

How to make things better

Spring 3

Covering :

Global Issues Badge

- Learn about how to save energy or recycle. Decide on three ways your Colony could save energy or recycle to help save the environment.
- Try different kinds of fairly traded products. Talk about the benefits of fair trade in the world.
- Learn about endangered animals and transform your Colony into endangered animals by making masks or costumes. Why are they endangered and how could we save them? You might include polar bears, Siberian tigers, white rhinos, mountain gorillas and loggerhead sea turtles.
- Talk about the problems some people have finding clean and safe drinking water. Make a water filter. You could make it out of a soft drink bottle and use things like cotton wool, pebbles and kitchen roll to filter your water.

Health and Fitness Badge

- Take part in three agility activities (for example: an obstacle course, slalom relay, hula hooping, skipping, jumping over/around props, crab football, or egg and spoon race).
- Learn about a variety of healthy foods and make a snack for yourself using some of these foods.
- Monitor heartbeat before and after completing a range of different physical activities and understand the reasons for change.
- Promote healthy eating and exercise to others. This could involve designing a poster, acting out a sketch, or creating something digitally.

Challenge Badge Parts

Skill	Learn that about foods that are good and bad to eat
Skill	Understand the importance of exercise
Skill	Creative activity
Skill	Decorate some cakes or biscuits
Skill	Show a new Beaver how to play a game you know and like.
Skill	Take part in another activity agreed by the leader
Skill	Make a model from salt dough
Teamwork	Work together to complete a task

NOTES: You may wish to mix the weeks up and present the two badges at the end of the term.

Week 1: Introduction to the badges being covered this term

Game 1: Discuss with a lodge leader, or one of the older Beavers a game that enjoyed last term and then have a go at explaining it to some of the new Beavers. The older Beavers might need some support during the game and some discussion before to make sure that the resources are available to run the game. If not, push onto another week.

Activity 1: Give out some biscuits or cakes and some different coloured icing sugars. Also make sure there are some sweets for the Beavers to decorate the faces. Explain to the Beavers that they are going to try and make different animal face biscuits. Give out some pictures of different pictures which could help them with making their own animal faces. Be careful with allergies and intolerances before completing this activity or allowing the children to eat them.

Activity 2: Give out some different coloured plasticine or salt dough and ask the Beavers to make their own animal. It could be a real animal or one that they have made up. They will need to explain the different parts of the animal if they had made it up. The only requirement is that they cannot make a snake.

Prayer: Thank you for New Year, help me to think about how I change the world around me and the things I do to make the world a better place.

Week 2: Learning about recycling

Game 1: Equipment needed: A small sponge ball or light plastic ball and 6 2-litre bottles. Fill up 5 of the empty bottles with water and place around the hall in a rounders style design, with one for batter to stand at. The last bottle will be the bat. The children will need to hold the lid end with two hands and try and hit the light ball as it is bowled. Once hit they run around the course before the ball touches the batting base bottle.
You can play this as a team, or individuals.

Activity 1: Have a variety of clean rubbish to help the children decide what can and cannot be recycled. The children can then sort them out into plastic, paper, glass and metal recycling. Food recycling can also be talked about and maybe some clean foods could be used. The children will probably find that the vast majority of things can be recycled. Having things like window enveloped, where they can understand that something will need to be removed before recycling.

Activity 2: Have a log chew to decide on the best ways of saving energy, water or recycling more. The Beavers can then use the recycling diary. Also during the log chew explain that they are going to make a game next week and that they are going to need to bring in some recycling bits for next week.

Discuss through how to use the recycling diary. The children can then take them home and fill them in to show how they have increased the recycling they complete at home.

Allow the children to decide the bits they will need for next week's make.

Prayer: Thanks for providing us all the resources that we can use. Help us to more thoughtful about the items we re-us or recycle and help us to things about the electricity, water and resources we waste.

Week 3: Re-using items

Game 1: Have this at the end as the children create their own.

Activity 1: Children use the recycling resources they have brought in to make different games.

Examples might be:

Bat and ball game from last week, using newspaper for ball.

Skittles using bottles and something which rolls.

Tin can alley using cans and something to hit them down with.

Extra bits that might be used will be PVA glue, wrapping paper, coloured paper and other things to decorate.

The children need to make their items look like new so will need to cover them with paper and glue. Paint is fine, though will mean that children may not be able to use them this week. Do not forget if using paint add PVA glue so that adhere to the plastic or tin.

Games, as per the ones that the Beavers create.

Prayer: Thank you for the fun that we have had tonight playing with our different reusable items. Help us to think about how to reuse things in our homes, so that we waste less and throw less away in the bin.

Week 4: Learn about how to save energy

Game 1: Energy corners

Label the four corners and centre of one side of the room: wind, water, sun, nuclear and fossil fuels.

The children move around the room and when the words "Energy needed" they need to choose one of the corners. The leader then calls out one of the corners; the one which is chosen, the children are out or lose a life. To make it more realistic, choose the fossil fuels corner.

Activity 1: Discuss with the children about where our energy comes from. Hopefully the children will give some of the answers from the list they have just been playing with. However, each time you will need to help them explain how energy is made from the source.

Give out the sheet and get the Beavers to colour in the pictures with the correct colours, as per instructions.

Activity 2: Resources needed : Wind up torches (1 per team) and playing cards

Sit the children in the relay teams, with one torch per a team. Turn off the lights, as much as the colony will cope with. One person out of the team at a time has to use the wind up torch to walk up the hall, find the number they have been asked collect and then get back to their team. Once all are back the next one goes with a new number.

Activity 3: Have a log chew about how to save energy. Can they think of any different ways of saving electricity ?

Week 5: **Fair trade – Some resources are from: <https://schools.fairtrade.org.uk/>**

Game 1: In small circles (with up to 10 children), give a ball of wool (or string) to one child and ask them to hold on to the end. Ask them to pass or throw the ball of wool (or string) to another in the circle, saying how they are connected to each other, eg through a project or activity that they have done together, or something they have in common (a hobby, friend, or a like/dislike). Keep repeating passing the ball of wool (with the reason they are connected each time), with each child keeping hold of the wool as it is passed so that a web starts to form. Through developing more connections, and teamwork, the groups should eventually be able to develop the web until it can balance a chocolate bar on top – let them know this is their aim. To take this icebreaker further, ask one or two members of the group to let go of the wool, or to shake it up and down in their hands. The chocolate bar should fall, showing the implicit connection between the group members, and that if something affects one, it can affect all.

Facts: There are over 4,500 Fairtrade products sold in the UK.
The first product to get the Fairtrade was Green and Black's Maya Gold chocolate bar.
The first ever UK Fairtrade banana was sold in the year 2000.
A third of all bananas sold in the UK have the Fairtrade Mark.
There are over 1.4 million farmers and workers worldwide who work to produce Fairtrade products.

Activity 1: Using Fairtrade chocolate and Fairtrade bananas. Have the Beavers cut down the banana and then place some of the chocolate squares in the cut. Wrap the banana up with foil. Place in a pre-heated oven for around 15 minutes until the chocolate has melted. Allow to cool a little before serving.

Activity 2: See if the Beavers can paint a picture using Fairtrade coffee. Using the instant coffee powder, water it down to different thicknesses. Faces and landscapes work well with the coffee paint. Adding milk powder can also change the colour.



Prayer: Dear God,
Help us to understand how lucky we are to have food and drink on our tables to eat. Let us support those people who work hard to produce our food to have an equal share of the money taken.

Week 6: Finding about endangered animals

Game 1: Give out the children the cards, asking them not to talk about what is on the card. The Beavers are then to either do actions or sounds to find the rest of the Beavers who are the same animal.

Activity 1: Allow the Beavers to use the internet or books to find out about animals which are endangered around the world. These could be the tigers, pandas, turtles, gorillas, etc. They will need to know what their animal looks like, where the animal lives, what it eats, etc. Also why it is endangered, is it pollution, deforestation, hunting, poaching, etc.

Game 2: Use the cards sheet on cardboard to allow the Beaver to have a go at pairs. You will need two copies per each circle. Lay the cards out in the middle of the circle of Beavers. Beavers then have to choose two cards, turning them over. If they are the same they can keep them, if not they turn them back over.

Game 3: Animal actions : Use the cards from last week in a pile, as each card is chosen the Beavers have to stand to look like that animals, without making any sound. The last one to do, or one who does not look like it is out. Once out they have to carry on making the actions, but not in the main area.

Prayer: On the earth that we share with all the different creatures, please help to understand how to help all animals, by not dropping litter or wasting the water, food and items we use everyday.

Need to keep cards for use next week.

Week 7: Making masks and costumes about endangered animals

Game 1: Animal relay: Use the cards from last week at random. The children need to sit in relay teams. As the card is chosen the Beavers at the front of the line have to act out the animal as they move from the line to the end of the room and back again. As they become good at it, they could have a different animal to come back as.

Activity 1: Give out the plates and use the research from last week, see if the Beavers can make their plates into the face of the animal. The Beavers should be given access to paint, glue, cloth, wool, etc.

Game 2: Animal actions : As with last week, use the cards from last week in a pile, as each card is chosen the Beavers have to stand to look like that animals, without making any sound. The last one to do, or one who does not look like it is out. Once out they have to carry on making the actions, but not in the main area.

Prayer As we have learnt about endangered animals around the world. Please help us to think about how we treat animals within in our lives and to think about how our lives may affect the animals in the world around us, even if they are far away.

Week 8: Water recycling and water filtering

Game 1: Raindrop collecting.

The children need to be split into two teams. One of the teams will be turning pots or cups over the correct way to collect the rain water and the other team will be turning them up the wrong way. You will need to have 3 times more cups/pots than there are Beavers, otherwise Beavers will stay around a couple of cups/pots. You can add rule that they have to touch different cups each time they turn if they seem to be just turning over and back a couple of pots/cups.

Activity 1: Have a log chew about the fact that not everyone has access to clean drinking water. How some children have to walk long distances every day to collect their families drinking water.

Activity 2: Using the resource for cleaning water from the website. You will need all of the equipment mentioned on the sheet. However, you may think about whether you want to use the cleaner or messier (natural) version. The cleaner version being the cotton wool and kitchen towel. Remember however clean the water looks the Beaver should not drink it.



Game 2: Drips and Drops

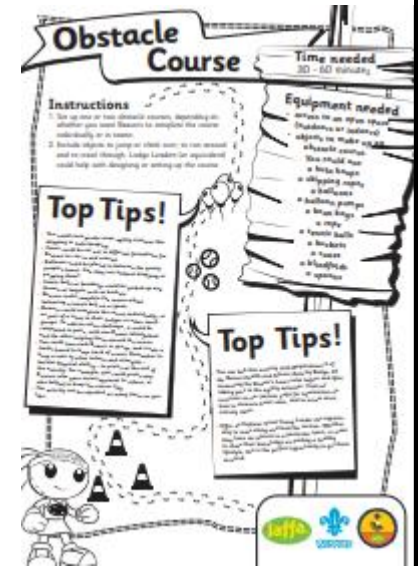
Using the resource provided, have a go at noughts and crosses using the drips and drops, instead of noughts and crosses. (Thanks for the idea by Girl Guiding Southwest.)

Prayer Thank you for our drinking water, that we have delivered to homes free from disease. Help us to think of those who do not have enough water, so that we do waste the water that we do have.

Week 9: Designing an obstacle course

All in one As today the Beavers will be designing their own obstacle course, so that will not probably be time for any games tonight.

As the Beavers arrive split them into 3 or 4 groups, according to numbers. Then show the Beavers the different bits that they can use to make their own obstacle course. The type of equipment that can be might be chairs, rope, wooden poles, blankets, cones, balls, buckets, etc, as per the items mentioned on the resource.



Be careful that the Beavers do not design a course that will be dangerous for others to use, such as climbing from chair to chair, or crawling through or under something that may involve a high chance of a bumped head.

Once they have thought about the course they can then draw it out using large paper, before then making it, one group at a time.

If time you could use one of the obstacle courses or one of your own to time the Beavers as they go around the course. You could also use blindfolds to make the course harder and the Beavers could then work in pairs to take each other around the course.

Prayer: Thank for the ability to work as a team. Help us as we grow older to understand how to work better as a team, helping us to understand how to listen to others and combining our ideas together.

Week 10: Fruit Kebabs

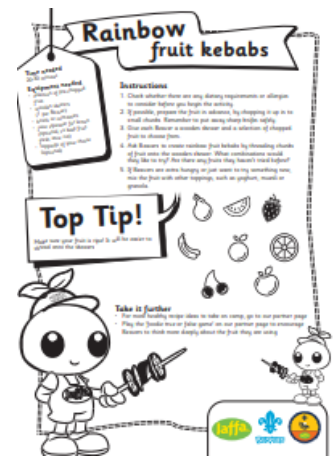
Game 1: Human Fruit Machine

This is a very easy to set up game, where the Beavers are the three bands of the fruit machine. You will need to use some of the fruits that you are going to use to make the fruit kebabs during the evening, preferably ones with thick peel, such as the oranges, lemon, bananas, etc. Again all the instructions are on the resource sheet from Jaffa oranges.



Activity 1: Make your own rainbow fruit kebabs.

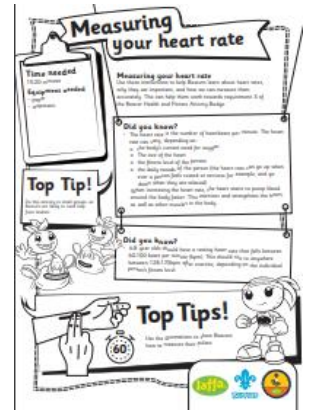
This can end being a very short activity if you do not use the chance to allow the Beavers to help extend their taste of different fruits and if you do not let them help to prepare the fruit. Things like bananas can be chopped up by Beavers and things like satsumas can be used to show the Beavers how to peel different citrus fruits. Again all the other information is on the resource sheet by Jaffa which can be downloaded and used. As mentioned on the sheet, just check for any allergies before completing the activity.



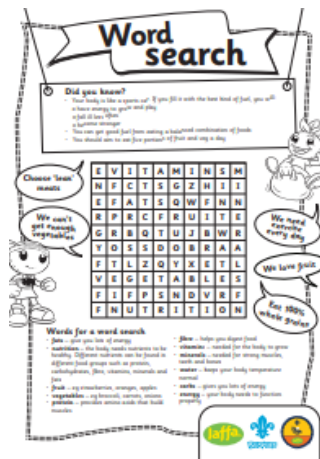
Prayer: Thank you for all the delicious fruit that we have around us. Help us to try to eat enough fruit everyday, rather than eating too many sweets.

Week 11: Measuring your heart

The idea of this week is to complete some activities that allow the Beavers to understand what happens to their heart when they are completing different tasks. They should also be able to understand what else happens to their bodies whilst they are completing exercise. Use the resource sheets to help with the task, such as the word-search to help calm them down, sleeping lions to help them relax totally and then the dodgeball as a form of exercise.



Do not forget that every Beaver will need pencil and paper to record the results as they find them.



Prayer: Thank for giving us fun ways to keep us fit and healthy. Help to understand the importance of exercise so that we can keep our heart and our bodies fit and healthy.

Week 12: Healthy Sandwich making

Game 1: Use the resource Picnic Game resource to help the Beavers try and explain what they have in their picnics. There are allowed to describe the item or act it out, but are not allowed to say the word on the card. So they might pretend to prepare to eat it or pretend to eat it.



Or

You could use two copies of the sheet and use as a relay pairs game.

Activity 1: Use the resource sheet Making a Healthy Sandwich. You will need to make sure that you have every item mentioned on the sheet. The Beavers are first of all going to look at the sheet and then make their own sandwich, roll or wrap.



Once they have decided which they would like to use, try and persuade them to include healthier options if they do not have them. Again, as with the fruit kebab, get the children to help with the preparation and making of their own sandwich.

Once finished, you could provide some squash and the children could sit on blankets and eat their own sandwiches. As always check for allergies and intolerances before allowing the Beavers to eat the food.

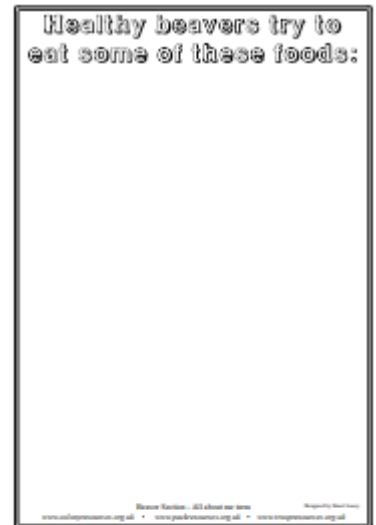
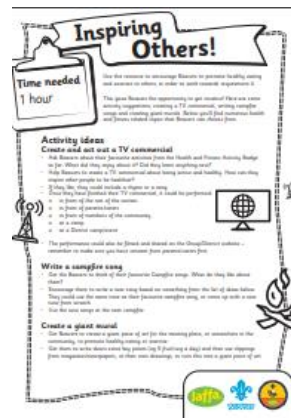
Prayer: Thank you for the opportunities that we are given to go on picnics in the countryside. Whilst there, help us to remember to keep the Country Code so that we are all able to enjoy the Countryside free of litter and waste.

Week 13: Inspiring others to be healthy

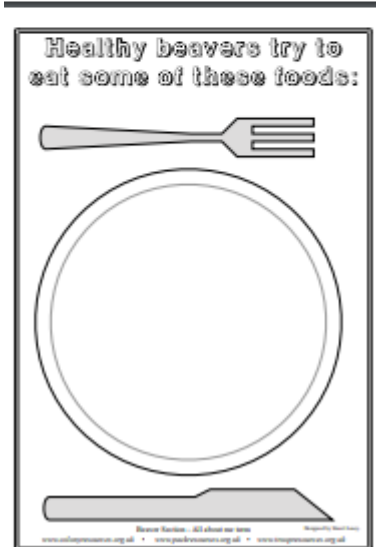
Game 1: Using the resources, story game. Read out the story, and the children jump with all words beginning with J. Hop with words beginning with H and sit down with words beginning with S.

Activity 1: The Beavers can now either work with some kind of inspiration, or just complete the old style healthy eating poster.

Once decided, the Beavers can spend the evening making them ready for the Badge presentations next week.



Prayer: As we come to the end of the term on becoming healthier and having a healthier diet and lifestyle, help to take on board some of the ideas discussed so that we can become healthier and fitter and start enjoying life to its fullest.



Week 14: Badge presentations

Game 1: Fruit Salad

Sit the Beavers in a circle and label the Beavers, orange lemon, apple and banana, orange, lemon, apple, etc. On the word apple, all the apples stand up run around the circle and then sit back down. The first one wins a point. The game continues with saying another fruit. If you want, you can fruit salad, where all the Beavers stand up and swap with another one of their fruit in the circle and then sit down. Whichever fruit is the first to swap and then sit down all get a point. Beavers are in charge of keeping their own score.

Food may be given out for Beavers to eat, which can be more fruit kebab, etc.

Activity 1: Work through the ideas from last week and give the Beavers some time to practise what they are going to say or do within their part of the presentation to inspire other people to have a healthier lifestyle.

Badge presentation and presentation by Beavers on healthy living.