Scouting@Home Weekly Challenge

Week 11 Challenges

PERSONAL GROWTH

The Science Behind Scouts

Investigate the science behind some of your favourite Scouting activities and create a comic strip to show how they work!!

OUTDOORS

Bike Ride Tour

Explore your surrounds on wheels by taking a ride around your neighbourhood! If you don't have a bicycle or scooter, why not take a long walk around your neighbourhood instead?

COMMUNITY

Blood Types

14 June is Blood Donor Day, so this week we're encouraging you to learn about blood types and why it's important to know yours.

CREATIVE

DIY Spacecraft

How would you like to be the chief engineer for an important space mission? In this activity, you get to design (and build) your very own satellite.

WELLNESS

Wellbeing Box

Build a mood-boosting box full of positive messages and interesting items..

Scouts NSW

The Science Behind Scouts

Challenge Area	
Ages	Joeys, Cubs and Scouts
Number of People Required	One

Investigate the science behind some of your favourite Scouting activities and create a comic strip to show how they work!

Instructions

1. Design a comic strip that explains the science behind an element of Scouting. This could be building a fire, pioneering, kayaking or your favourite hobby, like sport, which involves biology, or music, which is based on maths and is created by sound waves.
2. Research your chosen activity or hobby to find out how it works, making a list of the most important points. Try to go into as much detail as you can. YouTube has lots of useful videos that explain the science behind things.
3. Grab some paper, pencils and pens and print out a comic strip template. You can download a free one here.
4. Transform your list into a step-by-step comic strip, with captions to explain each stage.
5. Share your comic with a friend!

Reflection

This task was designed to help you learn more about the science behind Scouting, and to encourage you to express your newfound knowledge in a creative way!

Bike Ride Tour

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

Bicycles, they say, are the new toilet paper! Cycling is having an unprecedented surge in popularity brought on by the COVID-19 lockdown, with many bike shops across the country doubling their sales in just a few short months. If you have a bicycle (or scooter) handy*, we're encouraging you to explore your surrounds on wheels by taking a ride around your neighbourhood!

*If you don't have a bicycle or scooter, why not take a long walk around your neighbourhood instead?

Instructions

1. The activity is to ride down every street in your neighbourhood. This could be your whole suburb, your estate or a smaller area bounded by main roads.
2. Talk to your parents about the challenge and what it involves.
3. Print off an online map of your neighbourhood. Mark your house and any boundaries (main roads etc.) you don't want to go beyond. Make sure you work with your parents to set your boundaries, and mark which roads or tracks you can't ride (such as main roads). Some roads and tracks are not safe for bikes.
4. Plan your route Plan your route using quieter streets, bicycle paths or shared paths.
5. Plan when to go on your ride. To be safe, schedule your ride during daylight hours.
6. Gather the equipment you'll need to go on a ride. At the very least you'll need a bike (or scooter), a helmet, your map and a pen.
7. Explore your neighbourhood! Use your map to practice navigation skills and mark your route on the map as you go. Jot down points of interest and landmarks such as parks, playgrounds and short-cuts. Make sure you have a parent, guardian, older sibling and other members of your family with you at all times.

Things to Remember

- Riding on footpaths: In NSW, children under 16 years of age are allowed to ride on a footpath. An adult rider who is supervising a bicycle rider under 16 may also ride with the young rider on the footpath. Children aged 16 or 17 can ride on the footpath, when accompanied by a child under 16

and a supervising adult. When riding on a footpath, riders must keep left and give way to pedestrians.
- Helmets: Always wear an approved bicycle helmet, properly fitted and fastened
- Road rules: Always obey the road rules, including traffic lights, stop signs and give way signs
- Speed: Always travel at a speed that is safe for you and the pedestrians you encounter, especially if you are riding on a footpath or shared path
- Pedestrians: When approaching pedestrians, always ring your bell, slow down and prepare to stop and give way
- Be responsible: Ride in a predictable manner so that other road users do not have to react suddenly to your movements. Always be in control of your bicycle. It is an offence to ride with both hands off the handlebars, feet off the pedals or to carry anything that prevents you from having control.
- Look out for others: Give hand signals when changing lanes or turning left or right
- Be visible: Make yourself visible by wearing bright, light or reflective clothing and by riding during daylight hours

Reflection

How was your experience exploring your neighbourhood? Did you discover anything new? Did you get lost? How far did you ride? Could you do it in a shorter distance?

Blood Types

Challenge Area	
Ages	Cubs, Scouts, Venturers and Rovers
Number of People Required	One

When you think of blood, what comes to mind? Maybe it is the colour red, a hospital, or a horror movie! No matter what you think of blood, it is something that your body needs to survive. But did you know that not everybody has the same kind of blood? There are actually eight different types!

14 June is Blood Donor Day, so this week we're encouraging you to learn about blood types and why it's important to know yours.

Instructions

1. Watch the video here to learn about the eight different blood types.
2. Do you know what blood type you have? If not, ask your parents!
3. Visit the Australian Red Cross Lifeblood website to discover how blood donation works and who it helps.
4. If you're over 18 years old, consider becoming a blood donor. You can see if you're eligible to give blood by taking the quiz here.

Reflection

This activity encouraged you to learn more about different blood types and the role blood donation plays in today's society.

DIY Spacecraft

Challenge Area	
Ages	Joeys and Cubs
Number of People Required	One

How would you like to be the chief engineer for an important space mission? In this activity, you get to design your very own satellite.

Instructions

1. Learn about the main parts of a satellite – the container/housing, power source, scientific instruments, communication device and orientation finder. What role do each of these parts play? Click here to find out.
2. Using materials you have at home, make your own satellite. You can make an edible satellite, or a non-edible satellite – it's up to you! The only requirement is that it includes the five main parts of a satellite.
3. Plan how you'll build your satellite. Here are some examples and below are some ideas for what you can use.
4. Gather your materials.
5. Be creative and get building!

Edible Ingredients

- Wafers
- Crackers
- Gummy worms
- Pretzels
- Muesli bars
- Lollies
- Toothpicks (don't eat these – just use them to keep the food together!)

Non-Edible Materials

- Juice boxes
- Toothpicks or chopsticks
- Paperclips

- Paper
- Balloons
- Old CDs or DVDs
- Sponges
- Tape
- Rubber bands

Reflection

This activity challenged you to learn more about satellites and to channel your creative and problem solving skills to create your own using household items. How was your experience creating your satellite?

Wellbeing Box

Challenge Area	
Ages	All
Number of People Required	One

Build a mood-boosting box full of positive messages and interesting items.

What you'll need:

- Coloured pens and pencils
- A4 paper
- A glue stick
- Scissors
- Craft materials
- Magazines, unwanted posters, scraps of fabric, wrapping paper etc.
- Cardboard box such as an old shoebox
- Items to fill the wellbeing box

Instructions

1. Decorate your wellbeing box using your materials – wrapping paper works well, but scraps of fabric or unwanted posters even look great (and are environmentally friendly too). Make sure to decorate your lid separately, so it can still open and close. Feel free to be creative.
2. Write or draw positive messages on pieces of paper and pop them into the box. Think about messages that make you feel good, such as a favourite quote or song lyrics, or something you'd say to a friend who's having a bad day.
3. Fill the box with other items (small enough to fit inside the box) that make you happy. They may be things you've bought on a holiday, a funny photo or postcard that reminds you of a favourite memory, a stress ball, a list of your favourite movies, something that helps you relax or just makes you happy.

Reflection

Everyone feels down sometimes, and everyone has had bad days. This activity encouraged you to create a little 'care pack' for those times. Why did you choose to put certain items in your box? Was it easy to think of items and messages that may help when things feel tricky?