

THE GREAT INDOORS BADGE:

STAGE ONE



HOW TO EARN YOUR BADGE:

Over the next few weeks we will be taking part in different activities to earn stage one of 'The Great Indoors Badge' we will cover activities under the following brackets:

- Practical Skills
- Outdoor Skills
- Physical Activity
- Community Engagement
- Social Action
- International
- Creative
- Spiritual
- Nights Away

Please note: Any text in blue is activities you will need to complete at home , the rest will be done on zoom 😊



INTERNATIONAL – HIEROGLYPHICS ART

You will be writing your name using hieroglyphics.

Hieroglyphics are characters of the ancient Egyptian writing system.

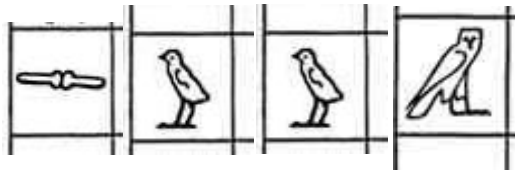
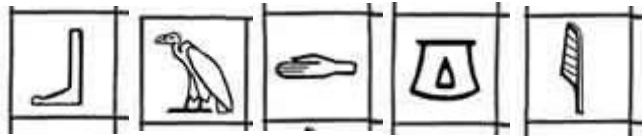
You will need:

- Paper (A4 or A3)
- Pencil
- Paint or marker pens
- Any other decorative craft materials



INTERNATIONAL – HIEROGLYPHICS ART

Try to translate the following words using the hieroglyphics chart.



Cloth Cup Chick(1) Chick(2) Loaf Cloth

	A	vulture		L	lion		W	chick
	B	leg		M	owl		X	cloth
	C	cup		N	water		Y	feathers
	D	hand		O	chick		Z	bolt
	E	feather		P	stool		CH	tether
	F	viper		Q	hill		KH	sieve
	G	pot		R	mouth		SH	basin
	H	wick		S	cloth		MAN	
	I	feather		T	loaf		WOMAN	
	J	cobra		U	chick		ANKH	
	K	cup		V	viper			

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INTERNATIONAL – HIEROGLYPHICS ART

	A	vulture		L	lion		W	chick
	B	leg		M	owl		X	cloth
	C	cup		N	water		Y	feathers
	D	hand		O	chick		Z	bolt
	E	feather		P	stool		CH	tether
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	H	wick		S	cloth		MAN	
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	J	cobra		U	chick		ANKH	
	K	cup		V	viper			

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Using the chart to the left you now need to write your name using the hieroglyphics and decorate it.

Make it look as artistic as you can so you can display it or we can use it at the Scout HQ.



CREATIVE – TO FOLDLY GO

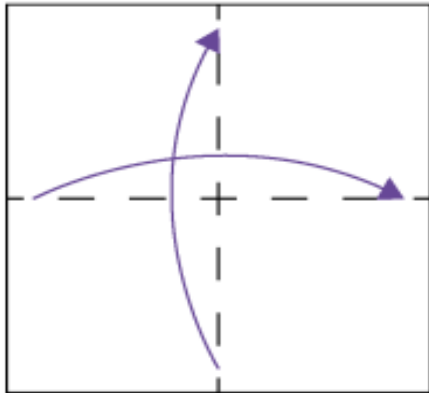
We will be using traditional origami to create the uniform of Scouts in a different country.

You will need:

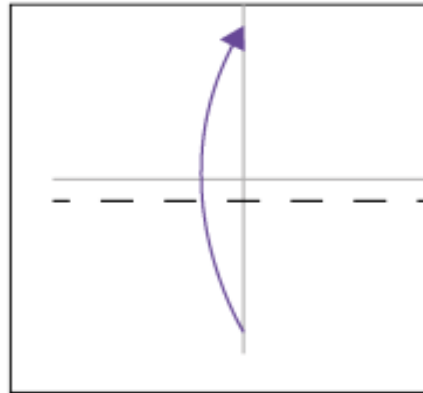
- Scissors
- Coloured pens or pencils
- A4 paper



CREATIVE – TO FOLDLY GO



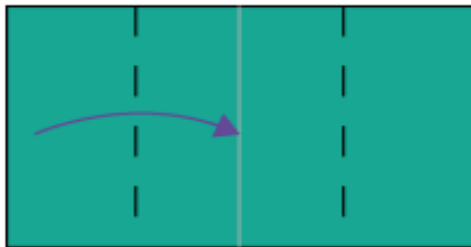
1. Fold into quarters along the dotted lines and fold back flat.



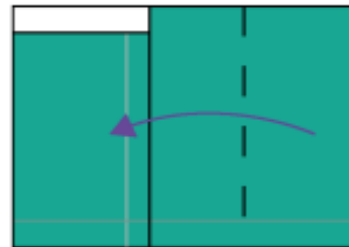
2. Fold along dotted line.



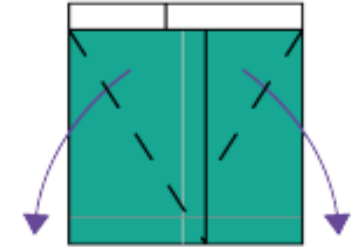
3. Flip over



4. Fold in along the dotted line, the edge should reach over the centre line.



5. Fold in along the dotted line and insert under the folded left side to secure it.



6. Fold out diagonally along the dotted lines.



Step By Step Video:

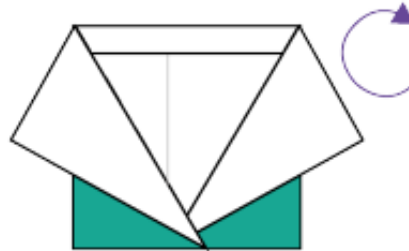
<https://www.facebook.com/scoutradio/videos/1207138116313759/?redirect=false>



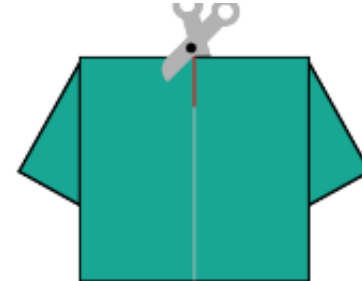
CREATIVE – TO FOLDLY GO



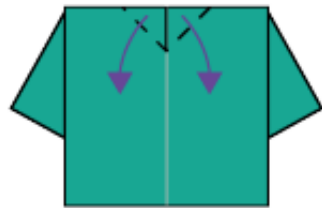
7. Fold along the dotted line and tuck under the top of folded triangles.



8. Fold along the dotted line and tuck under the top of folded triangles.



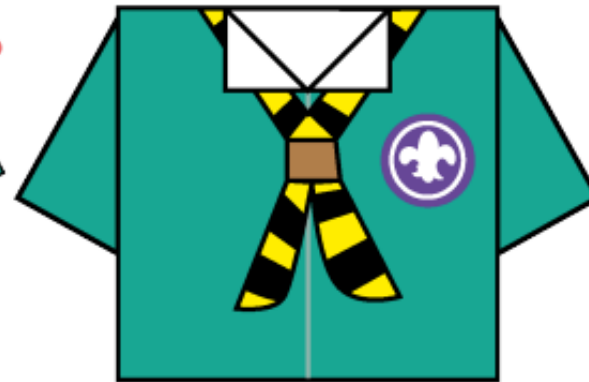
9. Make a short cut along the red line.



10. Fold over along the dotted lines.



11. Get creative.



12. Finished!



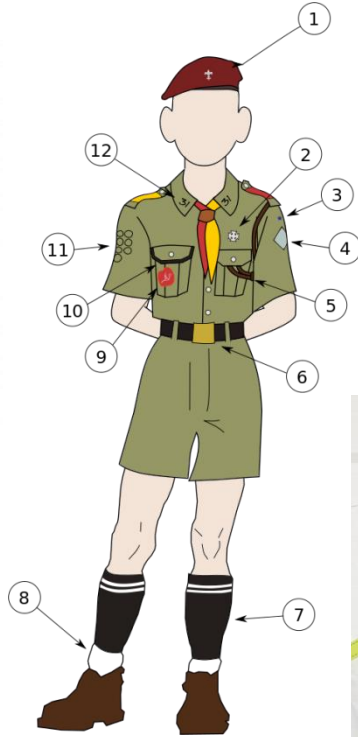
CREATIVE – TO FOLDLY GO



IRELAND



USA



POLAND



RUSSIA



SERBIA



INDIA



COMMUNITY ENGAGEMENT – A SAFE BRIDGE

We will be working on a number of different badge requirements during this activity .

We will be discussing homelessness.

Have a think (and jot down) what you think about the following questions:

Why do you think people and families can sometimes become homeless?

Do you think homelessness should exist? Why/why not?

What types of homelessness are you all aware of?

Who should end homelessness; why and how?



COMMUNITY ENGAGEMENT – A SAFE BRIDGE

In the next activity there might be some water spillages so please use a suitable room in your house that can easily be cleaned or if it's easier take part in this outside.

You will need:

- Access to water
- Sticky tape
- Permanent markers
- Craft materials (for example, tissue paper, pipe cleaners, stickers)
- Something to protect surfaces (for example, newspaper or tablecloths)
- Paper cups



COMMUNITY ENGAGEMENT – A SAFE BRIDGE

A safe bridge:

1. You need to think of the paper cups as your home
2. On the cups you need to write something you think is important in your home.
3. Using the cups, the things you think are important and any craft materials you have you must now try to create a bridge (you can use plain cups if you need them to make up the numbers / length of the bridge).

This bridge symbolises a safe, stable home.

4. Now you must pour water into your cups.

This may cause the bridge to collapse and this symbolises how things can build pressure causing 'homes', the bridge in this case, to collapse.

5. If your bridge did collapse please make sure you wipe this up and put all your materials in the bin.



COMMUNITY ENGAGEMENT – A SAFE BRIDGE

A safe bridge:

Using the link below, and any other sources you can find, your task for ‘badge work from home’ this week is to find out more about the efforts that are in place to homelessness and you need to write down and discuss next week what you think you can do as an individual, or family, to help as well as what you think the Scout Group could do to help the homeless.

<https://sdgs.scout.org/>



PRACTICAL SKILLS – CRYSTAL CREATIONS

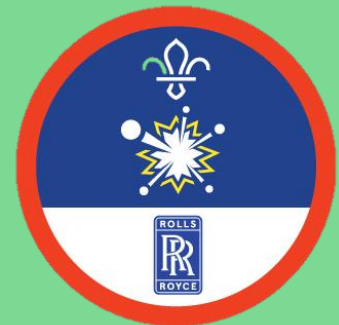
We will be using different household items to create crystals. The formation will take a few days so please keep a record / take some photos as yours form.

You Will Need:

- Access to water
- Kitchen scales
- Spoons
- Food colouring
- Scissors
- Heat resistant jugs
- Epsom salt
- White plates
- A Penny
- A Tray

LINK TO FULL INSTRUCTIONS:

<https://www.scouts.org.uk/activities/crystal-creations/>



PRACTICAL SKILLS – CRYSTAL CREATIONS

Growing Simple Crystals:

1. Pour 100ml into a heat resistant jug. The water should be as hot as possible, you could boil a kettle but be careful and make sure that an adult is around to supervise.
2. Weigh out 100g of Epsom salt and add it to the hot water.
3. With a spoon, stir the salt into the water for a few minutes until it dissolves.
4. Add a drop of food colouring to the water.
5. Check the salt has dissolved. When it has, pour some of the liquid from the jug onto a white plate on a tray. Place the tray on a windowsill or somewhere out of the way.
6. Place a penny in the middle of the white plate, in the liquid.
7. After three days, check back and you should see long, thin crystals on the plate. If you can, check them out under a magnifying glass.

LINK TO FULL INSTRUCTIONS:

<https://www.scouts.org.uk/activities/crystal-creations/>



SPIRITUAL – PLAY A TUNE TO THE INCA SUN GOD

We will be making our own pan flutes, learning about the Inca Sun God and the festival of Inti Raymi.

You will need:

- Scissors
- Coloured pens or pencils
- Craft materials (for example, tissue paper, pipe cleaners, stickers)
- Double sided sticky tape, sellotape or glue sticks
- 8 Paper drinking straws



SPIRITUAL – PLAY A TUNE TO THE INCA SUN GOD

We will be making our own pan flutes, learning about the Inca Sun God and the festival of Inti Raymi.

- Inti Raymi is the festival of the Sun celebrated in predominately South American countries, which coincides with the winter solstice and harvest time.
- It usually happens at the end of June.
- The Inca's worshipped the Sun as one of their main deities (God).



SPIRITUAL – PLAY A TUNE TO THE INCA SUN GOD

Make your pan flute:

1. You will need to measure and cut your straws to the note measurements below:

Do (C) = 17.5 cm

Re (D) = 15.5 cm

Mi (E) = 13.5 cm

Fa (F) = 12.5 cm

So (G) = 11 cm

La (A) = 10 cm

Ti (B) = 9 cm

Do (C, an octave above) = 8.5 cm



SPIRITUAL – PLAY A TUNE TO THE INCA SUN GOD

Make your pan flute:

2. Draw two rectangles on card – they should be roughly 13cm long and 3cm wide, to fit over all of the straws. Then cut these rectangles out.
3. Glue (or double sided sticky tape) onto one card rectangle.
4. Leaving about 2cm (or enough space to hold), place your longest straw onto the sticky card. Leave some straw poking out of the top, so you can blow across it.
5. Leave a small gap, then place the second longest straw onto your sticky card. The top of the second straw should be in line with the top of the first straw, so you can blow across them both easily.
6. One by one, add the straws in length order. Leave a small gap between them, and the tops of the straws should always line up. When the straws are all in position, there should be about 2cm of card left at the end (again, enough to hold).



SPIRITUAL – PLAY A TUNE TO THE INCA SUN GOD

Make your pan flute:

7. Now put glue (or double sided sticky tape) on the other card rectangle.
8. Now stick your second rectangle on top of the line of straws, pinching it at each end to make two handles.
9. Now the pan flutes are made, you can be creative, using pens and stickers to decorate your flutes. Remember that they're going to be used to honour the Inca Sun God.



SOCIAL IMPACT – BATH BOMB MAKER

We will be using different household items to create bath bombs.

You Will Need:

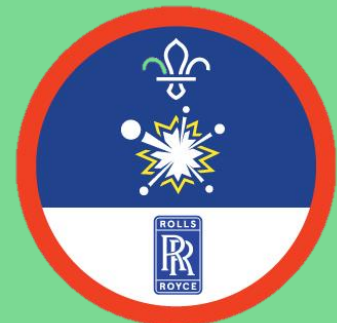
- Mixing bowls
- Whisk
- Measuring Spoons
- Bath Bomb Mould (Yoghurt pot, plastic egg tray etc.)
- 100g Bicarb Soda
- 50g Citric Acid
- 25g Cornflour
- 25g Epsom Salt
- 2 tbsp sunflower oil
- ¼ teaspoon essential oil
- Orange peel or lavender



SOCIAL IMPACT – BATH BOMB MAKER

Step one: prepare

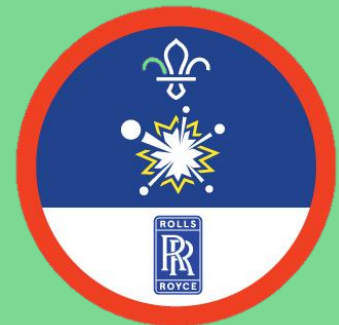
- Weigh out the bicarbonate of soda, citric acid, cornflour and Epsom salt into a bowl.
- Whisk until the ingredients are mixed together.
- Measure out the base oil, essential oil and food colouring into a mug or small bowl and mix them together well.
- Very slowly add the wet oil mixture to the dry ingredients bowl. Add a little at a time and mix as you add.



SOCIAL IMPACT – BATH BOMB MAKER

Step two: create

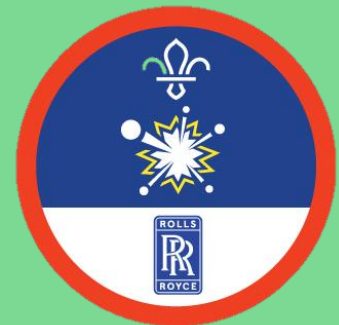
- When all the oil has been added, add a few small drops of water, so that the mixture clumps together a bit when pressed and keeps its shape.
- Choose your mould. If you're using fruit peel or flowers as decorations, drop them into the bottom.
- Now pack the rest of the mixture tightly on top, press it down and smooth the top with a spoon.
- Now you've made your bath bomb!



SOCIAL IMPACT – BATH BOMB MAKER

Step three: investigate!

- Make sure you've left your bath bomb for at least two hours to dry properly.
- Test your bath bomb by dropping it into some water.
 - What can you see, hear or smell?
 - Can you find out what's reacting to cause the fizzing?
 - Have you seen a reaction like this before?



OUTDOOR SKILLS – MUD, GLORIOUS MUD

This activity can be done during the week as a ‘badge from home’.

You will need:

- An A4 piece of paper (maybe 2 if you’ve got big feet)
- Hiking boots, wellies or sturdy trainers
- A walking route involving mud



OUTDOOR SKILLS – MUD, GLORIOUS MUD

Mud, Glorious Mud:

1. It's time to get outdoors and get muddy. Plan a walk with a family member that will include some mud.
2. When you get home it's time to get creative, before you wash your muddy shoes use the pieces of paper to make a mud footprint, by standing on the piece of paper in your dirty shoes.
3. Leave this masterpiece to dry while you clean off your muddy shoes (tips and tricks for cleaning can be found here: <https://www.scouts.org.uk/activities/mud-glorious-mud/> .
4. Once it's dry personalise your muddy print any way you like (You could re-create a painting of the highlight of your walk, or just draw/paint a background). You can keep this, or bring it along to Scouts when we can next meet face to face so we can show off your display.



PHYSICAL ACTIVITY – COSMIC QUEST

Have some fun at home with this space themed athletics activity.

You can do this individually or ask a family member to take part with you (even if they just hold the stopwatch)

You will need:

- Stopwatch
- An clear area e.g. garden or try it in the local park
- Cones or any other items (to mark a clear start/finish line)
- Chairs / Buckets / Benches
- 3 x Plastic bottles
- Tennis ball or similar
- Chalk or a pen, paper and tape
- Measuring tape



PHYSICAL ACTIVITY – COSMIC QUEST

You are going to be taking part in some physical activity for this session so please ensure you take part in a warm up to avoid an injury!

A warm up should:

1. Increase your heart rate
2. Stretch your muscles

Please use this YouTube video if you are unsure what warm ups to complete:

<https://www.youtube.com/watch?v=LACU9FqY3-8>



PHYSICAL ACTIVITY – COSMIC QUEST

ACTIVITY ONE – BLAST OFF:

1. Mark a start line and a finish line that are 50 metres apart (or as far apart as possible).
2. Ask a family member to time you, or time yourself during this one.
3. When you are ready, start the stopwatch and run to the finish line as fast as you can to blast off into space.
4. Try this three times and record your best score.
5. Make a note of this and send your final results for this activity to Sam or Millie so we can sign off your badge.



PHYSICAL ACTIVITY – COSMIC QUEST

ACTIVITY TWO - METEOR SHOWER:

1. Mark a throw line, and set up three chairs (or use buckets or the floor if chairs aren't available). One should be 18 metres away, one 22 metres away, and one 25 metres away (or as works in the space you're using)
2. Place a plastic bottle on each chair.
3. Throw the tennis ball (or similar) at each of the plastic bottles, record how many times you hit the bottles at each distance and add it to your record sheet ready to send to the leaders.
4. It doesn't matter if you hit the bottles or chair at all, the aim is to throw the ball without it bouncing / rolling to indicate the speed of a meteor!



PHYSICAL ACTIVITY – COSMIC QUEST

ACTIVITY THREE - PLANET HOPPING

1. Using your chalk, find a suitable wall and stand against it with your arms stretched up. Mark where the top of your fingers reach. (If you don't have chalk you can tape a piece of paper to the wall and use a pen to mark the top of your reach).
2. Now you need to jump. Bend your knees, keep your arm up against the wall and jump as high as you can.
3. Keep an eye on the height your fingers reach after the jump, or ask your family member to mark this.
4. Then measure the distance between the starting area (the first measurement) and the jumping level (the second marking).
5. Try this three times and record your best score for the leaders.



PHYSICAL ACTIVITY – COSMIC QUEST

ACTIVITY FOUR – SHOOTING STARS:

1. Mark a start line.
2. Bend your knees and jump as far as you can from the start line.
3. Measure the distance between the start line and the heel of your foot (try landing on two feet).
4. Try this three times and record your best score to send to the leaders.



PHYSICAL ACTIVITY – COSMIC QUEST

ACTIVITY FIVE – SHUTTLE RIDE:

1. Mark a start and finish line roughly 10 metres apart (if possible)
2. Start the stopwatch and run from the start to the finish line six times.
3. Try this three times and record your fastest time.

Note: If you want to make this harder you can mark the start and finish lines further apart or start from a press up position and do this each time you reach a line.



NIGHT AWAY FROM HOME

For the final part of this badge you need to take part in a 'night away'.

You can do this by:

- Building a den and sleeping in it
- Putting up a tent in the garden (when the weather is a bit warmer)
- Putting up a tent inside (space permitting) and sleeping inside it.

