The magazine for Beaver Scout Leaders
August/September 2009

‘I am finally accepted for being me’
How Scouting transformed one leader’s life

Find your way
With our easy orienteering

BACK TO BEAVERS
Ideas for the new Scouting term

scouts.org.uk/pol
Raise awareness about how important rainforests are in the fight against climate change and fundraise for your school

My Rainforest Project is a new initiative that has been set up by My-Fundraising-Project, formerly known as My-School-Christmas-Cards, in conjunction with The Prince's Rainforests Project to bring your pupils' rainforest artwork to life. It offers your pupils an amazing opportunity to create a rainforest design they can use on e-cards and bookmarks for free and on a range of personalised products including cards, mugs, and reusable shopping bags.

10% OF ALL SALES GO TO YOUR SCHOOL
Hurry - project ends 31st December 2009

How the project works

1. Visit www.my-rainforest-project.co.uk and sign up. We will send you a user name and password to set up your account.

2. Log in and enter the classes and children who would like to take part. Print off template sheets for the children. Return the drawings to us.

3. We will upload the artwork so when you log in to your account you can print off FREE marketing letters for each child with a unique ID number to pass on to their parents.

4. Parents find their child's artwork online using the ID. Children download and print FREE bookmarks and send FREE e-cards featuring their design. Parents, friends and family can order any products with the design on.

The Prince's Rainforests Project
As part of this campaign, The Prince's Rainforests Project (PRP) has created a new website and Schools area, which provides a host of resources, activities and ideas about how you and your class can get involved. It also includes a short video featuring The Prince of Wales, some other well known faces and The PRP's rainforest frog.

The future of the rainforest is our future too
As we approach a new Scouting term, it’s time to think innovation, new Beaver Scouts and planning ahead, writes Jenny Winn

We hope you are looking forward to the start of a new term, welcoming new Beaver Scouts to the Colony and current members back for their second year. On page four, Emma Wood has included some activities which are particularly suited for the new term.

Autumn is around the corner and with it comes a rethink of how we run activities. We can still run outdoor activities with the Beaver Scouts, but with a difference. Ideas for autumn and winter outdoor activities could include star gazing, torch light walks and bonfire parties. Or, why not go for an adventure in the dark combining a torch light walk and star gazing? Even in built-up areas it is possible to see the constellations. Your only issue is choosing a night that is reasonably cloud free.

There’s still a few tickets left for Gilwell Reunion on 4-6 September. Book online at www.scouts.org.uk/reunion
As new children arrive in the Colony, it is a good idea to use cooperative games for at least the first few weeks – these are games where nobody is out, no one wins and no one loses. Six year olds can be sensitive and we don’t want to put them off staying in Beaver Scouts because they don’t like the games. When Beaver Scouting was first set up, leaders were encouraged to think more about using cooperative rather than competitive games. There is nothing worse than having over half the Colony sitting out, losing interest, while you finish the rest of the game with a couple of children.

For the first few weeks, it is a great idea to give all Members – and all leaders – a sticky label with their name written clearly on it. I’ve spoken to some Beaver Scouts who didn’t know the leaders’ names for several weeks, simply because the leaders never actually remembered to introduce themselves! Whenever new members start later in the year, make sure everyone says their name at the beginning of the meeting.

Take the time over the first few weeks to talk to the new children (as well as the rest of the Colony) about basic Scouting facts:
1. Baden-Powell was the Founder of The Scout Association and the first Chief Scout. Show his picture and talk about his army days. There’s some simple info at http://tinyurl.com/badenp
2. Explain to the Beaver Scouts who the new Chief Scout Bear Grylls is. Have they heard of him or seen him on television?
3. District/County/Group structure. Explain about Cubs, Scouts, Explorers and Scout Network. Talk about the District and the County. Show them the Beaver Scout badges they will wear on their uniform. Perhaps you could get a representative from each section to come along and talk for five minutes about what they do and show off their uniforms and badges?
4. Promise and motto. Talk about the Promise and motto. Run a simple activity where Lodges are given pieces of card with individual words on which make up the Promise and motto. Can they put them into the right order?
5. Ceremonies and investiture. Talk about opening and closing ceremonies. Why do we do these? Explain what will happen at their investiture. Talk to the rest of the Colony about what you expect of them during ceremonies and investitures. Make them fun but with a serious side, so that they can tell that it is a time to be quiet and stand or sit still.
Other suggestions…
• Invite all parents of new children along for the first couple of weeks. If you run a parent rota system, you probably won’t need to run one for these weeks. This is because if you add new parents to existing rotas, you’ll end up with too many adults and too little for them to do. Far better for the new parents to get involved and help, so they enjoy themselves more and feel included.
• Think about the structure of your meetings. Do you have juice and biscuits halfway through or at the end? Is there any need for this at all or have you ‘always done it’? It may give your parent helper something to do, preparing and clearing up but does it take too much time out of your weekly meeting and does it add to the Colony expenses?
• How do the Beaver Scouts assemble at the start and end of the meeting? Do they stand or sit in a circle, horseshoe or in Lodges? What is most suitable for your meeting place? Can all Beaver Scouts see what is happening all of the time?
• When giving out notices, consider sitting the Beaver Scouts in a circle with leaders in between. This prevents too much fidgeting and wandering about. They can stand up for the ceremony element, once the notices have been given out.
• Do you say a prayer at the end of your meeting? If so, is it suitable for all faiths?

The following games and activities should help you provide a great, inclusive welcome to your new Members…
Baden-Powell’s shelter

**you will need**
• blankets
• groundsheets
• tables
• chairs
• snacks (optional).

1. In Lodges, Beaver Scouts build a shelter that is big enough for their Lodge to shelter underneath.
2. Provide an array of items to help them build their shelter.
3. They could have a snack inside when completed.

Blanket game

**you will need**
• one blanket
• one beanbag.

1. Beaver Scouts sit in teams against the walls.
2. Place the blanket and beanbag in the centre.
3. The leader tells which team to go first, and they go to the blanket and lift it in the air. They must try to flip the bean bag in the air so it hits the ceiling (if you have vulnerable lights, have the players stand well away from them). How many times in two minutes can they hit the ceiling?
4. The next team has a go and so on until all teams have had a turn.

**Clumps**

1. Beaver Scouts are scattered around the room. The leader shouts out a number and the Beaver Scouts have to get into groups of that number.
2. No one is out but you should praise the first couple of groups to be sitting correctly and quietly.

Baden-Powell’s campsite

**you will need**
• modelling clay
• lolly/kebab sticks
• small pieces of cloth
• sample model for Beavers to copy.

Working in Lodges, pairs or individually, Beaver Scouts make a miniature tent using the items provided.

Name chucky

**you will need**
• one football.

1. Players stand in a circle.
2. One player throws a football to another, who says their name as they catch it.
3. This player throws it to another, with the catcher saying their own name.
4. Continue until everyone has had a few throws and catches.
5. For round two, a player throws the ball and calls the name of the player they are passing the ball to. This player catches it and calls the name of another player, throwing them the ball.
6. Continue until everyone seems to know everyone’s names.

**Good for**
Getting to know each others’ names
**Fruit kebabs**

**you will need**
- kebab sticks
- fruit, such as strawberries, bananas, apples and pineapple cut into small pieces
- chocolate sauce (optional)
- knives.

1. Beaver Scouts cut up the fruit under supervision and carefully skewer them onto the kebab sticks.

2. These can be dipped into chocolate sauce if required – this may help encourage non-fruit eaters to try unusual fruit.

3. Extend this by obtaining some unusual fruit (many supermarkets now stock weird and wonderful items, such as dragon fruit, star fruit and bananitos) and seeing if the Beaver Scouts can identify them. Let them taste them and add them to their kebabs.

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**Resources**

Are you confused about which resources are right for your role? The table below details which publications are essential, recommended or useful for each type of role in Beaver Scouting.

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**E** Essential – considered essential that an adult in this role has immediate access to this resource in order to fulfil the role.

**R** Recommended – access to this resource will help an adult carry out this role more effectively.

**U** May be useful – an adult in this role may find it useful to access this resource from time to time.
Life on Mars?

Create crafty creatures from another planet. The sky’s the limit, or is it? By Charlie Dale

Creating aliens is a chance for the Beaver Scouts’ imaginations to run a little wild. Get those felt-tipped pens and colouring pencils out and ask the Beavers to draw what they think an alien will look like. Ask them to think a bit about the planet the aliens come from. Does it have one sun like Earth or more than one? Does the alien planet have a moon, or even several? What effect would that have on life that grew up there? The Beavers can also draw the planet the aliens come from to show what it’s like.

Alien masks

**you will need**
- thick paper or thin card
- colouring pencils, felt tip pens, etc
- scissors
- ruler
- glue
- glitter
- string, cord, elastic or ribbon.

**What you do:**
1. The first thing to decide is what the shape of the alien head will be. Human heads, by and large, are oval in shape. If you’re going for the green bug-eyed monster look you’ll want something a little different.
2. Draw the shape of the alien head on to the card or paper, making sure it’s big enough to cover the face.
3. Cut the mask out.
4. Make holes for the eyes. A simple way to make sure the eye holes will be in the right place is to use a ruler to measure how far the eyes are from the top of your head – and how far apart they are – and then transfer the measurements to the mask.
5. Cut out the eyes, nose and any mouth holes. And who says your alien has to have two eyes, one nose, two ears and one mouth as humans do? Make them smaller than you think you need to start with. Hold the mask up to check everything is in the right place.
6. Decorate the alien to give it all its features.
7. When finished – and any glue has set – cut two small holes or slots on opposite sides of the mask. These are for string, cord, elastic or ribbon to be joined onto the mask, which you can then use to tie around the head and make sure the mask doesn’t fall off.
8. Now it’s time for a competition; who has made the best mask, whose is the scariest, whose is reckoned to be most like an alien?

Need antennae?

Here’s how to make yourself a set from pipe cleaners:
1. Depending on how long your pipe cleaners and how big your head is you will need anywhere between four and eight to make one set of antennae.
2. Take two pipe cleaners and join them at both ends to make a circle. Joins can be made by carefully twisting the ends together, just make sure there aren’t any sharp bits sticking out.
3. Check the fit of the circle. It’s better to be on the large side to start with, you can always make it tighter. Ideally you want it to sit just above the ears and just above the wearer’s hairline.
4. Add the antennae to the ring by twisting more pipe cleaners in place, again taking care to safely tuck in the ends. You can give the antennae a slight bend forward to make them look more realistic.
5. Finally you need to put something on the end of each antennae; scrunched up balls of tin foil or glued on balls of crepe paper work well.
### How will they get here?

The last thing to think about is what kind of spaceship the aliens use to reach earth? Some useful materials to use:
- paper plates (two stuck together can make a pretty good flying saucer)
- Inner tubes from kitchen towel (good for making rocket stages)
- plastic drinks bottles (another rocket favourite)
- Yoghurt pots (washed out, of course, good for making rocket exhausts)
- aluminium foil (gives everything that space, futuristic look)
- flat card or paper (ideal for making fins and other parts)
- drinking straws (useful for connecting multi parted spacecraft together).

### Dab hand with face paints?

If masks don’t appeal you could paint your alien faces directly onto the Beavers’ own faces. A word of caution: do make sure that their parents are made well aware of this before you start painting! A supply of soap and water is also necessary, as are some tissues and cleaning wipes. You can use the tissues to tuck into the Beavers’ collars while you’re applying the face paint, that way any slips shouldn’t paint their uniform too!

### Have you seen the SETI?

SETI stands for Search for Extra Terrestrial Intelligence – in other words it’s looking for life out in the universe. Scientists all around the world are busy listening and looking for signals and signs that might tell us we are not alone. Find out more: http://setiathome.berkeley.edu
This issue’s theme is horses, written by Emma Wood

POP
Programmes on a plate

<table>
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<tr>
<th>Activity/Game</th>
<th>Time</th>
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<tr>
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<td>5 mins</td>
<td>N/A</td>
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<tr>
<td>Game: Horse's tail</td>
<td>10 mins</td>
<td>Fitness</td>
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<tr>
<td>Activity: Rosettes</td>
<td>20 mins</td>
<td>Creative</td>
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<tr>
<td>Activity: Lucky horseshoes</td>
<td>10 mins</td>
<td>Creative</td>
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<tr>
<td>Game: Horseshoe tossing</td>
<td>10 mins</td>
<td>Fitness</td>
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<tr>
<td>Activity: Horse jumps</td>
<td>15 mins</td>
<td>Fitness</td>
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<tr>
<td>Closing ceremony</td>
<td>5 mins</td>
<td>Beliefs and Attitudes</td>
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<tr>
<td>Extra activity: Horseshoe biscuits</td>
<td>15 mins</td>
<td>Creative</td>
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Visits

Either visit a blacksmith or find a mobile blacksmith to visit the Colony. Ask a rider to bring along a horse or saddle, helmet, boots and so on and talk about them.
### Method | Instructions
--- | ---
Follow themes | Introduce the theme for the evening. Talk about horses. Do any of the Beaver Scouts go horse riding? Do any of them have a horse?

Play games | You will need: Scaves.<br>- Beaver Scouts tuck their scarves a little bit into the tops of their trousers, at the back to make a ‘horse’s tail’.<br>- Everyone runs around the hall and try to pull someone else’s tail out.<br>- If their tail is pulled out they can continue to run around but cannot pull another’s tail out.<br>- Game continues until no one has a tail.

Make things | You will need: a copy of a rosette template sheet (www.tinyurl.com/horserosettes), a safety pin, scissors, glue and pens.<br>- Colour in all the shapes and cut out<br>- Stick the small end of the small shapes onto the outside edge of the large circle.<br>- Attach the two long shapes so they hang down from the rosette.<br>- Cover up the rough inside edge by sticking the smaller circle in the middle.<br>- Attach the safety pin to the back of the rosette.<br>- Award the rosettes to winners of your horsey games.

Make things | You will need: Sheets of card, each with a horseshoe shape printed on, scissors, silver foil.<br>- Beaver Scouts are given a piece of printed card.<br>- Using scissors, they cut out the shape and cover with silver foil.

Play games | You will need: Horseshoes from the activity above, a cricket stump or similar (per team).<br>- Beaver Scouts line up in teams.<br>- The cricket stump is placed a few metres away from them.<br>- Players take it in turns to throw their horse shoe to see if they can loop it around the cricket stump.<br>- Which team gets the closest?

Follow themes | You will need: Equipment for an obstacle course, stopwatch.<br>- Set up an obstacle course with small jumps, obstacles and so on.<br>- Each Lodge takes it in turn to run round the obstacle course.<br>- The Leader times individuals and their times are added together to get the Lodge time.

Follow themes | Hand out rosettes and horseshoes.

Make things | You will need: 175g (6oz) butter; 175g (6oz) caster sugar; 2 egg yolks, beaten; 30ml milk; 1tsp vanilla essence; 250g (9oz) plain flour; ¼ level teaspoon salt. Baking trays (greased), oven, plastic knives, rolling pins, extra flour.<br>- Grease the baking trays. Cream butter and sugar, beat in egg yolks, milk and vanilla essence. Mix in flour and salt to make a smooth dough.<br>- Give a blob of dough to each Beaver Scout.<br>- They roll it out and using the plastic knife, cut out a horseshoe shape.<br>- Place on the baking trays.<br>- Cook in the oven (190C/375F/Mark 5) for approximately ten minutes.<br>- Leave to cool.

Either visit a blacksmith or find a mobile blacksmith to visit the Colony. Ask a rider to bring along a horse or saddle, helmet, boots and so on and talk about them.

For more great ideas visit www.scouts.org.uk/pol
‘Looking different has been hard at times but everywhere I have gone I have worn my uniform with pride and been accepted for being me’

When Nicole Jefferies was left with horrific burns in a house fire she thought her life was over. That was until she discovered Scouting

‘I was in a house fire eight years ago. A third of my body was burned, with third degree burns to my legs, arms, hands, face and skull. The first time I saw my face in a mirror on the ward. I struggled to the bathroom and caught sight of myself. I just thought “oh my God”. They had shaved all my hair off and my face was all swollen. I knew that second I was never going to look the same ever again.

‘When I was released from hospital I became very withdrawn, I lived by myself and I didn’t go out. I would only ever go out to do my shopping and even then it would be early in the morning when no-one else was around. I would whizz round the aisles as fast as I could. I lived my life like that for about five years.’

Finding acceptance

‘When I moved to Portsmouth two years ago I decided that I needed to become part of society because I wasn’t happy. I’d seen a lot of Scouting on TV and in the papers during the Centenary year so I thought I’d give it a go.

‘I spoke to Bernie Clark, leader of the 62nd St Phillips Portsmouth Scout Group about volunteering. He was keen to get me involved with the Beaver Colony. He then took me along to the Colony. I introduced myself and said to the Beavers, “I look a bit different because I was in a fire but I’m ok now”. They accepted me, as did the parents, which was nice, as it’s generally adults who stare more than children.’

Scouting with disabilities

‘My hands are badly disfigured, as I lost my little fingers and finger tips. This makes using scissors or pens difficult, especially demonstrating craft activities, but I have great support. It definitely hasn’t hampered my enjoyment and the Beavers certainly don’t have an issue with it. The fact I can’t make the Scout sign is very frustrating though.’
Training grounds
'I have just completed my last module for my Wood Badge, which was Nights Away. I was really nervous about this particular module as it is very hands on and I did not want the group to suffer because of my disabilities. But how wrong I was! ‘As part of it we had to pitch four different types of tents. I knew how to pitch them all but demonstrating was quite difficult so I tried to give clear and precise instructions, which worked well. Working as part of a team was great. I think that’s what Scouting is all about - it gives people the chance to recognise everyone’s skills and learn from each other.’

Friends for life
'I have made so many friends already in Scouting. Looking different has been hard at times, such as when I attended my first District camp, my first Fellowship meeting, and my first Scout Troop meeting but everywhere I have gone I have worn my uniform with pride and have been accepted for being me.'
St Andrew’s Day is on 30 November. He is best known as patron saint of Scotland, but is also the patron saint of Russia, Greece and Romania. The St Andrew’s cross is a white diagonal cross on a blue background, representing the diagonal cross on which he was crucified by the Romans. He is said to have appeared in a vision to King Angus of Scotland, promising that the king would be victorious in a battle with his enemies. As the two armies advanced, the clouds in the sky were said to form a diagonal cross. On winning the battle, King Angus declared St Andrew his country’s patron saint and adopted his cross for its flag. Scots celebrate the day with traditional Scottish food and dancing. If you can get hold of some Scottish music, why not play some at your meeting and perhaps even introduce some simple dancing steps? Get your Beavers in the mood by kicking off with some Highland games.

Scottish clans
Each Scottish clan has several tartans that were originally used for different occasions, such as hunting, fighting and formal dress. You can find a comprehensive list of Scottish clans on www.tartans.scotland.net. Just click on ‘find a tartan’, then click on a name and you will see an illustration of one of their tartans. If any of your Beavers have Scottish surnames, they will almost certainly be represented here, but any name is worth looking up. You will find some you never realised were Scottish! Books are also available with pictures of the tartans and a brief history of each one. Two recently published ones are Tartan: An Illustrated Directory and Clans and Tartans of Scotland by Iain Zaczek. If you are based in Scotland, you will probably find many more. Many of these are very complex woven patterns, but the Beavers could design a simplified version to make their very own tartan.

Flying Scotsman
Try out your tartan making skills in preparation for St Andrew’s Day, writes Maggie Bleksley
**Design your own tartan**

### you will need
- paints, crayons or pastels (not ordinary felt pens, as they don’t blend well. Brush markers would be ideal, but they are expensive.)
- paper (plain or squared)
- rulers may be useful if not using paints.

1. Ask the Beavers to create a pattern using two to four of their favourite colours.
2. They should finish using one colour before starting another to make thick horizontal and vertical lines in two or more colours.
3. The colours should blend where they cross, to resemble woven cloth.
4. They can fill in the spaces with one or two other colours.

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**Find the Loch Ness Monster in the porridge**

Have a plastic sheet or plenty of newspaper to cover the floor, as this game is very messy. If washing facilities are not close at hand, a bowl of soapy water and a towel will be useful for afterwards.

### you will also need
- a large saucepan
- a packet of instant porridge
- hot water
- a wooden spoon
- a small toy dinosaur
- an empty plastic drink bottle.

Prepare your porridge earlier in the meeting, so that it will have time to cool! In the saucepan, mix the porridge oats with as much hot water as you need to make a gooey mixture.

To play the game:
1. Hide the dinosaur in the porridge.
2. Sit the Beavers in a circle, with their sleeves well rolled up, and then spin the bottle.
3. Whoever it points to must find the monster in the porridge.
4. Play until everybody has had a go (unless any Beavers have a violent dislike of getting messy!)

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**Find the Loch Ness Monster (a clean version!)**

For those who don’t fancy dealing with a porridgey mess, this team game is a cleaner way to remember Nessy.

1. Divide the Colony into teams of up to six.
2. For each team, place a chair at each end of the room, directly opposite each other.
3. Half of each team sit at one end of the room, while the other half sit at the other end.
4. Starting with one Beaver in each team, on the signal to go, they have to run to the opposite end to collect one of their team members, who holds the waist of the leading Beaver and they head back to collect the next team member.
5. This continues until all the Beavers in the team are making the Loch Ness Monster who, when complete, has to do a full lap of the team’s chairs and be seated to win.
Out and about

We did basic some orienteering at the end of the summer term, so that we could extend the meeting by an hour or so. It worked a treat.

We split the Beavers into three groups. The previous week, the Beavers were given letters to take home explaining that the following week they were to rendezvous at a certain place.

Each group was led by a leader, assisted by at least two adults. They followed a route drawn on the map, finding hidden markers (laminated pictures of finches) as they went and stopping to take basic compass bearings along paths and other sightlines at set points. In between they had a wild flower/tree sheet on which they could tick off species which they found.

Such an expedition would work just as well in an urban environment, with the Beavers following a street plan and perhaps, spotting road signs, although the presence of roads will necessitate hawk-like supervision.

If the activity is roughly two hours’ long it will count as a hike away for the Staged Activity Badge.

Reading a map is something everyone should be able to do, while using a compass is a basic Scouting skill. Orienteering, or bramble-thrashing as it is affectionately known, it is a fun way to learn – you’ll be amazed at which Beavers prove to be the star navigators!

Simple orienteering exercises can prepare your Beavers for that most essential of Scouting skills – map reading. Ruth Hubbard helps you get your bearings.

Which way north?
There are several points to bear in mind when planning an orienteering trip:

- Each route must be thoroughly checked beforehand for nettles, barbed-wire, building sites and other hazards. You will need to hide your markers in any event.
- Try to avoid busy roads.
- Each party should have at least one charged-up mobile into which the numbers of the other leaders have been programmed.
- Each leader should carry a rucksack containing the usual gear – drinks, biscuits, groundsheet, first aid kit, map, whistle, torch, and so on. It’s a great opportunity to discuss what should go in a rucksack, which is part of the Outdoor Challenge.
- The recommended minimum ratio is one adult to six Beaver Scouts plus the leader in charge, however I use a minimum of three adults, even if you only have six Beavers: one to go for help in the event of an emergency and two to stay with the Beavers.

**Magnetic north**

A great starting point is to explain about magnetic north and then to get your Beavers to make a compass. Simply stroke the length of a long pin with a magnet, making sure you always stroke in the same direction; lay the pin in a groove in a slice of cork and float it on a saucer of water. The needle will always point to magnetic north, and your Beavers will be staggered. Once they’ve mastered this you can then use the compasses to follow a set of instructions (eg ‘one unit north’, ‘three units north west’) around a large grid laid out on the ground, aligned north, south, east and west.

**you will need**

- one compass per Lodge
- A4 paper with grid
- items to mark out a large grid on the floor
- pencils.

Start each Lodge at a different point of the grid (mark your starting points with a balloon for example). Beavers then move from one marker to the next, following their instructions and mapping their movements on a small grid.

**Top tips:**

- Lay out your grid before the meeting as it can be tricky.
- With imagination the instructions will result in each Lodge drawing out the shape of an animal or letter.

Our Beavers absolutely loved orienteering. Some were worn out by the time they got back to our meeting place, but they still ran the last 100 metres on hearing about the sausages and ice cream we had provided. Two weeks later we went orienteering on our sleepover and one of them, when asked where he thought the next marker would be, replied ‘it will be where a footpath comes in from over there, just when our track starts to go downhill. I can tell because of those brown lines you told us about.’ I nearly fell over!

**more info**

Factsheets Mapping (FS315081) and Compass (FS315074) are available from www.scouts.org.uk/infocentre

Search ‘map reading’ on www.scouts.org.uk/pol

See page 40 of last issue’s Scouting magazine
Magnetic north

A great starting point is to explain about magnetic north and then to get your Beavers to make a compass. Simply stroke the length of a long pin with a magnet, making sure you always stroke in the same direction; lay the pin in a groove in a slice of cork and float it on a saucer of water. The needle will always point to magnetic north, and your Beavers will be staggered. Once they’ve mastered this you can then use the compasses to follow a set of instructions (eg ‘one unit north’, ‘three units north west’) around a large grid laid out on the ground, aligned north, south, east and west.

you will need
• one compass per Lodge
• A4 paper with grid
• items to mark out a large grid on the floor.
• pencils.

Start each Lodge at a different point of the grid (mark your starting points with a balloon for example). Beavers then move from one marker to the next, following their instructions and mapping their movements on a small grid.

Top tips:
- Lay out your grid before the meeting as it can be tricky.
- With imagination the instructions will result in each Lodge drawing out the shape of an animal or letter.

There are several points to bear in mind when planning an orienteering trip:
• Each route must be thoroughly checked beforehand for nettles, barbed-wire, building sites and other hazards. You will need to hide your markers in any event.
• Try to avoid busy roads.
• Each party should have at least one charged-up mobile into which the numbers of the other leaders have been programmed.
• Each leader should carry a rucksack containing the usual gear – drinks, biscuits, groundsheet, first aid kit, map, whistle, torch, and so on. It’s a great opportunity to discuss what should go in a rucksack, which is part of the Outdoor Challenge.
• The recommended minimum ratio is one adult to six Beaver Scouts plus the leader in charge, however I use a minimum of three adults, even if you only have six Beavers: one to go for help in the event of an emergency and two to stay with the Beavers.

Our Beavers absolutely loved orienteering. Some were worn out by the time they got back to our meeting place, but they still ran the last 100 metres on hearing about the sausages and ice cream we had provided. Two weeks later we went orienteering on our sleepover and one of them, when asked where he thought the next marker would be, replied ‘it will be where a footpath comes in from over there, just when our track starts to go downhill. I can tell because of those brown lines you told us about.’ I nearly fell over!

more info

Factsheets Mapping (FS315081) and Compass (FS315074) are available from www.scouts.org.uk/infocentre
Search ‘map reading’ on www.scouts.org.uk/pol
See page 40 of last issue’s Scouting magazine
Great grills

Barbecues are one of the nation’s favourite summer pastimes. Eat in Colour rustle up a healthy option to help your Beavers complete the Healthy Eating Activity Badge.

Remember to include some colour on your grill by preparing easy to make sizzling salads to serve up alongside the traditional bangers, burgers and drumsticks.

For loads of simple recipes and top tips for salads, dips, sauces and desserts to ensure your barbecue is anything but dull, visit the Eat in Colour website at www.eatincolour.com. Why not arrange a Colony outing and come armed with loads of fruit and veg. Try to include unusual varieties which the Beaver Scouts may not have tried before – you could take the opportunity to help them earn their Eat in Colour Healthy Eating Activity Badge at the same time!

**Vegetable kebab**

You will need:
- skewers
- cherry tomatoes
- red onion, chopped
- button mushrooms
- courgettes, chopped into cubes
- aubergines, chopped into cubes
- par-boiled new potato.
- red peppers, chopped
- olive oil
- brush

Skewer all the pieces and brush with olive oil and grill over the coals until golden brown.

Hey presto! The perfect veggie kebab. For the perfect barbecue dessert place a variety of fruits on a skewer and pop them on the grill delicious with a drizzle of chocolate sauce!

Visit www.eatincolour.com to learn more about quick, easy and tasty ways to enjoy fruit and vegetables all year round.

**Spicy tomato salsa**

You will need:
- 500g of fresh tomatoes
- 1 tbs coriander leaves, chopped
- 1 spring onion, washed, and roughly chopped
- 1 tbs tomato chutney or ketchup
- ¼ tsp chilli powder

Pop all the ingredients in your food blender for a few seconds and whiz until you have a chunky salsa. Keep refrigerated until you need it. If you can’t get hold of fresh coriander, use parsley instead.

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