



Scouting@Home Weekly Challenge



Week 3 Challenges



PERSONAL GROWTH

Medi-Call Emergency

Would you know what to do and who to call in an emergency? Test your skills with this scenario based activity.



OUTDOORS

Step To It

While we're unable to make the journey to the summit of Mount Kosciuszko at this time, we're challenging you to get outdoors and walk the equivalent distance of the Kozzie trail in your own backyard or local park.



COMMUNITY

Saying Thanks

Creating a virtual thank you note for essential workers is a fun, creative way to support the workers who are helping us through this challenging time.



CREATIVE

Scout Jigsaw

Test your puzzle skills by creating your very own jigsaw of the Scout logo!




WELLNESS

#Goals

Creating a vision board is one of the best visualisation technique, and it involves putting all our ideas visually to be able to achieve our goals.

Medi-Call Emergency

Challenge Area	 PERSONAL GROWTH
Ages	Cubs and Scouts
Number of People Required	Two

Would you know what to do and who to call in an emergency? Test your skills with this scenario based activity.

Instructions

1. Download and print out our medi-call emergency situation cards [here](#).
2. Pair up with a friend.
3. Take turns reading out each situation and thinking about why it's important to get help in an emergency, calling out for help in case anyone is nearby, and deciding what kind of medical help the injured person needs.

Reflection

This activity helped you to develop important skills. Why is first aid (and knowing how to ask for help) so important? Would you know what to do in an emergency? What do you think would be different if it were a real emergency (for example, it might be harder to stay calm)? Would you like to learn more about first aid? Do you know how to keep yourself safe while caring for others?

Medical emergencies can include: loss of consciousness, a confused state, fits that aren't stopping, chest pain, breathing difficulties, severe bleeding that can't be stopped, severe allergic reactions, and severe burns or scalds. If anyone is seriously ill or injured (or their life is at risk), you should call 000.

MEDI-CALL EMERGENCY SITUATION CARDS

CUT THESE CARDS OUT AND USE THEM TO EXPLORE DIFFERENT TYPES OF EMERGENCIES.

Bleeding

On a walk through your neighbourhood with friends, you find a man lying on the ground under a ladder. He is obviously in pain and has a deep cut on his arm.

Questions to think about:

- What do you think has happened to the man?
- Is there anyone else on the ladder?
- Is the ladder safe, or is it likely to fall over?
- Is it safe to approach? What sort of dangers must you look for (for example, electrical wires or tree limbs)?
- What can you do to help the man?
- Who do you need to contact?
- The man is bleeding, so what do we need to do?
- If he's fallen off the ladder, what else could have happened?
- Should we try and move him?

Asthma

After participating in a fun run, one of your friend starts wheezing. Within minutes, she is breathing rapidly and coughing uncontrollably. Her chest feels tight, and she's finding it difficult to speak. She pulls an inhaler from her pocket. What do you think is going on?

Questions to think about:

- What do you think is happening to your friend?
- Do you think your friend should sit down?
- If you think your friend is having an asthma attack (or you know that they've had one before), what questions should you be asking them?
- Your friend could be scared or panicking. What could you do to help them until more help arrives?
- If it gets worse, or doesn't stop after a long time, what should you do?



MEDI-CALL EMERGENCY SITUATION CARDS

CUT THESE CARDS OUT AND USE THEM TO EXPLORE DIFFERENT TYPES OF EMERGENCIES.

Burns and scalds

You're doing your homework in your bedroom when you hear a loud shout from downstairs. You run down to the kitchen and see that an adult has knocked a saucepan off the cooker and badly burnt their arm. It looks very sore and it's starting to blister.

Questions to think about:

- Should you put ice on the burn?
- Do you think the person will find it easy to stand still? Have you tried standing still for a whole 10 minutes? It's a very long time.
- How big is the burn? Is it bigger than the patient's hand?
- What can you use to cover the burn to stop it getting infected?

Unconscious

On a hike in very hot weather, you come across a man who looks to be sleeping. You notice that he isn't really lying in a normal sleeping position, and that his head is bleeding from a nasty cut.


Questions to think about:

- If the person isn't responding to sound or touch, is he likely to be conscious or unconscious?
- What do you need to tell the people on the phone when you call 000?
- If the person is unconscious, it's very serious, but you can still help. What position should we put the person in until help arrives?
- If the person's head is still bleeding, should we leave it alone?
- Should you leave the person on their own?





Step to It

Challenge Area	 OUTDOORS
Ages	All
Number of People Required	One

Mt Kosciuszko is the highest point of Australia. Each year, hundreds of people make the journey to the summit of Mount Kosciuszko by foot via the Mt Kosciuszko Summit Walk. You may have even done it yourself, either through Scouts or with your family or friends!

While we're unable to make the journey to the summit of Mount Kosciuszko at this time, we're challenging you to get outdoors and walk the equivalent distance of the Kozzie trail in your own backyard or local park.

Instructions


1. Walk the equivalent distance of the Kozzie trail (one way) in your backyard or local park. The trail from Rawsons Pass to the summit is 1.4 kilometres. If you're up for a bigger challenge, the trail from Thredbo is 6.5 kilometres and from Charlotte Pass is 9.3 kilometres!
2. You can break down your walks into smaller chunks over multiple days. Remember to wear a hat and sunscreen and to observe social distancing rules by keeping a distance of at least 1.5 metres between yourself and other people when you're at the local park.

Reflection

This activity was a great chance to get some exercise and fresh air outdoors. What other ways can you stay active, or other trails you can aspire to conquer in the future?



Saying Thanks

Challenge Area	
Ages	All
Number of People Required	One

Creating a virtual thank you note for essential workers is a fun, creative way to support the workers who are helping us through this challenging time.

Instructions


1. Reflect on what you think an 'essential worker' is. What do they do? Brainstorm a list of professions you think would fall under this list.
2. Select an essential worker from your list.
3. Draw or paint an image of your essential worker. What do they wear? What qualities make them special?
4. Feeling extra creative? Try creating a collage by cutting out images from magazines or newsletters and gluing them together!
5. Write a note thanking your essential worker for the work they're doing for the local community and giving them positive encouragement to keep going. Why is their work important during this time?
6. Share your creation on social media, or research ways you can mail it to your essential worker!

Reflection

Saying thank you is a great way of showing your appreciation to someone. Reflect on how it felt to write and then personally deliver a thank you letter to someone who has done something important for not only you, but your family and the wider community. Who else can you send a thank you letter to?



Scout Jigsaw

Challenge Area	
Ages	All
Number of People Required	One

Test your puzzle skills by creating your very own jigsaw of the Scout logo!

Instructions

1. Download and print a copy of the Scouts NSW logo [here](#). We've provided the six colour version, but if you're looking for a bigger challenge, [here's](#) the full colour version.
2. Print off the logo.
3. Using a pencil and paper or card, trace out the logo, then use some colouring pencils, paint, crayons etc. to colour it in.
4. Use a pair of scissors to cut the logo into 40-50 jigsaw pieces. If you're looking for a challenge, create smaller jigsaw pieces consisting of 100+ pieces!
5. Jumble the pieces amongst each other, then try to reassemble the puzzle to complete the Scout logo.
6. For extra fun, challenge a parent or sibling to have a go at putting the puzzle together!

Reflection

Jigsaw puzzles are a great way to stimulate your mind without having to be glued to a screen. The tiled designs offer hours of fun as create your own jigsaw and attempt to fit all of the pieces together. What are other Scouting images you can draw and use for a jigsaw?



Scouts
NSW



Scouts
NSW

#Goals

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

According to the Law of Attraction principle, whatever you direct your energy toward is what you attract. So, when you direct your energy toward something you want and actually believe you've already attained, your life slowly starts to change to match those desires.

You achieve this through a powerful mind exercise called visualisation. Creating a vision board is one of the best visualisation technique, and it involves putting all our ideas visually to be able to achieve our goals.

Instructions

1. Set aside some time alone to really get a handle on what you want to manifest in your life - what are your goals and what do they mean for you? For example, if you want to work on being healthier, what does that look like?
2. Gather your supplies – a large board (poster board, cork board, cardboard etc.), a pair of scissors, pencils, crayons, pens, post-it notes and a glue stick.
3. Gather your materials – take your time to flick through old magazines, newspapers, postcards, drawings, stickers and even Google Images to cut out and collect materials which represent you and your goal. Think of different phrases or quotes that speak to you and motivate you.
4. Play around with the cut-outs and position them on the board in a way that feels right to you.
5. Now that you've selected and sorted your materials, it's time to put everything together! So, go ahead and glue, tape, or tack on your pictures and power words to your board.
6. Display your board in a place where you'll often see it, like your refrigerator or bedroom.

Reflection

This activity encouraged you to think about your goals, passions and dreams and bring them to life through your vision board. It also pushed you to think about what those goals would look like for you. Everyone has different ways of learning and creating. Was thinking about your goals a simple task, or was it more difficult?