

Robin Hood

17 Nov 17:00

Duty six : Purple

Start	Time	Activity	Requirements	Instructions	Scouter
Our superhero today wasn't necessarily super but he was renowned for his skill with bow and arrows					
17 Nov 17:00	5	Activities : Opening	Register, beans, flag, totem and skin	Grand Howl Flag Break Register Inspection - belts and shoes	Akela
Robin Hood and his outlaws were famous for moving without sound and being almost invisible.					
17 Nov 17:05	10	Game : Red Light Green Light		Red Light, Green Light Another classic childhood game. Here are some tips for using this game to work on the Cubs listening skills: Once the Cubs gets the hang of the concepts of green-means-go and red-means-stop, add in another color "light" to the mix! eg. Purple Light means you jump like a bunny! Yellow Light for crawling, Orange light for turning around, Blue light for clapping...you get the idea. Instead of colours, you can use road signs with different actions for each one. Set up as a road that they have to follow, doing the actions as they go. You can then slowly take the signs away and have your Cubs play JUST by listening.	Akela
Robin Hood was always looking after those who were poor. We are working on a project with HHCU so we are making something special for the horses there					
17 Nov 17:15	15	Activities : Fly Spray	<ul style="list-style-type: none"> • 16 oz. Spray Bottle • 2 cups Raw Apple Cider Vinegar • 1 Tbs. Mineral Oil* • 1/2 Tbs. Liquid Dish Soap • 30-40 drops of a Bug Repelling Essential Oil Blend • OR 30-40 drops of any combination of the following oils: • Citronella, Eucalyptus, Lemon Grass, Basil, Peppermint, Cedarwood, Lavender, Tea Tree, Rosemary 	Instructions <ul style="list-style-type: none"> • Add all ingredients to the spray bottle • Gently shake before use • Spray on horses and livestock as needed, being careful to avoid the eyes and nose • Store in a cool, dark place 	Akela
Making these would be the same in Robin Hood's days because we are using natural ingredients that could be used then, just like now.					
17 Nov 17:30	15	Activities : Horse Treats	1 large Carrot 1 large Apple 1 cup Molasses 2 1/2 cups old-fashioned Oats 2 Tablespoons Oil	Shred the carrot and the apple into a large bowl. You can use a food processor to shred if you don't want to do it by hand. Add in the oil, oats, and molasses to your mixing bowl. Stir to combine well so that all the oats are covered in the molasses. Pour the mixture into a 9x13 greased baking sheet. You can use a cookie sheet if you have one with sides on it. Pat the treats down with a spoon or with your fingers so they are flattened into the pan.	Akela

				<p>If you don't want to grease the pan or if it hasn't worked for you in the past with this recipe, use a wax paper lined baking sheet instead.</p> <p>Bake at 200 degrees for about 40 minutes or until they begin to get crispy.</p> <p>DO NOT OVER COOK THEM! It's very important to watch the treats as they cook in the oven (no matter what time my recipe is for) and watch for doneness. Your oven might cook much slower or faster than mine and this is a particularly picky recipe.</p> <p>Remove the treats from the oven when they are golden brown (NOT BURNT!) and let them cool for a while. The treats will harden slightly as they cool. Once they are hardened you can score them into pieces.</p> <p>Variations for Homemade Horse Treats</p> <p>If you are having a hard time getting these to stick together, add in a little bit of whole wheat flour (and a little more moisture like vegetable oil or coconut oil) to give them something more to help them stick.</p> <p>Replace some of the molasses with 1/2 cup peanut butter to give it a different flavor for your pet.</p> <p>You can use quick oats if you don't have old fashioned oats. That may also help them stick together better. You could even use steel-cut oats if that's all you have.</p> <p>Replace the oats with oat flour.</p> <p>Replace the shredded apple with applesauce. (This variation will work even better if you are using flour in your recipe as well.)</p> <p>Add in a bit of flaxseed (whole or ground) for added nutrition.</p>	
I think you all deserve a break after that - sharing food and drink was how the Outlaws also helped people					
17 Nov 17:45	5	Activities : Juice and biscuits		Juice and biscuit break	Akela
Practice your shooting so that you can be as good as Robin Hood one day					
17 Nov 17:50	15	Activities : Khoi San Bow and Arrows	<p>Materials:</p> <p>PVC piping (approx 96 cm long and 1.5 cm in diameter) or bamboo stick</p> <p>strong string</p> <p>2 bamboo canes (approx 55cm long)</p> <p>felt</p> <p>elastic band</p> <p>duct tape</p>	<p>Drill a hole through both ends of the PVC piping, making sure to keep it straight and that it comes through the other side.</p> <p>Tie the string through the first hole and knot it tightly. Then pull it very taught (ask someone to help) and then tie it through the inside hole on the other end. The bow should be bent into an arc shape and the string needs to be as taught as possible. (The string on ours measures 74 cm when taught.)</p> <p>Because of the strength of the materials, the bow will retain its shape and stay strong and tight.</p> <p>To make the arrow, add a little piece of folded felt (or newspaper/ cloth) at the end of the bamboo cane, then wrap</p>	Akela

			<p>Tools:</p> <p>drill</p> <p>scissors</p>	<p>over the top of it with duct tape to keep it in place.</p> <p>Cut some large oval type shapes from felt and wrap one over the end of each arrow, keeping them firmly in place by fixing them around the middle with an elastic band.</p> <p>On the opposite end, cut a small notch into the wood, right in the centre, using a small saw, so that the bow can be pulled back into the string to line it up.</p> <p>That's all there is to the arrows! The ends should feel soft and firm and won't hurt at all when they are shot out using the bow. How to make DIY arrows</p> <p>Add different coloured tapes to the bow and arrow sets as you make them. That way each child knows which is their own arrows as it will match their bow.</p>	
Robin Hood used to scale the walls of castles using a rope ladder. Let's make one to see how it is done.					
17 Nov 18:05	15	Activities : Rope Ladders	rope, staves	<p>Make a rope ladder as per below instructions:</p> <p>Cubs to then make their own versions of the rope ladders using string and sositie sticks.</p>	Akela
Although Robin Hood was an anti-hero, he also did some good turns just like Cubs do.					
17 Nov 18:20	10	Activities : Closing	<p>Totem, Skin</p> <p>Badges, certificates</p>	<p>Announcements</p> <p>Badge handouts</p> <p>Grand Howl</p> <p>Flag Down</p> <p>Prayer</p> <p>Dismiss</p>	Akela