



Scouting@Home
for the
Holidays

Triple Master Chef

Challenge Area



PERSONAL GROWTH

Channel your inner master chef while learning about different cooking techniques with this special cooking challenge!

Instructions

1. Select a base ingredient.
2. Think of three different dishes you can make featuring the same base ingredient.
3. Each dish should use a different cooking technique. What different cooking techniques can you think of? Try to pick at least one you haven't tried before.
4. Plan your menu. Research recipes for each dish and pull together your grocery list.
5. Gather your ingredients.
6. With an adult's assistance, follow your recipes to cook the different dishes.
7. Enjoy your culinary masterpieces!

Safety

- Food hygiene – wash your hands at the beginning and in between touching raw and ready-to-eat ingredients
- Cooking: Make sure you're supervised by an adult at all times and always use cooking equipment safely.
- Fires and stoves: Only use a stove or oven with adult supervision.
- Scissors, knives and other sharp objects: Only use sharp objects with adult supervision and/or help.

Reflection

Practicing cooking can help you develop confidence and skills naturally in the kitchen, while learning about healthy habits. What different tastes and textures did you discover while cooking your dishes?



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Penny Hike

Challenge Area



OUTDOORS

Turn your footpaths into trails with this urban 'hike' activity. Head off on a walk with a sense of adventure and an open mind... and a coin!

What you will need

- A coin to flip
- A local street map or device with Google Maps (if required)

Instructions

1. Assemble a Project Patrol.
2. Organise a meeting place, and a day and time to go out for a walk in your local area.
3. Split the Patrol into two teams, or you could conduct this activity with two Patrols – your choice!
4. Agree on a time limit, boundaries (e.g. no major roads, 'undesirable areas' etc.) and if you think it'll be necessary to have a map to aid your return.
5. Each team should head off on their walk. Whenever you come to a junction, you must toss a coin, heading right on tails and left on heads (or straight over/right depending on the junction etc.).
6. The team that walks the furthest from the starting point wins.
7. Take photos of interesting landmarks or observations you come across during your walk, and report back to the Patrol once you're back at your original meeting place.

Safety

Make sure you follow physical distancing rules and be mindful of any cyclists or other pedestrians sharing the footpath. Wear appropriate walking shoes and make yourself visible by wearing bright, light or reflective clothing and by walking during daylight hours.

Reflection

This simple activity encouraged you to get active and spend some time outdoors with your friends. At the same time, you were encouraged to take a spontaneous approach to your walk by allowing your coin to direct your route. How did this make you feel? Did you see or discover things or places on your walk that you hadn't seen before?



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Skills Swap

Challenge Area	 COMMUNITY
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There's lots that different generations can learn from each other, and what better time to connect, teach and learn a new skill than during the holidays! While COVID-19 restrictions mean we can't spend time with our relatives face-to-face or visit nursing homes or retirement villages, why not use different modes of communication to learn a new skill or teach one.

Instructions


1. Through a letter, photos or video, think about something you could teach someone from a different generation.
2. Select someone to pair up with and ask them if they'd like to participate in your activity. They could be your parent, uncle or aunty or grandparent. You could even contact your local nursing home or retirement village and ask if they would be willing to participate, and the best way of doing this.
3. **If collaborating with a local nursing home or retirement village** - You could choose to record a short video (no more than two minutes) saying hello to the nursing home or retirement village residents, introducing yourself, telling them things you've been up to at Scouts and what you're looking forward to in 2021. Ask them lots of questions like what they enjoy doing, what they've been up to, their favourite song, a skill they would like to pass on to the next generation etc. You should ask a responsible adult to check the video before sharing with the nursing home or retirement village residents.
4. Plan the skill you'd like to teach – maybe it's a song, a skill you use to take part in a hobby, use of technology or even how to say hello in different languages.
5. Prepare your communication – how are you going to teach the skill? Will it be through words, photos or a video?
6. Send your message, and keep a look out for words of wisdom!

Reflection

Tapping into the knowledge and skills of each generation is a great way to learn. What skills did you learn through this activity? What skills did you teach? Did you need to tailor the way you communicated to ensure your participant could follow your demonstration?



Invisible Ink

Challenge Area	 CREATIVE
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Dive into the world of chemical reactions and channel your inner spy by creating invisible ink to send coded and secret messages to your friends.

What you'll need

- Lemon
- Knife (only use with an adult's help!)
- Citrus juicer
- Paper
- Paintbrush
- Iron (only use with an adult's help!)
- Ironing board

Note: You can use regular copy paper for this project. However, cardstock is a great alternative to avoid the wrinkly paper effect. The more lemon juice is applied, the darker the result.

Instructions

1. With an adult's help, cut a lemon in half with a knife.
2. Separate the lemon liquid from lemon halves using a citrus juicer.
3. Dip your paintbrush into the lemon liquid.
4. Using the paintbrush, write a secret message on a piece of paper.
5. Set the paper aside and allow the lemon liquid to dry.
6. Set up the ironing board. With an adult's help, heat up the iron, and switch the steam setting to 'off'.
7. Slowly pass the iron across the paper and watch the secret message appear.

Reflection

Lemon juice is an organic substance that oxidizes and turns brown when heated. Diluting the lemon juice in water makes it very hard to notice when you apply it to paper - no one will be aware of it until it is heated and the secret message is revealed. What other substances do you think work in the same way?



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Mindful Walk

Challenge Area	 WELLNESS
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Mindfulness is giving your full attention to the present moment - not thinking about what has already happened, or what else you need to do in your day. By practising mindfulness, you can help quiet your busy brain that is whirring away. This activity encourages you to head outside for a mindful walk.

Instructions

1. Choose a place to go for a walk.
2. Head to your selected outdoor environment. Before you begin your walk, check in with any thoughts that are running through your head.
3. Closing your eyes, start by taking a big breath through your nose. Feel the temperature of the air as it enters your body, then notice how your body warms up the air as you breathe it out. As you let your body slow down, and you take away your sense of sight by closing your eyes, your mind will start to move faster, with lots of thoughts running around and looking for your attention. Don't give these too much attention - just label them as either 'pleasant' or 'unpleasant'. Then, with each breath out, imagine you are blowing away all of those thoughts, preparing your mind to really enjoy the next few minutes of walking and observing nature.
4. Before you open your eyes, let your ears take charge and focus on the sounds you can hear around you. You might hear a bird call, or leaves moving in the wind. If you listen very carefully, you may notice the sound of small lizards or birds scuttling. Notice how hearing these small sounds of nature can make you feel. Notice also that focussing on the sounds from nature stopped your mind from trying to make you think about what you need to do or worry about things that might happen later on.
5. Open your eyes. Without talking or looking at anyone else, start your walk. Move slowly, letting your eyes take in all the plants that grow in this environment.
6. For each plant or tree that you come across, think about where it is in its life cycle. What was the previous season? What would have happened during that season? Would it have shed its leaves, or flowered? What will happen this season? Can you see any evidence of these changes? And what will happen next season?
7. Find a large tree and get right up to its base. See if you can find any of the signs of life that you were able to hear. Start by focusing on the branches of the tree, and then follow it down, right into the soil. See if you can find any places where the tree may have been damaged, such as scars,

hollows, nibbled leaves or torn bark. Although your tree might look like it has been here forever, it too is always growing and changing. Once, it was a small sapling. There was a time when the tree didn't have its scars. And one day, it will reach the end of its life and provide the chance for other life to fill its place, both by feeding the soil and letting in extra light.

8. When you've had enough time to observe, find somewhere peaceful to fill out the [Mindful Walk reflection sheet](#). It asks you to think about the changes that trees go through, and the changes that you have gone through in 2020.

Safety

Always ensure you have parent supervision when heading outside for a walk or an outdoor activity.

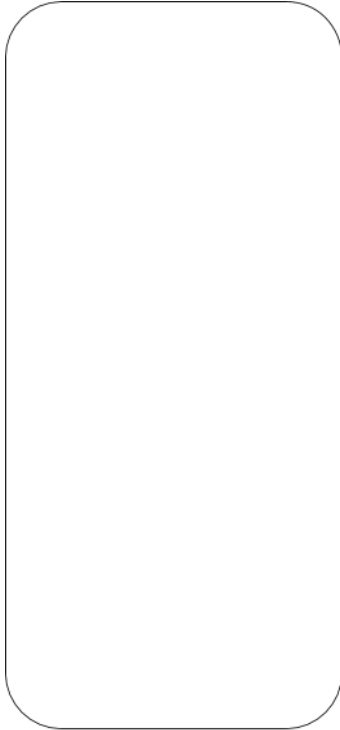
Reflection

It's normal to feel worried, unsure or frightened when there's big things going on in the world around us. It can help to remember that, in nature, there is always new life rising from what might have looked bare or damaged. How did you feel prior to your walk, and how do you feel after it?

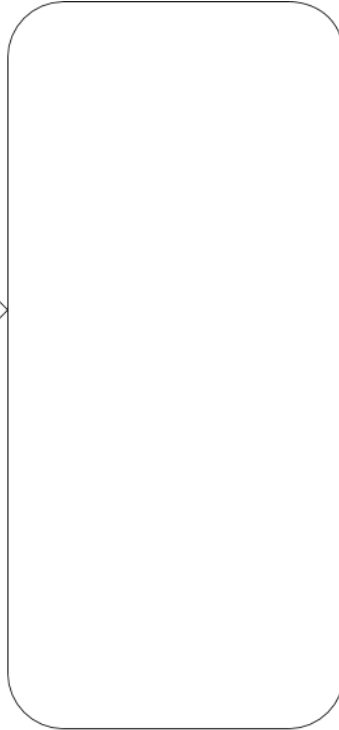
MINDFUL WALK REFLECTION

List the changes that trees go through in a year. Start with where they were in the previous season, and then list where they are now and where they will be one day. Then, do the same for yourself. Where are you now? Where have you been? Where will you be one day?

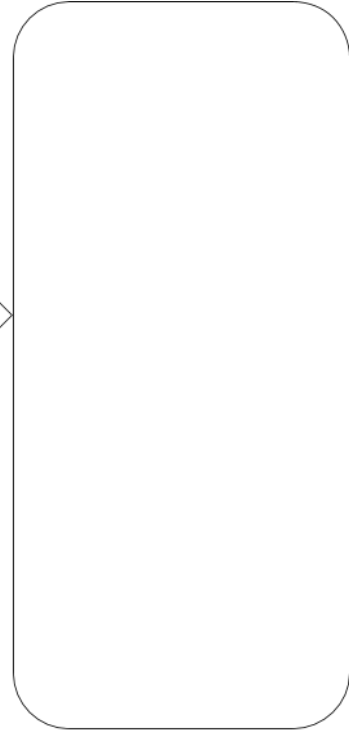
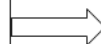
THE TREE



Before now



Now

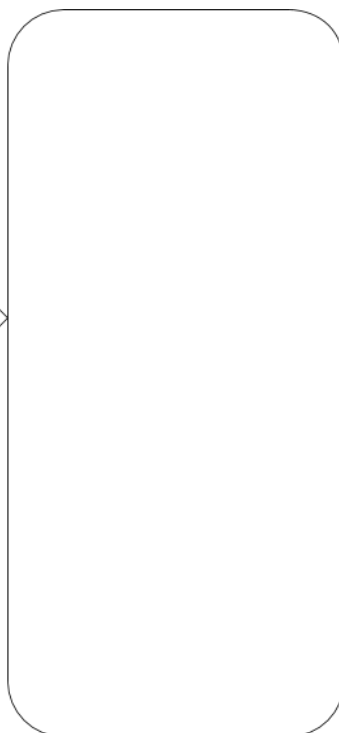
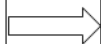


One day

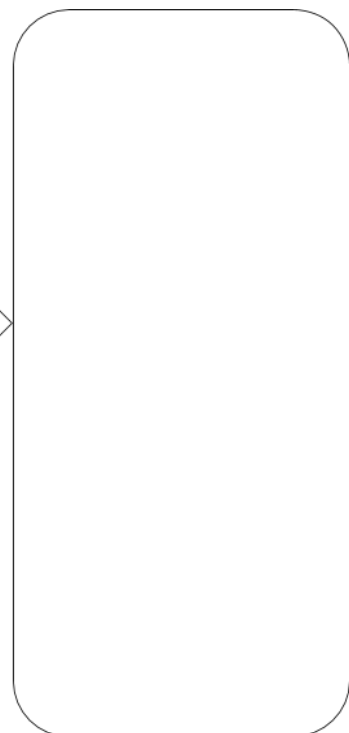
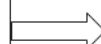
ME



Before now



Now



One day