



Welcome to our May 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

DEAF AWARENESS WEEK 3-9 MAY 2021

Section	Information & Activity	Adjustments and safety	Badges and Programme Links
Beavers, Cubs, Scouts+	<p>How to communicate with a hearing impaired person.</p> <p>Hearing loss is the second largest disability, and an invisible one. Not only are there a lot of deaf and hard of hearing people about, but you cannot tell who they are.</p> <p>It is estimated that there are 11 million people with hearing loss across the UK, that's around one in six of us . With such a large number of people having hearing loss it is essential to understand how to communicate with them effectively.</p> <p>Someone with a hearing loss is not ignoring you and is not stupid. Their ears do not work but the rest of them – politeness, intelligence and so forth – is fine. Hearing loss is not something to joke about, to laugh</p>	<p><u>In person:</u></p> <p>Each person should have their own equipment and materials. They should also remain socially distanced following current Covid guidelines.</p> <p><u>Online:</u></p> <p>Participants should provide their own equipment and materials. Adult Supervision should be given when using the internet for research.</p>	<ul style="list-style-type: none"> Disability Awareness badge  

at, to get irritated by, to use as an insult, or to feel sorry for.

What is the best way to communicate with a deaf person?

Communicating with people who have hearing loss is a little more demanding than speaking to a hearing person. There are some things you can do to enhance communication between you and someone who has a hearing loss.

Someone with a hearing loss may not know that you are speaking to them especially if in a noisy situation, so it's important:

- Face the person while you are speaking, don't turn away
- Repeat yourself if necessary
- Never say 'It doesn't matter'
- If the person doesn't understand you, don't give up!
- Write it down or draw a picture
- Speak one at a time, don't talk over each other
- Keep your mouth visible
- Smile and relax
- Don't speak too quickly or too slowly

[DAW Poster V1 \(signhealth.org.uk\)](http://signhealth.org.uk)

What is the difference between deaf and Deaf?

We use Deaf with a capital D to refer to people who have been deaf all their lives, or since before they started to learn to talk. They are pre-lingually deaf. It

- Communicator badge



is an important distinction, because Deaf people tend to communicate in sign language as their first language. For most Deaf people English is a second language, and understanding complicated messages in English can be a problem.

What is British Sign Language?

British Sign Language (BSL) is the most common form of sign language used in the UK. In March 2003, the UK government officially recognised BSL as a language in its own right. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions and shoulder movements. It has its own grammar and is structured in a completely different way to English.

What is fingerspelling?

Fingerspelling is the BSL alphabet (see page 8 in the pdf leaflet for this). Certain words – usually names of people and places – are spelled out on fingers. However, fingerspelling alone isn't sign language.

ACTIVITY

www.Learning-British-Sign-Language-leaflet.pdf

- Learn to spell out your name using Fingerspelling (see page 8)

- Learn these basic signs: (see page 9)
 - Hello
 - Please
 - Thank you

➤ Sorry Goodbye

- Learn your promise in British Sign Language
- Research a famous person who is Deaf or has hearing difficulties and tell your Group who they are and all about them using Fingerspelling/BSL

LOCAL & COMMUNITY HISTORY MONTH – 1ST - 31ST

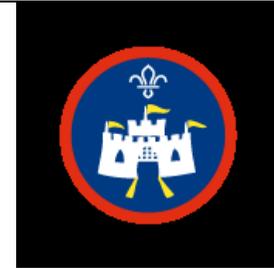
Section	Information & Activity	Adjustments and safety	Badges and Programme Links
<p>Beavers, Cubs, Scouts+</p>	<p>Explain that May is Local and Community History Month!</p> <p>The aim of the month is to increase awareness of local history, promote history in general to the local community and encourage all members of the community to participate.</p> <p>Activities happen across the UK and include trips, library exhibitions and local lectures. It is a great way to highlight local history and for local people to get involved.</p> <p>While it may seem that the local area is the one place we do not want to focus on at the moment, it might just be the perfect time to do so. After all, most of us have seen little else in the last 12 months and although restrictions are easing they have not gone all together. Local History and the local environment are very much entwined and we can learn so much from it and enjoy sharing that knowledge. The architecture of the buildings can provide so much information about the development of an area. A most valuable piece of advice is to always look up at the top of the buildings, don't just look at what the bottom of a building.</p> <p>Over the last 12 months you will have spent an enormous amount of time in your local area – turn what might seem to have been a negative into a positive by sharing what you have noticed.</p> <p>ACTIVITY</p>	<p><u>In person:</u></p> <p>Each person should have their own equipment and materials. They should also remain socially distanced following current Covid guidelines.</p> <p><u>Online:</u></p> <p>Participants should provide their own equipment and materials. Adult Supervision should be given when using the internet for research.</p>	<ul style="list-style-type: none"> • Creative badge  <ul style="list-style-type: none"> • Explore badge  <ul style="list-style-type: none"> • Local Knowledge 

Beavers & Cubs

- Make an advert for tourists about your local area and why it's the best place to live! You could design a poster using a computer, make a leaflet or even film a video advert!
- Read a folk story or legend about Wales. You might find this in a book or online. Here are some ideas
<https://www.nationaltrust.org.uk/lists/magical-and-mystical-tales>
- Then create a bookmark to represent something from the story, it might be a character, a landscape – maybe even a monster! If you want some inspiration of how to make a bookmark, why not check out #TheGreatIndoors and this activity
<https://www.scouts.org.uk/activities/mark-my-words/>

Scouts+

- Read a folk story or legend about Wales. You might find this in a book or online. Here are some ideas
<https://www.nationaltrust.org.uk/lists/magical-and-mystical-tales>
- Explore some of Wales' historic sites such as Big Pit, St Fagan's and the National Library.
<https://museum.wales/bigpit/>
<https://museum.wales/stfagans/>
<https://www.library.wales/>
- Exhibit or present the results from both activities to other people.



- Welsh Awards



BIKE WEEK 30 MAY – 5 JUN 2021

<p>Beavers & Cubs</p>	<p>Explain what Bike Week is and why it's awesome</p> <p>Bike Week was born over 96 years ago and it's a fantastic opportunity for us all to get on our bikes and celebrate being on two wheels.</p> <p>Cycling is part of the answer to lots of challenges we have around the world – air pollution, obesity, poor mental health and traffic congestion. It's also a great way to get some exercise while some of our other clubs and sports might not be happening.</p> <p>How many of you can ride a bike? Do you know how to do it safely?</p> <p>(Beavers & Cubs) Let's watch this video – watch carefully because there'll be a little quiz afterwards https://www.youtube.com/watch?v=0HTi8Zl6l04</p> <ol style="list-style-type: none">1. When should you wear a helmet when you're on your bike? Always.2. What colour clothes should you wear when you're on your bike? Bright clothes3. What can you use to help if you're cycling in the dark? Bike lights4. Is it better to ride on a cycle path or on a busy road? Cycle path or somewhere quiet like a park5. What age can you start to learn to cycle on the roads? 10 <p>Draw a picture / Make a poster You will need: Plain paper and coloured pencils, crayons or coloured pens</p>	<p><u>In person:</u></p> <p>Each person should have their own equipment and materials. They should also remain socially distanced following current Covid guidelines.</p> <p><u>Online:</u></p> <p>Participants should provide their own equipment and materials.</p>	<ul style="list-style-type: none">• Cyclist badge  
----------------------------------	---	---	---

Beavers: Draw a picture of you on your bike – maybe with friends or family. Think about the things you saw in the video and try to include them -bright coloured clothes, a helmet, riding somewhere safe and quiet.

Cubs: Can you make a poster about staying safe on your bike. Think about road safety, what you might be wearing, where you're cycling, who you're cycling with

Get out for a bike ride

Try to get out for a bike ride during bike week – you might even want to get on your bike every day. Maybe you can take a photo of you on our bike or write a story about the ride you take – you can then share this with your leader and other Cubs and beavers.

If you don't have a bike then you might be able to hire one locally - why not check it out?

(Scouts +)

Watch this video (keep an eye / ear out for one thing which is the law in America but not here in the UK. You'll also notice some of the hand signals are different, but we'll look at those later)

https://www.youtube.com/watch?v=A_iJlq5yTcA

Did you catch the difference in the law? It is not mandatory to have a bell or horn here in the UK – but it is a good idea.

Let's talk about **Hand Signals**

(check out this link for Uk hand signals <https://roadcyclinguk.com/how-to/technique/essential-guide-road-cycling-hand-signals-calls.html>)

How do you signal the following:

1. Turning left?
2. Slowing down?

- Cyclist



- Emergency Aid stage 3

3. Stopping?
4. Pothole?
5. Cattle grid?

Share the link with the Scouts & Explorers if they want to learn more.

This section links with **Emergency Aid level 3**

Let's talk about hypothermia

What is it?

- Hypothermia is a dangerous drop in body temperature below 35C (normal body temperature is around 37C).

Why might Cyclists be at risk of hypothermia?

- Out for long periods of time away from shelter
- Wind on exposed skin
- Travelling at speed can increase the effect of cold / wind chill factor
- They might get wet and muddy especially if off roading / mountain biking.

How can you recognise it?

- shivering
- pale, cold and dry skin – their skin and lips may be blue
- slurred speech
- slow breathing
- tiredness or confusion

How can you help someone with hypothermia?

DO

- move the person indoors or somewhere sheltered as quickly as possible



- Explorers Mountain Biking



- remove any wet clothing, wrap them in a blanket, sleeping bag or dry towel, making sure their head is covered
- give them a warm non-alcoholic drink and some sugary food like chocolate if they're fully awake
- keep them awake by talking to them until help arrives
- make sure you or someone else stays with them

DON'T

- do not use a hot bath, hot water bottle or heat lamp to warm them up
- do not rub their arms, legs, feet or hands
- do not give them alcohol to drink

GET MEDICAL HELP

Thinking about what we've just explored, what could you take with you when you're out cycling to make sure you're prepared:

(some suggestions)

- Wear / carry appropriate layers of clothing
- Take a warm drink or the means to make one
- Take an emergency foil / heat reflective blanket / sleeping bag
- Carry a means of communication / emergency locator in case you need to call help

Can you think of anything else?

If you have any Explorers who are mountain bikers why not encourage them to talk about the skills and techniques they use - it can go towards their Mountain Biking badge and it might inspire others in the Group to take it up.

INTERNATIONAL FIREFIGHTERS DAY – 04/05/2020

<p>Beavers, Cubs, Scouts+</p>	<p>Explain the role of Firefighters and the Fire and Rescue services, dangers and uses of fire- camps, cooking, home heating etc. Burns, destruction of property, spread and speed.</p> <p>Can you start fires? What are some of the things you need to be aware of first? Can you do it alone? Explain the following:</p> <p>SMOKE ALARMS Fires happen when you least expect them, often during the night. They also spread very quickly, damaging property, and causing injury and death. But the real killer is smoke. If you're asleep when a fire starts and you don't have a smoke alarm to wake you, you are unlikely to survive. Smoke can suffocate you in just three breaths – you could be dead before the flames even reach you. If there is a fire, a smoke alarm will immediately warn you, giving you and everyone in your home time to escape to safety. . Make sure you test smoke alarms once a week and change the battery once a year, ensuring you have at least one alarm on each level of your home. Alarms should not be fitted in or near the kitchen or any bathrooms, as steam or cooking fumes may cause false alarms.</p>	<p><u>In person:</u></p> <p>Each person should have their own equipment and materials. They should also remain socially distanced following current Covid guidelines.</p> <p><u>Online:</u></p> <p>Participants should provide their own equipment and materials.</p> <p>Also be aware that a fire related event may have impacted YP. Sensitivity may be needed in these situations for the wellbeing of the YP.</p>	<ul style="list-style-type: none"> • Cub Fire Safety Badge  • Beaver Safety Badge  • Scouts Fire Safety Badge 
--	---	---	---

NIGHT-TIME ROUTINE You can reduce the risk of a fire in your home by remembering to do a simple bedtime safety check.

- A smoke alarm is fitted on every level of the property.
- Internal doors are closed - in the event of a fire, this can help prevent flames and smoke spreading to other rooms.
- All unused electrical equipment (TVs, games consoles, laptops, smartphones - anything that uses a mains or USB charger) is unplugged.
- Any cigarettes or other smoking material is properly put out.
- Portable heaters or electric blankets are switched off.
- Ovens, grills and hobs are switched off.

ESCAPE PLANS

Think ahead, make an escape plan so that you and everyone in your home knows what to do in the event of a fire.

- Your best escape route is your normal way in and out of your home, but decide on a different route too, in case it is blocked. If the downstairs internal doors are closed there will be a good chance that your escape route has remained clear. This should prevent you having to escape from a first floor window.
- Make sure you know where keys to any doors or windows are.
- Keep all routes clear of anything that may hinder your escape, like furniture, rubbish, clothing or prams and bicycles.

• Get the whole family involved in making your escape plan, by turning it into a game - who can get out of the house the safest and quickest? The more they know about the plan the better they will understand what to do if there is a fire.

- Visitors also need to know about your escape plan and the quickest and safest exit routes.
- Make sure you fit smoke alarms on each floor of your property, and test them once a week.

CALLING THE FIRE SERVICE

- Dial 999
- The 4 emergency services are Fire Service, Police, Ambulance and Coastguard
- Ask for the Fire Service and give as much information as possible, including
 - Your location/address/name
 - What has happened?
 - Where is the fire?
 - Who else is involved?
 - Is anyone injured?
- Give landmarks to aid crews in locating you i.e. churches, schools, petrol stations
- Speak slowly and clearly.

WHAT SHOULD YOU DO IF YOUR CLOTHES CATCH FIRE?

- Try to stay calm
- Call for help

- STOP = Do not run around this will make the fire worse
- DROP = Drop to the ground
- ROLL = Roll around in both directions. This squashes the fire between you and the ground helping to remove oxygen. Fire likes and needs oxygen
- You can do this on any floor type - wood, grass or carpet
- Do not attempt to remove any clothes if they are burnt
- COOL and CALL = Place plenty of clean cool water on any burnt areas of the body and call 999.

MATCHES AND LIGHTERS

Matches and lighters can very dangerous as it only takes 1 lit match to burn down a house. To prevent them from being played with by children, grown ups need to ensure they keep matches and lighters out of reach. An ideal place is somewhere high and out of the way i.e. top cupboard. If children find matches/lighters laying around at home or school they should not touch them and report to a teacher or the grown up that lives with them. A rhyme to help children remember how dangerous matches/lighters are. Matches Lighters never touch They can hurt you very much

BEWARE OF FAKE CHARGERS

Do not put your home, yourself and family at risk with a fake phone charger. Fire and Rescue Services and Trading Standards are warning that fake phone

chargers can cause fires as they do not meet current safety regulations. How to spot fake phone chargers

- Fakes are copies of something genuine. • It is difficult to tell if a charger is a fake just by looking at it.
- The people who produce these go to a lot of trouble to make them look real, but do not make sure they are safe to use.
- Unsafe chargers are often made in China and do not have safety features, such as a fuse. They are poor quality.
- Fake chargers are usually sold in markets or boot fairs or by street sellers.
- Fake chargers have also been found on sale in some temporary retailers, online auctions

We recommend you:

- Make sure you follow instructions for all electrical devices and that you use the correct chargers in line with the manufacturer's guidance. If the wrong charger is used for an electrical device the internal battery can't handle a different voltage and it can catch fire.
- Stop using a charger if you suspect that it is faulty or fake.
- Do not use a charger if you have to force it into the wall socket.
- Follow the manufacturer's instructions on how long to charge a product.
- Always buy from a shop you know and trust, an approved retailer or direct from the manufacturer of the same name as the device.

- Check your smoke alarm.
- Do not overload sockets. Plug chargers straight into the main plug socket. Use the 'Socket Calculator' link below to find out more. Do not take the risk
- When left plugged in overnight, phone chargers could overheat and cause fires.
- Phones left charging on soft furnishings are a fire risk.
- Covering a phone while it is charging is a fire hazard.
- Using a fake phone charger increases your risk of electric shocks and house fires.

Links and Resources;

<https://www.electricalsafetyfirst.org.uk/guidance/safety-around-the-home/overloading-sockets/>

Dry vs wet Christmas Tree fire speed.

<https://www.youtube.com/watch?v=26A-49Wb2F4>

<https://www.electricalsafetyfirst.org.uk/what-we-do/counterfeit-products/>

ACTIVITIES:

ORGANISE A SCENARIO TO DEMONSTRATE WHAT YOU SHOULD DO IF THERE IS A FIRE IN YOUR HOME
DRAW AN ESCAPE PLAN FOR YOUR OWN HOME IN THE EVENT OF A FIRE

Quiz:

1. What does 'MAWWFRS' stand for? (or SWFRS/NWFRS as applicable in your area)

	<p>2. Fires spread very quickly, damaging property and causing injury and death. But what 'S' from a fire is the real killer?</p> <p>3. If there is a fire at night and you haven't got a smoke alarm to wake you, the smoke can suffocate you in just how many breaths?</p> <p>4. How often is recommended you test a smoke alarm?</p> <p>5. If your clothes catch fire Fire and Rescue services advise that you try to stay calm, call for help and 'Stop, Drop and ?</p> <p>6. In the event of a fire at home, what is the best and safest way out?</p> <p>7. At night, should the doors inside your house be open or closed?</p> <p>8. Fake phone chargers, which are usually sold in markets or boot fairs, can cause fires as they do not meet what current 'S' Regulations?</p> <p>9. If there is a fire in your home, what number should you call?</p> <p>10. What are the four emergency services?</p>		
--	---	--	--