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SilverHelme Activity Trails for **Squirrels** & **BEAVERS**

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Squirrel & Beaver Trails

Overview



The **SilverHelme Activity Centre** now has two new trails.

For the **Squirrel Trail**, you need to follow a route to find 33 bright red wooden Squirrels and complete a series of activities at points along the way. The trail should take about 90 minutes to complete. You should be able to spot the next Squirrel from the one you have just found.

For the **Beaver Trail**, you need to follow a longer route to find 20 named wooden Beavers and complete a series of different activities at points along the way. The trail should take 90 - 120 minutes to complete. The Beaver nose points you in the direction you should be following.

Both trails visit **Bobby Beaver's Lodge** and end at the camp fire circle where you can play more games and have a sing-song.

There are also "spotting" and "collecting" challenges that you can do throughout your journey through the **SilverHelme Activity Centre**.

Be aware, both trails go over rough terrain including Limestone which can be slippery when wet. There is also a steep slope on the **Beaver Trail** that is unsuitable for **Squirrels**. Please ensure that correct footwear is worn and everyone is supervised at all times.

Activity packs are available from the Warden's office for use along the trails. You will need to bring paper and pens.

Please return the packs when you are finished and let the Warden know if anything is missing or broken.

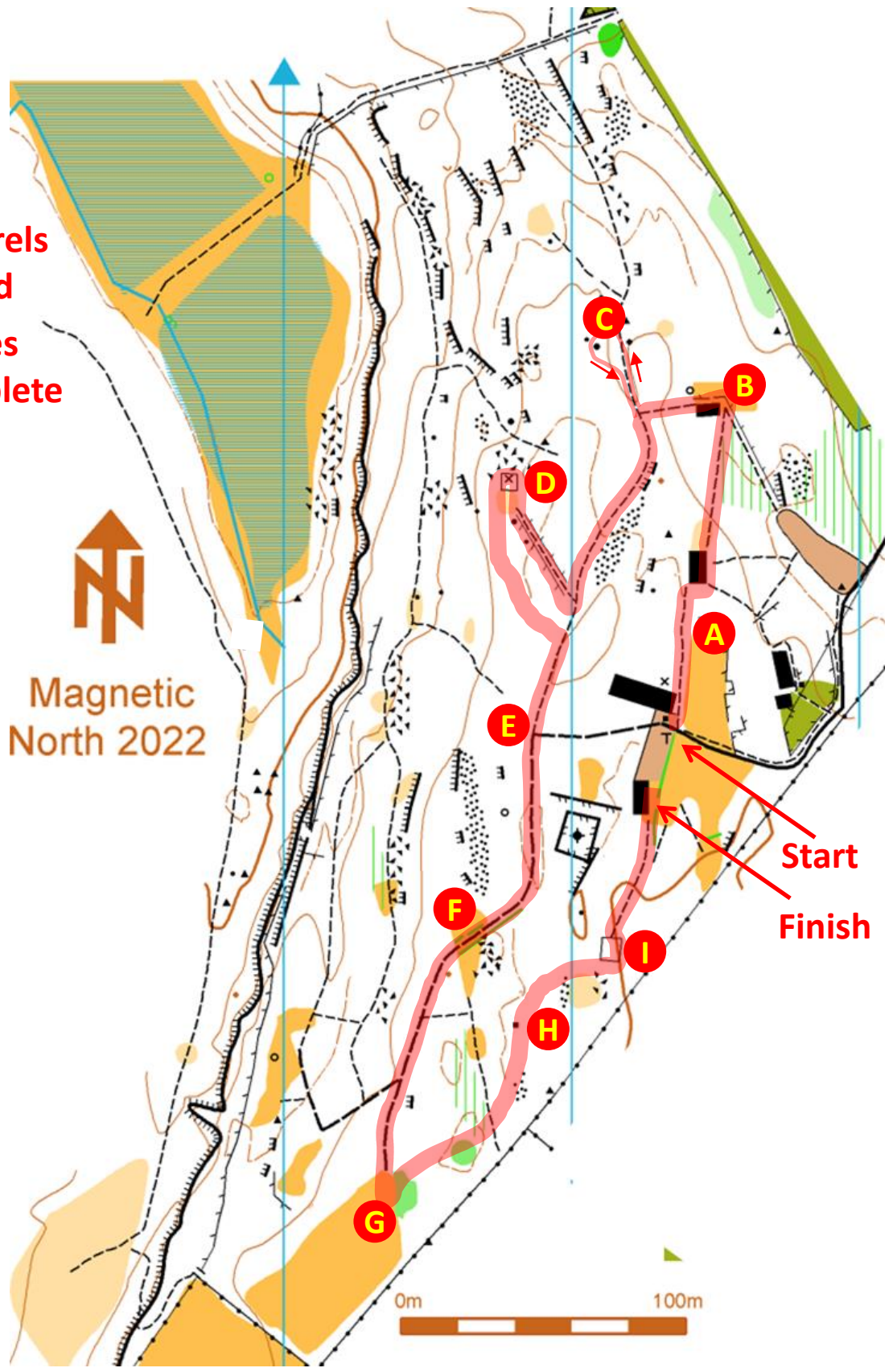


Squirrel Trail Map

Squirrels

33 Squirrels
to find

10 Activities
to complete





Activities:

Refer to the detailed activity sheets later in this document.

A Touch & feel texture boxes

There are 6 boxes in the activity pack that contain different woodland items (e.g. Pine Cones). Squirrels need to feel in the boxes (without looking) and work out what's inside.

B Parachute games

There is a large parachute in the activity pack to play some games.

C Tree rubbing & ring counting

You will need paper & crayons to do tree bark rubbings.

D "Promise" discussion, prayer & mindfulness

Activity to discuss what the "Promise" means and do some other mindful activities.

E Bug Hunting

There is bug viewing equipment in the activity pack. Please remember to put the logs back how you found them.

F Woodland Art

Collect things along the walk so you can make pictures at this activity.

G Games

Use the open space to stop and play some games.

H Story

There is a story book in the activity pack to read at *Bobby Beaver's cabin*.

I Sing Song

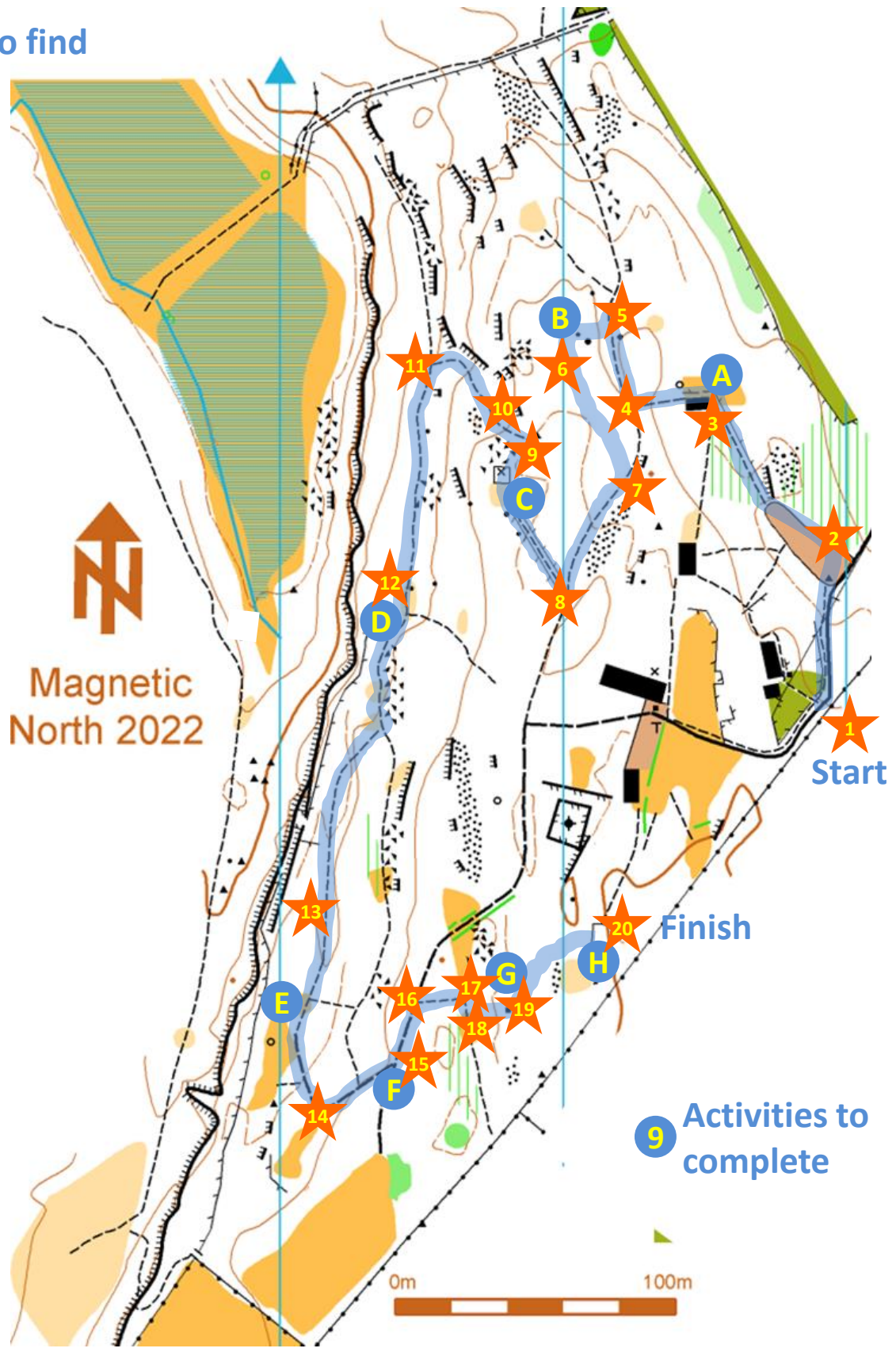
Finish the trail with a sing song at the camp fire circle.

Also, along the trail complete the *Scavenger Hunt* activity.



20 Beavers to find

- ★ 1 Bryson
- ★ 2 Bingo
- ★ 3 Bertrum
- ★ 4 Billy
- ★ 5 Becky
- ★ 6 Bertie
- ★ 7 Brian
- ★ 8 Barry
- ★ 9 Barbara
- ★ 10 Benji
- ★ 11 Ben
- ★ 12 Belinda
- ★ 13 Blake
- ★ 14 Brendon
- ★ 15 Bridget
- ★ 16 Bart
- ★ 17 Bryony
- ★ 18 Bede
- ★ 19 Bobby
- ★ 20 Basil



9 Activities to complete



Activities:

Refer to the detailed activity sheets later in this document.

A Parachute games

There is a large parachute in the activity pack to play some games.

B Tree rubbing & ring counting

You will need paper & crayons to do tree bark rubbings.

C “Promise” discussion, prayer & mindfulness

Activity to discuss what the “Promise” means and do some other mindful activities.

D Bug Hunting

There is bug viewing equipment in the activity pack. Please remember to put the logs back how you found them.

E Woodland Art

Collect things along the walk so you can make pictures at this activity.

F Silver Birch story

Find some Silver Birch trees near *Bridget Beaver* and read the story.

G Story

There is a story book in the activity pack to read at *Bobby Beaver’s cabin*.

H Sing Song

Finish the trail with a sing song at the camp fire circle.

Also, along the trail complete the *Scavenger Hunt* activity.

For the ***Beaver Adventure Challenge*** find out 5 new facts along the trail.



Squirrel & Beaver Trails Activities

The following pages outline ideas for activities along the **Squirrel Trail** and the **Beaver Trail**. You can follow all, some, or none based on your programme plan. *Activities count towards badge challenges!*

Activity	Squirrel	Beaver	Badges
Scavenger Hunt	All along the trail		Linked to <i>My Adventure Challenge</i> and <i>All About Adventure Challenge</i> .
Touch & feel texture boxes	A	N/A	Linked to <i>All Together Challenge</i> and <i>All About Adventure Challenge</i> .
Parachute games	B	A	Linked to <i>Teamwork Challenge</i> and <i>All Together Challenge</i> .
Tree rubbing & ring counting	C	B	Linked to <i>My World Challenge</i> and <i>All About Adventure Challenge</i> .
“Promise” discussion, prayer & mindfulness	D	C	Linked to <i>My World Challenge</i> and <i>All Around Us Challenge</i> .
Bug Hunting	E	D	Linked to <i>My World Challenge</i> and <i>All About Adventure Challenge</i> & <i>Go Wild Activity Badge</i> .
Woodland Art	F	E	Linked to <i>My Outdoor Challenge</i> and <i>All About Adventure Challenge</i> .
Games	G	N/A	Linked to <i>All Together Challenge</i> & <i>Be Active Badge</i> .
Silver Birch Story	N/A	F	Linked to <i>My Skills Challenge</i> .
Story	H	G	Linked to <i>My Skills Challenge</i> and <i>Storytime Badge</i> .
Sing Song	I	H	Linked to <i>My Skills Challenge</i> and <i>All About Adventure Challenge</i> .

For the *Beaver Adventure Challenge* find out 5 new facts along the trail.



Squirrel & Beaver Trails Activities

You will need to bring the following items to complete the trail:

- Hand sanitiser.
- Paper.
- Crayons.
- First Aid kit.

You can get the **Activity pack** from the Warden. It contains the following:

- Laminated activity sheets.
- Laminated maps.
- 6 “Touch & Feel” boxes. **A**
- Parachute & 5 bean bags. **B A**
- Bug hunting kit. **E D**
- Story books. **H G**
- Buckets for collecting twigs & leaves. **F E**


Please return the packs when you are finished and let the Warden know if anything is missing or broken.



Squirrel & Beaver Trails

Scavenger Hunt Activity

Keep your eyes open as you walk through the woods. How many of these can you spot?

			
Squirrel	Seeds	Stones	Big branch
			
3 kinds of trees	2 different birds	Worm	Flower
			
Insect	Nest	Toadstool	Acorn or Pine cones

You might not spot them all but you should see most!



For the first activity you will need to get **6 Activity Boxes** from the Warden. The boxes containing different items.

The challenge is to feel the items in the box (without looking) and guess what the items are. There are some items found naturally in the woods and others that are often found but shouldn't be there.

Boxes contain:

1. Twigs
2. Pine cones
3. Leaves
4. Stones
5. Plastic drinks bottle
6. Crisp packets & sweet wrappers.

Can you guess what is in each box ?
Discuss the impacts of litter in the woods.

Please ensure hands are sanitised after this activity.



In the **Activity Box** box there is a parachute pack and five bean bags.
There are three games to play with the parachute:

1. Five little Squirrels (Beavers).

Throw one bean bag at a time onto the parachute, and count them - 1,2,3,4,5 as you go. Then bounce them to the beat of the music as you sing:

*5 little Squirrels (Beavers) jumping on the bed
One fell off and bumped its head
Mum phoned the doctor and the doctor said,
'No more Squirrels (Beavers) jumping on the bed!'*

Take one off and count how many you have got. Repeat the song, taking one off each time.

2. Zoom, zoom, zoom.

Everyone stands around the parachute, holding it. You gently shake the parachute to the music as you sing:

*Zoom, zoom, zoom
We're going to the moon!
Zoom, zoom, zoom
We'll be there very soon!
Then shake the parachute for each number as you go '10,9,8,7...2,1,
Zero! Blast Off!'*

On the blast off everyone lifts the parachute into the air at the same time and then lets go. If you all let go at the same time the chute will fly upwards into the air.

3. Incy Wincy Spider.

*Incy wincy spider climbed up the water spout (Raise the parachute)
Down came the rain and washed the spider out. (Lower the parachute)
Out came the sun and dried up all the rain. (Raise and lower)
So Incy Wincy Spider climbed up the spout again. (Raise it again)*

If you have time make up other songs & actions.



You will need to bring some paper and crayons for this activity.

Around the *Council Rock* area there are lots of different trees and many logs / cut trees. Try the following:

1. Tree rubbing.

Pick different trees and try taking bark rubbings using the paper and crayons.

Talk about the different trees and different textures.

Which tree has the best bark for tree rubbings?

How many different types of trees can you see in the area?

2. Ring counting.

Pick a log or cut tree and look at the rings. Try and count the number of rings on different sized logs and trees. (one light ring and one dark ring = 1 year).

Work out the age of the logs and trees.

Which is the oldest and which is the youngest?

Do twigs also have rings?

There are other activities you could try including:

- **Tree Hugging.**

Can you “hug a tree” and get your arms all around it?

- **Leaf spotting.**

How many different shaped of leaves can you find?

Are leaves different colours and textures?



In the *Chapel* area you can do different activities around the “Promise”, prayer and mindfulness.

1. What is the SilverHelme Chapel.

Explain that this is the church when we come to camp. Remind everyone that the Chapel has been blessed so we must behave as we would when we go to any special place.

Why is it different to the church you may visit with your family, or school, or have seen on the television?

2. Discuss the “Promise”.

Sit on the benches and recite the Promise:

I promise to do my best to be kind and helpful and to love our world/God/Allah

How do you “do your best”?

How can you be “kind and helpful”?

How can you “love our World/God/Allah”?

What good deeds could you do at home and in school?

3. Mindfulness.

Talk about the need to have some quiet time.

Get everyone to close their eyes, keep very still & quiet and listen to the different sounds from the woods.

Get everyone to slowly count back from ten to one and then open their eyes.

What did they hear?

What did they feel?



Squirrel & Beaver Trails

Bug Hunting

E

D

In the **Activity Box** box there are various bits of equipment to collect and look at different woodland bugs.

1. Identify where bugs & mini-beasts might live.

Look around for different types of habitats; logs, stones, piles of leaves, mounds of earth, loose tree bark, moss, in trees.

2. Find and collect different bugs & mini-beasts.

Look under logs and leaves, on tree trunks and branches. **Do not pick leaves or break the branches.**

How many different types of bugs & mini-beasts can you find?

Do they fly, slither, scurry or jump?

Please remember to put what you have collected back in the same place and make sure anything that has been disturbed (e.g. Logs & stones) are put back in the same place.

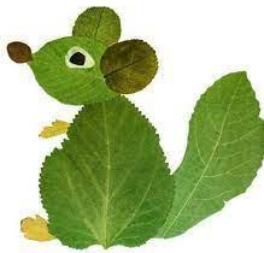


Squirrel & Beaver Trails

Woodland Art Activity



Collect items along the trail and make pictures, sculptures or your name at the end. You can do this on your own or as part of a team.



Please don't pick twigs or leaves off trees, you will find more than enough on the ground.

How long will your art last in the woods ?
What will happen to the materials you have used ?



In the open area of *Melling Meadow* you can play different games.

Games might include:

1. **Sticky Toffee.**

This is a game of tag.

One person is chosen to be the “Toffee” and everyone else runs off. The “Toffee” then chases them. As soon as one of them is caught they join hands and both try to catch the other players. Each time someone is touched they join the line, the chain becomes long and the last player is the new “Toffee” in the next game.

2. **Caterpillar Crawl.**

Leader calls out instructions and players respond to commands for example:

- “Caterpillars crawl” – the players all crawl along the ground.
- “Caterpillars pupate” – the players all stop and curl up in a ball on floor and stay perfectly still.
- “Butterflies fly” – the players run around with arms out arms out.

3. **Escape.**

Everyone stands in a circle a little distance apart from each other.

One person is chosen to be the “Jailer” and stands in the middle of the circle. Another person is chosen to be the “Escaper”.

On the word “GO”, the “Escaper” has to run in and out of the circle. The “Jailer” has to follow the “Escaper” and try and catch them before they get back to their starting position.

If the escaper is captured a new escaper is chosen and, if the escaper is not captured, they swap places for the next turn. The game continues until everyone has had a go.

4. **Heads and tails.**

Divide the group into two teams. Each person in the team holds onto the waist of the person in front. The “HEAD” (first in the team) has to catch the “TAIL” (last in the opposing team), by dragging everyone with him/her.

If the chain breaks they have to stop and re-join before moving again.



Squirrel & Beaver Trails

Silver Birch Story

You will find **Bridget Beaver** near some *Silver Birch* trees. Unfortunately in recent years many of the *Silver Birch* trees have died due to disease. There are some left but you will have to look carefully

1. Explain what a *Silver Birch* is.

The *Silver Birch* is one of the most graceful trees in Britain. You can normally find it in many places including woods, parks, in the countryside and in neighbour's gardens.

The bark is known as "nature's paper" and small amounts of loose bark can be used by Scouts as tinder to start cooking fires. The trunk is a patchwork of silver and brown with the silver always curling up.

However, legend has it that the Silver Birch used to be smooth all over!

2. The Legend of the *Silver Birch*.

One day a young hunter was returning from a trip. He had been very lucky and was taking lots of meat back to his family.

It was a hot day and he was feeling tired so he stopped under some Silver Birch trees, placed his meat on the ground and sat with his back up against the trunk ready to have a short nap. The wind rustled the leaves of two trees and the branches rubbed together. The noise stopped the young hunter from going to sleep so he climbed one of the trees and tried to separate the branches. However, he got his arm stuck in the branches and couldn't free himself.

Some wolves were attracted by the smell of the meat and appeared at the bottom of the tree and started to eat the meat. The young man tried to free his arm but still couldn't.

Finally, the young hunter managed to pull very hard and free his arm. When he climbed down to the ground he found that the wolves had gone but they had eaten all the meat he had caught. He had no food to take home to his family.

The young hunter was so angry that he grabbed his whip and lashed out at the Silver Birch trees. The whip cut the bark and it started to hang like ribbons. The legend says that these are the scars that you see today!

Look for *Silver Birch* trees and find their scars.



In the **Activity Box** box there are a couple of story books suitable to tell while everyone is squeezed into *Bobby Beaver's Lodge*.

You could also make up different stories with actions.



Squirrel & Beaver Trails

Risk Assessment

Who might be harmed	Is the risk adequately controlled	Is more needed?
Walking through Car Park.		
Everyone	Leaders to ensure that there are no vehicles moving in the car part and ensure all members cross the car park safely. Keep together with one Leader at the front and one at the back.	No
Bark rubbing around Council Rock.		
Everyone	Ensure no one climbs on <i>Council Rock</i> unsupervised. When bark rubbing beware of sharp leaves & thorns. Leaders should be aware of slippery logs and rocks.	No
Path leading from the back of the Chapel (<i>Beaver trail only</i>).		
Everyone	One Leader should be at the front. Leaders should ensure no one runs down the path as it is steep and can be slippery, particularly after rain. Some members may need help walking down the steepest parts of the path.	No
Bug & Mini-beast hunting.		
Everyone	Ensure everyone lifts logs & rocks carefully. Be aware of slippery surfaces.	No
Walking through the woods		
Everyone	Limestone & logs may be slippery. There are also crevices in rocks that might be large enough to slip into. Low branches may cause injury to faces. No one should go off alone.	No