

Cub Scouts: Environmental Activities

This selection of resources can help Cub Scouts explore environmental themes and protect the natural environment.

Helping wildlife during the winter

1. Feed the birds - put out as wide a range of foods as possible, and regularly clean feeders and bird tables. Check out how to make bird feeding cakes below.
2. Put out water when it's icy as natural sources might have frozen over.
3. Hedgehogs need places to hibernate, so if you can put out a hedgehog box or leave piles of undisturbed vegetation - please do. Check any bonfire you create, before lighting it - hedgehogs may well have gone to sleep there.
4. Food is scarce in the winter months so putting out small treats can help the animals visiting your garden. Just remember: only leave small quantities of food so your guests don't become dependent on handouts, and avoid leaving food that encourages them to cross busy roads.

Clean-up Treasure Hunt

1. Prepare a 'treasure' list of litter that the Cub Scouts can pick up (eg. a can, a sweet wrapper, a piece of plastic). Also, have plastic/rubber gloves for everyone, one rubbish bag per six, and a litter picker.
2. Give each Six gloves for each member, a rubbish bag, one copy of the treasure list, and one pencil
3. They should walk around looking for the rubbish on the list. When they find a piece, they should put it on the list and check it off. If they find something which is not listed, they can write it on the paper. Also, discuss items they should leave, such as glass or dog droppings, and have a Scouter nearby as well.
4. Set a time limit. When the time is up, the Six with the most different types of trash wins.
5. Separate out the recyclable items from the rubbish and dispose of everything properly.

From: <https://scoutermom.com/4708/cleanup-treasure-hunt/>

Make a speedy bird feeding cake

You will need: Good quality bird seed, Raisins, Grated cheese, Suet or lard, Yoghurt pots, String, Mixing bowl, and Scissors

1. Carefully make a small hole in the bottom of a yoghurt pot. Thread string through the hole and tie a knot on the inside. Leave enough string so that you can tie the pot to a tree or your bird table.
2. Allow the lard to warm up to room temperature, but don't melt it. Then cut it up into small pieces and put it in the mixing bowl.
3. Add the other ingredients to the bowl and mix them together with your finger tips. Keep adding the seed/raisin/cheese mixture and squidding it until the fat holds it all together.
4. Fill your yoghurt pots with bird cake mixture and put them in the fridge to set for an hour or so.
5. Hang your speedy bird cakes from trees or your bird table.

Read more at <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-speedy-bird-cake#2WmxwLbrFry226Z2.99>

Animals in your area

1. All parts of Ireland are full of animals of all sorts! Make a list of animals in your area and find out some facts about them.
2. Each Six can do some research on one animal and draw a poster showing what they found out.
3. Make a plan for how your Pack can help support these animals through the year, for example by preserving their habitate.



Healthy snacks

These simple healthy recipes can be made during winter meetings when you can't get out much.

Rainbow fruit skewers

Ingredients per Six

6 raspberries	6 hulled strawberries
6 tangerine segments	6 cubes peeled mango
6 peeled pineapple chunks	6 peeled kiwi fruit chunks
6 green grapes	6 red grapes
12 blueberries	

Method

1. The Cub Scouts should work in their Sixes for this.
2. Take 6 wooden skewers and thread the following fruit onto each – 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries.
3. Arrange in a rainbow shape and let everyone help themselves.

From: <https://www.bbcgoodfood.com/recipes/rainbow-fruit-skewers>

Mango & banana smoothie

Ingredients per six

1 large mango	2 bananas
500ml orange juice	6 ice cubes

Method

1. Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. A scouter might need to help the Six with this.
2. Peel and chop the banana.
3. Put all the ingredients into a food processor or blender, then process until smooth and thick. The Pack can share one blender and a Scouter can help each Six use it.
4. Enjoy your smoothie in your re-usable cup!

From: <https://www.bbcgoodfood.com/recipes/6996/mango-and-banana-smoothie>