

The Great Indoors Challenge



**Cant experience the magic of the Great Outdoors?
Find some adventure in The Great Indoors instead!
Make your own challenge from the activities ahead.
Or, make up your own activities!**

**Once you have completed your challenge head over to
www.toastedmarshmallowsoutshop.com to buy your badges.**

**We want to know how much fun you had, so send us your pictures or
share them with us on Facebook.**

Home

- ♦ Complete all schoolwork.
- ♦ Take part in online school lessons.
- ♦ Phone a friend or relative and find out what they have been up to.
- ♦ Help a relative, unable to go out, with their shopping, pick up medicines etc.
- ♦ Do something to help a relative, who may not be able to go out, be happy. You could phone them and tell them what you have been doing, draw pictures for them, write to them, tell stories, do online video chats.
- ♦ Play a game or take part in an activity with somebody remotely.
- ♦ Learn a new skill.
- ♦ Teach your family a new skill.
- ♦ Desperate to get back normal? Every time you think of something to do when restrictions end, write it down on a piece of paper, and put it in jar. When restrictions end, you will have a jar full of ideas which you can lucky dip.
- ♦ Make a treasure hunt in your house/garden.
- ♦ Learn the 'Thank You Baked Potato' song by Matt Lucas. Make a donation, if you can. Video it and share with your friends.
- ♦ Design a new activity badge and set the requirements to gain it.
- ♦ Tie a reef knot behind your back in the fastest time possible. Mastered that? Do it with 1 hand.
- ♦ Tidy your bedroom.
- ♦ Make a map of your house.



Community

- ♦ Help a neighbour or vulnerable person in your community in the same way you would help a relative.
- ♦ Draw some pictures, write a story, or send a letter to a local care home.
- ♦ Litter pick - When going out for a walk, take a bag with you and pick up any rubbish that you see. Help make your community tidy for when things return to normal.
- ♦ Make a map of your local neighbourhood.
- ♦ Make a tourist map for your town/area to show tourist where the most interesting sites are.
- ♦ Special days – learn about special days in other countries / communities / cultures / religions.
- ♦ Celebrate one of the special days with your family.
- ♦ Thank you - take time to write a note, letter or picture to someone or a group of people in your community that is going above and beyond during this global pandemic.

Physical

- ♦ Climb the height of a local hill/mountain on your stairs.
- ♦ Make an exercise plan that includes 3 or more physical activities and do it every day.
- ♦ Design your own sport. How do you play? What are the rules? How is a winner decided?
- ♦ Build an obstacle course in your garden/house. Who can complete it the fastest?
- ♦ Compete in a mini Olympics in your garden/house. Decide on the events (you may have to make your own). Get your family to compete. Make your own medals to give out to the winners

Food

- ♦ Find out the difference between fruits and vegetables. Make a poster to show to your friends and family.
- ♦ Make scrummy fudge in your armpit – mmmmm.
- ♦ Make a sandwich with one hand.
- ♦ Make ice cream in a can.
- ♦ Make your own cheese. <https://youtu.be/utyxDUrd2Bw>
- ♦ Master chef - Competitors have to prepare a dish or a meal, and judges decide who's come up with the tastiest creation.
- ♦ Tell me how to make a sandwich. Write down your instructions. Get a parent/carer to follow your instructions. What were the results? <https://youtu.be/Ct-100UqmyY>
- ♦ Taste shifting - Your tongue classifies everything you eat as a combination of five flavours: sweet, salty, bitter, sour and savoury. Mixing different foods and flavours can impact the whole eating experience – too much salt can take your lunch from yum to yuck in an instant. What happens when you mix sweet honey with a sour lemon? Or add salt to a sweet cantaloupe? Explore your sense of taste by mixing different foods together and sampling the result.
- ♦ Snack art - You can have fun with healthy fruits, vegetables and other foods by making some art on your plate before you eat! Peanut butter (or spreadable cheese) on celery with raisins on top looks like "ants on a log"—but it tastes great!
- ♦ Can you turn milk into butter? <https://youtu.be/3a750bmDsYM>
- ♦ What's cooking – Plan, prepare and serve a healthy menu for a day.
- ♦ Multicultural feast - Get to know a little about other cultures by sharing an amazing feast with delicious dishes from far away parts of the world. You and an adult can work together to select and prepare a dish to serve the rest of your family.



Create

- ♦ Draw a new Mr Man or Little Miss character. Can you write a story about them?
- ♦ Potato printing. Make your own stamp by carving a potato.
- ♦ Create a picture book. You could use pictures you already have or make a short story by taking new ones.
- ♦ Make a miniature campsite. Can you do it with Lego, craft supplies, natural stuff from your garden.
- ♦ Draw a self portrait and share it with your friends and family.
- ♦ Design your own comic book character. Do they have any special abilities/superpowers?
- ♦ Make your own comic strip with your new character.
- ♦ Create your countries flag with things you can find at home.
- ♦ Make a dreamcatcher.
- ♦ Spell your name using 'finger spelling.'
- ♦ Draw your name in Braille.
- ♦ Make a paper shadow theatre.



Environment

- ♦ Make newspaper pots for growing plants. <https://www.abc.net.au/gardening/factsheets/newspaper-pots/10460320>
- ♦ Grow a grass head. For instructions on how to build your own visit <https://www.yates.com.au/ideas-plans/project-guides-articles/all/grow-a-funny-grass-head>
- ♦ Build a Terrarium.
- ♦ Build a Bee hotel. https://youtu.be/LS_5rntNexo
- ♦ Build a bug hotel.
- ♦ Make a miniature garden in a teacup.
- ♦ Clean up the oil spill - Do you know how to clean up an oil spill? When these accidents happen, plants and animals are in trouble. It's very important to be able to clean up oil quickly and effectively. Explore different ways to clean up oil, and figure out the fastest and most effective way to deal with a spill.



S.T.E.M.

- ♦ Build a different Lego model every day.
- ♦ Make a paper aeroplane. Measure how far it flies. Can you make improvements to make it go further?
- ♦ Make better bubbles. <https://youtu.be/0QmWQz9kn84>
- ♦ Build a hovercraft. <https://youtu.be/pP4YzAGB6P4>
- ♦ Build your own Rube Goldberg Machine. A Rube Goldberg machine uses many steps to solve a simple problem. Roll a ball into a row of dominoes that will collapse onto a lever that will flip the switch and turn on a lightbulb! Create a complex machine that will solve a simple problem.
- ♦ Make the strongest bridge you can out of spaghetti. How much weight can it hold?
- ♦ Walk on eggs. Set up a steppingstone walkway of eggs in their cartons. One at a time, walk over the eggs barefoot. <https://www.youtube.com/watch?v=DiRw-PzLiXQ&feature=youtu.be>
- ♦ Unbreakable eggs - Design a package that will protect an egg from breaking or cracking if it is dropped from a height. How will you keep the egg safe? Drop your eggs from a consistent height. If your egg survives the trip, drop it from a larger height. How can you improve your design? Try another design and see how it works.
- ♦ Make a kite. Use wooden skewers, some string, some tape and a plastic bag to create a small homemade kite
- ♦ Build the tallest free-standing tower with spaghetti and marshmallows.
- ♦ Make a catapult from Lego.
- ♦ Three little pigs. Which little pig built the strongest house? Build castles using sand, dirt, glue and water to find out which materials are strongest and safest from weather. <https://youtu.be/zrlRunvUI3A>



A decorative border of Scout campfire icons runs vertically along both the left and right sides of the page. Each icon depicts a campfire with two crossed sticks and a flame, with small white dots representing sparks or marshmallows floating above it.

Armpit Fudge

Ingredients: (single serve version)

2 oz. icing sugar (1/2 cup)
1 Tbsp butter
2 tsp cream cheese
dash of vanilla essence
2 tsp cocoa
sandwich-size plastic zipper-bag (Ziploc etc).
raisins, m&ms, marshmallows etc

Instructions

Place all ingredients in a sandwich-size plastic zipper-bag (Ziploc (tm), etc).

Squeeze out all the air.

Squish and moosh (under the arm!) the bag until all the ingredients are well mixed and there is a creamy consistency.

Add any favourite flavours or other stuff (raisins, M&M's, peanut butter, chopped nuts, etc).

Take out a spoon and enjoy.

Ice Cream in a Can

Materials:

- Milk, cream or whipping cream
- Sugar
- Flavouring, such as vanilla, chocolate chips or coconut
- Rock salt
- Spoons
- One large and one small metal can with lids Or several slide-lock bags of different sizes
- Tape

Do:

- Mix your milk, sugar and other flavourings in the smaller can or bag, then seal it up tight.
- Place this container in the larger one.
- Fill the larger container with crushed ice, adding salt in layers as you go.
- Now, shake it up. Roll or shake the can, or give your bag a good shake.
- Mix any chunky flavourings about fifteen minutes after you have begun shaking.
- After about twenty minutes, your ice cream should be ready to eat!
- Grab a spoon and dig in!

Build a Terrarium - This nature activity teaches children how to build and maintain a terrarium.

Materials

- A clear glass container with a wide neck to allow your hand in
- Small stones or gravel
- Activated charcoal (get from pet store)
- Potting soil
- Small sponge
- Piece of screen, mesh, or cheesecloth
- Plants or moss

Directions

- A terrarium is a completely self-supporting ecosystem. The plant life replenishes the air with oxygen, light shining through provides the light and power source, and water comes from the moisture in the soil. As the dead leaves fall off, they decompose providing food for the soil. How to make one:
- Select your plants. They should be small, like shade, and not grow too fast or too tall.
- Put gravel on terrarium floor.
- Sprinkle a small amount of activated charcoal on top.
- Cover with a piece of screen with a slit cut in the middle.
- Slice the sponge to one third inch wide and stick it in like a candle between the slit in the screen and anchor it in the gravel. The sponge will bring moisture up to the plant roots.
- Cover with potting soil.
- Gently make small holes and place plants in them, packing the soil loosely around them.
- Spritz your plants with water and cover. Add small figures.
- Your terrarium may look a little limp for a few days but will get used to its new environment in no time.

Say Cheese - To get started, let's take a minute to talk milk. Milk is made up of proteins, sugars (lactose), fat, minerals, vitamins, and enzymes. All of those things play various roles in cheese-making, but the real key players in the game are the proteins, namely casein and whey. Turning milk into cheese is a matter of changing the properties of those proteins, causing the caseins to coagulate into deliciously soft, milky curds and leaving behind the cloudy, watery byproduct known as whey. Acid-set cheeses require nothing more than a pot, some milk, a thermometer, cheesecloth, and an acid source, such as lemon juice or vinegar. When all's said and done, you'll have what's known as queso fresco in Latin America, paneer in India, wagashi in Ghana, and farmer's cheese in many anglophone countries.

Plan

- How will you find out how to make Cheese?
- What supplies will you need to make your Cheese?
- What equipment will you need to make your Cheese?
- Is there other Types of Cheese that your Family could make?

Materials:

- Pot
- Thermometer
- Spoon
- Cheesecloth or Clean Sackcloth Dishtowel
- Colander
- Whole Milk
- Lemon Juice or Vinegar
- Salt

Procedure:

1. Heating milk in a pot, gently stirring continuously, so not to scorch the milk.
2. When the milk has reached anywhere from 165°F to 185°F, take it off the heat.
3. Add in the lemon juice (vinegar can be substituted).
4. Working one tablespoon at a time and stirring gently after each addition, I continue pouring in the acid until the curds separate from the whey. It will look like soft, curly white clumps suspended in a clear-ish liquid, and it will be sudden. Trust me, you'll know when it happens.
5. Once they've separated, take a break. Let the pot sit uncovered for at least five minutes and up to 20 minutes to complete the separation process.
6. Now it's draining time! Ladle the curds into a cheesecloth-lined colander. If you don't have cheesecloth, you can also use a clean sackcloth dishtowel. The finer weave means the draining will take a few minutes longer, but the cloth is reusable and ultimately cheaper if you plan to make cheese frequently.
7. Gather the curds into a ball in the middle of your cheesecloth and press them into a hockey-puck shape.
8. Then, tie the cloth around the cheese, place bound cheese back into the colander, and put some kind of weight on top anything that weighs a few pounds.
9. Let your set-up rest for an hour and a half, or until the cheese has reached your preferred texture—the longer you wait, the firmer it will get. It'll keep for up to a week in the refrigerator, but it's best used right away. There you have it—everything you need to know (okay, and maybe a tiny bit more) to make a basic cheese. Super cool.

Clean up the Oil Spill - <https://youtu.be/xi-HuV4Yi5A>

Materials:

• Aluminum tray (at least 10 centimetres deep) • Vegetable oil • Kitchen absorbent cloths • Paper towels • Cotton balls • Pieces of nylon net • Nylon stockings • Styrofoam • String • Spoon • 2 eye droppers • Hay • Liquid detergent • Materials from home (optional) • Sand or dirt (optional) • Newspapers (to cover the tables) • Bucket for waste • Rubber gloves • Clock, watch or cellphone for keeping the time.

Do:

Make the oil spill: To build the ocean, fill the aluminum tray with 3-5 cm of water. Add 5 drops of oil to your "ocean." This will be your oil spill.

Cleaning the oil spill: Your challenge is to clean up the spill. As a family, decide what materials you want to use and how. Compare different methods. Try out three or four different ideas.

- Keep track of how much time it takes you to clean the spill.
- Come up with a system to record the results of your clean-up so that you can compare different methods.
- To test another method, add a few more drops of oil to replace what you cleaned up. Try something new this time. For each method, ask yourself if you were able to clean up all the oil.

Create another oil spill: This time, add five drops of detergent directly on the oil. Stir the water to mix the oil and detergent. Record your observations.

Containing the spill: One of the first things workers do after an oil spill is try to keep the oil from spreading. Try this yourselves.

- Figure out which material works better to contain the oil.

Absorption: In most cases of oil spill clean-up, materials are used to absorb the oil. This means that the material soaks up the oil. Try this yourselves.