



In and out
of doors



In and out of doors Challenge Sheet

Whilst you may still be out and about with your family during the day, you will probably be holding your Unit meetings indoors in this, the coldest and darkest part of the year. Now is the time to be enjoying activities that are fun to do indoors, but which can be taken outdoors later in the year for even more fun! This Challenge Sheet contains ideas which can be enjoyed by individuals working alone, or in groups as a six, patrol or Unit.

The badge which accompanies this Challenge Sheet can be added as a body segment to your Rustle, Bustle & Squeak Caterpillar. It is earned by completing one of the activities listed below and is available to buy from the Region's online shop.



Activity



Peculiar Planters

Plant some herbs, or tree seeds, in edible containers. Try using the empty skin of half a grapefruit, orange or lemon; make small holes in the bottom of the skin, add some soil, poke the seeds in – it's best to use a pencil for this – then water them carefully! Once the seedlings start coming up in the spring, the whole thing, including the fruit skin, can be planted outdoors!

You can do the same thing with a box of eggs. Carefully remove the top of the eggs that you use for cooking, and put the empty shells back into the box. (You don't need to wash the egg shells first unless you want to.) Fill the empty shells with soil, poke the seeds in and water them carefully.



Activity



Cracking the Codes

Learning the Green Cross Code, the Country Code and the Water Safety Code will be useful, and you'll be able to put them into practice when the weather gets warmer.



Activity



The Big Garden Birdwatch

The Big Garden Birdwatch takes place every year at the end of January and Rustle, Bustle & Squeak always like to take part. Check the RSPB's website to find out the dates and how to register. You can take part as a group or as individuals.



Activity



A New Year Bird Wreath

To encourage birds into your garden, make them a New Year wreath. You can buy a bare wreath, or make one using garden wire to tie long twigs together in a circle. Mix some soft lard into a paste in a bowl, add birdseed, breadcrumbs, and grated cheese. This can be smeared over the wreath, or over pine cones which you attach with wire to the wreath. You can add dried fruit and nuts to the wreath as well.



Activity



Spotter Sheets

Make your own spotter sheet by taking photographs, or drawing pictures of birds, plants and trees from your garden or the park. Paste the photographs and pictures onto an A4 sheet and challenge your unit to identify them. Or perhaps your unit could do this together using a PowerPoint so that it can be seen by all the girls.



Activity



Make Seed Bombs

In a bowl, mix 1 cup of seeds (use wildflower mixes or easy to grow annuals), with 5 cups of compost and 2 to 3 cups of clay powder (available from craft shops). With your hands slowly stir in water a little at a time until the mixture sticks together, then roll this into firm balls. Then you can go outside and throw your bombs onto bare patches of the garden - or maybe there is a piece of waste ground near your meeting place that would benefit from some pretty flowers. Don't forget to check to see if your seeds are coming up next spring!



Activity



Window Box Wildlife - Give Nature a Home!

Fill a window box with compost and dig a hole to hold an empty yoghurt pot which will fill with rain water and make a small pond. Add a rock for small wildlife to climb on, and a piece of log that stands up out of the compost. You could just leave the window box like that and allow weeds and lichen to grow and start to colonize it, or you may prefer to add a few small plants to give it a start. Find somewhere to stand the window box for easy inspection, such as on a garden bench, and look at it every day making notes of what you see. You could take a photograph once a week and spot the changes!



South West England



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