



Shirejammin' – Explorers

Badge Requirements

Values, Beliefs and Attitudes

- Run an online discussion group for Explorers about the current situation in this country. Make sure you cover people's feelings and what they think we should be doing.
- Run an activity for another section looking at our scout promise and to celebrate St George's Day.
- Keep a diary about being a Scout during a pandemic over a month. Cover your thoughts and feelings about the lock down as well as the illness itself.
- Take part in regular spiritual reflection during the lock down, this could be with in scouting or outside of scouting, for example with a group of people you normally worship with.

Scouting Community and the Wider Community

- Take part in a group or district virtual event
- Help run a virtual event for your Unit/County or for a younger section
- Make a 'how to video' for another section to help them develop a scouting skill.
- Research and plan an environmental or community-based project to make an improvement in your local environment or community that you can run with your unit or a younger section once we are back to face to face scouting. Think about which other community groups you could work alongside

Exercise and Fitness

- Take part in an online fitness class (like Joe Wick) or own routine for 4 weeks
- Devise and run a fitness class for your unit that lasts 2 weeks.
- Take part in some daily exercise every day for a month.

Creativity and Craft

- Create a stop motion animation about a Scouting topic
- Create a marble run around a garden/room/house.
- Create a TikTok video of proper handwashing technique.
- Create a video message to send to a local nursing home or similar to help with social isolation. You could send messages of positivity or be creative and play or sing a piece of music.

Introduction

Who says Scouting has to stop just because we can't go out?

To encourage everybody to Keep Calm and Scout On, Scouts Hereford and Worcester have come up with the Shirejammin' @ Home 2020 badge initiative!

The criteria to complete the badge is to do one activity relating to each of the eight sections.

Under each heading there are a number of different ideas that you could do for that section however these are not definitive lists and if you are able to think of something that is on a similar footing then that is also acceptable.

Make sure you stay safe when completing these challenges. Young People you may need to check with your parents to make sure they are Scouting at home in the right way.

Once you have completed the challenges you can let the Shirejammin' Team know by submitting your evidence on the website.

Good Luck.
Have Fun.
Stay Safe.

Adventure

- Create an assault course and time yourself going through it.
- Plan a 3-day Expedition for a minimum of three people somewhere in the UK. You must estimate a minimum traveling time of 15 hours over the 3 days. Plan out suggested routes, kit list of things you think you will need and a budget for over for the three days.
- Climb a Mountain! Don't actually climb a mountain because we are in lock down but see below how you get close. It takes about 6 stairs/steps to achieve a height of 1 meter. Using this calculation and the height of a mountain (see appendix 1) you can work out the steps required to complete your quarantined summit. You can add more authenticity by putting on your mountain wear and splashing a bottle of water in your face for weather simulation. Refrain from wearing crampons as carpets and flooring are allergic to them.
- Make a 'den' to sleep in overnight, it must be raised off the floor.
- Sleep in a different part of where you live each night for 3 nights.

International, World and Global

- Take part in Jamboree On The Internet Event (3rd – 5th April 2020)
- Complete the Global Issues badge with some other Explorers in your Unit/County.
- Run 2 virtual events for your Unit or another section on an international theme.
- Create a video message to share with Scouts from around the world, show them how the pandemic hasn't stopped you scouting and ask how they are coping.

Mental Health and Wellbeing

- Create a routine for yourself to follow and keep a diary to see how it is helping you.
- Take part in daily mediation or breathing activities.
- In your unit make sure you check in with friends to make sure they are okay.
- Over one month keep a log of the following things each day:
 - One thing you are grateful for.
 - One thing you are looking forward to doing when life returns to normal.
 - One thing you are going to do differently in the future.

Self Sufficiency

- Lead the cooking of a family meal.
- Take responsibility (with permission) for an aspect of the household (cooking/cleaning/sorting) for a month.
- Place an online food/delivery

Appendix 1

Scotland

1. Ben Nevis. 1344 m.
2. Ben lawers. 1214 m.
3. Schehallion. 1083 m.
4. Ben Lomond. 974 m.
5. Conic hill. 361 m.
6. An teallach. 1062 m.

England

1. Scaffell pike. 978 m.
2. Helvellyn. 949 m.
3. Cross fell. 893 m.

Wales

1. Snowdon. 1085 m.
2. Carnedd llewlyn. 1064 m.
3. Glyder fawr. 1001 m.
4. Carrauntoohill. 1039 m.
5. Lugnaquilla. 952 m.
6. Cnoc na peiste. 988 m.