

**Weekly Program**

**Week 5**

**Activity Booklet**

**Exploring Nature**







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 to [photos@thamesridgescouts.org.uk](mailto:photos@thamesridgescouts.org.uk)

Yours in Scouting

The District Team

**Welcome**

Make an England Flag from clothes or materials in your home to start your meeting and take a selfie with it.

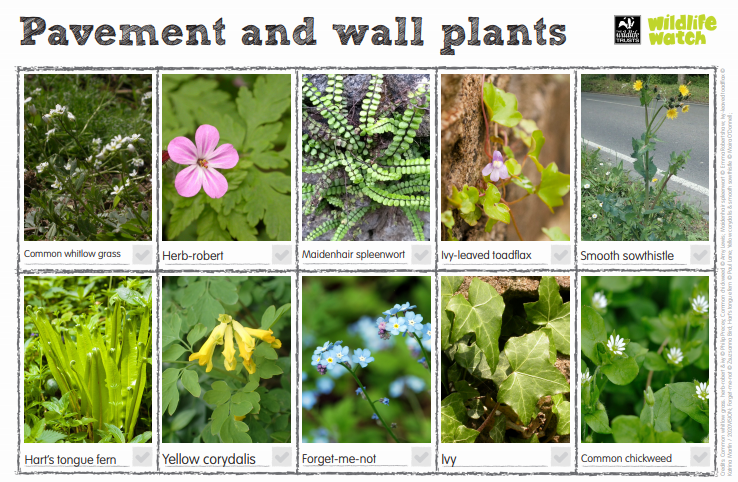
**Activity 1**

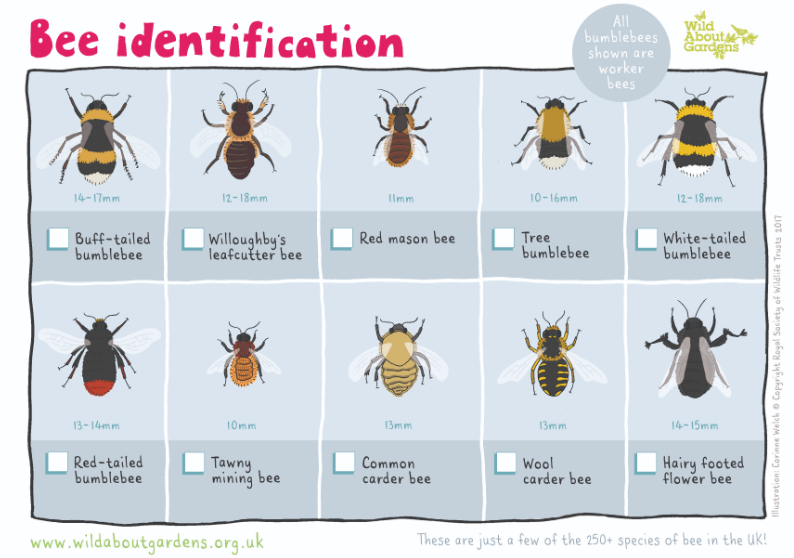
Have a go at doing some wildlife yoga to help keep healthy

**Nature is all around us**

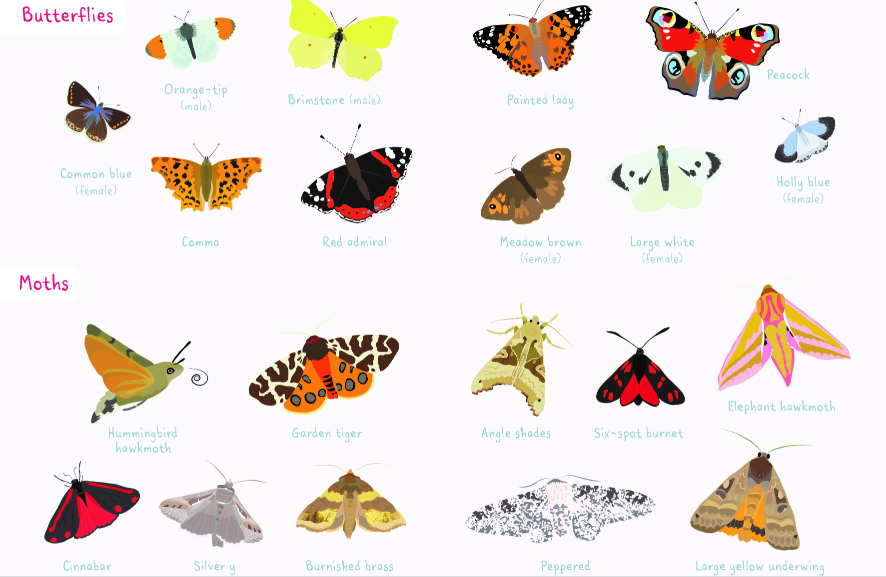
We are going to be exploring nature, you do not have to go far to see wildlife. Even looking at of your window or standing in your garden can give great opportunities for nature spotting!

Here are some sheets to help you, find out about the wildlife that you can see in your area. Maybe you could look for different things as you go out for your daily exercise or in your own garden

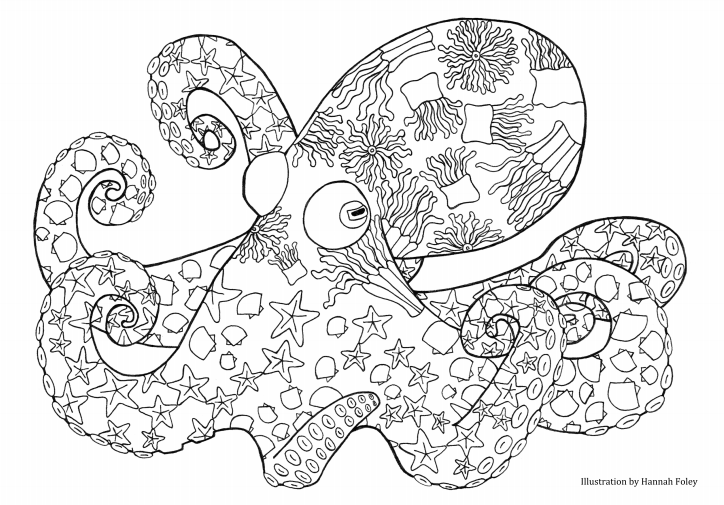


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Activity 2

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**Where have you been and what have you seen**

You are going to make a poster to show others where you have been and what you have seen when exploring nature.

* Draw a map of the places you have walked as part of your daily exercise
* What plants, insects, and birds you have seen along the way.
* What other animals might you find in your area

**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** | **Write a diary of your day and how it differs now to before the lockdown.** |  |
| **International** | **Draw the flags of 6 different countries you would like to visit.** |  |
| **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** | **Make a shield that represents your family like they would do in medieval times** |  |
| **Health and Fitness** | Test your fitness but seeing how your heartbeat changes after exercise |  |
| **Cyclist** | **Find out what safety equipment you might need to look ride your bike** |  |

**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**