

These Boots Are Made For Walking...



Day Walk Preparation

Looking forward to going outdoors again?

Let's plan what we might take for a day walk. Grab your bag and let's get started!

- Brainstorm what items you might need to take with you. Water bottle, snack, backpack, first aid, torch etc.
- Get your youth members to gather those things from around their house and put into a bag. (You may like to give them some time to do this.) Then bring your packed bag back to the meeting.
- Compare the items. Is there anything else you might need or want to take?

You could take the conversation further into planning your next day walk or some basic first aid or skills that might be needed.

Chatterbox Origami

A chatterbox is a form of origami often used in children's games. It is sometimes called a paper fortune teller. There are many ideas about how you could use a chatterbox with youth members.

A suggested program might include an opening game with a pre-made chatterbox followed by the youth making their own.

Instructions on how to make a chatterbox.

- You will need one sheet of A4 paper per chatterbox plus a pencil and some scissors.
- Fold the right-hand bottom corner in to line up with the top edge (and thus forming a square).
- Trim excess paper and open the square. This means the first step of folding the paper is already done (you can see the one-fold line).
- Fold again in half, point tip to point tip (fold the diamond in half). This way you have an X on your paper.
- Take the first corner point and fold into the centre.
- Do again with the second, third and fourth so your large square has turned into a smaller one.
- Turn-over the paper.
- Again, bring the first point in the centre and fold.

- Repeat with the second point, third and fourth
- Fold in half to help assist in opening the chatterbox.
- Ease your fingers into the four openings and open out.
- Ensure the middle flip-open sections stay inside.

You can find instructional pictures on the following page.

You'll find more at:

https://en.wikipedia.org/wiki/Paper_fortune_teller

<https://www.nsw.scouts.com.au/wp-content/uploads/2020/05/Feel-Good-Chatterbox-Template.pdf>

Chatterbox Games

Create an animal

Preparation:

Top – draw or write four different animals.

Inside – use simple numbers

Opening – 1. bark like dog 2. meow like a cat 3. oink like a pig 4. neigh like a horse 5. moo like a cow 6. jump like kangaroo 7. slither like a snake 8. walk like a sloth.

Game:

Ask the youth member to pick an animal on the top and then move the chatterbox the same number of syllables or letters in the animal name.

Ask the youth member to pick a number that they can see in the chatterbox. Move the chatterbox that number of times.

Open the chatterbox and ask the youth member to act out the animal.

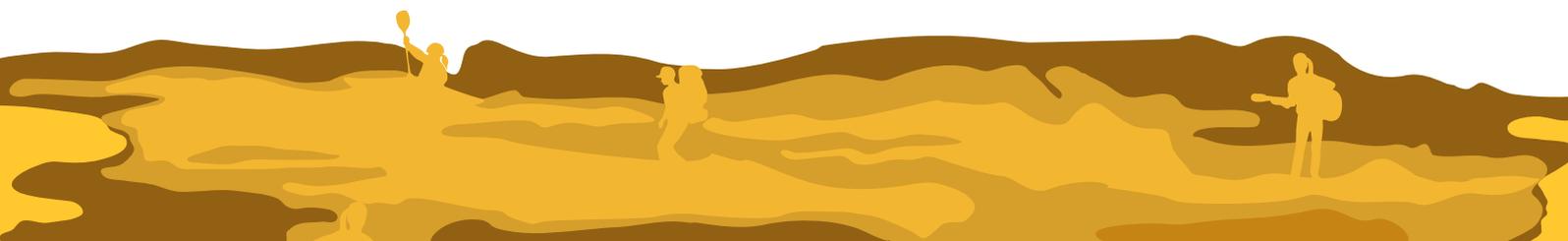
Captain's coming

Preparation:

Top – draw or write four different Scout words. Cub Scout, Cuboree, Group name, Leader name

Inside – use simple numbers

Opening – 1. Captain's coming 2. Scrub the deck 3. North 4. South 5. Seasick 6. Climb the rigging 7. Walk the plank 8. Man overboard



Game:

You can play a game like Captain's Coming, with the instructions inside the Chatterbox.

Ask the youth member to pick a Scout word on the top and then move the chatterbox the same number of syllables or letters in the word.

Ask the youth member to pick a number that they can see in the chatterbox. Move the chatterbox that number of times.

Open the chatterbox and the youth members must act on that instruction.

Wellness chatterbox

Preparation:

Top – Ask the youth member to write the names of four favourite people

Inside – use simple numbers

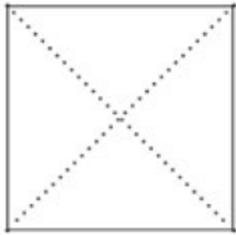
Opening – 1. Take some deep breaths 2. Do some colouring 3. Watch a funny movie. 4-8. Get the youth to include their own suggestions from here.

Activity:

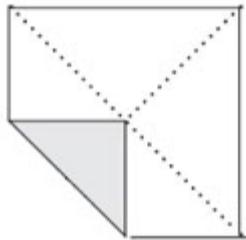
Use the 8 suggestions for activities to cheer yourself up.

Ideas could for more simple activities could include singing a song, a glass of water, looking at the sky – and whatever your youth members suggest that cheers them up.

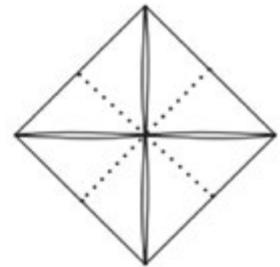
Fold each corner to the opposite corner



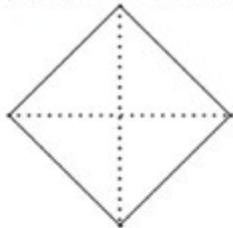
Fold all corners to the centre of the paper



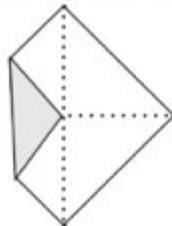
Now your paper should look like this



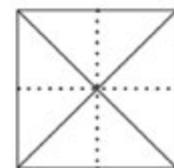
Now turn your paper over so the folds you just made are face down



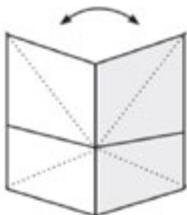
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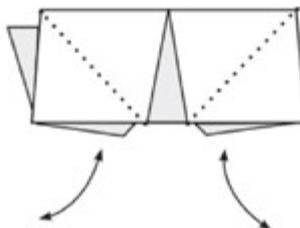
Your paper should now look something like this.



Now fold your paper in half vertically and horizontally



Now fold your paper in half vertically and horizontally



Finished!

