

Outdoor Challenge

Day by the Seaside



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Know your Backpack

Wearing your backpack

- Wear a backpack that's the right size for you.
- Always wear both shoulder straps when you carry your backpack.
- Make sure the shoulder straps fit snugly on your shoulders, but that they aren't too tight.
- The bottom of the backpack should rest a little lower than your bellybutton.
- If the backpack has a belt to wear around your waist, wear it!



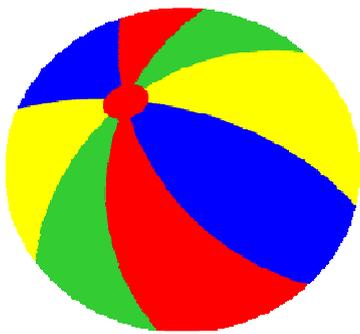
Using your backpack

- Put the heaviest items in the backpack first so they will rest against your back.
- Once everything is in your backpack, make sure the school supplies don't slide around when you walk. If they do, move the supplies around so it's more comfortable.
- If your backpack is too heavy, carry a book or other item in your hands so the backpack will be lighter.
- When possible, take out your lunchbox, gym clothes, show-and-tell items, and any other supplies and place them in a locker so you don't have to carry them around all day.
- If your backpack is too heavy, take a look and see if you can take something out that you don't need.

A Day near the Seaside.....



What shall we pack?



CHEESE!



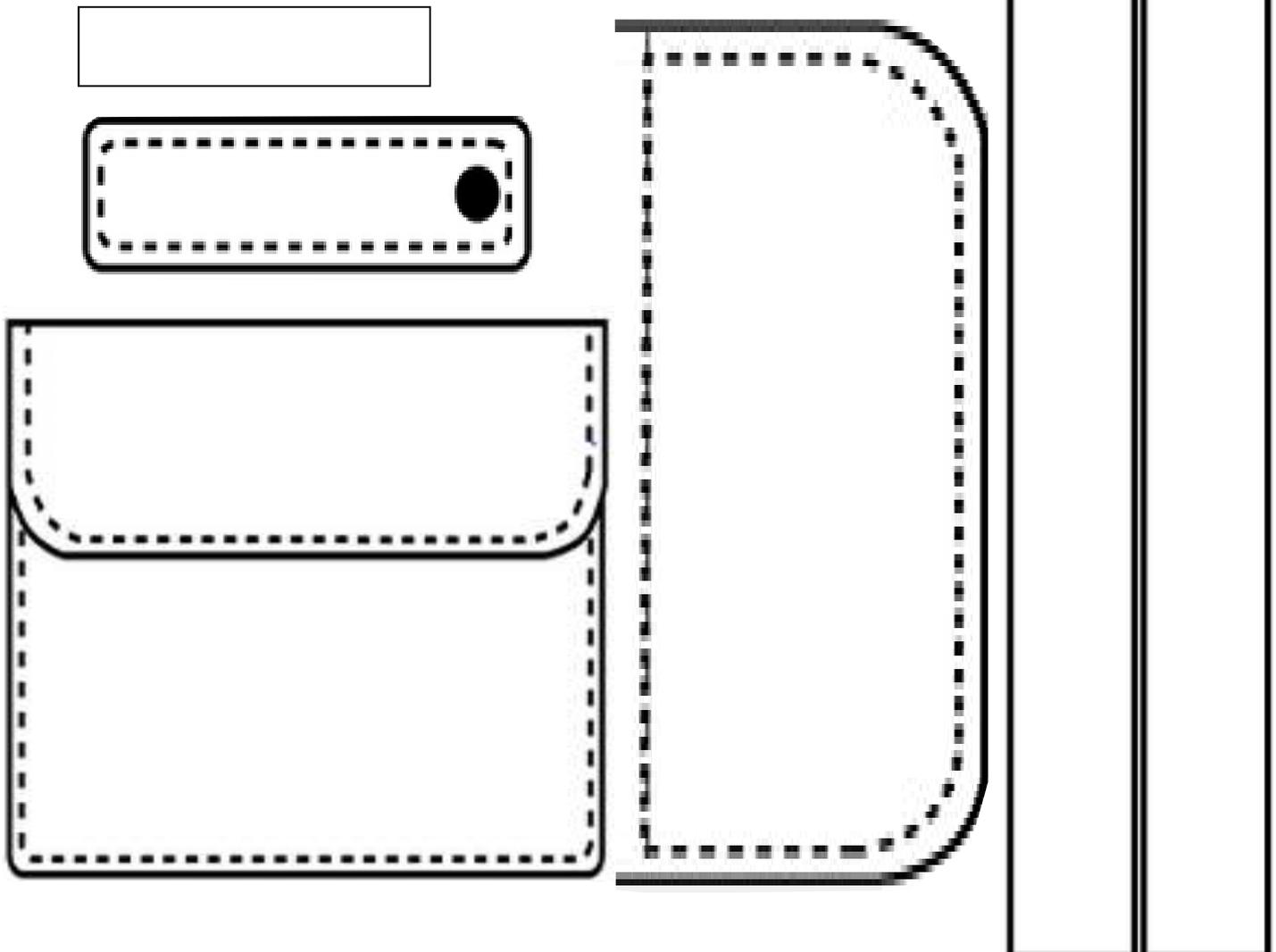
Backpack Craft

What you will need:

- Backpack Templates
- Brown paper lunch bags
- Glue
- Crayons or coloured pencils
- Scissors.

How to do it:

- Print out the backpack templates.
- Colour the templates and cut them out.
- Glue the back pattern (strips) to the back of the lunch bag and stick the flap. Glue the rest of the patterns to the bag as shown in the picture. Glue only the sides and bottom of the front pocket to the bag so that the pictures can be placed in the pocket.



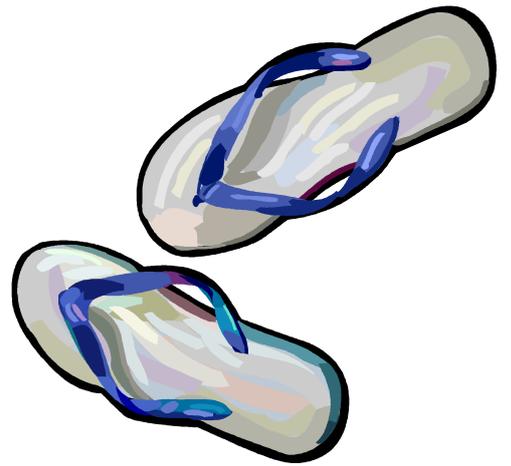
Building Beaver Beach

Since some localities are not near the sea, why not 'build' your very own beach at your own Head Quarters?? Here's what you need to do it:

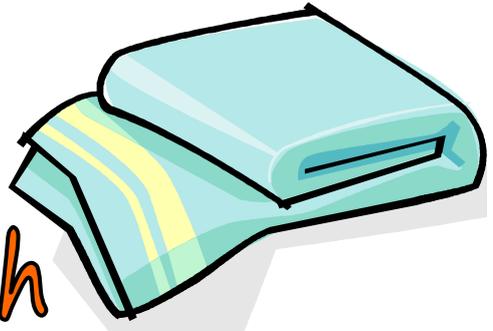
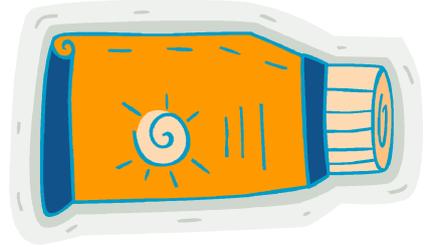
Materials Needed:

- A white board or notice board with the name of the beach or theme of the day written on it. Beavers can have fun decorating this board
- Large pictures of shops that one usually finds around the beach
- Beach mats of different colours
 - brown = sand, blue = sea water, grey = concrete floor
- Photocopies of plants, trees and flowers to embellish the beach
- Any sort of equipment related to the beach and swimming : flippers, goggles, buckets, spades, deckchairs, beach towels, etc etc
- Large pictures of life guard stations and/or pictures of lifeguards
- Scissors, Glue, Tape, Glue Tack
- Tons and Tons of Imagination and Creativity

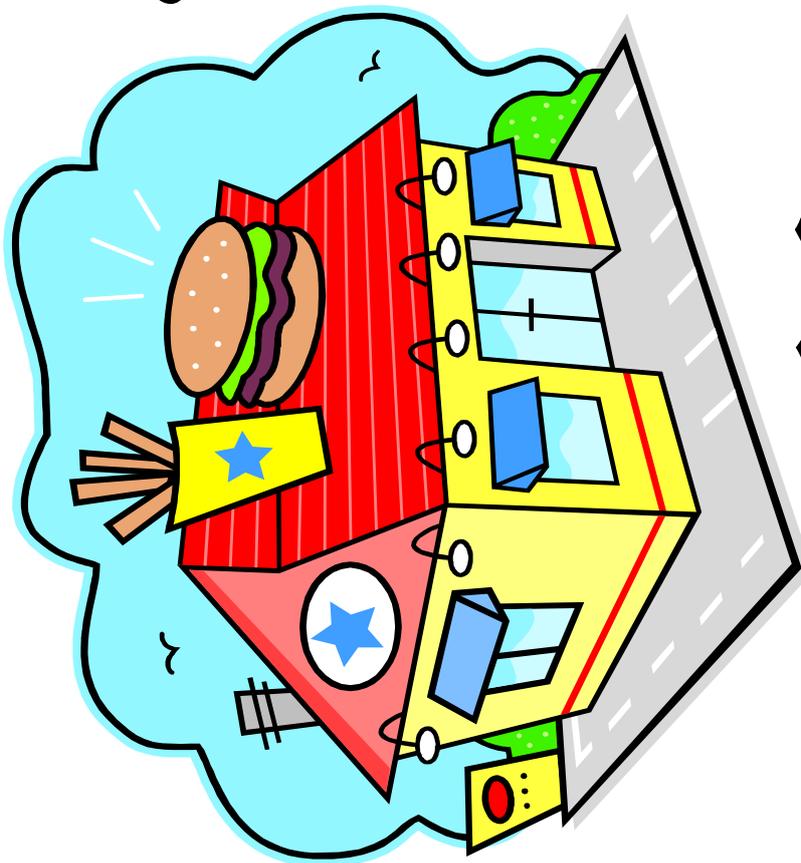




Building Beaver Beach



Building Beaver Beach



Making an Aquarium

What You will need:

- Shoe box of any size
- PVA glue
- Plastic film
- Sticky tape
- Thread
- Coloured tissue paper Scissors
- Paint
- Paint brush
- Aquarium animals template

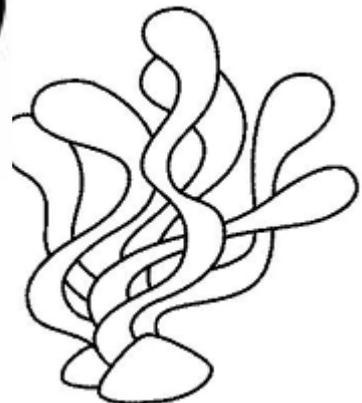
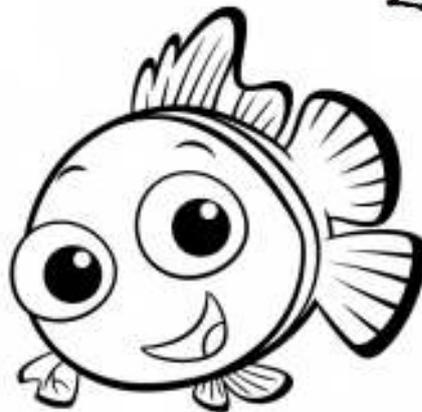
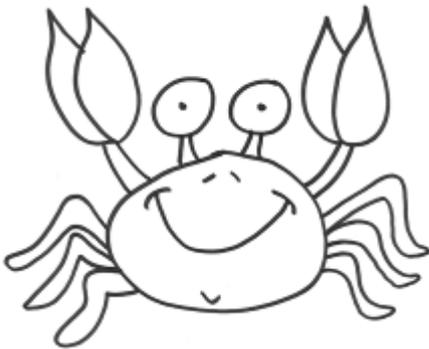
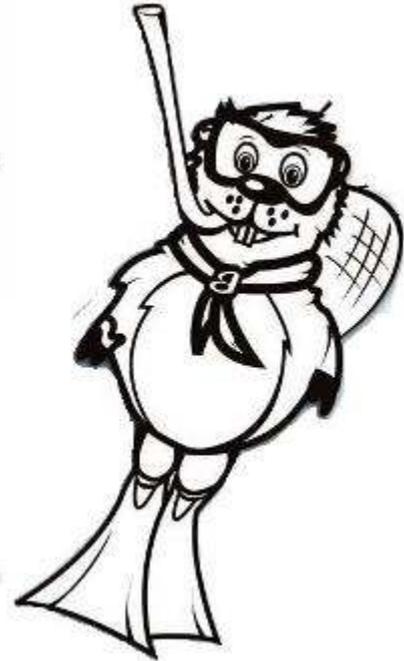
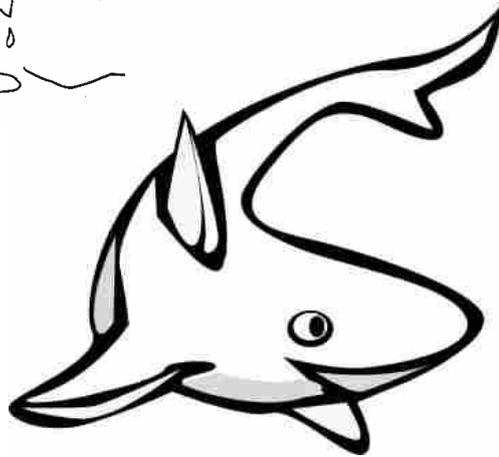
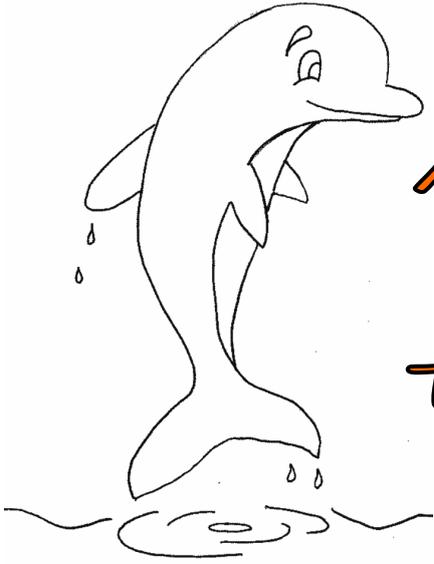
How to do it:

- Cut out a rectangular shape into the shoe box lid.
- The inside and outside of the box can be painted any colour. Some people prefer using blue as it is a standard colour for seawater.
- Glue a plastic film over the space of the shoe box lid from the inside.
- You can start cutting strips of coloured tissue paper preferably green colour to make it look like weeds. Attach by using glue or sticky tape to hold it at the top of the inside aquarium.



- You will colour in any number of fish, paint and decorate them. Use glitter if you want.
- Attach fish to the shoe box lid with thread, sticky tape or string. You can do this by attaching one end of the thread to the fish and the other to the top of the box as shown in the picture.
- Put other aquarium materials like pebbles, sands and others at the bottom of the shoe box.

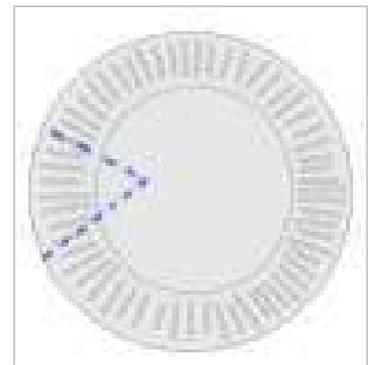
*Aquarium
Animal
Templates*





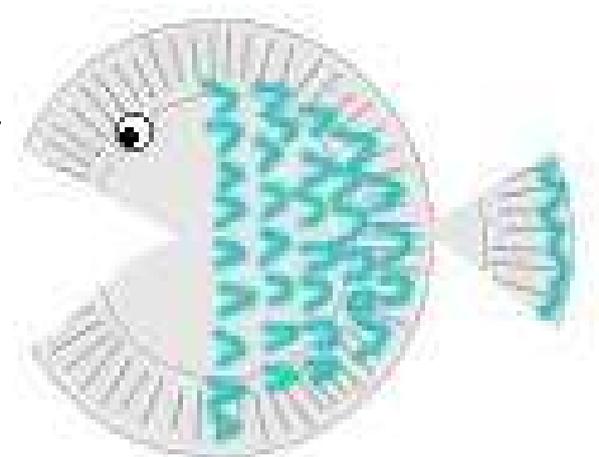
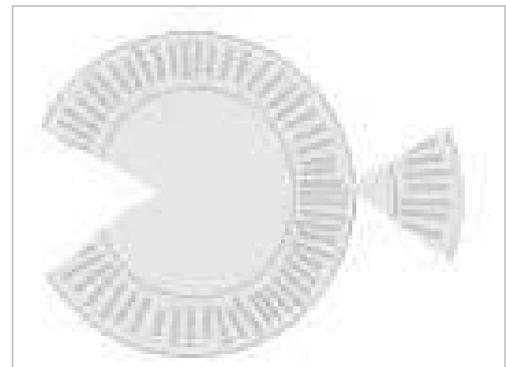
What you will need:

- Paper plate
- Markers, crayons or paint
- Scissors
- Glue or tape
- Stickers, beads, googly eyes, sequins, glitter glue or other decorations

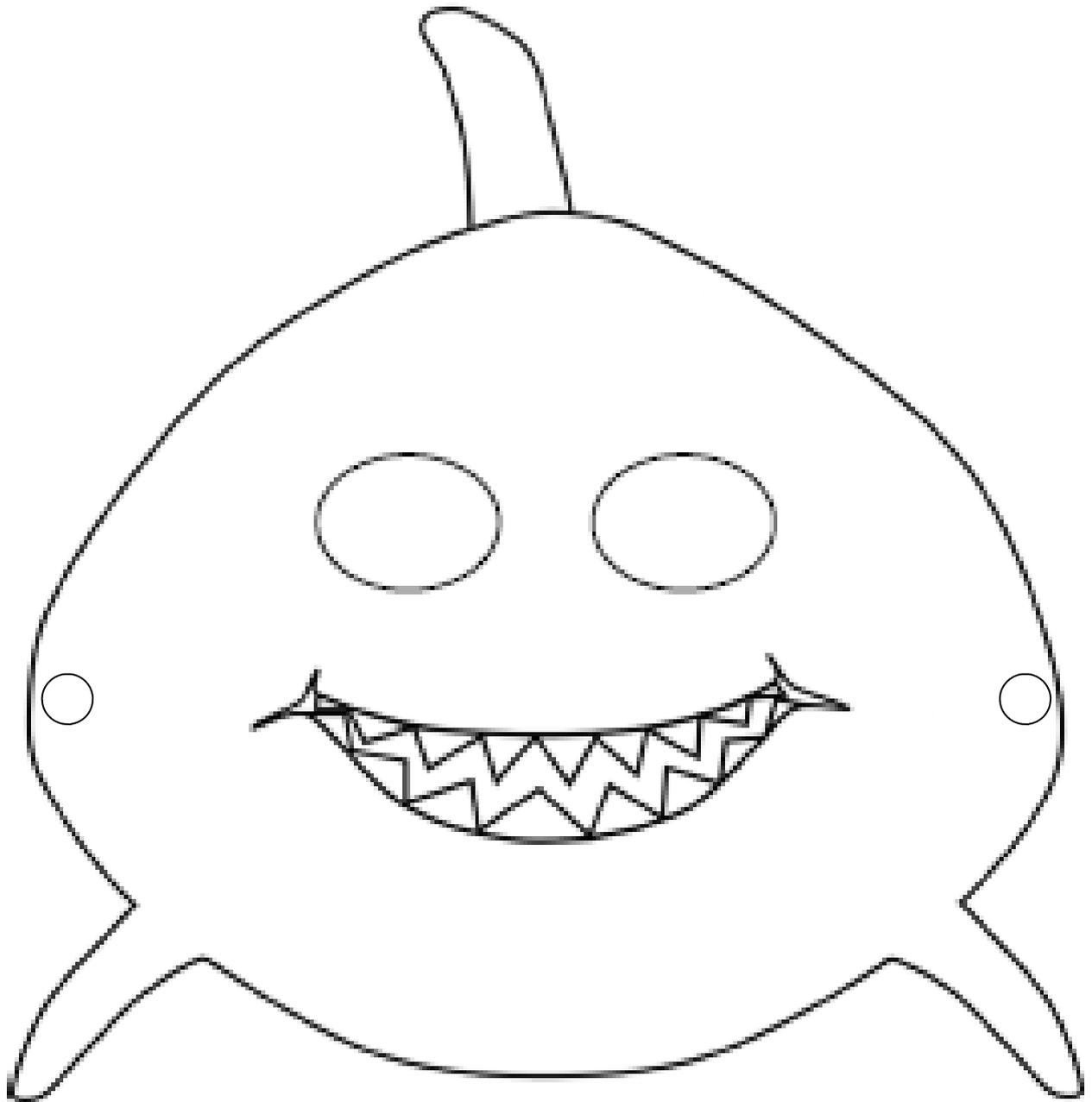


How to do it:

- Place your plate flat on a work surface.
- Cut a pie-shaped wedge out of a paper plate, equal to approximately an eighth of the plate.
- Using either tape or glue, attach the wedge shape to the opposite side of the plate, having the wide end facing away from the plate.
- Use crayons or paint to colour in your fish.
- Now you can decorate your fish. Use glue or double-sided tape to attach sequins, beads, paper shapes or any other decorations to the body of your fish to make scales.
- Draw eyes for your fish, or attach googly eyes to it.

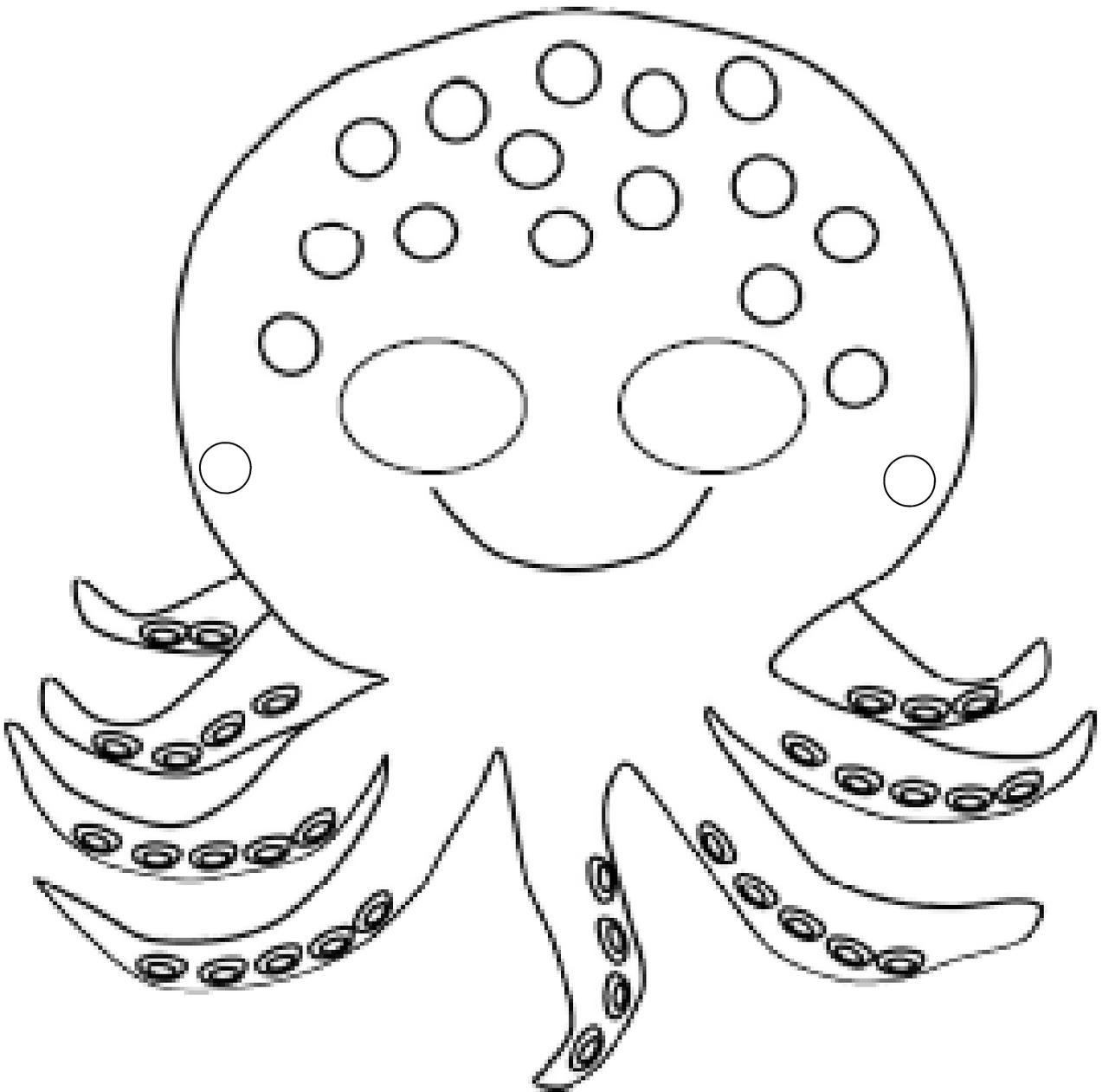


Shark Mask



- *Print the template and stick it on a cardboard paper*
- *Cut the mask out and cut the eyes too*
- *Colour the mask in*
- *Punch two holes on the sides and tie elastic string*

Octopus Mask



- *Print the template and stick it on a cardboard paper*
- *Cut the mask out and cut the eyes too*
- *Colour the mask in*
- *Punch two holes on the sides and tie elastic string*

Songs



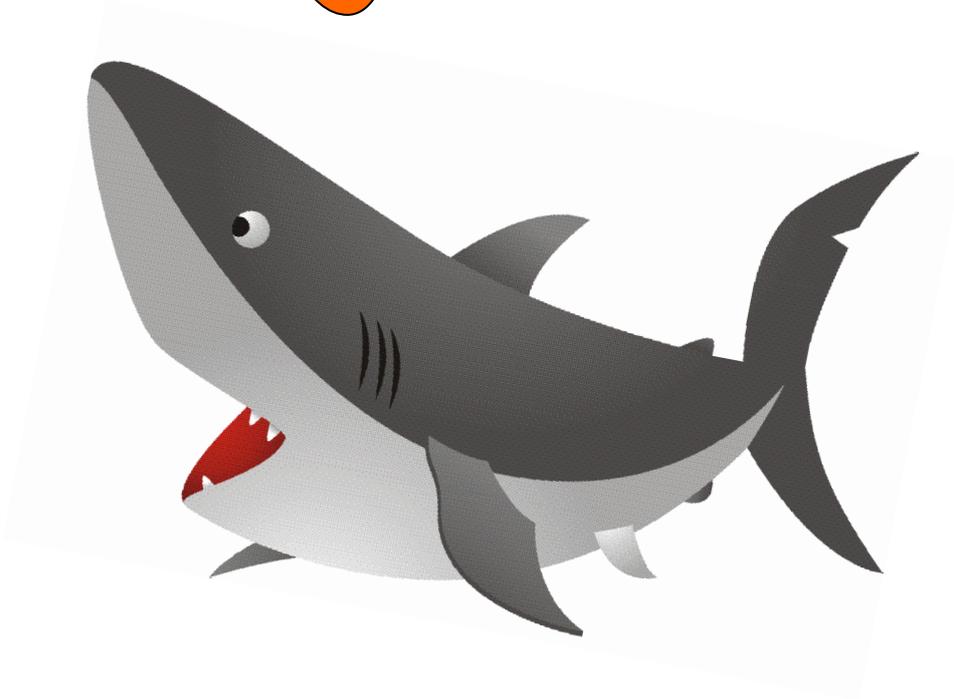
Shark Song

Baby shark
Do do do do
Baby shark
Do do do do
Baby shark
Do do do do
Baby shark

Mommy shark
Do do do do

Mommy shark
Do do do do
Mommy shark
Do do do do
Mommy shark

...daddy shark...
...grandma shark...
...going swimming...
...see a shark...
...swimming fast...
...lose a leg...
...lose the other leg...
...lose my head – Ahhhhh!



Visits



Visits

Visit a Blue Flag Beach

Meet a Lifeguard