

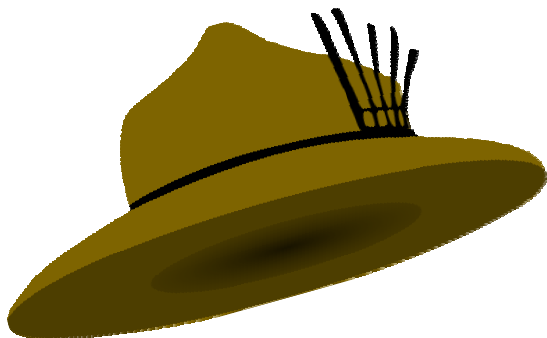
Outdoor Challenge

Day in the Countryside Part 2



*"Where is there a boy
to whom the call of the wild and
the open road does not appeal?"*

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!



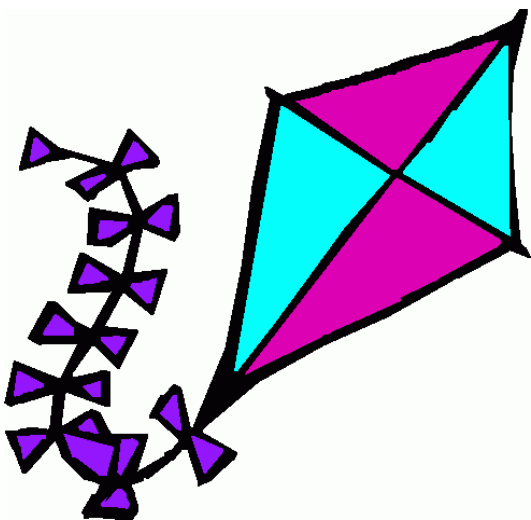
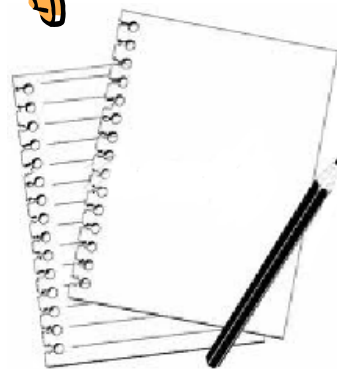
Using your backpack

- 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.

A Day in the Country Side.....



What shall we pack?





Countryside Handprints

What you will need:

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

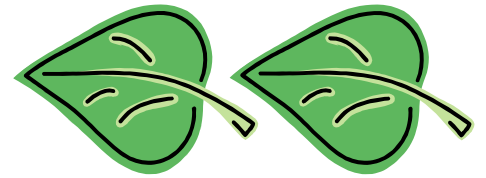
Create cool countryside scenes with colourful animals just by painting over your hands with your favourite colours. Be creative and do not forget to clear up when you are ready.

Important Tips:

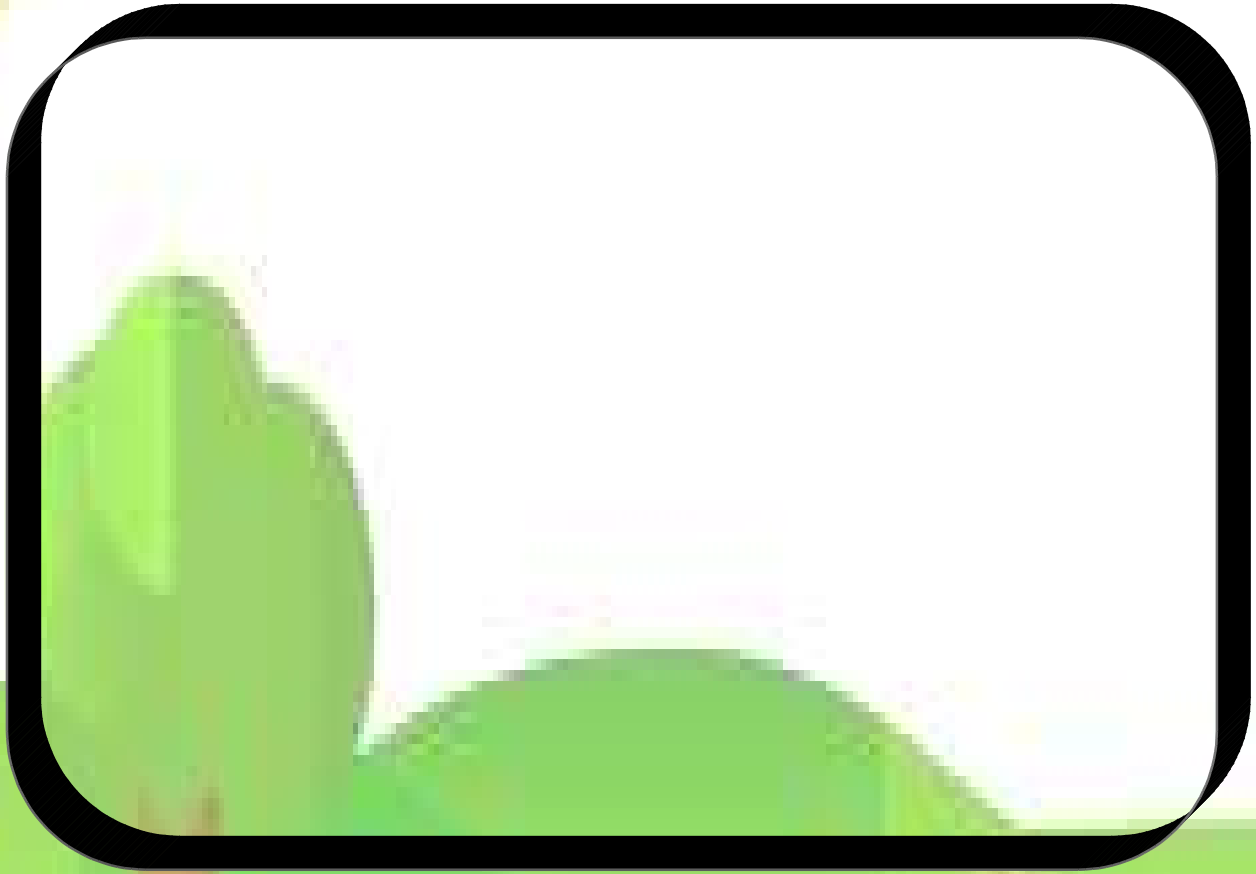
- Cover all surfaces with plastic or newspaper to avoid ruining furniture.
- Wear an apron to avoid ruining your clothes
- Use watercolour paints. If you drip all you need is a sponge and warm soapy water to clean up.



In the Countryside



Is it a beautiful day with lovely blue skies? Yes! Then what are you doing inside? Pack your bag and go out in the country side. Draw a picture that best describes what you are seeing.



* Where are you? Tick the box:

☐ Next to a cliff

☐ In a green field

☐ Among the trees

* Look around you. What do you see:

☐ High Trees

☐ Rocks

☐ Litter Bins

☐ Broken Glass

☐ Flowers

☐ Paper Litter

☐ Rubble Walls

☐ Fruit

☐ First Aid Stand

☐

☐

☐

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



Log Chew

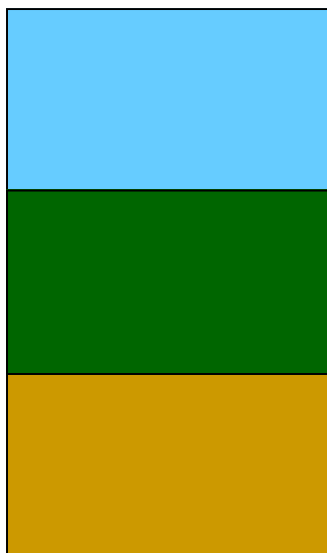
What lives & grows in the countryside?

What you will need:

- Light Blue cardboard sheets
- Dark green cardboard sheets
- Light Brown 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 light blue sheet [sky level], followed by the dark green [trees level] and lastly the light brown [soil level]
- Cut out the templates and colour them in
- Glue them onto the cardboard sheets



e.g. **Snails** live in the soil under rocks —Light Brown

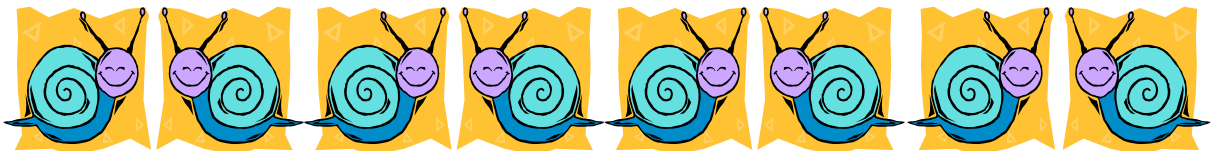
Birds live in the skies—Light Blue

Plants since they vary in size and height can be placed in both the Dark Green box as well as the Light Brown box

Mushrooms are found in the soil—Light Brown

Trees are found in the Dark Green box

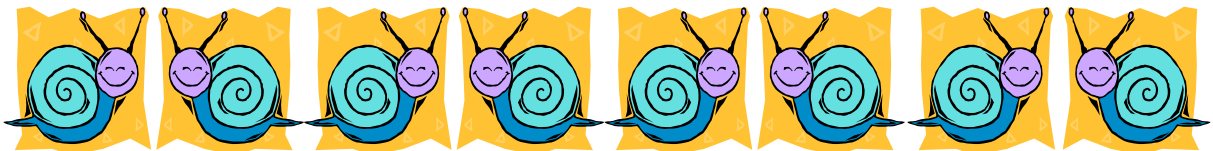
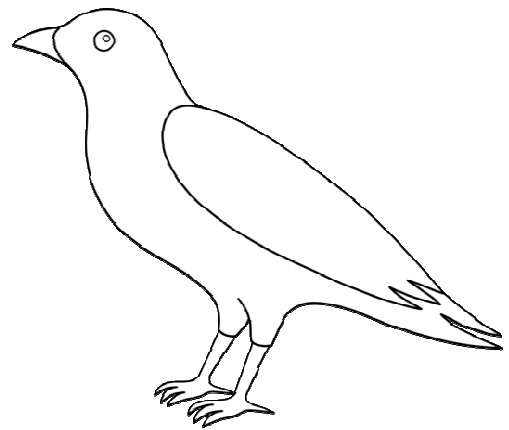
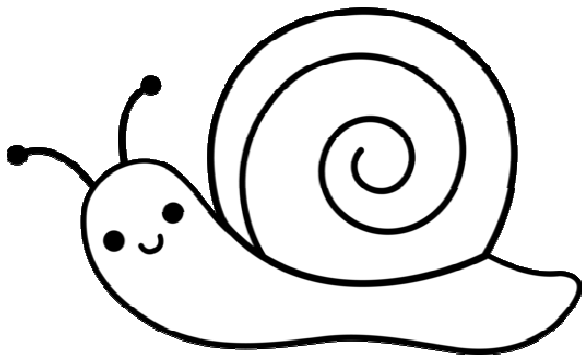
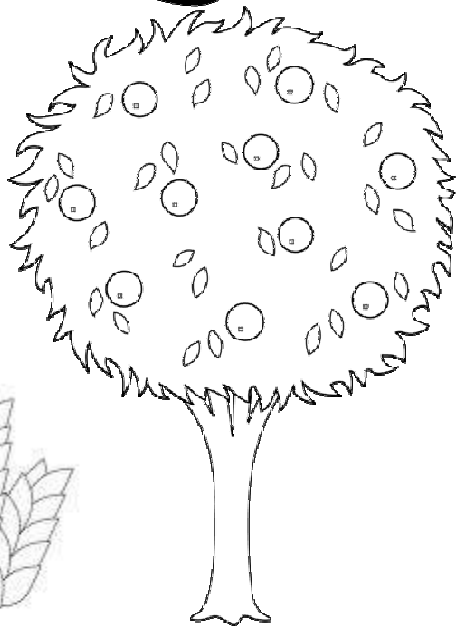
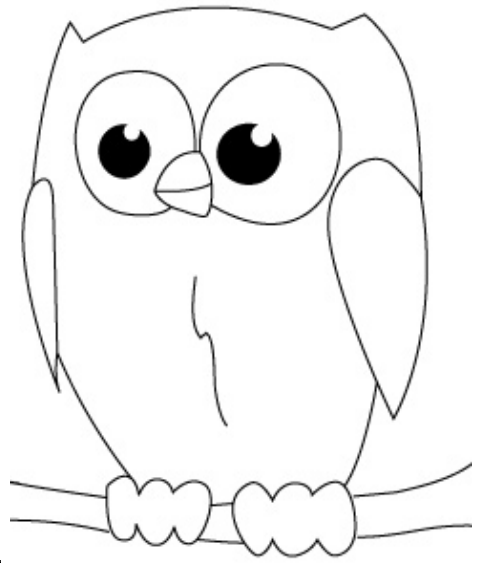
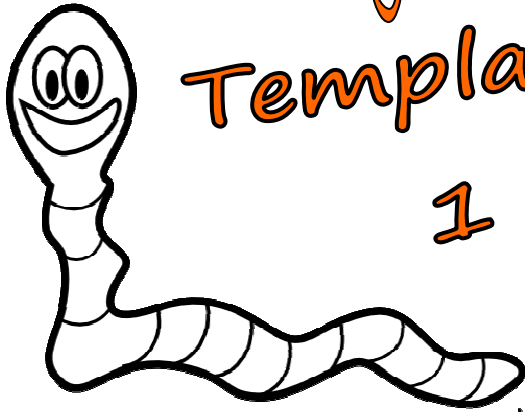
Owls can be found in the trees—Dark Green



What lives & grows in the countryside?

Templates

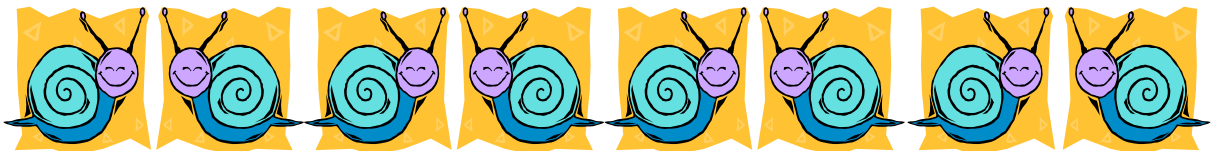
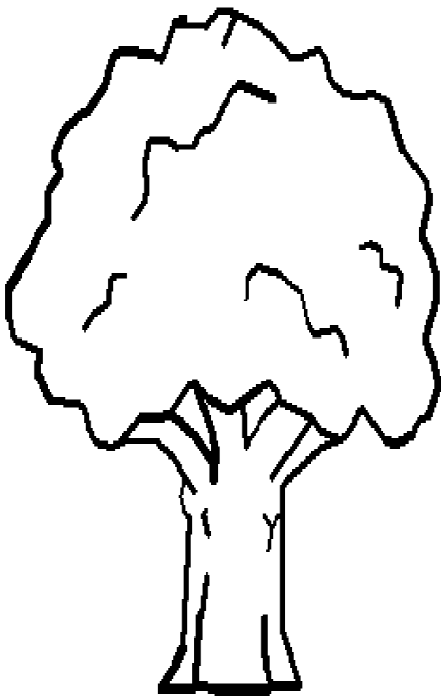
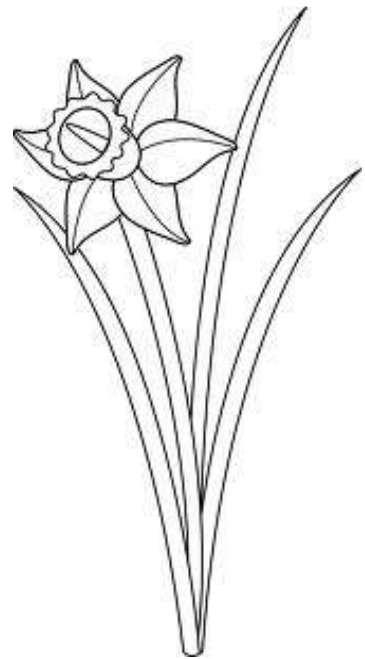
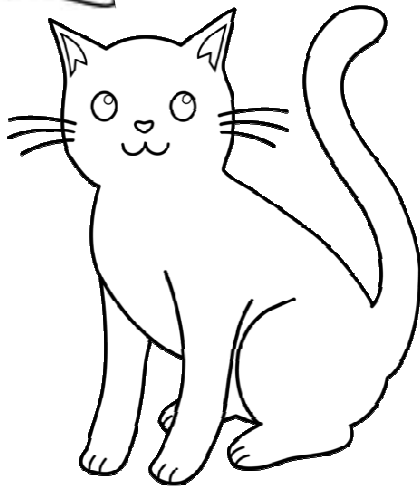
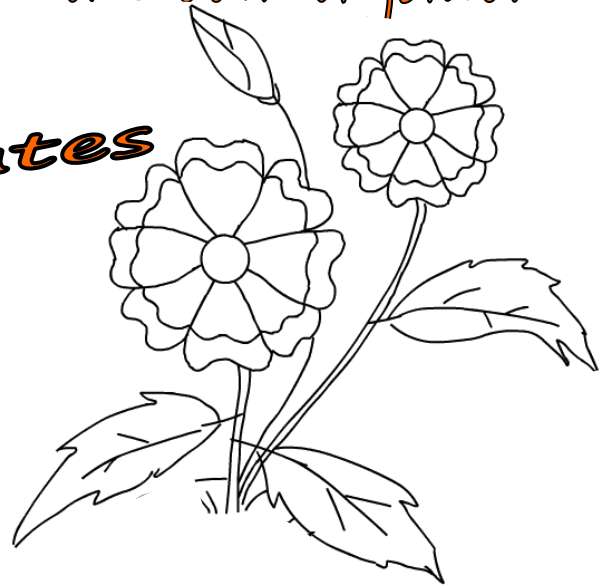
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What lives & grows in the countryside?



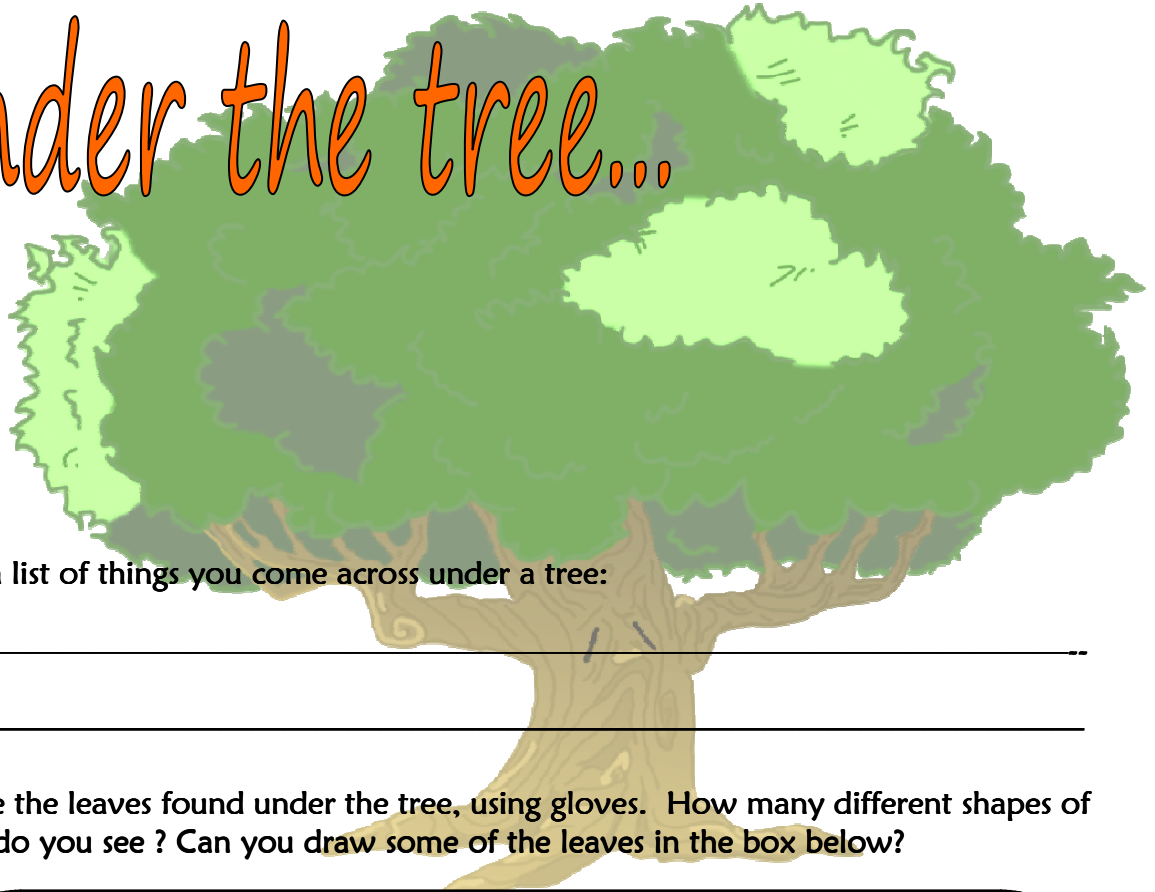
Templates
2



The Countryside Code

1. Keep to the sides of a ploughed field
2. Keep the gates as you found them
3. Leave the site in a better condition than when you found it
4. Do not cut flowers or trees
5. Do not waste water
6. Do not walk on unsafe walls or any dangerous places
7. Do not throw stones
8. Do not harm animals
9. Follow local advice, signs and access restrictions

Under the tree...

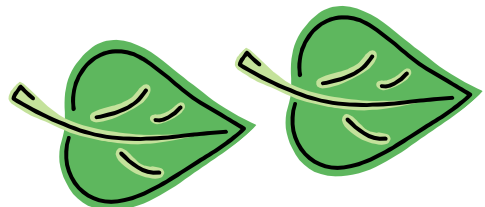


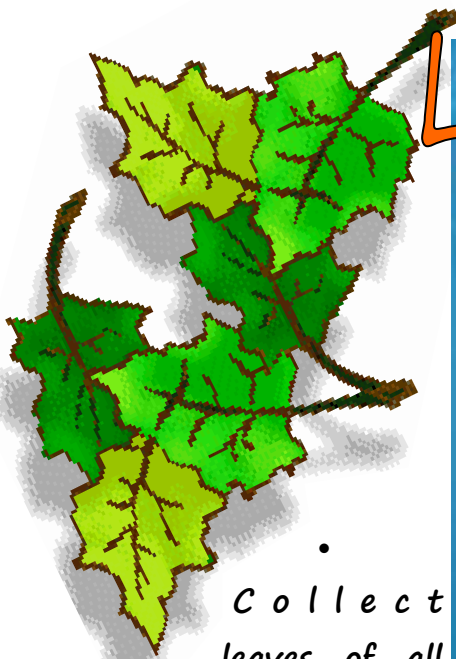
Make a list of things you come across under a tree:

Explore the leaves found under the tree, using gloves. How many different shapes of leaves do you see ? Can you draw some of the leaves in the box below?

Do you see any animals in the soil? What are they?

What do you think will happen to the fallen leaves when they turn brown?





Leaf Rubbings

•
Collect leaves of all shapes and sizes as you explore the countryside. Do not cut live ones but collect the ones that have fallen on the grass.



- On a piece of plain white paper, position leaves vein side up.
- Lay another sheet of plain white paper over the top of the leaves.
- Select a coloured crayon that you would like to use to create your rubbing.
- Turn a crayon on its side and gently rub over the top sheet of paper.
- The leaf images will magically appear on the paper! Experiment with different crayon colours and leaf arrangements.



Miniature Fire

What you'll need:

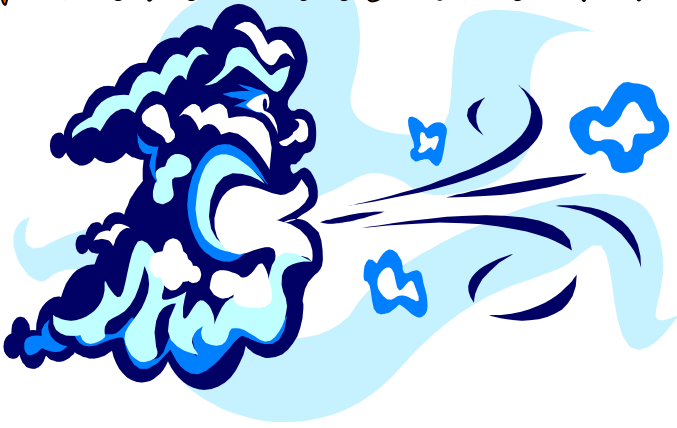
- 1 used CD
- Very small sized rocks
- Pieces of small sticks/twigs
- soil or Sand
- White liquid glue
- Kite paper – red, orange and yellow
- Toothpick
- Paint brush

How to make it:

- Cover CD with glue. Use paintbrush to spread glue evenly.
- Cover middle of the CD with soil or sand.
- Using a generous amount of White liquid glue, stick rocks all around onto the edge of the CD as shown in the picture
- Break sticks into 8 cm pieces. Using white liquid glue, build a "fire" with the sticks by laying them down in a teepee shape, gluing as you go. Let dry over night.
- Cut red, yellow and orange kite paper into pieces 3cm or 4cm squares.
- Place them randomly in the middle of the 'fire'. These will be your flames. Each piece is to be dabbed with some glue.
- Let it dry completely overnight.



Where does the wind come from?



Wind is caused by the uneven heating of the earth's surface by the sun.

During the day the air above the land heats up faster than the air above water like oceans and lakes. The air above the water is cooler and heavier. The uneven heating of the air is because the earth is made up of different surfaces and elevations, like the oceans, lakes and rivers, forests and jungles,

deserts and mountains. The warm air over the land expands and rises and the cooler air over the water rushes in to take the place of the warmer air creating winds.

Wind Power

For thousands of years people have harnessed the wind's energy. People used the wind to sail their ships on the rivers and oceans. Later windmill's were built and used to grind wheat, corn, and other grains and later to pump water from wells and to cut wood in sawmills. Today we use wind energy to generate electricity.

Wind is a renewable fuel because it uses the heat of the sun (solar energy) so there is no fossil fuel needed to make wind. Thus it is a completely clean energy which does not harm the planet in any way.



What can you do when it's Windy?

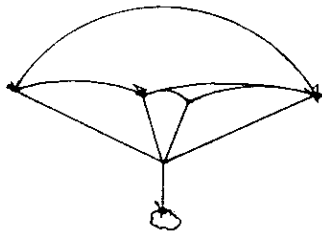


Plastic Bag Flying

Kites are fun. However, plastic bag flying is a cheap and easy way to encourage kids to run in the wind. Take a small plastic bag and tie with two feet of string around one handle. Run round the yard and the bags will take flight.

Windsock

Windsocks are incredibly simple to make. All you need are some streamers, yarn and an empty paper towel roll. If desired, kids can have fun painting the paper towel roll with some washable paint. Afterwards, they can decorate their wind sock with stickers or glitter. Finally, staple several streamers onto the bottom and make a yarn loop on the top. If you don't feel like going outside, you can hang your homemade windsocks on the porch and watch it dance in the wind.



Parachutes

All you need to do is tie some string around a small plastic toy figure. Take two pieces of string and tape them to the sides of a coffee filter or a small plastic bag. They work better if you are on an elevated surface.

Make Pinwheels

Like parachutes, pinwheels are also inexpensive. You can stick these in the ground and not worry about it blowing away.



Blow Bubbles

All you need is a small bowl of soapy water and a bubble blowing wand and the game is set!



Important tip: before heading out into cold, windy weather make sure that you are properly dressed to avoid catching a cold. Also do not forget to put some sun block cream if outside is very sunny as you might not feel it but bright sunlight would still be burning your skin.

Games



SEED PLANTING RELAY

Following a line, or rope on the ground, and by walking heel to toe, each team member must stop (about every 3 feet) and drop a seed in a small mouthed jar set near the line. When he reaches the end, he runs back and taps the next boy on the team.

HOT POTATO

A Beaver is chosen as the IT. He stands in the center, while the others sit in a circle. The players toss a handkerchief to one another; making many false moves and gestures. The IT must touch the handkerchief while in the air. If he does so, the last to throw becomes IT. The passing cannot be delayed.

MARAUDERS

Divide the Colony into two teams. One team to stand with legs apart in a straight line (feet touching those of the next Beaver). In between each Beavers legs is a small object. The other team are the raiders and have to try to steal the objects, without being caught. They can take them from any direction. The defender is not allowed to move his feet, but can try to tag the raider below the elbow.

STIFF CANDLES

Appoint 3 boys to go "THEY". They chase the rest of the Pack around trying to tag them. If tagged then a boy must stand still, with legs open and arms out. They can be freed by other untagged players, by the other player crawling through their open legs. If however the player is tagged while crawling through then there are two stiff candles at that spot. Vary the number of chasers according to the number playing.

THE FLYING DOUGHNUT

This is an old playground game which used to be played with a long skipping rope. It works very well both with small groups and large groups. Spectating can also be quite fun so don't worry too much about players which have been hit standing out for a few minutes.

The players stand in a circle with the leader in the middle. The leader swings the rope and doughnut around in a large circle at around foot height. The players must jump over the rope and doughnut each revolution to avoid being hit. If they are hit (or hit several times) they are out of the game. The last people standing in the circle are the winners.

To rotate the doughnut stand up and swing the rope, swapping it from hand-to-hand around you. As you spin the doughnut faster it may rise too high - some players may not be able to jump high enough. You can often help by crouching down or reducing the speed. Look out for players who try to stay back from the circle slightly trying to ensure that the doughnut will never reach them.

THREE COINS AT THE FOUNTAIN (PIRATES)

Divided the Colony into 4 teams, and number off each member of the team. Position 4 chairs in a square roughly 15 feet apart for the teams to wait behind. Place 6 fake coins in the middle of the square.

When you call a number, a player from each team must try to get 3 coins onto the seat of their chair. They may only carry one coin at a time and must place the coins they retrieve on their chair to be easily visible. Once all the coins have disappeared from the centre they may steal coins from other players.

ANIMAL RELAY

Each member of a team is allocated a different animal. He must then move across the hall in the style of that animal. Brilliant fun, but hard to grade.

Donkey - Travelling on all fours to the goal and imitating the donkey's bray.

Duck - Walking on two feet in squat position squawking without stopping.

Lame Dog - Walking on two hands and one foot and barking.

Bear - Bent over standing on their hands and feet, moves right and left foot together, and then left hand and right foot together.

Duck - Squatting down low, with knees spread, arms stretched out with their hands clasped in front of their legs below their knees.

Crab - Back toward the floor, supported on hands and feet, the feet facing forward.

Elephant - On hands and feet, with legs and arms absolutely rigid..

Frog - Feet spread with his knees outside his hands, which are together. Advancing by frog-like jumps, landing on hands at each leap, then bringing the feet up.

BACK TO BACK RELAY

Pairs standing back to back their backs touching and must run together to a goal and back with one running forward and the other running backward. If they separate, they must start over again.

BUCKET RELAY

Fill one of the buckets half-full with water, and leave the other empty. On 'Go', the first player runs to the other end of the playing area where the buckets have been placed, pours the water into the other bucket, leaves the empty bucket there, and carries the full bucket to the next player in line.

The second player takes the bucket with water down to the other end of the playing area and empties it into the empty bucket. He then picks up the full bucket and carries it back. The relay is finished when all have had a turn. The winner is the team with their water intact.

CENTIPEDE RELAY

Beaver 1 of the team runs up hall and back, he puts one hand between his legs for the Beaver 2 to hold. They run up hall and back together, Beaver 3 joins chain etc. Team penalised if chain breaks - must start again.

Visits



Visits

Buskett

Manikata Rural Heritage

Visits - Buskett Gardens



Buskett, in Rabat Malta, is the only woodland area in Malta is overlooked by Verdala Palace.

The Buskett Gardens are located in the fertile valley of Wied Il-Luq. They are located to the south of Rabat and just east of Dingli. The Gardens are at their best in the spring but they offer shade from the harsh mid-summer sun and offer a quite place for a walk in the winter months.

Verdala Palace, an official residence of the President of Malta, is located on the edge of the Gardens.

Many different trees and shrubs grow in the gardens but there are also many fruit-bearing trees there as well. This one of the greenest areas in Malta. Indigenous forests once covered Malta, but trees were cut down for shipbuilding in the era when galleons plied the Mediterranean waters and for agricultural purposes. Perhaps the Buskett Gardens offer a glimpse of what Malta looked like in those days.



The gardens are very popular with Maltese people. People often visit the gardens to go for walks in the peaceful settings of the garden and to enjoy a picnic in the shade of the trees, or to work in woodland area.

Buskett Gardens was planted by the Knights Hospitalier as a hunting ground. Buskett has vineyards, oranges, olive and lemon groves, and is heavily wooded with native, hardy species such as Mediterranean pines. You can stick to the pathways lined with ivy-clad stone walls or venture off into the woodland.



From Autumn to Spring you are bound to find plenty of interest, from wild flowers, natural springs, and woodland creatures.