

The Howden Scouts 2020

Joint Cubs and Scouts

Virtual Camp



Welcome to the Howden Scouts Virtual Camp

This camp is all about being together even when we are apart. To help us keep the feeling of togetherness, please try to join the online activities at the right time.

We will go through the box before we start so you will know what you will need and when.

Some of the activities are different for the Cubs and the Scouts, **if an activity is aimed at the cubs it will be in green**, **if an activity is aimed at Scouts it will be in blue**. Just because an activity is aimed at one section doesn't mean you can't do it, but you may find it hard or boring depending on the activity.

On Saturday the national great indoors weekender camp begins. We will be joining parts of that camp and doing our own bits at different times. This book tells you what you will be doing and when for our camp.



In Your Box

In your box you should have

- Cake – (Friday It's a Party)
- Pack of Cards (Saturday Magic)
- Elastic bands (Saturday Magic)
- Paper clip (Saturday Magic)
- Coin (Saturday Magic & Grow Crystal)
- Epson Salt 100g (Grow Crystal)
- Straws (Tune to the Gods)
- Epson Salt 25g (Bath Bombs)
- Corn flour 25g (Bath Bombs)
- Citric Acid 50g (Bath Bombs)
- Bicarb 100g (Bath Bombs)



What you will need

- Computer/phone/tablet with Zoom installed
- Two tins of baked beans
- One tin of chopped tomatoes
- Four heaped tablespoons of diced vegetables (for example, onion, carrots, tinned sweetcorn, peas, mushrooms, or peppers)
- Two teaspoons of seasoning (for example, salt, pepper, garlic powder, paprika, or mixed herbs)
- Pre-cooked sausages or vegetarian sausages (optional)
- Scissors
- 2 coins
- 2 tbsp base oil (sunflower etc.)
- Paper and Pens

Friday

Build Your Den

Before we meet you can build a den for the weekend

Cubs we would like you to build a shelter somewhere in your house, this could be a blanket fort under a table, a pillow den with all the cushions from the sofa, but it has to be strange.

Scouts we would like you to find somewhere outside to sleep, this could be in your own tent, or a tent or hammock borrowed from the group or if the weather is good enough, under the stars

19:00 Welcome – howdenscouts.co.uk/vcwelcome

An opening ceremony for our virtual camp and a chance to explore your box of goodies.

19:30 It's a Party

Many of us have had birthdays during lockdown, we are holding a special birthday party for everyone who has missed having a party because of lockdown.

20:30 Bedtime Story – howdenscouts.co.uk/vcbedtime

A bedtime story about a the almost tooth fairy read by our very own Akela.

Cubs we are still after books for our summer camp book before bed so if you have written one, email it to books@howdenscouts.co.uk





08:00 Breakfast – howdenscouts.co.uk/vcbreakfast

We would like you to try to cook the billy can breakfast beans. Don't worry if you can't have a fire or don't have a billy can.

Cooking for your self (with supervision from adults) is a great way to start the day.

09:30 Yoga with LaLa - howdenscouts.co.uk/vcyoga

Start the day with a short-recorded yoga session lead by LaLa.

10:00 Magic Session - howdenscouts.co.uk/vcMagic

A chance for the you to learn some magic tricks with a magician joining us on zoom.

11:00 Time for your own activities

You have some time to complete some activities on your own or with your family.

12:00 Lunch - howdenscouts.co.uk/vclunchwelcome

We will break for lunch at 12:00 when the national Great Indoors Camp begins. Whilst you have some healthy lunch join the opening ceremony.

13:00 Finders Keepers - howdenscouts.co.uk/vcfk

You will need to find items from around your home after answering riddles.

14:00 Time for your own activities

15:00 Top 10 tips for nights away - howdenscouts.co.uk/vctips

Join The Scout Association with a special surprise celebrity guest for some insider tips from a top expert.

17:00 Tea Ceremony Activity - howdenscouts.co.uk/vctea

We are going to joining The UK HQ Scouts for their tea ceremony.

17:30 Tea

19:30 Virtual Campfire – howdenscouts.co.uk/vccampfire

20:00 Bedtime Story – howdenscouts.co.uk/vcbedtime

Wind down with a surprise celebrity guest with a relaxing bedtime story.

21:00 What to look for in the sky – howdenscouts.co.uk/vcsky

Join with the national Scouts for a session on what to look for in the sky

21:30 Stargazing – howdenscouts.co.uk/vcskyg

The Scouts will be joining briefly back together to see what we can see in the sky



08:00 Breakfast

If you didn't manage to cook your breakfast yesterday, try to cook today.

08:30 Keep Yourself Well - howdenscouts.co.uk/vcwell

Looking after yourself is really important, particularly if you want to go on exciting adventures. Our surprise celebrity guest will teach you how.

09:00 Yoga - howdenscouts.co.uk/vcyoga

Start the day with a BIG stretch.

10:00 #CareForCareHomes - howdenscouts.co.uk/vccare

Join us in reducing the loneliness and improving the wellbeing of people in care homes as we collectively carry out 10,000 acts of kindness

11:00 – Scouts! The Musical - howdenscouts.co.uk/vcmusical

The cast of Scouts! The Musical will be giving an exclusive performance of Home, from their forthcoming show

11:30 Close - howdenscouts.co.uk/vcclose

A chance to think about all the cool stuff we've done together over the weekend and say goodbye. Led by Bear Grylls



Happy Birthday to everyone who has had a birthday during lockdown.

Charlie

Akela

Daniel

Kaylin

James

Ben

Edward

Ioan

Emily

Nathan

George

Oliver

King Louie

Jake

Corey



Billy can breakfast beans

Step one: vegetables

- Cut the vegetables into small cubes (dice them).
- Measure out one or two handfuls of vegetables with a clean hand.
- Put the measured vegetables on the side of the chopping board.

Step two: billy can

- Pour a thin layer of oil into the bottom of the billy can.
- Add all of the diced vegetables.
- Carefully put the billy can on top of the white coals.
- Let the vegetables fry for two to three minutes. Use a spoon to stir them so none burn.

Step three: add the rest

- Remove the billy can from the fire with an oven glove.
- Mix in the rest of the ingredients.
- Return the billy can to the fire with an oven glove.
- Cook for five minutes, stirring so nothing sticks to the bottom.
- Move the billy can nearer the middle or edge of the fire if you need to change the temperature – don't forget the oven gloves.

Step four: serve and enjoy

- Once it's cooked, divide between everyone's bowls.
- Enjoy your meal!
- Extinguish the fire and clean up.

Equipment

- Billy can
- Tin opener
- Knife
- Oven glove, mitt, or cloth
- Stirring spoon
- A spoon and bowl for each person
- Teaspoon
- Chopping board

Ingredients

- Serves four to six people
- Two tins of baked beans
 - One tin of chopped tomatoes
 - Four heaped tablespoons of diced vegetables (for example, onion, carrots, tinned sweetcorn, peas, mushrooms, or peppers)
 - Two teaspoons of seasoning (for example, salt, pepper, garlic powder, paprika, or mixed herbs)
 - Pre-cooked sausages or vegetarian sausages (optional)

Activities to do with your family or on your own

These activities you can complete with your family or on your own if you are careful and an adult supervises.

Have a go at all of them and tell us about how they went when we are on Zoom.

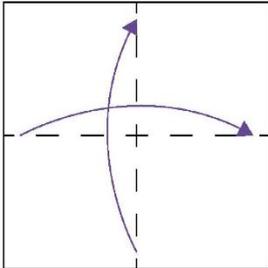
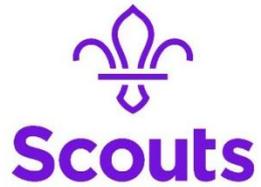
Grow Your Own Crystals

1. Pour 100ml of hot water into a heat resistant jug. The water should be as hot as possible, you could boil a kettle but be careful and make sure that an adult is around to supervise.
2. Weigh out 100g of Epsom salt and add it to the hot water.
3. With a spoon, stir the salt into the water for a few minutes until it dissolves.
4. If you have it, add a drop of food colouring to the water.
5. Check the salt has dissolved. When it has, pour some of the liquid from the jug onto a white plate on a tray. Place the tray on a windowsill or somewhere out of the way.
6. Place a penny in the middle of the white plate, in the liquid.
7. After three days, check back and you should see long, thin crystals on the plate. If you can, check them out under a magnifying glass.

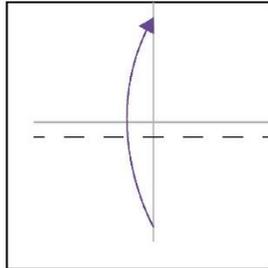


To foldly go

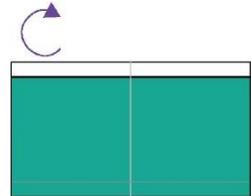
Follow these simple step by step instructions to craft your own uniform.



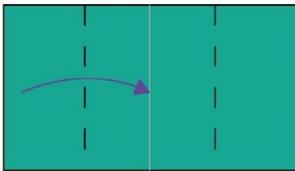
1. Fold into quarters along the dotted lines and fold back flat.



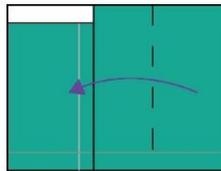
2. Fold along dotted line.



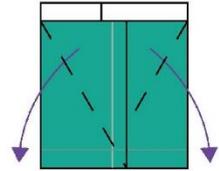
3. Flip over



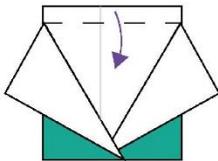
4. Fold in along the dotted line, the edge should reach over the centre line.



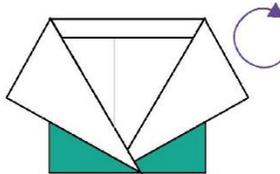
5. Fold in along the dotted line and insert under the folded left side to secure it.



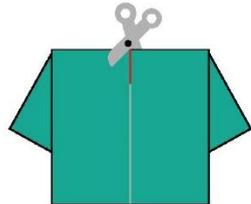
6. Fold out diagonally along the dotted lines.



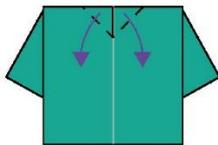
7. Fold along the dotted line and tuck under the top of folded triangles.



8. Fold along the dotted line and tuck under the top of folded triangles.



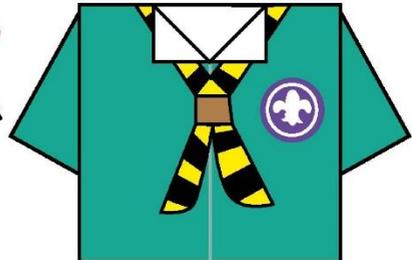
9. Make a short cut along the red line.



10. Fold over along the dotted lines.



11. Get creative.



12. Finished!



Brilliant bath bombs

Step one: prepare

- Weigh out the bicarbonate of soda, citric acid, cornflour and Epsom salt into a bowl.
- Whisk until the ingredients are mixed together.
- Measure out the base oil, essential oil and food colouring into a mug or small bowl and mix them together well.
- Very slowly add the wet oil mixture to the dry ingredients bowl. Add a little at a time and mix as you add.

Equipment

- Mixing bowls
- Whisk
- Measuring spoons
- Bath bomb mould

Ingredients

To make one bath bomb

- 100g bicarbonate of soda
- 50g citric acid
- 25g cornflour
- 25g Epsom salt (optional)
- 2 tbsp base oil (like sunflower)
- ¼ tsp essential oil
- Orange peel, lavender or similar

Step two: create

- When all the oil has been added, add a few small drops of water, so that the mixture clumps together a bit when pressed and keeps its shape.
- Choose your mould. If you're using fruit peel or flowers as decorations, drop them into the bottom.
- Now pack the rest of the mixture tightly on top, press it down and smooth the top with a spoon.
- Now you've made your bath bomb!

Step three: investigate!

- Make sure you've left your bath bomb for at least two hours to dry properly.
- Test your bath bomb by dropping it into some water.
 - What can you see, hear or smell?
 - Can you find out what's reacting to cause the fizzing?
 - Have you seen a reaction like this before?



Tune to the Gods

1. Use a ruler to measure the straws to the right length, mark with the pen, and then cut them.
2. Draw two rectangles on card – they should be roughly 13cm long and 3cm wide, to fit over all of the straws, then use the scissors to cut these rectangles out.
3. Put glue (or double sided sticky tape) onto one card rectangle.
4. Leaving about 2cm (or enough space to hold), place the longest straw onto the sticky card. Leave some straw poking out of the top, so you can blow across it.
5. Leave a small gap, then place the second longest straw onto the sticky card. The top of the second straw should be in line with the top of the first straw, so you can blow across them both easily.
6. One by one, add the straws in length order. Always leave a small gap between them, and the tops of the straws should always line up. When the straws are all in position, there should be about 2cm of card left at the end (again, enough to hold).
7. Put glue (or double sided sticky tape) on your other card rectangle.
8. Stick the second rectangle on top of the line of straws, pinching it at each end to make two handles.
9. Using pens and stickers to decorate your flutes. Remember that they're going to be used to honour the Inca Sun God.
10. Practice blowing across the top of the pan flute. Can you make a tune?

Note Sizes

- Do (C) = 17.5 cm
- Re (D) = 15.5 cm
- Mi (E) = 13.5 cm
- Fa (F) = 12.5 cm
- So (G) = 11 cm
- La (A) = 10 cm
- Ti (B) = 9 cm
- Do (C, an octave above) = 8.5 cm



Technical Support

We hope that all the tech will just work. We will be using zoom for many of our joint activities. The links will take you to the right place for the activity, some of the links will not work until it is time and others may even change for different times.

If you have any issues please call 07970207309 as soon as possible.