



THE GREAT INDOORS BADGE – STAGE ONE RESOURCES AND MATERIALS

Over the next few weeks during our zoom sessions you will require specific ingredients / materials in order to take part and complete the great indoors badge. Below you will find a list of items required each week, some are items you may have around the house and others are items in the packs we will be giving out. **If you have any queries / problems with any of the items please let us know and we will do our best to make arrangements so that you have the items before our meeting.**

WEEK ONE – 14/01/2021 – INTERNATIONAL & CREATIVE	
Items required from home:	Items included in pack:
Paper or card (A4) X 3 Pieces	N/A
Pen / Pencil	
Scissors	
Felts, coloured pencils or paint	
Craft materials (optional)	
WEEK TWO – 21/01/2021 – COMMUNITY ENGAGEMENT	
Items required from home:	Items included in pack:
Water	Sticky tape
Felts or coloured pencils	Paper / plastic cups
Craft materials (optional)	
** This activity may involve some water spillage so please ensure the relevant protection is down on the floor / table or do this in a room with an easy mop floor. If possible, and warm enough, this can be done outside if required.	
WEEK THREE – 28/01/2021 – PRACTICAL SKILLS	
Items required from home:	Items included in pack:
Water	100g Epsom Salt
Kitchen scales	
Spoons	
Measuring jug	
Scissors	
White plate	
A 1p coin	
Food colouring (optional)	
WEEK FOUR – 04/02/2021 - SPIRITUAL	
Items required from home:	Items included in pack:
Scissors	Sticky tape
Felts or coloured pencils	8 Paper straws
Craft materials (optional)	
WEEK FIVE - 11/02/2021 – SOCIAL IMPACT	
Items required from home:	Items included in pack:
Mixing bowls	Mould – yoghurt pot or plastic egg box section
Whisk	Bicarb soda (100g)
Measuring spoons	Cornflour (25g)
Sunflower/vegetable oil (2 tablespoons)	Citric Acid (50g)
Orange peel or lavender (optional)	Epsom salt (25g)
	Essential Oil (1/4 teaspoon)
ACTIVITY FROM HOME (1) – OUTDOOR SKILLS – SLIDES 25 & 26	
ITEM / MATERIAL REQUIRED FROM HOME:	✓
Paper	
Muddy boots / shoes after a walk/hike	
Paint / Craft materials (optional)	
ACTIVITY FROM HOME (2) – PHYSICAL ACTIVITY – 27 to 33	
ITEM / MATERIAL REQUIRED FROM HOME:	✓
Stopwatch	
Garden or local park area	
Cones (other items to make a start / finish line)	
Chairs, buckets, benches	
3 plastic bottles (empty)	
Tennis ball or similar	
Measuring tape	
Chalk or a pen, paper and tape	