

**Weekly Program**

**Week 3**

**Activity Booklet**

**Skills**







Dear All,

While we currently are unable to meet each week Thames Ridge will be producing a weekly program pack for you to share with each section offering a range of activities and challenges to keep us all scouting during this difficult time.

We will be using this to support all the young people in their continued efforts to work towards their top awards and to offer comfort to those whom scouting forms a vital part of their weekly routines. We will endeavour in this time to ensure no young person misses out on the values and support scouting provides.

If you have any suggestions of questions relating to what we are offering please send in your thoughts to [ddc-program@thamesridgescouting.org.uk](mailto:ddc-program@thamesridgescouting.org.uk) also please send in any photos of the activities that have been produced by your group for us to share with others in the district group.

Yours in Scouting

The District Team

**Welcome**

Learn how to say welcome in another language, record yourself saying it and send it too your leader

**Activity 1**

List some foods that are good for you and some that are bad, draw pictures of your favourite things to eat.

**Look after yourself and your things**

Over the next week you need to record you have done the following things

* Brush your teeth
* Tidy your room
* Make your bed each day
* Set your alarm clock to wake you up each day
* Tie your shoelaces

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Activity | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Teeth |  |  |  |  |  |  |  |
| Room |  |  |  |  |  |  |  |
| Bed |  |  |  |  |  |  |  |
| Alarm |  |  |  |  |  |  |  |
| Shoelaces |  |  |  |  |  |  |  |

**Sing, dance and perform**

* Learn a campfire song and record yourself singing it, then send in the video to your group and district.
* Make up a dance that you could film or perform for your family to a piece of music
* Design a gym routine to entertain your family
* Make up a small act or campfire skit that you can perform for your family

Activity 2

Design a machine that could be used to help around the home, then make the model out of Lego or junk from around your house. Take a picture or video explaining how it works and send it to your leader.

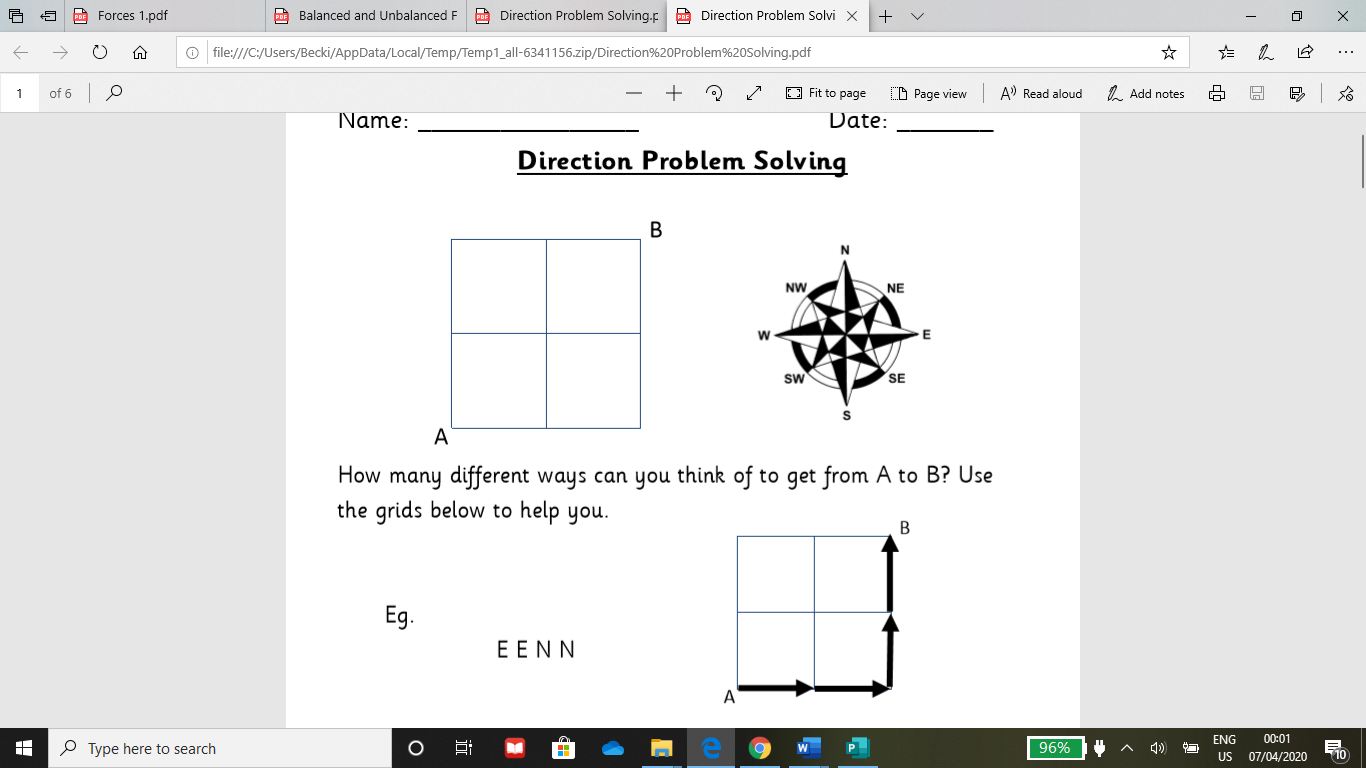
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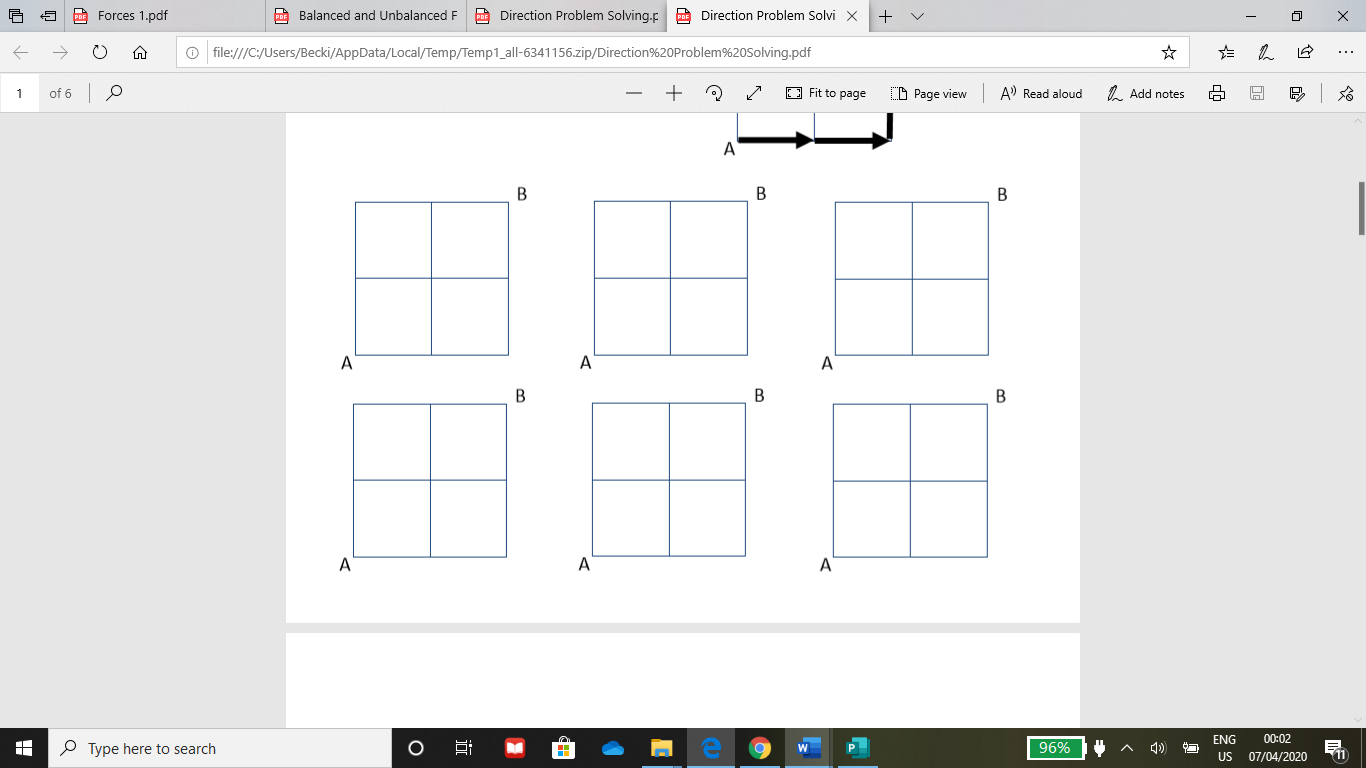
**Take a Trip**

Explore the world take a virtual tour of a new place. Post on Facebook or send an email to your leader listing 5 interesting facts you have learnt

* [Anne Frank House Virtual Tour](https://www.annefrank.org/en/anne-frank/secret-annex/)
* [Atlanta Zoo Panda Cam](https://zooatlanta.org/panda-cam/)
* [Berlin Philharmonic: Digital Concert Hall](https://www.digitalconcerthall.com/en/concerts)
* [British Museum London](https://www.britishmuseum.org/learn/schools/ages-7-11)
* [Buckingham Palace](https://www.royal.uk/virtual-tours-buckingham-palace)
* [Clearwater Marine Aquarium (home of Winter the dolphin)](https://www.seewinter.com/animals/webcams/winter-zone-cam-1/)
* [Discovery Virtual Field Trips](https://www.discoveryeducation.com/community/virtual-field-trips/)
* [Duke Farms Eagle Cam: New Jersey](https://www.dukefarms.org/making-an-impact/eagle-cam/)
* [Eiffel tower virtual tour](https://www.metro.us/news/take-a-virtual-tour-of-eiffel-tower-with-google/tmWmgp---944DxmqzHErU)
* [Explore.Org Live Cams](https://explore.org/livecams)
* [FarmFood 360](https://www.farmfood360.ca/#fur-tile)
* [Field Museum: Chicago](https://docs.google.com/spreadsheets/d/1NGi3CzD0gY7Dq83dtX_Oa4LDVdU0qkew251N6LQk-Fw/htmlview?usp=sharing&fbclid=IwAR275NxbrQYJ_S8GRhVgbNj5eerMqs9UtabQEwnbMNoLEJ88O1JdTgGQKdA&sle=true)
* [Great Wall of China 360](http://www.airpano.com/360photo/China-Great-Wall/)
* [Great Pyramids](https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200)
* [Houston Zoo](https://www.houstonzoo.org/explore/webcams/)j
* [Kansas City Zoo Animal Cams](https://www.kansascityzoo.org/animal-cams/)
* [Kennedy Center Digital Stage](https://www.kennedy-center.org/digitalstage/)
* [Liberty Science Center: New Jersey](https://lsc.org/news-and-social/webcams)
* [Louvre Museum](https://www.louvre.fr/en/visites-en-ligne)
* [Marine Traffic Around the World](https://www.marinetraffic.com/en/ais/home/centerx:-12.0/centery:25.0/zoom:4)
* [Musee d’Orsay, Paris](https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en)
* [NASA Mission Operations Room](https://www.nasa.gov/content/goddard/hubble-360-degree-virtual-tour)
* [National Air & Space Museum – Smithsonian](https://artsandculture.google.com/partner/smithsonian-national-air-and-space-museum?hl=en)
* [National Aquarium Live Cams: Baltimore](https://www.aqua.org/Experience/live)
* [National Aquarium Virtual Tour: Baltimore](https://aqua.org/media/virtualtours/baltimore/index.html)
* [National Aquarium: Washington](https://aqua.org/media/virtualtours/washington/index.html)
* [Natural History Museum London Virtual Tours](https://www.nhm.ac.uk/search.html?q=virtual+tour)
* [National Museum of Modern and Contemporary Art, Korea](https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en)
* [National Park Service Virtual Tours (multiple options)](https://www.nps.gov/search/?affiliate=nps&query=virtual+tour)
* [Paris Museum Collections: Images and Tours](http://parismuseescollections.paris.fr/en)
* S[an Diego Zoo](https://kids.sandiegozoo.org/videos)
* [Tate Modern UK Virtual Tours](https://www.tate.org.uk/search?q=virtual+tour)
* [VanGogh Museum: Amsterdam](https://artsandculture.google.com/partner/van-gogh-museum?hl=en)
* [Washington DC Architecture](https://www.thoughtco.com/diverse-architecture-of-washington-dc-4065271)

**Find your way**





**Closing Ceremony**

Put all your toys and family in a circle and shout out ‘GOODBYE’ to end your beaver meeting.

**Scouting at Home**

What else can I do to link my activities to scouting?

Below is a list of some other activities that we could try to show the different skills we have through scouting, link to the international theme.

|  |  |  |
| --- | --- | --- |
| **Skill** | **Description** | **Achieved** |
| **communicator** | **Make a video diary of a day in your life that you could send to another beaver.** |  |
| **International** | **Video yourself performing a song or dance from a different country** |  |
| **Science** | **Carry out a science experiment** |  |
| **Health and Fitness** | **It’s an important to exercise even when you’re stuck at home. Make a video showing how you warm up in order keep fit in your house. Measure your heart rate before and after you do your exercise.** |  |
| **Creative** | **Create video of you singing while you wash your hands.** |  |
| **Health and Fitness** | Learn about a variety of healthy foods and make a snack for yourself using some of these foods. |  |
| **Cyclist** | **Go on a bike ride around your local area** |  |

**Please keep scouting and send in pictures of all you achieve to the group and district so we can all share in each other’s accomplishments.**

**Yours in Scouting**

**GSL**