

Mars

28 Nov 17:30
Duty six : Green

Start	Time	Activity	Requirements	Instructions	Scouter
Exploring space can be dangerous. We should always be prepared					
28 Nov 17:30	5	Activities : Opening	Register, beans, flag, totem and skin	Grand Howl Flag Break Register Inspection - belts and shoes	Akela
Plasters are the most useful part of our first aid kit because we use them so often.					
28 Nov 17:35	5	Game : Band-Aid Tag		<p>There is no "it" in this tag game! All Cubs can tag and be tagged. When a Cub is tagged, they put a hand on the spot where they were tagged—that's the "Band-Aid." Then, they can keep playing, using their free hand to tag others.</p> <p>If they get tagged again, they'll need to use their other hand as a second Band-Aid, but they can still keep playing! A third tag sends them to the "hospital" (a designated spot near the playing area). Once there, they can perform a predetermined action, such as hopping on one foot for a count of 10, to heal their wounds and then return to the game.</p>	Other
Lets put together our own emergency kits to keep on us at all times					
28 Nov 17:40	15	Activities : First Aid Kit	Some plasters or dressing strips – to cover blisters, cuts and grazes. Notepaper and a pencil – for jotting down a message or some information. Some safety pins – these have many uses. A plastic bag — which can be used as an emergency drinking Cup, or to carry water, or for helping an injured person who is bleeding. A pair of tweezers with blunt ends – to remove thorns and splinters. Alcohol swab Gloves Plaster or two Small piece of card with emergency numbers Needle and thread (optional) Container Red tape	Silver Wolf - First Aid: Make a simple emergency kit and know how to use it When discussing this requirement with your Cubs, make sure that you have a couple of examples to show them. Remember that this emergency kit should be small and compact enough to fit into the uniform pocket. It may be in a small tin, plastic container or just a plastic bag, but it must be waterproof. The items can be changed according to what you think is most useful. They need to know how to use each of the items in their kit.	Baloo
Navigating with the stars may not be possible tonight with the clouds - lets learn the constellations so we can find them in the skies.					
28 Nov 17:55	35	Activities : Pinhole Planetarium	Plastic bowl with lid per Cub Black spray paint Electrical wire (pre-solder to LED and veroboard) 3W White LED per Cub 2 AA Batteries per Cub	Spray paint the bowls and lid black. In the bowl, punch small pin holes in the shape of the constellations, using the template below. On the lid, build the circuit as follows: <ul style="list-style-type: none"> • Tape/glue the LED with two wires to the centre of the lid 	Mang

			<p>Veroboard Insulation tape Split pins Metal paper clips Pin Constellation template (attached)</p>	<ul style="list-style-type: none"> • Connect the batteries together with insulation tape, facing opposite directions and touching the veroboard piece provided. Test that current is flowing • Place the small veroboard connected to LED onto a strip of insulation and attach to the battery pack • Bend the paper clip into the shape of a switch. Measure the distance and place the two split pins at the measured distance by pushing the legs through the lid • Connect the wires to the split pins • Paper clip acts as the switch • Attach battery pack to side of the lid and tape in place • Place the bowl back on the lid. Use the paper clip to switch on and off 	
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Turn off the lights and see the stars

28 Nov 18:30	5	Activities : Juice and biscuits		Juice and biscuit break	Akela
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How would you use those emergency kits?

28 Nov 18:35	10	Activities : First Aid Silver Wolf	<p>First Aid kit (not necessary but to show them where it is kept and what is in it that can be used in an emergency)</p>	<p>First Aid</p> <ol style="list-style-type: none"> 1. Know the importance of summoning adult help in the case of accidents. 2. Show how to treat a simple cut and graze. 3. Show how to treat a bleeding nose. <p>Can use a fake wound for the cut/graze to make the activity more realistic.</p> <p>Include burns if wanted as this is a common hazard at camps and in the kitchen that is not covered.</p>	Mang
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So, if there are no stars, how else can we find our way without a compass?

28 Nov 18:45	10	Activities : Finding North	<p>stick stones</p>	<p>Which way is north? Whether you're lost in the woods or you're trying to install a sundial in your yard, you're bound to want to find true north from time to time, and chances are when the time comes you won't have a compass. What's more, even if you do have a compass, it will point to magnetic north, which changes with your location in the world.</p> <p>The Shadow-Tip Method</p> <ol style="list-style-type: none"> 1 Place a stick upright in the ground so that you can see its shadow. Alternatively, you can use the shadow of a fixed object. Nearly any object will work, but the taller the object is, the easier it will be to see the movement of its shadow, and the narrower the tip of the object is, the more accurate the reading will be. Make sure the shadow is cast on a level, brush-free spot. 2 Mark the tip of the shadow with a small object, such as a 	Akela
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			<p>pebble, or a distinct scratch in the ground. Try to make themark as small as possible so as to pinpoint the shadow's tip, but make sure you can identify the mark later.</p> <p>3 Wait 10-15 minutes. The shadow tip will move mostly from west to east in a curved line.</p> <p>4 Mark the new position of the shadow's tip with another small object or scratch. It will likely move only a short distance.</p> <p>5 Draw a straight line in the ground between the two marks. This is an approximate east-west line.</p> <p>6 Stand with the first mark (west) on your left, and the other (east) on your right. You are now facing mostly toward true north, regardless of where you are in the world. The illustration shows that the sun and marker at Points 1 is what is happening for Step 2. At Points 2, it shows what is happening for Step 4. This method is based on the fact that the sun moves across the sky from East to West.</p>	
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See you all next week for our final programme of the term.

28 Nov 18:55	5	Activities : Closing	Totem, Skin Badges, certificates	Announcements Badge handouts Grand Howl Flag Down Prayer Dismiss	Akela
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Pinhole Planetarium

Category	Activities
Badge	Skies
Time to allocate (mins)	35
Outcome	Basic electronics project to create a pinhole planetarium of some of the major constellations in the southern hemisphere
	Plastic bowl with lid per Cub
	Black spray paint
	Electrical wire (pre-solder to LED and veroboard)
	3W White LED per Cub
	2 AA Batteries per Cub
Resources	Veroboard
	Insulation tape
	Split pins
	Metal paper clips
	Pin
	Constellation template (attached)
	<p>Spray paint the bowls and lid black.</p> <p>In the bowl, punch small pin holes in the shape of the constellations, using the template below.</p> <p>On the lid, build the circuit as follows:</p> <ul style="list-style-type: none">• Tape/glue the LED with two wires to the centre of the lid• Connect the batteries together with insulation tape, facing opposite directions and touching the veroboard piece provided. Test that current is flowing• Place the small veroboard connected to LED onto a strip of insulation and attach to the battery pack• Bend the paper clip into the shape of a switch. Measure the distance and place the two split pins at the measured distance by pushing the legs through the lid• Connect the wires to the split pins• Paper clip acts as the switch• Attach battery pack to side of the lid and tape in place• Place the bowl back on the lid. Use the paper clip to switch on and off
Instructions	

Documents

Constellations [constellations.png](#)
Instructions with photos [Pinhole_Planetarium.docx](#)
