Grove Scout Group Virtual Camp Spring 2021

Zone Information:
Pyjama Zone

Relax at home in your pyjamas or comfy clothes but try something a little different.

Family and Fun

The theme for this event is 'Family and Fun'. All the activities have been planned so that Beavers, Cubs, Scouts and any other siblings in the house can participate together. All activities are suitable for young people from 6+ and the current coronavirus restrictions of 'Household + 1' for recreation or exercise.

The weekend is intended to be fun, not stressful, so please take on the zones that will create positive experiences and happy memories for you and your family.

A word on safety

Circumstances mean that we cannot provide direct supervision for this event. All the activities have been planned to be suitable for most family groups.
All activities must be completed under the supervision of a parent, guardian or another suitable adult chosen by the parent or guardian. The responsible adult must consider the safety guidance provided in relation to their own group and working environment before proceeding with the activity.

If once you have reviewed the detailed activity instructions you would like more information or guidance to help you and your group stay safe, then please email gsl_grove@kascouts.org.uk

The Key Safety Points for this zone are:

1. Cuts and scrapes – knives, scissors or the sharp edges of other materials could cause cuts or scrapes to the body, particularly hands. Adults should supervise young people around these sharp objects, show them how to work safely with these sharp items and depending on the confidence and experience of the child you may need to do some bits for them.

2. If you decide to try the yoga and you are not used to doing these types of thing start slowly and take it gently.

Pyjama Zone

There are seven ideas that you might like to try whilst in this zone.

1. **Pyjamas for Wellbeing**
2. **Pyjamas online**
3. **Fruity Pyjamas**
4. **Pyjamas on the sofa**
5. **Pyjamas in the garden (or at the window)**
6. **Pyjamas on the floor**
7. **Pyjamas in the kitchen**

Pyjamas for Wellbeing
Find out how wellbeing champions can provide support and positivity to their family and friends. Follow the steps on the Scouts website to understand more about supporting the mental wellbeing
https://www.scouts.org.uk/volunteers/scouts-at-home/scouts-helping-others/wellbeing-champions/
You will also find specific age-appropriate activity sheets for each age group on this page.

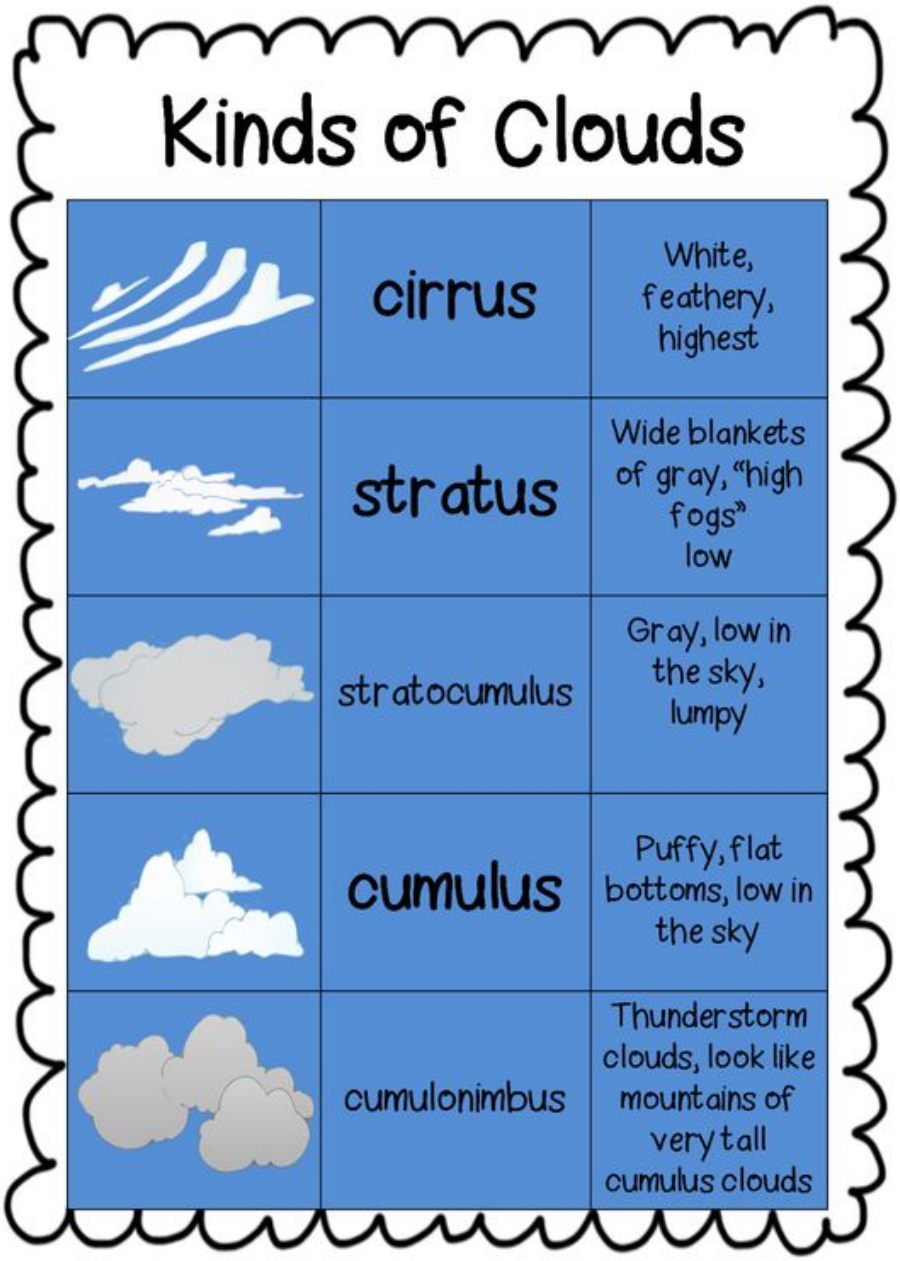
Pyjamas online
Create a piece of interactive or animated digital art using software. Perhaps it will be a picture of a favourite memory from Beavers, Cubs or Scouts?
If you're not sure which software to use, techlearning.com suggests some free online options:
https://www.techlearning.com/tl-advisor-blog/584

Fruity Pyjamas
Embrace a healthy lifestyle by making fruity rainbow skewers and sharing your fruity knowledge with a friend. https://www.scouts.org.uk/activities/rainbow-fruit-mix/

Pyjamas on the sofa
Measure, cut, draw and glue to build your own handy sofa arm tray with your DIY skills.
https://www.scouts.org.uk/activities/press-play-and-go-sofa-so-good/
You will find suggestions for how to make this activity more challenging or more straightforward depending on the age and interests of your own family at the bottom of the page.

Pyjamas in the garden
When was the last time you stopped and really looked at the sky? Whether you go outside or just to the window take some time to look up.

What type of clouds can you see?



Can you see any shapes or even animals in the clouds? If so, take a moment to draw them.

Make a picture of the sky - it could be the sky you can see today, or perhaps the sky you *wish* you could see today, use cotton wool or chalks or pencils or paints.

Pyjamas on the floor

Try some yoga…

If you would like to try more yoga, then Cosmic Kids Yoga comes highly recommended https://www.youtube.com/c/CosmicKidsYoga/featured

Pyjamas in the kitchen

Make some pot pie pockets – you can buy the pastry or make your own

https://www.scouts.org.uk/activities/pot-pie-pockets/

Please note there is more detailed safety advice for this final activity on the webpage.