

# cubs

1st Weald Brook Cub Pack

Spring/Summer 2020

Challenge Booklet



## **Bum Sandwich**

### **Description**

Use your body heat as a gentle cooker and your weight as a flavour press to make this delicious cheese sarnie.

### **Resources**

2 slices bread  
Cling film  
Olive Oil  
Salt and pepper  
Lettuce  
Basil  
Grated cheddar cheese  
Grated Parmesan cheese

### **Instructions**

1. Lay out two thick slices of bread
2. Pour 1 tablespoon olive oil on each slice and spread to the edges
3. On one slice scatter salt, pepper, 1 handful lettuce, 1 handful fresh basil, 1 handful grated cheddar cheese, 1 tablespoon grated Parmesan
4. Press together and wrap in five layers of cling film
5. Sit on it for at least 10 minutes
6. Unwrap and enjoy

## **Armpit Fudge**

### **Description**

Make scrummy fudge in your armpit – mmmmm

### **Resources**

50g icing sugar

1 tablespoon butter

2 teaspoons cream cheese

dash of vanilla essence

2 teaspoons cocoa

sandwich-size plastic zipper-bag (Ziploc etc).

raisins, m&ms, marshmallows etc

### **Instructions**

Place all ingredients in a sandwich-size plastic zipper-bag

Squeeze out all the air.

Squish and moosh (under the arm!) the bag until all the ingredients are well mixed and there is a creamy consistency

Add any favourite flavours or other stuff (raisins, M&M's, peanut butter, chopped nuts, etc).

Take out a spoon and enjoy.

## **Dear Cubs,**

The next few months are going to be challenging and difficult for everyone.

Although we cannot meet as a Cub Pack, you are still Cubs, and the leaders would really encourage you to try as hard as you can to keep the Cub Scout Law –

*“Cub Scouts always do their best, think of other before themselves and do a good turn every day.”*

We’ve put a number of challenges together for you – please do have a go at some (or all!) of them.

Some of the challenges will earn you an activity badge, others will count towards challenge badges so it’s really important to keep Akela up to date with what you’ve done -send her pictures/videos/emails with details of what you’ve been up to and she’ll also put them onto the web site so we can see what we’ve each achieved.

We are hoping to schedule some “on-line” meetings and we’ll let your parents have details as soon as we’ve sorted out the best way to do this so you also be able to share things that way,

There are links to on-line resources for many of the challenges – please remember to ask a grown-up’s permission before you go to any of these sites.

If you have a birthday during this time we send you special birthday wishes. We know that trips/parties will not be possible but hope that your parents find loads of your favourite food (Akela recommends chocolate) and that you are thoroughly spoiled for one day!

Akela will send regular updates to your parents and we hope that you and your families remain healthy.

Akela, Bagheera, Shada, Grey Brother, Raccoon, Raksha

1. **Keep a "Good Turn" diary**

The Cubs Scout Law is:

*"Cub Scouts always do their best, think of others before themselves and do a good turn every day"*

A good turn is simply you doing something nice or helpful for somebody else *without being asked*. It doesn't have to be anything "big" – just helping to empty the dishwasher, letting your sister choose which game to play or even just saying something nice if someone's upset are all fine.



2. **Complete the home help badge**

download the record sheet from

[www.1stwealdbrook.org.uk](http://www.1stwealdbrook.org.uk)

(this also counts toward the Skills Challenge Award)

3. **Complete the requirements for another activity badge**

animal carer/artist/book reader/chef/digital citizen are just a few suggestions –

see all the available badges at

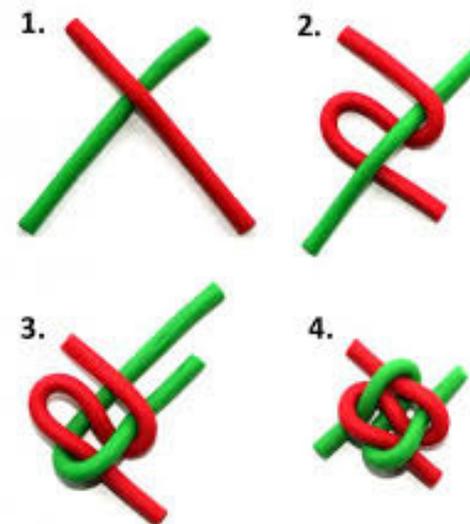
[www.scouts.org.uk/cubs/activity-badges/](http://www.scouts.org.uk/cubs/activity-badges/)

4. **Discover what your parents liked doing when they were children**

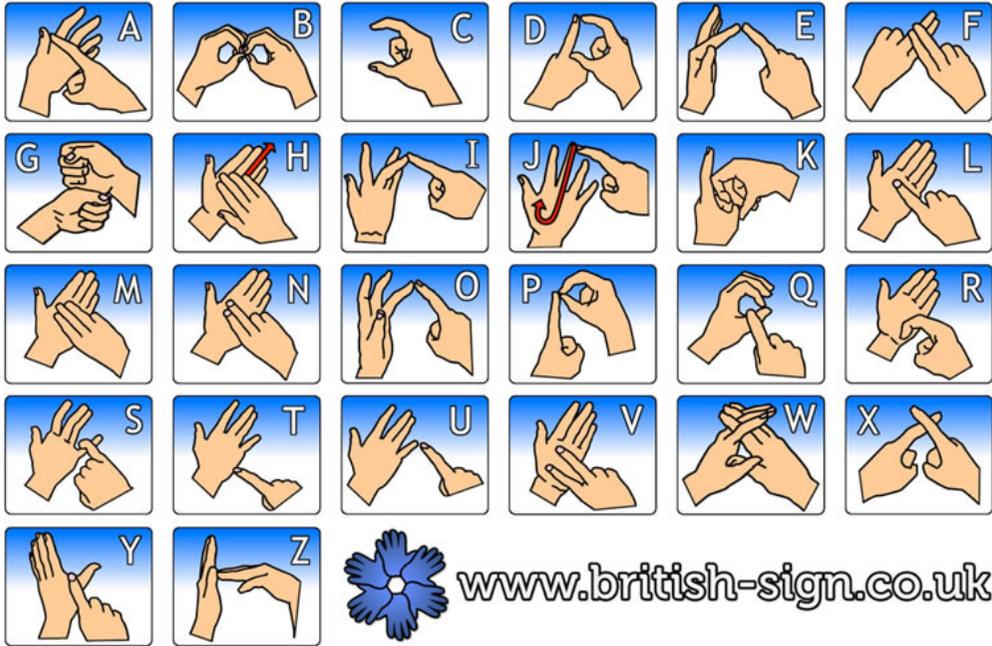
What toys did they play with, what TV programmes did they watch, who were their favourite pop group?

5. **Learn one of semaphore/Morse code/NATO alphabet/finger spelling**

## **Friendship Knot**



# BSL Fingerspelling Alphabet



6. **Grow cress**

We've given you some seeds instructions - [https://childrens-binary.files.bbci.co.uk/childrens-binarystore/cbeebies/cbeebies-pdf-mr\\_blooms\\_nursery\\_cresheads.pdf](https://childrens-binary.files.bbci.co.uk/childrens-binarystore/cbeebies/cbeebies-pdf-mr_blooms_nursery_cresheads.pdf) e seeds – Or why not try cherry tomatoes or another edible plant.



7. **Learn to tie a new knot/hitch**

try – reef knot, figure of eight, bowline, friendship knot, clove hitch.

We've given you some paracord (not very good for the friendship knot – use your scarf!)

Instructions at <https://www.animatedknots.com/> apart from friendship knot -see later in this booklet)

8. **Use your scarf to tie an arm sling**

(but you'll need to be able to tie a reef knot first!)



<https://www.youtube.com/watch?v=PwfbGkBXkFA>

9. **Set yourself a physical challenge**

- for example, learn to skip backwards, achieve a set number of "keepie oppies", teach yourself to juggle

10. **Learn to say "hello" in five different languages**  
(or, if one of your parents can speak another language, learn some useful everyday phrases in that language)
11. **Make an insect hotel**
12. **Write a letter**  
..... to a grandparent, someone who you don't see very often or an elderly neighbour. Include a couple of jokes to make them laugh!
13. **Learn a poem by heart**  
Some really good ones here - [www.poetry4kids.com/classics/](http://www.poetry4kids.com/classics/)
14. **Identify 5 different birds that you can see in your garden**  
spotter sheet here  
[http://treetoolsforschools.org.uk/activities/pdfs/pdf\\_garden\\_birds\\_spotter\\_sheet.pdf](http://treetoolsforschools.org.uk/activities/pdfs/pdf_garden_birds_spotter_sheet.pdf)
15. **Discover how to make shadow puppets - use the sun, a light or a torch**



16. **See how many different items you can fit into the small round box we've given you**  
Items you might find include a grain of rice and a tiny stone – can anyone fit 20 different things in?

## NATO Phonetic Alphabet

A	Alpha	N	November
B	Bravo	O	Oscar
C	Charlie	P	Papa
D	Delta	Q	Quebec
E	Echo	R	Romeo
F	Foxtrot	S	Sierra
G	Golf	T	Tango
H	Hotel	U	Uniform
I	India	V	Victor
J	Juliett	W	Whiskey
K	Kilo	X	X-ray
L	Lima	Y	Yankee
M	Mike	Z	Zulu

## Morse Code

A ● -	J ● - - -	S ● ● ●
B - ● ● ●	K - ● -	T -
C - ● - ●	L ● - ● ●	U ● ● -
D - ● ●	M - -	V ● ● ● -
E ●	N - ●	W ● - -
F ● ● - ●	O - - -	X - ● ● -
G - - ●	P ● - - ●	Y - ● - -
H ● ● ● ●	Q - - ● -	Z - - ● ●
I ● ●	R ● - ●	

17. **Make a muddy face or a muddy model**  
[http://www.treetoolsforschools.org.uk/activities/pdfs/pdf\\_leaf\\_faces\\_muddy\\_smiles.pdf](http://www.treetoolsforschools.org.uk/activities/pdfs/pdf_leaf_faces_muddy_smiles.pdf)
18. **Make a frog pond**  
[http://treetoolsforschools.org.uk/activities/pdfs/pdf\\_frog\\_pond.pdf](http://treetoolsforschools.org.uk/activities/pdfs/pdf_frog_pond.pdf)
19. **Spend 15 mins looking for pictures in the clouds**
20. **Cook a meal for your family (and wash up afterwards!)**  
(if you enjoy this, have a look at the Chef Activity Badge)
21. **Learn the first verse of The National Anthem**
22. **Design a computer programme using "Scratch"**  
<https://scratch.mit.edu/>  
Remember to let Akela have the link so she can let the rest of the Cubs have a go as well!  
(if you enjoy this, have a look at the Digital Maker Activity Badge)
23. **Try extra hard to turn all your non-recyclable plastic into eco-bricks**  
remember they should be 480g-500g with the lid on when full
24. **Grow a sunflower**  
we've given you the seed – which Cub can grow the tallest?



25. Learn a magic or card trick

26. Make armpit fudge and/or a bum sandwich!

Instructions further on in this booklet.

27. Learn to play draughts/chess/a card game

28. Have a pillow fight with a brother/sister or parent

29. Listen to a radio station that you haven't listened to before

Try and find one that is a bit different to the sort of programme you usually listen to.

Listen to it on at least 3 occasions for 30mins each time

Would you recommend it to another Cub?

30. Invent a new challenge

for the rest of the Pack to have a go at – email Akela and she'll pass it on!

## Semaphore

