



TRAVELLING THROUGH NATURE

Explore nature, conservation, and culture
around the world

EMAIL

ABOUT THE BADGE

How to complete the badge

What do you need to do?

There are two main topics covered in this badge;
Local Environment (green)
Conservation and Culture (blue).

Within these are a number of different sub-topics. To complete the badge, you must carry out **at least 1 Meeting Activity** from **each sub-topic**. You are welcome to do more of course!

The sub-topics are as follows;
Local Environment

- Habitat
- Fauna
- Flora

Conservation and Culture

- Threats
- Conservation
- Culture

Not all pages are Meeting Activities, some are 'Filler Activities'. These do NOT count towards the badge, and are just quick games.

Each activity will state which main topic it belongs to, which sub-topic it is, and also which age group it is aimed at. Some activities are on more than one page, so check the top of the page to make sure you have all of the right pages!

Once you have finished your activities, fill in the order form either on paper, or on the computer, and the badges will be sent to you!

This badge was created for the SOAR 2020 INTOPs trip, to raise money for girls from Gloucestershire to be able to experience an international camp, and learn valuable life skills. The trip will be focusing not only on camp and life skills, but also nature and conservation, both in the UK, and in Canada. Thank you for supporting this incredible opportunity for the girls!

LOCAL ENVIRONMENT

Brownies

Filler activity

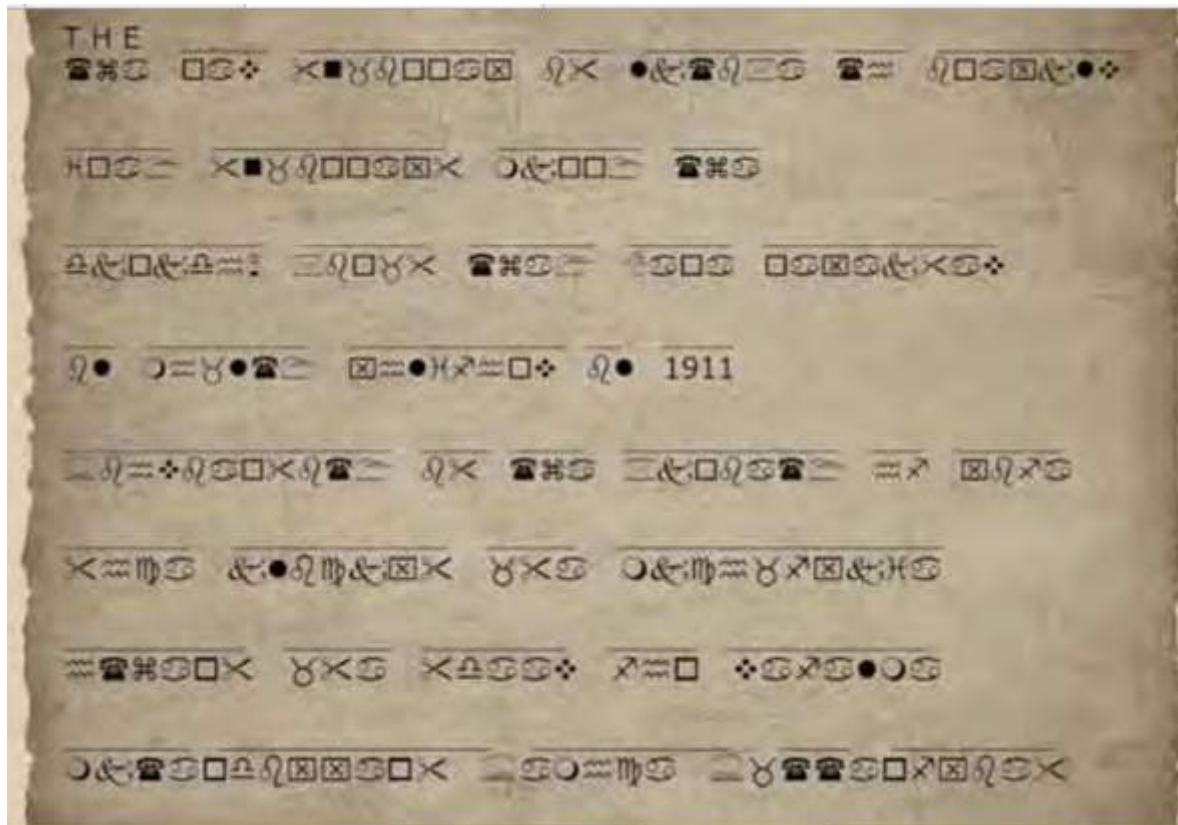
Guides

Rangers

Breaking the code to
biodiversity secrets!

| | | | | | | | | |
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Use the code to work out the hidden messages



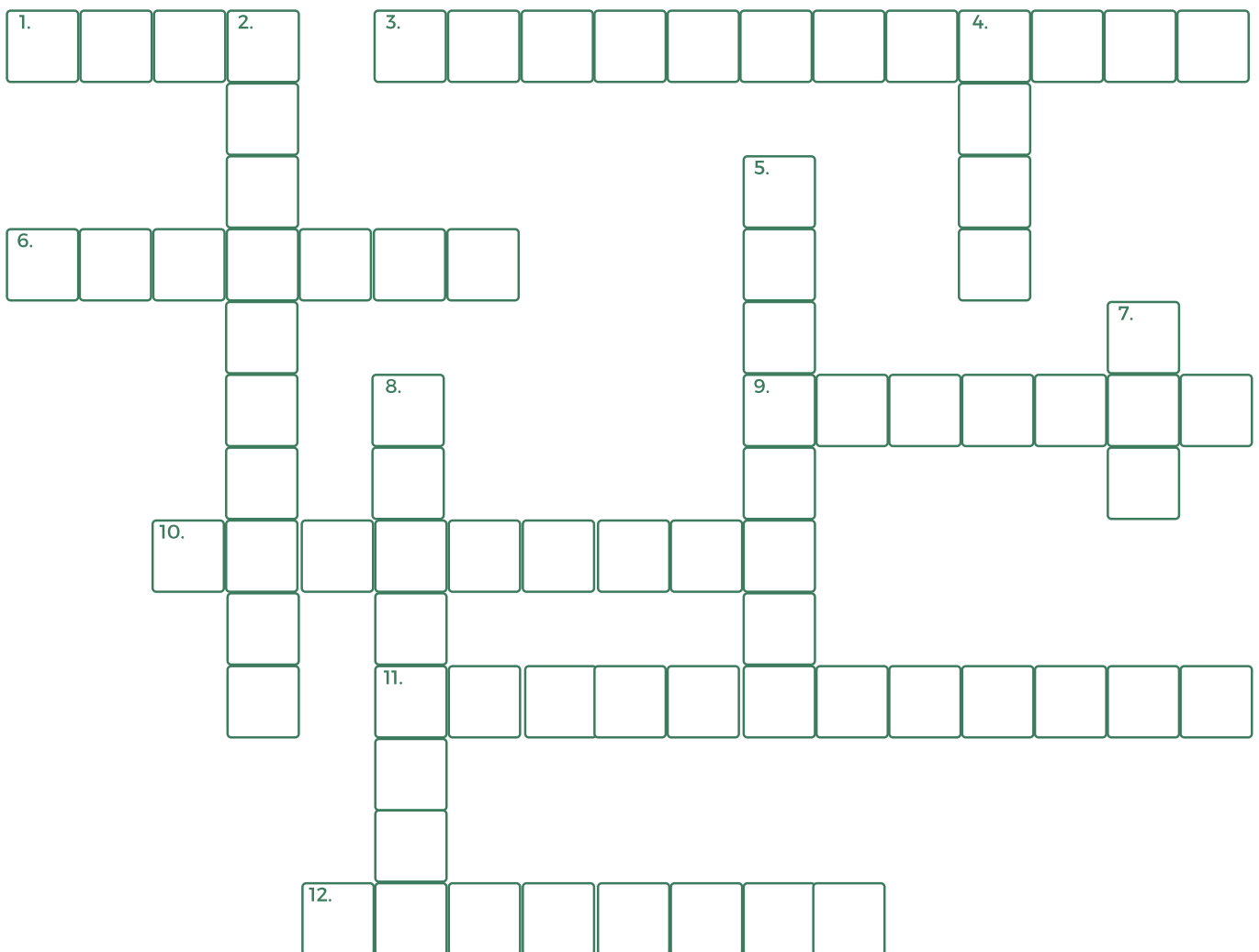
LOCAL ENVIRONMENT

Filler activity

Guides

Rangers

Biodiversity crossword



Across

1. A very tall woody plant.
2. The incredible variety of life on Earth.
6. A place where a group of organisms live together.
9. A community of organisms where there are several interrelated food chains.
10. The life of an organism from beginning to end.
11. Non native plant or animal.
12. A living thing

Down

2. The species is gone forever.
4. Part of the plant used for sowing.
5. Living matter used to make a renewable energy source.
7. A hairy insect that stings. Varieties include honey and bumble...
8. An organism that preys on other organisms.

LOCAL ENVIRONMENT

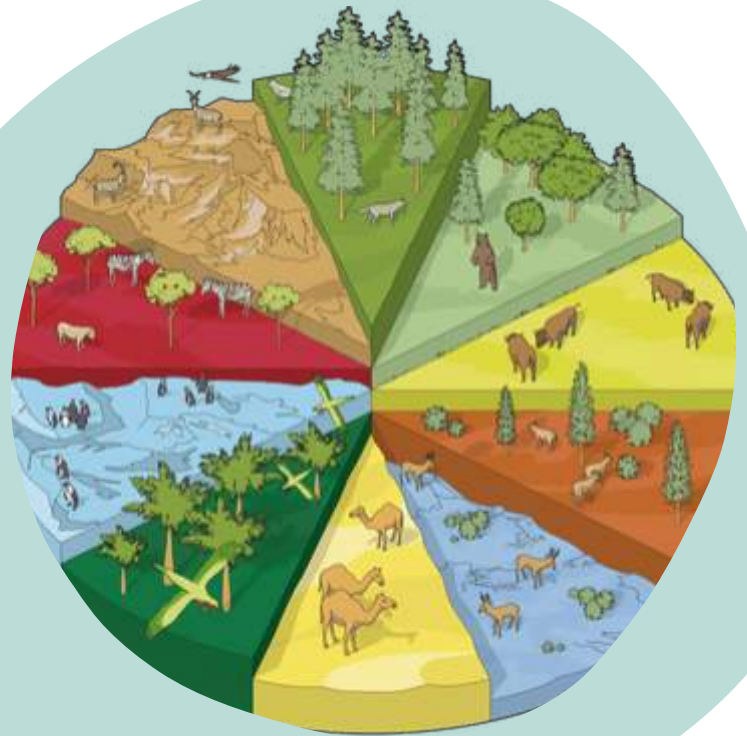
Section Topic

Habitat

The type of habitat affects the animals and plants that live in that area. So, an animal from the desert wouldn't be able to survive in the snow!

Animals and plants have features that help them to survive in their habitat. For example, camels have large, flat hooves that stop them sinking in too much in the desert sand.

As humans and their inventions have changed, it has changed habitats. Think about the area you live in, does it have lots of wild places, or does it have more buildings and roads? Think about how that might effect what animals can live in your area.



In this section, we will look at difference habitats, both in your country and in another. Look at how a changing habitat makes animals adapt, and explore what is supposed to be in a habitat, and what doesn't belong there.

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Habitat

Mini Nature Reserve

A nature reserve is a piece of nature which does not have roads, or houses, or buildings - it is somewhere just for nature to live in peace. There are big nature reserves all over the world - and in your country! If you live near one, see if you can visit with your Unit or family to spot all the creatures living there.

In this activity, you will make a mini nature reserve for bugs and insects to visit, and you can watch and see who comes to visit!

How to do:

1. Choose a safe space for your box outside, where you can leave it be, but inspect it easily.
2. Fill your box with compost all the way to the top - try and use peat free compost to save our precious peat bogs!
3. Add a few features;
 - Dig in the yoghurt pot so that the rim is on the same level as the compost.
 - Lay down your log and rock
 - If you want to add any plants or seeds, go ahead, if not, leave it bare, and over time, plants will seed themselves.
4. Leave your box for a couple of weeks, and when you come back, it should look a bit like the picture on the right.
5. Investigate! Have a look under the rock, and the log, what can you spot lurking about?

Materials

- A window box or large plant pot (you want more width than height).
- A small log
- A clean yoghurt pot
- A small rock (about the size of your fist)
- some compost/earth
- **Optional;** seeds or plants



LOCAL ENVIRONMENT

Meeting Activity

Guides

Rangers

Habitat

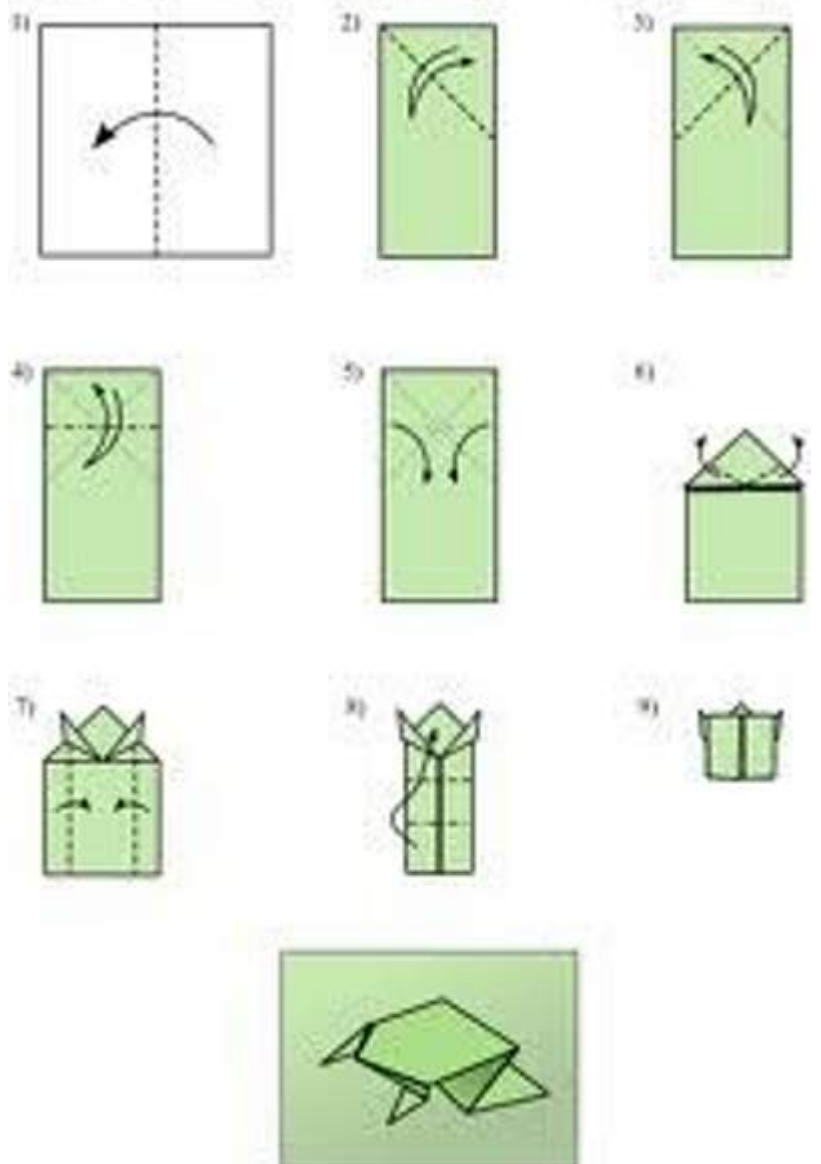
Jumping Frog Origami

Frogs and toads live in ponds and damp undergrowth. They are very important, as they eat flies and make sure that we aren't overrun with lots of bugs.

Make your frogs, then see how far it can jump!

1. Start with a square of paper, and fold it in half, flat edge to flat edge.
2. Leaving your paper folded, fold the corner across, and back out.
3. Fold the other corner across and back out.
4. Fold down the top section, so that the fold lies across the middle of the cross the creases make.
5. Fold the marked areas inwards so that it forms a triangle.
6. Take the corners, and fold the top layer upwards so that it looks like picture 7.
7. Fold the two sides inwards so that they meet in the middle.
8. Fold the paper on the dashed lines.
9. Fold the top dashed line upwards towards the point, then fold the second dashed line in the opposite direction, so that it looks like the last picture.

Paper Jumping Frog



LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Habitat

Ecosystem Escapade

Food chains and food webs are very important, and each level of the web is very important in making sure that the whole ecosystem stays healthy, populations are stable, and everything has something to eat!

In this activity, discover how animals and plants depend on each other to survive by role-playing different parts of the ecosystem.

1. Ideally, do this activity outside, but can be done indoors as well. Start by asking what animals eat - how some eat plants, and some eat other animals - and describe how that makes up a food chain/web.
2. For **Rainbows** and **Brownies**, choose a food chain example, and a food web for **Guides** and **Rangers**. In small groups (minimum 3 or 4), ask the girls to think up a food chain/web example. For larger groups, a more complicated food web can be attempted, but simple food chains will be better for smaller groups.
3. Each girl chooses one animal or plant to act/show/draw/dress up as - their choice - from the food chain/web, and forms the chain. Once the group has sorted out their chain/web, gather the group together and each group shows their web/chain to the rest of the group. They can act out their part, using actions, sounds, props, whatever they want to help the others guess their places in the chain/web. Be as imaginative as you can, you can even act out what eats what!
4. Once each group has successfully guessed the animals/plants, you can switch around the groups, try out the **Take it further** on the next page, or round up the activity with the following questions;

Rainbows: For each animal and plant, do they eat a plant or an animal?

Brownies: Pick one plant or animal in your chain. How many other animals can you think of that would eat that plant or animal?

Guides: Which animal/plant in your chain/web do you think is the most important? Any reason why?

Rangers: What would happen to the whole web if one animal/plant was removed?

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

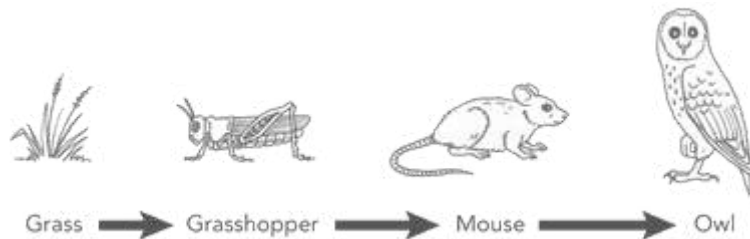
Guides

Rangers

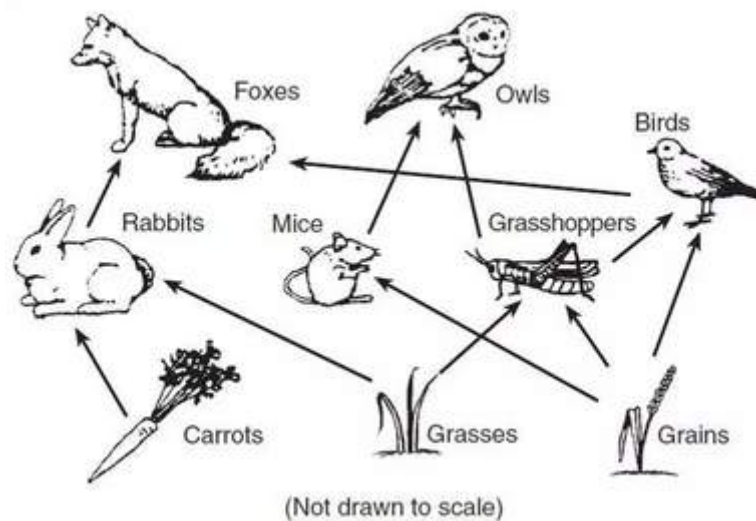
Habitat Ecosystem Escapade

The examples below are for land animals, but feel free to let the girls explore aquatic chains and webs as well!

Example food chain



Example food web



Take it further: After doing the first round, give each group a top predator - one that sits at the top of the food chain, and then the girls have a limited time (your choice), to create the food chain with that predator.

Try out these predators and their food chains;

Lion -- antelope -- grass

Shark -- fish -- plankton

Seal -- octopus -- crabs -- plankton

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Habitat

Home Sweet Home

A habitat is where an animal lives. It can be something as small as under a rock, or as big as a desert. The type of habitat that an animal lives in will mean they have different features to help them survive - adaptations.

This activity will explore adaptations through drawing weird and wacky creatures!



1. Split your Unit into small groups/Sixes/Patrols.
2. Give each group one of the habitats on the other page, along with a big sheet of paper, and pens/pencil/crayons etc.
3. For Rainbows and (optional) Brownies, give them a couple of the adaptations listed in the habitats below. For Guides and Rangers, they have to think up the adaptations themselves!
4. For their habitat, they choose a creature - it does NOT have to naturally live in their habitat, in fact, it can be much more fun if it is something that does not normally live there! Or, they can create a completely imaginary creature!
5. Then, picking a couple of the adaptations, they have to get their animal ready to live in their habitat by drawing in those adaptations!
6. At the end, they can show their strange animals to the other groups. For Guides and Rangers (optional for Brownies and Rainbows), say why they have used an adaptation - how will it help their animal survive in the wild?

Take it further: Think and discuss how humans and animals have adapted to live in towns and cities. Start off looking at urban foxes (UK), and monkeys (India).

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Habitat

Home Sweet Home

Tundra

The snowy Arctic

Example adaptations:

- Thick white fur (keeping warm, and not being seen).
- Blubber/fat (keeping warm).
- Wide feet (to not sink in the deep snow).
- Big, hard hooves (to break ice to drink the water).



The desert

The Sahara

Example adaptations:

- Big ears (to help lower body heat - more space = more heat loss).
- Light coloured fur (pale colours don't heat up very quickly).
- Long eyelashes (stop sand from going in eyes).



Rain forest

The Amazon

Example adaptations:

- Long arms, legs, and tail (to climb from tree to tree).
- Long, large beak (to reach food on branches too small to support weight).
- Spotted, dark fur (camouflage!).



The ocean

Your choice!

Example adaptations:

- Big flippers (to swim fast).
- Gills (to breathe under water).
- Scales (waterproof!).
- Very bright colours (to show they are poisonous).



LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Habitat Seasonal collage

The different seasons change things like temperature, the weather, and how long the days are. All of this changes what plants and animals are out and about.

In this activity, let your creativity go wild to create a season collage to show what is alive in your area!



1. This activity can be done in a season of your choosing, whichever one you feel like exploring!
2. Grab big pieces of paper, creative stuff of your fancy, and get prepared to scavenge outside your meeting area!
3. Try and get outside to collect things for your collage; sticks, leaves, feathers, etc. Even if you are in a town/city, find a green space - it could even be around the roots of a tree - and collect some items.
4. For the collage, you can make any kind of season interpretation that you want, you could recreate a scene, or just have a collection of plant life that is alive at the moment. Then display your collage for everyone to see!

Take it further: Have a think about why there are only certain types of plants and animals out in your season. If you get stuck, have a look at the points below;

Spring: Warmer, wetter weather, the days are getting longer, so new life is appearing.

Summer: Weather is getting hot, with long days, so animals and plants are thriving.

Autumn: Days are getting colder and shorter, so plants are dying, and animals are getting ready for winter.

Winter: Cold, short days, with limited plants alive, so animals have limited food sources, and many choose to sleep through winter until spring.

LOCAL ENVIRONMENT

Section Topic

Fauna

Fauna means animals, insects, and bugs - if it's not a plant, it's fauna!

Now that you've looked at different habitats, features that animals need to survive, and how they all link together, this section looks at what animals are in your local area.

No matter where you live, there will be animals all around you - as small as ants, or as big as deer.

If you live in a town or city, don't be discouraged if you don't have big animals living there. Hunt around the bottom of trees, cracks in pavements, and even your own garden - there will be plenty of bugs and insects hiding there!



When you go looking for creatures, you must remember to respect them. You are going into their homes, and disturbing their life.

For larger animals, look at them from afar, and don't get too close, as that can make them nervous. If it is a baby animal, NEVER go too close to it, or try to touch it.

Make sure you leave everything as you find it.

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Fauna Nature Detectives

Hunt for bugs, insects, and animals in your local area.

Don't forget to take care when out and about, and to respect the fauna you find!

If you lift up rocks or logs, put them back so that you don't squash anything.



1. This activity can be done in any season - but don't forget to prepare for the weather!
2. Walk around your area, finding hidden green spaces, and the creatures that live there. Of course, the season and the weather will depend on what kinds of fauna will be out and about,
3. In groups, have a notebook and pen, and they can take it in turns to write, or choose one person to do so.
4. For each creature you find, write it down, and for Rainbows and Brownies, they can draw the creature, and for Guides and Rangers, they can have one person taking photos (Leader choice).
5. On the next page, there is an example record, but feel free to add your own creatures.
6. You could always use the 'Scavenger Hunt' sheet on the next page to make it a bit more competitive between the groups!

LOCAL ENVIRONMENT

Meeting Activity

Rainbows


Brownies

Guides

Rangers

Fauna
Nature Detectives

Example record sheet

| Creature | Picutre/drawing |
|----------|---|
| Ladybird |  |

Example scavenger hunt

| Creature | Picutre/drawing |
|------------------|-----------------|
| Ladybird | |
| Interesting leaf | |
| Ant | |
| Squirrel | |
| Butterfly | |
| Worm | |

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Fauna Bird cakes

In the colder weather, birds need a bit of help finding food.

Make some food for the birds in this activity, hang them up in the garden and watch all the birds who come to visit!

How many can you name?



1. Follow the steps on the next page to make your bird cakes.
2. Take them home, hang them in your garden, and see if you can spot any of these birds coming to visit;



Robin

Great tit



House sparrow

Blue tit



Song thrush

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Fauna
Bird cakes

What you will need

- Small cake cases (which can be reused once the cake has run out)
- Shaped cutters (optional)
- Scissors or pencil
- String
- Lard
- Birdseed and peanuts (check for nut allergies)

How to:

1. Make a hole in the cake case using the scissors or a pencil.
2. Thread the string through the hole and tie the two ends together to form a loop which goes through the case.
3. Take some lard, soften, and place in a bowl.
4. Pour in the birdseed and peanuts and mix into the lard.
5. Take a spoonful of the mix and add to the cases.
6. OR, you can shape the mixture into different cutter shapes, and press in the string to create a hanging loop.
7. Place in the fridge overnight or until the lard goes hard.
8. Hand the bird cakes from a tree and see who visits!



LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Fauna Fruit Pond

Ponds are home to lots of life - the bigger the pond, the bigger the creatures that live there! From insects, to frogs, to swans, there is a lot of creatures that live in still fresh waters.

When ponds get even bigger, they become lakes. Do you know what the deepest lake in the world is?



1. Have some creative fun in this activity to make a pond or lake creature out of fruit!
2. Choose a fresh water creature - there are some examples on the next page - and think about the following questions;
 - Does the creature live under the water all the time, does it live part of it's life in the water, and part of its life out of the water, or does it spend all of its time above the water?
 - What colour is the creature? Does it have this for a particular reason, or not really?
 - How and what does it eat?
3. Now you are more familiar with you creature, it's time to create it out of fruit!
4. Now, your creation does not have to have the same colours as your creature - make it as colourful as you want! Try to get the shape of your creature, and if you are feeling very arty, choose your fruit to create the different patterns of your creature.
5. Show your fruit creature to each other, saying the answers to the questions above.
6. Last of all - see how quickly your fruit creations disappear into your stomach!

LOCAL ENVIRONMENT

Unit Meeting Activity

Rainbows

Brownies

Guides

Rangers

Fauna Fruit Pond

Duck

Ducks are very common, and there are many different types, in different countries.

They spend their life on land, and swimming on the water, but cannot breathe under water.

Boys are usually more colourful than girls, to attract girls' attention, and girls are usually a brown colour to blend into the background when sitting on the nest.

They eat small fish, but also slugs, snails, and seeds.



Dragonfly

With a short life-span, dragonflies spend most of their life under the water as 'larvae', or their baby form. As adults, they fly out of the water, and do not go back underneath.

They are brightly coloured so that the boys can attract the attention of a girl.

Larvae eat anything smaller than them, and adults eat other flying bugs and insects.



Frog

Frogs and toads lay their spwan in ponds, where they spend the first part of their life as tadpoles, before they grow big enough to be frogs/toads. Then, they spend time out of the water as well.

They are green or brown, to hide in plants and mud, so predators can't see them!

They eat all sorts of bugs and insects, and help keep the amount of insects at a good level.



Fish

Ranging from very small minnows, up to fish like trout, only small ponds don't have a fish in them.

They spend all of their life under the water, as they cannot breathe in the air.

They are usually plain coloured, but are often shiny and reflective. Big fish and small fish eat different things - big fish can eat small fish, and small fish can eat very small creatures like zooplankton.



LOCAL ENVIRONMENT

Meeting Activity

Brownies

Guides

Rangers

Fauna Origami fish

Fish can live in ponds, lakes, streams, rivers, and the ocean. Fish come in all shapes, sizes, and colours depending on where they live. Fish in tropical areas can be brightly coloured and strangely shaped, whereas fish in rivers and streams are more dull colours to blend in with their surroundings.

Have a go at making an origami fish, and decorate it to live in the area of the world you want it to live in!



1. Follow the instructions on the next page to make your fish. You can start with either a coloured paper, or with white paper and then colour it in afterwards.
2. While not all fish are the same shape, you can still decorate your fish so that it would fit in with where it lives. There are some examples of different fish and where they live below.
3. If you're feeling particularly creative, you can also create a background for your fish as well!



Tropical fish in
a coral reef



River fish



Deep sea fish

LOCAL ENVIRONMENT

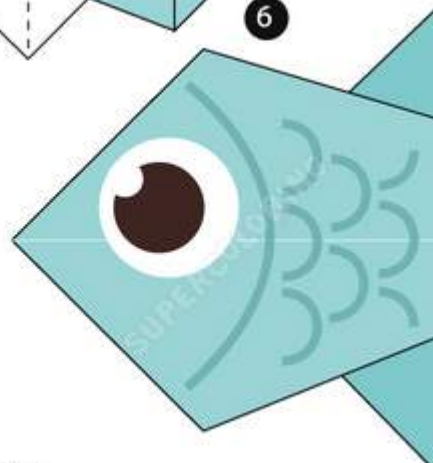
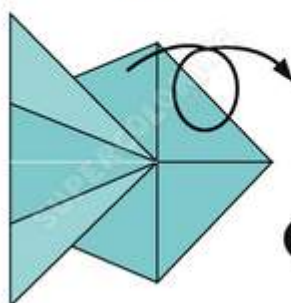
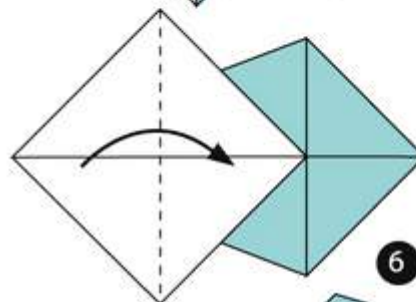
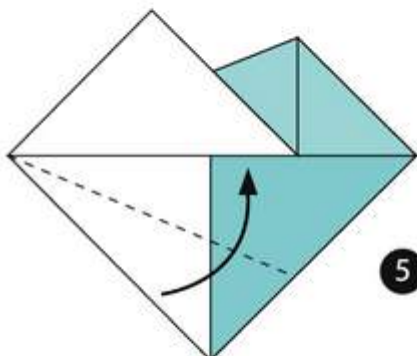
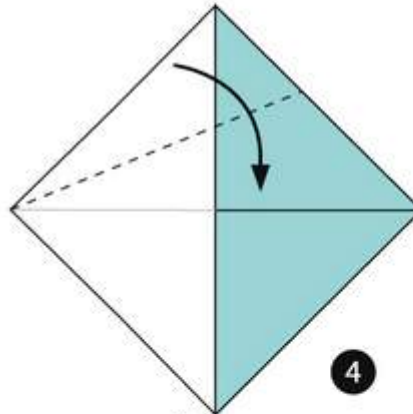
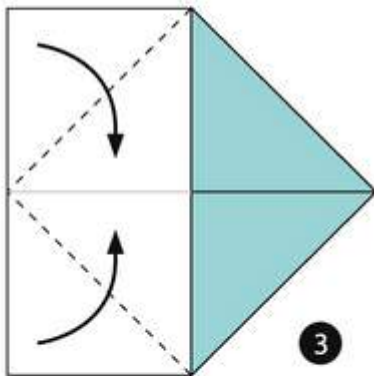
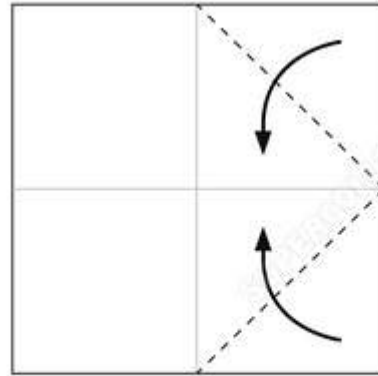
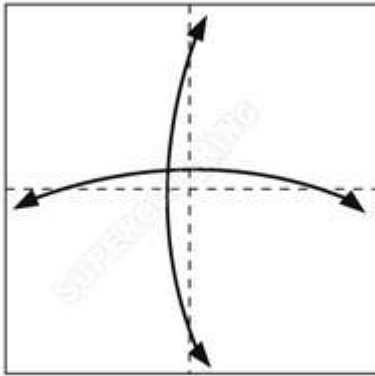
Meeting Activity

Brownies

Guides

Rangers

Fauna
Origami fish



LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Fauna

Animal Charades

As we saw in 'Habitat' there are not the same creatures in each country, as they are suited to different temperatures and plants.

In this activity, explore the different native animals found in countries from around the world. .



1. This activity will explore native animals in different countries through animal charades!
2. Using the list on the next page, choose one animal, and tell the girl who will be acting (have the Leader of the activity be the only one to look at the list on the next page, so that the girls will not be able to look at all of the answers). Tell the girl where the animal comes from as well.
3. The girl then acts out the animal, while the others guess what it is. Once guessed, they then have to decide which of the given countries the animal is from.
4. If the girls are struggling to guess which country the animal comes from, feel free to provide clues to help.
5. Some animals can be found in more than one country, and it will say so on the list.
6. Once it has all been guessed correctly, the next girl can have a turn.

Take it further: For older girls, ask them to think about an adaptation that animal might have to help them survive in their country, OR, ask them to think about why that animal would not do very well in a different country.

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Fauna Animal Charades

Canada



Moose



Beaver



Wolf



Bear

South Africa



Lion



Elephant



Rhinoceros



Leopard

India



Peacock



Tiger



Flamingo



Monkey

UK



Sheep



Seal



Red squirrel



Toad

LOCAL ENVIRONMENT

Section Topic

Flora

Flora means plants - from the smallest moss up to the biggest tree. .

They make their own food from the sun's energy and lots of animals rely on the plants for food.

Without plants, most animals would not be able to survive!

Plants depend on animals as well! Plants cannot walk around, which means that they need help to disperse their seeds. So, they have many ways to get their seeds away from the 'mother' plant. Some get carried on the wind, or in the water. But lots get eaten by animals - and then seed themselves where the animal defecates. Others still get caught on animal fur, hitch a ride, and then drop off when the animal brushes against something.



Some plants have defences to protect themselves from being eaten, and they can hurt people as well, so be extra careful when you go plant hunting! The most common ones are plants with prickles on them, or which sting you. Even if you are looking at another plant, always be careful of the ones near it - wear gloves, and cover arms and legs for protection.

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Flora

Nature Scavenger Hunt

There are lots of different plants around, some that you might not know are in your local area!

Different plants will be around in different seasons, and what part of the world you live in..



1. Before starting on your Scavenger hunt, make sure that you are wrapped up and prepared for the weather. Be careful when hunting for your items, as some plants can be prickly or sting..
2. Don't worry if you don't find everything on the list - some plants might not be out in the season you are hunting, or they might not be found in your country.
3. You can either work in teams to find the items on the list, or as individuals, - have fun!

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Flora

Nature Scavenger Hunt



Green leaf



Berries



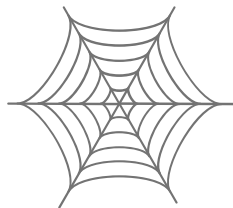
Seeds



Rock



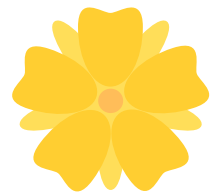
Mushroom



Cobweb



Curly stick



Yellow Flower



Tree



Brown leaf



Fern



White flower

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Flora

Tree-mendous Trees!

Trees are fantastic - they provide oxygen for us to breathe, offer shelter and homes to many creatures, as well as their fruit and nuts providing vital food to both humans and creatures.

There are many different types of trees, and lots are only found in certain countries. Find out in this activity what trees are in your area.



What to do;

1. Go hunting for some trees in your area - remember to prepare for the weather!
2. Choose a tree - how tall do you think it is? Stand at the trunk and see if it's bigger than you.
3. Try drawing the tree - what kind of shape does it have? Is it tall and thin? Or maybe smaller and wider?
4. Using the crayons or pencils, take a bark rubbing in the box on the worksheet. The pattern of the bark should come through.
5. Pick a leaf from the tree and stick it on your worksheet.
6. If you know the name of your tree, put that at the top of the sheet. If you and your leaders are not sure - give it a name!
7. If you have different types of trees in your area, have a look at them, and create a log of the different trees you find!

What you will need;

- 1.-Crayons/pencils
- 2.-Worksheet overleaf
- 3.- Sticky tape
- 4.- Hole punch
- 5.- Coloured card
- 6.- String

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Flora

Tree-mendous Trees!

Name of Tree: _____

Draw the shape of the tree:

Tree leaf:

Bark rubbing:

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Flora Wild Senses

We explore nature and the wilderness through different senses. To experience all of nature, we use all of our senses.

This activity will use all the senses to explore nature and develop creative language skills..



1. First consider all of the five senses, and think about different ways that we describe them.
2. Go outside for a walk around your local wild area, taking in all the different ways that you experience the wild. What can you hear, see, smell, touch, and taste (avoid tasting actual plants - taste the air, if it is coming on to rain, or has just rained, you can almost taste the moisture in the air).
3. Join up with a partner, and each find an object - e.g. a pebble, feather, or leaf - but don't show it to each other, keep it hidden.
4. Now, your task is to guess what your partner's object is;

What does it look like?

Using only one describing word at a time, take it in turns to describe your object to your partner. After each word, try and guess the object. The person who guesses correctly first, wins!

5. What does it feel like?

Be sure to bring along some hand sanitiser for this activity - many objects will be touched! With your partner, take it in turns to feel a natural object, and compare what it feels like to something else. For example, moss could feel like a pillow, or even the wind feeling like icy fingers.

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Flora Bug Hotels

Lots of bugs, insects, and bees are losing their homes as forests and woodlands are being destroyed. All insects are important to the health of all of the plants - which support all of the other plants, animals, and humans!

Make some homes for your garden bugs, and watch guests arrive!



1. There are different types of bug hotels that you can make, and you can change, add, and adjust the designs depending on what materials you have lying around!

Small

- Simply collect a handful of either of the following; short bamboo sticks (about 20cm long), twigs, or straws (do not buy new straws, but if you have some in your craft supplies that have no use, this is a good use for them!). Then, bundle them together, tie string/wool around the middle, leaving a long tail that can be used to tie around something in your garden! Or, put the in an old pot/tin!

Large;

- Gather together a collection of the following materials;
- **Wooden pallets** - this will be the base, and frame of the hotel, but a shoe box works just as well! **Straw, hay, dead wood, dry sticks, old terracotta plant pots, bamboo canes, fir cones, dry leaves, bark, stones, old bricks.**
- If you are able to leave your large hotel in a wild area, then start building there. if you are taking your shoebox home, then you can start building! You want to build in layers, with lots of space inbetween - don't pack it in too tightly or the bugs won't like it!

LOCAL ENVIRONMENT

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Flora
Bug Hotels



CONSERVATION AND CULTURE

Section Topic

Unfortunately, our actions over hundreds of years has taken its toll on the planet. This means that we are using resources and damaging the environment that we rely on to survive.

Luckily, we are starting to realise that we need to protect the planet if we want to continue to live here, and most actions are simple, that everyone can do to do their part.

Culture has played an important part in the development of society in different parts of the world, but it has also meant that there is an interesting variety of foods, traditions, and skills that can be both valuable life skills, and interesting camp activities to bring back.



This section looks at the various threats around the world in different habitats, but also actions that can be taken to help protect habitats, or stop the threats from happening in the first place. Lastly, camp and culinary skills and recipes from around the world will explore the culture of different countries.

CONSERVATION AND CULTURE

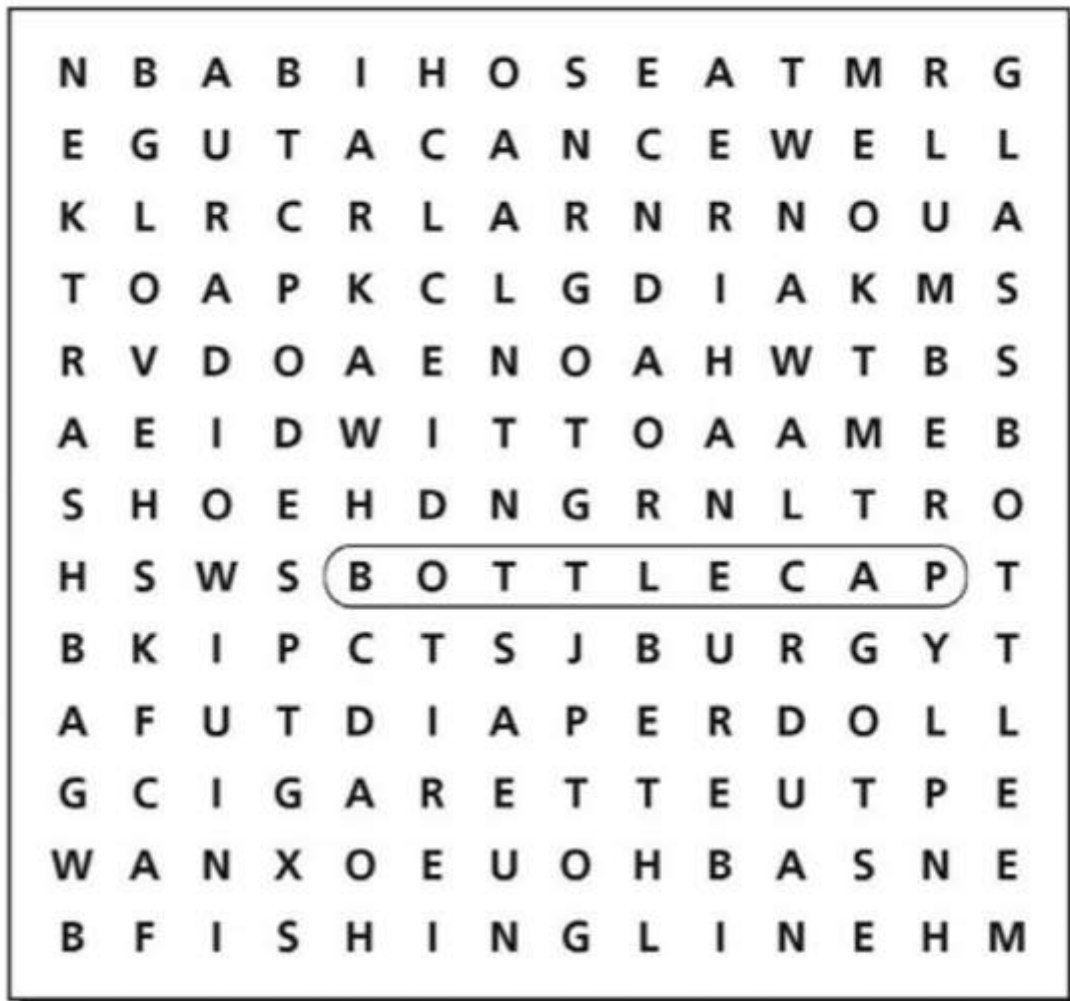
Rainbows

Brownies

Guides

Rangers

Ocean Plastics Wordsearch



BAIT CONTAINER
BALLOON
BUCKET
BUOY
CIGARETTE

CRATE
CUP
DIAPER
DOLL
FISHING LINE

FISHING NET
GLASS BOTTLE
GLOVE
HARD HAT
HOSE

LUMBER
PAINT BRUSH
RADIO
ROPE
RUG

SHOE
SODA CAN
STRAW
TIRE
TRASH BAG

CONSERVATION AND CULTURE

Guides

Filler Activity

Rangers

Global Warming Quiz

1. Which of the following is a greenhouse gas that is released by human activities and speeds up global warming?
 - a) Petroleum
 - b) Natural Gas
 - c) Carbon Dioxide
 - d) Nuclear power
2. Which of the following human activities does NOT release carbon dioxide into the atmosphere?
 - a) Burning fossil fuels
 - b) Fishing
 - c) Deforestation
 - d) Driving
3. As global warming continues, the intensity of what type of storm that hits coastlines is predicted to increase?
 - a) Tornadoes
 - b) Hurricanes
 - c) Tsunamis
 - d) Earthquakes
4. Rising water temperatures is a result of global warming and may eventually increase sea levels due to the dissolving of what?
 - a) Mountains
 - b) Wetlands
 - c) River beds
 - d) Glaciers

CONSERVATION AND CULTURE

Guides

Filler Activity

Rangers

Global Warming Quiz Answers

1. **c) Carbon dioxide.** Carbon emissions are projected to reach 7,958 million metric tons in 2030.
2. **b) Fishing.** In 2006, 82% of US carbon emissions were from the combustion of energy fuels.
3. **b) Hurricanes.** Hurricanes are expected to increase in duration and intensity. Scientists have seen an increase in violent storms since the 1970s.
4. **d) Glaciers.** Sea levels are predicted to rise 20 feet by 2050 if the polar ice cap continues to melt at the current rate.



CONSERVATION AND CULTURE

Section Topic

Threats

Unfortunately, there are many things that threaten both habitats and the animals that live there.

Most threats effect both - it is hard to effect one without the other. If a habitat is destroyed, or polluted, then the creatures that live and depend on that habitat will be impacted - they could loose where they live, or the food they eat.

There are many different types of threats, some can seem very small, and some are very big, but **all** threats can have life-changing impacts on the habitat and creatures taht depend on it.

And for a lot of the threats, there is something that you can do to help prevent, or fix the problems.



In this section, explore all the different threats that can devastate habitats and creatures, how they happen, and also what you can do to stop it.

Hopefully, at the end of this section, you will learn skills that you can take away and continue using at home and in schools to help your local environment.

CONSERVATION AND CULTURE

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Threats

Perfect Habitats

Most habitats are not in a state that they should be - most polluted by rubbish. Most of this waste has built up over the many years of careless people littering thinking their actions wouldn't matter - but every action counts.

In this activity, explore what habitats look like now, and what they should look like.



1. In Sixes/Patrols or small groups, have either two shoe boxes, or divide one in half. One will be the damaged habitat, and the other will be the perfect habitat.
2. Decide in your group what habitat you want to make - the ocean, the forest, or the river?
3. Using whatever craft supplies you have, create the perfect habitat in one box. It will be clean, with lots of plants and animals living there. In the other, create the polluted habitat. It will not have many plants, and less animals living there. Think of what kinds of litter and rubbish will be there - will there be plastic bags, straws, or larger things like car tyres?
4. When you have made your two habitats, compare how they look and show them to the other groups, explaining what is damaging your habitat.

CONSERVATION AND CULTURE

Brownies

Guides

Meeting Activity

Rangers

Threats

Palm Oil Distaster

Palm oil is an ingredient found in lots of manufactured food items.

In fact, it is really hard to find things without it! Unfortunately, to grow palm oil, companies need to cut down large areas of the rainforest to make room for the plants, destroying the homes of many animals.



1. Bring along some food items from your house - it can be anything from crisps to cake decorations. You can either ask each child to bring something, or collect some items yourself.
2. In each Six/Patrol, look at the ingredients and separate out the items into what contains palm oil, and what doesn't.
3. Have a look at the two piles. Are you surprised by the outcome? Were there more or less items with palm oil than you thought? The items that do contain palm oil, do you think that they are easy to avoid when you go shopping? Think about ways that you can avoid those items - if they are baked items, are you able to bake at home instead? What else can you think up?

CONSERVATION AND CULTURE

Rainbows

Brownies

Guides

Rangers

Meeting Activity

Threats

Plastics Everywhere!

There is so much plastic in the oceans that there is a whole garbage patch in the Pacific Ocean! Many animals are effected, either eating, or getting tangled up in the plastics - both which often result in their deaths.



1. Look in your equipment box/cupboard for plastic items and hide them about the room.
2. Get into Sixes/Patrols or small groups, and stand in the middle of the room.
3. The teams have 2 minutes (can be shorter/longer depending on the Leader) to find as many plastic items around the room.
4. But - only one person from the team can go at a time, and you can't have more than two of the same items (e.g. you can't grab a whole box of plastic pens).
5. At the end of the time, the team with the most plastic items wins!
6. Now, consider the types of plastic you found. Which ones are single use plastic, and which ones are reusable? Can you think of ways that you can replace your single use plastics, with reusable plastics?

CONSERVATION AND CULTURE

Rainbows

Brownies

Guides

Rangers

Meeting Activity

Threats

Marine Litter Timeline

Items in the oceans start to break down, but some things take much longer than others, and are therefore more harmful to the environment.

Some plastics, as they break down, form tiny bits of plastic called 'micro-plastics', that are easily swallowed by creatures, and cause more damage.



1. Lay out a piece of string across the room, and designate one end to be 'Now', and the other to be the future.
2. For each of the items on the other page, the children have to decide where they go on the timeline. You can either gather those objects for them to use, or simply write the object on a piece of paper. The items can be moved around as needed as items are added, but at the end, they should be in order of how long it takes the object to decompose/break down - starting with the quickest one, to the item that could take hundreds of years.
3. See how well you did, and if you are surprised by any of them - were there any items that took more/less time than you thought?

CONSERVATION AND CULTURE

Meeting Activity

Rainbows

Brownies

Guides

Rangers

Threats

Marine Litter Timeline



Paper towel
2-4 weeks



Newspaper
6 weeks



Cotton Rope
1-5 months



Apple core
2 months



Cardboard Box
2 months



Wool socks
1-5 years



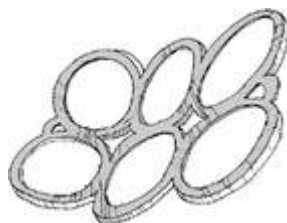
Plastic bag
1-20 years



Plastic cup
50 years



Tin Can
50 years



Plastic Beverage
holder
400 years



Plastic Bottle
450 years



Monofilament
Fishing Line
600 years

CONSERVATION AND CULTURE

Rainbows

Brownies

Guides

Meeting Activity

Rangers

Threats

Shrinking Habitats

Habitats are vital - without them, creatures would have nowhere to live!

While some animals have adapted to live in urban areas, most cannot survive outside of their natural habitat.

Protecting habitats is very important part of conserving any creature.



1. Lay out on the floor either single sheets of newspaper, or recycled/scrap paper. Start with a random number of sheets on the floor.
2. Before starting, explain that the pieces of paper are proper habitats, and that the floor is damaged. Each child is an animal - they can choose what - but they can only survive on the pieces of paper.
3. You can either play music, or the kids can simply dance/move around the pieces of paper without stepping on them.
4. When the music stops/the leader calls a chosen word, all the children have to stand on a piece of paper with no feet touching the ground. There can be more than one person on a piece of paper. If any feet are on the floor, they are out.
5. On the next round, either take away one peice of paper, or fold a couple of pieces in half, to make it harder! Repeat this for each round, until there is only one person left!

CONSERVATION AND CULTURE

Section Topic

Conservation

While there are many things that threaten both habitats and the creatures that live there, there are also many things that you can do to help make things better.

Some things need to be done on a big scale, but there is a lot more that you can do with your friends, family, and unit to do your part.

While it may not seem like much, if everyone started making one small change, then it will have a huge positive impact on the environment.

Some changes are easier than others to do, and some are quite fun to do! If you find something that you like doing, then carry it on at home!



In this section, you will discover all the ways in which you can reduce your waste and plastic use, recycle items to give them new life, and explore all the things that you can do that will help the creatures in your local area.

CONSERVATION AND CULTURE

Rainbows

Brownies

Guides

Meeting Activity

Rangers

Conservation Waste Race

Lots of waste items can be recycled, which stops them from going to landfill. But, recycling correctly is just as important - the items have to be clean and dry **BEFORE** they go in the recycling bin, otherwise they won't be recycled!



1. Collect a selection of recyclable items from home and clean them. A good selection would include; milk bottles, juice cartons, tins, glass jars, paper, etc.
2. Put the recycling at one end of the room, and boxes at the other end, one for hard plastic, one for glass, one for cans, and one for paper, etc.
3. Split the children up into partners or three's. Taking it in turns, each pair starts at the recycling pile, and they have 30 seconds (longer/shorter if needed) to, one at a time, take a bit of rubbish, and run it to the correct box.
4. At the end of the time, take down how many correctly sorted items they have.
5. Each pair gets a chance to do the relay race, and at the end, the pair who managed to correctly sort the most items wins!

CONSERVATION AND CULTURE

Rainbows

Brownies

Guides

Rangers

Meeting Activity

Conservation Rename It!

Many items can be given a new use, and will last longer before going to the recycling.

Some items can be made useful, and others can be made fun!

This activity, you will learn that items can be used for something else, and don't have to be tossed away as soon as they are used.



1. Gather together a selection of items. They can range from toilet roll innards, to margarine tubs, to items of clothing. Get a good range together so that the children will have a wide range to choose from.
2. Split into Sixes/Patrols or small groups. For **Rainbows** and **Brownies**, each group chooses two or three items from the table. In their groups, they need to think up one item that can be turned into something practical, one item into something to wear, and one item into something silly! Then, they can present their ideas to the whole group.
3. 'Dragons Den' for **Guides** and **Rangers**; in their group, they need to come up with a pitch for one - or more - of their items working together. This use can be wearable, useful, decorative, or useless. Whichever they choose, they have to argue the use of their item to convince the other groups to 'invest' in their item. Whichever team comes up with the most convincing item, wins!

CONSERVATION AND CULTURE

Rainbows

Brownies

Guides

Rangers

Meeting Activity

Conservation Rename It!

TOILET PAPER ROLL SHARK CRAFT



- Cut a 'v' shape for the mouth, and use that extra to cut into a large tail triangle, and a smaller fin triangle.
- Paint it all grey, and draw on the gills with black pen.
- Cut out the teeth from white paper - either using zig-zag scissors, or normal scissors.
- Stick it all together!

- Press down on one side of the end of the toilet roll inner until it bends, like the picture. Do the same on the opposite side of the same end until it creates two points - the ears!
- Cut out your bat wings from black paper, and stick to one side.
- Draw on your bat face on the other side.



- Cut your egg carton to separate out each cup section.
- Decorate your egg cups however you wish, and then put some sound in it! Dried rice or beans are best - each one will give a different sound.
- Stick the two halves together, careful not to let your sound fall out!
- Now, you can create music!

CONSERVATION AND CULTURE

Guides

Meeting Activity

Rangers

Conservation Energy Board Game

Reducing energy use is both good for the environment, and good for the electricity bill!

But, it is also important to choose where your energy comes from - and which renewable energies are good for the environment, and not too expensive!



1. Before starting, go over some background information on sources of renewable and nonrenewable energy.
2. Energy can be divided into two groups: renewable and non-renewable. Non-renewable, such as fossil fuels, are rapidly being consumed and are causing harm to the environment. Coal, oil, and natural gas are non-renewable energy sources. However, renewable energy sources are environmentally friendly and don't run out. Renewables natural renew their supply. They can be wind, solar, geothermal, biomass from plants), and hydropower (water). Both renewable and non-renewable energy sources can produce electricity and hydrogen, which are secondary energy sources.
3. The game is a quest - to move from polluted Smogville to clean Greenville, encountering do's and don'ts to move them along.
4. Set up the path of spaces - carpet squares, item of clothing, pens, etc.

CONSERVATION AND CULTURE

Guides

Unit Meeting Activity

Rangers

Conservation Energy Board Game

5. Spaces should contain positive and negative prompts;

For example;

Positive

- Turn off lights when leaving room. Move ahead 2 spaces.
- Put on an extra jumper and blanket rather than the heating. Take an extra turn.
- Use rechargeable batteries. Go ahead 1 space.
- Turn off the TV when not watching it. Have another go.

Negative

- Leave water running while brushing teeth. Lose next turn.
- Keep the fridge door open. Go back 3 spaces.
- Turn on all the lights in the house all day. Go back 4 spaces.

Add more actions - not not so many that all spaces are actions.

6. Play the game! Move around the board by rolling the dice.

You can add in your own rules, and make it as simple or elaborate as you like. This can be made and played as one group, or as Patrols/small groups, swapping over and trying out each others' games afterwards.

CONSERVATION AND CULTURE

Rainbows

Brownies

Guides

Meeting Activity

Rangers

Conservation Ecological Picnic

Lunchboxes and picnics often have food that comes in lots of plastic packaging! But, there are many things that can be changed so that you have less plastic in your lunch, and therefore won't be creating as much waste.



1. The key to creating an indoor/outdoor picnic with less waste is thinking about what you buy and collect.
2. To start with, make a list of all the things that you would take along on a picnic - such as plates, cups, cutlery, sandwiches, crisps, fruit, cake, etc.
3. For each item, think about what you can use that will be reusable, or that can be made/bought plastic free.
4. For example, you can take washable plates, and tupperware, and cloth napkins. Also, point out how buying in bulk produces less waste than individual items - for example, buying one loaf of bread, and a block of cheese will produce less packaging than ready-made sandwiches.
5. Prepare for your picnic! Either ask each child to bring their own lunchbox of food, and say how they used as little plastic as possible, or ask each child to bring along an item (e.g. a loaf of bread). Find somewhere to sit outside, enjoy your picnic, and afterwards, see how much packaging and food waste you generate. Try and see how you can reduce this for next time.

CONSERVATION AND CULTURE

Guides

Meeting Activity

Rangers

Conservation Sugar Glass Making

Some items - such as glass - take a lot of energy and resources to make from scratch, and it is easier to melt down existing glass and turn it into something new.

This activity will get you thinking about the resources needed to make glass.



1. Briefly cover how glass is made - sand, soda and lime heated together at very high temperatures. Recycling glass uses a lot less resources, as it saves on raw material use. Shaping glass is also a skill - glassblowing - which creates different shapes and uses for glass.
2. Heat the water to start making your fake glass. When the water boils, pour in the sugar, and stir vigorously over the heat until the sugar dissolves (about 5 minutes).
3. Put several layers of newspaper on a baking tray. Carefully pour the mixture onto the sheet of glass and allow it to cool (about 15 minutes).
4. The 'glass' should set clear, so that you can see the newspaper writing below it. If you allow to cool overnight, it will turn frosted.

Materials

- 1 cup sugar
- 1/4 cup water
- Hot plate
- Saucepan
- 8-in baking sheet
- Newspaper

CONSERVATION AND CULTURE

Rainbows

Brownies

Guides

Rangers

Meeting Activity

Conservation To the Last Drop

Lots of water is wasted everyday in houses, and this game will get you thinking about all of the ways you can stop your water from being wasted!



Materials

- Two buckets filled with water with a few drops of olive oil to prevent bugs from breeding.
- Two empty buckets.
- Three place markers (cones, rocks, anything heavy enough not to blow away).
- Three signs 'Washing machine', 'shower' and 'leaky tap'.
- Dice
- Two cups
- Two cups with a small hole in the bottom (try using plastic pop bottles, but the neck off and cut a hole in the bottom).
- An outdoor space to play

CONSERVATION AND CULTURE

Rainbows

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Guides

Rangers

Meeting Activity

Conservation To the Last Drop

How to play

1. Put the full buckets at one end, with the same amount of water in them. The empty buckets go at the other end of the playing area. Evenly space the three markers between the two buckets and attach one of the signs to each of these stations. The cup with the hole goes at the station 'shower' and the cups without a hole go inside the buckets of water.
2. Spilt into two teams, this game is a relay race. The object of the game is to get as much water as possible to the empty bucket the quickest. Players cannot cover the top of the cup during the game.
3. Before starting, each team member rolls the dice and needs to remember their number - this is how many times the player needs to do the activity at each station. (For Rainbows and Brownies, you can simply assign numbers based on where in the line they are - 1,2,3, etc. - to help them remember their number).
4. At each station, there are different actions they need to take;

Washing machine

Spin in a circle just like a washing machine. Spin around the number of times your number is; number 4, spin four times!

Shower

Pour the water from your cup into the cup with the hole in it, then catch the water back in your original cup. Every pour represents a 10 minute shower. So, if your number is 5, pour the water through the 'shower' 5 times because you took a 50 minute shower!

Leaky tap

Hop on one foot for every 100 drops of water that gets wasted down the drain. If your number is 6, hop six times.

5. At the end, the winner is the team with the most water in the end bucket! Notice that those with lower numbers wasted less water!

CONSERVATION AND CULTURE

Rainbows

Brownies

Guides

Rangers

Meeting Activity

Conservation Living Plastic Free

We use single-use plastics for just about everything - from brushing our teeth to storing our food. Although they are lightweight and last long, they last for thousands of years in the environment, so let's reduce our dependency on plastics!



These are some starter activities to get you thinking about what you can do at home!

Homemade crisps - Guides and Rangers

Skip the plastic crisp packets, and make your own crisps - a very easy recipe!

- Boil thinly sliced potato for 3-5 minutes. Drain well, combine with oil and mix salt, pepper, and either garlic, oregano, or basil. Place on a greased baking sheet in one layer, and bake for around 15 minutes until golden brown and crispy.

Mouthwash - all ages

Natural mouthwash is nicer both your the environment, and for your mouth!

- Half a cup of filtered water, 2 tsp baking soda, 2 drops tea tree essential oil, and 2 drops peppermint essential oil. Store in an airtight jar, and shake well before use.

CONSERVATION AND CULTURE

Meeting Activity

Brownies

Guides

Rangers

Conservation Endangered Cluedo

Lots of animals are becoming endangered - their numbers so low, that we need to protect them before they no longer exist. Our actions can either help or hinder protective work for these creatures and their habitats.



1. Prepare the game. Cut out the factors on the other page.
2. Keeping the three factors separate, shuffle and randomly pick one People, one Action, and one Goal. These are the answers so keep them safe and hidden!
3. Shuffle all of the factor slips together, and then divide them up into envelopes - one envelope per leader/young leader/helper.
4. Split into groups of 4 maximum, and give each group one of the answer sheets.
5. The people with the envelopes go and hide somewhere (this works better if you have a controlled outdoor space, and played like a wide game).
6. The groups have to find the people with envelopes, and they are allowed to ask one question at a time. It has to be a yes/no question, and answered truthfully. E.g. 'do you have Brownies?'. Tick the correct box on the answer sheet. You cannot ask the same person a question twice in a row - find another envelope holder, ask them, then you can go back to the first person.
7. After time is up, use your answer sheets to figure out what is the answer. Boxes ticked 'yes' will NOT be the answer. After everyone guesses, take out the answers, and see who is right!
8. For **Guides** and **Rangers** - the envelope holders can swap envelopes, or one of their slips, at any point in the game to make it more confusing!

CONSERVATION AND CULTURE

Brownies

Guides

Meeting Activity

Rangers

Conservation
Endangered Cluedo

Slips for the envelopes

There are 3 factors; a) people/groups, b) action, c) goal

a) Guides

a) Rangers

a) School

a) Family

a) Local council

a) Brownies

b) Using bamboo straws instead of plastic

b) Walk to school

b) Buy food not in plastic packaging

b) Plant trees along a river/stream

b) Ask companies to use less plastic

b) Petition to have more green spaces

b) Reusable shopping bags

b) Switch to renewable energy

c) Reduce the amount of waste going to landfill

c) Lower the amount of bad chemicals going into the atmosphere

c) Make a change on a large scale

c) Improve water quality

c) Increase the number of green spaces to improve air quality

c) Buy less single use plastics

CONSERVATION AND CULTURE

Meeting Activity

Brownies

Guides

Rangers

Conservation Endangered Cluedo

Answer sheets One sheet per group.

| People | Yes | No |
|--|-----|----|
| a) Guides | | |
| a) Rangers | | |
| a) School | | |
| a) Family | | |
| a) Local council | | |
| a) Brownies | | |
| Action | | |
| b) Using bamboo straws instead of plastic | | |
| b) Walk to school | | |
| b) Buy food not in plastic packaging | | |
| b) Plant trees along a river/stream | | |
| b) Ask companies to use less plastic | | |
| b) Petition to have more green spaces | | |
| b) Reusable shopping bags | | |
| b) Switch to renewable energy | | |
| Goals | | |
| c) Reduce the amount of waste going to landfill | | |
| c) Lower the amount of bad chemicals going into the atmosphere | | |
| c) Make a change on a large scale | | |
| c) Improve water quality | | |
| c) Increase the number of green spaces to improve air quality | | |
| c) Buy less single use plastics | | |

CONSERVATION AND CULTURE

Rainbows

Brownies

Guides

Meeting Activity

Rangers

Conservation Homes for Hedgehogs

Hedgehogs need to hibernate over winter, but there are less and less spaces where they are able to safely stay.


There are different wildlife trusts that look after hedgehogs, so know who to contact in your area if you find a hedgehog in need.



Make a simple hedgehog house




You will need:

- Big, thick cardboard box 

- Scissors 

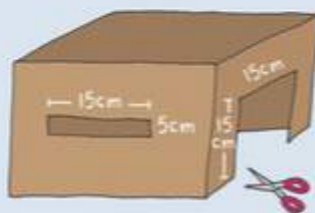
- Newspapers 

- Dry grass or straw 

- Carrier bag 

- Twigs and dry leaves 

- 1 Cut two side air vents and an entrance into the cardboard box.

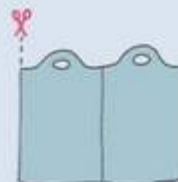


- 2 Put some torn newspapers inside the box, with clean, dry grass or straw on top.



- 3 Tuck the box near a hedge (with the entrance facing south if possible).

- 4 Put an opened-up carrier bag over the top of the box, then cover with twigs, dry grass and leaves.



CONSERVATION AND CULTURE

Section Topic

Culture

Each country - and sometimes region - has individual cultures, developed over time, and influenced by the different people who have moved into and out of an area.

Camp traditions have also changed over the years, with skills dying out in some areas - and it's time to bring them back!

Camp skills, food, games, songs, and traditions can be different across the world, with some skills dying out, while other areas keep them alive.

Food can be very different across the world, influenced by the different people who have settled there over the years.

Younger children may decorate/have tasters of the dishes, rather than cook them.



This section will explore cultures from all around the world - from existing skills to ones that have almost died out.

Focusing on skills and traditions that revolve around camps - these activities will add an extra interest to your camps in the future, but will also increase your life skills as well.

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Culture

Norwegian Pioneering

Pioneering is a huge part of Norwegian camps - building structures as large as buildings, or as simple as showers!
The building, and knot skills are great camp and survival skills.



1. Depending on skill level, space, and equipment, either gather bamboo canes or pioneering logs. For bamboo, simple string will work, but for pioneering poles, sisal or thicker ropes will be best.
2. Choose your structure! It can be something very simple, or more adventurous. You can either look at the designs here, or simply let imaginations run wild, and see what you end up with!
3. Revisit knot skills before you start - if your group is new to knot skills, then spend some time on that before starting building. The most common knots and lashing used are; reef knots, clove hitches, and square lashing.
4. This activity can be carried out during a meeting, or on camp to build some different gadgets.

CONSERVATION AND CULTURE

Unit Meeting Activity

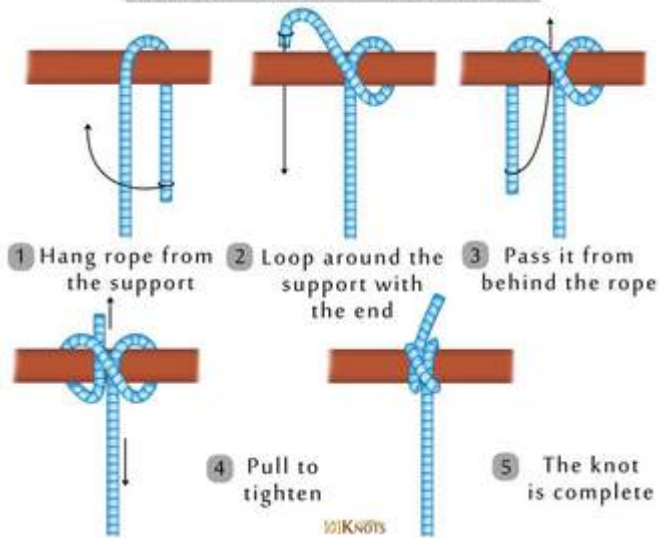
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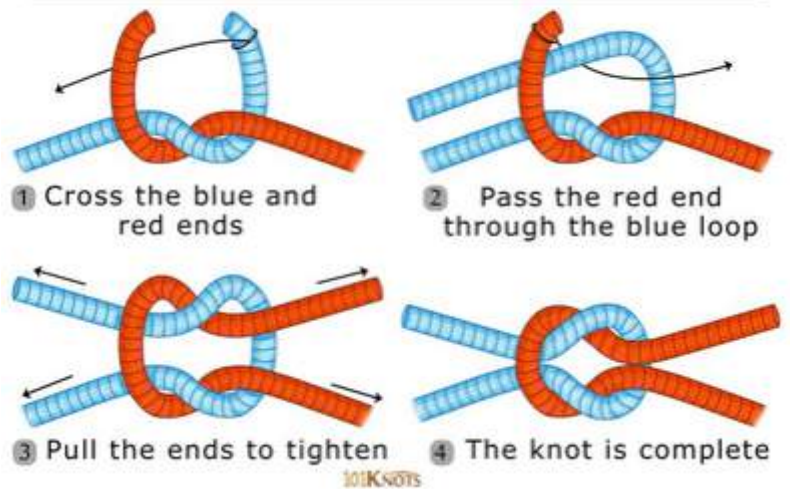
Culture

Norweigan Pioneering

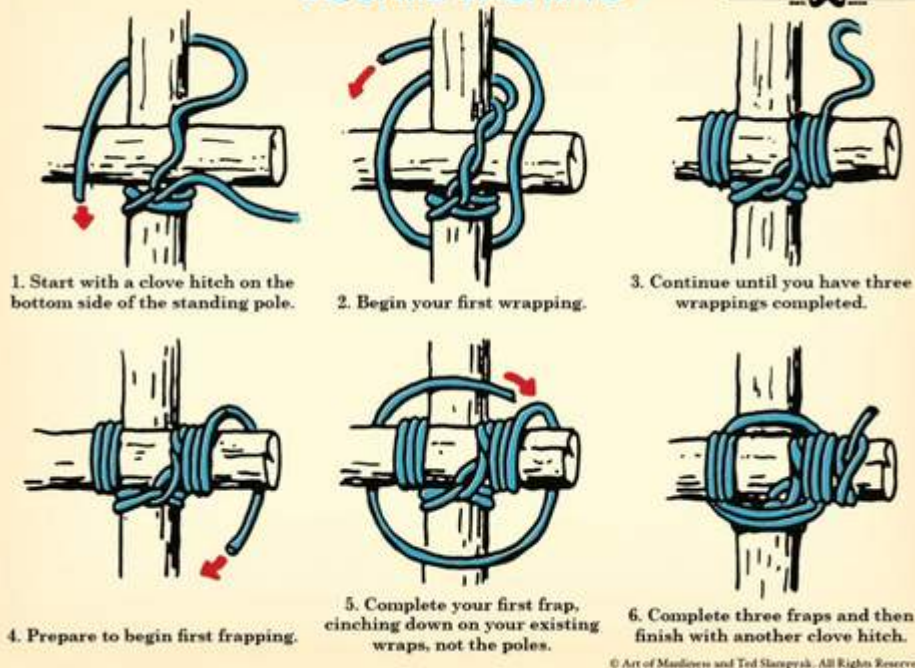
Clove Hitch Tutorial



Square (Reef) Knot Instructions



SQUARE LASHING



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Norweigan Pioneering

Gateway - difficult

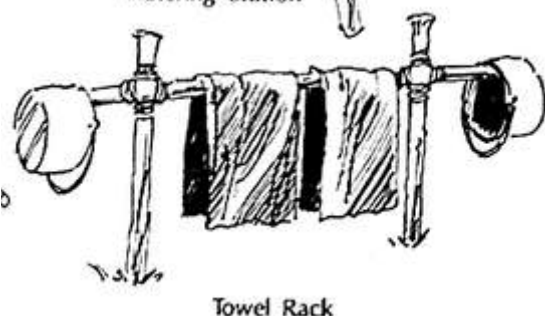
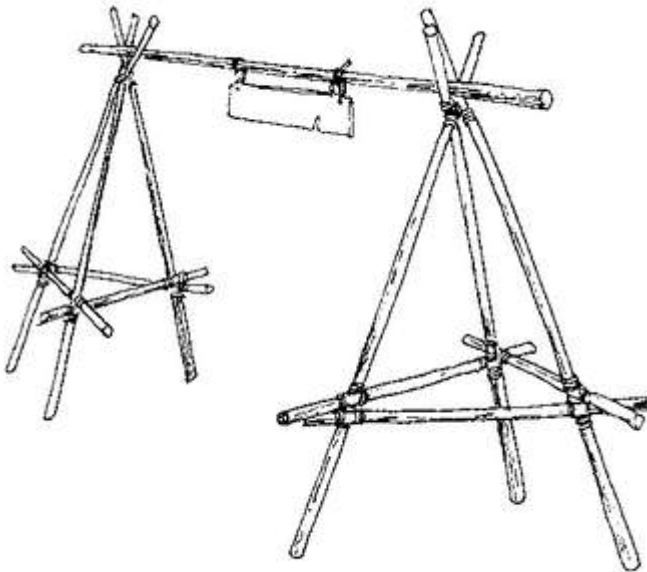
1. To create the tripod, lie three long poles down, and lash the three together near the top at one end. Make sure it is very tightly secured. Stand them up, and move the three legs to stand safely.
2. The smaller poles are square lashed to the tripod legs to stop the legs from moving.
3. Carefully place the long pole across the top, and place (if not staying there long). If it will be there for a while, you will need to attach guy lines to make sure it doesn't fall over - clove hitch to attach the guy lines to the top of the poles.

Towel rack - easy

1. Square lash the two short poles to the longer one, then stand them up. Attach guy lines via clove hitch to make sure it doesn't fall down.

Watering station - medium

1. Line up your three poles, and lash them together at the top tightly. Stand it up, and move the legs so that it stands on its own.
2. Thread the rope through your water container handle, wrap around tripod, and finish with a reef knot.



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Canadian Pin Swaps

On international camps - or just large camps in general - people from different areas/countries swap items, so that you can take home something to remember all the different people you met. Different countries have different things that they swap.



In Canada, the Girl Scouts swap pin badges. These can be absolutely anything, from a few beads on a string, to bottle tops.

Make some pin swaps - there are some ideas below - and take them to the next camp/sleepover/meeting, and swap your pins with the other people attending, and see how many different things you collect!



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American Spirit stick

A fun camp tradition from Girl Scout camps in Montana and Wyoming, this activity is best played on camp, as it lasts for the whole duration! The longer the camp, the better!



1. At the beginning of camp/the evening, find a long walking stick, and decorate it in bright colours - paint it, tie things on it - make it as colourful and bright as you can!
2. Split your girls into small groups/patrols. Choose a simple phrase - for example, 'Jelly on a plate', with actions to go with it.
3. Taking it in turns, each group/patrol to say the phrase and do the actions - very enthusiastically. The group who is the most enthusiastic, wins the stick.
4. The winning group then needs to hide the stick for the rest of camp - and the other groups need to find it! At the end of camp, the group that has the stick is the winner.
5. Of course, if another group finds the stick before the end of camp/the evening, they then have to re-hide it so the other groups can't find it.

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Culture Campfire Songs

No campfire is complete without singing!

These are a couple of songs to get you started in making your own campfire songbook.



Black socks

Black socks, they never get dirty,
the longer you weart them,
the stronger they get.

Sometimes, I think about laundry,
but something inside me says,
no no, not yet, not yet, not yet, not yet.

White socks, they always get dirty,
the longer you wear them,
the darker they get.

Sometimes, I think about laundry,
but something inside me says,
no no not yet, not yet, not yet, not yet.

Knee socks, they always fall down,
the longer you wear them,
the shorter they get,
sometimes, I think about ankelets,
but something inside me says ,
no no, not yet, not yet, not yet, not yet.

Animal Fair

I went to the animal fair,
The birds and the bees were there,
The big baboon by the light of the moon,
Was combing his golden hair,
The monkey fell out of his bunk (thump),
And slid down the elephants' trunk
(Whee!)
The elephant sneezed, and fell on his
knees,
And what became of the monkey,
monkey, monkey, monkey.....

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Culture Campfire Songs

Oh, you'll never get to heaven

(A call and response song)

Oh you'll never go to heaven
- oh you'll never go to heaven -
 In a baked bean tin
 - in a baked bean tin -
 'Coz a baked bean tin
 - 'coz a baked bean tin -
 Has got baked beans in
 - has got baked beans in

(together)

oh you'll never go to heaven
 in a baked bean tin,
 coz a baked beans tin's
 go baked beans in
 I ain't gonna grieve,
 my Lord no more
I ain't gonna grieve my Lord,
I ain't gonna grieve my Lord,
I ain't gonna grieve...my Lord no more

(Repeat, changing the object;

- In a Leader's bra....coz a leader's bra,
 don't stretch that far
- On roller skates....coz you'll roll right
 past, those pearly gates.

Mm, I want to linger

Mm, I want to linger,
 Mm, a little longer,
Mm, a little longer here with you.
 Mm, and come September,
 Mm, we'll all remember,
Mm, campfire days and friendship true.

Mm, I want to linger,
 Mm, a little longer,
Mm, a little longer here with you,
 Mm, tis such a perfect night,
 Mm, it doesn't seem quite right,
Mm, that this should be our last with
 you.

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Culture Firelighting

Lighting and maintaining a good fire is a vital camp and life skill. It keeps you warm, gives light, and can be used to cook your food. Some countries still rely on open fires for heating and cooking, and this activity will help you learn the technique!



Tinder

You won't be able to start a fire with big sticks, you need something small for the flames to catch first. Try out some of these;

- A toilet roll inner filled with tumble-dryer fluff. V
- Twisted paper
- Wood shavings or very small sticks (have to be very dry, and dead wood).
- Experiment with what you have outside - what works best?

Building

If you just dump a heap of sticks on your flame, you will smother it! On the next page are different ways to build your fire. Start with small sticks, **kindling**, very dry so that they catch easily. Then you gradually start adding bigger sticks slowly.

Remember - fires need oxygen to survive. If your fire is dying, blow air on the **embers**, and put fuel on the flames.

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Culture Firelighting

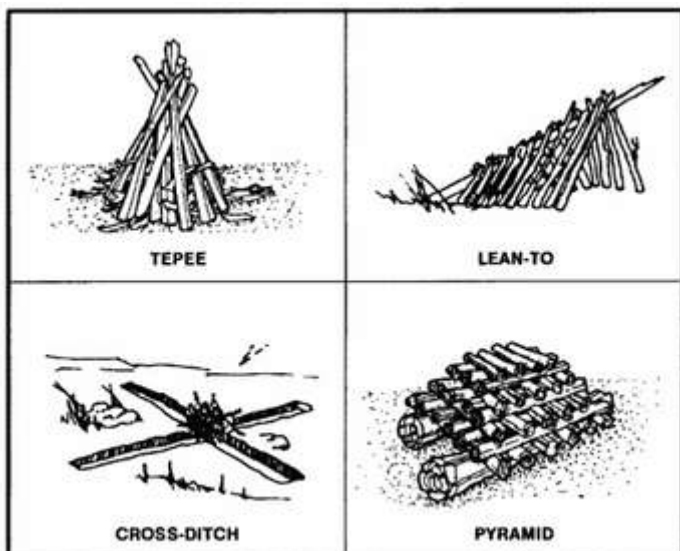
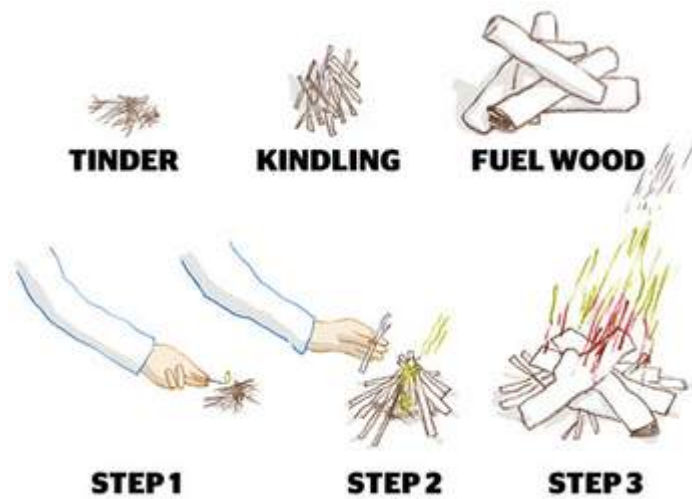


Figure 7-5. Methods for laying fires.

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Culture

English Dampers

One of the classic English campfire deserts, these are best cooked on your campfire for the full, smoky taste!

Very simple to make, these can be either sweet or savoury, and best enjoyed hot!



Ingredients - 4 servings

500g self-raising flour

75g caster sugar

200ml water

Foil-covered stick

Method

1. Put flour and sugar in a bowl and mix well. Gradually add the water a little at a time and knead gently until it forms a soft dough. Divide the dough into 8 equal pieces.
2. Roll each piece of dough in your hands until it is a long, thin sausage shape. Wrap it around a foil-covered stick and press to ensure it is well fixed in place.
3. Turning regularly, carefully hold the stick over an even heat (campfire or barbecue) for 10 minutes until hard to touch.
4. Carefully slide the dampers off the stick and fill the cavity down the centre with a filling of your choice - e.g. chocolate, jam, cheese, marshmallows, etc.
5. **Variation;** Remove sugar from recipe and add a pinch of salt, maybe some grated Parmesan or dried thyme for savoury version.

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Culture Irish Boxty

A very traditional Irish food, it can be eaten at any meal, and can be cooked on the campfire, or a normal stove.

Essentially potato pancakes, they go with pretty much everything!



Method

1. Mix flour, baking powder and salt in a bowl.
2. In another bowl, mix mashed potatoes and raw potatoes. Add flour and mix well.
3. Slowly add the buttermilk and stir gently (do not over mix).
4. The mixture should be a very firm, thick batter, almost like dough, so add more buttermilk if needed.
5. Heat a nonstick frying pan on medium heat and add some butter. Scoop out some batter onto the pan, flatten into round, pancake shapes, and fry until golden brown on the bottom.
6. Turn, and cook the other side (reduce heat if cooking too quickly, there is raw potato that needs to cook as well!)
7. Serve hot, with or without toppings!

Ingredients

- 255g plain flour
- 1 tsp baking powder
- 1 tsp salt
- 227g mashed potatoes, boiled
- 227g grated, raw potato
- 240ml buttermilk
- 1. Butter for the pan

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Culture Canadian Poutine

A traditional Canadian dish, this is the ultimate topping for your chips. Pronounced 'poo-teen', this dish is far too messy to eat by hand - so crack out the cutlery and get stuck in!



This recipe is traditionally made with home-made chips, and cheese curds. However, to speed things up, oven cooked chips work just as well, and - as cheese curds are not easy to find - mozzarella gives the same affect.

Ingredients

3 Tbsp cornstarch
2 Tbsp water
6 Tbsp unsalted butter
32g plain flour
570ml beef broth
285ml chicken broth
Pepper, to taste
230g-340g torn chunks
of mozzarella

Method

1. Put the oven chips on to cook while you prepare the gravy.
2. In a small bowl, dissolve the cornstarch in water and set aside.
3. In a large saucepan, melt the butter. Add flour and cook, stirring regularly for about 5 minutes, until golden brown.
4. Add both broths and boil, stirring with whisk. Stir in cornstarch and simmer for 3-5 minutes until it thickens. Season with salt and pepper.
5. Put the cooked chips in a bowl, add some hot gravy, and toss the chips to cover them in gravy.
6. Add the torn mozzarella (not shredded, as you want to only partially melt the mozzarella). Serve.

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Culture Indian Dahl

This simple Indian dish is perfect for camp. It's quick and easy to make, and all in one pot for less washing up! Naturally vegan and gluten free, this will tempt even the pickiest of eaters.



Ingredients

- 1 tsp olive oil
- 2 onions diced
- 3 garlic cloves finely chopped
- 1 tbsp ginger
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp ground mustard
- 2 tsp ground tumeric
- 1 tsp garam masala
- 200g dried red lentils (rinsed and drained)
- 1 can chopped tomatoes (optional)
- 1 can coconut milk
- 500ml vegetable stock
- Salt and pepper
- Juice of half a lemon
- 2 handfuls fresh spinach

Method

1. Heat the oil in a large pan, cook onions gently for 5 mins. Add garlic and ginger for a few minutes. Add the cumin, coriander, mustard, tumeric, garam masala and cook for 1 min.
2. Add the lentil, tomatoes with their juice, coconut milk and stock, then stir. Season with salt and pepper, and cook on a medium/low heat for 15-20 minutes until reduced and thick.
3. Stir in the lemon juice and spinach until it wilts.
4. Serve warm with rice, naan bread, or poppadoms.

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Culture Russian Blini

A twist on classic pancakes, this traditional Russian dish is incredibly versatile, and even has a holiday dedicated to it! Maslenitsa celebrates the beginning of spring, symbolising the sun and lasts a whole week.



Ingredients

400g flour
1/2 tsp salt
1/4 tsp baking soda
2 tbsp sugar
2 eggs
800ml milk
100ml cream (or milk)
5 tbsp butter
Oil to fry

Method

1. Mix flour, salt and baking soda. Set aside.
2. Mix eggs and sugar with mixer. Add milk and cream while mixing.
3. Gradually add flour mixture, and blend until smooth. Should be a bit thicker than cream.
4. Heat two pans over a high heat. Melt butter and add it to the batter, blend until smooth.
5. Pour a small amount of oil in both pans.
6. Scoop out the batter into the pan, and tilt the pan to spread the mixture into a circle.
7. Flip the pancake with a spatula, after the surface looks porous and sides are golden.
8. Fry the other side (they cook quick, so careful not to burn).
9. Serve with anything you fancy - sweet, savoury, both, your choice!