

## Badge Orders

See the front of the booklet for the badge design!

Name of Unit:	
Contact name and address:	
Contact email/ telephone:	
Section:	Beavers/ Rainbows Cubs/ Brownies Scouts/ Guides Explorers/ Senior Section

	Quantity	Total
Number of badges at £1.20 each		
Number of booklets at £2 each (Includes resource sheets)		
Please include postage costs:	-	£1.50
<b>TOTAL COST:</b>	-	£

All profits go towards 3<sup>rd</sup> Swanwick Rainbows.  
 Please make cheques payable to **3<sup>rd</sup> Swanwick Rainbows**  
 And send to: Shelley Dyer  
 30 Ley Gardens, Alfreton, Derbyshire DE55 7GZ  
 Questions or Queries? – [Shelley.dyer@hotmail.co.uk](mailto:Shelley.dyer@hotmail.co.uk) or  
 Shelley on 01773 832 138

# Baden-Powell Traditions

Complete 1 activity, within your age group, from each of the 6 sections to complete the badge!

**Red** = Beavers and Rainbows  
**Yellow** = Cubs and Brownies  
**Blue** = Scouts and Guides  
**Turquoise** = Explorers and Senior Section

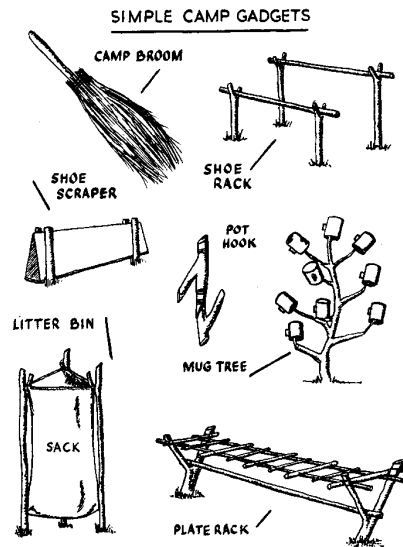


3" Embroidered badge with silver and gold threads. Please take into account this is a drawn version, colours may vary once made.



Designed and made by the leaders of 3<sup>rd</sup> Swanwick Rainbows, associated with Croham Valley Explorers and Rangers  
[www.crohamvalley.org.uk](http://www.crohamvalley.org.uk)

- Hold a competition to make a handy camp gadget.
- Organise a weekend camping trip for your unit, book the camp site/ accommodation, plan activities and menu whilst keeping a budget.
- Cook you unit an evening meal using camping equipment on an open fire. Don't forget to wash up and clear away with camping resources!



- Learn how to navigate without a compass.
- Invite someone to teach your unit Morse code and how it was used during the war and when it is used today.
- Design and run an orienteering course for your unit or another section.

## Explore

- Go for a walk around your meeting place, explore the local wildlife and keep a log of things you've seen.
- Visit a local memorial or place of interest.
- Take rubbings and use magnifying glasses to investigate materials and objects in and around your meeting place.
- Learn 3 constellations and their relative position in the night sky.
- Plot a route around your local meeting place and make an A-Z of things you find along the way.
- Research and find flowers and wildlife in a local park or common, get the park Ranger involved to see if they can help!
- Become the next Ray Mears and learn tracking signals you can use in your local wilderness.
- Research and build a collection of different wood types and make a list of how to use them and their suitability for firewood.
- Take part in a night hike, navigating your way around your local meeting place.



## Community, culture and beliefs

- Learn what the word promise stands for, how else do you promise and what other times do you use the word? Play games to reinforce the idea of the promise.
- Visit a local place of worship and learn what things are used for.
- Take part or support an activity your community is running.
- Break down the promise and create your own story from each part. This could be written, acted or mimed with a poem or commentary.



- Take an active part in a service at your local place of worship.
- Mind map ideas of how to involve your community in Scouting/ Guiding and plan an event with your leader to carry this out.



## Traditions



- Invite a member of the Fellowship/ Trefoil Guild to talk about their experiences in Scouting or Guiding.
- Learn some games played by children 100 years ago, and play them in your unit. Adapt the games to your liking and try teaching others.
- Find out about the beginning of Scouting/ Guiding and make a poster or draw a picture to display in your meeting place.
- Research the uniforms worn throughout the years and how they have changed. Try to recreate your favourites, get hold of some old uniform and put on a performance or fashion show.
- Investigate and complete an old section badge.
- Complete the traditions word search.
- Learn how to tie 3 new knots and use them effectively.
- Research how Scouting/ Guiding has changed over the years and



Sheet Bend



Overhand Bend



Overhand

produce  
a leaflet

displaying these.

- Try one of the following activities suitable for your unit that would have been learnt by the Scouts and Guides 100 years ago:
  1. Shooting – rifle shooting or archery
  2. Woodwork – visit a carpenter's workshop to discover how useful the skill would become or hold an evening trying your hand at making a useful item from wood
  3. Sewing/ knitting – Learn new stitches and techniques. For a bigger project, try getting every unit member involved and combine them together to form a quilt, camp blanket or wall hanging.
  4. Baking – Try baking some of our favourite recipes featured in the appendix.



- Learn how to wash and iron your uniform.



- Cook a main meal in your patrol using a modern day camping stove.
- Try and get your unit/group into the local media to help advertise the movement.
- Help recruit a volunteer in your district.
- Design a home page for your unit or maintain your website for the next term – how could you make it better?
- Play the budget game (See appendix for details and resources)

## International

This section can be used by any age groups across Guiding and Scouting. It is designed to encourage units to mix between the sections and parallel units.

- Discover a Scouting/ Guiding unit outside the UK. Make contact through letters, emails or webcams.
- Hold an international themed night. Spin the globe and see where your finger lands! Research about Scouting/ Guiding in their country and try dressing up, foods and games from their cultures.
- Learn the components of the Union Jack.
- Learn how to make a flag pole, how to fold the flag and put it up the mast.
- Meet up with another unit or section to share games, crafts and food.
- Research the countries within the commonwealth, can you recognise their flags or draw some of them?
- Label a map of England with the counties, a map of Europe or the continents of the world. (See the appendix for resources.)



- Learn the original Baden-Powell Laws and act them out in a role play within your unit.



- Research what activities your community are involved in and go along to one of them for support.
- Discover what the three finger salute means and make your own unique unit promise.



- Organise and take an active part in a service at your local place of worship.
- Hold an evening addressing other Scouts/ Guides cultures from within the UK. Learn about their beliefs and how they worship and show respect for each other.
- Get involved in supporting your local community, taking part in an activity day, craft fair or help to paint the meeting place!



## Guiding and Scouting Today!

- Design a recruitment flyer for your unit.
- Bring a friend along to a unit meeting to see if they want to join.
- Have a 'modern' night, go to the cinema, play board games or go bowling.
- Get in touch with a unit from another county and swap a badge or Necker.
- Learn how to sew a badge onto your uniform.
- Design a uniform for Scouts/ Guides 100 years from now.
- Organise an evening for another unit or section based on games and activities from 100 years ago.

- Hold a presentation to parents or other members of the community about Scouting and Guiding through the decades to increase their awareness of the movement.
- Create a board game to include questions or challenges from every decade Scouting/Guiding has been around, for other unit members to play.



## Camp Challenges

- Hold a sleepover in your meeting place, including an activity held outdoors or linked to traditional camping.
- Make a kit list of things you could take camping, use the rucksack picture in the appendix to draw the items in.
- Design a menu for a sleepover that could be cooked on an open fire.
- Fill a bag with items you would and wouldn't take on a pack holiday, can the Cubs/ Brownies guess which ones wouldn't be suitable?
- Design and make a lunch menu suitable for pack holiday, perhaps these ideas could be made into a camp menu book to try on your next holiday.
- Learn how to pitch a tent, strike a tent and how to take care of it. (This can be linked to Cub Scouts Campers Activity Badge!)
- Challenge Scouts/ Guides to pitch a patrol tent without talking – can they work as a team and know what they're doing well enough to succeed?
- Plan and carry out a day's activities on camp, remember time keeping and sticking to a budget.
- Write a checklist for EVERYTHING that is needed for camp, will the leaders find something missing?

