


Welcome to our March activity suggestions! We hope you have lots of fun taking part and developing skills for life.


You may notice that some of our activity suggestions can be done face to face, we've included the instructions in case you want to use these when we can get back together safely.

We're always on the look out for new suggestions so if you have any please contact [admin@scoutscymru.org.uk](mailto:admin@scoutscymru.org.uk)





## WORLD BOOK DAY – 04/03/2021

Section	Activity	Adjustments and safety	Badges and Programme Links
Beavers, Cubs and Scouts +	<p><b><u>Create a comic</u></b></p> <p><b>You will need:</b></p> <ul style="list-style-type: none"> <li>• Paper</li> <li>• Coloured Pens</li> <li>• Ruler</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>• Explain that its world book day and that comic books are exceptionally popular, counting for almost 2 billion dollars of book sales every year. They have even spawned movies that generate billions of dollars and have become a part of everyday culture.</li> <li>• The participants can be told about the activity ahead of time so that they can prepare a story and character before the session.</li> </ul>	<p><b><u>In person:</u></b></p> <p>Each person should have their own equipment and materials. They should also remain socially distanced.</p> <p><b><u>Online:</u></b></p> <p>Participants should provide their own equipment and materials.</p>	<ul style="list-style-type: none"> <li>• Artist activity badge</li> </ul>  <ul style="list-style-type: none"> <li>• Writer activity badge</li> </ul>

	<ul style="list-style-type: none"> <li>• Explain that they are going to create their own comics, and that they will be creating, characters, a story for them to follow and then drawing the story out.</li> <li>• They should start by creating a main character and story for them to follow.</li> <li>• Get them to draw out their design for the character and write out a brief outline of their story.</li> <li>• Once they have those sorted, they should start dividing up their paper into boxes, so they can draw out the comic.</li> <li>• They should then draw out the story adding dialog bubbles and extra characters if they want to.</li> <li>• They should be encouraged to share their comics with the rest of the group.</li> </ul>		 <p>To learn about world book day and how different people enjoy books and reading in different ways.</p>

**MOTHERING SUNDAY – 14/03/2021**

<p><b>Scouts</b></p>	<p><b><u>Design a Picture/Bookmark</u></b></p> <p><b>You will need:</b></p> <ul style="list-style-type: none"> <li>• Paper or Card A4 or A5</li> <li>• Pencil</li> <li>• Crayons/paint/paintbrush/pastels</li> <li>• Pair of scissors</li> <li>• Glue</li> <li>• *Glitter/stickers/buttons/crepe paper/felt/coloured card</li> <li>• Ribbon or string</li> <li>• Imagination</li> </ul> <p><b>Background:</b></p> <p>Mothering Sunday was originally a time when people returned to the church, in which they were baptized or where they attended services when they were children. This meant that families were reunited as adults returned to the towns and villages where they grew up. In time, it became customary for young people who were working as servants in large houses, to be given a holiday on Mothering Sunday. They could use this day to visit their own mother and often took a gift of food or hand-me-down clothing from their employers to her. In turn, this moved towards the modern holiday, on which people still visit and give gifts to their mothers.</p>	<p><b>In person:</b> everyone should have their own materials and equipment and remain socially distanced. They should be supervised by an adult when cutting out the designs.</p> <p><b>Online:</b> all participants should have the materials and equipment ready. They should be supervised by an adult throughout the session. They should also be encouraged to share the designs they have made with the group.</p>	<p>Creative Arts badge</p>   <p>To learn about how Mother's Day started and why/how it is celebrated today.</p>
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To make Mother's Day extra special, get creative and design picture/bookmark. Personalise it with a special poem or with a few meaningful words to show how much you love her. A personal gift is so special and something that *mothers* love to cherish.

**Instructions:**

For Picture

Paint or draw a scene that would be special to your mum. Maybe her favourite place or somewhere she would love to visit, her favourite flowers. You could do this in the theme of a famous artist like Monet or Van Gogh, it could be modern, abstract, pop art or in your own personal style. You could even frame the picture.

<https://images.app.goo.gl/RzFabnir4j8ssTVj7>

<https://images.app.goo.gl/ap6UEzRAGohj4zr88>

For Bookmark



1. Cut your cardboard into a rectangle and punch a hole in the top.
2. Draw your own design/write a special poem or message/cover with glue and add \*materials
3. .Add ribbon or string to punch hole

<https://images.app.goo.gl/By4D3wCtzTSVJ2Dh8>

<https://images.app.goo.gl/sZeWsqAK9LwB1R7Q9>

How about printing some of these IOU's to hand out to your Mum. Make her Breakfast in Bed or promise to Vacuum/wash dishes/help with laundry  
<https://images.app.goo.gl/RdLhuJRFxM5NjDSx8>

Links provided as examples

<p><b>Beavers and Cubs</b></p>	<p><b><u>Design a Card/Bookmark</u></b></p> <p><b>You will need:</b></p> <ul style="list-style-type: none"> <li>• Paper or Card A4 or A5</li> <li>• Pencil</li> <li>• Crayons/paint/paintbrush/pastels</li> <li>• Pair of scissors</li> <li>• Glue</li> <li>• *Glitter/stickers/buttons/crepe paper/felt/coloured card</li> <li>• Ribbon or string</li> <li>• Imagination</li> </ul> <p><b>Background:</b></p> <p>Explain that, Mother's Day, or Mothering Sunday, is now a day to honour mothers and other mother figures, such as grandmothers, stepmothers, and mothers-in-law. Many people make a special effort to visit their mother. They take cards and gifts to her and may treat her to brunch, lunch or high tea in a cafe, restaurant or hotel. People who cannot visit their mother usually send gifts or cards to her.</p> <hr/> <p>To make Mother's Day extra special, get creative and design and make a card/picture/bookmark. Personalise it with a special poem or with a few meaningful words to show how much you love her. A personal gift is so special and something that <i>mothers</i> love to cherish.</p>	<p><b>In person:</b> everyone should have their own materials and equipment and remain socially distanced. They should be supervised by an adult when cutting out/gluing the designs.</p> <p><b>Online:</b> all participants should have the materials and equipment ready. They should be supervised by an adult throughout the session. They should also be encouraged to share the designs they have made with the group.</p>	<p>Creative Badge</p>  <p>Artist Badge</p> 
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**Instructions:**

For Card

1. Fold card or paper in half
2. Draw picture or stencil to front - use a pencil to start and add wording. **HAPPY MOTHER'S DAY / SUL Y MAMAU HAPUS**
3. Colour in/add glue/materials
4. Write a little verse inside on the middle of card
5. Personalise card to Mum, Nan, Step mum
6. Write your name at the bottom - from .....

<https://pin.it/6rJZstj>

<https://pin.it/6M7fQ3o>

<https://pin.it/3rNaTkb>

For Bookmark

1. Cut your cardboard into a rectangle and punch a hole in the top.
2. Draw your own design/write a special poem or message/cover with glue and add \*materials
3. Add ribbon or string to punch hole

<https://images.app.goo.gl/By4D3wCtzTSVJ2Dh8>

<https://images.app.goo.gl/sZeWsqAK9LwB1R7Q9>

Links are provided as examples

**GLOBAL RECYCLING DAY – 18/03/2021**

<p>Scouts +</p>	<p><b><u>Energy/living recycling</u></b></p> <p><b>You will need:</b></p> <ul style="list-style-type: none"> <li>• Access to internet for research</li> <li>• Notebook</li> <li>• Pen/pencil</li> </ul> <p><b>Background:</b></p> <p>We use energy each day for lighting, cooking, cooling rooms, heating, transportation, manufacturing, entertainment, and many other uses. We consume a lot of energy and every year, we use more energy than we did the year before. .</p> <p>Energy is something that kids and grownups need and use every day at work and at school. People get energy from food. Once food converts to energy in the body it gives them the strength and energy to go to work or school and to use their bodies and brains to get things done. Some scientists explain that everything in the universe is made up of energy. Since energy is very important, energy conservation is an evergreen topic that adults worry, and have concerns about.</p> <p>Energy conservation is any behaviour that results in the use of less energy. Energy conservation should not be confused with “energy efficiency”, which is using technology that requires less energy to perform the same function. A classic example of energy conservation is turning the lights off when leaving the room. In the same vein, energy efficiency is using a compact fluorescent bulb that requires less</p>	<p>This activity is great to do at home and/or digitally but if you decided to do it face to face then make sure everyone has their own pen and paper as well as being socially distanced.</p>	<p>Learn about Energy conservation and any behaviour that results in the use of less energy.</p> <p>Environmental Conservation Badge</p> <div data-bbox="1693 501 1924 730" data-label="Image"> </div> <p>Community Impact Badge</p>
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energy instead of using an incandescent light bulb to produce the same amount of light.

**Ways you can save energy at home**

Every time you turn off a light bulb or play game less by going outside to play more, you're saving energy. Here are some easy ideas that you can use to save energy at home:

- Watch less TV – read a book instead! A book doesn't require electricity to run. Additionally, reading a book is proven to be more relaxing than watching TV.
- When you play video games or watch TV, turn them off when you are done.
- Don't leave your computer in standby – turn it off at the end of each day.
- Remind parents to remove their phone from the charge when the phone is fully charged.
- When you shut down your gadgets or appliances, be sure to unplug them completely since these energy vampires often suck up power even when we're not using them.
- Close windows if the heating is on. If they are open, the hot air will escape straight out of the window, then you're wasting energy and money.
- If the weather is not too hot, ask your parents to open the windows instead of relying on an extractor fan or using the air conditioner – No electricity used, no cost!
- Shower – don't bath! A shower uses less hot water, and as a result, showering costs less than bathing. If you choose the shower instead of bathing, then

	<p>over a year, you would save a lot of water and the costs of heating that water.</p> <ul style="list-style-type: none"> <li>• Reuse or recycle whatever you can (such as <a href="#">composting</a>) since it helps to reduce or eliminate the need to make materials from scratch which means to save energy.</li> <li>• You can also help by reminding parents to turn the heat down in the winter, buy energy-smart bulbs and use machines the right way.</li> </ul> <p>When you think you understand how your home uses energy <i>and</i> what you can do to be more efficient make notes identifying things around the home you could improve on. Share these ideas with your parents and Section and try putting them into practice.</p> <p>Why not try this Quiz  <a href="#">Recycling 101 Quiz - Communities for Recycling (recyclingpartnership.org)</a></p>		
<p><b>Beavers and Cubs</b></p>	<p><b><u>Energy/living recycling</u></b></p> <p><b>You will need:</b></p> <ul style="list-style-type: none"> <li>• Access to internet for research</li> <li>• Notebook</li> <li>• Pen/pencil</li> <li>• Tissue paper</li> </ul> <p><b>Background:</b></p>	<p>This activity is great to do at home and/or digitally but if you decided to do it face to face then make sure everyone has their own pen and paper as well as being socially distanced.</p>	<p>Learn about Energy conservation and any behaviour that results in the use of less energy.</p> <p>Global Issues badge</p>

## How can we save energy?

### Top tips for saving energy

- Switch off the lights when you leave a room.
- Open the curtains during the day and letting the sunshine in, instead of switching on the lights.
- Turn off the tap when you're not using it. For example, when you're brushing your teeth, or washing your hands.
- Put on a jumper and thick socks instead of turning the heating on.
- Close the door behind you when you come inside.
- Switch off the television and any consoles when you're not using them. Use the 'shut down' function on your computers and laptops.
- Turn off or unplug electrical items when you're finished with them. Some devices use energy even when they aren't on. For example, the kettle, your phone chargers, lamps and fans.

### Play a game

#### 'I spy the energy waster'

When you think you understand how your home uses energy *and* what you can do to be more efficient why not play a game of 'I spy' where you all take turns identifying things you could improve on.


#### Hand out some tissue paper

You can use this to identify draughts under doors, around window frames, near fireplaces and over floorboards.



	<p>If the tissue moves when you hold it close, you've found a draught where cold and hot air can enter during winter and summer.</p> <p><b>Record all these things in your notebook and share with your Section</b></p>		
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### NATIONAL SPINACH DAY – 26/03/2021

<p><b>Beavers, Cubs and Scouts+</b></p>	<p><b><u>Grow your own spinach</u></b></p> <p><b>You will need:</b></p> <ul style="list-style-type: none"> <li>• Spinach seeds</li> <li>• Empty toilet roll tubes</li> <li>• Soil / compost</li> <li>• a bowl, tray or dish</li> <li>• Scissors</li> </ul> <p><b>Background:</b></p> <ul style="list-style-type: none"> <li>• Explain that it is national spinach day and that it is classed as superfood and is very high in nutrients, vitamins and minerals. Also, that it can be enjoyed in a huge range of recipes as part of a healthy diet and lifestyle.</li> </ul> <p><b>Instructions:</b></p>	<p><b>In person:</b> everyone should have their own materials and equipment and remain socially distanced. They should be supervised by an adult when cutting the tubes.</p> <p><b>Online:</b> all participants should have the materials and equipment ready. They should be supervised by an adult throughout the session. All electricals should be kept away from water.</p>	<ul style="list-style-type: none"> <li>• Gardener activity badge</li> </ul>  <ul style="list-style-type: none"> <li>• Learning about a healthy diet and lifestyle, and the benefits of certain</li> </ul>
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	<ul style="list-style-type: none"><li>• Start by using the scissors to make four small cuts on the bottom of the tube, allowing you to fold it up so the compost stays in.</li><li>• Carefully fill the tubes with compost and gently push down so it is packed semi tightly.</li><li>• Create a small hole in the top of the soil with your finger and put a seed in each hole and cover with soil.</li><li>• Put all your tubes into your bowl, dish or tray and add just a little water to each.</li><li>• Make sure to keep them watered and wait to see them grow.</li></ul>		foods and how to grow them.
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