



# Scouting@Home

## Weekly Program Ideas



### Week 4



#### PERSONAL GROWTH

##### Building a Budget

This activity encourages us to find out more about ourselves and our habits. A person might better understand the value of something because they're forced to link the money they want to spend to how long it takes to earn or save.



#### OUTDOORS

##### Bee Hotel

Native bees need your help. Bee populations in Australia and worldwide are declining due to the growth of our towns and cities but did you know that you can help by building them their own hotel in your backyard?



#### COMMUNITY

##### Cubornet 2021

The benefits of Cubornet range from developing social skills in the virtual environment, increasing the ability of the Cubs to successfully maneuver around and operate a computer, increasing emotional intellect, and assisting in their academic endeavors.



#### CREATIVE

##### Youth Voices COVID-19 Video Competition

This is an exercise that can help to create a playlist that young people can access whenever they want and will hopefully provide some relief and entertainment during what is a challenging time for all.




#### WELLNESS

##### Whey Bread

It's easy to envision a group of Vikings, ravenous after a long day of ransacking, devouring giant hunks of meat. Viking food included a range of foods that any health-minded modern person would applaud.

# Building a Budget

|                           |   |
|---------------------------|---|
| Challenge Area            | <br><b>PERSONAL GROWTH</b> |
| Ages                      | Venturer & Rover  |
| Number of People Required | One   |

Want to get better at saving or be a bit more responsible with your money? Then budgeting is for you!

## Instructions

1. Figure out what expenses and contingencies you need to budget for and consider (e.g. rent, bills, food, etc.).
2. Think about any products at a bank that might help you save for the long term (e.g. high interest savings account or term deposits).
3. Choose a period you want to budget for - a month, a year, longer?
4. Work out how you are going to track your budget.
5. Set savings goals and track your spending habits.




## Reflection

This activity encourages us to find out more about ourselves and our habits. A good savings habit, along with budgeting, allows you to develop discipline, a universal skill you can apply to other areas of your life. A person might better understand the value of something because they're forced to link the money they want to spend to how long it takes to earn or save.

What skills did you learn during this activity?

# Bee Hotel

|                           |   |
|---------------------------|---|
| Challenge Area            |  <p>OUTDOORS</p> |
| Ages                      | All   |
| Number of People Required | One   |

Native bees need your help. Bee populations in Australia and worldwide are declining due to the growth of our towns and cities but did you know that you can help by building them their own hotel in your backyard? Here's how!

## Instructions


1. If you have tree stumps or logs, drilling holes in them is all you need to do. No logs? Any offcuts of timber will do, but make sure they have not been chemically treated. Drill the holes so the entrance faces sideways, not straight up.
2. Small nests on the ground can be easily constructed with twigs, bark and wire to hold them together. Locate them out of the way so they are not destroyed by birds or people or your dog trampling all over them.
3. Lengths of bamboo are an excellent choice, as the entrance is just the right size for bees. Seal one end so they feel safe enough to lay eggs. Around 15 to 20cm long is perfect.
4. Holes poked into lumps of builders clay then left to dry out
5. Cement breeze blocks and bricks with holes in them are very simple hotels as long as one side is sealed – use a natural material like clay, mud or even mulch or dead leaves.



## Reflection

Once your hotel is up and running, it shouldn't take long before your first guests arrive. Watch them from a safe distance and enjoy your new backyard buddies! How did your bees like their new home?

# Cubornet 2021

|                           |  |
|---------------------------|--|
| Challenge Area            | <br>COMMUNITY |
| Ages                      | Cubs   |
| Number of People Required | One  |

Have you ever wanted to plan your own virtual Cub Scout camp? This activity would be great for Leaders to utilise with their own Cub Scouts.

## Instructions

1. [Click here to use the template attached](#) to plan out your weekend.
2. Have a look at the example activities.
3. Choose which ones you would like to do.
4. Write them down and list any equipment you will need so you can be ready before the activity starts. You should do this at least 1 week before Cubornet




## Reflection

The benefits of Cubornet range from developing social skills in the virtual environment, increasing the ability of the Cubs to successfully maneuver around and operate a computer, increasing emotional intellect, and assisting in their academic endeavors. This virtual camp will be sure to get your Cubs having some fun while we are Scouting@Home!



# Youth Voices COVID-19 Video Competition

|                           |   |
|---------------------------|---|
| Challenge Area            | <br>CREATIVE |
| Ages                      | All   |
| Number of People Required | One   |

The Office of the Advocate for Children and Young People is asking for young people in NSW to be part of the ultimate 'Young People Spotify Playlist'. The competition has been launched Thursday, 16 September and will close at 5.00pm Friday, 15 October. Here's how to enter:

## Instructions

1. All you have to do is submit a song request through this form: [Spotify - Young Peoples Playlist Form](#)
2. Make sure that the songs you select are appropriate and do not contain rude or offensive language.
3. All entries will put you in the running to win one of the ten prizes on offer. This will be done at a random draw at the end of the competition.
4. To be in the draw to win the gift vouchers, entrants must leave their full name and their contact number so ACYP can identify you.




## Reflection

This is an exercise that can help to create a playlist that young people can access whenever they want and will hopefully provide some relief and entertainment during what is a challenging time for all.

Consider continuing to practice this as a mindfulness exercise, especially when you are needing to find something to help you go on walks, cook, paint and everything else!

# Baking During the Viking Age - Whey Bread

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

It's easy to envision a group of Vikings, ravenous after a long day of ransacking, devouring giant hunks of meat. But that wouldn't accurately tell the truth is that every day. Viking food included a range of foods that any health-minded modern person would applaud.

## Ingredients

- Flour of choice
- 1 teaspoon salt
- Liquid, consisting of half water and half whey

## Instructions

1. Mix the flour, salt and liquid (which should be half water and half whey).
2. Form balls and rest overnight.
3. Light a fire under a large flat stone or a large ceramic shard that rests on some other stones.
4. Put the dough on the hot stone and allow to cook until golden brown.



## Reflection

When you prepare your own meals, you have more control over the ingredients. By cooking for yourself, you can ensure that you and your family eat fresh, wholesome meals. This can help you to feel healthier, boost your energy, stabilize your mood, and improve your sleep. How did your family like your food creation?