

Seaside Adventure Resource Pack

Hello! We have put this resource pack together to help members, parents and leaders complete the challenge and earn their badge.

There are 6 parts to the challenge...

1. Sleep somewhere that is not your bed
2. Play a game that you would usually play at the seaside
3. Use craft skills to create something that reminds you of the beach or the sea
4. Create a beach drink/snack/meal and eat it
5. Think about how you can help with rubbish that ends up in the sea
6. Write a postcard to someone who you may not have seen in a while

The activities suggested here are OPTIONAL and members can create their own activity to fit the clause. Remember to take photos of what you have been doing to show your leaders so they (and us) can see the great things you have been up to!

1. Sleep somewhere that is not your bed



This could be anywhere! You may want to stay indoors and create a sofa fort or a blanket den in the lounge. You could take advantage and get outside by pitching a tent and cuddling up in a sleeping bag. The choice is yours and you can be as wacky as you like.

2. Play a game that you would usually play at the seaside

I spy...

Pick a player to be the "spy." They pick an object and give other players a clue as to what the object might be by telling them the first letter of the word. For example, if they pick a table, they say "I spy something beginning with the letter T" or "I spy with my little eye something beginning with T." Players then take turns to try to guess. The person with the correct guess becomes the next spy.

Go fish!

Here are a few ways that you can play this game. Here is one version that you can make at home.

What you need

- Paper, card or felt
- Medium or large paperclips
- Magnet
- String
- Stick or rod
- Colouring/Decoration
- Scissors
- Glue

How to make it

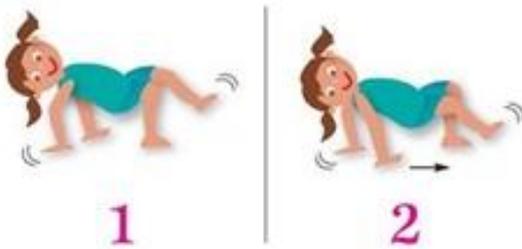
1. Cut out about 6 fish shapes from your paper or card. They should be between 8-25cm in length. The heavier the card the smaller you should make them.
2. Decorate your fish.
3. Attach a paperclip to the mouth of each one.
4. Cut a length of string to make your fishing line at least 20cm long.
5. Attach one end to the stick or rod and the other to the magnet. You may want to create a small hook shape from card to make it easier to attach the magnet to the string.
6. Lay out your fish in a 'pond' and use the rod to pick up your fish!



Beach volleyball

Set up a highish net across your garden. You could use string or rope or a washing line (get permission first!) Use a large ball to play with - foam is best. Hit the ball over the net and get it to touch the ground to score a point. The ball must be hit and not caught and you are allowed 3 touches of the ball before it must go back over the net.

Walk like a crab



Sit on your bottom, place your hands on the floor behind you, push up and start moving! Crab walk to the bathroom to brush your teeth, crab walk to the door to get your shoes, crab walk to the kitchen and get a drink, crab walk ANYWHERE. Inside, outside, at home... Want to make it harder? Try putting something on your stomach and seeing if you can move without it falling off. Can you crab dance? Lift a hand up and hold it for 5 seconds. Repeat it using different arms and legs.

Seaside human beetle drive

What you need

- Dice

For each player

- Sunglasses
- Flip flops/sandals
- Beach hat
- Swimwear (swimsuit/bikini)
- Beach bag
- Beach towel



How to play

Take it in turns to roll the die. Put on the item with the number that matches the die, BUT you need to roll a 1 to start. Once you have got your sunglasses on, you can put the other items on in any order.

1. Sunglasses
2. Flip flops/sandals
3. Beach hat
4. Swimwear (over your clothes!)
5. Beach bag
6. Beach towel

The winner is the first person to put everything on and be ready to go to the beach

Crazy golf

You will need

For the clubs

- Newspaper sheets
- Paper
- Lollipop sticks
- Masking tape

For the holes

- Cereal boxes
- Card
- Bottles
- Books

- Toys
- Masking tape
- Scissors
- Pen
- Paper

How to make a golf club

1. Roll up and overlap some sheets of newspaper to make a long strong tube. Tape it together
2. Hold 3 pieces of paper together and fold in half lengthways and again.
3. Fold it widthways and tape an end to each side of the newspaper pole to create a club.
4. Use lollipop sticks to make the club stiffer.

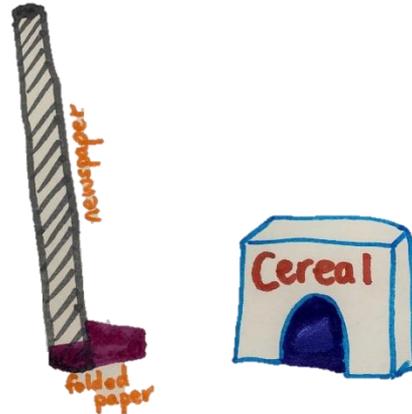
How to make a hole

1. Cut a cereal box in half and then cut an arch in it big enough to for a ball to go through or cut a plastic bottle in half. Be careful as the edges may be sharp!
2. Roll up pieces of card to make tunnels, use books as slopes and use toys as obstacles.
3. Create as many holes as you wish (ideally 6).

How to play

Create a scorecard and decide how many strokes each hole should take - this is called par. Set out each hole with some masking tape as a tee (starting point), with obstacles and the hole itself. Challenge yourself, your family, or friends to go around the course and see who can do it in with the lowest score.

Hole	Par	Player 1	Player 2	Player 3
1				
2				
3				
4				
5				
6				
Total				



Frisbee

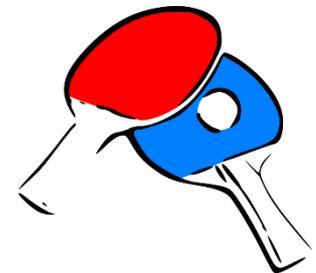
Play a game of frisbee with your family or friends. You usually need a big space to play if you can throw it well. Did you know that there are people that play frisbee as a sport? It is called Ultimate frisbee and they have tournaments.

Make your own bat and ball

If you don't have a bat and ball at home, you can make a set easily with just a couple of items.

What you need

- Newspaper or magazine
- Sellotape
- Socks



How to make them

1. Roll the newspaper or magazine tightly into a stick shape and secure it with tape.
2. Fold the socks to make a ball.

Now you have a homemade bat and ball. Have fun playing as many different games as you can!

3. Use craft skills to create something that reminds you of the beach or the sea

Decorate a seaside picture / paper plate

Get your colouring pencils, felt-tips, paint, chalk, sand or whatever you have to use and create a seaside themed picture. You may want to find a seaside picture to colour instead.



Make your own sand bottles

Using chalk and salt mixed together, make some sand art in a bottle - there are lots of ideas on the internet and especially on Pinterest

Write an acrostic poem based on the seaside

An acrostic poem starts each line with a letter and when you read it downwards it spells out a word. You could use the word beach or seaside...

Being by the sea is the best place to be
Everyone having lots of fun
A chance to play or relax
Come and build a sandcastle
Happy faces all around

Create a seaside in a bottle

What you need

- Plastic water bottle
- Sand
- Variety of shells
- Pebbles
- Funnel
- Blue food colouring
- Washing up liquid
- Water

How to make it

1. Using a funnel, pour sand into the bottle until it is $\frac{1}{4}$ full.
2. Add objects to go on the beach including shells and pebbles.
3. Put a few drops of blue food colouring and washing up liquid into a glass of water.
4. Again using the funnel, top up the bottle with the blue water.
5. Screw the lid tightly onto the bottle.
6. Place the bottle on its side and allow everything to settle.



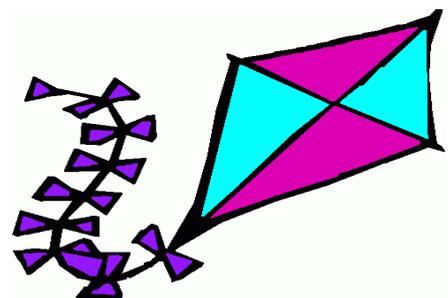
Design a kite and fly it

What you need

- 6 Bamboo/kebab skewers (remove the sharp points)
- Tissue paper
- String
- Cotton thread

How to make it

1. Take a pair of skewers and cut one so its two-thirds the length of the other. Tape them together to make a cross shape with the longer one being vertical.
2. Add 4 more skewers around the outside to make a diamond shape and tape them together.
3. Using tissue paper draw round your kite making it 2cm bigger on all sides. Cut out the diamond and wrap it round the kite frame.
4. Decorate your kite using more tissue paper.
5. Attach string to the cross of your kite for you to hold on to.



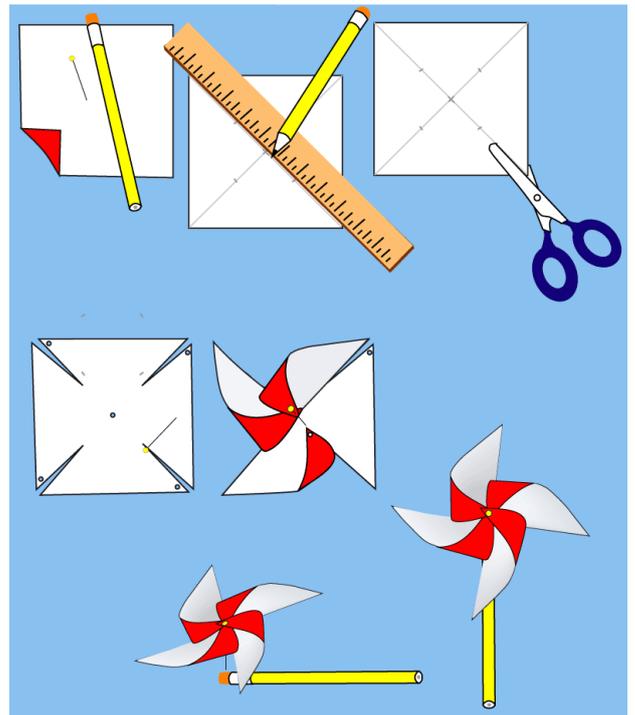
Make a windmill

What you need

- A4 paper
- Colouring pencils/felt tips
- Split pin/drawing pin
- Straw/pencil

How to make it

1. Make a square from your a4 piece of paper.
2. Decorate both sides of the square.
3. Fold it diagonally so it turns into a triangle and crease it. Repeat this in the opposite direction to make an 'X' once you open it back out.
4. Mark a point 5cm from the centre on each of the fold lines.
5. Cut from each corner on the diagonal line to the marked point.
6. Bend each corner into the middle - make sure to bend and not fold.
7. Once all corners are in the middle push the pin through them and the straw or pencil.



Build an ocean in an eggbox

What you need

- egg box
- a range of blue paints
- glitter glues (optional)
- small shells and pebbles
- coloured card
- tissue paper
- plastic gems
- coloured foam sheets
- pipe cleaners

How to make it

1. Paint the inside of the egg box until it is all covered. Add glitter glue to make it sparkle if you want.
2. Draw and cut out some little fish and other sea creatures from the coloured card and foam
3. Use some green foam and tissue paper to create seaweed.
4. Stick in the seaweed and other creatures.
5. Add shells and pebbles to the bottom of the eggbox to make a seabed.
6. Finish decorating by adding some gems.



Decorate flags to put into a sandcastle

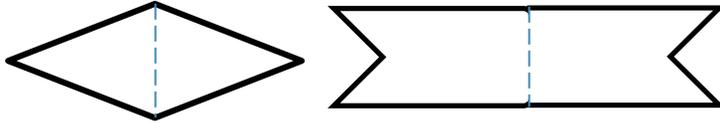
What you need

- Paper/Card
- Colouring pencils/felt-tips
- Cocktail sticks/skewers
- Glue
- Scissors



How to make them

1. Depending on how big your sticks are draw some flag shapes onto paper.



2. Decorate your flags. Remember to copy your design onto both halves if you want your flag to be the same on both sides.
3. Cut out your flag shapes
4. Put the stick or skewer on the dotted line and fold the flag in half sticking both sides together.
5. Put your flag into your sandcastle

Make a friendship bracelet

There are numerous ways to make a friendship bracelet. You may already know how to do them and have made lots at home. You could use a simple plaiting method or knotting. There are too many different ways to choose just one! Here is a link to a couple of simple designs <https://bit.ly/3kt0I5F>

4. Create a beach drink/snack/meal and eat it

Mocktails

Use a range of different fruit juices, squashes and fizzy drinks to create your own mocktail. To start you off here is an idea why not mix orange juice with pineapple juice and lemonade - call it a citrus fizz. Add ice cubes and pieces of fruit to make it more interesting. Give your new drink a name.

Make your own fish and chips

Find a recipe and make your own fish and chips. You may want to find one that has it battered in the traditional way or you could leave it more natural for a healthier option.



Ice cream in a bag

You will need

- ½ cup (150ml) milk
- 1 tablespoon (tbsp.) sugar
- 3-4 drops of vanilla essence (you might try other flavourings)
- 6 tbsp. (150g) salt
- Ice
- medium zip-lock bag
- large zip-lock bag

How to make it

1. Add milk, sugar and flavourings to a medium size zip-lock freezer bag and zip shut.
 2. Place that bag in a larger zip-lock bag.
 3. Add ice to fill bag ½ way adding the salt.
 4. Zip that one shut and shake, turn, toss, and mix the bag.
 5. In about 5-10 minutes you will have cold hands and yummy ice cream.
- Warning: Be sure you get all the salt off the small bag before you open it - use cold water not hot or you will melt your ice cream!



Doughnuts

For older members: find a doughnut recipe on the internet or in a cookbook and have a go at making your own (make sure there's an adult on hand if you're deep frying them!).

For younger members: buy some ready-made ring doughnuts and decorate them with icing and sprinkles.

For maximum authenticity, serve in a paper bag!

Decorate 'water safety' biscuits

Decorate biscuits to show the water safety flags. Will you make them sweet with icing and sugar decorations or go savoury with crackers and vegetables? Which other flags might you find at the beach?

Use this PDF from the RNLI website to find out what the flags are and what they mean:

<https://bit.ly/342oYYp>

Beach BBQ

Put on your summer clothes and have a barbeque with your family or friends. Help prepare the food and enjoy it. Extra points if you manage to have it on an actual beach.

5. Think about how you can help with rubbish that ends up in the sea

Create something from plastic you would normally throw away

Each day we come into contact with plastic. It could be from the items or toys in our homes, as packaging around our food and drink or in bags we take our shopping home in. Look at the items you are going to recycle. Could you use them to make something new? It could be a new toy or something that you can use in your daily life. You could even make a sea creature!



Keep a plastic diary

Did you know over 8 million tonnes of plastic end up in the sea every year? 80% of this comes from the land, because people drop litter or because rubbish from overflowing bins and landfill blows into rivers and ends up in the sea. It can get wrapped around sea animals or eaten by them and make them ill.

Keep a plastic journal for a week of all the plastic your family uses. Are there any ways you can reduce the amount of plastic you use? Think about using reusable drinks bottles, reusing shopping bags and buying loose food from the shops instead of packaged food.

Design a poster to make others aware of the problems

There has been a lot in the news in recent times about the problems of pollution on beaches and in the sea. There are many campaigns that you could research that are trying to raise awareness of what is happening. One of the ideas is that every time you are at a beach you pick up 3 pieces of rubbish and throw them away properly. Use your artistic skills to show what is important to you.



Think about what you flush down the toilet

What you need

- Clear plastic bottle ½ filled with water
- A piece of toilet paper
- A selection of the following hygiene products
 - Cotton buds
 - Contact lenses
 - Pieces of dental floss
 - Sanitary towels
 - Face wipes
 - Tampons
 - Cotton wool balls
 - Cotton wool pads
 - Paper hand towels
 - Plasters



How to make it

1. Think about the items you have collected. Which ones can be flushed down the toilet and which ones must be thrown in the bin? Make a list.
2. If you don't know which group an item belongs in you can try a quick test. Put the item into the bottle and screw the lid on tightly. Shake the bottle for 2 minutes. Does the item break down? This should give you a clue! You can try this with many items but just empty and refill the bottle first.
3. Look at the lists you have made and think about the impact that flushing the wrong items can have on the environment and on marine wildlife.
4. Do you know how to dispose of items that can't be flushed? Research any items you are unsure about.

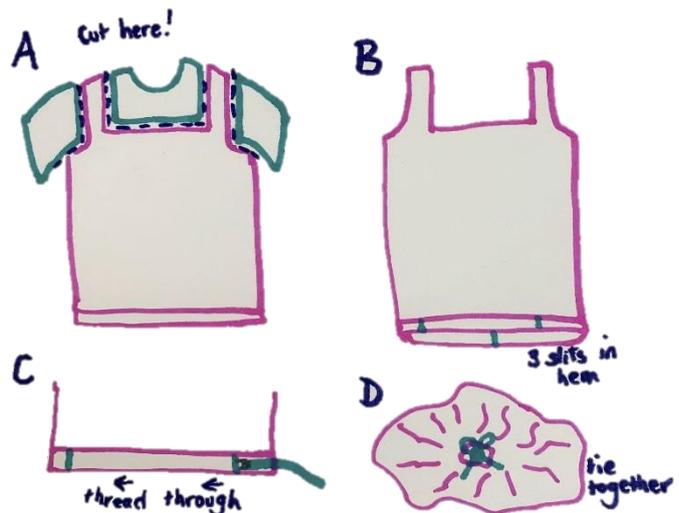
Repurpose an old t-shirt into a bag

What you need

- Old t-shirt
- Safety pin
- Scissors

How to make it

1. Take a t-shirt and cut off the sleeves inside the seam. (see pic a)
2. Cut the sleeves into strips about 3cm wide. Cut them so they are no longer a circle and flatten them out.
3. To make the handles, cut out the t-shirt neck (see pic a). Ask someone to hold the t-shirt in place while you cut to make it easier. Choose the shape you want to cut - round, square or v-shaped.
4. Go to the bottom of the t-shirt and turn it inside out. Cut 3 small slits in the hem (see pic b)
5. Take a sleeve strip and attach a safety pin to one end. Thread it through one of the slits and pull it through the hem to the next hole. Ask someone to hold the t-shirt while you do this.
6. Pull the strip tight and tie it into a knot as tight as you can (see pic d). Repeat with the other slits so you have 3 knots tied.
7. Tie the strings from each knot together and cut off the excess. Turn your bag so it is the right way out.



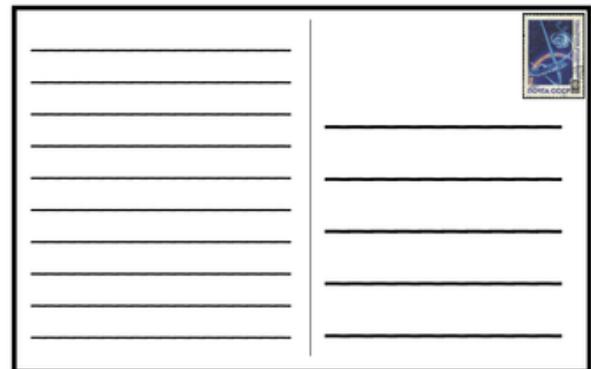
6. Write a postcard to someone

Write a postcard to someone you haven't seen in a while. Let them know that you are thinking about them. Maybe you could tell them about what you've done for your seaside challenge!

Here are some examples and a template to get you started.



Create a Postcard



Leaders' notes

There are many activities that you can do for this challenge with your girls using the theme headings. You are not limited to the ideas that have come with this resource pack.

Some of the activities also link to the programme UMA cards. Here are a couple of links that we found...

Rainbows

Swimming to safety

Trick or Turn

Waste of time

Brownies

Blow us away

Bottle mansion

It's a hole in one

Kite fighter

Guides

Plastic planting

To flush or not to flush

Mocktail interest badge

Rangers

Plastic fantastic

Tote-ally tee