



# Scouting@Home Weekly Challenge



## Week 2 Challenges



### PERSONAL GROWTH

#### Ready Steady Cook-Along

Challenge your Project Patrol to plan and cook a nutritionally-balanced dish for your judges, using a set number of ingredients.



### OUTDOORS

#### Get Your Move On

Spend 20 minutes outdoors in your backyard creating your own exercise circuit!



### COMMUNITY

#### Mapping the Essentials

Who knows the local area? Use your memory to draw a map of your neighbourhood and the essential services within it.



### CREATIVE

#### Scouts Stop Motion

Channel your inner movie director by creating your very own stop motion video demonstrating an outdoor activity you'd normally do through Scouts!




### WELLNESS

#### Amaze-ing Sleep

Navigate your way through sleep mazes to identify all the things that can prevent you from getting a good night's sleep.



# Mapping the Essentials

Challenge Area	
Ages	All
Number of People Required	At least one

Who knows the local area? Use your memory to draw a map of your neighbourhood and the essential services within it.


## Instructions

1. Gather the following materials:
  - a. Pens or pencils
  - b. A4 paper
  - c. Twine or string
  - d. Glue
2. Draw a map of your local area.
  - a. Mark your home as 'Home Base'.
  - b. Mark local landmarks around your neighbourhood including parks and main roads.
  - c. Mark essential services such as the fire station, police station, nearest hospital, supermarket and your Scout Hall.
3. Use the twine or string to show how to get from your home to all the essential services:
  - a. The fire station
  - b. The police station
  - c. The nearest hospital
  - d. The supermarket
  - e. The Scout Hall

## Reflection

Essential services are those that maintain the health and welfare of the community. It is important to know where our essential services are located in case of emergencies. How hard was it to picture where each essential service is located? Did anyone surprise themselves with how much they knew about their local area?

# Scouts Stop Motion

Challenge Area	
Ages	Cubs and Upwards
Number of People Required	One

When they hear the term 'animation', most people may be inclined to think of cartoons. While this is indeed animation, there are other styles. One example is stop motion animation, where an object or model is photographed, a small adjustment is made and another photograph is taken. This is repeated until the desired finish point is reached. Then all the photographs are played in order so that a moving picture is created giving the impression that the object or model is moving.

With technology, we are now able to produce animation using computers and even our smart phones. Channel your inner movie director by creating your very own stop motion video demonstrating an outdoor activity!

Click [here](#) to see an amazing example of a stop motion animation.

## Instructions

1. Think of a theme or concept for the video, e.g. a vertical activity, paddling, cycling, aquatic activities etc.
2. Sketch out a storyboard of your animation. Think of each frame of the storyboard as one frame of your animation. Try to make each frame contain some element of transformation or movement so viewers can clearly distinguish what is happening throughout the entire video. have a plan of what you want to achieve and how you want your final result to look. Try not to over complicate it, as sometimes the simplest of ideas can look great and be just as effective.
3. Collect or create all the necessary props for your video. For example, a camera, smartphone, iPad or other like-device, a tripod or stand to hold your device steady and any other objects including household items and other materials you want to use that will be the main subject of your video.
4. Set up your scene. Remember to think about the backdrop you want for your video. Try to stick with plain backgrounds so as to not distract the viewer from the focus of your project.
5. Begin filming! Using a tripod, make sure objects/actors/subject in your shoot are in a consistent place. Try to avoid moving around the tripod and your props around too much - sudden movements

can cause jumping which will make your end product look choppy. As you're photographing one frame at a time, make sure to check each photo to see if the subject is in focus.


6. Edit your video. There are a number of free apps available online which can help stitch up the animation.
7. Share your video with us via email to [communications@nsw.scouts.com.au](mailto:communications@nsw.scouts.com.au) or by tagging #ScoutsNSW on social media!

## **Reflection**

This exercise introduces you to the process of film-making. By creating a stop-motion you'll gain insight into the workings of film, incorporating the same technique as the one used in many animated films including Wallace and Grommit, the first Lego movie and The Box Trolls! What were the main challenges of creating a film? How did you address them?



## Get Your Move On

Challenge Area	
Ages	All
Number of People Required	The more the merrier!

Spend 20 minutes outdoors in your backyard creating your own exercise circuit program!

### Instructions

1. Assemble a Project Patrol with at least one other person or friend.
2. Depending on the number of people in your Patrol, decide how many exercises and repetitions you want to do over 20 minutes, and divide the number of exercises among each other to make sure everyone has a turn leading the group.
3. Discuss ways to structure the circuit. Check out some guidelines [here](#).
4. Discuss any hazards around you and what you will do to reduce risks - e.g. take into consideration where you are exercising, whether it is on grass or on even concrete.
5. Think about what exercise you would like to lead. Try incorporate exercises that don't need equipment. See [here](#) for examples.
6. Take turns leading your Patrol through the exercises.
7. Keep count of the number of reps you do and stick to a 20-minute circuit to make sure you don't overdo it.

### Reflection

This activity was a great chance to be active. Did you enjoy it? How did your body feel before, during, and after completing the circuit? Why is it important to be active? How could you make your next circuit even more fun, and what other ways can you stay active? This activity was also a good chance to value the outdoors. Was it nice to be outside? Do you prefer exercising outdoors or indoors? Why?



# Ready Steady Cook-along!

Challenge Area	 PERSONAL GROWTH
Ages	
Number of People Required	The more the merrier!

Challenge your friends to plan and cook a nutritionally-balanced dish using a set number of ingredients.

## Instructions

### Pre Work

1. Assemble a Project Patrol with at least one other person or friend.
2. Schedule to meet with your Project Patrol online. If you are a Scout, you can do this via your Group's Virtual Scout Hall – ask your Leader how to schedule a meeting!
3. Make sure you're aware of any allergies and dietary requirements among your Patrol.
4. As a Patrol, explore the idea of healthy eating. What makes up a healthy, nutritionally-balanced meal. Based off this discussion, agree on a set of ingredients for your dishes. The same ingredients should apply for all Patrol members.
5. Decide on a time limit for cooking – this could be 30 minutes, an hour etc.
6. Choose a panel of judges (e.g. parents or siblings) and arrange for them to sample and score your dish at the end of the cook-along.
7. Source the ingredients – check if you have them at home, and if not, plan how you'll buy and store the ingredients. Make sure you have your parents' permission before you begin rummaging through the kitchen!
8. With your parents' permission, buy the ingredients.
9. Plan what type of dish to cook using the ingredients. Think about what makes a balanced meal.

### Day of the Cook-Along

1. Log into your selected online platform.
2. Set your timers to the agreed time limit.
3. Begin cooking! Each Patrol member should prepare and cook their dish at their cooking station. Make sure you have an adult supervising you at all times and helping you with chopping and cooking.
4. Each Patrol member should get their dish ready to serve, thinking about taste and presentation.

5. Once their dishes are ready, each Patrol member should take turns to present their dishes to their judges. They should explain what ingredients they started with, what they've made and what makes it nutritionally balanced.
6. Taking turns, the judges should each judge the dish and share their score out of 10 – how does it taste? How is it presented? How balanced was the dish?
7. Crown the Ready Steady Cook-Along champion!
8. Each Patrol member should then tidy up any mess they've made, including collecting the judges' plates.

## **Reflection**

This activity helped you to problem solve. Was it obvious how your ingredients made a dish? Did you have any tricky ingredients which were harder to include? How did you decide what order to do things like chopping and washing and cooking? Did you have any unexpected problems, such as food getting dropped or burned? How did you make sure you and your Patrol members were safe in the kitchen? What did you do?

This activity also taught you to reflect on nutrition and all the components of a healthy meal. What were they? What did you learn? How can you incorporate these learnings into your everyday eating habits?

## **A Note on Safety**

All activities must be safely managed. Do a risk assessment and take appropriate steps to reduce risk. Always get approval for the activity and have suitable adult supervision.

- Food: Check for allergies before you begin. Make sure you have suitable areas for storing and preparing food and avoid cross contamination of different foods.
- Cooking: Make sure you're supervised by an adult at all times during the cook-along and always use cooking equipment safely.
- Fires and stoves: Only use a stove with adult supervision.
- Scissors and other sharp objects: Only use sharp objects with adult supervision and/or help.

# Amaze-ing Sleep

Challenge Area	 <p>WELLNESS</p>
Ages	All
Number of People Required	One

Sleep is as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information. Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression.

This simple exercise is a great way to identify all the things that can prevent you from getting a good night's sleep.

## Instructions

1. Download the sleep mazes [here](#).
2. Work your way through the mazes, avoiding all the bad habits to find your way to a great night's sleep.

## Reflection

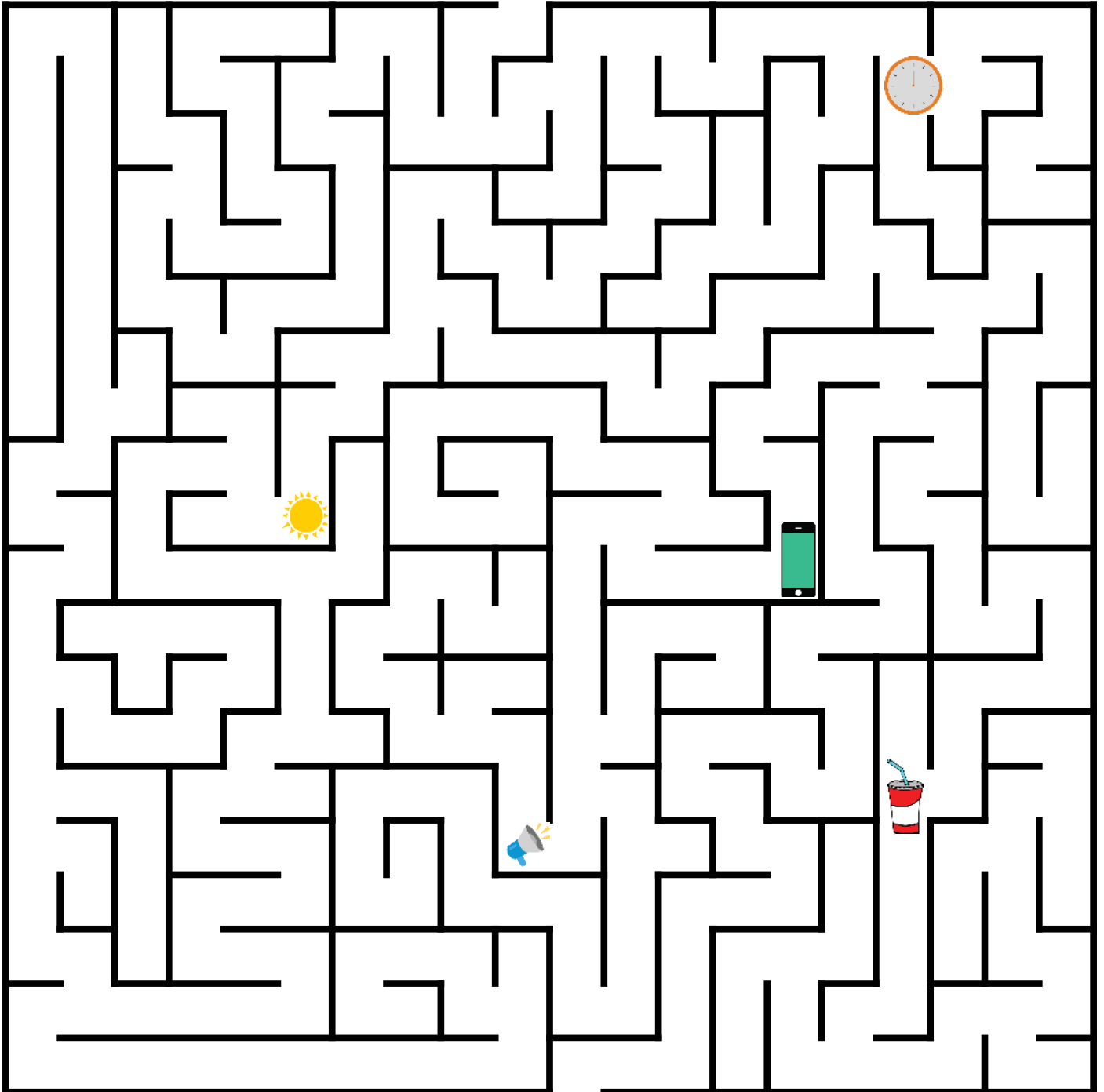
How did you go navigating your way through the sleep mazes? Could you identify the habits and other factors preventing a good night's sleep? Were you surprised by these, and do they impact your sleep in real life? If so, how can you change your behaviour to avoid these distractions?



# SLEEP MAZES

AVOID ALL THE BAD HABITS AND DISTRACTORS TO FIND YOUR WAY TO A GOOD NIGHT'S SLEEP!

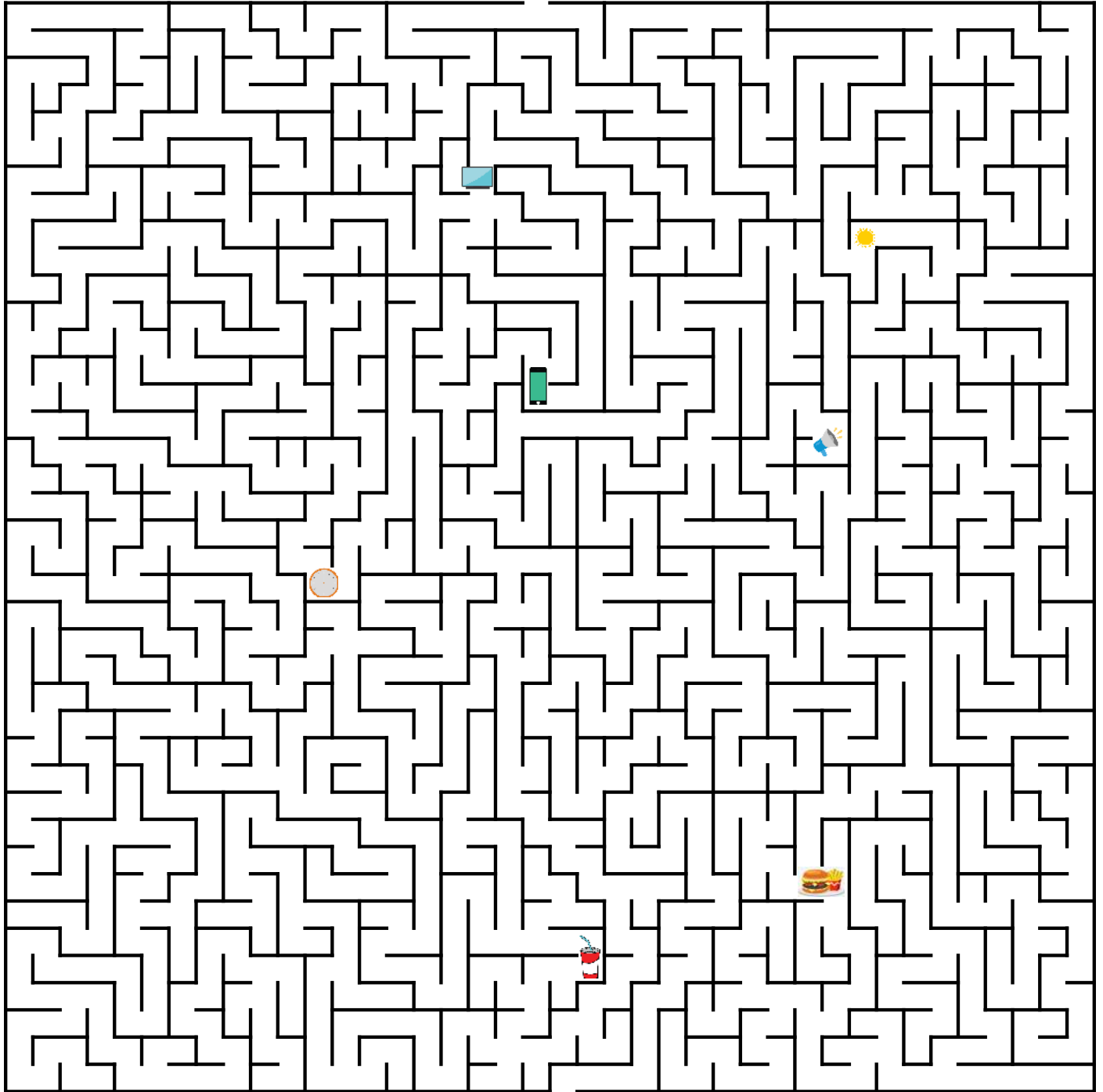
## MAZE ONE



## SLEEP MAZES

AVOID ALL THE BAD HABITS AND DISTRACTORS TO FIND YOUR WAY TO A GOOD NIGHT'S SLEEP!

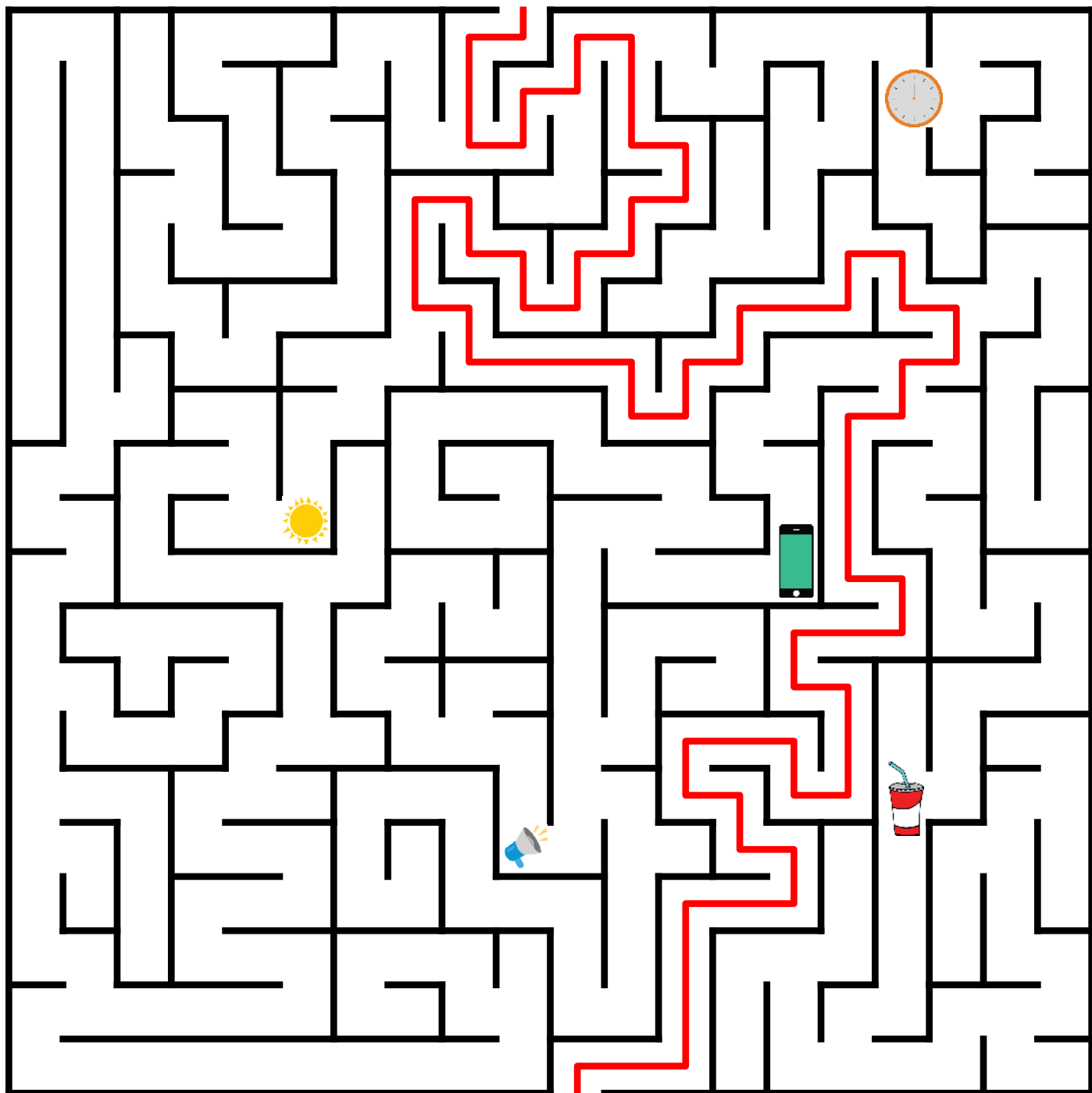
## MAZE TWO



# SLEEP MAZES

AVOID ALL THE BAD HABITS AND DISTRACTORS TO FIND YOUR WAY TO A GOOD NIGHT'S SLEEP!

## MAZE ONE ANSWER



## SLEEP MAZES

AVOID ALL THE BAD HABITS AND DISTRACTORS TO FIND YOUR WAY TO A GOOD NIGHT'S SLEEP!

## MAZE TWO ANSWER

