Learning about Me - Summer

Covering :

Gardener Badge

Find out what happens to trees in each of the four seasons.
Learn how to use some gardening tools safely.
Find out what plants need to grow.
Help to look after a garden or allotment for three months. Keep a record of what you have done and the changes you see. You could draw pictures, write short sentences and take photographs.

Cook Badge

Find out what makes a balanced diet
Find out about why being clean in the kitchen is important
Learn about being safe in the kitchen
Choose three dishes to prepare and cook. At least one dish should be savoury and one should be sweet

Challenge Badge Parts

Take part in six other outside activities.

- **following a trail**
- building a den
- **having a go on an obstacle course**
- roasting marshmallows on a fire or BBQ
- climbing a tree
- building a sandcastle or sand sculpture

Learn your own address and phone number
With a team, complete at least two problem- solving missions set by your leader.
Take part in three activities on how to keep your body fit and healthy:
Looking after your teeth, foods that are good and bad to eat & exercise
Start growing something from seeds

NOTES: You may wish to mix the weeks up and present the two badges at the end of the term. Some of these activities are definitely based outside and some inside. You may of course, according to availability of outdoor play area do some of the games outside.

Week 1: **Introduction to the cook badge.**

Game 1: **Jump, hop, turn around and sit down.**
Beavers need to stand in a space in the hall. On the word go the beavers have to listen to the leader talk about a topic of their choice. When the leader mentions a word beginning with the letter ‘j’ the beaver have to jump, letter ‘h’ hop, etc. You can if you wish get the beavers out for being last, or completing the incorrect task.
For those who do not wish to make up a passage off the top of their head, a sheet is in the “All about me term” area.

Activity: Use the sheet about Hygiene and Safety in the kitchen, read through the ideas on the sheet. See if the beavers can think about some of the ideas before you go through them.

Make enough copies for one between each lodge / 5 beavers and see if the children can act out what would make a good kitchen and what would make a bad one. Split the lodges in half, one half for good and one half for bad.

At the end the beavers could show off their work to the rest of the colony.

If you have a young leader/leader it would be a good idea to put one with each lodge whilst practising. If not go through some ideas before you split them off.

Prayer : Thank you God for designing such a good body, which allows us to take part in many different activities. Help us to look after our bodies with exercise, eating healthily and cleaning it every day.
Amen.

Week 2: **St George**

Game 1: **Who is going to win ?**

Split the colony in lodges as a relay. At the end of the room, lay out the letters, dragon and George. The beavers one at a time race up and collect one of the letters. They bring it back. The idea is that they form the word George or dragon. If they have a g, r or o they leave it to the side. If they have one of the letters G e e or d a n they lay them out. Once they have completed one they stop. See as a colony who wins, are there more dragons, than St. Georges ? Play again. Is it the same result ?

Activity: Give out a copy of the St. George's Dragon sheet. The beavers need to colour in the dragon first, and then stick on a springy neck and then stick the head on the top. Only the head of the dragon needs to be cut out neatly, the body part could be left in a much rougher form.

Activity 2: Discuss that further on in the term they are going to need to be able to say their own address and phone number. This they might need to start to practise soon, so that they are able to say it when required.

Game 2: **Stuck in the mud.**

Choose two beavers to be the dragons. They have to chase the people in the village. As they catch them the people have to stand still, as if they are tied to a pole, ready to be eaten. They can be released by a free person, running around them twice untying the rope. Once untied they are allowed to join in again.

Prayer: Thank you God for the life of St. George. Help us to remember about being kind and helpful, and give us courage to defeat our difficulties. Amen

Week 3: **Making a Healthy pizza.**

Game 1: **Fruit Salad**

Sit the beavers in a circle, and label them; apple, orange, banana, pear and grape. On the name of their fruit the beavers stand up, run around the circle, and back to their spaces. If you want a little more challenge then call two fruits at the same time. For the ultimate challenge call “fruit salad” where all the beavers have to run around the circle and back to their seats.

Activity 1: Start by giving out the Making a Mini pizza sheet from the Cook Badge. Before the evening you will need to have all the items on the sheet. Once the beavers have chosen what they are going to include in their pizza, they then have to make their pizza.

It is a good idea before the beavers start making their pizza to go through the ingredients on the sheets with the beavers.

Activity 2: ***Maybe the other half :*** ***Fruit salad / kebabs***

I find that making fruit kebabs goes down better than fruit salad as the beavers are able to choose more easier the fruit they eat and when. Start off by giving each beaver a wooden skewer, knife and chopping board. The best fruits to put on the skewer are soft ones, such as tinned peaches, grapes, banana, orange/tangerine, strawberry, mango, kiwi (pre-peeled). These fruits are also easier to chop.

With these fruits see if you can produce a set of traffic lights with the children on their skewer.

strawberry, red grape, mango, peaches, banana, orange, grape, kiwi.

Prayer : Thank you God for the food we eat, and we have enough food to go around. Please help us not to waste food, and to try eat healthily.

Week 4: **Design a poster which promotes healthy eating.**

Game 1: **Missing the oranges.**
Beavers stand at one end of the hall. On the word ‘go’ they have to run to the other end, being careful not to be hit by the oranges which are thrown by those people standing at the side. If they are hit below the knee, they either lose a life, or are out.

Activity: Thinking back to the evening last week. How many different healthy foods can the beavers remember. Give out the cards from last week in their lodges. Can they sort them out into the two different piles.

Explain that this week we are going to be designing a poster help promote healthy eating. What kind of foods could we draw on the poster to help remind people about the healthy foods they should be eating ?

This poster may be drawn onto a plain piece of paper, or you could use one of the poster formats in the resource area. You may decide to allow the beavers to collage their posters, by cutting up magazines, seed catalogues, etc.

Game 2: **What makes a healthy food ?**
Using the Healthy food relay sheet, the beavers are then going to think about which ones are healthy and which they should have in moderation. Separating the cards into healthy and not healthy. Split the beavers into lodges and lay the cards out at the far end of the hall. The beavers in relay style, run up and take a card. Once collected they come back and decide which pile they are going to put it in, healthy or unhealthy.

Discuss with the beavers their choices, and discuss why it is not a good idea to have too many unhealthy items during a day.

Prayer We have only one body, help us to look after it; by making sure we wash every day, brush our teeth, and have a diet of healthy food and exercise. Amen.

Week 5: **Cooking a basic cake mixture.**

Game 1: Game of Captains Coming, based on different types of cakes.

Swiss roll	The children roll on the floor.
Marble cake	Stand like a statue.
Cup cake	Crouch in a ball, with arm like a handle.
Angel cake	Stand like an angel.
Doughnuts in a pack of	Stand in groups of _____
Gingerbread man	Run around the hall.

Activity: Use a basic mix for making cup cakes, making sure that the beavers are heavily involved in measuring out the ingredients and mixing them together. Try to split the colony into lodges / 5 beavers to complete the activity, with hopefully an adult or YL with extra lodge. To allow for some flexibility in the cake making, there could be a choice of what each one puts into the cake mixture, cocoa powder, currants, mixed fruit, cherries, etc. Once cooked they could try each others.

Once cooked the beavers could then play the first game whilst the cakes are cooking, or they could play Game 2.

Game 2: To help the beavers to remember a list of all the ingredients for making a cake. Cut up the list of ingredients from the resources section. The beavers sit in lodges in relay formation. They then need to run to the end of the hall where all the ingredients are, face down. They turn one over, if it is correct they bring it back. If not they turn it over. A quicker game can be played by getting them in any order, just the right ones; slower game where they have to get them in the order on the sheet, in which case leave the pictures for the beavers to get names next to.

Prayer : Thank you God for all the sweet food that we have to eat. Help us to remember how lucky we are that we have such a choice of foods to eat. Amen.

Week 6: **Find out what happens to trees in each of the four seasons.**

Game 1: Label each of the corners of the room, as Spring, Autumn, Summer and Winter. The leader in charge then says different things which are linked to the different seasons. The beavers have to decide which corner is the best fit for the sentence. You can if you wish get the last one or two out, though try not to have too many beavers standing around doing nothing. Sentences could be :

The season which has Christmas.
The season in which the trees loose their leaves.
The season when you might go to the beach.
The season in which it snows.
The season in which flowers start to grow.
The season which has bonfire night.

Etc…..

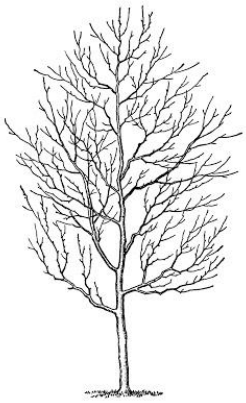
Activity : For each of the different activity start off with the template of an empty tree, which the beavers will then change.

Spring:
The beavers use a variety of pink, red and white tissue paper to cover the branches.

Summer:
The beavers use circles to cover the branches. These circles can be a variety of greens.

Autumn:
The beavers use their fingers to put a variety of paint dots across the branches. These dots can be brown, red and orange.

Winter:
The beavers can leave these trees plain.



Prayer : Dear God,

Thank you for filling the world which such lovely creations, such as trees. Help us to understand the need for trees, and what we can do to help them , especially when they are young and weak.

Amen.

Week 7: **Treasure Hunting**

Activity: Before the evening draw out a sketch map of the local area, making sure that you include the main features, such as footpaths, roads, landmarks; churches, shops, schools, named buildings.
On the map mark on a route which the beavers have to follow, and then at the end of the route mark on a ‘x’. This could be back at base, or could be around the route somewhere.
You can always have only half a route marked on the map, and then when they get there, there is another map, with a different route back to the headquarters, where the coins are then hidden.

Game: Once they get to the final ‘x’ they are then go and find as many coins as they can. This might be as the coins are hidden in one space, or could be spread around a defined area.

Make sure that all coins found are brought back to a central location so that they can be split up equally.

Prayer : There are many other treasures in our lives, such as love, sight, hearing and being able to play with our friends. Help us to remember this. Amen.

Week 8: **Planting seeds in the ground, using gardening tools, then work out what plants need to grow.**

Game : Planting seeds

Choose one lodge at a time, they are the ones who are collecting the seeds and putting them back in the box. The others are the planters. The planters have to take a ball out of the box and place it on the ground in the planting area. (Probably best played outside) The collectors have to pick up a ball and put it back in the box. No beaver is allowed to carry more than one ball. The collectors win if there are few seeds planted. The planters win if they can empty out all the seeds from all of the boxes. The area needs to be around 2 metres away from the seed boxes. If you can, the game becomes a lot more fun if the beavers have plants pots to put the balls into.

Activity: Discuss with the children to think about what is needed to make a plant grow. The fact that a seed's need is different from that of a plant. A seed just needs to be warm and have some water. A plant on the hand needs to have sunlight, air, warmth and water. Also a plant is likely to need to be anchored and through its roots take in nutrients. (Remind children that this is not the food, but helps the plant make more food.) Use the sheet about plant growing, getting the beavers to write in what is needed to grow.

Activity 2: Whilst one group is completing the above then it might be a good idea to get the other half to be looking at planting seeds, such as sunflowers, beans, etc. Do not forget to use a variety of tools to dig out the soil, discussing with the beavers how to use the tools safely, and the different uses of the different tools.

Week 9: **Looking after your teeth, and exercise.**

Game : Start off with a game of circular elephant hunt. Choose one lodge and split in half. One half stay in the centre of the circle, and the other half on the outside. On the word go they can throw soft balls at the children in the circle. If the children are hit below the leg then they are out and sit down where they are. They are however allowed to protect themselves with toothpaste (hands).The game finishes after all children in the circle are out or after an allotted time.

Activity 1: Log chew
Explain that exercise can take on many forms, and that we if we enjoy exercise we are more likely to take part. What is exercise ? What happens to our bodies when we exercise ? What should we do before we exercise ? How often should be exercise ?

Activity 2: What you'll need: 1 bottle of Fluoride rinse solution / mouthwash
2 eggs (*Might be best to hard boil, if beavers doing it*.)
1 bottle of white vinegar and 3 containers

What to do:
Pour four inches of Fluoride rinse solution into one of the containers and then place an egg in the solution. Let it sit for five minutes. Remove the egg. Pour four inches of vinegar into each of the remaining two containers. Put the egg that has been treated with the Fluoride into one container of vinegar and the untreated egg in the other container of vinegar.
What will happen: One egg will start to bubble as the vinegar (an acid) starts to attack the minerals in the egg shell.

Activity 3: Ask the children how long they should be brushing their teeth in the morning and at night. Wait until you get 2 minutes. How long is two minutes ? What do they think they could do within two minutes ? Link to the exercise earlier on in the evening. How many star jumps can they do in two minutes ? Can they run on the spot for 2 minutes ? Can they hop around the run for 2 minutes ?

Prayer : Dear God,
Help us to remember to look after our bodies, by exercising and brushing our teeth. Amen.

Week 10: **Outside problem solving**

Activity: This activity can be wet, and therefore beavers may need to bring a change of clothes, and/or towel and parents will need to be informed before.

Have a bucket of water at the end of the field and an empty bucket next to their lodge. On the word go the beavers have to pick up a cup and run down and fill it up with water. Then come back and place it into the empty bucket. The beavers need to plan is it better to run and loose water, fill up a whole cup and maybe spill some. The winning team will be the one who has the most water.

Once the beavers have played this activity, discuss with them about how they decided to play the activity. Did they walk, run, fill up the whole cup, fill up half a cup, etc. How did they work as a team?

Play again, this time either the same again, or use cups with holes drilled into them. There needs to be six holes, so that they have to decide whether to use two hands to block the holes, or forget the ones higher up, one of the holes could be on the bottom of the cup, as in the picture.

Activity 2: Can the children remember their own address and contact phone number ? Remember that if you get the children to write them down, then you need to make sure that this paper either goes home via parent, or is shredded.

Prayer : Dear God,
Please help all those people who are trying to solve a problem. Please give them guidance, so that are able to sort it out for themselves or from the help of those around them.
Amen.

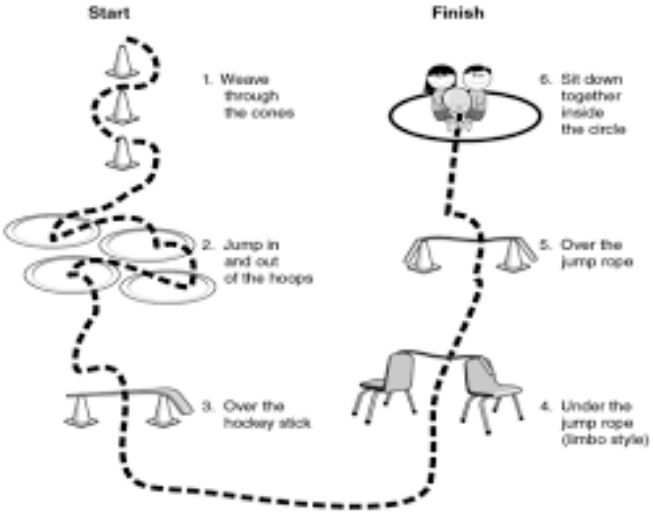
Week 11: **Obstacle course outside**

Game : Could be completed indoors, whilst the Obstacle course is being set elsewhere. This game could be taken outside and carried on, whilst the beavers are doing the obstacle course.
Split the beavers into lodges and then each lodge in half. One half sit each side of the hall in a relay line. A third of the way down the hall, three plastic balls are placed on cups, and then two thirds of the way three plastic cups. On the word go the beavers have to run, pick up one of the balls and place on top of the other cup. Then go back and get ball two and then three. They then run and do the same backwards.

Activity : This will need some preparation, as the more things the beavers need to do the more fun they will have. It could be completed indoors, if the weather or space does not allow outside. You could use purpose made pieces of equipment, such as a collapsible tunnel, steps, etc; or you could start making ones for yourself. Just be careful when building that you are not leaving places where the beavers can bump their head.

When laying out the course, it might be a good idea to lay out in a circle, as then the beavers can be allowed to start in different locations, meaning that they will not have to wait until it is there turn.

An example might be :



Prayer : Thank you God for our ability to play games, and help us to understand that the fun is to take part, which does not always involve winning or being the quickest.

Week 12: **Problem solving – indoors or outdoors – based on plant growing.**

Game: Have lots of circle cut up with PostIt note papers, making it able to stick them onto a flower template. The lodges need as a relay to put the the petals onto the flower shape, completing as many as possible in the time allowed. To make the game harder you could make the beavers move across the room in different ways.

Activity: Remind the beavers what is needed to help a plant to grow. (sunlight, air, water and warmth) Also most plants need to be anchored into the ground with roots, which can also provide the plants with nutrients from the soil.
Give the beavers a large amount of junk modelling items, large sheets of paper, coloured paper, tape, glue, paint, etc.
Break them into lodges, and ask them to produce a display which shows other people about how plants grow. They can design what they want, but all the group must take part. Their design can be flat on the sheet of paper, or could be a 3D model.

After around 20 minutes allow the beavers to have a look at each other's work. Then come back as a group and ask the beavers to say what was hard and easy working as a group. Did anyone take over certain bits, such as in charge, drawing, colouring in, cutting, writing, etc.

What would they do differently next time ?

Prayer : Dear God,
Please help all those people who are on a journey or exploration around the world. Please help to them safe, and return them safely to their families.

Week 13: **Exercise through playing sports.**

Activity: Trying one new sport.
As schools seem to be trying a greater variety of sports, there could be opportunity to borrow different pieces of equipment. Finding a new sport that is not played by any school might be quite difficult.
A sport which could be good to play with 6 to 8 year olds :

tag rugby - tags, one per a child and a rugby ball.
cricket - three stumps at each end, two bats and a tennis ball.
rounders - 4 bases, rounders bat and tennis ball.

A break may need to be given for squash, according to the temperature.

Prayer : Thank you God for all the enjoyment we can have from playing sports.
Please help us to remember to keep a good attitude when playing in any sport.
Amen.

Week 14: **Party night and Badge Presentations**

Game 1: **All mixed up summer relay.**
Split the beavers up into lodges and sit them in relay form. In front of each lodge place a pair of gloves and a scarf. Half way down place a spade, and at the end place a bucket. Around the bucket place some pebbles/balls. On the word go the beavers have to put on the gloves and scarf and then pick up the spade, using it to pick up a pebble/ball and drop it into the bucket.

Game 2: **Ice cream challenge.**
Around the room lay out some plastic cups and plastic balls. Split the beavers into their lodges and give each lodge a different colour. The beavers have to put their colour on the top of the cup (ice -cream cone). The other beavers have to take off the coloured ball that is there, and put their colour there instead. The winning team is the one with the most of their coloured ice-creams made.

Activity 1: Have some healthy picnic foods, and maybe some fruit punch.

Activity 2: Badge presentations.