



## St George's Day 24<sup>th</sup> April 2021

The Area Team would like to invite you to join in our St George's Day activities. In this booklet you will find a programme and activities for all sections. The day will use Social Media and Zoom. We will finish the day by joining with ScoutsCymru and their Promise Celebration – For more information and to register for this session please visit [scoutscymru.org.uk/news/events](https://scoutscymru.org.uk/news/events)

For those taking part:

The activities are to be undertaken at your home with only members of your own household. Camping is encouraged, be it in your garden or a den in your living room. Please look through the following pages before the day so you can make the most of the activities and gather everything you need. Members of younger sections might need some help from older members of their household.

The plan:

The plan is that some activities will be together as an Area with all the others completed in your own time. The activities don't have to be finished all at once, spread them over the weekend. If you don't get through them all, keep the booklet and complete the remaining tasks at another time. When you are undertaking the activities, take lots of photos and send them to [info@pembrokeshirescouts.org.uk](mailto:info@pembrokeshirescouts.org.uk) or post on Instagram/Twitter/Facebook and tag Pembrokeshire Scouts (please note that by sending photos you give consent for them to be used in the public domain).

We hope that you can join us for the activity day and we look forward to experiencing it together.

If you have any questions, please contact your leaders.

Find us by searching 'Pembrokeshire Scouts'



## St George’s Day Programme

Date: 24<sup>th</sup> April 2021

- 10:45 Live on Zoom - Section activities (to include section forums) ran by the Youth commissioners and Deputy Youth Commissioners. Please join the zoom link with your first name and which section you are in.
- 11:30 All Area renewal of Promises.
- 15:30 Live on Zoom – The Great Scout Bake Off – to include a Kahoot quiz while the cakes are baking. (second device needed to run Kahoot).
- 18:00 ScoutCymru Promise Celebration.
- We want to celebrate everything that you have achieved since March 2020, and also those who have moved section during that time. Lots of our young people haven’t been able to celebrate moving from Beavers to Cubs, Cubs to Scouts, Scouts to Explorers or even becoming an adult volunteer in the way that they would like – so we want to do something for them. So join us, as we get together with Beavers, Cubs, Scouts, Explorers, Network and Leaders across Wales to renew our promise, celebrate together, and have a good laugh around a virtual campfire! We might even have some special guests join us.*

Register here -

<https://www.eventbrite.co.uk/e/scoutscymru-promise-celebration-event-tickets-149147906403>

## Contents

Why do we celebrate St George? .....	3
St Georges Day Shields – Beavers and Cubs .....	7
Nail and string art – Scouts & Explorers .....	9
Macrame Plant Pot Holder – Network and leaders.....	10
The Great Scout Bake Off – Zoom Activity .....	13
My Great Scout Bake off Design .....	14
Wellbeing Walk.....	15

## Why do we celebrate St George?

In 'Scouting for Boys', Baden-Powell referred to the Knights of the Round Table in the Arthurian Legend and to St. George who was their Patron Saint. He then went on: "He is also the Patron Saint of Scouts everywhere. Therefore all Scouts should know his story.

St. George was typical of what a Scout should be. When he was faced by a difficulty or danger, however great it appeared, even in the shape of a dragon - he did not avoid it or fear it but went at it with all the power he could. That is exactly the way a Scout should face a difficulty or danger no matter how great or how terrifying it may appear. He should go at it boldly and confidently, using every power that he can to try and overcome it, and the probability is that he will succeed.

St. George's Day is April 23, and on that day, Scouts remind themselves of their Promise and Scout Law. Not that a Scout ever forgets either but, on St. George's Day, they make a special point of thinking about them. So, the Sunday nearest to St. George's Day has become an annual occasion for United Kingdom Scouts to hold ceremonies when they reaffirm their Promise and acknowledge the Scout Law in a national act of dedication.

St. George in History and in Legend. It is thought that St. George came from Cappadocia in Asia Minor and lived at the time of the Roman Emperor, Diocletian, AD 245 to 313, and became a high ranking cavalry officer in the Army of Rome. He refused to carry out Diocletian's orders for Christian persecution and, in consequence, suffered torture and death himself. He was canonised in AD 494, Pope Gelasius proclaiming him one of those "whose names are justly revered among men but whose acts are known only to God". The legend of St. George, which is an allegory illustrating the triumph of good over evil, tells how he rode into the city of Silene in what is now Libya, to find the people terrorised by a dragon which was fed daily with one of the citizens. The next victim was to be Cleolinda, daughter of the King, but St. George rode out, slew the dragon and freed the people from their oppressor.

Thus, whether in the context of history or legend, to Baden-Powell, St. George epitomised the qualities of selflessness and both moral and physical courage which he saw as being among the aims of Scouting.

# BEAVER SCOUT PROMISE

## **For Christians, Jews and Sikhs**

I promise to do my best  
to be kind and helpful  
and to love God.

## **For Hindus and Buddhists**

I promise to do my best  
to be kind and helpful  
and to love my Dharma.

## **For humanists, atheists and those with no defined faith**

I promise to do my best  
to be kind and helpful  
and to love our world.

## **For Muslims**

I promise to do my best  
to be kind and helpful  
and to love Allah.



© 2018 The Scout Association. Registered charity no. 306101/SCO38437

# CUB SCOUT

## PROMISE



### **For Hindus and Buddhists**

I promise that I will do my best  
to do my duty to my Dharma  
and to the Queen,  
to help other people  
and to keep the Cub Scout Law.

### **For Muslims**

I promise that I will do my best  
to do my duty to Allah  
and to the Queen,  
to help other people  
and to keep the Cub Scout Law.



### **For humanists, atheists and those with no defined faith**

I promise that I will do my best  
to uphold our Scout values,  
to do my duty to the Queen,  
to help other people  
and to keep the Cub Scout Law.

### **For Christians, Jews and Sikhs**

I promise that I will do my best to  
do my duty to God  
and to the Queen,  
to help other people  
and to keep the Cub Scout Law.

### **For subjects of independent Commonwealth countries, foreign nationals and individuals who are stateless the following wording can replace 'duty to the Queen'**

...to do my duty to the country in  
which I am now living.

© 2016 The Scout Association.  
Registered charity no. 306101/SC038437

# The Scout Promise

For Scouts, Explorer Scouts  
and Adults in Scouting.

## **For Muslims**

In the name of Allah,  
the Most Beneficial  
and the Most Merciful,  
I promise that I will do my best  
to do my duty to Allah  
and to the Queen,  
to help other people  
and to keep the Scout Law.

## **For Christians, Jews and Sikhs**

On my honour,  
I promise that I will do my best  
to do my duty to God  
and to the Queen,  
to help other people  
and to keep the Scout Law.

## **For Hindus and Buddhists**

On my honour,  
I promise that I will do my best  
to do my duty to my Dharma  
and to the Queen,  
to help other people  
and to keep the Scout Law.

## **For humanists, atheists and those with no defined faith**

On my honour,  
I promise that I will do my best  
to uphold our Scout values,  
to do my duty to the Queen,  
to help other people  
and to keep the Scout Law.

## **For subjects of independent Commonwealth countries, foreign nationals and individuals who are stateless the following wording can replace 'duty to the Queen'**

...to do my duty to the country in which  
I am now living.

Copyright 2018 The Scout Association Registered Charity numbers 306101/SC038437





## St Georges Day Shields – Beavers and Cubs

### YOU WILL NEED:

- 2 A3 sheets of thick cardboard
- Scissors
- Duct tape
- Masking tape
- Glue
- A ruler
- Acrylic paints
- Paint brush

### 1. DRAW AND CUT OUT YOUR SHIELD

Draw the outline of your shield on a piece of the thick card, and cut it out.

- Ask an adult to help you with the scissors!



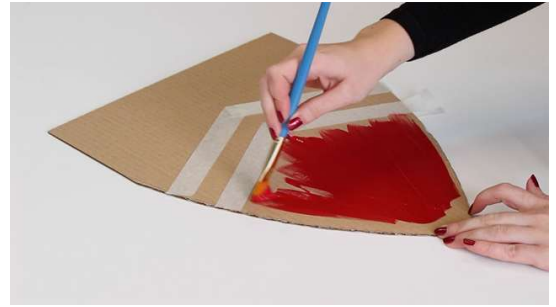
### 2. PLAN YOUR BACKGROUND

- Use masking tape to map out how you will paint your shield.
- You can choose a plain background or add in shapes. Some of the most popular shapes (called 'ordinaries') are the bend, pale and chevron



### 3. PAINT THE SHIELD

- Now you can paint your shield using the acrylic paint.
- Using the masking tape means you will have neat edges between the different colours.



### 4. ADD A CHARGE

- You can include a charge - stars or flowers, animals like lions, or fabulous beasts like manticores (the 'man-tiger').
- 
- You can download one of our designs from the heraldry activity pack below. Print it out, cut it out neatly and paint it, then stick it on to your shield.
- Or, if you are feeling creative, make up your own design!

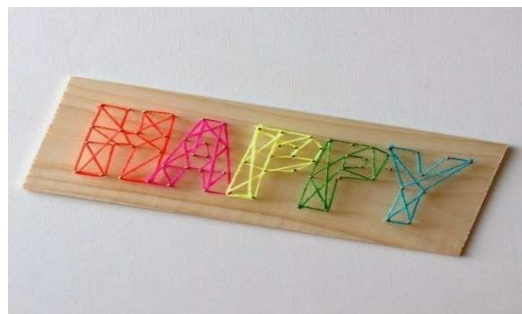




## Nail and string art – Scouts & Explorers

### Materials Needed:

- Wood plaque (any flat piece of wood will do)
- Hammer
- Nails
- String – embroidery thread or cotton works well.
- Hot glue or another strong glue.

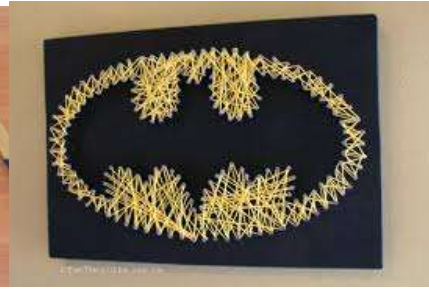


### Instructions:

- Find a design that you want on your plaque. – this can be drawn free hand or printed from the computer
- Once your design is on the wood evenly draw dots around the lines of the design
- Hammer nails into the dots drawn leaving enough nail sticking out to attach the string.
- Once all nails are hammered in start with one end of the string and tie tightly, or glue to one nail.
- Start to wrap the string around the different nails to fill in the design.
- Secure each end of the string with a tight knot or glue.



These designs can be adapted using different colour string or cotton and having the string at different heights on the nails.



## Macrame Plant Pot Holder – Network and leaders (and any willing parents)

This challenge can be as creative as you like. Have a look on the internet to see more elaborate designs. Use different coloured string, beads and hanging decorations to make your plant stand unique.

- Materials needed.
- Metal or wooden ring (a curtain ring works well)
- String/wool/rope/sash cord – the more you have the bigger you can go.
- Scissors
- Plant pot.

### Step 1,

Cut 4 equal lengths of your string. Make them long – you want to make sure you have enough to finish your macrame plant holder! Depending on how large your planter is, you may need to make your string strands even longer.



### Step 2

Fold your string strands in half, then loop the folded end through your ring. Take the loose ends and pull them through the loop of string you’ve created and pull taut.



### Step 3

Separate the string into 4 groupings of 2 strands of string each.



### Step 4

Measure out several inches and then tie each of the groupings together. Make sure the knots are all roughly the same length.



### Step 5

Take the left strand from each grouping and tie it to the right strand of the grouping next to it. Tie the knots a little higher up, only an inch or two from the first set of knots. Take the two outermost strands and tie them together, forming a sort of a circular net.



### Step 6

Tie one more round of knots, repeating the process of knotting the left strand of each grouping to the right strand of the next. Make the knots pretty close to the last round you did – this time only a half inch or two away.



### Step 7

Tie all the yarn strands in a knot a little bit below the last round of knots you made – about an inch. Cut off the excess yarn to form a pretty tassel! That's it! Just slip your planter into the macrame plant holder for a hanging beauty that will bring style to any place you put it!



## The Great Scout Bake Off – Zoom Activity

This session is for all sections. Please speak to your leader for the Zoom link.

The cake itself will be baked during the Zoom session as a live cook along. Please make sure you have the below weighed out ready to join in with the session.

After the live session you will be asked to decorate the cake that you have made. Please use the template attached to design your cake before the session and gather any ingredients you need to decorate it. The theme is Scouting and there will be a prize for 1<sup>st</sup> Beaver, 1<sup>st</sup> Cub, 1<sup>st</sup> Scout and 1<sup>st</sup> Explorer. Send your pictures to [info@pembrokeshirescouts.org.uk](mailto:info@pembrokeshirescouts.org.uk) or to us via social media with your name, group and section.

There will be a Kahoot! quiz while we wait for the cakes to bake. You will need a second device to take part with the Kahoot! app or with the Kahoot! webpage already loaded. Kahoot! is a game-based platform that brings engagement and fun to player. Its free to download and you will be given a quiz code during the session to join in. Devices can be shared with siblings so no need for multiple devices for different sections.

### Ingredients

200g caster sugar

200g softened butter (or vegan alternative)

4 eggs, beaten (or vegan alternative)

200g self-raising flour (or Gluten Free alternative)

1 tsp baking powder

2 tbsp milk (or vegan alternative)

Jam (or other spread of your choice)

Large mixing bowl

Spatula

Wooden spoon

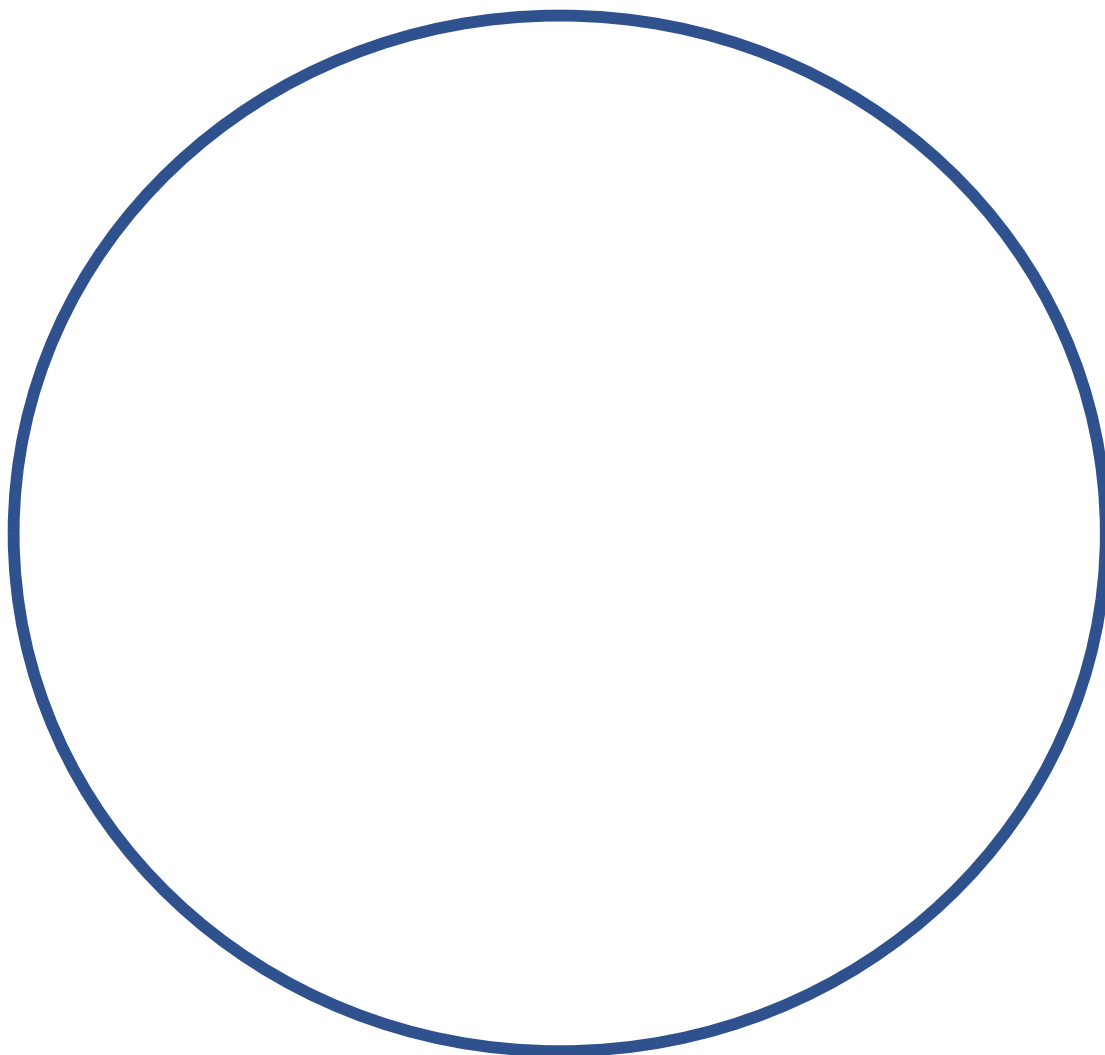
Whisk - electric or hand.

Suitable cake tin (one for each layer)

Oven – preheated to 190C/fan 170C/gas 5.

## My Great Scout Bake off Design

Please use this template to design your decoration on the theme of Scouting. This could be your favourite badge design, your favourite activity or just words that make you think of Scouting. Please make sure it is your own work, parents are welcome to help but we want to see your creativity in the competition. Entries need to be in by April 30<sup>th</sup>.



Decoration ingredients I will need.

---

---

---

---

---

---

---



## Wellbeing Walk

Take time out to go for a wellbeing walk with your family. Wear your neckerchief and send us pictures of where you go.

The National Trust tells us that:

'Going on a walk can revive us. Whether we explore quiet forests, look out over a rugged headland towards the sea or stroll around our favourite park, spending time in nature can give us a sense of peace.



For many of us, walking has become even more important for our wellbeing during the pandemic.

Walking keeps our bodies and minds healthy, giving us a breather from the stresses of daily life and the space to gather our thoughts. Exploring open countryside

also brings us closer to nature, giving us time to notice how the raindrops cling to a spider's web or listen to the wind in the trees.'

## The healing power of the coast

Walking along rugged coastal headlands and listening to the sea smashing against the rocks is hard to beat. For many of us the reasons we love coastal places runs deeper than simply enjoying the scenery and taking in the fresh air.

Being by the sea can lift our mood, help us sleep and make us feel relaxed, according to a survey of 109 walkers carried out as part of our previous Great British Walk campaign.

Nearly two-thirds of people said that a coastal walk allows them a distraction from the stresses of everyday life and over half said a coastal walk makes them feel positive about their lives in general.

Coastal walkers were more likely than inland walkers to get a better and longer sleep following their walk but both groups reported benefits to sleep and mood.



The research also showed that walking by the coast can reconnect us with memories of childhood, family and friends and going on holiday. Being by the sea can also help us reflect and think things through.