




Get that Lingo!

Challenge Area	 <p>PERSONAL GROWTH</p>
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Communicating in a new language can be very difficult, but it's sometimes a fun challenge we face, especially when traveling. This activity encourages you to work in a Project Patrol to learn common phrases in a different language.

Instructions

1. Assemble your Project Patrol.
2. Think about the steps you need to take to complete this activity. How will you get access to a language learning platform? How will you make sure everyone in your Project Patrol can be involved? What supplies will you need for this activity?
3. Allocate a different language for each Project Patrol member.
4. Brainstorm common phrases each Patrol member should learn. For example, 'hello', 'can you help me find this?' etc.
5. Using a language learning platform, such as Duolingo or Google Translate, each Patrol member should learn the common phrases of their allocated language.
6. Take a voice note of you speaking and compare it with the real phrase. How close do they sound? Keep recording to practise your new words.
7. Gather as a Project Patrol and take turns sharing the different phrases you learned. Try to mix it up and guess what each of the phrases mean!

Reflection

How did it feel to speak in a different language and say different sounds and words? Which languages were the most difficult to speak? How did it feel to not understand what others were saying to you?



Shadow Pictures

Challenge Area	 OUTDOORS
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A day outdoors and in the sun is always a lot of fun. Whether you're at the beach enjoying building sandcastles, in your backyard playing a game, or at the national park doing a spot of hiking, the outdoors is full of natural materials that we can use to create real works of art.

This activity encourages you to channel your inner artist as you use natural materials to create shadow pictures!

Instructions

1. Think about different shadow pictures you can create, and what types of materials you can use.
2. Use sticks, leaves, rocks, shells or any other natural materials you can find to create sculptures that cast interesting shadows on the floor.
3. When you have your shadows just right, take a picture of your sculpture!
4. For an added challenge, try to create a stop motion animation using your different shadow pictures!

Safety

Usually when we spend time outdoors it is on a bright sunny day. What do you need to remember to stay safe when you are out in the sun?

Reflection

What shadows did you create? How did you make your shadows? What materials were best for creating the shadows? What materials didn't work as well? What other creative things can you do outdoors?



Our Promise

Challenge Area	 COMMUNITY
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Our Promise is something that connects every member of Scouts across the world, no matter their language, culture or beliefs. It brings us all together and is what makes Scouting so special. Your Scouting family is all around the world and members of a global group called the World Association of Scouting Movement (WOSM).

This activity encourages you to assemble a Project Patrol and each explore what the Scout Promise means to you, and how you can bring it to life in 2021.

Instructions

1. Assemble a Project Patrol.
2. Reflect on what the Scout Promise means to you.
3. What values does the Scout Promise show?
4. Go through each line in the Scout Promise and note down actions you can do this year to live it out. For example, with "To contribute to my community and to our world" – what could you do in 2021 to be kind and helpful to your friends, family or people in your community?
5. Come together as a Project Patrol and take turns to share your ideas.
6. Brainstorm ways you can, as a Project Patrol, make your Scout Promise in a different way. Perhaps you could learn how to sign the Promise in Auslan, in a different language or while doing something that pushes you out of your comfort zone.

Reflection

This activity encouraged you to reflect on the Scout Promise and how you can bring these values to life. When reflecting on the Promise did you come across particular parts that stood out to you more than others?

Make your own pH Indicator

Challenge Area



CREATIVE

Adults, especially dentists, are always telling us “don’t drink that, don’t eat that - it’ll rot your teeth”! In this experiment, you’re going to make your own pH indicator using everyday ingredients. With your indicator, you’ll test out some common substances around the home (including your favourite fizzy drinks) to find out if they’re as bad for you as the dentists say they are.

What you will need

- Cabbage
- A large glass container
- Blender or knife (use only with adult supervision)
- Boiling water
- Filter paper or sieve
- A large bowl
- Measuring cup
- Substances to test – see step 5
- [pH indicator table and guide](#)

Instructions

1. Chop the cabbage up into little pieces until you have about two cups of cabbage. If you have a blender, you could use this to chop the cabbage and for Step 2.
2. Place the cabbage into a large glass container and add boiling water until the cabbage is completely covered. Leave for at least 10 minutes to let the colour seep out of the cabbage and for the water to cool somewhat.
3. Filter out the cabbage by pouring the contents of your container through filter paper and into another suitably sized container or bowl. If you don’t have filter paper, and depending on how finely the cabbage was chopped, a sieve could be used to filter out the cabbage. The liquid you have collected is your new pH indicator fluid.
4. Use a measuring cup to pour 50-100 mL of your indicator into six smaller containers (if you have enough indicator left over, you can use more containers and test more substances). You’re all set to start testing pH!
5. Find six substances around the house to test, one for each container of cabbage indicator you have. Here are some easy suggestions (we highly recommend testing those with *):
 - a. Water (this should be neutral and can be used to determine what almost neutral pH looks like for comparison)

- b. Milk
 - c. Soft drinks*
 - d. Fruit/fruit juice*
 - e. Dishwashing detergent
 - f. Toothpaste*
 - g. Coffee
 - h. Tea
 - i. A dissolved sugar cube/loose sugar (mix the sugar with hot water for it to dissolve quickly)
 - j. Antacid tablets or liquids
 - k. Vinegar
6. If the substance you want to test is solid, you could try crushing it and mixing with hot water (as you did with the cabbage) so it can more easily change the pH of the water (this will have mixed effectiveness depending on how easily it can dissolve)
 7. For each of the substances you collect, [fill in the table](#) with your prediction of whether it will turn out to be an acid, alkali or neutral.
 8. For each substance, add a small volume of it to the cabbage indicator liquid. Note the colour the indicator turns and complete the table here, using the chart to help. Use a different container for each substance, otherwise, your results won't be accurate.

Safety

- Always have adult supervision, especially when handling sharp or hot objects.
- A knife or a blender is needed to chop the cabbage. Be careful with sharp blades and be sure to keep fingers out of the way when chopping!
- Boiling water can be used to soak the chopped cabbage. Handle hot water and any container of hot water with a lot of care and attention. If any water is spilt, mop it up as quickly as possible to avoid slipping. Cold water can be used in place of boiling water, but it will just take longer for the colour to seep out of the cabbage.
- If possible, eye protection should be worn to prevent any liquids from getting into the eyes. Rinse eyes with water should any contact occur.

Reflection

The pH of different substances can be tested using a pH indicator. The pH is a measure of how acidic or alkali a substance is; a low pH (pH 1-6) is classed as acidic, a high pH (pH 8-14) is classed as alkaline, and a pH of 7 is classed as neutral (neither acid or alkali).

The chemicals that give red cabbage its colour, as well as many other strongly coloured plants, can be used to measure pH. The chemicals found in red cabbage leaves can be extracted by smashing open the cabbage leaf cells to release colourful colour-changing chemicals. Very acidic solutions turn red, alkaline solutions turn greenish-yellow and close-to-neutral substances are a purplish-blue colour.

How accurate were your predictions? Were there any that surprised you, e.g. was it more neutral than you thought it would be? Which substances were acidic? Was this what you expected? What do you notice about the sort of substances that are acids? What do you notice about the sorts of substances that are alkaline?

Knowing what you now know about which foods are acidic, and that this can speed up the process of tooth decay, will you think differently about what you eat or drink? What can you do to prevent tooth decay, even if you like the occasional fizzy drink?



Acidic	Neutral	Alkaline
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Colour	Red	Purple	Violet	Purplish-blue	Blue	Blue-green	Greenish-yellow
pH	2	4	6	7	8	10	12
	Acidic			Neutral	Alkaline		



Snack Art

Challenge Area	 WELLNESS
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Toothpicks and fruit, that's all you'll need for this activity! While we're constantly reminded not to play with our food, this activity encourages us to think outside the box by building a sculpture or structure using our fruit (plus, we can eat them as we go, too!).

Instructions

1. Plan your structure:
 - a. What are some of your favourite fruits?
 - b. What type of structure can you imagine making using those fruits and toothpicks?
2. Chop your fruits into cubes to create building blocks.
3. Using your fruits and toothpicks, assemble your structure.
4. Take a photo of your structure and send it to communications@nsw.scouts.com.au so we can share it with the Scouting community!
5. Eat all the fruit you've used!

Reflection

Eating healthy foods such as fruit is important for our overall physical health. Having fun with your food – well, that just a bonus!