

Outdoor Challenge

Day by the Seaside

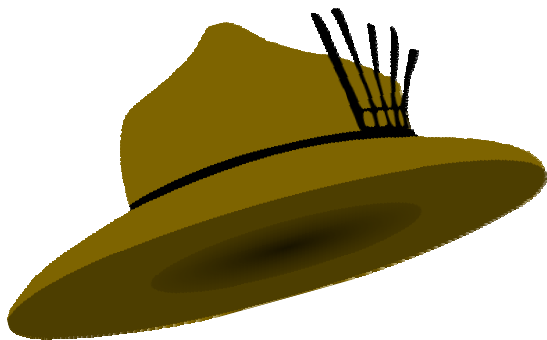
Part 2

Version 2/14



*The man who is blind
to the beauties of Nature
has missed half the pleasure
of life.*

Sir Robert Baden-Powell



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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.

Underwater Handprints



What you will need:

- Multi Coloured Paints
- Large sheets of paper
 - Wiggly eyes
 - Your hands

Create cool underwater scenes with colourful sea-animals just by painting over your hands with your favourite colours. Be creative and don't forget to clear up when you are ready.

Important Tips:

- Cover all surfaces with plastic or newspaper to avoid ruining furniture.
- Wear an apron to avoid ruining your clothes
- Use watercolour paints. If you drip all you need is a sponge and warm soapy water to clean up.



Along the Seashore

Wherever land and sea meet, there is some kind of seashore. Walk along the seashore. Draw a picture that best describes what you are seeing.



* What sort of beach are you on? Tick the box:

Pebble Beach

Rocky Beach

Sandy Beach

* Look around you. What do you see:

Oil Spills

Tar

Litter Bins

Broken Glass

Boats

Paper Litter

Boathouses

Lifeguard

First Aid Stand

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* Discuss with Keo what can be done to improve the beach.

Log Chew

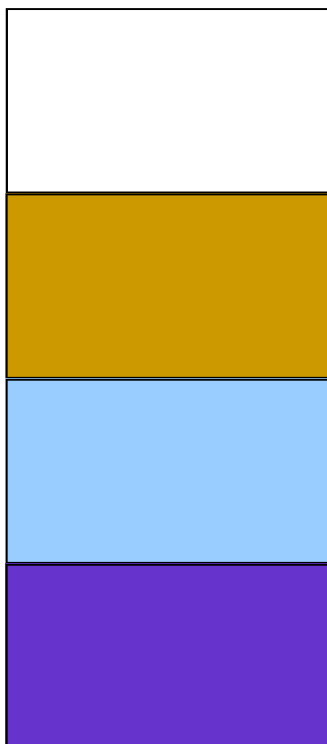
What lives in how deep?

What you will need:

- White cardboard sheets
- Light Brown cardboard sheets
- Light blue cardboard sheets
- Dark blue cardboard sheets
- Glue
- Tape
- Scissors
- Cut outs of templates
- Colours

How to do it:

- Take the cardboard sheets and glue them together, one under the other as shown in the picture— first the white sheet [ground level/sky], followed by light brown [the beach], light blue [shallow sea-water] and lastly dark blue [deep sea water].
- Cut out the templates and colour them in
- Glue them onto the cardboard sheets



e.g. **Starfish** live in shallow sea water—Light Blue

Sea Snails live on the beach or next to it—Light Brown

Birds live in the skies—White

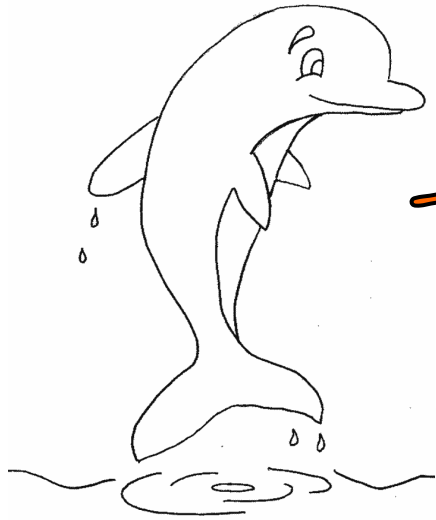
Sharks live in deep sea water—Dark Blue

Seaweed / Sea plants can be found in all depths so pictures can be stuck in all the sheets except the white.

Umbrellas are used on the beach—Light Brown

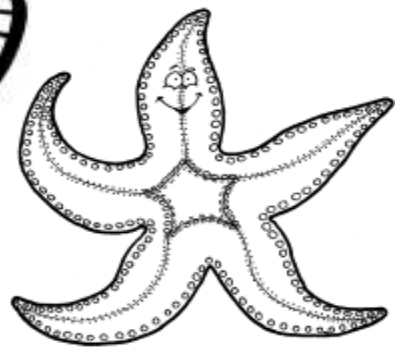
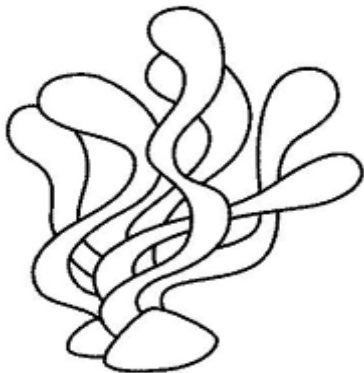
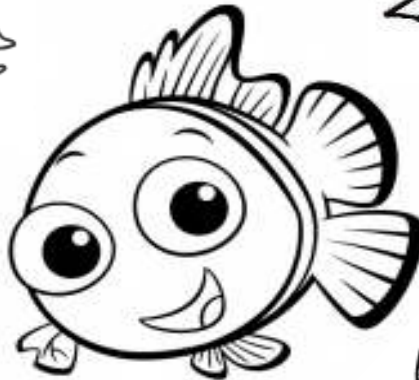
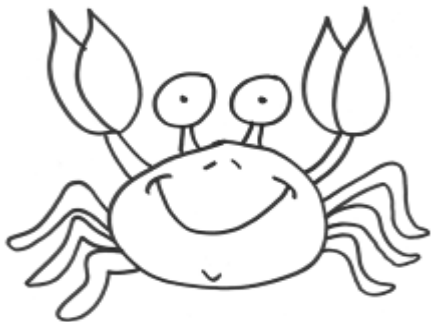
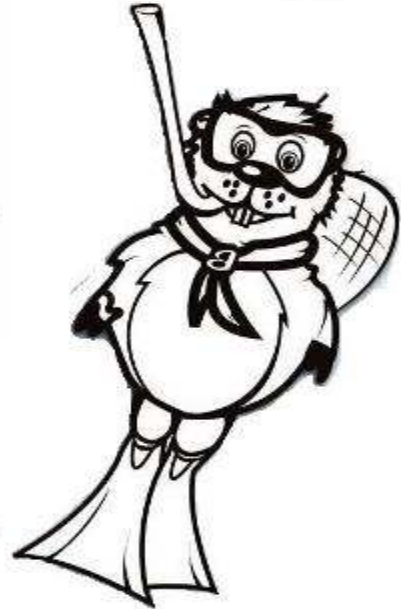
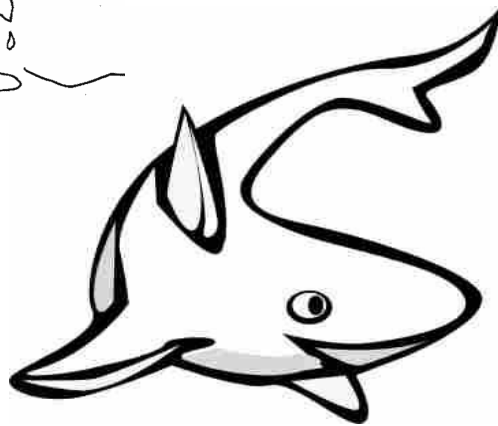


What lives in how deep?



Templates

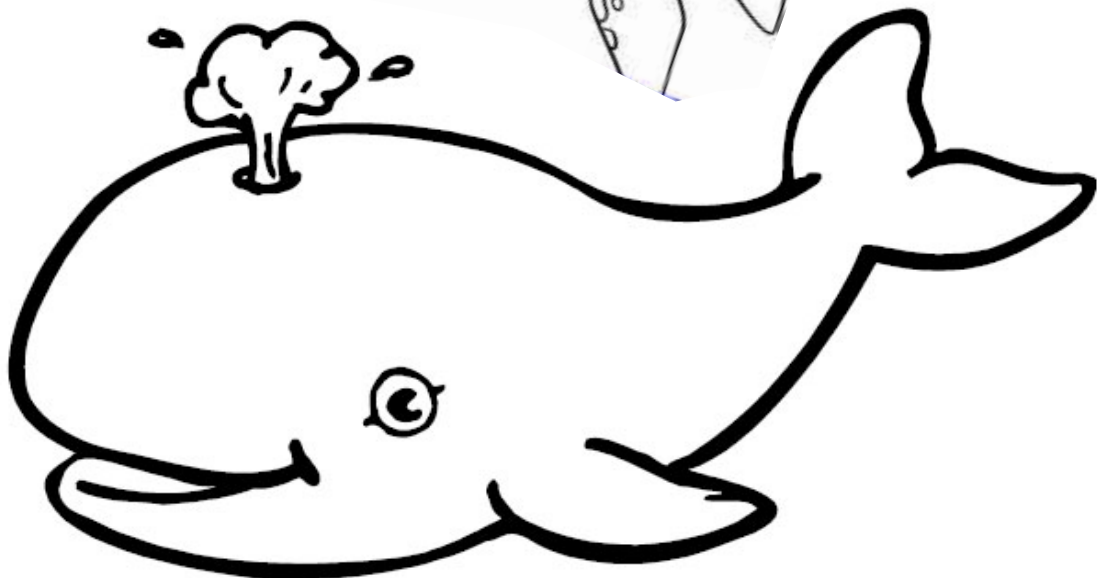
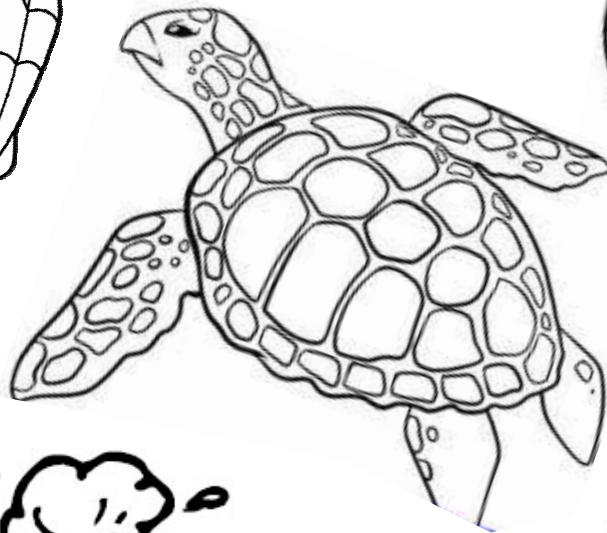
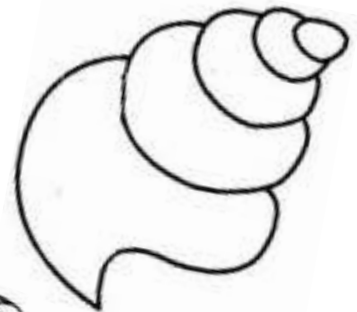
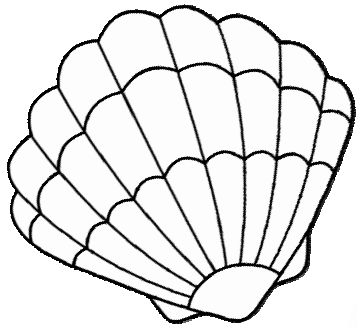
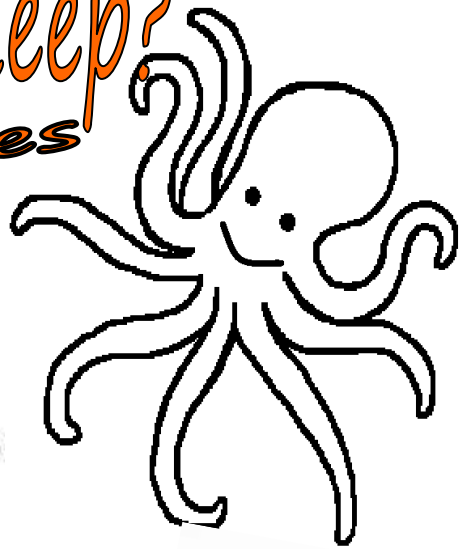
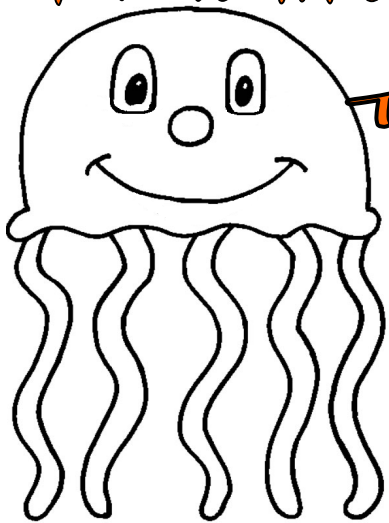
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What lives in how deep?

Templates

2



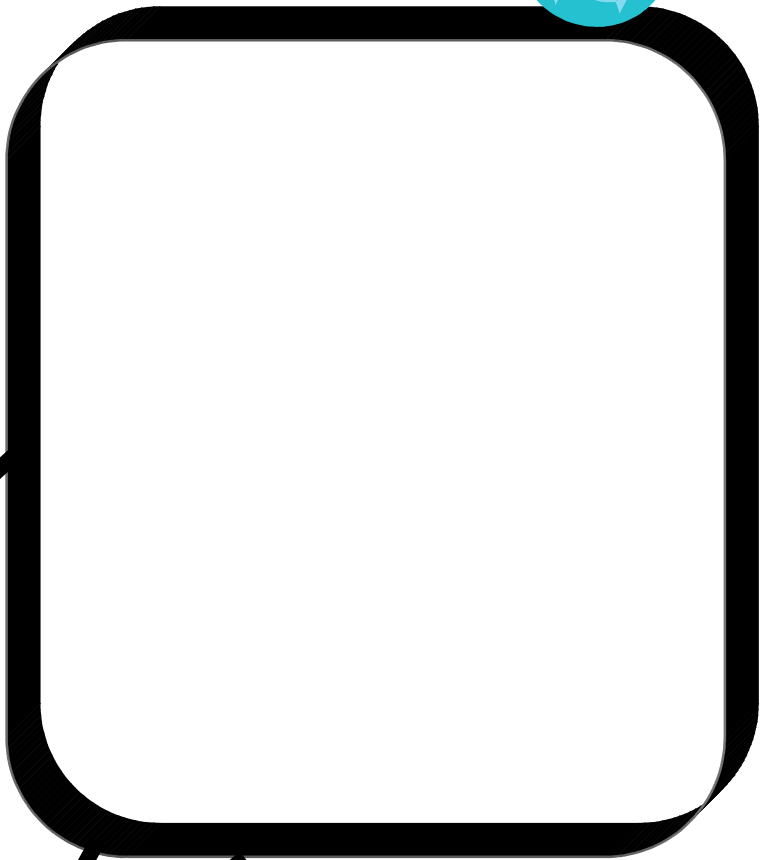
Looking at Seashells



Did you find any seashells on your day by the seaside?

Yes? What do they look like?

Draw and colour them in.



When you touch the seashells how do they feel:

Smooth

Rough

Is the seashell :

Made in one piece

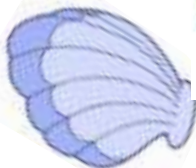
Made in two pieces

What Shape do your seashells have:

A Cone

A Chinese Hat

A Fan



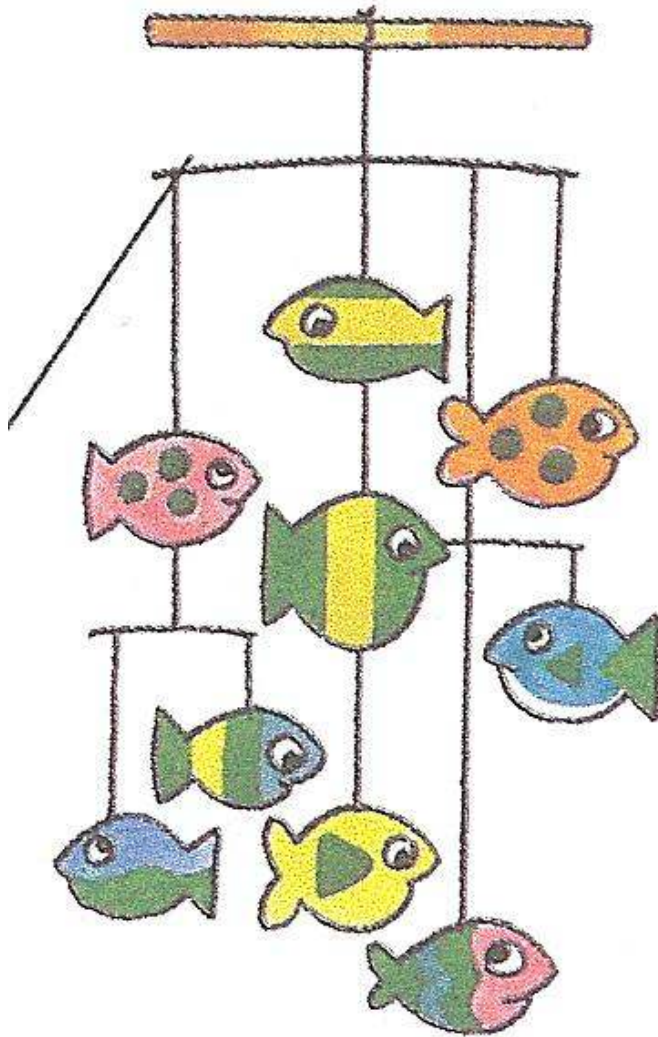
Fish Mobile



What you will need:

- 3 Thin Sticks
- 1 Strong piece of round wood
- Strong Thread
- Cardboard paper
- Scissors
- Hole Puncher
- Bright coloured felt tip pens or Poster Colours
- Strong Tape
- Glitter Glue
- Googly eyes

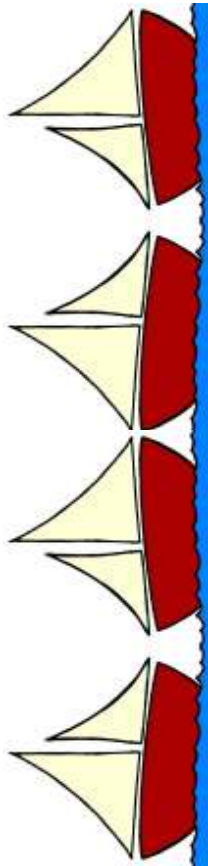
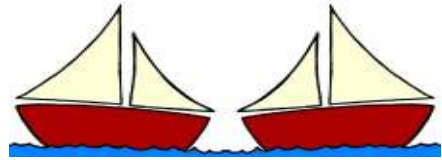
How to do it:



- Draw fish of different sizes onto the cardboard paper.
- Cut them out
- Glue the googly eyes
- Decorate them with Felt tip pens and Glitter Glue
- If using poster colours make sure that the paint is totally dry before starting the fish decoration.
- Punch a tiny hole in each of your fish near the top of its back.
- Then attach them to lengths of thread.
- Vary the length for each of the fish.
- Take the threaded fish and suspend them from the thin sticks.
- Then suspend the sticks from the piece of strong wood.
- Fix the finished mobile to the ceiling or somewhere a bit high in the room.



Driftwood Boats



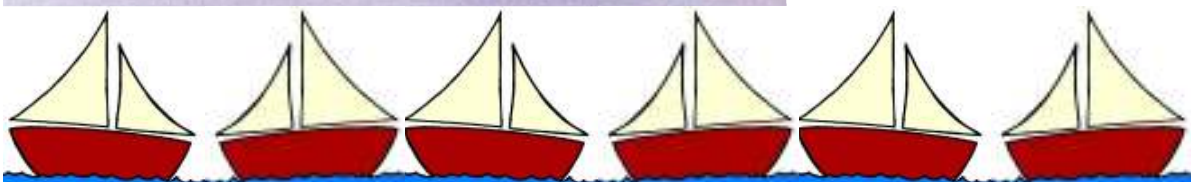
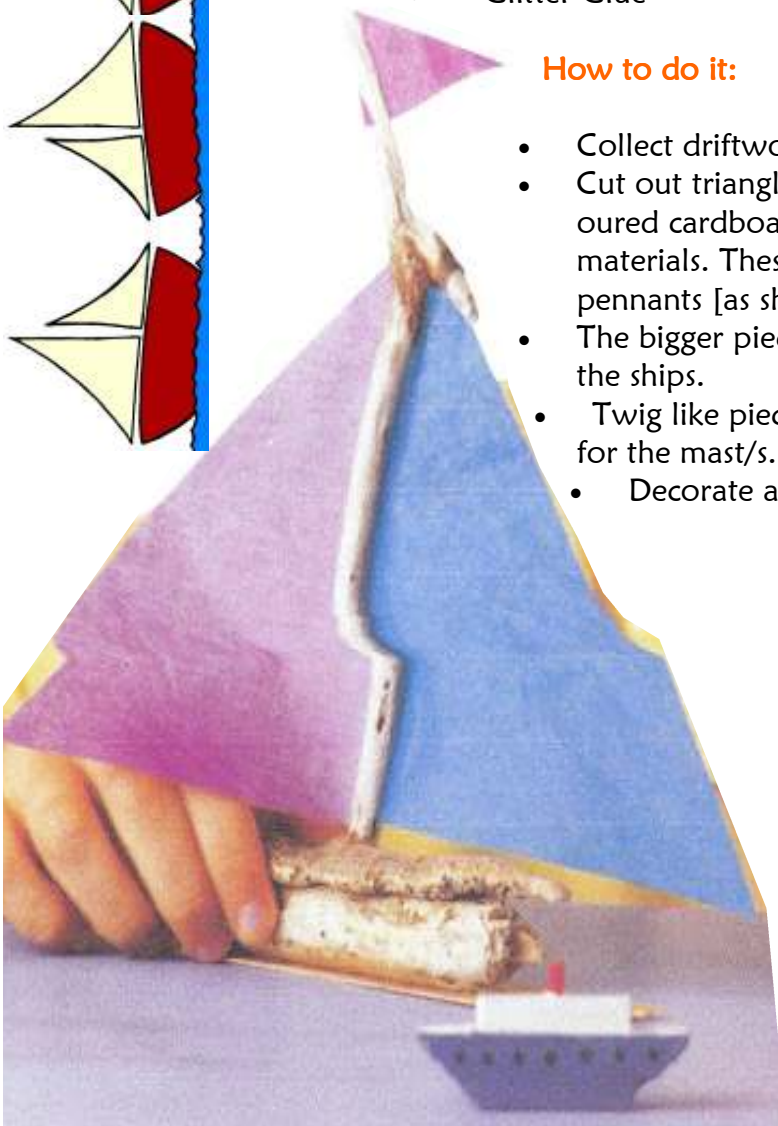
What you will need:

- Pieces of driftwood of various sizes and shapes
- Cardboard paper
- Scraps of coloured material
- Scissors
- Transparent tape
- Bright coloured felt tip pens
 - Glitter Glue



How to do it:

- Collect driftwood pieces from the beach.
- Cut out triangles pieces of brightly coloured cardboard paper or scraps of coloured materials. These are to be used as sails or pennants [as shown in the pictures]
- The bigger pieces can be used as the hulls of the ships.
- Twig like pieces of driftwood can be used for the mast/s.
 - Decorate as desired.



Campfire Collage

How to do it:

- Enlarge the template below to A4 Size
- Using different coloured kite or crepe paper, cut out small pieces and roll them into small balls.
- Fill in the picture by gluing the coloured balls until you have covered the whole picture.

Variations:

- Enlarge the picture to a much bigger size such as an A0 size so that all the colony can participate in this project.
- Red and Orange crepe paper balls can be used for the flames, twigs for the logs and small pebbles or glass nuggets for the campfire stones.



What is a Coral Reef?

A coral reef is a community of living organisms. It is made up of plants, fish, and many other creatures.

Coral reefs are some of the most diverse ecosystems in the world. They are home to about 25% of all marine life!

There are sponges, sea slugs, oysters, clams, crabs, shrimp, sea worms, starfish and sea urchins, jellyfish and sea anemones; various types of fungi, sea turtles, and many species of fish. Think of them as the “rainforests of the oceans.”

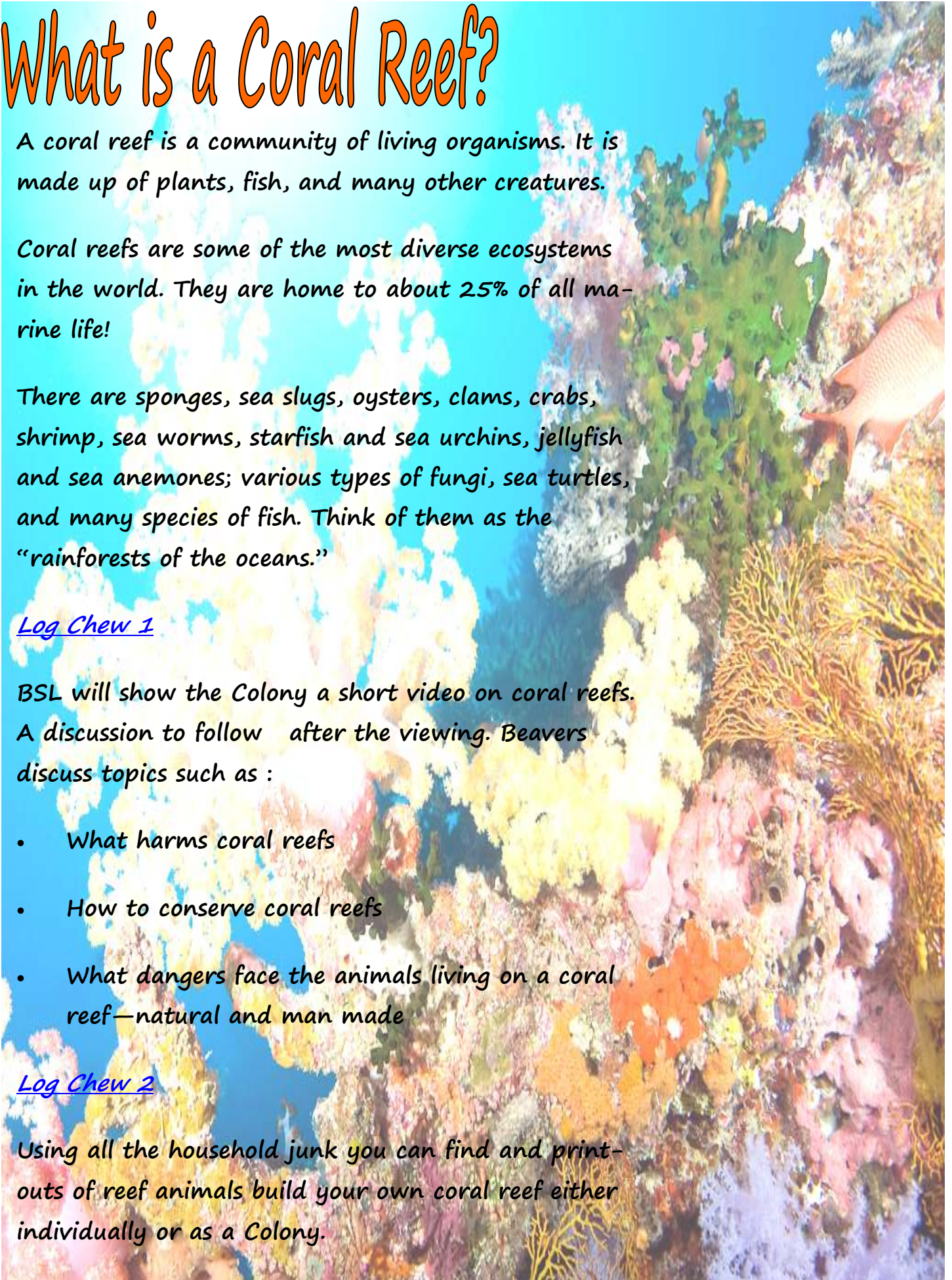
Log Chew 1

BSL will show the Colony a short video on coral reefs. A discussion to follow after the viewing. Beavers discuss topics such as :

- What harms coral reefs
- How to conserve coral reefs
- What dangers face the animals living on a coral reef—natural and man made

Log Chew 2

Using all the household junk you can find and print-outs of reef animals build your own coral reef either individually or as a Colony.



Seashore Creatures



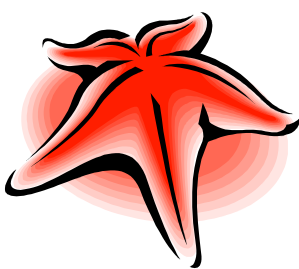
The barnacle is a hardy animal found in sea water.

Barnacles are roughly circular and are permanently attached to the rocks they live on. When they are born they float, but eventually they attach themselves to any rock, shell, or other object and stay there for the rest of their lives. Barnacles are often seen on crabs, whales, boats, rocks and on the shells of sea turtles.

There are more than 1,000 known species of barnacle around the world. Although many species of barnacle are very small, some can grow to as large as 7cm and even bigger. Barnacles typically live for between 5 and 10 years, but some of the larger species are known to be much older.

Humans are known to eat goose barnacles (the only edible species of barnacle) in parts of Europe like Spain and Portugal.

Barnacles are thought to be one of the oldest surviving creatures on the planet as they are believed to date back millions of years.



The starfish is generally found with 5 arms attached to a central disc. This central disc contains the mouth of the starfish.

The starfish feeds on oysters and clams.

Starfish can be found in the oceans all around the world and their colours range from orange, red and blue among others.

Due to the slow moving nature of the starfish, it is preyed upon by many predators including fish, crabs, rays, sharks, humans and birds when the starfish are washed onto the shore.

The starfish is today considered to be a threatened species mainly due to habitat loss and pollution which are drastically reducing the starfish populations.

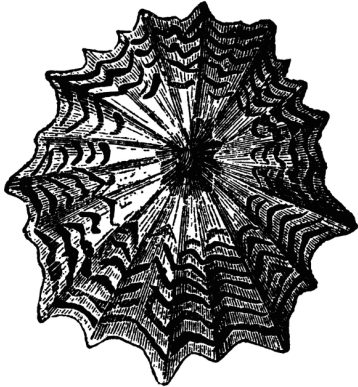
Seashore Creatures



The crab comes from the same family of animals called 'crustaceans'. Same family of the prawns, shrimp and lobster. There are more than 6,700 known species of crab found in waters worldwide.

Most crab species are found in the shallower ocean waters where they tend to inhabit rocky pools and coral reefs. Generally crabs do not get bigger than 40 cm in size! The smallest type crab is the pea crab growing to a few millimetres.

Crabs have a thick armoured shell which protects the crab from immediate danger. The crab also has two front armoured claws which the crab uses to catch its prey.



Limpets are distinctive animals best known for their ability to cling onto rocks. They do not have suction, but their strong muscular foot can grab small imperfections in the rock surface, and grasp very strongly. It is protected by a very hard, flattened conical shell. During the day, limpets move around by rippling the muscles of the foot in a wave-like fashion, looking for food. They return to the same place on their rock each night. No one knows exactly how they find their way back to the same spot each time.

Limpets are herbivores (plant-eaters) that eat during the day. They eat marine algae and other marine vegetation. Limpets eat using a rough tongue-like organ that has thousands of tiny tooth-like protrusions.

The biggest limpets are up to 4 inches (10 cm) wide, but most are smaller.

Unfortunately they are preyed upon by many fish, starfish and birds. Also people eat limpets.

Outdoor Activities



Outdoor Activities

Kite Flying

Sand Castle Building

Seashells Picking

Beach Scavenger Hunt

Meet a Lifeguard

Games



PARACHUTE WARM UPS

Beavers hold the parachute out at arm's length and waist height. Begin by lifting and lowering the parachute together on a count of 'one two lift'. Split group in 2 halves and select a beaver to call out 'up' or 'down'. The caller's team follows the instructions while the others do the opposite.

Change the caller. Put a large ball onto the parachute and see if you can work together to move it either clockwise or anti-clockwise. Shaking the parachute's try to bounce the ball off. Remove the ball and place a number of beanbags on the parachute and try to bounce these off.

BOATS

Beaver Scouts run around until the leader whistles and tells them the type of boat that they have to provide the actions for. This could be:

Rowing boat—sit down and row with two oars

Submarine—lie flat on the floor with one leg up in the air

STUCK IN THE MUD

Beavers scatter around the meeting room. One beaver is the mud monster who chases the others. When the monster touches a Beaver, he/she is stuck in the mud and stands still with legs wide apart and arms outstretched. He/she can be released by any other Beaver Scout who taps their arm or crawls through their legs. Swap the mud monster around so that everyone in the Colony will get a turn at being the monster.

LEAKY BUCKET

At one end of your meeting room place the containers of water and at the opposite end place the empty buckets, one for each team. Give each team one or more leaky containers and tell them that they will have a certain number of minutes to get as much water into their bucket as possible. Allow them one or two minutes to decide on what they can do—they could try and cover the holes or form a chain and pass the containers. It is entirely up to the Beavers.

Give the signal for the game to begin. The winners are the team with the most water in their bucket at the end.

WALK THE PLANK

Beavers are to be divided in teams and each team stands in a line. In front of them is the plank—a length of rope or line marked on the ground. The first beaver scout in each team is blindfolded and made to walk the plank carrying their container of water. At the end of the plank the rest of their team shouts 'splash' and they tip the water into where they think the container is—they can feel for it.

They take their blindfold off and run back to their team for the next 'victim' to walk the plank.

MAGNETIC FISHING GAME

The Colony is divided into teams and each team is set in a line. In front of each team place a medium sized plastic tub. In each tub place equal numbers of cardboard fish and on each fish stick a small paper clip and on each fishing rod attach a small magnet. Each Beaver is given a small fishing rod and then takes a turn to try to fish as much fish as possible in a short given time. Leaders have to keep the score for each team. The winning team is the team that fishes out the most fish.

Safety Note: Stress to the Beavers that they are not to run around with the fishing rods as they might hurt themselves or other Beavers.

WATER BALLOON SHEET CATCH

You need a water balloon launcher for this game. Two are better but teams can share. Divide your group into two teams. Each team needs to designate 3 people to launch their balloons. The rest of the team goes 20-70 yds. away holding on to a large bed sheet. Members of the team around the sheet must have both hands on the sheet at all times after the balloon is launched and until it hits the ground or sheet. The team that catches the most launched water balloons wins.

SOAP SHRINK

Good camp game. Divide Colony into teams. Give each team a large, new bar of soap. Provide one or more kiddie pools filled with water. On "Go!" have teams race to shrink their bars without breaking them. Call time after 5 minutes.

OVER AND UNDER SPONGE RELAY RACE

Divide Colony into relay teams of at least 4. Give each team a sponge and line them up behind a bucket of water. When the race begins, the first player dunks the sponge into the bucket, until it is soaking with water. They then pass it to the player behind them over their head. The next player passes it under their legs to the third player. The sponge goes in this pattern, over then under until it gets to the last player. The last player then runs to the front of the line and re-dunks the sponge, repeating the same process until the very last player on the relay team completes the pattern. The first team done wins.

HOLE IN THE PIPE

Divide the children in two teams. Give each team a pipe (the pipe should have very small holes all over the pipe but not too many as it would be impossible for the children to cover all holes). The bottom of the pipe should be closed. The aim of this game is to try and fill the pipe without losing a lot of water, and the children have to cover the holes with their hands.

PLUG THE LEAK

Divide colony into relay teams. Give each team a plastic cup with a hole at the bottom. The first person fills their cup and places it on their head trying to plug up the hole. They race to the empty bucket and pour their water into it. When both teams are finished, the team with the most water in what was their empty bucket wins.

POP GOES THE WATER BALLOON

Divide the children in two teams. Give each child a water balloon. When the whistle is blown one by one the children have to run to the other side and sit down on their water balloon until they burst their balloon. The team to burst all their balloons first wins.

SPONGE TOSS RELAY RACE

Each player on a relay team must be at least 5 feet away from the other players. They can be in a line or a zig zag formation. Place a bucket full of water near the first player on the team and an empty bucket near the last player in the line. When the race starts the first player soaks up water in the sponge and throws it to the second player who throws it to the third and so on until the sponge gets to the last player.

SWAB THE DECK

Yes, I know that pirates swab the deck with mops, but we will use brooms and beach balls for this pirate game. Using the broom, the kids sweep the balls from the starting line, around a treasure chest marker and back to the beginning. Tennis balls, wiffle balls, ping pong balls, and golf balls can also be used. The balls tend to fly all over the place.

MAN OVERBOARD !

Every pirate needs a water game! Take a baby pool or large plastic container and fill with water, sharks, shells, and plastic sea creatures. Then, add the "man overboard", a small pirate figure of your choice. I like using a pirate character from son's stash. The kids have a set time limit for digging through the water to find the missing pirate. At my parties, the kids usually have more fun getting each other wet than trying to find the pirate!

CANNONBALL BLAST

Tie an inflated black balloon (cannonball) to each kid's ankle. The kids have to try to "explode" the other pirates' cannonballs without having their own popped. Water balloons can also be used. This game is simple, silly, and a true kid-pleaser.

TREASURE CHEST TOSS

Set up a series of treasure chests, wooden boxes, or baskets at different distances and assign each a point value. Line the little pirates up and give each a set number of plastic gold coins. The goal to the game is to get as many points as possible by tossing the coins into the containers.

GRAB THE GRUB

Help prevent scurvy in your little pirates! I use soft plastic ball pit balls for fruit: green for limes, yellow for lemons, orange for oranges, red for strawberries, and blue for blackberries. Pile the balls in a baby pool. Try to collect as much fruit as possible in the shortest amount of time. No containers allowed! I've seen kids get really creative with their gathering techniques. This game is good for lots of giggles!

DIG FOR TREASURE

Stock up on gold coins, jewels, and other pirate booty. Hide the treasure in a sand-box or sand-filled containers and let your little pirates loose! I've played this game in several different ways, including fastest time wins, most booty wins, and first child to find a special coin wins.

CANNONBALL ATTACK

Mark two ships on the ground out of tape. Divide the pirates (beavers) into two teams and give each team plenty of "cannonballs". I make mine out of crumpled newspaper secured with black electrical tape, painted Styrofoam balls, or decorated wiffle balls. Let the pirate attack begin! Goal is to get as many cannonballs as possible onto the opposing pirate ship before time runs out. Pirates can throw back any cannonballs that land on their ship.

BAIL OUT THE BOAT!

Your pirate ship is sinking! Bail it out by having the pirates scoop cupfuls of water from the boat and run to an empty container to dump the water. First pirate to fill up his own container with water wins the game. I like using a decorated ice chest for the "boat" and tin cups from camping sets for the cups.

TREASURE DASH

Have your pirates (Beavers) imagine the bad pirates are stealing their treasure. They need to move their gold coins from one chest to another chest some distance away as quickly as possible. First individual or team to move all their coins wins the game. I use decorated cardboard boxes for the treasure chests.

PASS THE CANNONBALL

A fun pirate game! Children tuck in the cannonball (a painted Styrofoam ball) under their chin and shoulder, race to their teammate, and pass the cannonball to them without using their hands. If the ball is dropped, it can be put back into place using hands.

"IT'S A PIRATE'S LIFE FOR ME" OBSTACLE COURSE

A pirate's life is a hard life! Have your little pirates stay in shape by staging an obstacle course. They can walk the plank, "swim" through the water (a blue tarp), weave around plastic sharks, jump through the hot sand, climb and slide to escape the evil pirates, explode a (balloon) cannonball, speed-eat some fish (goldfish crackers) for energy, and more. The size and scale of the course is unlimited!

TREASURE HUNT

No pirate would be complete without a treasure hunt! Another favourite game of mine, a pirate treasure hunt can be done with small or large groups, inside or outside. Clues to the treasure can be written, drawn, or photographed. I like making mine out of cardboard puzzle shapes. Each clue is single piece but when put together, a treasure map emerges on the other side. Clues can be simple or complex depending on the ages of your pirates. Of course, the final clue to lead to a treasure chest full of goodies.

X MARKS THE SPOT

Here's a pirate twist on the traditional "Pin the Tail on the Donkey" game. Make or purchase a large map and add an "X" to mark the treasure spot. Blindfold your pirates, spin them around, and have them attempt to place a treasure chest sticker on the X. The closest treasure chest wins.

CAPTURE THE PIRATE FLAG

Divide your Beavers into two teams, each with their own flag and own "island." Pirates then hide their pirate flag somewhere on their island. Goal is to find the opposing flag and bring on to your team's island. If one pirate carrying the flag is tagged by an opposing pirate, he is sent to a designated deserted island where a friendly tag from his own teammates rescues him. First team to get the opposing team's flag onto their own island wins.

SAND PASSING

For this game you'll need a bag of soft sand and two big buckets. Divide group into 2 teams and line them up. Have the first person in each line grab a handful of sand from the container. They must pass the sand to the next player, who passes it to the next, and so on down the line. When the sand reaches the last player, he/she pours what is left of it on a plate. The team with the most sand at the end of the time limit wins the game.

DIMINISHING ISLANDS

Place pieces of sheets on the floor. Make sure there is one for every beaver in the beginning. When the leader blows the whistle the children start moving around the area with the sheets. When the whistle is blown again the children have to run and find a piece of cloth to sit on. Everytime the whistle is blown remove a cloth. This game is similar to Musical Chairs.

LIGHTHOUSE (SHIPWRECK)

Blindfolds (scarves) for half your group.

The Leader is the lighthouse. Half the Colony are ships, and put on the blindfolds at one end of the room. The other half are rocks, and distribute themselves on the floor between the ships and the lighthouse. Please ask the rocks to keep their hands and feet in to minimize tripping. The rocks also should not clump up. The lighthouse goes "WOO WOO" to guide the ships. The rocks go "SWISH, SWISH" quietly to warn the ships of their presence. On go, the ships navigate between the rocks to the lighthouse. If they touch a rock, they are sunk and must sit on the floor (and go "swish, swish" also). When all the ships have made it to the lighthouse (or have been sunk), the rocks and ships switch places.

ROW BALL

Colony is divided into two teams, who sit in parallel lines about four feet apart, but facing in opposite directions. The feet of each Beaver should just touch the seat of the Beaver in front.

A mark is made halfway down the aisle between the two teams. The ball is placed on this mark. When the Leader calls "row" the players use their inner hands only and try to drive the ball to the front of their respective teams. If this is done a goal is scored. The ball must stay on the ground. As a variation turn the teams around and use the other hands.

STEAL THE TREASURE

The Beavers sit in a circle around a chair. Place the keys under the chair and sit a blindfolded beaver 'guard' on the chair. Nominate a beaver to try to steal the keys without the guard noticing. If the guard hears him approaching he can point straight at the beaver. He is detected and must return to his seat. Nominate another player to nominate him (pointing to nominate is best otherwise the guard may know which way the beaver is approaching from).

Once a beaver successfully picks up the keys the guard (without blindfold) chases the villain round the circle once and back to the villain's seat. If the villain gets back without getting caught he becomes the guard.

To make this game work the guard must point directly at the moving beaver waving an arm around in the general direction is not enough.

Songs





What Shall We Do With a Scout Who's Dozy?

(Tune : What shall we do with a drunken sailor)

What shall we do with a Scout who's dozy,
Stays in bed when the morning's rosy,
Tucked in his sleeping bag all cosy,
Early in the morning?

Way hey, get up you campers, (x3)
Early in the morning!

Pull him out of bed with a running bowline. (x3)
Early in the morning!

Way hey etc....

Splash him and soak him and wet him all over, (x3)
Early in the morning!

Way hey etc....

Throw him in the lake with his clothes on (x3)
Early in the morning!

Way hey, get up you campers, (x3)
Early in the morning!