



**AQUILA SCOUT
TROOP**

Weekly Challenges at home

Scouts can produce something for our weekly meetings. Hopefully have fun doing them and get part of the Great Indoors Badge.

It is usually possible to do them any time and get something towards a badge, especially the Great Indoors Badge

Survival kit

Great Indoors Badge: Creative or Outdoor section (counts for either)

Make a survival kit.

- What if your lockdown was on a desert island?
- Use what you have in the house to make a kit
- Up to 20 things you might need to survive
- All must fit in an unframed daypack

You will need to compromise, because you are using what is available.

A quick on-line search will find lots of suggestions.

Photo-synthesis

Great Indoors Badge: Creative or Practical section (counts for either)

Scouts take some photos. Simple, but try to keep to a theme. Either taken around your home and garden or on walks.

Here are some suggestions

- Wildlife or flowers
- Scouting
- Hidden corners of your garden
- Anything unusual on your walk
- Some of those rainbows on windows
- Fluffy toy picnics in gardens
- Something else that is here during this crisis, but perhaps gone after.
- No access to a camera or smart phone? Do a drawing!

This can develop into getting the Photographer Activity Badge.

ORIGAMI

Great Indoors Badge: Creative or Practical section (counts for either)

1. Origami butterfly is described on this Youtube video

http://www.youtube.com/watch?v=fP9Pss7rg_w

2. Colour it in, so it represents a native British species of Butterfly.

You can find pictures of the British butterflies here:

<https://butterfly-conservation.org/uk-butterflies/a-to-z>

But many sites have them.

3. Find another origami to make - and make it.

Stars and Planets

Great Indoors Badge: Creative, Practical or Outdoor section (counts for any)

Make something related to the stars or planets:

1. Sundial ("How to" is coming soon).
2. Solar system model: find spheres of roughly right proportion etc
3. Find North by stars and make a drawing of appropriate constellations. "How to" is coming soon, but a YouTube video is linked below.
4. Make a starry night sky: prick holes in large sheet of paper and have light behind.
5. Artistic work of night sky/night-time view to compete with Vincent van Gogh.
6. Photograph the moon!
7. Something else on this theme. Such as a model of a Martian landscape.

You can do more than one!

This link shows how to find north by the stars.

<https://www.naturalnavigator.com/find-your-way-using/stars/>

You only need the picture to find the north star, which is north.

The moving part of the picture illustrates how all the other stars apparently rotate about the North Star: the one that does not move.

The Plough also rotates about the North Star, so it may be upside down or any way up, compared to what is shown on the left.

Re-cycle

Great Indoors Badge: Creative, Community or Social Action

1. Make something related to transport out of recycling items.
 - You can use some string, tape, rubber bands as well
2. Think about re-use rather than just recycle: Make a list of 10 ways to re-use items that would normally JUST be recycled. Include
 - The most useful idea
 - The most craziest idea
 - The most re-uses

Physical Challenge

Great Indoors Badge: Physical

Do something physical: such as

- Clever stuff with football
- Family hike
- Use your stairs to climb a mountain
- Choose some other physical challenge

Yoga

Great Indoors Badge: Spiritual or Physical

here are some links to do a bit

5 minute video on the basic poses and stretches for beginners (we did this during our meeting) -

<https://www.youtube.com/watch?v=eSjplepPlok>

7 minute video on some more poses and key yoga movements: -

<https://www.verywellfit.com/essential-yoga-poses-for-beginners-3566747>

Free videos for scouts interested in taking up yoga as a regular exercise :)

<https://yogawithadriene.com/free-yoga-videos/>