

5th Frome Virtual Camp – Tasks, Challenges and Optional Additional Activities

As with all our camps, this virtual camp is jam-packed with things to do!

We have 3 tasks for you to do Sunday afternoon, 2 tasks for Monday, challenges to be completed anytime throughout the camp and a whole bunch of optional additional activities to pick from and have a go at whenever you fancy over the weekend.

With all the tasks and activities, we really want to see what you achieved, so please share your pictures, files and videos of you completing the below with us during the camp. You can either

- Upload to Facebook: <https://www.facebook.com/5thFromeScouts/>
- Email it to: hello@5thFromeScouts.org.uk

Please be safe while doing these activities and check what you're doing with an adult.

Sunday Afternoon Tasks.

Build your campsite	<p>You need somewhere to sleep! The most imaginative campsite will win. It could be a tent in your garden, or put the tent up in your living room, or build a tent in your living room.</p> <p>We want to see pictures of you in your uniform in your campsite/tent!</p>	<p>Ideas:</p> <ul style="list-style-type: none"> • Pitch tent in garden • Pitch tent in house • Build a tent with bed sheets and sofa cushions house • Build a tent outside
Build your campfire	<p>What's a camp without a campfire? – Your task is to build a campfire using whatever you can find – it does not have to be real. The most imaginative campfire will win</p>	<p>Ideas:</p> <ul style="list-style-type: none"> • Real outdoor fire • BBQ • Gas cooker • Candle • Indoor fire place • Build a Lego fire • Draw a fire • Paint a fire on cardboard
Covid-19 time Capsule	<p>We are living through history right now.</p> <p>Fill out this Covid-19 Time capsule to document this time. Share with us and keep it safe to re-read in the future.</p> <p>You can download the pdf version, print it off and fill it out, or, Download the page images to your computer/tablet/phone and fill it in on there.</p>	<p>Download:</p> <ul style="list-style-type: none"> - PDF Doc - Images of Pages: <ul style="list-style-type: none"> - Page 1 - Page 2 - Page 3 - Page 4 - Page 5 - Page 6 - Page 7 - Page 8 - Page 9 - Page 10 - Page 11

Monday Morning – pre morning flag break

Breakfast together	The aim to eat breakfast together as a group at the morning Flag break.	- You could cook your breakfast on the fire, camping stove, kitchen stove, BBQ.
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	<p>There is an award for “Most exciting Camp breakfast” so photograph/film how your cook and what your cook!</p>	<ul style="list-style-type: none"> - you could make your own utensils to eat with - eat your cereal out of the box - Create a pancake in a fun design -Plate up your breakfast in a fun design
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Monday Morning Tasks

<p>Thank you Key workers!</p>	<p>There is a whole army of keyworkers who still go out to work every day</p> <p>Doctors Nurses Police Paramedics Shop Workers Teachers Carers</p> <p>Its important we let them know how grateful we all are they carry on working for us.</p> <p>Download these “Thank you from the Scouts poster”, Decorated and colour in the poster, if you can print it off and stick it in your window, or post it to the 5th Frome Scout Facebook page so the key workers can see it.</p> <p>You can download the pdf version, print it off and colour it in, or, Download load the image to your computer/tablet/phone and colour it in on there.</p>	<p>Links:</p> <p>Thank you from the Scouts:</p> <ul style="list-style-type: none"> - PDF Doc - Jpg Image <p>Additional thank you posters:</p> <p>NHS Rainbow</p> <ul style="list-style-type: none"> - PDF Doc - Jpg Image <p>NHS Heart</p> <ul style="list-style-type: none"> - PDF Doc - Jpg Image <p>Thank You Key Workers</p> <ul style="list-style-type: none"> - PDF Doc - Jpg Image <p>Can you find any other posters online to download?</p>
<p>Virtual Day trip</p>	<p>Take a virtual day out and visit one or more of these attractions.</p> <p>For each of these attractions you visit, take a photo of you enjoying the attraction and sum up your experience by answering the following questions:</p> <ol style="list-style-type: none"> 1, Where did you visit? 2, Describe your tour. 3, List 3 things you saw on your tour. 4, List 3 interesting facts about your tour. 	<p>Virtual Trips:</p> <ul style="list-style-type: none"> - Use Google Map Street View to explore a different town - Longleat Safari Park - National Aquarium - San Diego Zoo - Houston Zoo - Walt Disney World <ul style="list-style-type: none"> - Frozen Ever after Ride - It’s a Small World - Monsters Inc. Mike and Sulley - Pirates of the Caribbean - SeaWorld Orlando - National Marine Aquarium - LegoLand Florida - Atlanta Zoo Panada Cam - Monterey Bay Aquarium - The Louvre - Smithsonian National Museum of Natural History - British Museum, London - NASA <ul style="list-style-type: none"> - Langley Research Center - Glenn Research Center

	<p>5, List 3 things you learnt on your tour.</p> <p>6, What was your favourite thing on your tour?</p>	<p>Or you can try some "augmented reality experiences" via The Space Center Houston's app.</p>
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Challenges – to be done anytime over the camp



Please video/Photograph your efforts and share with us!


Necker flip	Place your Necker on your foot, kick it in the air and onto your neck.	<p>Video as a demo</p> <p>https://www.facebook.com/GiffnockScouts/videos/522626325024088/</p>
Biscuit Challenge	Place a biscuit on your forehead, get it into your mouth without using your hands. Film and send it!	<p>Example:</p> <p>https://youtu.be/IZvQ25wLAFI</p> <p>Is it easier with different biscuits?</p>
Human Knot	<p>With 3+ people (the more people the more challenging it is). Have everyone stand in a circle facing the centre. Everyone raise their left hand and hold the left hand of someone across the circle. Then raise the right hand and hold the right hand of someone different across the circle.</p> <p>You then need to get yourself un knotted, into a big circle without letting go of the other peoples hand.</p>	<p>Example:</p> <p>https://youtu.be/IQ-a_6eA0EU</p> <p>How many people can you do it with?</p>
Shoe tower	What's the biggest tower you can build with shoes?	What's the best way you have found to make a tower?
Tea Pot challenge	You will need a Tennis ball.	<p>Example:</p> <p>https://youtu.be/Hcl8iGkOX7I</p>
Reef Knot Challenge	What's the oddest thing you can tie a reef knot in?	<p>How about in a banana skin...</p> 



Optional Additional Activities – to do anytime over the camp

Activity	Describe	Resources/Notes/Tips
Bottled up emotions	<p>Our current situation can lead us to experience a range of emotions. Let's get these out of our head. Using the templates, draw the emotion in the bottle and colour it in.</p> <p>You can download the pdf version, print it off and colour it in, or, Download load the image to your computer/tablet/phone and colour it in on there.</p>	<p>Templates:</p> <ul style="list-style-type: none"> - JPG Image - PDF doc <p>Example:</p>
Matchstick Rockets	<p>Create a Matchstick rocket NB: to be done with an adult</p>	<p>Video Instructions</p>
Send A hug	<p>An easy way for us to brighten the day a friend or love one. Draw around yourself, colour it in and write a message to someone you're are not able to see at the moment</p>	<p>I miss you when you're far away. I'd love to see you every day. But since I can't come over to play, I'm mailing you a hug today!</p> <p>So although it may be quite a sight, Wrap my arms around you tight! Repeat daily to keep your smile bright. Until we get to reunite!</p>
Learn magic trick	<p>Learn a simple magic trick(s) and perform it/them for your family</p>	<p>- Search "Simple Magic tricks" on google</p>
Learn to juggle	<p>Spend some time learning a new skill!</p>	<p>- Look up juggling tutorials on YouTube</p>

		- You don't have to start with balls, try juggling with handkerchiefs
Design your own stay at home badge	Using the template. Design your own stay at home badge. - What would the badge look like? - What tasks do you need to complete to gain the badge?	Link to template: - PDF doc - Word doc - Jpg Image
Recreate a famous picture or scene.	Use your imagination to recreate a famous picture or scene.	Examples: 
Knot	How are your Scouting Knots? Learn or practice your knot skills, you can find the common knots in the linked factsheet.	- Scout Knots Factsheet - Google the name of the knots, you might find videos to help you learn!
Origami Zoo	Create an origami zoo at home!	Suggested links: - origamiway.com/origami-animals - origami-instructions.com/origami-animals-instructions - Search Google - Find instruction videos on YouTube
Stop motion video	Using the free "Stop Motion Studio" create a short stop motion video on a theme of your choice.	Available on in the Apple and google app stores  You can find a tutorial video here: https://youtu.be/X_M468S86HI
Quiz	Complete the quiz. Message us on Facebook or hello@5thFromeScouts.org.uk with your answers to see how you did!	Beavers & Cubs Quiz Scouts Quiz
Find an Activity badge to start working towards	Select an Activity badge and complete the required tasks. Remember keep a record of what you did to fulfil the requirements. Providing these to your leader will mean you'll be awarded the badge!	Beavers Cubs Scouts Note: when you follow the link you'll need to change the "Badge Type" drop down box from "Core Badges" to "Activity Badges"
Create a model Flagpole	Using whatever materials, you can construct a flagpole at home.	Material Ideas: - Wood - String - Match sticks

		<ul style="list-style-type: none"> - lollypop sticks - Lego - spaghetti - Marshmallows <p>Design ideas</p>  <p>Or use your imagination!</p>
<p>Visit #TheGreatIndoors</p>	<p>Visit the national Scouting The Great Indoors website and see what activities they have posted on there you can have a go at</p>	<p>https://www.scouts.org.uk/the-great-indoors/</p>