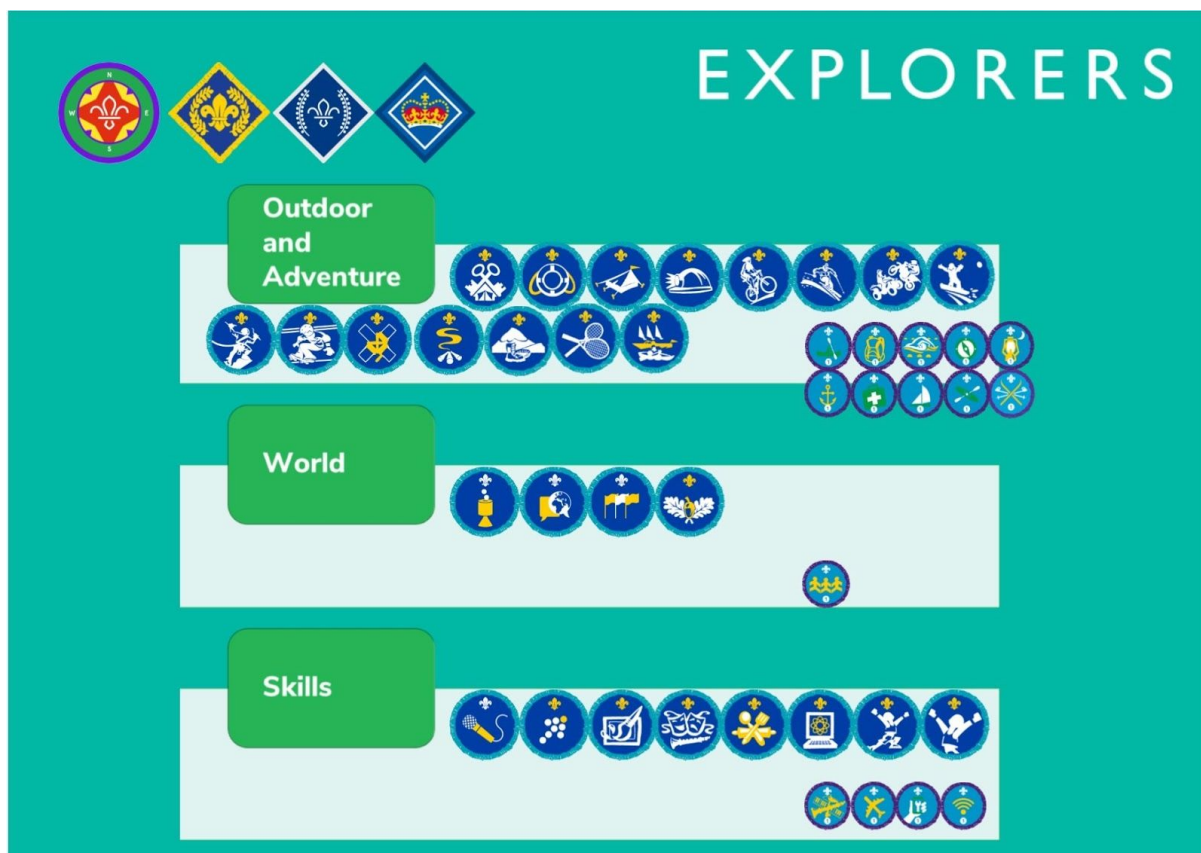




EXPLORERS

Due to the virus we are stopping all scouting meetings and activities; instead of stopping scouting all together, this is a pack that your group can participate in at home to keep the scouting spirit going, your group can deliver these activities any form you like, these are activities that will have to be adapted and made their own, during which these will all mark of badges and will still go toward awards for when we come back to scouting, hope you all enjoy doing these activities in the best possible way you can, we would like picture video and diaries to see the wonderful work you guys have done 😊

Below you will find an image of the badges that can be awarded in the Explorer Scout section. Some of the activities that are in this pack will cover some of the criteria for the badges. Please stay safe while doing these at home and most importantly have fun 😊



Made by Lily Witter- Caludon District Youth commissioner

Activities you can do



1) Athletics badge

- Produce a 6 week training programme
- Complete the 6 week training programme
- Show how you did each of the exercise
- Create a poster to show what you have done
- Pick a sport and create a page on that chosen sport



2) Chef badge

- Create a full menu
- Cook the meal
- Create a healthy plate option showing you know what is healthy and what is not
- Demonstrate proper storage of food and how to correctly prepare the food



3) Media relations and marketing:

- Create a poster or a website to promote your explorer group
- Look at other groups that are around your area and find out as much information as you can about the group
- Create some media content of your choice for something to publish



4) Survival skills :

- Learn how to prevent and treat effects from extreme heat exhaustion
- Create a poster to demonstrate different techniques to light a fire
- Research the plants that you might find on a walk, see if it is edible and if you could use it for another source
- Plan your own survival activity, tell us what you would do, what you need, how long it will be, who will take part



5) **First aid stage 4/ 5**

- Explain how you call 999 and what you say to them on the phone
- Learn the treatment for all of these
- Unconscious
- Unconscious and not breathing
- Bleeding
- Burns and scalds
- Heat exhaustion / hypothermia
- Choking
- Asthma
- Heart attack
- Head injury
- Spinal injury
- Broken bone
- Allergies
- Diabetic

6) **Think of a way that you could help someone in your household and outside your household weather it is an elderly person or a vulnerable person (providing you are not vulnerable yourself)**



7) **Dragons den:**

The canvas is yours to design what you want, create folders, pictures, mood boards, to show what you have made, what is it made off ? who is for ? what is it? The only thing you have is £100 to start you out



8) Imagine you applied for a job think what skills you need for each job, what would be appropriate to wear, what things you would say and what types of people will you be dealing with (be creative as you like)

- A supermarket
- A Clothes shop
- A Building site
- A cleaner
- A IT specialist



9) Set yourself an aspiration and complete it think of anything and make that dream a reality



10) Paint an abstract picture with any paint you can find or any crayons, either get a picture from the internet and make it our own, or create your own right from scratch (put the original next to the one you have done)



11) Create a map with a starting point and finishing point , share it with fellow explorer scouts and they have to guess where they are finishing. (think of a creative way to do this)



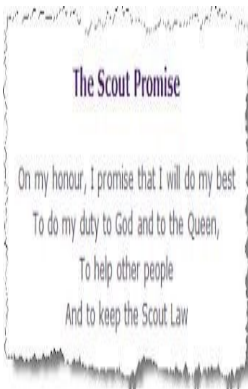
12) Make a short movie, about scouting and edit the movie until perfection



13) Make a computer game or board game or even an app and play it: write out instructions and show the designs to go with it



14) Show away that you have kept your scout promise



15) Try 10 different foods that you don't normally eat say what you like and what you don't like about the food



16) Create your own badge, chose any section in scouting and create a badge for them, giving the criteria and how you award it



17)

18) design an activity for a younger section, think about all the requirements needed the activity and the age group



19) create an electronic photo collage with pictures that you have taken, use photoshop, apps, cropping and snipping tool and even text to create this (be as creative as you like)



