

2022 Scouts in Action Month – Oranges and Lemons



Unit Name:	Leader in Charge:	Youth Leaders:
Term: ____ Week: ____ Date ____/____/____	Assistant Leaders:	Youth Assists:
Notes/Reminders:		Helpers:

Time	Activity Details	Youth Lead/Assist (Program Area)	Equipment (Lead responsible)
CIA	Coming-In Activity: Ropes Use lengths of orange rope and yellow rope (or cotton rope with coloured tips) to tie reef knots, shoelaces, or clove hitches on cards/boards/sticks.	Prepare a Joey Scout to lead a game and the reflection.	Coloured ropes Knot instructions
0:00	Opening		Flag Acknowledgement of Country
0:05	Active Game: Orange Relay Form two teams at opposite ends of the area. Use an orange as the 'baton' to be moved from end to end and passed between members of the team. NO HANDS ARE ALLOWED! Introduce penalties for dropped oranges if you wish.		Oranges
0:10	Focus Activity: Song and Game – Oranges and Lemons Oranges and lemons Say the bells of St. Clements' You owe me five farthings Say the bells of St. Martin's When will you pay me? Say the bells of Old Bailey When I grow rich Say the bells of Shoreditch And when will that be? Say the bells of Stepney Oh, I do not know Say the great bells of Bow		

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Time	Activity Details	Youth Lead/Assist (Program Area)	Equipment (Lead responsible)
	Here comes a candle To light you to bed And here comes a chopper To chop off your head		
0:25	<p>Activity: Minute to Win It!</p> <p>Set up individual base stations with the activities listed below (or similar activities). Rotate the Joey Scouts around the base stations, giving each group one minute to complete each activity. Record their totals. Whoever has the most points on each station, or as a total, is the winner.</p> <ol style="list-style-type: none"> Grating carrot (being careful of those fingers!). Measure outcome by cups. Use chopsticks to pick orange or lemon lollies (such as Gummi Bears) out of a bowl. Measure outcome by numbers. Thread orange and lemon beads (or coloured/painted pasta) onto lengths of string. Measure length of threaded string. Make a list of orange food – oranges, pumpkin, sweet potato, baked beans, Cheezels, dried apricots, etc. How many items are listed? Squeeze lemons or oranges. Measure volume of juice. Jelly Snakes/Killer Pythons. Tie a reef knot (you may need to stretch the Jelly Snake/Killer Python to do this). Untie it and tie it again. How many reef knots achieved in the minute? 		<ol style="list-style-type: none"> Carrot, graters, bowls and boards, cups. Chopsticks, orange and lemon lollies, bowl. Orange and lemon beads or painted pasta, string. Ruler/ tape measure. Paper, pens. Oranges, lemons, lemon squeezer, measuring jug. Jelly snakes/Killer Pythons
0:40	<p>Active Game: Lemon Golf</p> <p>Divide Joey Scouts into teams. Each team has a lemon and a golf stick. The aim of the relay is to move the lemon with the golf stick from the start, around a chair and back to the next player in the team. Repeat until everyone has had a turn.</p>		<p>Lemons</p> <p>Golf Stick– this could be a toy golf club, half a pool noodle, or a rolled-up newspaper taped into a stick)</p>
0:50	Review		
0:55	<p>Closing</p> <p>Support a Joey Scout to lead the reflection as part of the Closing.</p>	Joey Scout-led reflection	

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Some Other Ideas:

Mystery Foods





Have assistants with hidden samples of different foods (try a range of sweet, sour, salty, peppery, creamy, greasy, chocolate, or dry foods – preferably including oranges and lemons to match the theme).

Blindfold Joey Scouts and give them a sample or two to taste and guess what the food is. Possibly work as a Patrol to guess a few different ones. Have paper towels ready (for rejected bits) and water bottles to hand.

Discuss the different tastes and preferences the Joey Scouts have.

Invisible Ink

Use the squeezed lemon juice from the Minute to Win It challenge as invisible ink (<https://www.sciencekids.co.nz/experiments/invisibleink.html>).

REVIEW: Notes on attendance, achievements, feedback/improvements, follow-ups for next week, SIA ideas, suggestions for Unit Council	
CHALLENGE AREAS: (Cover all of the program; part of Lead, Assist, Participate)	CORE OUTDOOR ADVENTURE SKILLS:
 <p>COMMUNITY</p>  <p>CREATIVE</p>  <p>OUTDOORS</p>  <p>PERSONAL GROWTH</p>	