



Navigation Names

Challenge Area	 <p>PERSONAL GROWTH</p>
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What 3 Words is an online mapping project that has assigned each 3-metre square area in the world a unique three-word address that will never change. This activity encourages you to brush up on your navigational skills, while creating your own Scouting event map using what3words!

Instructions

1. Go to <https://what3words.com/> and on the top right-hand menu click on 'Map'.
2. Using the search bar, find out the three-word address for:
 - a. Your front door at home:
 - b. The front door of your local Scout Hall:
3. Brush up on your navigational skills. Use the search bar to name the famous landmarks located at the following three-word addresses. Make sure you switch over to satellite mode by clicking the world icon in the bottom right hand corner of the screen to visually see the landmarks.
 - a. I am standing at ///forgets.dove.rooftop. What can I see?
 - b. I am standing at ///facing.quick.deal. What can I see?
 - c. I am standing at ///unfair.tiger.card. What can I see?
4. Come up with an idea for an imaginary event that you'd like to organise in 2021 to celebrate returning to Scouts.
5. Give your event a name.
6. Select a location for your event. Search for a location you know that would be suitable for your event by entering a street address or place name into the What 3 Words search bar and dragging the map to a specific location where you would like to hold your event. Remember to choose a location with lots of outdoor space such as a park, playing field, farm, school sports field.
7. Use What 3 Words to create an annotated map for your event. There are lots of important things to remember to add to your event map to ensure it is a success. Have a think of the different Scouting events you've been to. What different features or areas can you think of?
 - a. Main entrance
 - b. Emergency exits
 - c. First aid tent
 - d. Toilets and showers
 - e. Food distribution centre
 - f. HQ

- g. Mess hall
 - h. Subcamps
 - i. Main arena
 - j. On-site activity bases
8. Design your annotated map, including the three-word addresses for each of the main components. Here are some examples for reference.
 9. For an added challenge, select a number of off-site activities and use What 3 Words to find the three-word addresses for each of these. Add these to your event map.
 10. Give your event map to a friend and challenge them to locate the main event location and off-site activities.

Reflection

This activity encouraged you to brush up on your navigational and creative skills, while using the handy What 3 Words tool. What other activities can you think of doing using What 3 Words?



What 3 Words Walk

Challenge Area	 <p>OUTDOORS</p>
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Use the What 3 Words website/app to plot a route around your local area (or a new one!) to walk around with your family or friends.

What you'll need

- Scrap paper
- Pens or pencils
- Coloured pencils, crayons or markers
- Computer with internet connection

Instructions

1. Form a Project Patrol.
2. Think about your local area (or an area close by which you would like to explore).
3. Write down at least five different 'stops' or 'vantage points' you'd like to visit in your walk, and the distance from one stop to the next. Each person in the Patrol should choose a different 'stop' or 'vantage point'.
4. Each person in the Patrol should visit the What 3 Words website - <https://what3words.com/>, and complete Steps 5-6 separately.
5. Select the map function on the top hand menu.
6. Type in the location for your selected vantage point and write down the three-word address for it.
7. Each Patrol Member should share their three-word address for their selected 'stop' or 'vantage point'.
8. As a Patrol, create your route map, noting down the three-word addresses for each vantage point, the total distance and the distance between each vantage point.
9. As a Patrol, decode the route using What 3 Words.
10. Using the decoded route map, organise a day walk with your Patrol! You can even organise separate walks with your family.

Reflection

This activity encouraged you to work together as a team to plot a route around your local area. How did you work together to come up with a cohesive walk? How did you feel about spending time outdoors and using What 3 Words to map your route? Did that make the overall experience more fun?



Community Posters

Challenge Area	 <p>COMMUNITY</p>
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Choose a local cause to support in 2021 and design a poster that will highlight what you and your Patrol can do to help support them and make the world a better place for them.

Instructions

1. Assemble a Project Patrol.
2. Think about the different community charities or causes in your local area.
3. Consider the purpose of the cause and what challenges they may face.
4. How can you support one of these groups?
5. Design a poster highlighting what you and the community can do to support the group in 2021.
6. Keep your poster and bring it to Scouts when you return in the new year. Discuss ways you and your Unit can work together to bring it to life!

Reflection

This activity encouraged you to think about local causes you can support. It emphasised the reality that we are all part of a wider community and our actions can help create a better world.



Egg Drop Experiment

Challenge Area	 CREATIVE
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Explore the importance of car safety with this fun egg drop experiment! The aim of the game is to build a car or 'car' or device to try to protect your egg or 'passenger' from a drop and keep it intact. Will your egg survive the impact of a crash? Time will only tell!

Note: this experiment involves a lot of trial and error, so make sure you speak to an adult about buying and using raw eggs for your testing.

For extra fun, have an adult or sibling record a video showing you creating your car, explaining the features and performing the drops!

What you'll need

- A set of raw eggs
- Supplies to create your "car" and safety features – examples include tape, glue, cardboard, Styrofoam, scissors, recyclable materials, junk etc.
- Supplies to create a "drop point" target – paper, markers, tape etc.
- Measuring tape or ruler to measure distance to the drop point

Instructions

1. Obtain a set of raw eggs.
2. Think of the different safety features fitted in a car designed to keep you safe. How do they work?
3. Plan your 'car' or device design with the aim to secure and protect your egg so that when it is dropped, it doesn't break. How can you incorporate different safety features?
4. Draw your design and its different elements and note down how each will work together to keep your egg intact.
5. Gather your supplies. Make sure you check with your parents first before you use anything from around your home.
6. Using your supplies, construct your car or device. Don't forget to clean up after yourself!
7. Find a good spot from which to make your drop. Ideally, you should test out at least three different heights/distances to compare the impact of each. For example – 1 metre, 2 metres and 5 metres.
8. Using your supplies, mark a target directly beneath the drop point.
9. Secure one raw egg "passenger" in the "car" and bring it to the drop point.

10. Perform the egg drop, starting from the lowest height level. Aim to drop your egg as close as possible to the designated drop point.
11. Measure the accuracy of the drop – how close is it to the drop point? Assess the “car” or device, and test for any breakages. If there are, amend your “car” if need be. If your egg survives the first height level, move on to the second.
12. Repeat the process until you reach the third height level.
13. Reflect on your design(s) and how they created to protect the egg and land close to the target.

Safety

- Be careful when cutting materials and always point scissors away from you. If you are going to use sharp tools, ask permission from your parents first and ask them to help you.
- If dropping from a height such as a second story window or balcony, be sure to maintain proper distance from the edge. For greatest safety on higher drops, have an adult or parent drop your car or device for you.
- Be sure the drop point remains clear for quite a surrounding distance, especially on a windy day. Falling eggs could harm someone, and raw eggs are messy and unsanitary.

Reflection

What ideas worked the best to protect the egg? Why do you think they worked? Which ideas looked promising in the design phase, but did not work well? What went wrong? How would you improve your designs to better protect the egg?

Meditation Moments

Challenge Area	 <p>WELLNESS</p>
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This meditation activity brings a visual component to a deep breathing exercise!

Instructions

1. Settle into a quiet place in your house.
2. Sit down comfortably on a chair, making sure you sit up straight and have both feet flat on the floor. Allow your shoulders to relax and slowly close your eyes.
3. Relax your body and begin to take deep breaths in and slow breaths out through your nose.
4. Think of your favourite colour and picture a giant balloon of that colour in your mind.
5. Start to take a slow, deep breath to fill your belly up with air, as if you're trying to blow up the giant balloon. Expand your belly as much as you can.
6. When the balloon is totally full, slowly let the air out of the balloon (through the nose) as you release the breath from your belly.
7. Focus on the way your body relaxes each time you exhale, and each time air is slowly being released from the "balloon". You can even make a "hissing" noise to slow down your exhale even more, "like letting air out of the balloon."
8. Continue for three more minutes.
9. When you're ready, open your eyes.

Reflection

Meditation is a great way to relax, slow down and build mindfulness. How did your body feel while inhaling/blowing up the balloon? How did it feel while exhaling/releasing air from the balloon? How do you feel after the meditation exercise?