

# PERSONAL CHALLENGE

## CREATIVE CHALLENGE

Basically, a cub can be good in handcrafts but not in animation or communication. So, the purpose of this session is to challenge the cub and urge him/her to test oneself and try to make things which they are shy to do or even worse, think they are not capable of doing.

## HANDCRAFTS

The handcrafts mentioned are those which are listed in the Cub Book. Other handcrafts, which are suitable for the cubs in this arrow, can also be done.

Choose two handcrafts from the list below:

- o Tie-dyed T-shirt
- o Cardboard and Paper 3D Picture Box
- o Crafts created from recycled material
- o Musical Instruments (you can use these for the animation part)

## TIE-DYED T-SHIRT

### **Tie-Dye Basics: Prep**

Have the kids wear an apron or a smock over old clothes. If you're working on a wood surface, cover it with plastic sheeting.



### Tie-Dye Basics: Step 1

Mix fabric dye according to package instructions in 3-gallon enamel or stainless-steel containers (plastic will get stained). Add a cup of salt to the dye bath to enhance the colour. Then tie rubber bands tightly around a white T-shirt (we like 100 percent cotton). For special patterns, plan out the design with dots of coloured chalk -- it washes off in the dye bath. (That's how we got the heart shape shown in the picture .)



### Tie-Dye Basics: Step 2

Immerse T-shirt in hot water first, squeeze out the excess water, and then soak in dye bath. Stir frequently with a long-handled enamel or stainless-steel spoon. Dyeing takes 10 to 30 minutes, depending on how deep a colour you want. (If you're using two or more colours, dip and hold each section in dye.)



### Tie-Dye Basics: Step 3

Remove T-shirt with tongs or a big stick. Rinse under warm, then gradually cooler water until it runs clear. (Wear rubber gloves so your hands don't get dyed.) When you throw the shirt in the laundry for the first time, wash it alone in warm water, rinse in cool water, then line- or machine-dry.



## MAKING VARIOUS PATTERNS

### Bull's-Eye: Step 1

Lay T-shirt flat. Pinch centre of the garment and rubber-band both layers, about 1 to 2 inches from centre.



### Bull's Eye: Step 2

Space rubber bands 1 inch apart.



### Bull's Eye: Finished Product

You're right on target, with this design.

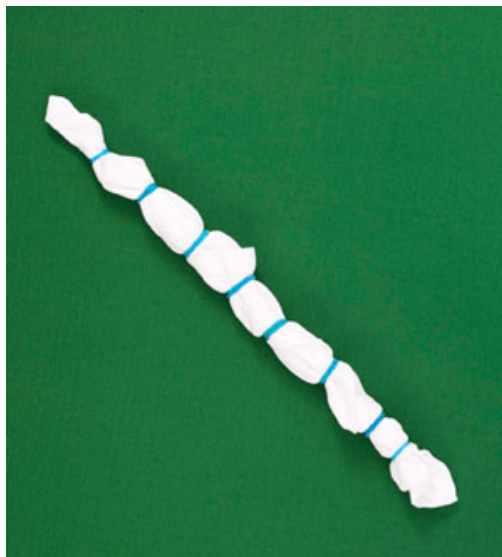






### Diagonal Stripe: Step 1

Lay T-shirt flat and fold accordion-style from bottom corner.



### Diagonal Stripe: Step 2

Once folded, wrap with rubber bands every 1 to 2 inches.



### Diagonals Stripe: Finished Product

If you're looking for a clean, cool design, this pattern is for you.





### Rosette: Step 1

Lay T-shirt flat. Pinch a 2-inch section through both layers and rubber-band it.



### Rosette: Step 2

Push your finger down through the rubber band to make a doughnut shape. Repeat.



### Rosette: Finished Product

This design ends up looking like fun, funky flowers.





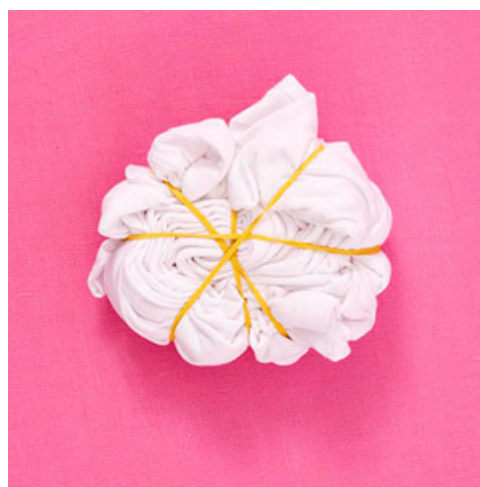
### Swirl: Step 1

Lay T-shirt flat. Hold a fork on the centre of the shirt and twist.



### Swirl: Step 2

Gather into a circle and wrap 4 to 6 rubber bands around the shirt.



### Swirl: Finished Product

This classic tie-dye design is sure to be a hit.





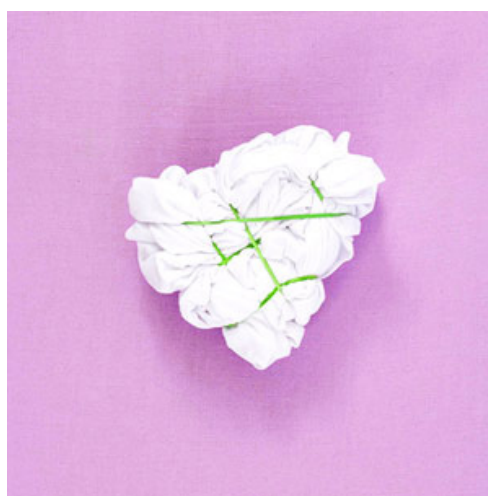
### **Crinkle: Step 1**

Crumple T-shirt at random.



### **Crinkle: Step 2**

Wrap haphazardly with 4 to 6 rubber bands.



### **Crinkle: Finished Product**

Because all you have to do is bunch up the shirt, you really can't mess up this simple look.

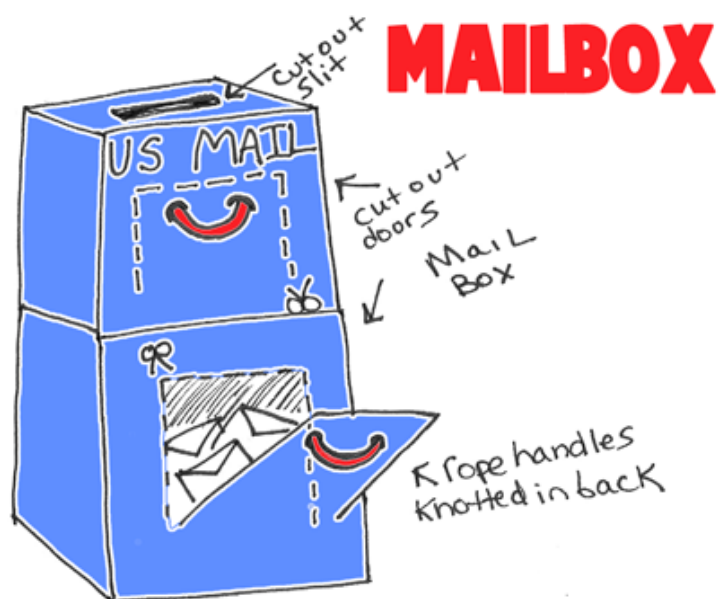




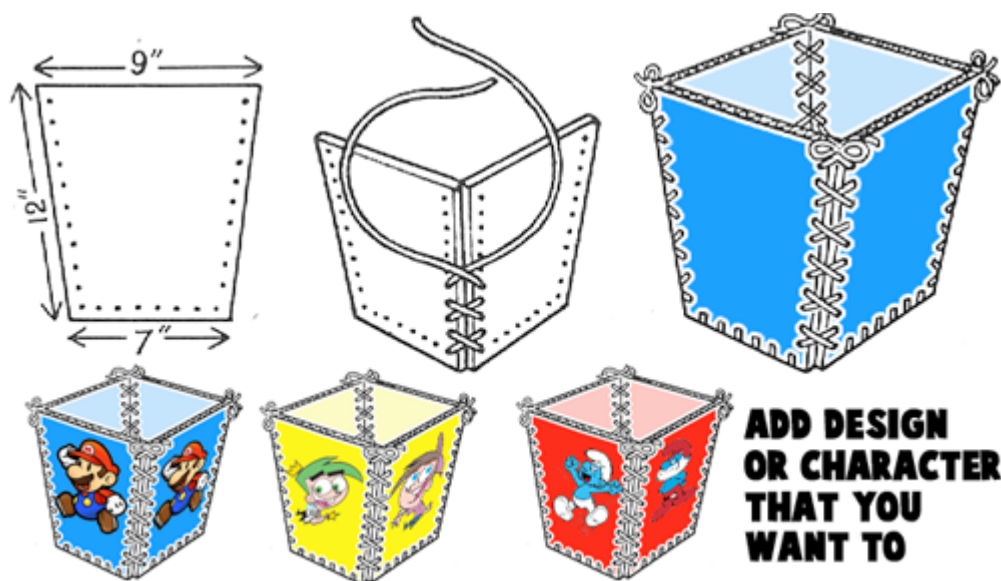
# SOME IDEAS FOR CARDBOARD & PAPER 3D PICTURE BOX

## Make a Mailbox Toy with Boxes

Find 2 boxes that are about the same size. Paint the boxes blue or wrap the boxes with blue paper. On both boxes....cut out a door by cutting out 3 sides, the hinge being at the bottom. Cut a slit at the top of one of the boxes. On the door, tie a rope through 2 holes...and tie a knot at the back of each hole. Look at the picture below to understand better. Packages can go in the top door. Letters can go in the top slit. The bottom door is for the mail man to collect the letters to deliver. Have fun playing with your Mailbox.



## How to make your own Waste Baskets



**Gather the following items:** Corrugated cardboard (enough for four sides 9" x 12" x 7" and 1 bottom 7" square), paper punch, scissor, pictures or paint and brush, 36" of adhesive cloth tape, some sort of sealer or shellac; and 19 feet of plastic lacing. Cut cardboard for bottom of waste-basket. Punch holes around edge 1" apart and 1/4" in from edge. (Start 1/2" from corners.) Cut 4 sides like pattern above. Start 1/2" from corners and punch holes 1" apart along 12" sides (1/4" from edge).

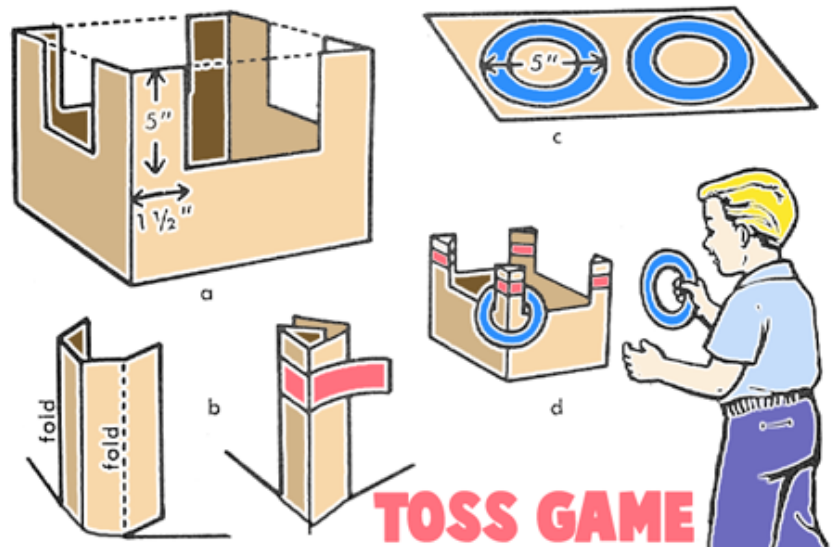
Decorate with pictures from magazines or from the Internet (ask Mum or Dad to help you find images) or paint. Bind 9" sides with adhesive cloth Use Sealer or Shellac to protect the waste basket. Cut four 3 foot 6" strips of lacing to lace sides together. Begin at bottom and lace like a shoe; tie at top. (See sketch.) Use a large needle to lace bottom to sides.





## How to Make Cardboard Box Toss Games

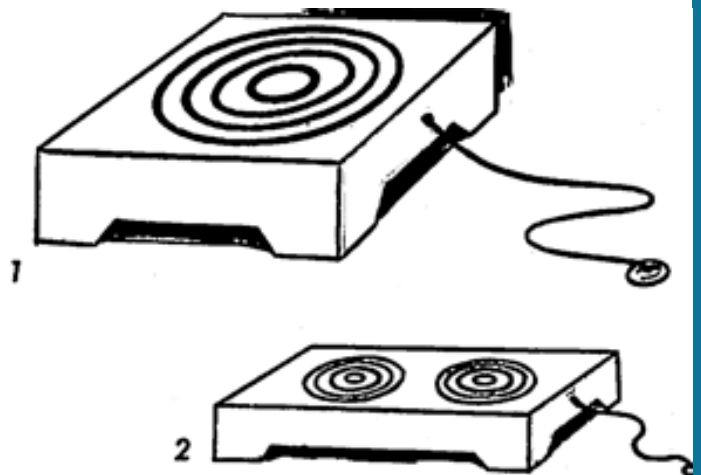
To make this, you will need one cardboard carton (about 9" x 12" x 8 1/2"), a 6" x 11" piece of cardboard from dress box or notebook; scissors; crayons, or tempera paint and brush; ruler; pencil, and duct tape or masking tape. Firstly, Find a bowl or something round that is about 5" wide and one that is a bit smaller ...this is to trace the circles. Trace circles ... the big bowl is for the outside of the circles and the smaller bowl is for the insides of the circles. Colour them in with paint or markers...on both sides. (see sketch c) Cut these circles out.



Measure, mark with pencil and cut carton with scissors as shown in sketch a. Posts should be about 5" high and 1 1/2" wide on each side. After posts are cut, reinforce them by folding 3/4" of each side inside the box and over each other. Tape to hold in place (sketch b). If you want to, you can colour or paint box after you have cut it. The objective of the game is for the child to toss the rings and try to circle one of the posts (sketch d).

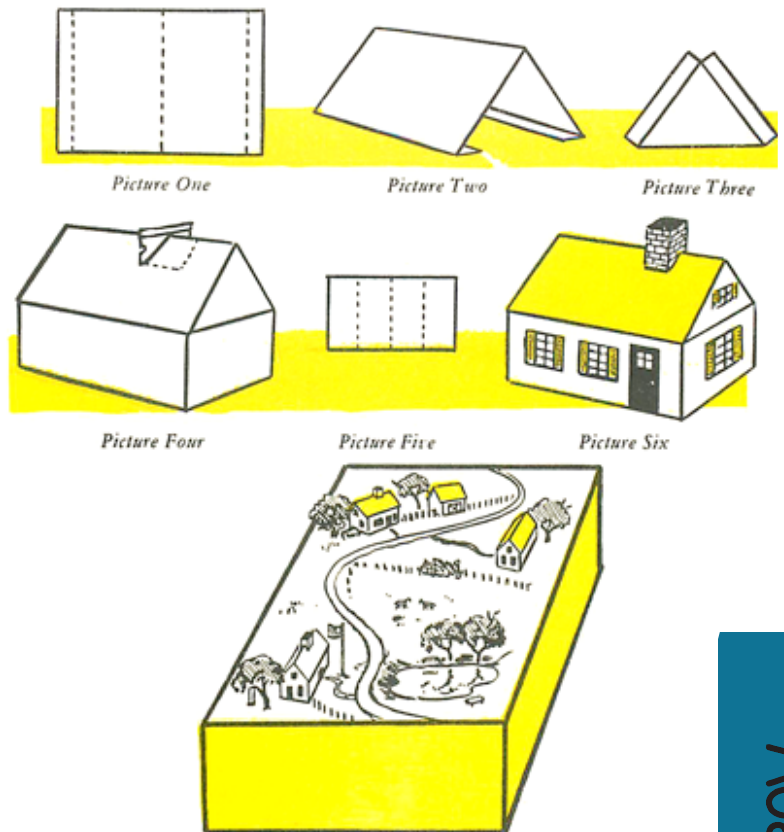
## Make a Toy Electric Grill with a Box Cover

This toy electric grill can be used in your doll house or when you play picnic. With a ruler and pencil, draw the legs of the grill on the box cover. With a pair of scissors, cut out the legs. Paint the grill white or the colour of your doll house's kitchen and allow it to dry thoroughly. For the heating unit, cut a circle of white paper that will fit nicely on the box cover. Draw the heating elements on the paper circle with black crayon. For the electric cord and socket, tie the button to the end of a piece of string, about 24 inches long. Attach the other end of the string to one side of the grill, as in illustration 1. If you want to make a larger grill, use an oblong box cover for the stove, and make two heating units on white paper circles, as in illustration 2.



## Make a Town or Village with Cardboard Boxes

There are few things that are more fun to make than a Tiny Town Box Village. Get a firm corrugated cardboard, carton will do. Fill the box with earth up to 1 1/2 inches from the top. Don't level off the earth flat, but pat it into little hills, to make it look like a countryside. Be sure, however, to pack the earth firmly. Spread some moss, real or artificial, over the brown earth. Leave a road not covered with grass. For trees, use leafy twigs and evergreen branches. A pocket mirror makes a wonderful little lake. To make the lake look natural, pat the earth over the edges of the mirror. Plant some trees close to the lake so that they will be reflected in the mirror. Use cereal boxes to make little houses and barns. To make a slanting roof for your tiny house,



cut out a piece of cardboard a little larger than the top of the box. Run your razor-blade lightly over the cardboard where you see the dotted lines in Picture 1. Do not cut thoroughly—just score the cardboard enough to make it bend easily. Picture 2 shows how the cardboard will look when folded. Picture 3 shows how to shape two other pieces of cardboard to fill in the two open ends of your slanting roof. Bend these boards along the inside lines. Score them first to insure a neat fold. Smear glue on the bent-over edges before placing these pieces in the roof. Now smear glue along the bent-over edges of the roof and place it on top of the tiny house. To make a chimney, cut a little hole in the peak of the roof with your razor-blade, as shown in Picture 4. Then cut a tiny piece of cardboard into a rectangle shape and fold it into four sections, as shown by the dotted lines in Picture 5. Now place the chimney in the hole you made in the roof, as shown in Picture 6. The tiny house is now ready for windows and doors. A red roof and a green door on a white house always look nice. It is easier to colour your house before you put it together; that is, to colour the box before you put on the roof, and to colour the roof while it is still a flat piece of cardboard. You can make little benches to place on the shore of the lake out of tiny pieces of wood or cardboard. A properly coloured piece of paper glued on a lollypop stick makes a good Maltese flag. With toothpicks, matchsticks and glue you can make fine looking fences. If you happen to have a tiny auto or any tiny toy figures, they will add considerably to the scene. As you go along, you will keep getting new ideas and you will think of many kinds of ways to make your Tiny Town interesting and beautiful.



# CRAFTS CREATED FROM RECYCLED MATERIAL

## Recycled Caterpillars

These cute little Recycled Caterpillars will crawl into your heart and hang around for a long time. Let each one be as individual as the artist's imagination and have fun recycling.

### Supplies

Cardboard tubes from toilet paper or towel rolls.  
Twist ties  
Gesso or light coloured water-based wall paint  
Acrylic paint  
A piece of cardboard or white poster board  
A large artist's brush and a small one (for details)  
White glue or rubber cement  
Scissors  
Craft knife (optional)  
Scotch tape or masking tape  
Pencil  
Ruler  
Compass  
Clear acrylic sealant (to be either painted or sprayed)  
Newspapers (to protect the table)



### Instructions

Cut the cardboard rolls into 5 pieces the same size, 3/4" thick.

Measure the diameter of the tube's open side and draw ten circles that size on the cardboard. Allow 1" space between each circle.

In four of these circles, cut one 1/2" slit, 1/4" away from the edge of the circle. You will insert the caterpillar's cardboard "feet". Cut two slits 1/8" wide and 3/4" apart on the narrow band of one piece. You will insert the twist tie "feelers" into these slits.

Glue the ten circles to close the open spaces on each of the tubes.

Draw a pattern for the "feet." Using a ruler, draw a rectangle 1/2" wide and 3/4" long. Round one of the edges. Cut out eight of these and insert them into the slots. Bend the edge of one cardboard foot and glue or tape it to the circle to secure it. Insert two twist ties into the "head" and secure them with glue or tape.

Glue four of the tube pieces together in a straight line. Add the fifth tube on top of an end piece -- either looking straight ahead or to one side.

Paint all the cardboard and the twist ties with gesso or water-based wall paint.

When dry, paint everything with the caterpillar's basic colour. Paint the feelers an accent colour.

Paint a face, add patterns to the body and then add your signature and date.

Paint or spray with clear acrylic glaze to protect.





## Bottle Terrarium

Recycle a two litre soda bottle into your own Terrarium.

### Supplies

Liquid Fusion™ Clear Urethane Glue

Marker

Pebbles

Tumbled glass pieces

Scissors

Litre bottle

Dessert plate

Wax paper

Terra Cotta pot

Low tack masking tape

Craft stick



### Instructions

Wash and dry the litre bottle. Have a parent use scissors to cut the upper part of the liter bottle.

Line up tumbled glass pieces, small pebbles or driftwood along edge of dessert plate. Pick up a piece and add a drop of Liquid Fusion to back. Press back in place. A small piece of tape can be used to hold in place till dry if needed. Continue with remainder around plate. Let dry.

Place litre bottle, cut edge down, on a piece of waxed paper. Apply a dot of glue to back of smooth pebble then press at cut edge, letting stone rest on waxed paper. Hold in place with tape till dry. Continue around entire bottom of bottle.

Place terra cotta pot upside down on waxed paper. Glue pebbles around edge of pot letting them rest on surface. Hold in place with tape till dry.

To create plant marker, glue a stone at end of craft stick, let dry, then use pen to write what kind of plant it is.

Glue a slightly larger pebble on top of litre bottle to create handle.

Plant the plant in the terra cotta pot; place the pot on the dessert plate and the decorated litre bottle on top. And there goes your Bottle Terrarium.



## Recycled Kitty Pencil Holder

Here's a neat way to dress up a used soup or vegetable can and make a Recycled Kitty Pencil Holder for your desk or table. This would also make a cute gift to give to a friend or relative.

### Supplies

Soup can  
Glue  
Scissors  
Tape  
Crayons or markers  
Construction Paper  
Googly Eyes  
Puff Ball



### Instructions

Take the construction paper and trace the can to get a strip that will cover the outside of the can. Cut out the paper.

Use a piece of tape to fasten one end of the paper to the can. Wrap around the can and glue other end to tighten.

Cut out the ears and whisker section from the remaining piece of construction paper.

Fold whisker section in half and cut strips from the open ends, leaving about 1/4 inch section in the middle solid. Unfold and crinkle whiskers.

Glue the ears and whiskers to the can as shown.

Glue a craft puff ball in the middle of the whiskers as the nose.

Glue googly eyes above the nose.

Accent the ears and face with crayons or markers.

Fill with pencils, markers, crayons, or anything that you like!



## Recycled Can and Rope Birdfeeder

Kids love to watch the many birds that come to a bird feeder in the colder months. The kids will enjoy it even more when they make this recycled can and rope birdfeeder themselves and see the birds enjoy their handiwork...and they will be recycling too.

Note: Working with sharp metal edges like the lid of the can and also the hot glue gun will require adult involvement.

### Supplies

Clean tin can – keep the lid

Sisal rope

Piece of metal for post

Hot Glue gun and glue

### Instructions

Take the tin can lid and bend it in half.

Take the metal for the post and glue it down so that there is enough room for the birds to perch while they eat.

Insert your can lid so that it fits nicely over the metal piece you just glued in and is just inside the opening of the can and glue into place making sure there are no openings for the seed to fall through.

Find the top middle of the can and glue a long piece of sisal rope (about 2.5 ft) from top to bottom of the can so that you have 1 ft on either side of the can hanging off (you'll tie this together at the end) - this will be the part that hangs from the hook or tree.

Now, starting at the top of the can, slowly glue down the sisal rope from one end to the other by going around the can in a circular motion until you reach the bottom of the can. Cut the rope and glue in ends.

Cut a piece of rope the exact size of the front of the can and glue on around the top/front edge to help give a nicer finished look to the feeder.

Tie the two 1 foot piece ends that are still hanging to the sides together in a knot.

Fill with bird seed and hang from a hook or tree.



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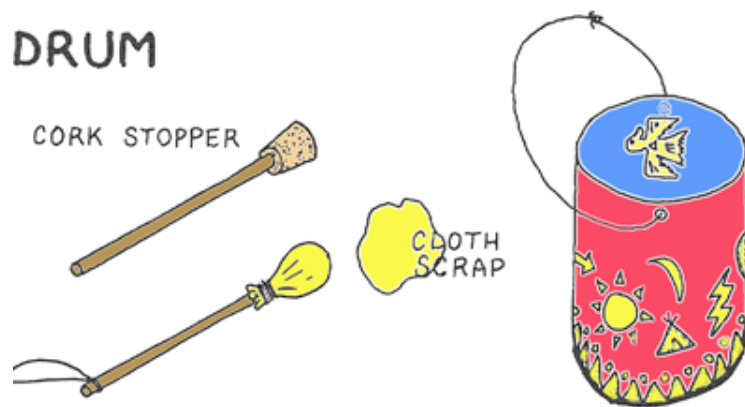


# MUSICAL INSTRUMENTS (you can use these for the Animation part)

## How to Make a Really Cool Indian Drum

This particular drum makes a very nice noise. Remove the top of a round container e.g. oatmeal container, discard it, and glue plain paper or construction paper around the cylinder. Decorate the sides and end of the container with crayon designs. Punch 2 holes near the bottom, on opposite sides, for the carrying string. Adjust the string to the size of the child. For the mallet, ask Mom or Dad to make a starting hole in a cork with an awl and push a glued stick into the hole. Put a patch of brightly coloured fabric over the cork and tie tightly around the stick with string. Fasten a string at the other end of the stick, long enough to go around the wrist.

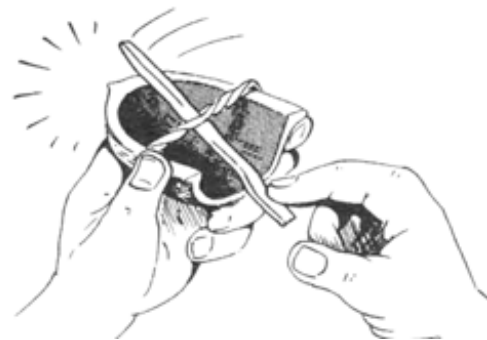
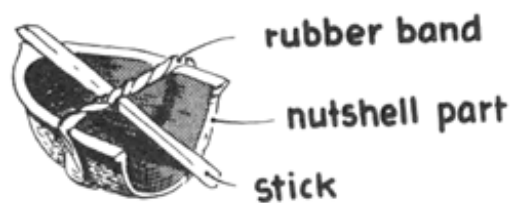
### DRUM



## Making a Rattle Shell Musical Instrument

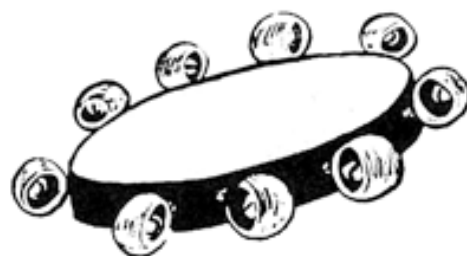
### (Parental Help / Supervision Needed for This Craft)

The rattle shell is another simple instrument. Split a walnut in half, and remove the kernel. With a small hammer, break a small piece from the edge of one half. Double a rubber band and stretch it over the middle of the shell. Put a stick underneath the band and tighten it even more by turning the stick. Holding the shell in one hand, drum the longer part of the stick with your other hand. The sound you'll produce will be very unusual.



## Making Musical Tambourines

Cover an embroidery hoop or a box cover with unbleached muslin or heavy wrapping paper. Select 6 or 7 sleigh bells. With a knife or scissors, cut as many slits in the rim of the box top as you have bells. Insert the bell hooks into the slits and fasten in place with the safety pins.



a Tambourine

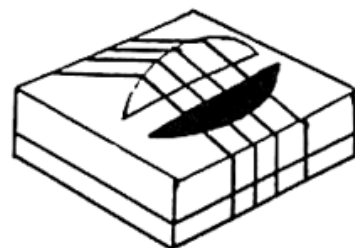
## How to Make Stringed Box Banjos

Find a box measuring 4 inches square and 1 inch in depth. Cut a hole and a slot in the cover, as pictured in figure 1. Fashion a bridge from cardboard, as in figure 2. Make certain that the tab at the bottom of the bridge fits securely into the narrow slot, and that the bridge stands upright. Return cover to box and fasten with Scotch tape or gummed paper. Stretch rubber bands of various sizes over the entire box passing them over the bridge. The smaller bands which are stretched more tightly over the bridge will produce the highest tones. To play pick the bands with your fingers or a toothpick. Select simple tunes with which to begin your playing of the banjo; then go to work on the more difficult ones.

Fig. 1



Fig. 2



## Make Your Own Maracas

You can make your own maracas. Start off by blowing up a balloon until it is 12-14 inches around. Then tie it shut with a piece of string. Now make a mixture of flour, water, and salt (4 tablespoons flour, 1 cup water, and a teaspoon of salt). Cover your balloon with salad oil. Tear newspaper into 1 inch strips. Do the same thing with 8 paper towels. Now wet the strips into

the flour mixture. Now wrap them around the balloon and smooth down with your fingers. Do this again with more strips until balloons are covered. Also cover 1/2 inch of the balloon's neck with newspaper strips. Now repeat the process, covering the balloon and balloon neck with paper towel strips, but in the opposite direction this time. Now do another layer with newspaper strips, again switching directions. Now cover the entire balloon with paste or flour mixture and hang upside down by string for about a day.

Take string off balloon and pop the balloon and remove it. Add rice, beans, lentils, or split peas into maracas. Push a pencil or other stick-like item into the maracas. Now add another layer of paper towel strips, but this time layer it around the pencil or stick also. Add another layer of colourful pieces of paper from torn up magazines. Add paste or flour mixture again and let it dry. Now decorate the maracas with paint. Use shellac or Mod Podge after the paint is dry. Let dry completely.





# ANIMATION

Animation can be different from what is referred in the cub book. Again, keep in mind the age group of the cubs you have.

In this section you are required to take an active part. Choose one of the following to perform during a campfire or at pack meetings. Discuss with your leader for approval.

- o Perform a stunt
- o Play an instrument
- o Write or recite a poem or story
- o Perform during a parents' evening, e.g. talent night, campfire, etc.





# ACTIVITY FACT SHEET



**Activity:** Craft



**Objective:** To get out the creative potential in cubs



**Time:** 2 hours (or more depending on the type of craft done)



**Outline:** In this activity, cubs are given the opportunity to bring out their creative potential and create something hands on. Cubs may discover talents/ capabilities they were not aware of. The handcrafts should be chosen as enjoyable as possible and not too complicated so that cubs are not discouraged. In the end, even if the cubs all do the same craft, they all appear different because of that creative personal touch which each cub is encouraged to give to his/her craft.

Different cubs can do different crafts or work on animation.



**Equipment:** Any equipment needed, depending on craft being done



**Place:** Group HQ /during a camp



**Group Size:** Pack



**3rd Parties:** The leaders may ask other leaders or persons from outside the group to show the craft to the cubs if they feel they are not well versed in this aspect.



# ACTIVITY FACT SHEET



## During the Activity:

|  |   |
|--|---|
|  | <p>– In most of the handcrafts and animation the cubs need the help of each other or that of an adult. In this way they learn how to help each other and share the equipment needed.</p>  |
|  | <p>– The physical aspect is involved in handcrafts while working on the particular craft and in the animation according to the activity of their choice.</p>  |
|  | <p>– This section helps the Cubs need to gain information on the task at hand whether it is handcrafts or animation. They need to have the necessary equipment and prepare the needed stuff beforehand.</p>   |
|  | <p>– As the heading incurs – Creative Challenge – the cubs' creativity is encouraged to come out in crafts and drama according to the cub's uniqueness. The end result of making a craft or interpreting a part depends majorly on the cubs creativity.</p> |
|  | <p>– In the Animation section, the cubs take on a role and thus they need to act different emotions. In addition, in handcraft Cubs feel different emotions whilst creating something new.</p>  |
|  | <p>– Help the cubs appreciate the fact that they are able to create things or entertain people.</p>   |

SILVER ARROW

## After the Activity:

This session can really serve to boost the cubs' self-esteem and self-worth since, when they take the craft home, they can proudly show their parents/family members what they were capable of doing and either use it proudly (tie-dyed t-shirt) or else decorate their room/home with it.

When it comes to the animation part, they can proudly show off their artistic talent to their fellow cubs or even parents and family members during a campfire.

