



Scouting@Home

Weekly Program Ideas



Week 5



PERSONAL GROWTH

Survival on the Moon

Learning about space helps to address fundamental questions about our place in the Universe and the history of our solar system. Share your space list around and learn about the benefits of space exploration!



OUTDOORS

Get Your Move On

This activity is a great chance to be active. This activity is also a good chance to value the outdoors.



COMMUNITY

Humpback Whale Celebration

The humpback whale is classed as vulnerable which means that they are likely to become endangered within the near future if we don't look after them. Here's an activity you can do to help celebrate the Eastern Humpback whales of Australia.



CREATIVE

Scouts Stop Motion

This exercise introduces you to the process of film-making. By creating a stop-motion you'll gain insight into the workings of film, incorporating the same technique as the one used in many animated films including Wallace and Grommit, the first Lego movie and The Box Trolls!




WELLNESS

Switch Off

As our relationship with media has grown, the research has mounted: Excessive media use is not good for us. The good news is that taking a media break is a powerful way to improve our well-being.

Survival on the Moon

Challenge Area	 PERSONAL GROWTH
Ages	All
Number of People Required	One

You are a member of a space crew originally scheduled to rendezvous with a mother ship on the lighted surface of the moon. However, due to mechanical difficulties, your ship was forced to land at a spot 300km from the rendezvous point. During landing, much of the equipment aboard was damaged and, since survival depends on reaching the mother ship, the most critical items available must be chosen for the 300km trip.

Instructions

- Rank order these items in terms of their importance for your crew in allowing you to reach the rendezvous point.

- Undamaged items
- Box of matches
- Food concentrate
- 15m of nylon rope
- Parachute silk
- Portable heating unit
- Two .45 calibre pistols
- One case of dehydrated milk
- Stellar map
- Self-inflating life raft
- Magnetic compass
- 20 litres of water
- Signal flares
- First aid kit, including injection needle
- Solar-powered FM receiver-transmitter
- Two 50kg tanks of oxygen




Reflection

Learning about space helps to address fundamental questions about our place in the Universe and the history of our solar system. Through addressing the challenges related to human space exploration we expand technology, create new industries, and help to foster a peaceful connection with other nations. Share your space list around and learn about the benefits of space exploration!

What skills did you learn during this activity?



Get Your Move On

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

Spend 20 minutes outdoors in your backyard creating your own exercise circuit program!

Instructions

1. Assemble a Project Patrol with at least one other person.
2. Depending on the number of people in your Patrol, decide how many exercises and repetitions you want to do over 20 minutes, and divide the number of exercises among each other to make sure everyone has a turn leading the group.
3. Discuss ways to structure the circuit. Check out some guidelines [here](#).
4. Discuss any hazards around you and what you will do to reduce risks - e.g. take into consideration where you are exercising, whether it is on grass or on even concrete.
5. Think about what exercise you would like to lead. Try incorporate exercises that don't need equipment. See [here](#) for examples.
6. Take turns leading your Patrol through the exercises.
7. Keep count of the number of reps you do and stick to a 20-minute circuit to make sure you don't overdo it.

Reflection

This activity was a great chance to be active. Did you enjoy it? How did your body feel before, during, and after completing the circuit? Why is it important to be active? How could you make your next circuit even more fun, and what other ways can you stay active? This activity was also a good chance to value the outdoors. Was it nice to be outside? Do you prefer exercising outdoors or indoors?

Humpback Whale Celebration

Challenge Area	 COMMUNITY
Ages	All
Number of People Required	One

The humpback whale is classed as vulnerable which means that they are likely to become endangered within the near future if we don't look after them.

Each year between April and November, Australia's eastern coastline comes alive with the spectacular acrobatic displays of humpback whales. After a summer of feeding on krill in Antarctic waters, these charismatic whales migrate north to sub-tropical waters where they mate and give birth. During their annual migration of up to 10 000 km, humpbacks attract thousands of visitors to coastal towns such as Eden, Byron Bay and Hervey Bay.

Here's an activity you can do to help celebrate the Eastern Humpback whales of Australia.

Instructions:


1. Listen to the book: <https://www.youtube.com/watch?v=tUDF3GSrZ9g>.
2. Listen to a real humpback whale's song: <https://www.youtube.com/watch?v=F8Zt3mYIOqU>.
3. Make a whale using a paper plate.
4. Draw a humpback whale.
5. Make a poster to inform people that we need to look after our humpback whales.



Reflection

Whales are at the top of the food chain and have an important role in the overall health of the marine environment. Whales play a significant role in capturing carbon from the atmosphere; each great whale sequesters an estimated 33 tons of CO2 on average, thus playing their part in the fight against climate change. There are many organisations that try and protect the humpback whales. Ask your parents and carers to see if you can research some of them. How did you help protect the whales?

Scouts Stop Motion

Challenge Area	 <p>CREATIVE</p>
Ages	All
Number of People Required	One

Have you ever wanted to create a stop motion animation? This is where an object is photographed, a small adjustment is made and another photograph is taken. This is repeated until the desired finish point is reached. Then all the photographs are played in order so that a moving picture is created.

Click [here](#) to see an amazing example of a stop motion animation.

Instructions

1. Think of a theme or concept for the video, e.g. a vertical activity, paddling, cycling, aquatic activities etc.
2. Sketch out a storyboard of your animation. Think of each frame of the storyboard as one frame of your animation. Try to make each frame contain some element of transformation or movement so viewers can clearly distinguish what is happening throughout the entire video.
3. Create all the necessary props for your video. For example, a camera, smartphone, a tripod or stand to hold your device steady and any other objects including household items and other materials you want to use that will be the main subject of your video.
4. Set up your scene. Remember to think about the backdrop you want for your video. Try to stick with plain backgrounds so as to not distract the viewer from the focus of your project.
5. Begin filming! Using a tripod, make sure objects/actors/subject in your shoot are in a consistent place. Try to avoid moving around the tripod and your props around too much - sudden movements can cause jumping which will make your end product look choppy. As you're photographing one frame at a time, make sure to check each photo to see if the subject is in focus.
6. Edit your video. There are a number of free apps available online which can help stitch up the animation.
7. Share your video with us via email to communications@nsw.scouts.com.au or by tagging #ScoutsNSW on social media!

Reflection

This exercise introduces you to the process of film-making. By creating a stop-motion you'll gain insight into the workings of film, incorporating the same technique as the one used in many animated films including Wallace and Grommit, the first Lego movie and The Box Trolls! What were the main challenges of creating a film? How did you address them?

Switch Off

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

Spend time off-screen with our switch off challenge!

Instructions

1. Select a day this week and closely monitor your screen usage during free time including how much time you spend watching television, playing games on the computer, using your phone or iPad. Note – this does not include the time you spend using your computer for school or work.
2. For every hour you spent on screens that day (on your phone, computer, iPad, television), spend an hour doing something offline (and screen-free). Depending on how many hours you clocked up, you can spread these over multiple days.

Reflection

As our relationship with mobile devices has grown, the research evidence has mounted: Excessive media use is not good for us physically, mentally, or emotionally. The good news is that taking a media break is a powerful way to improve our well-being.

What are some activities you did that didn't involve spending time on screens? How can you make a concentrated effort to make sure you reduce your screen time?