bingo cards (could be laminated)
- Resources: • [Map Symbol Bingo](#) (POL - 7620 - 041206 - Map Symbol Bingo.pdf Source: POL)
- Duration: From 10 minutes to 30 minutes
- Cut out and then give out the bingo cards with map symbols on
  - Explain the rules of bingo
  - Call out names of symbols from the master sheet
  - The young people have to try and fill in their card by crossing off the
- Instructions: pictures. This will test their knowledge of map symbols
- The first to get a line/full house calls out 'Bingo'. Then check their card to make sure they have heard correctly. You will need to tick off symbols on your sheet as you go along to ensure you are able to do this
- Additional Information: You can use the Map Symbol flash cards for this activity, available for free download from Ordnance Survey at:  
<http://www.ordnancesurvey.co.uk/oswebsite/education/teachingresources/flashcards.html>

Activity name: Bean Bag Football

Short description: Team game in which teams attempt to hit a football into touch purely by throwing bean bags at it.

Equipment: Bean bags  
Football  
Soft ball - large  
Whistle

Resources:

Duration: From 20 minutes to 30 minutes

- Divide your meeting place into three parts with a 'no mans land' in the middle section, using chalk lines
- Divide the section into two equal teams and put a team at either end
- Give each player a bean bag with some spares

Instructions:

- To start the game (and restart after each goal) you place the ball in the middle of the centre box and blow a whistle. On the whistle they have to hit the ball with the bags to knock it over their opponents line to score
- No part of the body is allowed to touch the ball or touch the floor in no mans land. If any of these rules are broken it is a foul (See additional information)
- Bean bags can be dropped in front of the ball to stop it but you can't hit the ball with the bag in your hand
- Bean bags can be picked up from no mans land as long as the young people don't touch the floor in picking them up
- Players can stand or kneel but the bags can't be thrown too high or they may hit the opponents in the face
- Leaders can kick the bags in no mans land to the team they are nearest to so they don't run out
- The winner is the first team to ten or the one with the highest score at the end of a set playing time

Additional Information:

Fouls:

- For a foul the player is 'sin binned' until their team scores a point
- If a player stops a sure goal then a penalty shot can be awarded by placing the ball 500 mm from the line; the team has one bean bag with which to hit the ball over the line

Activity name:	The Getting to Know You Game
Short description:	Children (and/or adults) mingle chatting to get a sheet of signatures.
Equipment:	Erasers Pencils Pens 1 signature sheet per person
Resources:	<ul style="list-style-type: none"> <li>• <a href="#">The Getting to Know You Game - signature sheet</a> (POL - 662 - 310806.pdf Source: POL)</li> </ul>
Duration:	From 15 minutes to 30 minutes
Instructions:	<ul style="list-style-type: none"> <li>- Look at the attached sheet and make any adjustments or additions needed</li> <li>- There should be a few less signature spaces than participants</li> <li>- Give each participant a signature sheet</li> <li>- Participants go around the group chatting and looking for the correct person to sign the sheet</li> <li>- People may only sign the sheet once. A left handed person who likes spinach must choose which line to sign</li> <li>- When the sheet is full the activity is over and people should know one another better</li> </ul>
Additional Information:	Make changes to the sheet to suit the group of people participating. You can also gear the responses to a particular theme, e.g. Outdoors, Global, Creative.

## Everyday Blind Trail

Tie 10 everyday items along a length of string.

- Lay the string trail across the Meeting Place.
- Cubs, blindfolded, then make their way slowly around the trail. When they come across an object, they feel it, try to identify it and remember it.
- At the end, they remove the blindfold and must tell the Leader as many of the items as they can remember.

Activity name:	100 minutes of fitness
Short description:	A series of fitness and exercise activities to test strength, speed and balance, played individually and in teams.
Equipment:	Rope Chalk Chairs String Tin can Football Gym mats if you have them
Resources:	<ul style="list-style-type: none"> <li>• <a href="#">JiC - October</a> (<i>Scouts_Oct.pdf Source: TSA 2006</i>)</li> <li>• <a href="#">100 Minutes of Fitness - obstacle course</a> (<i>OCT - Obstacle Course.pdf Source: JiC</i>)</li> </ul>
Duration:	From 90 minutes to 110 minutes <ul style="list-style-type: none"> <li>- This 100-minute Troop meeting will test strength, speed and balance and prove that fitness can be fun!</li> <li>- Start with a three person tug of war</li> <li>- Each group of three is given a 5m length of rope with the ends tied together</li> <li>- Each Scouts holds a 'corner' of the rope. Marked 1.5m from each corner is a chalked circle with a soup can placed in it</li> <li>- Each player tries to grab the can in their corner before the others grab theirs</li> <li>- Winners play each other</li>   <li>- Now start the obstacle course (see attached resource for diagram). (Note: you will need to set this course up before the 100 minutes begins!)</li> </ul>
Instructions:	<ul style="list-style-type: none"> <li>- Next put the Troop into pairs, and try arm, leg and balance wrestling</li> </ul> <p>Arm wrestling</p> <ul style="list-style-type: none"> <li>- Scouts lie flat on stomachs, locking left hands opposite each other. Each tries to force the others hand to the ground, or raise the other's elbow without raising their own</li> </ul> <p>Leg wrestling</p> <ul style="list-style-type: none"> <li>- Scouts lie on their backs and link right arms. They raise inside legs together three times. On the third count they hook legs, each trying to flip the other over</li> </ul> <p>Balance wrestling</p> <ul style="list-style-type: none"> <li>- Scouts stand with outsides of right feet touching. They hold right hands. At the signal each tries to force the other to move their right foot. Their left foot may be moved but the left arm or hand may not</li> </ul>

be used

- Finish with three-legged football (outdoors if possible)

#### Three-legged football

- Mark a goal at one end of the playing area. Divide the Scouts into pairs. Each pair stands side by side and ties their inside legs together with neckerchiefs at the ankle and knee. Place a football in the centre of the playing area. At the signal, each pair tries to kick the ball through the goal. The ball may not be touched by arm or hands. After a goal has been scored the ball is placed in the centre again to begin play

## Hidden In The Water

Clean water is very important if people are to stay healthy. 80 % of all illnesses are caused by dirty water. Sometimes you can see the dirt in the water but sometimes the dirt and germs can be hidden in the water and not seen. To help you understand this, try the following activity.

You will need:

- Clear plastic drinks cups or similar containers e.g. Jars, small plastic drinks bottles
- A jug of tap water
- A teaspoon
- A number of substances e.g. sand, soil, salt, sugar, soda, soap powder, flour etc.

What to do:

1. 3/4 fill your cup or container with water
2. Add 1 teaspoonful of a substance
3. Stir 20 times (or if a bottle-shake 20 times)
4. Look and see if the substance has disappeared or not.
5. Repeat with as many other substances as you wish.
6. Make 2 lists under the following headings:

disappears in water (soluble); does not disappear in water (insoluble) If these substances were germs, you can see how easy it is not to know whether they are in the water or not. To kill germs in water you need to boil it. You can also clean water by filtering it and removing the insoluble parts. Try the filtering activity in this pack.

Can you think of a way to 'get back' your substance from the water? (HINT - think about what happens to water when you heat it!)

## Water Purification

The next step after filtering the water is purifying it. You can purify water by boiling it or adding special purification treatments - often, in areas where there is a high risk of infections from water, people (especially visitors) do both.

- Buy some water purification treatments from a pharmacy or travel shop and practice using them.
- What do they taste like? Why not try a couple of different brands and grade them on taste and ease of use? This information would be really helpful for people planning to travel overseas to places where water needs to be purified.

## Oral Re-Hydration

Every 6 seconds a child dies as a consequence of Diarrhoea - that's five million children each year. In fact Diarrhoea is the biggest killer of children under the age of five in the world.

There is an easy way to prevent this and treat the illness = Oral Re-Hydration Therapy (or ORT for short).

ORT consists of a simple drink made from clean water, salt and sugar and can save lives by helping to replace the fluid in our bodies which we lose when we are sick, have diarrhoea or have had too much sun.

The following easy and inexpensive recipe is used by parents in developing countries, including countries On the Line, and promoted by major health agencies such as WHO (The World Health Organisation), the Red Cross and UNICEF.

### Ingredients

- 4 heaped teaspoons of sugar
- 1 level teaspoon of salt
- 1 litre clean drinking water

### What to do:

- Mix all the ingredients together - it is important to use exactly the correct amount of water - too much makes the solution ineffective and too little can make the diarrhoea worse.
- What do you think of the taste? Does it remind you of anything?
- Find out what ingredients are used to make your favourite soft and fizzy drinks?

What do you notice?

- Why don't agencies simply provide fizzy drinks? Is it because:

a) They are too expensive - ORT only costs a few pence per person?

b) They are too bulky to transport?

c) They are no more effective than ORT?

d) The ingredients for ORT are readily available so parents can always make a solution when they need to?

Remember, the most important ingredient in ORT is the **clean** water without which the victim will most probably die!

## Filtering Water

Clean water is vital for people to survive. Many children in Africa have to walk a long, long way to fetch water and even this water is very muddy, has germs in it and is not safe to drink. Boiling the water and/or adding chemicals like chlorine to it helps to clean it and kill germs. Filtering also helps to make the water clean.

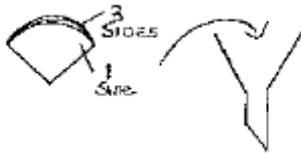
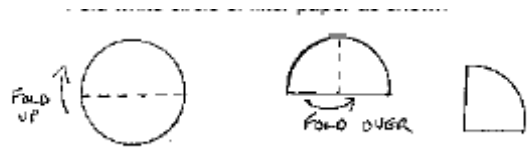
If you follow the instructions below you will be able to clean water by filtering. Filtering does help to clean the water but it would still need to be treated by boiling it or using chlorine to make it safe to drink.

### You will need:

- A circle of white filter paper (coffee filters will do)
- A funnel - large enough to hold your filter paper
- A clear, plastic tumbler
- A washing up bowl
- A large plastic bottle filled with muddy water
- Cotton Wool

### What to do:

- Fold white circle of filter paper as shown



- Put cone shape of filter paper into plastic funnel

- Now put filter funnel with the paper in it into the clear plastic tumbler and place it all in the basin as shown.



- Shake up the large bottle of muddy water and pour some of it carefully into the funnel. Don't let the muddy water fill up above the level of the filter paper
- Watch the water filter through sand see how clear it is. Keep this.
- Now repeat, but this time use a small amount of cotton wool instead of the filter paper.
- Compare both results.
- Which filter gave the clearest water?
- Which was the quickest?
- Can you think of anything else that could be used in Africa as a filter?

Sometimes a cloth can be used and special plants can be grown to help filter the water and to make it clear. Remember, however, that it would still need to be boiled or treated with chemicals to make it safe to drink.

## Health Wordsearch

Have a go at the following word search on health issues: if there is anything you do not understand, find out more about it.

How many words can you find? (Full marks for finding 11 words!)

M	O	S	Q	U	I	T	O	P	Z
L	E	P	R	O	S	Y	Y	R	W
D	R	U	G	A	B	U	S	E	O
L	G	E	S	S	Q	M	K	G	R
Y	F	D	P	F	W	A	H	N	A
P	I	A	O	N	A	L	E	A	L
E	E	J	L	V	F	A	S	N	R
R	P	E	I	I	D	R	I	C	E
E	A	C	O	H	L	I	X	Y	H
H	T	N	O	I	T	A	R	D	Y

## Construct Your Own Eiffel Tower

The Eiffel Tower was built for the International Exhibition of Paris of 1889 commemorating the centenary of the French Revolution. The Prince of Wales, later King Edward VII of England, opened the tower. Of the 700 proposals submitted in a design competition, Gustave Eiffel's was unanimously chosen.

At 300 metres and 7000 tons, it was the world's tallest building until 1930 and has 1652 stairs. It was saved from demolition in 1909 because of its antenna which are now used for radio and TV.

The Eiffel Tower has attracted people with a sense of (dangerous) adventure! It was climbed by a mountaineer in 1954, and parachuted off of in 1984 by two Englishmen. In 1923 a journalist rode a bicycle down from the first level. Some say he rode down the stairs, other accounts suggest the exterior of one of the tower's four legs which slope outward.

Even though there was an outcry when it was first built, it is now completely accepted and is one of the symbols of Paris and France.

### You will need

- Paper or plastic drinking straws (without kinks)
- Pins

From the internet or travel magazines find pictures of The Eiffel Tower and using art straws and pins, make your own. Challenge another six or Patrol to see who can make the highest tower in 15mins. Remember the tower must be able to stand upright! The real Eiffel Tower has 2.5 million rivets holding it together, how many pins does yours have?

Cubs could do this activity in their sixes assisted by a Leader.

## Water Reserve

Over 1 billion people around the world do not have access to clean water. This is difficult for us to understand when all we have to do is to turn on the tap. Have they got any ideas for saving water? This could include, not leaving the tap running and using a cup to wash your teeth. Many people still have to walk long distances to gain water. The further you have to walk, or the harder it is to get water, the more precious it becomes.

To get you thinking about this, get Patrols to transport water losing as little as possible.

Each Scout has two goes at getting water, as if collecting water in the morning and water in the evening for her 'family' the Patrol. It is more important to be careful than quick.

### You will need:

- 2 buckets/water containers per Patrol
- 2 plastic cups per Patrol
- Obstacles

### What to do:

- Give each Patrol a large bucket full of water at one end of the room
- Each Scout fills a cup as much as possible and carries it to the end of the room, climbing over obstacles, and empties it into the other bucket
- Once everyone has had two goes at this, the buckets are measured to see who has transported the water the most carefully

Of course carrying a cup of water down a room is much easier than a large bucket or calabash 3 kilometres in hot sunlight, which is what the average distance a women in Africa has to walk to collect water.

## Recycle It!

We can help the environment is by recycling things - almost anything can be recycled.

In Burkina Faso, Ghana, Mali and Togo people make much better use of discarded rubbish than we do in the UK. Cans are reshaped into toys or containers, glass is reused or sold back to bottle manufacturers, discarded plastic is woven into baskets.

Much less packaging is used. By recycling things we reduce the demand for natural resources and cut down the amount of rubbish we produce which would otherwise have to be destroyed either by burning or burying, neither of which are good for our environment.

- If you have free space in your meeting hall why not set up your own recycling area?
- Collect newspapers, aluminium cans, clothing, plastics etc. at home and bring them to the recycling point each meeting
- Each month the Scouts could work on a rota to take the recycling to your local collection point
- Why not ask a local shop if they would donate or sponsor some small containers to house your recycling? The worst they can say is no!
- If your local council runs a recycling collection scheme encourage everyone in the unit to separate their recycling from their rubbish and use the scheme. Make posters to advertise the scheme locally and encourage others in your community to recycle. If your Council doesn't run a scheme, write to them!
- If you don't want it, somebody else might, so have a clear-out and take your toys, books, and clothes to an Oxfam shop or a collection bank For lots of good info on what can be done contact Waste Watch at [www.wastewatch.org.uk](http://www.wastewatch.org.uk)