

American football

BADGES COVERED:

International
Cultural Awareness
Health and Fitness
Sports and Sports Enthusiast



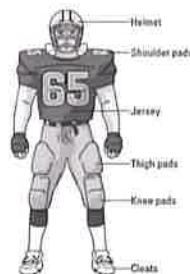
INSTRUCTIONS:

American rules football is one of the biggest North American sports. The game is now played worldwide and there are professional leagues – like the NFL. The big competition is called the Super Bowl. The purpose of American football is to move the ball into the opponent's end zone, scoring a touchdown.

The offensive team tries to move the ball forward in sections of at least 10 yards. They have four chances (or “downs”) to move over that distance, and if they do so they score a down and can try to move forward again with four new chances. Otherwise, that team loses possession of the ball. A touchdown is worth six points and can be scored by a team crossing the line into the end zone with the ball, or catching a ball kicked into the end zone. Teams can also score three points from a field goal, where the ball is kicked between the posts, and an extra point when the ball is kicked between the posts after a touchdown.

American football teams are made up of 45 players, but only 11 from each team are on the field at any time. Games are made up of four 15-minute quarters, and each team has three time outs in each half. If the scores are tied at the end there is a 15-minute sudden-death overtime.

American football players wear protective equipment.



You will find an American football in the bag. Why not have your own game?

TIMINGS:

**10m
to
1hr**



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TRAVEL PLACES

Travel Places the Travel Provider to the UK Contingent to the 24th World Scout Jamboree

Baseball

(PG1)

BADGES COVERED:

International
Cultural Awareness
Health and Fitness
Sports and Sports Enthusiast



INSTRUCTIONS:

Baseball is played by two teams of nine players who aim to win by scoring the most runs. A run is scored by running rounds three bases in order and crossing the home plate. You can play your own game of baseball – you will need a baseball bat, baseball helmets, baseballs, baseball gloves, bases and a pitching rubber. There are many rules, but the outline overleaf should be enough to allow a simple game.

If you would like to develop the game further, you can find more information at:
<http://www.kids-sports-activities.com/basic-baseball-rules.html>

Simple baseball game

Form two teams, and decide who will take which position:
The **catcher** is usually the team leader, and keeps count of the balls and strikes. The catcher needs to be quick-thinking and good at throwing.

The **pitcher** has to throw the ball to the batter in such a way that it is difficult for the batter to hit it. Accuracy is important, and the pitcher has to be able to keep their cool under pressure.

Infield players take positions on one of the three bases. First base is a good place for a left-handed catcher, second base needs good speed and fielding ability, and third base is the furthest so should be manned by a person who is good at throwing.

Outfielders are players who field outside the bases. They need to be able to run fast and throw well. There are left, centre and right outfielders.

PTO

TIMINGS:

**10m
to
1hr**



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TRAVEL PLACES

Travel Places the Travel Provider to the UK Contingent to the 24th World Scout Jamboree

Baseball

(PG2)

BADGES COVERED:

International
Cultural Awareness
Health and Fitness
Sports and Sports Enthusiast



INSTRUCTIONS:

To start the game, identify which team will bat first (this is usually the visiting team). The first batter stands in one of the batting boxes which are on either side of the plate, with both feet in the box. The pitcher throws the ball to the batter, which should be aimed at the "strike zone" – between the batter's shoulders and knees. If the ball is good but the batter fails to swing, misses the ball, or hits the ball out of bounds, this is called a strike. A batter is out after three strikes.

If the pitcher fails to throw the ball at the strike zone and the batter does not swing, this is called a ball. After four balls the batter can walk to first base and the next batter steps up.

If the batter hits the ball far enough to run round the bases, a home run is scored. However, if the batter hits the ball and a fielder catches it, the batter is out.

When a batter starts to move round the bases they become a runner. A run is scored when a runner runs round all of the bases from 1st to 3rd and then crosses the home plate. Runners can't overtake other runners, and runners are out if a fielder tags the next base with the ball before they have got to it.

The team to score the most runs wins.

TIMINGS:

**10m
to
1hr**



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TRAVEL PLACES

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Bear Cookies

BADGES COVERED:

International
Creative
Cook
Chef



INSTRUCTIONS:

These bear cookies would make a great fundraising item – if they haven't all been eaten as soon as you make them!

Bear cookies

You will need:

- One large cookie per section member – and a few spare, just in case they break.
- Tub of chocolate frosting
- Smarties or M&Ms for the eyes and noses
- Mini Oreos
- Mini vanilla macaroons
- Knives to spread the frosting
- Greaseproof paper for making mini piping bags (to pipe the pupils)



Bear paws

You will need:

- One cookie per young person
- Chocolate buttons and chocolate frosting
- Knives for spreading the frosting



TIMINGS:

20
mins



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NORTH AMERICA IN A BAG

Canadian Lacrosse

BADGES COVERED:

Cultural Awareness
International



INSTRUCTIONS:

Lacrosse is one of the oldest organised sports in North America. It was initially played by First Nations and became a popular game with the non-indigenous people in the mid-1800s. The National Lacrosse Association of Canada was formed in 1867 and lacrosse was confirmed as Canada's official summer sport in 1994. Lacrosse is a team game, where players pass, catch and carry a rubber ball using sticks that have a netted pouch at one end. The objective is to get points by shooting the ball into the opposing team's goal.

Early versions of the game were played over a field that could be up to a kilometre in length. One famous game occurred in 1763 when the Odawa chief staged a game to distract the British soldiers and gain entry to Fort Michilimackinac.

Other early games played by the First Nations were baggataway and tewaarathon. These games kept the young men fit for hunting. Why not see if there is a lacrosse team in your local area that can teach your section how to play?

Rocketball is an alternative game which is similar to lacrosse.

TIMINGS:

10+
mins



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Chilli & Rice

BADGES COVERED:

Cook, Chef
International



INSTRUCTIONS:

This tasty meal is the state dish of Texas, but where and how it originated is the subject of fiery debate amongst several US states. Why not try it yourself – the easy recipe overleaf serves six, and should need 15 minutes of preparation time and an hour to cook. The name of the dish translates as “chilli with meat”, but you can use quorn instead of beef for a vegetarian option!

You will need:

- 2 tablespoons olive oil
- 1 finely chopped onion
- 2 cloves of garlic, chopped
- 2 teaspoons chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 bay leaf
- 2 tablespoons plain flour
- 500g stewing beef
- 500g tinned tomatoes
- 2 tablespoons tomato puree
- 1 can of red kidney beans, drained and rinsed

Method

Heat the oil over medium heat in a heavy-based saucepan
Add the onion and garlic and cook for 3 minutes until soft
Add the chilli, cumin, coriander, bay leaf and beef. Cook, stirring constantly, for 4 minutes or until the beef is brown.
Add the tomatoes, tomato puree, kidney beans and 500ml of water. Stir to combine the ingredients
Bring to the boil then reduce the heat to low and cook for one hour, stirring occasionally.
Serve with rice, guacamole and soured cream
If using mince instead of stewing beef, reduce cooking time by half.

TIMINGS:

90
mins



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NORTH AMERICA IN A BAG

Cinco elefantitos – a Mexican rhyme

BADGES COVERED:

International
Communication
Entertainer



INSTRUCTIONS:

This Mexican rhyme is great for learning the numbers 1-5 in Spanish. Use the fingers and thumb of one hand as the "cinco elefantitos" (five little elephants), and bend a finger down at the end of each line.

You could try the rhyme in both Spanish and English – to hear how to pronounce the Spanish why not have a listen at:
<https://www.youtube.com/watch?v=pFm7odhezPs>

Cinco elefantitos/Five little elephants

Cinco elefantitos, éste se cayó
Cuatro elefantitos, éste se perdió
Tres elefantitos, éste se enfermó
Dos elefantitos, éste se murió
Ahora queda uno, uno se quedó
Y este elefantito, ¡me lo llevo yo!
¡Me lo llevo yo!

Five little elephants, this one fell down
Four little elephants, this one lost its way
Three little elephants, this one got sick
Two little elephants, this one passed away
Now one is left, one did stay
And this little elephant, I'll take it away!
I'll take it away!

TIMINGS:

10
mins



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TRAVEL PLACES

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NORTH AMERICA IN A BAG

Common Spanish Words & Phrases



English

Spanish

Pronunciation

Good morning	Buenos dias	booEHN-os DEE-as
Good afternoon	Buenos tardes	booEHN-os TAR-dehs
Good evening	Buenos noches	booEHN-os NO-chehs
Hello	Hola	OH-la
My name is	Me llamo	Meh YA-mo
What is your name?	Como se llama usted?	KOH-moh she YA-mah oos-TEHD
How are you?	Como esta usted?	KOH-moh ehs_TA oos-TEHD
I am fine	Estoy bien	Ehs-TOY bee-EHN
Nice to meet you	Mucho gusto	MOO-choh GOOS-toh
Goodbye	Adios	Ah-dee-OHS
See you later	Hasta luego	AHS-ta looEH-go
Yes	Si	See
No	No	No
Please	Por favour	Pohr fah-VOR
Thank you	Gracias	Gra-SEE-ahs
I'm sorry	Lo siento	Low see-EHN-to
You are welcome	De nada	Deh NA-da
How much does it cost?	Cuanto cuesta	kooAN-to KWEHS-ta
What time is it?	Que hora es?	Keh OR-ah ehs
I do not understand	Yo no comprendo	Yoh no kom-PREN-doh
I am lost.	Estoy perdido.	Ehs-TOY pehr_DEE-doh.
Where is the restroom?	Donde esta el bano?	DOHN-de ehs-TA el BAH-neo



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TRAVEL PLACES

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Debate

BADGES COVERED:

Global
Communications



INSTRUCTIONS:

This activity involves teams of Explorers debating an issue. You can either decide on teams and topics and allow Explorers a week to prepare before holding the debate, or you can run the whole process on the same night. You will need more time for the second option, and it would be helpful to have internet access to enable Explorers to research the topic.

Preparation

Prepare some topics for debate. For each topic you should decide on a motion – a simple statement that Explorers can argue for or against.

Why not try one of the following suggestions, or see if the Explorers have ideas based on current events?

- **Eating Competitions:** This House believes that eating competitions are not ethical in today's society
 - **Free Movement:** This House believes that free movement between countries should be restricted to prevent terrorism
 - **Firearms:** This House believes that the second amendment is outdated since the establishment of state organised policing
 - **Animal Rights:** This House believes that the use of animals in sporting events (such as rodeos) contravenes animal welfare
- Divide the Unit into teams of three and ask them to appoint a team leader, then allocate teams to argue for and against the motion relating to the topic.

Each team member should prepare a short argument (up to three minutes) to support their side of the debate. Explain that teams should be prepared to listen carefully to the opposing side, remembering (and noting if necessary) any points they would like to dispute.

TIMINGS:

40
mins
per
debate



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Debate

BADGES COVERED:

Global
Communications



INSTRUCTIONS:

The debate

Set up seven chairs at the front of the room for the debating teams to sit either side of a leader acting as chairperson. The rest of the Unit will form the audience.

The chairperson now runs the debate as follows:

1. Introduce the topic and ask the audience to vote to see how many are for and against the motion before arguments are presented.
2. Invite the first member of the 'for' team to make their first point, timing to make sure it does not go over three minutes. Then invite the first person from the opposing team to respond and to give their first point. This goes on until all the team members have made their points.
3. Give each team two minutes to confer and produce a statement to sum up their arguments and counterarguments. In the meantime, ask the audience to start to make up their minds about how they will vote at the end. Don't repeat the points made – the teams will do this.
4. Invite the 'for' team leader to present their final statement, then the 'against' team leader can respond. These statements must not take more than two minutes.
5. Once the final statements have been made, re-take the vote to see if there has been any change in the opinion of the audience. Following the debate, it may be useful to open up the topic for discussion and help to clarify any points made.

Top tips:

Ensure you know about the topic so that you can clarify any points if required.

Look out for the Youth Shaped materials from The Scout Association to include in this activity.

TIMINGS:

40
mins
per
debate



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NORTH AMERICA IN A BAG

Día de los Muertos Day of the Dead

BADGES COVERED:

International
Creative
Artist
Entertainer



INSTRUCTIONS:

Día de los Muertos is a Mexican celebration of life and death. Love and respect for deceased family members are shown through a colourful festival that unfolds over the first two days of November. People put on makeup and costumes, hold parades and parties, sing and dance.

Día de los Muertos stems back thousands of years to the Aztec, Toltec and Nahua people. They considered it disrespectful to mourn the dead, believing instead that they were alive in spirit and that they temporarily returned to earth during Día de los Muertos.

There are lots of ways in which you can celebrate Día de los Muertos:

You could dress up as "La Catrina" – an elegant female skeleton in a large hat. You could paint your face to resemble a skull or make a colourful skull mask using one of the enclosed templates.

You could make an "ofrenda", a table loaded with offerings to welcome the spirits back to earth, including water, food, pictures and a candle for each deceased relative. Ofrendas are decorated with marigolds.

You could make some food and drink for the dead to add to your ofrenda. This could include sugar skulls, or pan de muerto (bread of the dead), a sweet bread sometimes containing anise seeds and decorated with bones and skulls made from dough. The bones are often arranged in a circle, to represent the circle of life. Drinks include atole, a thin warm porridge made from corn flour with unrefined sugar, cinnamon and vanilla; or a simple hot chocolate. You could write a "calavera" – this means skull but refers to a short poem poking fun at the living.

You could make "papel picado" decorations using the instructions on the separate activity sheet. This delicate paper art represents the wind and the fragile nature of life.

You could hold a parade with music and dancing.

TIMINGS:

10/15
mins



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La Gallinita Ciega

BADGES COVERED:

Cultural
International
My World Challenge



INSTRUCTIONS:

La gallinita ciega (the blind hen) is very popular in Mexico. It is like blind man's buff, with one blindfolded player trying to catch another player based on noise alone.

Before you start the game, make sure the area you are using is free from trip hazards, and explain to the young people that they shouldn't touch or push the blindfolded player.

How to play

1. The young people decide who is going to be the blind hen first
2. Leaders cover the blind hen's eyes with a necker/scarf and gently spin them round once or twice.
3. The other players run away from the blindfolded player while making noises or calling to them.
4. The blindfolded player tries to catch one of the other players. Once they do, they take off the blindfold and swap over, becoming the new blind hen.
5. The game continues for as long as you like.

TIMINGS:

10+
mins



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Making a Tepee

BADGES COVERED:

International
Global
Pioneer
Model Maker
Builder



INSTRUCTIONS:

The Sioux tribe lived in homes called tepees. The word tepee means dwelling house and comes from the Dakota word thipi. They were constructed from wooden poles that were covered by animal skins such as buffalo hide. The Iowa tribe called their tents 'chakiruthan' – which means 'house tied together'. Tepees were pyramid shaped, rounded at the base and had an open smoke hole at the top. They had few furnishings. Buffalo hides were used for seating and bedding. A hearth was built in the centre of the tepee for cooking and heating.

Tepee village or camp was set up in a pattern, typically a circle or square. Each family had a place in the circle or row. Once the tepees were erected the horses would be placed in the middle for the night. Men would be on guard duty and their dogs were used to alert the tribe to strangers approaching.

Activities:

Making a tepee – an opportunity for a pioneering project. This can be adapted to suit any section.

Hold a powwow or unit forum inside the tepee. The Crow and Sioux tribes were known to make huge tepees for their ceremonies and meetings

How watertight is your tepee – could you sleep in them overnight?
Have a themed Native American camp

Decorate the covering of your tepee in a traditional style. Traditionally it was the women who built the tepee and who prepared the buffalo skins. This included decorating them using paint made from plant dyes. Typically, the images would show the history of the tribe and the important deeds of the head of the home.

Find out the difference between a tepee and a wigwam

TIMINGS:

**Dependent
on the
section**



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NORTH AMERICA IN A BAG

Maple Leaves

BADGES COVERED:

Cultural Awareness
Artist
International



INSTRUCTIONS:

Since 1965 the maple leaf has been the most widely-recognised national symbol of Canada. There are 13 different species of maple trees.

Maple syrup is made by collecting the sap from these trees, which is then boiled and filtered. The best results come from the sugar or black maple, and it can take up to 50 gallons of sap to make one gallon of maple syrup!

Activity

- Use the packs of leaves in the box to make an autumn collage
- Visit an arboretum and identify the maple trees there
- Try some maple syrup on some mini pancakes

TIMINGS:

15
mins



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Mayan Script

BADGES COVERED:

Communicator
International



INSTRUCTIONS:

The ancient Maya writing system is one of the most visually striking in the world. It is also quite complex, with hundreds of unique signs or glyphs in the form of humans, animals, supernaturals, objects and abstract designs. These can be logograms that express meaning or syllabograms that denote sounds.

The signs are used to write sentences, usually in paired vertical columns reading from right to left and top to bottom in a zigzag pattern.

The attached sheets show how numbers, letters and some words were represented.

You could try the following activities:

- Try to memorise how each number is written, and then make some simple sums using the Mayan numbers for others to work out?
- Write a short story using the symbols.
- Have a go at designing a symbol to represent your name.
- Working as a team, design a symbol to represent your Lodge, Six, Patrol or Unit.

TIMINGS:

Variable



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- Write a short story using the symbols.
- Have a go at designing a symbol to represent your name.
- Working as a team, design a symbol to represent your Lodge, Six, Patrol or Unit.

TIMINGS:

15
mins



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NORTH AMERICA IN A BAG

Mayan Script

									
0	1	2	3	4	5	6	7	8	9
									
10	11	12	13	14	15	16	17	18	19
									
20	21	22	23	24	25	26	27	28	29



Mexican Hat Dance

BADGES COVERED:

Creative
International



INSTRUCTIONS:

This is a popular traditional Mexican game, which is also the national dance of Mexico. Young people play the game to enjoy Mexican music and dance.

Form a circle, holding hands. Play some Mexican Hat Dance music (<https://www.youtube.com/watch?v=q-Rqdgna3Yw>) and tell the young people to move clockwise in the circle whilst raising their hands together. Once they have got into the rhythm, call the name of a young person who will go into the middle of the circle to do a short dance. Repeat this until every young person has had a chance to dance.

You can adapt this game to let the young people decide whose turn it is to go into the middle, or to self-select their turn. Not every young person will want to take a turn, however seeing others and hearing the leaders giving positive feedback may encourage them to step forward.

You can make this game more challenging by asking two young people to dance in the circle at the same time then return to each other's places.

You could also give the instruction of "all dance", so all participants dance in the middle then return to hold hands in a circle.

TIMINGS:

10-15
mins



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Mexican Pottery

BADGES COVERED:

Creative



INSTRUCTIONS:

Mexican pottery is part of Mexican folk art and shows the cultural, historic and geographic diversity of the country.

For example, this Nahuatl story plate fish shows colourful birds, flowers and everyday town activities.

The oldest Mesoamerican pottery was hand coiled, fired and sometimes painted with mineral pigments. Later, the Spaniards showed the Mexicans how to use a potter's wheel and an enclosed kiln, and how to use lead glazes and make different objects such as tiles, candle holders and olive jars.

Why not try making your own Mexican pottery?

You'll need air-drying clay (one packet between two), paints and paint brushes. You could create a bowl or small plate using a coil technique, and paint it in the Nahuatl style once the clay is dry.

Alternatively, Beavers and Cubs could create a Nahuatl design on a pre-cut card template, and these could then be made into a mobile to hang in your meeting place.



TIMINGS:

30
mins



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NORTH AMERICA IN A BAG

Mexican Numbers



1

Uno



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NORTH AMERICA IN A BAG

Mexican Numbers



2

Dos



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NORTH AMERICA IN A BAG

Mexican Numbers



3

Tres



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NORTH AMERICA IN A BAG

Mexican Numbers



4

Cuatro



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NORTH AMERICA IN A BAG

Mexican Numbers



5

Cinco



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NORTH AMERICA IN A BAG

Mexican Numbers



6
Seis



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NORTH AMERICA IN A BAG

Mexican Numbers



7

Siete



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TRAVEL PLACES

Travel Places the Travel Provider to the UK Contingent to the 24th World Scout Jamboree

NORTH AMERICA IN A BAG

Mexican Numbers



8

Ocho



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NORTH AMERICA IN A BAG

Mexican Numbers



9

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NORTH AMERICA IN A BAG

Mexican Numbers



10
Diez



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TRAVEL PLACES

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NORTH AMERICA IN A BAG

Nachos

BADGES COVERED:

International
Cooking
Global



INSTRUCTIONS:

Nachos are a Tex-Mex dish from northern Mexico. The dish is made of tortilla chips covered with cheese and sauce and is often served as a snack.

You can adapt the recipe overleaf to make different versions of nachos – for example you could use a tin of refried beans and jalapeños instead of the salsa. Or you could make a main dish by spreading some beef or vegetarian chilli over your nachos (instead of salsa) before covering with cheese and serving with guacamole & sour cream.

You can make this dish spicier by adding jalapeño peppers, finely chopped chillies or chilli flakes.

The easy recipe below serves four people and will take around ten minutes.

You will need:

- 1 bag of tortilla chips
- 1 jar of salsa sauce
- 4 spring onions, chopped
- 50g hard cheese (cheddar or fontina for example), grated
- Baking tray and tin foil

Method

1. Put the tin foil over the baking tray.
2. Spread the tortilla chips evenly over the tinfoil.
3. Pour the salsa source over the tortilla chips.
4. Sprinkle the chopped spring onion over the salsa.
5. Sprinkle the grated cheese over and put the tray under a hot grill for about three minutes to melt the cheese.
6. Carefully remove the tray from under the grill and the tin foil from the tray.
7. Serve on the tin foil.

TIMINGS:

10
mins (prep)
+ seconds
to eat!



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NORTH AMERICA IN A BAG

Native American Frybread

BADGES COVERED:

International
Cook
Chef
Global



INSTRUCTIONS:

In this activity you can make your own Native American frybread. Navajo frybread originated 144 years ago, when the United States forced Native Americans living in Arizona to make the 300-mile journey known as the 'Long Walk' and relocate to New Mexico.

They could not easily grow the traditional foods of vegetables and beans on their new land, and to prevent starvation the government gave them canned foods as well as white flour, processed sugar and lard – the ingredients now used for frybread.

Frybread is a traditional food eaten at powwows and is seen by some as a symbol of Native American pride and unity. The downside of this food is that it has been linked to high rates of diabetes in Native American communities.

The recipe overleaf requires 15 minutes preparation time and about 8 minutes cooking time. It serves four people.

As the recipe requires very hot oil required, it is strongly advised that a risk assessment is undertaken and that a leader is responsible for the frying part.

TIMINGS:

30
mins



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NORTH AMERICA IN A BAG

Native American Frybread

BADGES COVERED:

International
Cook
Chef
Global



INSTRUCTIONS:

You will need:

1 cup plain flour
¼ teaspoon salt
1 teaspoon powdered milk
1 teaspoon baking powder
½ cup water
Vegetable oil for frying
Extra flour for your hands

What to do:

1. Sieve the flour, salt, powdered milk and baking powder into a large bowl.
2. Pour the water over the mixture and stir with a fork until it makes a big clump of dough.
3. Put some flour on your hands and mix the dough, getting all the flour incorporated and forming a ball. Mix the dough well but DON'T knead it.
4. Divide the dough into four equal pieces.
5. Put more flour on your hands, then shape, stretch and pat the dough to make a disk about 20cm in diameter - it doesn't have to be perfectly round.
6. In a deep, heavy pot, heat the oil (about 2.5cm in depth) to about 350 degrees F. To test the oil, drop a small piece of dough into the hot oil and watch to see if it starts to fry.
7. Place the dough very carefully into the oil.
8. Fry each side for 3 – 4 minutes then remove from the oil and put onto some kitchen towel to absorb the extra oil.

You can eat your frybread just as it is, or try one of the following serving suggestions:

- Mix some softened butter and honey together and spread it on top
- Sprinkle with a cinnamon and sugar mixture
- Use as part of the taco dish

TIMINGS:

30
mins



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TRAVEL PLACES

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NORTH AMERICA IN A BAG

Papel Picado

BADGES COVERED:

International
International
Global
Artist



INSTRUCTIONS:

"Papel picado" means punched or perforated paper. Papel picado garlands are traditionally used to decorate the streets and ofrendas (altars) during Día de los Muertos, or the Day of the Dead.

Papel picado is traditionally made from coloured tissue paper and cut using chisels, but there are various ways to make it depending on the skill level of the young people. You could let young people take their individual pieces of papel picado home, or join it all together to make a long garland for your Día de los Muertos festival.

Simple Papel Picado

You will need: coloured A4 tissue paper, scissors, sticky tape (coloured if possible), and string.

What to do:

1. Put two sheets of tissue paper together and fold them over in half.
2. Cut shapes with the scissors to make a pattern (or you could simply tear the paper instead).
3. Unfold the paper to reveal your pattern.
4. Carefully put tape along the top side of each sheet of paper and attach the papel picado to a length of string, making sure you leave enough string on each end to hang up your garland.
5. Alternatively, you could make your papel picado into a flag by taping a straw or craft stick to the side of each sheet.

TIMINGS:

30
mins



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NORTH AMERICA IN A BAG

Papel Picado

BADGES COVERED:

International
International
Global
Artist



INSTRUCTIONS:

Complex Papel Picado

You will need: large sheets of tissue paper, pencils, scissors, sticky tape (clear or coloured), string or coloured twine.

Alternatively, you could use a hammer and punch to make the pattern instead of scissors, using a wooden board under the paper. Be careful not to bang your fingers!

What to do:

1. Fold the paper in half and tape the edges together.
2. Draw a pattern carefully and gently on the paper – the fold is where the middle of the final image will be.
3. Carefully cut or punch out each shape, trying hard to keep the paper together without crumpling, so the final design is a mirror image when the paper is unfolded.
4. Once you have finished cutting out the pattern, carefully cut off the outside edge and unfold the paper to reveal your design.
5. Carefully attach your papel picado to the string or twine so it can be hung up.

TIMINGS:

30
mins



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NORTH AMERICA IN A BAG

Piedra, Papel o Tijeras

BADGES COVERED:

International



INSTRUCTIONS:

The Mexican version of rock, paper, scissors is called "Piedra, papel o tijeras". The game does not require any equipment and is played in exactly the same way as the English-language version.

Piedra = rock (a fist), wins by breaking the scissors

Papel = paper (a flat, open hand), wins by covering the rock

Tijeras = scissors (two fingers slightly apart), wins by cutting the paper

TIMINGS:

10-15
mins



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Piñata

BADGES COVERED:

International
Global
Creative



INSTRUCTIONS:

This game is traditional to Mexico, but is played all over the world.

A piñata (pin-YAH-ta) is a container filled with sweets and small toys. Piñatas come in all shapes and sizes and are usually decorated to be bright and colourful. The piñata is hung from a tree branch or other high place, and one by one players are blindfolded, spun round once or twice, and then swing a stick or bat in the direction of the piñata. The goal is to break open the piñata so the sweets and toys fall out for everyone to collect.

You can try making your own piñata in two ways. If you decide to make a more traditional piñata using papier-mâché, this will take two or three sessions, depending on the section. Alternatively you can make simple piñatas using paper bags. Instructions for both versions are provided overleaf. Once made the piñata could be incorporated into an evening of activities.

You will need additional adult helpers or young leaders if you do this activity with Beavers and Cubs. It will also save time and keep younger members engaged if you prepare some of the materials in advance.

Top Tip: Have a go yourself first, so you know how long each part takes and so you have an example to show your section (and of course so you have a piñata of your own!)

TIMINGS:

10-15
mins



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Piñata

BADGES COVERED:

International
Global
Creative



INSTRUCTIONS:

Papier-mâché piñata

You will need: one large, round balloon per young person, lots of newspaper, papier-mâché paste (recipe below), paint (different colours), paint brushes and pots, aprons, crepe paper, string, masking tape, a bowl to rest each balloon on, cling film.
For papier-mâché paste, mix one part flour to two parts water in a large bowl. The consistency should be similar to pancake mixture or white glue, and there should be no lumps. The paste can be kept in a jar or covered bowl in the fridge for a couple of days if you want to make it in advance.

Making papier-mâché can be very messy – so protect the floor and work surfaces before you start!

1. Cover the bowl with cling film.
2. Blow up the balloon as large as it will go, and balance it on top of the cling-filmed bowl.
3. Tear the newspaper into strips (about 2cm wide and 20cm long). You will need lots – so this might be something you prepare in advance for the younger sections.
4. Keeping a pile of paper next to your balloon, dip individual strips of paper in the papier-mâché paste, removing any excess by running the paper through your pinched fingers.
5. Spread the newspaper on to the balloon.
6. Continue, laying the strips of newspaper on the balloon in all directions until it is completely covered.
7. Make sure you leave a small hole at the end where the balloon is tied, so that you can remove the balloon and add the sweets.
8. Let the first layer dry. If you are leaving it until the next week you should make sure each balloon has a young person's name attached.
9. Add two or three more layers of paper. Allow each to dry before adding the next.

TIMINGS:

10-15
mins



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Piñata

BADGES COVERED:

International
Global
Creative



INSTRUCTIONS:

10. Once the paper layers are completely dry, pop the balloon and remove it from the hole you left.
11. To decorate your piñata, first paint it with bright designs, then add strips of crepe paper as streamers or as a fringe.
12. Make four holes around the big hole (where you removed the balloon).
13. Thread your string through the holes and tie together, adding a longer piece of string to hang the piñata up.
14. Carefully put a selection of sweets into the piñata.
15. Your piñata is now ready to be hung up.

Adapt the activity:

This is a complex activity for younger sections – but not impossible! You could undertake the task over a number of weeks, or make one big piñata per Lodge, Six or Patrol as a team exercise. You could hang up all the piñatas so each young person can bash their own – just ensure there is enough space between each one for safety (they will be swinging sticks around!). For Explorers, combine playing the piñata game with other ideas from North America in a Bag, to provide a Jamboree-themed evening.

Paper bag piñata

For a quicker activity, you could make a piñata with a paper bag instead. Simply decorate the bag on both sides, put some sweets inside, blow some air into it and tie the top with string.

TIMINGS:

10-15
mins



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Pocahontas

BADGES COVERED:

International
Faith
Cultural Awareness



INSTRUCTIONS:

You may have heard of Pocahontas before - she is known for working to bring together Native Americans and the English in the 17th century.

You can read her story overleaf.

As an activity based on the story, discuss in small groups how keeping the Promise and Law can help us to build friendships. You could also discuss migration issues and turn this into a debate.

TIMINGS:

10mins
(Story)

20mins
(Activity)



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Pocahontas

BADGES COVERED:

International
Faith
Cultural Awareness



INSTRUCTIONS:

Pocahontas was the daughter of Chief Powhatan, who was the leader of the Algonquian tribe near the shores of Virginia. Pocahontas was born in the late 1500s. The name she was given was Matoaka, but she was given the nickname Pocahontas which means 'playful one'.

English people had travelled to the New World and had settled in Jamestown, Virginia by 1607. An unfortunate incident occurred when an English Captain, John Smith found himself faced by Chief Powhatan's men who were about to attack him. Pocahontas ran and put herself between Captain Smith and the natives with weapons. Pocahontas asked her father to spare Smith's life. Pocahontas and John Smith became friends and for a while this friendship helped to keep the peace between the natives and settlers. Captain Smith was later involved in a gunpowder explosion and returned to England. Pocahontas believed that he was dead. In 1610 she married a Native American called Kocoum. The troubles between the natives and settlers increased and, in order to try to get English prisoners released, Captain Samuel Argall had Pocahontas kidnapped and put on to an English ship. Chief Powhatan gave the English some of their requests, but as he did not return everything Pocahontas was kept in captivity. During this time, Pocahontas converted to Christianity. She was moved to a different settlement where she met and married John Rolfe in 1614. Pocahontas was baptised and changed her name to Rebecca. She travelled to London in 1616 with her baby son Thomas, where she met the King.

Sadly, on the voyage back to America in 1617, Pocahontas became ill so she was taken back to England. She died at the age of 22 (approximately) and was buried in Gravesend. Thomas Rolfe, the son of Pocahontas, was educated in England and returned to America, where he played an important role in the history of Virginia.

TIMINGS:

10mins
(Story)

20mins
(Activity)



Adapted from Teacher Created Resources, Inc, on-line



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Poutine

BADGES COVERED:

International
Cook
Chef
Cultural Awareness



INSTRUCTIONS:

Poutine is a wonderful concoction of fries (chips), gravy and cheese curds and is considered a quintessential Canadian dish.

This dish is simple to make – all you need is gravy, fries and white curd cheese. The gravy can be made from granules or from scratch, but it should not be too thin. You could make your own fries or buy them from your local chippy. If you don't like curd cheese you could substitute this with chunks of full-fat mozzarella. Don't skip on the cheese, it should be in chunks (not grated), the objective is to have warm chunks of softened cheese.

To put the dish together, simply place the fries in a warm bowl, add a ladle of gravy, and toss the fries using tongs so they are coated in the gravy. Add the cheese curds, season to taste and serve immediately.



TIMINGS:

10
mins



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NORTH AMERICA IN A BAG

Powwow

BADGES COVERED:

Global Issues



INSTRUCTIONS:

Why not exchange your log chew, Cub, Scout or Unit forum for a powwow?

A powwow is used by Native American communities to honour tribal members, mark important events or discuss important issues. For younger sections you could use the time to discuss the activities or badges they would like you to plan for them.

For older sections you might also want to use the powwow to discuss any local issues such as bullying, or global issues such as American civil rights.

Examples for you to consider are:
The Montgomery Bus Boycott
Little Rock High School
Martin Luther King

If you have a licence to show films, you might consider watching Hidden Figures and combining a discussion of this with other activities.

TIMINGS:

10
mins



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Quesadillas

BADGES COVERED:

Global
International
Cook
Chef



INSTRUCTIONS:

Quesadillas are a Mexican dish, usually made from a flour or corn tortilla, filled with cheese and then grilled or cooked on a griddle. They are great as camp snacks and can be adapted to add any additional ingredients to suit different tastes. They are very simple to make.

Try customising the recipe overleaf to use ingredients such as finely chopped onion/spring onion, finely chopped peppers, chillies, refried beans, mushrooms, olives or shredded ham inside your quesadillas.

You will need:

Two tortillas per person
Grated cheese (cheddar or Monterey Jack work well)
Any additional ingredients you would like

Method

1. Heat an unoled frying pan or griddle.
2. Carefully add the first tortilla.
3. Sprinkle the cheese and any other ingredients over the tortilla.
4. Put the second tortilla over the top.
5. Heat through, then use a fish slice to carefully flip over the tortillas. Alternatively, you could put the pan under a grill to cook the top – but be careful not to put the pan handle under the heat.
6. Slide the cooked quesadilla out of the pan and onto a chopping board.
7. Cut into triangles (as you would a pizza).
8. Serve your quesadilla on its own or with guacamole and soured cream.

TIMINGS:

10mins
(to prep)
Seconds
to eat!



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TRAVEL PLACES

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Sioux Clothes

BADGES COVERED:

Global
International
Creative



INSTRUCTIONS:

Most Sioux clothes were made from the soft, tanned skins of deer or buffalo. Clothing was decorated in geometric patterns and with porcupine quills or beadwork. Men and women also wore necklaces and armbands.

Sioux men wore breechcloths, fringed buckskin tunics or shirts with leggings. Warm buffalo robes or cloaks were worn to protect from the wind and rain. Men also wore beaded, feathered war bonnets, decorated with eagle feathers, fur and beads as a symbol of honour and accomplishment. The Sioux wore a bonnet with feathers trailing to the floor.

Sioux women wore knee-length dresses and leggings. The leggings covered the legs from the ankle to the knee and were held there with garters. They also wore buffalo robes to keep dry. Women decorated their special dresses with signs and symbols that showed their tribal family and family values. They wore their hair in two thick plaits, decorated with beads.

There is a traditional Sioux headdress in your bag. When showing it please treat it as a cultural artefact and not as a toy. Why not make your own traditional war bonnet using card, sticky tape, feathers and ribbon?

Or you could make a traditional dress or tunic, decorating it with pictures and symbols to represent your Colony and Lodge or your Pack and Six.

TIMINGS:

10 mins
(to prep)
Seconds
to eat!



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TRAVEL PLACES

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Stealing the Sombrebro

BADGES COVERED:

International
Creative



INSTRUCTIONS:

Stealing the Sombrero is a traditional Mexican party game in which players try to steal sombreros from each other.

Before the game can begin, each player will need to make a sombrero.

You can make sombreros out of paper or card, though card will last longer and allow you to play the game more! You will need some scissors to cut out the sombreros, and you may wish to decorate them using coloured pencils or pens.

How to play the game:

Attach each player's sombrero to their back using masking tape. Players should then run around trying to remove someone else's sombrero while avoiding losing their own – if a player's sombrero is taken they have to sit out.

The aim of the game is to keep hold of your sombrero for as long as possible. The last person remaining with a sombrero on their back is the winner.

You could play this game in the Scout hut or turn it into a wide game.

TIMINGS:

20 mins
to make plus
time to play



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TRAVEL PLACES

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Tacos

BADGES COVERED:

International
Cook
Chef
Global



INSTRUCTIONS:

A taco is a traditional Mexican dish in which crunchy or soft corn tortillas are stuffed with meat, fresh vegetables or seafood with tasty taco seasoning, crisp lettuce, grated cheese and a dash of tangy salsa.

The Baja region of California is also famous for its fish tacos. Why not try making your own tacos? The recipe overleaf serves four, and will take 25 minutes to prepare. It will make mildly-spiced tacos, but you can add stronger seasoning or even some chopped chillis if you want to make them spicier!

For Beavers and Cubs, leaders may wish to prepare some of the raw ingredients prior to the activity. Beavers could fill their own stand 'n' stuff taco from prepared component parts; for Cubs leaders may wish to prepare the slippery food but let the Cubs cook it.

TIMINGS:

25
mins



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Tacos

BADGES COVERED:

International
Cook
Chef
Global



INSTRUCTIONS:

You will need:

3 chicken breast fillets, cut into very thin strips (use Quorn for a vegetarian alternative)
1 pack of stand 'n' stuff mini tortillas
1 packet of garlic & paprika seasoning
115g crumbled mild goat's cheese
1 small iceberg lettuce, chopped
1 pack of cherry tomatoes, diced
Small quantity of cooking oil

Method:

1. In a frying pan, heat the cooking oil. Add the chicken, stirring occasionally until brown on both sides.
2. Sprinkle with taco seasoning and continue to fry until cooked through.
3. Remove chicken from the heat and transfer into a bowl.
4. In the meantime, heat the tortillas as directed on the packaging. Serve with the chopped lettuce and tomato and the crumbled goat's cheese.

Adapt this activity:

Serve your tacos with home-made or shop-bought guacamole.
Use soft round tortillas instead of stand 'n' stuff tortillas.
You could even try making fruit tacos as an alternative.

TIMINGS:

25
mins



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TRAVEL PLACES

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NORTH AMERICA IN A BAG

The Calgary Stampede

BADGES COVERED:

International
Cultural Awareness



INSTRUCTIONS:

The Calgary Stampede is an annual outdoor show. There are concerts, rodeo events, carnival rides, exhibitions, parades and competitions.

A stampede is when animals start running together in an attempt to escape.

Activity: Devise a wide game for your section to play. It might involve escaping or perhaps it could be about protecting a jar of your best maple syrup from an opposing team. Send your best ideas to nab@ukcontingent.co.uk there will be a prize for the best one.

You will need to make some simple rules, decide how you will know a team or individual has won, think about a scoring system and consider how to keep everyone safe.

Top Tip

Information about wide games available at <http://members.scouts.org.uk/factsheets/FS315088.pdf>

TIMINGS:

**Time to
design and
play the
game**



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MR. RITCHIE ON LIGHTNING CREEK
STAMPED, CALGARY 1919

4091

Totem Pole

BADGES COVERED:

Creative Arts
Creativity
Global
International



INSTRUCTIONS:

A Totem pole is a large post on which some Native American tribes carved symbols, figures and animals to represent their tribe, ancestry and social rank. Totem poles were normally made by tribes from the Pacific Northwest Coast, such as the Tlingit, Haida and Chinook.

There were different reasons for carving a totem pole, for example:

- A Legend Pole recorded a supernatural encounter
- A Memorial Pole commemorated an important person
- A Burial Pole was used as a grave marker
- A Portal or Entry Pole might stand at the entrance of a house to show who lived there
- A Welcoming Pole was often situated on waterfronts to identify ownership of the water and surrounding area.

All sections can make a totem pole.

For Beavers, prepare some small pictures for the Beavers to select and colour in. Attach them to 30cm lengths of pre-cut and sanded dowel using water-based glue.

For Cubs, run the activity over two sessions. Each Cub makes their own totem pole out of newspaper, placing it in a plastic plant pot to keep it upright, then paints it. Cubs then draw, colour and cut out pictures representing themselves and their family, pets or hobbies. Once the paint is dry the pictures can be stuck to the totem pole using water-based glue.

Scouts and Explorers can work in Patrols to prepare a totem pole for camp that represents the Patrol. Use a pioneering pole (or similar) and attach a papier-mâché totem made by each Scout or Explorer. Paint the totem and apply a couple of coats of varnish to protect it from the rain. Assemble the totem pole at camp as part of the Patrol gateway.

TIMINGS:

Variable



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TRAVEL PLACES

Travel Places the Travel Provider to the UK Contingent to the 24th World Scout Jamboree

Wolf Cub Game

BADGES COVERED:

International
My World Challenge



INSTRUCTIONS:

This fun game for Beavers and Cubs is an adaption of traditional Scout game 'Man the Lifeboats' or 'Man Overboard'.

Name each wall of the hall after an ocean: North = Arctic Ocean, South = Gulf of Mexico, East = North Atlantic Ocean, West = North Pacific Ocean. Players must run between the walls according to instructions shouted out by a leader.

The leader can call out other instructions, which are associated with actions as listed below. You could add more of these to make the activity harder, as long as they are from all three host countries!

Mounted Police – pretend to ride a horse

Elvis – Stand like 'the King'

Eat chillies – pretend you have eaten a hot chilli

Hollywood – mime making a film

Bear behind you! – stand perfectly still

You could add a competitive element – for example doing the wrong action could put someone out of the game. Remember to adapt the game to meet the needs of anyone with mobility requirements, for example by avoiding competition based on speed.

TIMINGS:

10-15
mins



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