

Adventure Challenge Award Activity Pack

This pack contains a series of activities that work towards all aspects of the Adventure Challenge Award for Beavers, Cubs and Scouts. Each activity contains: a list of resources needed, an estimated time, other badges that the activity links to, and step-by-step instructions.

This pack was put together by the Avon County Youth Team on behalf of the Avon County Woodhouse Park team.

Social Distancing Disclaimer:

Any activity undertaken face-to-face needs to comply with current social distancing guidelines and the current advice and readiness level from Scouts UK. Any face-to-face activities must have an associated risk assessment, and be undertaken in compliance with Covid-19 regulations.

If you'd like to provide any feedback on this activity, please email the Avon County Youth Team at avoncountyyouthteam@gmail.com.



Adventurous and Outdoor Activities	3
Heroes Hike	3
Orienteering Practice	4
Mindfulness Walk	5
Footgolf	7
Nature Hunt	8
Drip Drip Drop	9
Leaf Royalty	10
Chariots of Water	11
Hazard Maps	12
Find me, Follow you	13
Crafty Obstacle Course	14
Flying a Hot Air Balloon	16
Other Requirements	17
Beavers and Cubs Requirements	17
Fantastic Haggi and Where to Find Them	17
Grab it, Bag it	18
A Change in the Water	19
Boss the Green Cross Code	21
Scouts Requirements	23
A Flipping Good Time	23
Additional Worksheets	25
Obstacle Course Map (Orienteering Practice)	25
Obstacle Course Scoring Sheet	26
Tracking Signs Sheet	27
Grab It, Bag It - Item Cards	28
Traffic Signs - Boss the Green Cross Code	31

Adventurous and Outdoor Activities

The first requirement of this Award for all sections is to complete a number of adventurous activities. The Awards for Beavers and Cubs also require a number of Outdoor Activities to be completed. Below are some suggestions of activities you could do to meet these requirements!

1. Heroes Hike

You will need:

- Coloured pens or pencils
- Scrap paper
- A map of your local area for each group of young people

This activity also contributes towards:

- Beavers and Cubs - Our World Challenge Award
- Beavers and Cubs - Our Adventure Challenge, Criteria 3
- Hikes Away Staged Activity Badge

Estimated time: 1-2 hours

Before you begin:

Each group needs an adult to do this activity – if you don't have enough volunteers, you could ask some parents to help.

Use the pens to split your map into parts – plan to have one part for each group. The parts should be sized so that the group can realistically visit most of it during their hike. Label the parts using numbers or letters.

If you are planning on undertaking the hike at Woodhouse Park, you could create a map of your field on the site and create temporary landmarks for the groups to find. You could also simulate issues, such as litter or wildlife issues, for groups to find.

Instructions:

1. Split into groups of about five people, and pair each group with an adult.
2. Give each group a map and a pen, and tell them which part is theirs.
3. Each group should talk about basic safety rules, and make sure they're ready to go on a hike. Everyone should agree a time to arrive back at your meeting place.
4. As they hike, each group should try to spot issues and challenges in their map part.

5. Groups should mark all of the issues and challenges on their map, labelling them so that they can remember them later.
6. Once each group has returned to the meeting place, they should discuss the things that need improving in their community.
7. Each group should think of action they could take to improve each of the issues and challenges they found. They can note them down on paper.
8. Groups should come back together, and share their findings – did they all spot similar things?
9. Everyone should take action, by doing at least one thing to help with an issue or challenge they found.
10. After they've taken action, everyone should come together and update each other on their progress. This is likely to happen during a future session.

Take it Further:

When they get back to the meeting place, groups could swap their maps, and give the other teams some ideas about how they can take action and help the issues they spotted — people may not have thought or talked about some of the other group's issues yet. This may be extra challenging, depending on how clearly teams have marked their maps.

2. Orienteering Practice

You will need:

- [Obstacle Maps](#) (one per young person)
- 2 map boxes
- 6 cones
- 5 mini hurdles or a ladder
- 4 spots or small hoops
- 2 large hoops or buckets
- Stop watch (one for the whole activity)
- [Score sheet](#). Only 1 copy is needed per team

This activity also contributes towards:

- Scouts Orienteering Activity Badge
- Scouts Teamwork Challenge Award

Estimated time: 1 hour

Before you begin:

Bring a water bottle. Orienteering can involve lots of running, so make sure you have plenty to drink to keep you hydrated.

The aim of this activity is to give young people some practice and experience of what it's like to go orienteering. This activity will demonstrate all the physical skills needed for orienteering: agility, balance, coordination whilst holding or looking at the map.

Instructions

1. Set up the equipment using the full length of space available. The equipment/layout shown in the obstacle course map is a suggestion and may be altered or adapted. You can have one or multiple obstacle courses.
2. Put the young people into small groups. These do not have to be the same size.
3. The course is run as a relay. Each child picks up a map at the start, negotiates the course as shown, holding the map, and deposits the map in the box at the end of the line.
4. The young people then run back round the outside of the line of equipment to tag the next person, who then starts.
5. Carry on until the final whistle is blown. Allow practice time, then time the 'competition' for a set time which is the same for each group – e.g. 5 minutes
6. The total number of maps deposited in all the boxes at the far end is then the team score.

Take it Further:

You could encourage teams to navigate the course blindfolded and get their teammates to help them navigate the course.

You could also get the young people to design their own course and create it for other teams to try. See the Crafty Obstacle Course activity later in the booklet.

3. Mindfulness Walk

You will need:

- Backpack
- Snacks
- Pens or pencils
- A4 paper

This activity also contributes towards:

- Beavers and Cubs My Outdoor Challenge Award
- Beavers Creative Activity Badge
- Cubs Artist Activity Badge
- Cubs Naturalist Activity Badge
- Scouts Artist Activity Badge
- Hikes Away Staged Activity Badge

Estimated time: 1 hour

Before you begin:

The person leading the activity should choose a peaceful place to walk and plan a route that includes all of the mindfulness letters. The mindfulness letters are:

Scenery - Find a spot to sit with an interesting view. Why not sketch it?

Collecting - As you walk, collect natural items that you could use to create some kind of art to remind you of your mindfulness walk. Don't pick anything up unless you're sure it's safe – check with an adult if you're not sure. Don't take anything from living plants. You could make art with it! See the Leaf Royalty activity.

Offline observation - Find a place to stop for a few moments. Be totally still and silent and watch the world go by – did you see anything you'd have missed if you were rushing past or looking at a screen?

Unwind - Chat with your friends, find a space for some basic yoga poses, or share some things that have made you smile recently.

Textures - During the walk, take the time to notice the different textures around you. Everyone should pack a bag with everything they need for their walk: a drink, snack, and pen and paper.

Everyone should arrive dressed for the weather.

Instructions:

1. The person leading the activity should explain that mindfulness is all about paying attention to the moment in a non-judgemental way. It can help people connect to their bodies and can also reduce stress.
2. Everyone should head out on their walk, following the route and listening to the person leading the activity as they explain each of the mindfulness letters.

3. At the end of their walk, everyone should think about which activities helped them relax and feel connected to the world around them. Could they fit any of the things they did into their day-to-day lives?

Take it Further:

When undertaking this activity at Woodhouse Park, why not try and turn this mindfulness walk into a sensory trail? Encourage the young people to explore their surroundings using all 5 senses to make themselves more aware of where they are and to help keep them grounded. One idea is to get the young people to name 5 things they can see, 4 things they can hear, 3 things they can touch, 2 things they can smell and 1 thing they can taste.

4. Footgolf

You will need:

- Footballs
- Something to mark lines (for example, chalk, masking tape, or rope)
- Tarpaulins or old sheets

This activity also contributes towards:

- Cubs and Scouts Our Skills Challenge Award
- Explorers Physical Recreation Activity Badge

Estimated time: 20 minutes

Before you begin:

The person leading the activity should design a basic course. They should mark out some holes and teeing boxes. It's a good idea to have at least one hole for every two players, so people don't wait for too long between turns.

The person leading the activity should add some obstacles between the tee boxes and holes to act like sandy bunkers and water hazards.

Instructions:

1. The first player at each hole should gently kick their football into the teeing box to start their turn.
2. The first player at each hole should take aim, kick their football towards the hole, and count 'one'.

3. Once their football's stopped moving, the first player at each hole should kick it towards the hole again and count 'two'.
4. The players should keep going until their football reaches the hole (or marked out section). They should keep track of how many times they had to kick the ball at each hole.
5. Once everyone's had a turn at each hole, everyone should compare their scores. The person who kicked the ball the fewest number of times is the winner.

Take it Further:

Get the young people to design and create some features for the footgolf course. You could turn it into crazy golf! This could contribute to creative, DIY and artist badges.

5. Nature Hunt

You will need:

- Pens or pencils
- A4 paper

This activity also contributes towards:

- Beavers My Outdoor Challenge Award

Estimated time: 50 minutes

Before you begin:

Plan a route in a natural area such as a park, woods, or common. Choose one that's easy to walk. You could walk around Woodhouse Park!

Instructions:

1. Provide everyone with pens and paper.
2. Decide on which plants and animals everyone is going to try to find, and write these down.
3. Everyone should split into small groups with at least two adults for each group.
4. Each group should set off to try and find and observe the items.
5. If a group finds one of the trickier items, they should let their friends in other groups know.
6. Once everyone's finished the hunt, they could play a favourite game while they're outdoors in the fresh air.

Take it Further:

You could take cameras (or smartphones) and take photographs to make a nature display. This could count towards the Beaver Photographer Activity Badge.

6. Drip Drip Drop

You will need:

- Paper Cups
- Towels

This activity also contributes towards:

- Beavers and Cubs Teamwork Challenge Badge

Estimated time: 15 minutes

Before you begin:

It's best to play this game on a warm sunny day. You might want to play it alongside other water games.

Find a space outside where everyone can sit comfortably in a circle.

You may want to tell everyone to bring a change of clothes and a towel.

Instructions:

1. The person leading the game should give everyone a plastic cup with some water in. They should remind everyone not to throw water in anyone's eyes.
2. One person should volunteer to be the dripper. Everyone else should sit in a circle.
3. The dripper should walk around the outside of the circle, dripping a little bit of water on everyone's heads (they could dip their fingers in so their fingers drip on people's heads). As they drip water on each person, they should say 'drip'.
4. When the dripper gets to the person they want to chase them, they should say 'drop', and gently touch their head (without putting any water on them).
5. The person who was touched is now the chaser. They should take their cup of water with them as they chase the dripper around the outside of the circle. The dripper and chaser should try to be the first to sit in the free space, without spilling too much water from their cup.
6. The person who sits down in the space should drop the water from their cup on themselves. If they really don't want to do it, they don't have to.
7. The person leading the game should refill any cups that are empty.

8. The person left standing not in a space is the dripper; they should repeat steps three to seven to play again.
9. Everyone should keep enjoying the game until they're all very wet.

Take it Further:

You could play other water based games, for example, Catch with water balloons, or passing a cup of water over and under down a line. If you play team games, it could count towards the Teamwork Challenge Award.

7. Leaf Royalty

You will need:

- Scissors
- Double sided sticky tape
- Natural materials (for example, leaves, twigs, feathers)
- Paper (green or brown works best)

This activity also contributes towards:

- Beavers Creative Activity Badge
- Cubs Artist Activity Badge

Estimated time: 20 minutes

Instructions:

1. Go around a local outdoor area and collect a series of leaves and other natural materials. It's easy if you have access to trees around your meeting place; if you don't, you could visit a park or woodland area together including Woodhouse Park!
2. Everyone should make the base of their crown by cutting a strip of paper that's long enough to fit around their head and around 8cm wide.
3. Everyone should get a small piece of double sided sticky tape, double check that their crown fits their head, then use the tape to stick the ends together to make a loop of card.
4. Everyone should get a piece of double sided sticky tape that's long enough to go around the whole crown. They should peel the paper off one side, and stick the tape around their crown.
5. Peel the paper off the double sided sticky tape they stuck to their crown in step three. They should get creative, pushing the leaves onto the tape until they stick.

Take it Further:

You don't have to stop at the crown – why not take it further and make something else? You could stick with the royal theme and make a sceptre from sticks and leaves.

8. Chariots of Water

You will need:

- Cardboard tubes
- Shoelaces
- Labelled image of a finished chariot for each group
- Eight wooden poles for each group (for example broom handles)
- 12 eight-foot lashing ropes for each group
- One ten-foot lashing rope for each group
- A washing up bowl for each group

This activity also contributes towards:

- Cubs and Scouts Pioneer Activity Badge
- Cubs Our Skills Challenge Badge

Estimated time: 1 hour

Before you begin:

If you're not confident with knots and lashing, it's a good idea to practice before leading this activity so you can help everyone else learn.

Instructions:

1. Split into groups of four. Give each group a labelled image of a chariot, so everyone knows what they're aiming for.
2. Lay two poles parallel to each other. These are the trestle legs of the frame – the left and the right hand side of the square frame if viewed from above.
3. Place a pole on top of the trestle legs, so just a little bit of each trestle leg sticks out from under the top of the pole. This pole is called a ledger – the top of the square if viewed from above.
4. Repeat step three, putting a pole on top of the trestle legs just slightly above the bottom, so a little bit of each trestle leg sticks out from underneath. This pole is another ledger.

5. Use four of the shorter lashing ropes to lash the trestle legs to the ledgers with four, tight square lashings. You should have one square lashing at each point where a trestle leg meets a ledger (each corner of your square frame).
6. Turn the square frame over, so the ledgers are on the bottom.
7. Place a pole diagonally across on top of the square frame, from the top of the right trestle leg to the bottom of the left trestle leg. This pole is now called an x-brace. Where the x-brace touches the two trestle legs, lash them together with two square lashings.
8. Place the last pole on the other diagonal – from the top of the left trestle leg to the bottom of the right trestle leg. The pole should go underneath the top of the left trestle leg, and on top of the right trestle leg. This pole is now the second x-brace. Attach this x-brace to the trestle legs with two square lashings.
9. Stand the structure up.
10. There should be a gap between the two x-braces where they cross in the middle. Use the ten-foot lashing rope to spring the x-braces together with a tight diagonal lashing.
11. Adapt the chariot to carry items, by placing two more poles from trestle leg to trestle leg, the correct width apart for the item you want to carry. Attach both of the extra poles to each trestle leg using four more square lashings.
12. The final chariot should be sturdy enough to be lifted and shaken with falling apart.
13. Attach four extra ropes to the chariot, one for each team member to carry. They should attach to the trestle legs and ledgers, and teams should space the ropes evenly around the chariot so it's balanced.
14. Make a race track and race the chariots!

9. Hazard Maps

You will need:

- Map of the site (or paper)
- Safety information sheet
- Safety chart sheet
- Dressing up clothes like hard hats and high vis jackets (optional)
- Clipboards (optional)

This activity also contributes towards:

- Cubs My Adventure Challenge Award, Criteria 4

Estimated time: 1 hour

Before you begin:

If you aren't at a campsite, set up an outdoor area like a miniature campsite with one or two tents, a cooking area etc. You can also look for any hazards in the outdoor area you're in.

Instructions:

1. Split into pairs. The person leading the activity should give each team a map of the campsite or a piece of paper, so pairs can make their own map of the main features such as buildings.
2. Everyone should agree on a time and place to meet again, and then pairs should set out to explore the campsite. They should look out for potential hazards and mark them on their map. As they search, pairs should talk about why things are a hazard and what they could do to make it safer for everyone.
3. Everyone should join back together in one big group. A few people in the group should volunteer to be the writers – they need to take a copy of the safety chart and a pen.
4. Everyone should walk around the campsite once more, together this time.
5. Whenever the group comes near a hazard a pair marked on their map, the pair should tell everyone what they found, why they think it's a hazard, and what they could do to make it better. Everyone should talk about any other ideas they may have.
6. The people who've volunteered to be the writers should note the ideas down on the chart. This is like a simple version of a mini risk assessment, which people leading activities or camps have to do before the activity or camp starts, to help everyone stay safe.

10. Find me, Follow you

You will need:

- Sticks, leaves and stones
- Treasure

Estimated time: 50 minutes

Before you begin:

Set a track in your local park or woods (or Woodhouse Park!) using track signs from the 'Tracking signs examples' sheet. The more trees, bushes, and obstacles throughout your track the better! Make the track about one hundred metres long.

Use the 'party split up' sign near the start of the track so everyone splits into two groups to follow two tracks to the same endpoint. You may want to set more than one track if you have a larger group.

Decide whether you'll hide treasure at the end of the track. You could leave a well-wrapped tasty snack, or the equipment for a popular game. Make sure you remember where you hide everything, so you can make sure you take it all home with you.

Some people could set up the tracks while another person talks about the signs with the group.

Instructions:

1. The person leading the game should show everyone the 'Track signs examples' sheet.
2. Everyone should get into pairs and create some of the signs on the sheet using sticks, stones, and leaves.
3. Each pair should set up a mini track using three signs. They should swap mini tracks with another pair, and challenge each other to guess the signs.
4. The person leading the game should remind everyone that they should work together to follow the tracking signs. Good teams wait for each other and solve clues together.
5. Follow the trail and find the treasure!

Take if Further:

Get groups to create their own tracks for other groups to follow!

11. Crafty Obstacle Course

You will need:

- Clean items of recycling
- Pens or pencils
- A4 paper

This activity also contributes towards:

- Beavers and Cubs My Teamwork Challenge Award

Estimated time: 1 hour 30 minutes

Before you begin:

You may want to split this activity across two sessions. People could design the course one session and then make and test it next time they meet.

You can also use equipment you already have (such as hoops), as well as recycling. Ask everyone to collect recycling to make it easier – keep an eye out for items like big boxes as these are especially useful.

Instructions:

Part 1 - Design the Course

1. Split into small groups. The person leading the activity should give each group some pencils and a large sheet of paper.
2. Each group should talk about what an obstacle course is. Obstacles are things that block your way. In an obstacle course, they're usually challenges that people need to complete before they continue.
3. Each group should choose a theme for their obstacle course to inspire the obstacles they create. If they chose a woodland theme, for example, they may use a tunnel as a rabbit burrow to crawl through, or some hoops and balls as nuts for a squirrel to throw into a hole.
4. Each group should design their obstacle course, thinking about their theme. Their final course should have between two and four obstacles, but it's OK if people want to design more and then narrow it down.
5. Each team should think about what materials they'll use to make the obstacles they've designed. They could think about equipment they already have, as well as any recycling they could use.

Part 2 - Make and Race

6. Each team should find a space outside. They should make between two and four of the obstacles they designed. They should test them as they go to make sure they work, and make any changes needed. For example, make sure any tunnels are big enough for a person to fit through!
7. Each team should demonstrate their obstacles to another team, then swap courses and try each other's obstacles out. They could try each other's at the same time, or take it in turns to have a go and to watch.
8. Once everyone's finished the obstacle course, they should take their obstacles apart so they can put equipment away and recycle any recyclable items.

12. Flying a Hot Air Balloon

You will need:

- Sticky tape
- Cardboard tubes
- Black bin bags (preferably biodegradable)
- Hairdryers (ideally, enough for one for each group) or some sort of air source like a leaf blower or a fan

This activity also contributes towards:

- Cubs Scientist Activity Badge
- Air Activities Stage 2

Estimated time: 30 minutes

Instructions:

13. The person leading the activity should split everyone into small groups and assign each one a helper.
14. Each group should have a black bin bag, cardboard tube (such as an empty loo roll) and a hairdryer.
15. One person in each group should take the bin bag and wave it around so it fills with air, then hold it upside down and let go.
16. The helpers should tie the bag handles together so that only a small opening remains and tuck the handles inside so they're not loose.
17. Helpers should then slide a cardboard tube into the bag opening.
18. While the helpers hold the bags, one person from each group should fill them with air, using the hairdryer on the coolest setting. As they fill with warm air, they should tug away and eventually fly.
19. The person leading the activity should ask everyone why the bag floated with the warm air but not the cold air.
20. Everyone should have a go at either putting air in or holding the bag.
21. The person leading the activity should then gather all the groups together and hold a race to see whose balloon goes the furthest or highest.
22. Everyone should collect their balloons afterwards, so they don't create litter or a hazard to local wildlife.

Other Requirements

The following activities contribute to the remaining requirements for the Adventure Challenge Award for each section.

Beavers and Cubs Requirements

13. Fantastic Haggi and Where to Find Them

You will need:

- Scissors
- Glue sticks
- Old socks or stockings
- Sand, flour or rice
- Pipe cleaners
- Soft toys (if not making haggis)
- Rocks and sticks
- [Tracking Signs Sheet](#)
- Googly eyes

This activity contributes towards:

- Beavers and Cubs My Adventure Challenge Award, Criteria 3

Estimated time: 1 hour

Before you begin:

The person leading the game should explain that haggis is a tasty Scottish food with a mixture of minced meat, oatmeal, fat, and spices in an edible bag. The bag is traditionally made from an animal's stomach, but now some people use synthetic (man made) ones instead.

The person leading the game should explain that while the meat is usually beef or lamb, haggis is so important in Scottish legend that lots of people pretend that it's its own animal (called 'wild haggis') as a joke.

Instructions:

1. The person leading the game should explain that as part of this joke, some people pretend that you can catch haggis in the wild.
2. Everyone should split into teams of about five people.

3. Each team should fill a small bag or old sock with a grainy filling such as sand, rice, or flour (or even a mixture of the three). They should try to make the filled haggis about six centimetres long.
4. Each team should pat down the contents so it's compact then tie the end and cut off any excess fabric. It's OK if they need a grown up to help with this stage.
5. Each team should add some details, for example, googly eyes and pipe cleaner legs.
6. Each team should try to add something to distinguish their haggis from the others. How about some colourful fur, a scarf, or a hat?
7. The person leading the activity should choose a start point for everyone to come back to.
8. Each team should take their haggis and hide it somewhere nice and safe.
9. Each team should use the sticks and rocks to make a series of tracking symbols that lead from the start point to their haggis. They can use the 'Tracking symbols' sheet to help them remember the symbols.
10. Everyone should gather at the start point and wait in their teams.
11. The person leading the game should give each team a trail to follow – no one should follow the trail they made.
12. Each team should follow the trail to find another team's haggis.
13. If people want to, and are careful not to disturb any of the tracking symbols, you could swap trails again so each team can catch another haggis.

Take it Further:

Why not play this game as an introduction to Scottish foods? You could have a tasting session with real haggis, neeps, and tatties. Remember to cater for everyone's dietary requirements. This could even count towards the Cub Chef Activity Badge.

14. Grab it, Bag it

You will need:

- Glue sticks
- Scissors
- Three envelopes
- [Item Cards](#)

This activity contributes towards:

- Cubs My Adventure Challenge Award, Criteria 4
- Cubs My Skills Challenge Badge

Estimated time: 30 minutes

Before you begin:

Cut out the item cards. Stick one activity backpack to each envelope and spread the rest of the item cards face up on the floor in the middle of the room.

Instructions:

1. Split into three teams. Give each team one backpack envelope.
2. Each group should get into their own space. They should spend one minute talking about the things they would need to do their activity.
3. The person leading the game should make a noise to let everyone know it's time to collect items. (Each group needs seven items – there are four items that no group needs to pack, just to make it trickier).
4. One player from each team should go to the item pile. They should select one item they need to pack to do their activity, and bring it back to their team. Once an item is in their bag, groups can't change their mind or put it back.
5. Players should take it in turns to go to the item pile and collect the things they need until they have seven items.
6. Once all of the bags are packed, each group should take it in turns to read out the items they have in their backpack. The other groups should guess the activity they were packing for.
7. Everyone should talk about whether they agree with the decisions people have made – would they make any changes? The person leading the game should show everyone the correct equipment list for each activity.
8. Everyone should talk about other general items you may need to pack for outdoors activities, such as clothing (raincoats and sun hats), safety equipment (first aid kits), and water and snacks.

15. A Change in the Water

You will need:

- **Winter hiking gear (including thermals, fleeces, woolly hats, woolly gloves and winter overcoats)**
- **Summer hiking gear (including sun hat, shorts, T-shirts and sun cream)**
- **All-weather hiking and camping gear (including waterproofs, hiking boots, gaiters, survival bag, rucksack, tent, sleeping bag, roll mat, hiking poles, water bottle, flask, first aid kit, whistle, torch, map and compass)**

- **An old pair of jeans and a pair of walking trousers**

This activity contributes towards:

- Cubs My Adventure Challenge Award, Criteria 4
- Scouts Expedition Challenge Award
- Scouts Hill Walker Activity Badge
- Scouts Orienteer Activity Badge
- Navigator Stages 3, 4 and 5

Estimated time: 20 minutes

Before you begin:

Spread out all of the clothing and equipment in the centre of the meeting hall.

Create a list of scenarios or weather events that might be experienced during a hike or expedition.

Tailor the scenarios to the stage of the Navigator badge that is being completed:

- Stage three, everyone needs some understanding of what equipment to take and why.
- Stage four, everyone should know more detail about the uses of each piece of equipment, such as what's essential and non-essential, and discuss this with their peers.
- Stage five, everyone should have detailed knowledge of all of the equipment you'd bring on an expedition, including personal medical equipment, emergency equipment and group equipment, and everyone should also be able to explain why each piece of equipment is needed and what they'd do if something got lost, broken or was left behind.

Instructions:

1. Split everyone into four groups and have each one move to a different part of the activity area.
2. Explain that everyone will be given a scenario, and that two people from each group should run to the centre of the activity area to collect the equipment that they feel is suitable for use in that scenario. This should then be returned to that group, where it should be laid out on the floor as it would be worn on a person.
3. Give everyone their first scenario. Groups have two minutes to collect their equipment and dress/equip their imaginary person.

4. When the two minutes is up, go among the groups and have them explain their choices.
5. Put everything back into the middle of the room and give them the next scenario and repeat the process. Each group should now send two different people to collect the gear from the centre of the activity area, and should continue to swap roles for each subsequent scenario so everyone gets a go.
6. At the end of the session, check on the wet trousers and jeans, if you prepared some earlier. Demonstrate how the hiking trousers have dried out over the course of the session, whereas the jeans will still be sodden, cold and very uncomfortable! See if anyone can explain why.

16. Boss the Green Cross Code

You will need:

- A4 paper
- Pens or pencils
- Hi vis clothing
- [Crossing Signs](#)

This activity also contributes towards:

- Beavers My Adventure Challenge Award, Criteria 4

Estimated time: 30 minutes

Before you begin:

Stick the five 'Crossing signs' around your meeting place. You could make your own signs by writing on big pieces of paper if you want to.

Plan a walk to an outside space with some footpaths that can be pretend roads. A local park with paths would be perfect.

Identify a crossing on a local road – choose a road that's quiet, or one with a low speed limit.

Instructions:

1. The person leading the activity should read the 'Green Cross Code rhyme' (check it out below).
2. Everyone should think of an action for each line – for example, for 'look', they could turn their heads and pretend to look down the road, or for 'listen' some people could put their hands to their ears while others make car noises.

3. Everyone should practise shouting the word at the start of each line and saying the rest of the line before (or while!) doing the action.

Play the Crossings Game

4. The person leading the game should call out a description of one of the five types of crossing stuck up around the meeting place.
5. Everyone should move to the sign they think matches the description.
6. The person leading the game should make sure everyone understands the right answer before moving on to the next description.

Practice Time!

7. Everyone should get into pairs to be 'walking buddies'. The person leading the activity should remind everyone of some basic safety rules including staying together, not running, walking sensibly, and always listening to the adults they're with.
8. Everyone should travel safely to the outside space the person leading the activity chose.
9. Everyone should find a path to be their pretend road.
10. Some people should practise following the steps of the Green Cross Code to cross the path, while others check they're doing it safely.
11. People should swap so everyone gets at least one turn at crossing the path.

Cross a Real Road

12. Everyone should travel safely to the quiet road the person leading the activity chose.
13. Adults should stay near the crossing to alert any traffic.
14. People should take it in turns to follow the Green Cross Code steps and safely cross the road.
15. Everyone should travel safely back to the meeting place.

The Green Cross Code Rhyme:

Think. Use your brains before your feet.

Stop. Wait on the path, stand back from the street.

Look right then left, then right once more.

Listen for cars or lorries, you'll hear them roar.

Wait. There's no need to take a risk.

Look and listen (again) – remember this.

Cross safely to the other side. Walk carefully – don't run or slide.

Things can get tricky when crossing the road, so remember to use the Green Cross Code!

Scouts Requirements

17. A Flipping Good Time

You will need:

- Pens or pencils
- Erasers
- Craft materials (for example, tissue paper, pipe cleaners, stickers)
- Coloured pens or pencils
- Scissors
- A4 paper, index cards, sticky notes or small notebooks
- Foldback clips
- Camera, computer or smartphone, as needed
- Non-drying modelling clay (optional)

This activity also contributes towards:

- Scouts My Adventure Challenge Award, Criteria 4
- Scouts Creative Challenge Award

Estimated time: 2 hours

Before you begin:

If using A4 paper, cut each sheet into eight equal squares. Each person will need about 50-100 squares to make a decent flipbook. Index cards and notepads could also be used, though these may be expensive to purchase in the volumes needed. Books of sticky notes may be a cheaper alternative and will take less time to complete.

If the group is tech-savvy and you have the necessary equipment, you could use cameras, computers or smartphones to make a short digital animation or stop motion animation instead of a flipbook.

Instructions:

1. Explain that everyone will be making their own adventure flipbook. Give everyone 50-100 bits of paper, index cards, sticky notes or a notepad to illustrate. Put out writing materials, colouring pens and pencils and anything else you've got that might help the group decorate their flipbooks.

2. Everyone should find some space to work in. They should think about the adventurous activities they've taken part in and pick one they enjoyed lots or learned something useful from.
3. When they've settled on an activity, they should think of a personal achievement, or a skill it made them better at. They should also think about the equipment they used and list any safety measures that were in place that they can remember.
4. Come up with a cover design for the flipbook. Draw it on the first piece of paper. This should include a title and image that introduces the activity.
5. Now, outline a simple storyboard for the flipbook. Each scene needs a lot of pictures, so this needs to be as straightforward as possible. This should be referred back to while drawing to stay on track.
6. Start drawing the story.
7. Don't colour anything in just yet, as they can use the first page they drew to trace any drawings they need for the following pages. Simply place the next page over the last one and draw over the outline of anything that needs to be copied onto the next page. When all of the outlines are drawn, colour everything in.
8. Add pages until the scene is finished, stack them in chronological order and attach a foldback clip to the left-hand side to hold the book together.
9. When all of the flip books are done, everyone should find a partner and swap flipbooks. Guess what activity the other person is doing and what skill they're learning. Identify safety procedures and equipment used. The creator should talk through the activity, skills, safety and equipment featured in the flipbook with their respective partner.
10. Now that everyone's thought some more about their chosen activity, they should come up with a new goal to do with that activity. This could be to further improve their skills or to learn how to complete the activity in a different way. On a final piece of paper, they should create a back cover for their flip book featuring the new goal.

Additional Worksheets

Obstacle Course Scoring Sheet


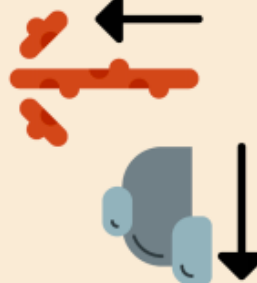



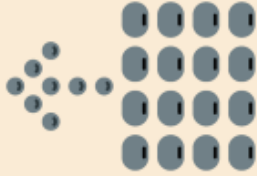


	Team Name	Number of maps in each box	Total
1			
2			
3			
4			
5			
6			
7			
8			

Tracking signs

Tracking involves leaving signs or symbols made from natural materials, such as sticks and stones, on a trail or course for others to follow.

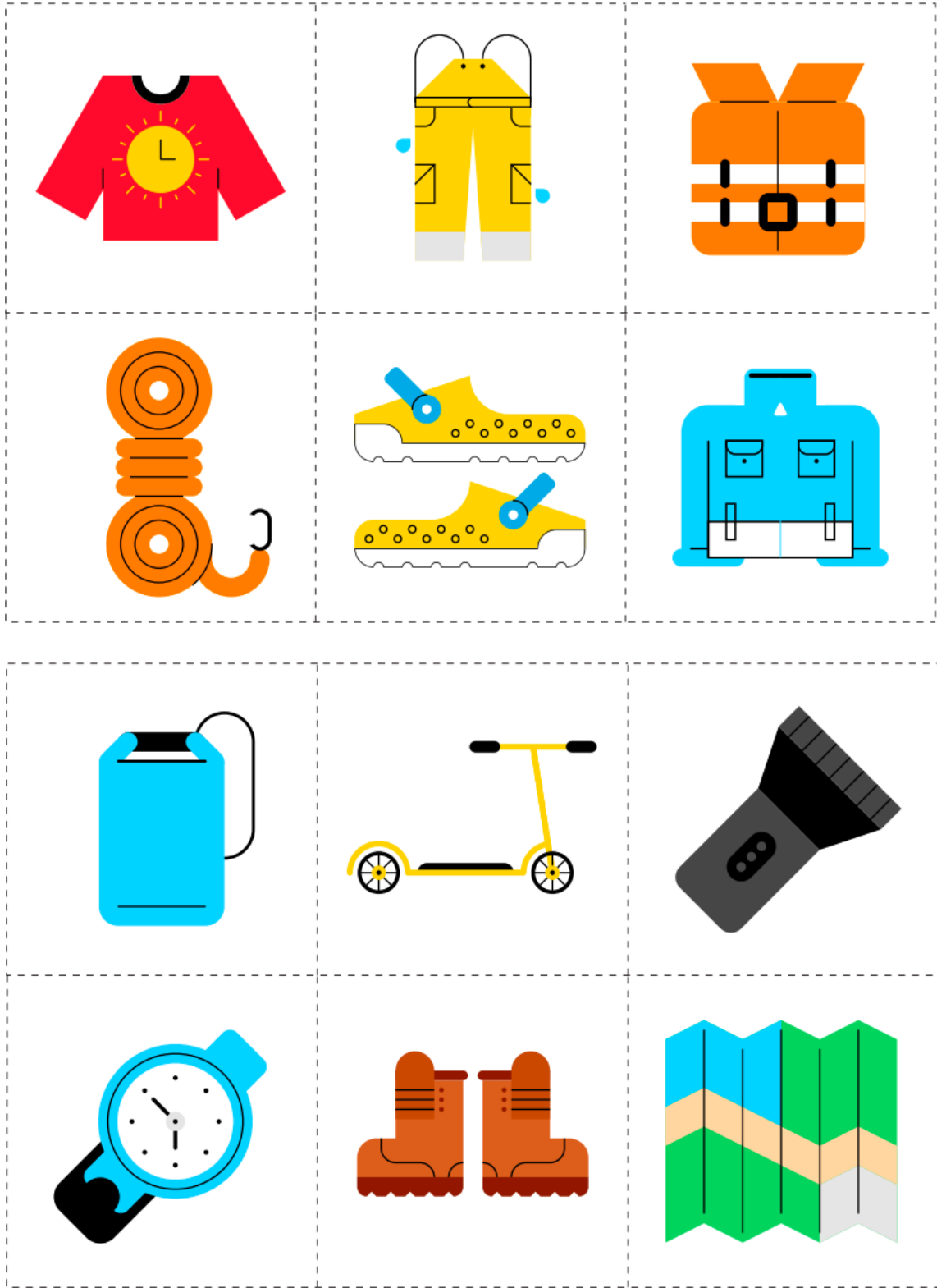


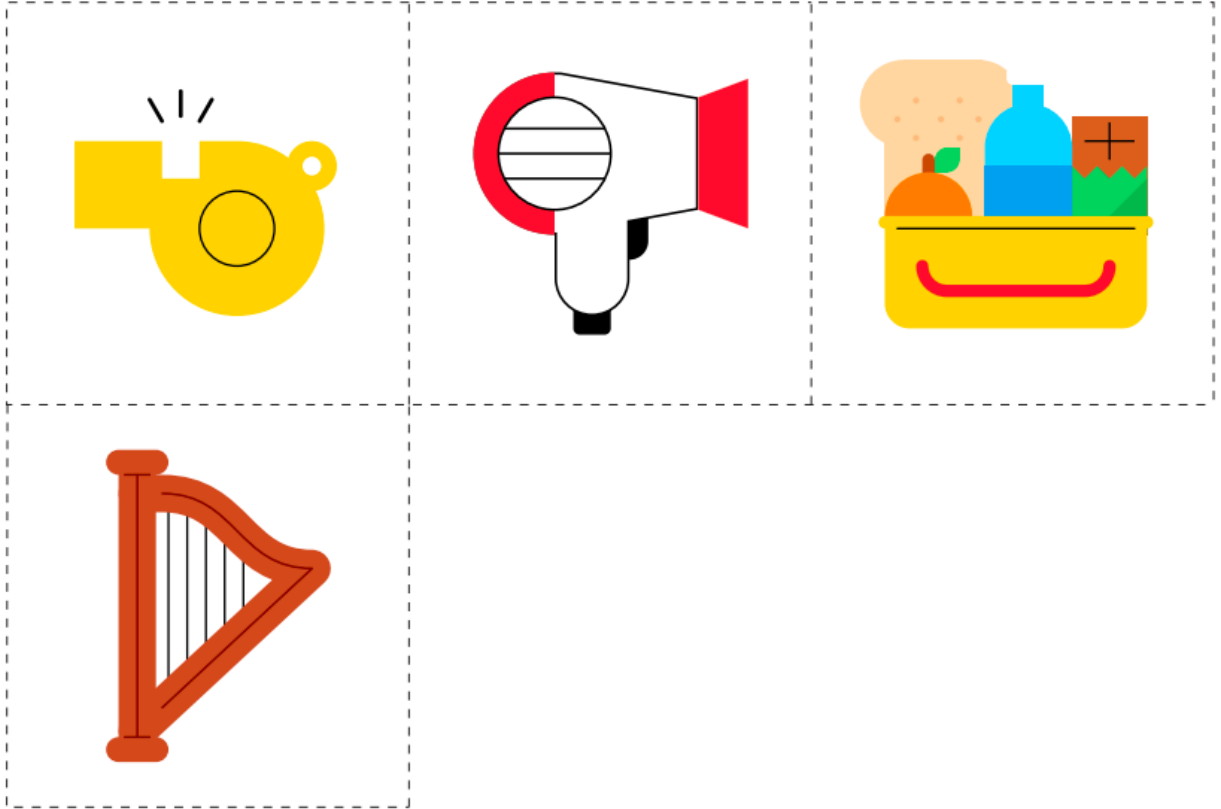
Tracking Signs Sheet

 <p>Turn (left or right)</p>	 <p>This way</p>	 <p>Not this way</p>	 <p>This way (over obstacle)</p>
 <p>Party split up</p>	 <p>Message this way</p>	 <p>Water this way</p>	 <p>Gone home</p>

Grab It, Bag It - Item Cards



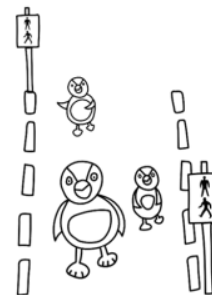




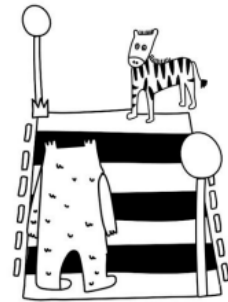
Traffic Island



Puffin Crossing



Zebra Crossing



Toucan Crossing



Footbridge

