

WEEKLY PROGRAM

Regional Victoria

You can undertake face-to-face outdoor Scouting in small groups. Before undertaking any outdoor activities please remind yourself of the latest Scouts Victoria Covid-19 update <https://scoutsvictoria.com.au/covid-19-lockdown-faq/>

Don't take this week too seriously either. Let the youth members be outdoors, laugh and have fun together!

Metropolitan Melbourne

For our Units in Metropolitan Melbourne in Step 2, unfortunately there is no face-to-face Scouting yet.

REGIONAL PROGRAM

Things to do in the Park

Exploring Nature

When we walk through a park there's the opportunity of exploring four of our senses: sight, hearing, smell and touch. There's an abundance of different textures, sounds and smells, some of which will be familiar to our Joey Scouts and some that will be new. A park can expand a Joey Scout's knowledge of their environment and add new senses information to their sense data bank.

Sight

Have the Joey Scouts look around then and see the trees, the bushes. Challenge the Joey Scouts to find as many colours as they can.

Birdlife abounds in a park. Can the Joey Scouts spot feathers on the ground and possibly identify which bird they belong to?

Sound

If the Joey Scouts close their eyes, what can they hear? Can they describe the wind rustling through the trees or the sounds of the birds?

Smell

The smell of the air in a park can be influenced by the trees, the animals and the birdlife. Can the Joey Scouts describe some smells in the park and do the other Joey Scouts agree.



What happens when you crush the leaves of different types of plants in your hands? Can the Joey Scouts identify which trees the leaf came from?

Touch

Ask the Joey Scouts to touch the trees and notice the differences that may exist. Why is one tree smooth and another rough? Does the same apply to leaves? Why are some crinkly or silky and other hard and dry?

What about the grasses within a park. Can the Joey Scouts decide which plant is a weed and which is a grass?

Ask the Joey Scouts open-ended questions that has their mind weighing up the available information or sharing ideas and thoughts with other Joey Scouts. Remember, each Joey Scouts opinion is valued and welcomed.

Here are some fun games just right to play in a park environment:

We're a happy family – circle game

Have the Unit form a circle and skip around singing: "We are a happy family, we have no time to sleep. Is it one, is it two, is it three or is it four?"

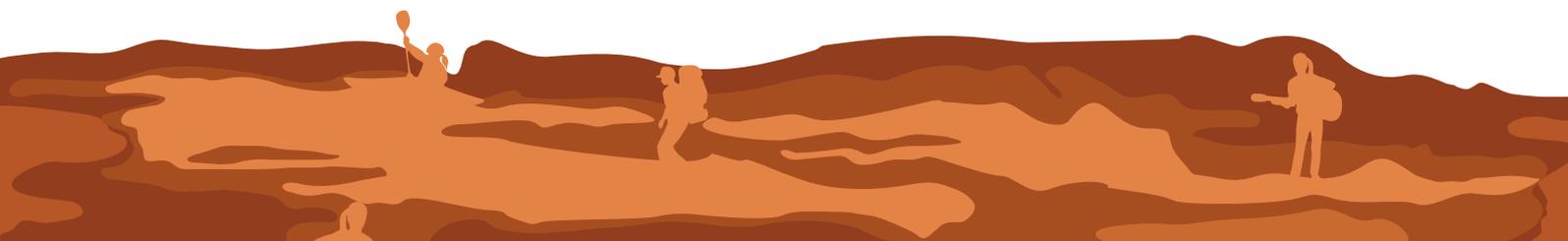
The Joey Scout or Leader leading the game then says a number, or claps a number and the Joey Scouts have to get into groups corresponding to that number. Those not able to get into a group or make up one have to answer a simple question. Then the round begins again.

Scatter – Unit game

All the Joey Scouts stand in a straight line with a line of rope parallel behind them say 15 paces away. One Joey Scout stands in front and begins to give orders for exercises such as touch your toes, or jump up and down, for the Joey Scouts to do. Suddenly the Joey Scout yells out "SCATTER" and all the Joey Scouts turn and race for the line of rope. If a Joey Scout is caught they give the orders for the next time.

Back-to-Back Race

Have the Joey Scouts pair off, ideally of similar height. They stand back-to-back and link arms so that one Joey Scout will walk forwards, and one will walk backwards. Pairs race to a given line and, without turning round, race back again. Why not have the Leaders race as well?



Magic Stick – Circle game

Equipment: Short stick

The Joey Scouts stand in a circle with a Joey Scout in the middle. The Joey Scout in the middle has the magic stick and does things with it. Everyone else has to copy the stick's movements. At some point the Joey Scout in the middle drops the stick and when it hits the ground everyone has to freeze. The last one to do so goes into the middle.

Circle It – Game

Equipment: A couple of balls of different sizes

Joey Scouts in a circle, another Joey Scout or Leader in the centre with a ball. The Joey Scout in the middle throws the ball to a Joey Scout who throws it to another Joey Scout and so on.

When caught, that Joey Scout puts their hands on their head to show that they have already caught the ball and passed it on. The trick is to remember which Joey Scout threw you the ball and who you threw it to.

The Ball ends back with the Joey Scout who was in the middle.

As a challenge, try balls of different sizes and if the Joey Scouts are really confident introduce a second ball circulating at the same time.

Kitchen Mime

The Joey Scouts sit in a circle and one Joey Scout starts off with a mime about doing something in the kitchen. When guessed, the next Joey Scout has a go.

OUTDOOR COOKING

If you have the opportunity for outdoor cooking on a campfire, here are some great recipes to try. Ensure your fire safety measures are in place and in need call on some Scouts to assist.

Apple Spice Delight

Core an apple.

Fill the hole with sultanas or dates and sprinkle with cinnamon.

Wrap in foil and cook in coals.

Chocolate Banana Surprise

Peel a strip down a banana to expose the inside.

Cut a small groove in the exposed banana and add a piece of flake, or chocolate buttons and small marshmallows, or sprinkle with Milo.

Replace the peel, wrap the banana in foil and place it in hot coals for about 10 minutes, turning frequently.

Chocolate Jaffas

You will need:

- 1 pack chocolate cake mix
- 4 to 6 large oranges
- 1 egg about
- 3/4 cup milk (for the cake mix)

What to do:

Cut off the top of an orange (but do not throw it away).

Using a teaspoon, gently scoop out the flesh without breaking the skin.

You do not need the flesh or juice.

Make up the cake mix following the instructions on the pack.

When the orange is hollow, pour the cake batter into the orange about half full.

Place the lid of the orange back on and carefully wrap in foil.

Place on the embers of a fire for about 15 minutes and turn frequently.

Damper

You will need:

- 4 cups self-raising flour,
- 50 grams butter,
- 1 cup caster sugar,
- 1 tablespoon cinnamon.
- Water for soft dough.

What to do:

Mix the flour and butter to make crumble (and add more butter if required).

Add sugar, cinnamon and water to make a dough.

Recipe 1: 4 cups self-raising flour, 600ml buttermilk

Recipe 2: Self raising flour, milk, pinch of salt

Make a scone dough with the ingredients, and add more flour if the mixture is too wet.

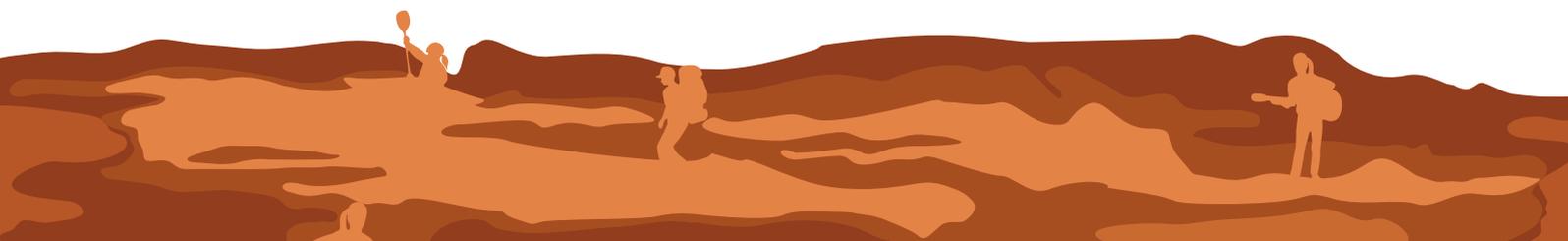
Wrap the mixture in a double thickness of foil and place it in hot coals for 10-15 minutes, or it can be cooked in the oven at 220 degrees C.

Damper is cooked when it sounds hollow when tapped.

Or roll a piece into a long strand and wind it around a green stick which has had the bark etc. scraped off and dipped in butter. Cook holding the stick over the hot coals.

Variations:

To the basic mix you can add sultanas, mixed fruit, grated cheese, chopped apples, and dates.



METRO MELBOURNE PROGRAM

INDOOR COOKING

Have you tried these simple cooking recipes?

Chocolate spiders

You will need:

- 100g packet Chang's fried noodles,
- 2 tablespoons crunchy peanut butter;
- 200g block of cooking chocolate,
- 1 packet silver cachous

What to do:

Microwave the chocolate and peanut butter for about 30 seconds (on high).

Continue at 5 second intervals until melted through, then mix well into a smooth paste.

Add noodles and mix through.

Drop dessert spoonfuls onto a tray lined with greaseproof paper.

Add silver cachous for eyes.

Refrigerate until set.

Monte Carlo biscuits

You will need:

- 1 1/2 cups self-raising flour
- 125g margarine
- 1/2 teaspoon lemon juice
- 3/4 cup sugar
- 1 egg
- 2 teaspoons custard powder
- A pinch of salt

What to do:

Melt the margarine, add the sugar and mix to a creamy consistency.

Beat in the egg and add the lemon juice, custard powder and flour.

Roll the mixture into small balls, place on a greased oven tray, press down with a fork

Bake in a moderate oven for 10 minutes or until golden brown.

Scones

You will need:

- Self-raising flour
- 1 cup milk
- 1 egg
- Sugar

What to do:

Beat the egg, add the milk and add sugar to taste.

Add the self-raising flour until you have a firm dough.

Roll out and cut into rounds with a scone cutter or glass.

Bake in a hot oven at about 270° for about 10 minutes.

Cheese chip biscuits

You will need:

- 60 g butter
- 90g grated cheese
- 1 cup crushed potato chips
- 1/2 cup plain flour
- Pinch of dry mustard
- Pinch of pepper

What to do:

Melt the butter in a saucepan, add the grated cheese, chips, flour, mustard and pepper, and warm until the cheese melts. Mix well.

Roll heaped teaspoonfuls into small balls and flatten with the fingers.

Place on greased oven trays and bake in a moderate oven for 10-15 minutes or until crisp.

Makes about 20.

Pizza

Use pizza bases or pita bread.

Place pizza sauce, shredded ham, cheese, pineapple pieces, mushrooms and capsicum on a table and allow the Joey Scouts to choose their own toppings to make a pizza of their choice.

Cook in the oven or electric fry pan.

