

YEARS OF West Thorpe Methodist Scouts

West Thorpe Methodist Beavers Home Badge Tasks Hi All,

As you will be aware, due to unforeseen circumstances, we are unable to meet as a Beaver colony at the moment. However, this does not have to halt your Beaver Scout journey. We can be Beaver Scouts wherever we are in whatever we do. Let's all remember our Beaver Scout promise and aspire to do your best and be kind and helpful in everything that you do!

'l promise to do my best To be kind and helpful And to love God.'

To support you during your time at home, we have produced a booklet containing activity ideas that you may wish to complete in order to achieve your activity badges. Each activity is simple and easy to complete with limited or no resources! Please check your uniform for the badges to see which ones you already have so that you don't do the same ones twice!

If you have any questions about anything provided, do get in touch with <u>westthorpescouts@outlook.com</u> or alternatively on Facebook on the <u>West Thorpe Methodist Scout Group page</u>, or send us a message on Instagram <u>@wtscouts</u> – we are more than happy to help!

Jo Dennis (Oak) & Tom Ibbott West Thorpe Methodist Beavers

Evidence of Activity Completion

For each of the activities and badges provided in this booklet, I have also attached information regarding the evidence that we, as leaders, need to be able to see before signing off for the badge.

<u>ALL</u> Evidence should be emailed to <u>westthorpescouts@outlook.com</u>, where we will be able to view it and process it quickly for you.

Alternatively, you may choose to wait until the next time that we meet as a Beaver colony – whenever that may be – which is fine also, to present your evidence.

Jonibbolo

Tom Ibbott West Thorpe Methodist Scout Group

N.B. The following Beavers Activity Badges have <u>not</u> been included in this booklet, as they require a significant amount of outdoor/social activities: Camp Craft; Explore; Safety; Sports.



ANIMAL FRIEND ACTIVITY BADGE



RESOURCES NEEDED:

- A Pet
- Paper
- Pens
- Appendix 1

To earn your Animal Friend Activity Badge, please complete <u>all</u> of the following home activities:

- Learn a bit about your pet speak to adults, research on the internet. Find out about its food, habitat, exercise, where it sleeps and anything else that you find interesting!
- 2. Help to take care of this animal for four weeks you may want to feed it every day, play with it or take it for a short walk with an adult!

EVIDENCE NEEDED:

To be signed off for this badge, we would like you to produce a profile for your animal (See Appendix 1 for template) listing what you have learnt and how you have helped. You may want to include pictures of what you have done or drawings of the animal.

OR

If you prefer, you may record a video of yourself talking about the animal, what you have learnt and how you have looked after it for four weeks.



BOOK READER ACTIVITY BADGE



RESOURCES NEEDED:

- 6 Books
- Paper/Card
- Pens
- Decorations, e.g. tissue paper/sequins/glitter etc. (Optional)
- Appendix 2

To earn your Book Reader Activity Badge, please complete <u>all</u> of the following home activities:

- Design a cover for your favourite book. Choose a book which you really enjoy and take some time drawing an appropriate cover for it. Think about the colours, the characters and the pictures. You could use the actual book to help with spelling the title and the author's name!
- 2. Create a bookmark (See Appendix 2 for printable templates) which you can use to keep your place when you are reading. Make this as colourful and decorative as you like! You may wish to use decorations, or you could just use colouring pens/pencils/crayons, if you prefer.
- 3. Read 6 books. You may want to read independently, or you could read to/with a grown-up.

EVIDENCE NEEDED:

To be signed off for this badge, we would like to see evidence of the book cover AND bookmark that you have created. This could just be a picture of what you have done or you could bring them in to our next Beaver colony meeting.

AND

We also require a short letter/message of confirmation from an adult to confirm that you have read six books of your choice.



- A Computer with Drawing/Painting Software OR Paper and Pens
- Building materials, e.g. lego bricks or building blocks OR Recycled materials that you could use to build something, e.g. cardboard/toilet roll tubes/yoghurt pots/plastic bottles.

To earn your Builder Activity Badge, please complete <u>all</u> of the following home activities:

- Design something which you would like to make (this could be absolutely anything from a car to a castle!). We would like you to draw or design an image of something interesting that you would like to build. Try to add as much detail as you can. Label it, thinking about what materials you will use to build your mode!!
- 2. Build your design. Try to get it as close to your initial design as you can. If you struggle to create part of your model, think about how you could overcome this – are there any other materials that you could use instead to help you out?

EVIDENCE NEEDED:

To be signed off for this badge, we would like to see both your initial design AND your final product.

You may want to take pictures and send them into us to sign them off or you could bring them along to the next colony meeting.

If your initial design was done using computer software, there is no need to print this off – a picture will suffice!



NONE

To earn your Collector Activity Badge, please complete the following home activity:

- 1. Spend up to six weeks making a collection. It is completely up to you what you collect. Some good examples could be:
 - conkers
 - football stickers
 - stamps
 - coins

EVIDENCE NEEDED:

To be signed off for this badge, we would like to see evidence of your collection and some of the items within it.

Please send a video of yourself, showing your collection and some of the items in it, to the contact details listed on Page 2.





- A Mobile Phone (<u>Borrowed</u> from an adult)
- Two flags (Semaphore) OR An object with an on/off signal, e.g. a torch (Morse code)
- Appendix 3 & 4
- Youtube Clip (Morse Code Only): <u>https://www.youtube.com/watch?v=RiG2V-c0joo&feature=youtu.be</u>

To earn your Communicator Activity Badge, please complete <u>all</u> of the following home activities:

- 1. With help from an adult, learn how to use a phone to make a phone call and send a text message. (If preferred you could learn how to send an email instead).
- Have a look at the morse code (See Video & Appendix 3) OR semaphore alphabets (Appendix 4). Choose one that you would like to learn a little bit and have a go at spelling your name using the symbols.
- 3. See if you can solve a message that someone has spelt for you in your chosen communication method.

EVIDENCE NEEDED:

Record a video of you spelling your name using your chosen communication method.

AND

Written evidence from an adult to confirm that you have completed all of the above tasks.



- A Computer (For Research)
- Ingredients to cook with

To earn your Cook Activity Badge, please complete <u>all</u> of the following home activities:

- 1. Research what a 'balanced diet' is. Talk to an adult about what makes a healthy diet.
- 2. Talk to an adult about the importance of being safe and clean in a kitchen.
- 3. Choose three dishes that you can prepare and cook (adult supervision is allowed). We ask that at least one of the dishes is savoury and at least one is sweet.

EVIDENCE NEEDED:

Pictures of the three dishes that you have created. It would also be good to see some pictures of the process (i.e. cutting the vegetables, mixing the sauce etc.)







- Imagination!
- The majority of the resources here completely depend on which path you choose to take.

To earn your Creative Activity Badge, please complete <u>all</u> of the following home activities:

- 1. Put on a performance for your family. You may choose to do a poem, a puppet show, a short play, a dance or something else completely different!
- 2. Do a craft. We would love you to think outside the box here if you can! You may choose to make/decorate a card, a painting, a shop-bought craft kit - or something totally different!
- 3. Construct something. This can be the same thing that you have made for the Builder Activity Badge. If you choose not to do the Builder badge, then we would like you to make something awesome here! You may make something out of recycled materials, something using lego, something using clay/plasticine/play doh.
- 4. Be imaginative! You could do just about anything here! You may choose to make a model of what the world will look like in 100 years, create a cartoon character and write a short story, make a superhero and write a profile for them, telling people what powers they have – or something totally different – it is completely up to you!

EVIDENCE NEEDED:

We would love to see a video of the performance that you have put on for your family (however, this is not essential – a note of confirmation from an adult will suffice).

Pictures of your craft creation and your construction will be required, as well as some sort of evidence to confirm your 'Imaginative' creation (this will vary depending on what you choose to create).



- A bike
- A bike helmet
- Tyre pump

To earn your Cyclist Activity Badge, please complete <u>all</u> of the following home activities:

- 1. Speak to an adult about why it is important to wear safety equipment on a bike, like a helmet or reflective clothing; and why lights are also important.
- 2. Learn how to put on your own bike helmet and have a go at doing this.
- 3. Learn how to pump up a tyre and have a go at doing this, with the help of an adult.
- 4. With consideration for social distancing measures, go on a short bike ride in a safe place (we recommend doing this accompanied by an adult).

EVIDENCE NEEDED:

Photos of you putting on your own helmet and pumping up a tyre. If safe to do so, a picture of you riding your bike would also be great.



- A Computer (For Research)
- Equipment for a small indoor assault course, e.g. cones/beanbags
- Blindfold
- Appendices 5 & 6

To earn your Disability Awareness Activity Badge, please complete <u>all</u> of the following home activities:

- 1. Find out what 'disability' means. What is a disability? Can you find out any examples of a disability?
- 2. Physical Disability Awareness Find out what people who are physically impaired, can use to help them.
- 3. Deaf Awareness Spell your name using the fingerspelling sign language technique (See Appendix 5).
- 4. Sight Awareness Set up a small assault course, either inside the house or outside. Blindfold an adult or someone else in your household and have a go at guiding them through the course without hitting any obstacles. Swap places and let them guide you afterwards.

EVIDENCE NEEDED:

Produce something which presents and explains everything you have found out about disabilities. You could make a poster or an information booklet. Alternatively, use Appendix 6 and fill out a profile.



• Up to you!

To earn your Experiment Activity Badge, please complete the following home activity:

 Complete three home experiments. These could be anything that you like. No Guilt Mom has a great list of simple home science experiments that require few resources. Follow the link to their website here: <u>https://www.noguiltmom.com/very-simple-scienceexperiments/</u>. After completing your experiments, see if you can think about why it happened the way that it did.

EVIDENCE NEEDED:

For this badge, we would love to see some videos of the experiments as they are happening. If you forget to take a video of the experiment, that is fine – a picture of the final result will be fine!



- Paper and pen
- A Computer (For Research)
- Virtual Tour Videos

To earn your Faith Activity Badge, please complete <u>ALL</u> of the following home activities:

- Write a short prayer or reflection. You could reflect on the things you enjoy in life; things that make you happy; what you enjoy about Beavers; how we can help those in need – or something else entirely.
- 2. See if you can find a story that is all about someone doing their best and helping others. If you can't find one, why don't you write one yourself? Challenge yourself to link it to the Beaver Scout promise (See Page 2)!
- Take a virtual tour of a place of worship, for example a church (Christianity): <u>https://www.youtube.com/watch?v=F1zAoeJNOqI</u> or a mosque (Islam): <u>https://www.youtube.com/watch?v=rMVSFWISeZQ</u> or a synagogue (Judaism): <u>https://www.youtube.com/watch?v=edLS9k-F0A4</u>. Think about what you can see inside the buildings.

EVIDENCE NEEDED:

We would like to see a copy of the prayer/reflection that you have written. If you choose to write a story for Activity 2 – then we would love to see this also!





- A Computer (For Research)
- Gardening Tools
- A Garden or some outdoor plants

To earn your Gardener Activity Badge, please complete <u>ALL</u> of the following home activities:

- 1. Use a computer or talk to an adult about what happens to trees in the four seasons. How do they change?
- 2. Find out about what plants need to grow
- 3. Learn about what tools are needed in the garden and how they can be used safely.
- 4. Help an adult with looking after a garden or some plants for a few weeks. <u>If you don't have a garden</u>, you could grow your own plants in small pots.

EVIDENCE NEEDED:

A collection of photographs documenting the progress, as a result of the help you have given to the plants/garden. You may wish to document this in a diary style, or if you prefer you can simply present a chronological set of photographs.



GLOBAL ISSUES ACTIVITY BADGE



RESOURCES NEEDED:

- Fairtrade Food
- Card
- String
- Colouring Pens
- Scissors
- Water Wash Resources

To earn your Global Issues Activity Badge, please complete <u>ALL</u> of the following home activities:

- 1. Find out about different ways that we can save energy or recycle in our homes. Ask your family about what kind of recycling they do.
- 2. Try some fair trade food products. Find our about what makes them different from regular food. What is fair trade?
- 3. Find out the name of an endangered animal. Why is it endangered? Can you transform yourself into the endangered animal by creating a mask, a costume or having your face painted?
- 4. Using the guide here, have a go at making your own clean water filter: <u>https://www.scouts.org.uk/activities/water-wash/</u>

EVIDENCE NEEDED:

Some photos of your endangered animal outfit and the water filter that you've made.



HEALTH AND FITNESS

ACTIVITY BADGE



RESOURCES NEEDED:

- A Small Garden
- Equipment for Activity 1
- Ingredients for Activity 2
- Heart Rate Template (Appendix 7)

To earn your Health and Fitness Activity Badge, please complete <u>ALL</u> of the following home activities:

- Take part in three different agility activities. This could be skipping; a small obstacle course; hula hooping; balance beam; jumping over objects; egg and spoon race – or something else!
- 2. Make a snack for yourself using healthy foods. This could be one of the dishes that you produce for the Chef Activity Badge also.
- 3. Complete a range of physical activities and monitor your heartbeat before and after the activity using the pro forma in Appendix 7. What changed? Why?
- 4. Design a poster or an advert which promotes healthy eating and exercise to other people. Think about why these things are good for people!

EVIDENCE NEEDED:

Photos of the agility activities and the healthy snack produced would be great. As well as this, a copy of your poster from Activity 4!



• Up to you!

To earn your Hobbies Activity Badge, please complete the following home activity:

 Choose a hobby that you can take part in for the next six weeks. Select something that you enjoy doing that you can do regularly. Examples could be building; maths; drawing and colouring – or something else! After six weeks, produce a reflection on your hobby and what you have done. What skills have you learned and developed? Why do you enjoy it? What is your favourite thing about your hobby?

EVIDENCE NEEDED:

We would love to see your reflection, which could take the form of a piece of writing; a poster; a recorded video – or something even more creative! It's completely up to you how you reflect – as long as the above criteria are hit.





- A Computer (For Research)
- Appendices 8 & 9

To earn your International Activity Badge, please complete <u>all</u> of the following home activities:

- Find out about Beavers in another country. Do they have Beavers? How are they different from our country?
- Try to learn a short song from a new country and learn how to say "Hello" and "Goodbye" in that same language.
- 3. Find out some foods that come from a different country and try some of them out!
- 4. Can you find out the flags of different countries around the world using the challenge in Appendix 8? Answers in Appendix 9.

EVIDENCE NEEDED:

A short video recording the "Hello" and "Goodbye" from another country around the world.

If you like, you can also provide some pictures of the foods that you tried.

A copy of the completed Activity 4 sheet also.





- A Camera or a Camera Phone
- Card
- Glue
- Decorations/Pen/Colouring Crayons

To earn your Photographer Activity Badge, please complete <u>all</u> of the following home activities:

- Learn how to use the camera which you are using and use it to take at least 10 good photos – these can be of anything; however you may want to stick to a theme, e.g. nature.
- 2. When you have collected all of your photos, print them off and make something with them, which shows them off. It could be a poster, a calendar, a scrapbook, a slideshow, a card – or anything else that you can think of!

EVIDENCE NEEDED:

A picture of what has been made for Activity 2, which should include the photos which have been taken.



- Youtube Clip
- Equipment for Activity 3

To earn your Space Activity Badge, please complete <u>all</u> of the following home activities:

- 1. Watch this clip and learn about a very famous trip to the moon: <u>https://www.youtube.com/watch?v=CbTaDOuSePk</u>
- Go outside at night what can you see in the night sky? Find out what a 'constellation' is and see if you can spot one of these in the sky.
- 3. Find out the names of the eight planets in our solar system. Make a model or draw a picture of one (or more) of these.

EVIDENCE NEEDED:

A picture of your model/picture from Activity 3.



ACTIVITY PLUS BADGE



Have you completed one or more of the above badges with relative ease?

Are you ready to take it to the next level?

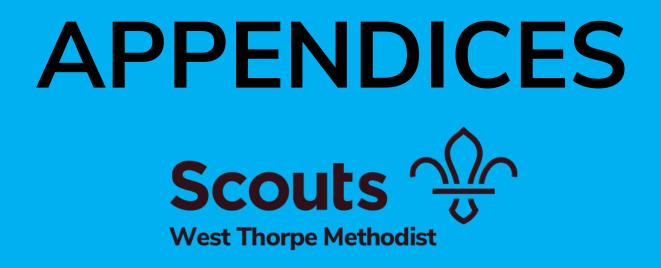
In which case, get in touch with the contacts on Pages 2 & 3, and we can negotiate an extra challenge for you to undertake, in order to achieve the Activity Plus badge for that chosen challenge.

ALL of the badges in this booklet can be upgraded to the Activity Plus badge, so if you're ready – why not go for it?! We would love to award some of these badges.

EXAMPLE OF AN EXTRA CHALLENGE FOR THE ACTIVITY PLUS BADGE COULD BE:

For the Cook Plus Badge, prepare and cook another three dishes and serve them as a meal.

For the Gardener Plus Badge, look after the garden/plants for a further three months.



Name of Animal:

Picture of Animal:

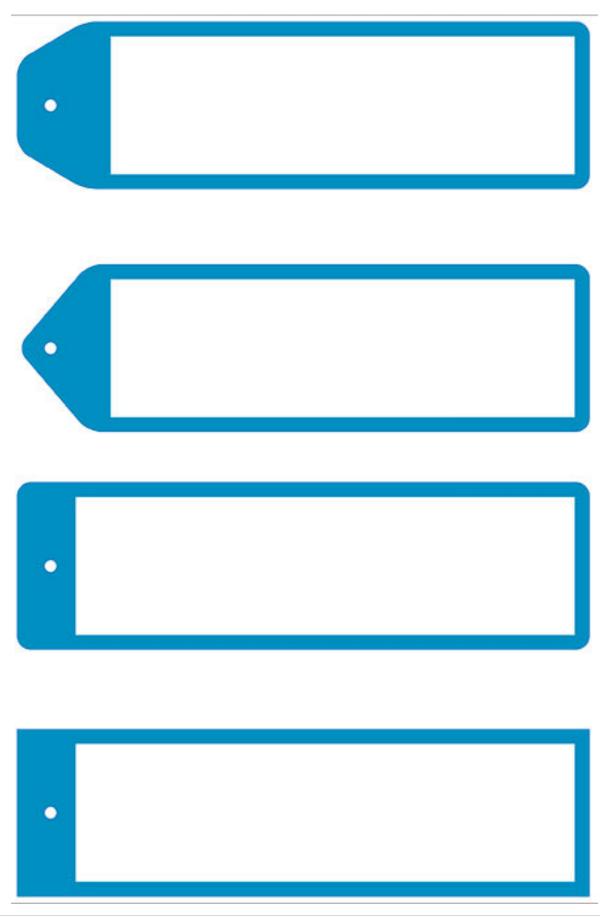
Food and Habitat:

Exercise:

Likes and Dislikes:

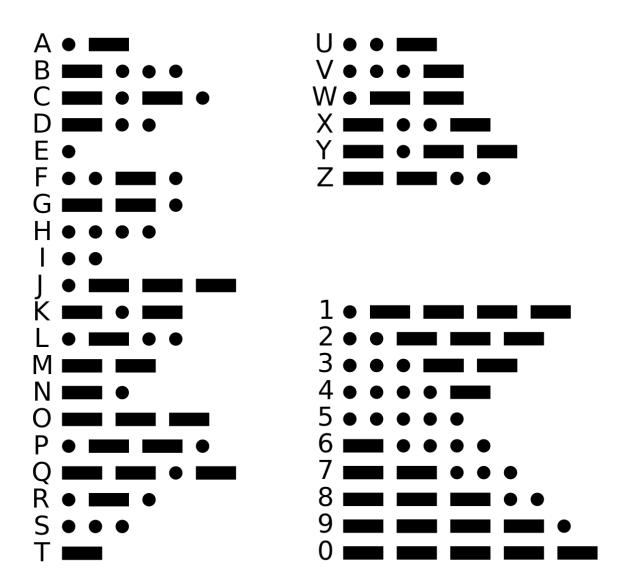
Any Other Interesting Information:

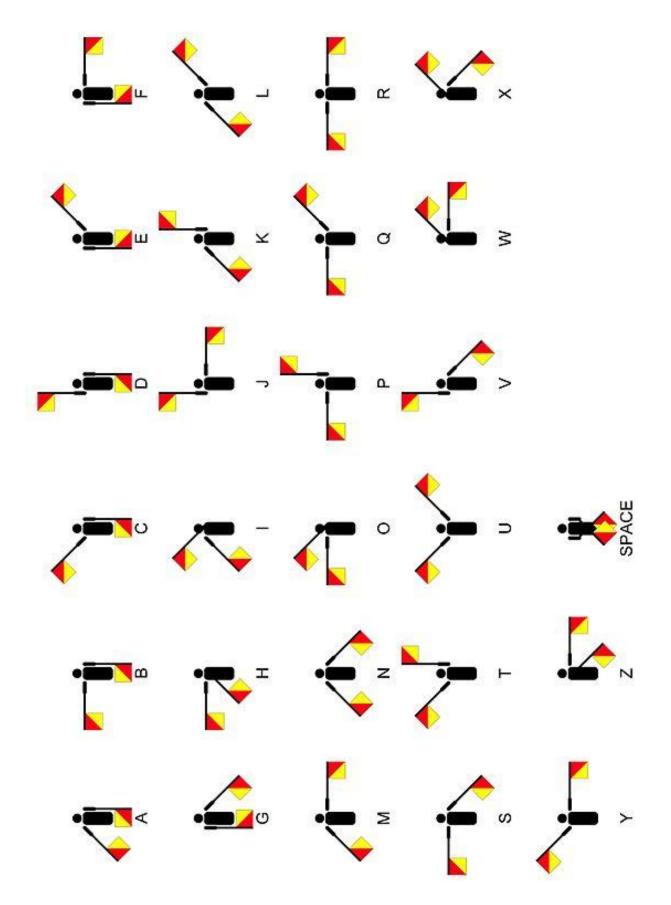


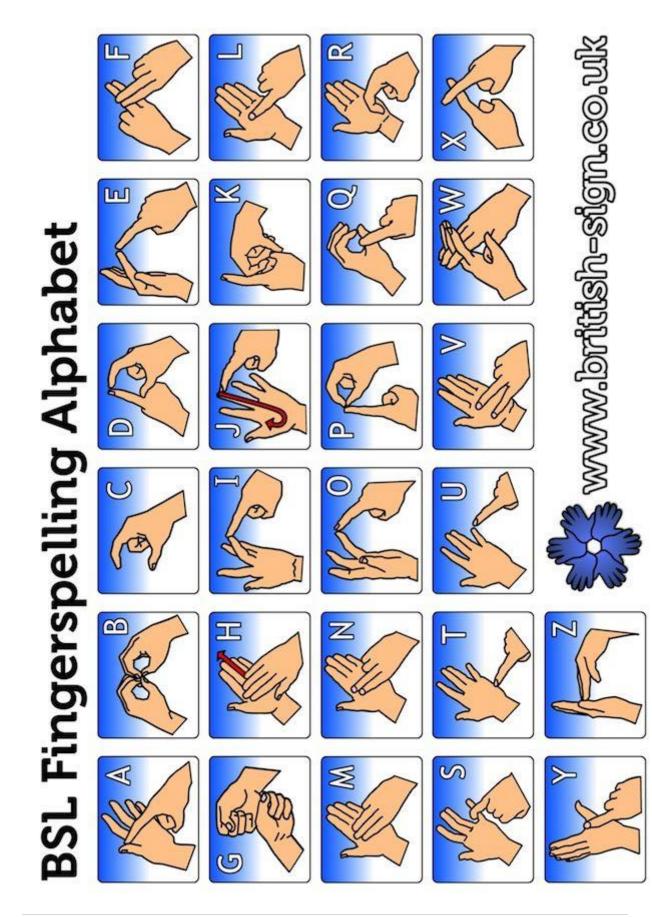


International Morse Code

- 1. The length of a dot is one unit.
- 2. A dash is three units.
- 3. The space between parts of the same letter is one unit.
- 4. The space between letters is three units.
- 5. The space between words is seven units.







Appendix 6 – Disability Awareness Profile

What is a disability?

What can people who are physically impaired use to help them?

What can people who are deaf use to help them?

Anything else you have found out about disabilities:

<u> Appendix 7 – Heart Rate Monitoring Pro Forma</u>

For this activity, we would like you to find your 'pulse' using your neck or your wrist. Ask an adult to help you with this. Before each activity, we would like you to use your pulse to count how many beats your heart takes per minute. Do the same after each exercise, before RESTING for 10 minutes between each exercise, to allow your heart rate to return to normal.

ACTIVITY	BEATS PER MINUTE	BEATS PER MINUTE
	BEFORE ACTIVITY	AFTER ACTIVITY
Jogging on the spot		
for 60 seconds		
Rest for 10 minutes		
Jumping on the spot		
for 60 seconds		
Rest for 10 minutes		
Star jumping for 60		
seconds		
Rest for 10 minutes		
Complete 30 press		
ups or sit ups		

Ask an adult to help you with filling in the form below.

How did your heart rate change after you completed each activity?

Why do you think this happened?

<u>Appendix 8 – Match the flags to the Countries Game</u>

Here are ten flags of countries from around the world. Can you match them to the name of the correct country?



Appendix 9 – Match the flags to the Countries Game ANSWERS

- 1. France
- 2. South Africa
- 3. China
- 4. United States of America
- 5. Chile
- 6. Italy
- 7. Japan
- 8. Nepal
- 9. Canada
- 10. Uruguay