



GREEN MOUNTAIN COUNCIL

Day Camp in a Box



Have fun and learn new things
with the Green Mountain Council's
DAY CAMP IN A BOX!

Before starting



Materials you will need that are not in the box and that you likely have in your home:

Day 1: Trail mix ingredients (p. 7), dye ingredients (p. 6), toilet paper, tape, paper, safety glasses, markers/stickers, old cloth or plastic sheet, gloves, iron.

Day 2: Monster Bite ingredients, bowl, cookie sheet, mixing spoon, stapler, tape, paper towel

Day 3: “6 Essentials” items, eggs, pot of water, tongs, optional items to add to eggs, scissors, small hammer, tape, scissors, hole punch

Day 4: Goop ingredients, half-and-half, sugar, vanilla, ice cream toppings, ice cubes, stapler, scissors

Day 5: Shelter-building items (indoors), aluminum foil, foil dinner ingredients (p. 26), peanut butter (or other sticky food), scissors

Throughout this book the  indicates materials included in the box.

Webelos is a two-year program, the first year working on the Webelos rank and the second year working on the Arrow of Light rank. When we refer to Webelos here, we mean both Webelos and Arrow of Light dens.



A PDF file of this booklet and the printed pages in this box are available to be reprinted, if needed, on our website at <https://www.scoutingvermont.org/day-camp-in-a-box.html>

Share all the activities that you are doing at home in our Facebook group “**GMC-Day Camp in a Box**”: <https://www.facebook.com/groups/gmcdaycampinabox/>



PLEASE NOTE:

We have put this Day Camp in a Box together in hopes your Cub Scout will enjoy the activities and have a little bit of Day Camp fun during this unusual summer.

Many of these activities REQUIRE adult supervision and none of them are intended to be done without the involvement of an adult. Some are more complicated and your camper will likely need some guidance. There are a couple of cooking activities in particular that necessitate help, some knot activities, and many other things that will be most successful with a family approach. We hope you will participate right along with them as the Cub Scout program is intended to be a family activity.

If you complete the activities in the box, you have achieved:

Day Camp in general

If you complete the box you can get credit for the Summertime Pack Activity award!

- Wolf: Call of the Wild requirement 1 (attend day camp)

Day One

Activity 1 (Scout Skills)

- Webelos: Webelos Walkabout (requirement 2)

Activity 3 (Cub Cooking)

- Tigers: Tiger Bites requirement 6

Activity 4 (Insect Scavenger Hunt)

- Tigers: My Tiger Jungle (requirement 1)

Day Two

Activity 1

- Wolf (need to do overhand and square knot) -- Requirement 5 of Call of the Wild

- Bears (need to do two half hitches) -- Requirement 5 of Bear Necessities

- AOLs (need to do square knot, two half hitches and taut-line) -- Requirement 5a of Scouting Adventure

Activity 4

- Lion: Ready, Set, Grow (requirement 3)

- Wolf: Grow Something (requirement 1) NOTE: This requirement also requires that you observe for 30 days and take a picture or make a drawing once each week

Day Three

Activity 1

- Tigers: Tigers in the Wild (requirement 1)
- Wolf: Paws on the Path (requirement 1)
- Bear: Bear Necessities (requirement 2)

Day Four

Activity 5

- Tigers: Sky is the Limit (requirement 1 if you go outside and observe the night sky and talk about what you see)

Day Five

Activity 4

- Tiger: Tigers in the Wild (requirement 1)
- Wolf: Paws on the Path (requirement 5)
- Bear: Fur, Feathers, and Fern (requirement 1)
- Webelos: Webelos Walkabout (requirement 4)

Day 1

SONG OF THE DAY: The Moose Song This is a repeat after me song!



FIND THE SONG AT THIS LINK: <https://www.scoutingvermont.org/day-camp-in-a-box.html>

There was a moose
And he drank a lot of juice
There was a moose
And he drank a lot of juice



REFRAIN: Wo oh oh oh
Waka Waka Waka Wa
Way oh Way oh
Waka Waka Waka Wa



He was a lazy moose
Because he drank a lot of juice
He was a lazy moose
Because he drank a lot of juice

REFRAIN

Now that moose is dead
Because he drank his juice in bed
Now that moose is dead
Because he drank his juice in bed

REFRAIN



Activity 1: SCOUT SKILL First Aid Canister Neckerchief Slide

Materials needed: film canister,* band aids,* alcohol wipes,* gloves,* safety pin,* leather strapping,* label*

Instructions:

- 1- Place the label on the film canister.
 - 2- Loop the leather strapping through the holes and tie in the back. The loop should be small enough to put your neckerchief through as this will be a neckerchief slide.
 - 3- Put the first aid items in the canister and put the lid on!
- You can use this as a neckerchief slide but also on your belt, backpack, or anywhere else that it will be handy.

Activity 2: CRAFT

Color your drawstring bag with natural dyes!

Website (credits): <https://www.bhg.com/decorating/lessons/basics/how-to-make-natural-fabric-dyes/>

Materials needed: Old cloth or plastic sheet, gloves, iron, fruits and vegetables.

You can choose as many colors as you want to dye your drawstring bag.

- Blue: blueberries and blackberries
- Red: raspberries and beets
- Yellow and ochre dyes: lemon and orange peels and turmeric
- Green: spinach leaves
- Orange: onion skins
- Purple: red cabbage leaves

After you've chosen which colors you'd like to create, it's time to make your natural dye. To do so, you'll need the following:

- 1 cup chopped fruit or vegetable material
- Saucepan
- 2 cups water
- 2-3 Tbsp. vinegar or salt
- Strainer
- Glass container or jar

You'll need about 1 cup of your chosen chopped fruit or vegetable to produce color. Feel free to use extra for a more vivid dye.

Instructions:

1- Add the ingredients to a saucepan and pour in 2 cups of water. If you're doing a large batch, you'll need twice as much water as your ingredient measurement.

2- Next, you'll need to add a mordant, which is a substance added to dye to help it bind to the material.

Add 2-3 Tablespoons of vinegar or salt as your mordant.

3- Set your burner to medium heat and bring the water to a simmer. Let simmer for about an hour. The longer you simmer the ingredient, the richer the color will be.

4- Switch off the heat and allow the water to cool to room temperature. Strain your dye into a glass container and discard fruit or vegetable material.

5- Protect your work surface with an old cloth or plastic sheet, and wear gloves to avoid staining your skin.

Dampen fabric with water first.

This will help the dye soak into your material.

Next dip your item into the dye and wait. The longer time you give it, the deeper and richer the color will be and the more the dye will spread. If you want an ombré effect or only to dye one section of the fabric, fold it and leave a blank section draped out of the dye bowl. Use rubber bands, clothespins, or masking tape to form a resist-dye design. When you're satisfied with the color and design, remove your material from the natural dye. Let dry completely, then iron on high heat to set the colors permanently.

Repeat washings may cause colors to fade, but you can re-dye your item if needed.

Of course, if you choose not to dye, markers can add personality to your bag!

*Source: <https://www.fairechild.com/blogs/the-faire-child-blog/eco-impact-of-textiles>

Interesting fact:
Did you know that the chemicals used in the manufacture of clothing result in the fashion industry being the second largest contributor to water pollution? Many of these chemicals, like certain dyes, are hazardous to human health so good job for using natural dyes today and helping our environment!

Activity 3: Cub Cooking Trail Mix

Trail mix is an amazing, fun, and yummy snack food that can go with you and give you lots of energy to keep hiking or doing whatever you are doing. Yes, you can buy it premixed in the store but making it yourself is WAY better! We are going to look at healthy options to add to your trail mix – nuts, seeds, dried fruits (not coated in sugar), and fun stuff (popcorn, Chex mix (cereal), things like that). With the help of an adult, start by looking in your own kitchen – what things might you put in your trail mix? Here is a list of ideas and options ... but put in what you like:

RAW NUTS (be safe - only use these if you or anyone else who will be around you are not allergic): Almonds, peanuts, walnuts, pecans, cashews

SEEDS: Pumpkin and sunflower are common and taste better if lightly salted (but you do not need the salt for them to be delicious).

DRIED FRUITS: Cherries, raisins, cranberries (craisins), apricots, apples, papaya, banana chips, coconut – whatever you like that isn't coated in sugar.

FUN STUFF: The sky is the limit here – chocolate (just be careful about this in the summer so you don't end up with a melted mess), popcorn, favorite cereal, small pieces of graham crackers, M&Ms

Materials needed: Any combination of the ingredients on the list – your imagination and creativity is the only limit here! When you have all your ingredients, put them in a Ziploc or a small container and you will be ready to have lots of energy on the trail or in the back yard! Experiment and try out different combinations of ingredients.

SHARE YOUR CREATION: When you have found that perfect combination of snacking fun, share your recipe with your fellow campers in our Facebook group! You can put a picture of your creation there, too.

Activity 4: LET'S GET MOVING INSECT SCAVENGER HUNT



Materials needed: Insect Scavenger Hunt activity page,* outdoors space

Instructions:

With an adult, explore your backyard, a nearby park, or a hiking trail and see how many insects you can find!

Take care to observe and "Leave No Trace."

Ask your adult to post in our Facebook group the coolest insect you found!

Activity 5: FUN TIMES SELTZER ROCKET



Material needed: Film canister,* water, Alka-Seltzer,* index card or other paper, safety goggles, ruler,* square of toilet paper, tape or glue, crayons or markers and stickers

Instructions:

1. The Rocket Body: wrap a piece of paper around the film canister, cut the paper with approximately a 1/4" overlap. make sure the height of your paper is also shorter than your canister so the lid fits on tight. This is the rocket body skin.

2. The Cone: trace around something round, cut out the circle. Mark a triangle pizza slice in the circle, make sure the slice tip starts in the center of your circle. Cut out the slice shape fold the circle onto itself to make a cone.

3. Decorate your rocket body skin and cone then tape them onto the canister. Make sure the canister is open on the bottom and to leave $\frac{1}{4}$ " of the canister unpapered so the lid fits securely.

4. We recommend going outdoors so you can place your rocket on a hard level surface (even an old board would work).

5. PUT ON YOUR SAFETY GOGGLES OR EYE PROTECTION!

6. Get someone to help with this next part- Holding the rocket upside down fill the canister $\frac{1}{3}$ with water. Take the small square of toilet paper and make a shallow nest to put the Alka-Seltzer in. Then attach the cap and tear away any extra toilet paper.

7. Ready for launch! When you are ready, set the rocket down and back away to watch it LIFT OFF!

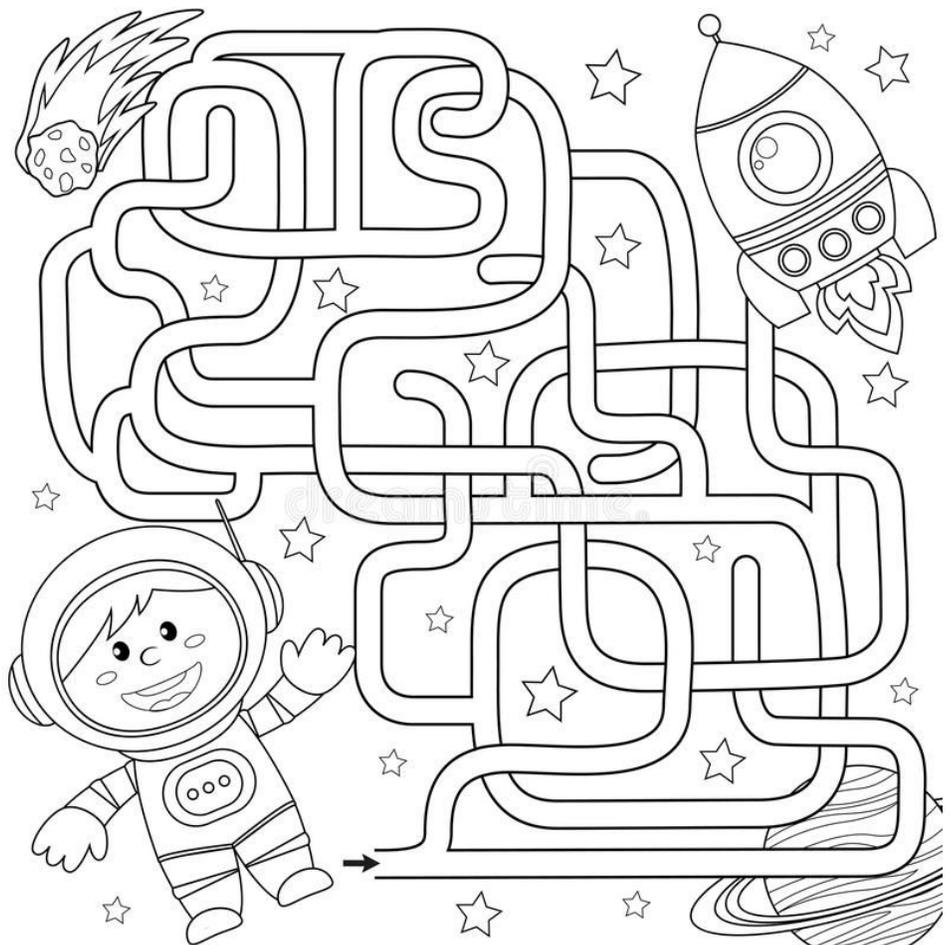
7. Repeat! How the SELTZER

ROCKET Works:

Basically, the gas produced by the Alka-Seltzer and water builds up in the film canister until there is enough pressure to blow the lid off the canister and propel it into the air. It's Isaac Newton's third law of motion in action: "For every action there is an opposite and equal reaction."

And now...

**help cosmonaut
find path to
rocket!**



Day 2



SONG OF THE DAY: The Birdie Song This is a repeat after me song!



FIND THE SONG AT THIS LINK: <https://www.scoutingvermont.org/day-camp-in-a-box.html>

Way up in the sky the big birdies fly
While down in the nest the little birdies rest
With a wing on the left
And a wing on the right
The sweet little birdies sleep all through the night

shhhhhh -
YOU MIGHT WAKE UP THE BIRDS!!
The sun rises up the dew goes away
Good Morning Good Morning
The little birdies say

Activity 1: Scout Skill Practice Your Knots!

Materials needed: Paint stick,* two pieces of paracord,* stuff to decorate your stick however you like, the list in this box*

Knot tying is a key skill that at a minimum can make your life easier and at times could even save a life in a survival situation. So it's important for a Scout to know at least the basic ones. The ones required for each rank are listed on page 3 of this book. This Knot Stick can be a great tool to help you practice!

Instructions:

- 1- Decorate your paint stick.
- 2- Insert the two different colored pieces of paracord, one through each hole in the stick.
- 3- Tie the ends together using an overhand knot.
- 4- Flip the paintstick over and tie another overhand knot. This will keep the paracord secured to the paint stick.

5- Now, when you sit, place the paint stick under your leg and use the paracord to practice tying other knots!

There's a lot of knot-tying help available on the Internet. A fabulous site is www.animatedknots.com.

Once you have mastered a few basic knots, it's amazing what you can build with rope and a few sticks. Check out the camp gadgets in this video from the 2017 National Boy Scout Jamboree: <https://scoutpioneering.com/favorite-projects/>

Activity 2: Craft Pony Bead Flag

Materials needed: Ziploc enclosed,* Metal loop,* hemp string,* red,* white and blue pony beads*

Instructions:

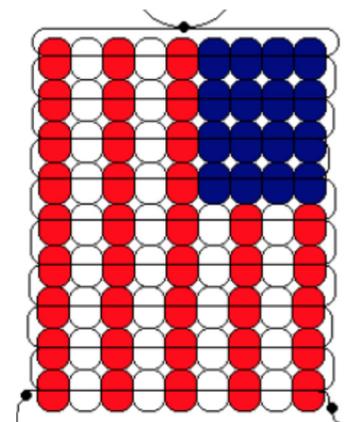
Fold string in half and attach to the metal loop with a Lark's Head knot (also known as a Cow Hitch). You can look here for a video on tying the Lark's Head:

<https://www.youtube.com/watch?v=WyzUmetVJFA>.

This should give you two strings of equal length to start your bead project. Lay out the first row and feed string through both sides. Pull tight and go onto second row. When the last row is completed, you can end with a square knot.

Look here for a video on tying a square knot: https://www.youtube.com/watch?v=qri_pPmySWg.

Feel free to tie any extra beads as dangles on your flag!



Activity 3: CUB COOKING Monster Bites

Need an energy boost? These are just the thing! They do not require baking, and you can mix up whatever combination of ingredients you want. They are yummy and great to have as a mid-afternoon pick me up snack! You can also wrap them up and take them with you on your adventures.

Instructions:

Get a big bowl that all your ingredients will fit into and have room to stir. Add the following to the bowl:

- 1-1/4 cup old fashioned oats
- 1/2 cup peanut butter (or sun butter)
- 1/2 cup honey
- 1/2 cup chocolate chips or M&Ms

- Mix it all up with a big spoon until everything is combined and coated.
 - Take a smaller spoon make 1-1/2" balls, rolling them in your hands.
 - Put the Monster Bites on a cookie sheet lined with parchment (not a big deal if you don't have the parchment) and then chill in the refrigerator for about an hour and they will harden.
 - Store them in a closed container or freeze them if you want to save for more than a week.
 - You can add whatever you want to these Monster Bites – be creative.
- Enjoy!!

Activity 4: LET'S GET MOVING PLANT SEEDS

Materials needed: zip top bag,* paper towel, water, staples and stapler, seeds,* tape

Instructions:

- 1- Fold the paper towel so it fits completely inside the zip top bag.
- 2- Staple a line of staples (about 1/2 an inch from each other) across the bag, about 2 inches from the bottom. The staples will hold the seeds above the paper towel.
- 3- Put 1 inch of water in the bag.
- 4- Place the seeds in the bag so they rest on the staples, close the bag, and tape it on a sunny window
- 5- Observe as the seeds begin to sprout. Notice how the roots and shoots grow! After the leaves grow, you can transplant it to a pot or a sunny spot your garden.
- 6- These are sunflower seeds and will flower into the autumn.

All your seeds need to grow is water, oxygen, and warm sunlight – and maybe sing them a Cub Scout song now and then – they like that too!

Fun Fact: Did you know that another word for “sprout” is “germinate”? How long did it take your seeds to germinate? When your seeds grow into plants they should produce very pretty sunflowers in different colors!

Activity 5: FUN TIMES WINDJAMMERS

Materials needed: Pool noodle,* skewer for mast,* cardstock for sail,* something to float and race the boat in.

Instructions:

- On the blue card stock, draw a sail and cut it out
- Take your piece of pool noodle, insert the bamboo skewer into it, and attach the sail.
- Put your boat in some water and see how fast you can get it to go. Anything will work – bathtub, sink,
- Here are some things to try:

Blow on the sail, use a straw to blow on the sail, make a different shape sail to see if it goes faster, try using the circle for the sail and see how that works, move the sail higher or lower on the mast to see how it changes, move the mast to different places on your boat – have fun with it! And have your adult put a picture of your fastest boat in our Facebook group for others to enjoy.



DO NOT SAIL YOUR BOAT IN A POOL OR OTHER LARGE WATER WITHOUT AN ADULT.

TRIVIA Question.

What is the difference between a boat and a ship?

Answer: The most important aspect is the size. Ships are specifically made to carry cargo or passengers, whereas boat is a generic term used for a variety of watercraft used for recreational purposes, fishing, or to ferry people. It is said that the best way to differentiate between a ship and a boat is to remember that "A ship can carry a boat, but a boat cannot carry a ship."



COLOR ME!

DAY 3



IMPORTANT NOTE: Materials for this day include 100 feet of kite string on a string winder, which is inside the gold-colored envelope. Cut off approximately 18" and set aside to use for a later project. The remaining is meant to be used for both string art and kite flying. 20 feet is adequate for this kite design. Depending on the order in which these projects are done, you may wish to measure off the 20 feet and wrap that around a piece of cardboard. Then you can re-attach this to the winder when the string art is complete.

SONG OF THE DAY: *Aga Flaga* (the *other* birdie song)

FIND THE SONG AT THIS LINK: <https://www.scoutingvermont.org/day-camp-in-a-box.html>

Early in the morning, when I'm fast asleep
There's a little birdie, that goes cheep cheep
And that little birdie, has a funny name

It's



Called

REFRAIN: Ogga Flogga Fleega Flogga

Ish Connish Genogga Nogga

Ogga Flogga Fleega Flogga Birdie!



Gonna buy some birdseed, for my
window sill

Just to keep him quiet, just to keep him still

It's

For

REFRAIN



Activity 1: SCOUT SKILL Six Essentials

The Cub Scout "6 Essentials" are things you want to have ready to go and take with you on your outdoor adventures. They are things to keep you safe and make trips more fun.

Material needed: Ziploc,* the list in this box*

- First-aid kit: adhesive bandages, moleskin, gauze, antibiotic ointment, etc.
- Water bottle: filled and large enough to last until it can be filled again
- Flashlight: for emergency use only

- Trail food: such as the Trail Mix and the Monter Bites you have made
- Sun protection: sunscreen of SPF 30 or greater and a hat
- Whistle: also for emergency use only

Instructions:

Cut out the 6 Essentials list to keep in your bag.

Take your Ziploc and your list and, with an adult's help, find the things on your list. Put them in your bag, or keep close by it, and keep in a safe place so it is ready to go for your next adventure.

If you want more information about this, check out this link:

<https://blog.scoutingmagazine.org/2017/08/08/cub-scout-six-essentials-half-dozen-items-pack-every-campout-hike/>

Find the pictures (on the right) hidden on the forest floor.



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www.exploringnature.org

Activity 2: CRAFT String Art

Materials needed: wooden board,* small nails,* string* (REMINDER: cut a piece that is approximately 18" long and set aside for a project on day 5), pencil,* paper (optional), scissors, small hammer, watercolor paints (optional)

Find a hard, flat surface to use for this project. A garage floor, sidewalk, driveway, another board to put underneath – any surface that will not be damaged when nails punch through the back side of the board, because they will!

Instructions:

1. Select a pattern for your artwork. Draw your own or use something from a magazine, coloring book or online clipart. The heart shape in the illustrations are here only to show the method - be creative! In selecting your pattern, consider whether you want to use your string to simply outline the shape, or to create lines within the shape.

OPTIONAL STEP: Your strings will stand out more if you take the time to color the smooth side of your board with paint or markers. Staining the board is also a good method, if you have an adult that knows how to do this and can help you with that. The darkness of the color(s) you use in this step will determine the best method to use in #2.

2. Transfer your pattern to the smooth side of the board. There are a number of ways to do this:

a- With light pencil, draw directly on the board.

b- On the backside of your paper pattern, use the side of a lead pencil to blacken behind the lines of your design. Turn the page over, position on the board, and trace the pattern. The pencil lead will transfer to the board. (This method may not show up well if you colored the board with a dark color.)

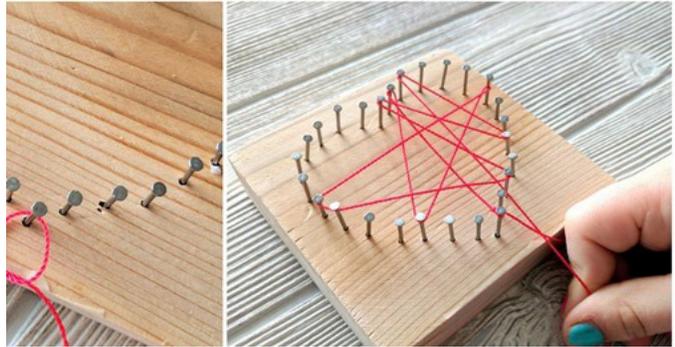
c- Tape the pattern to the board.



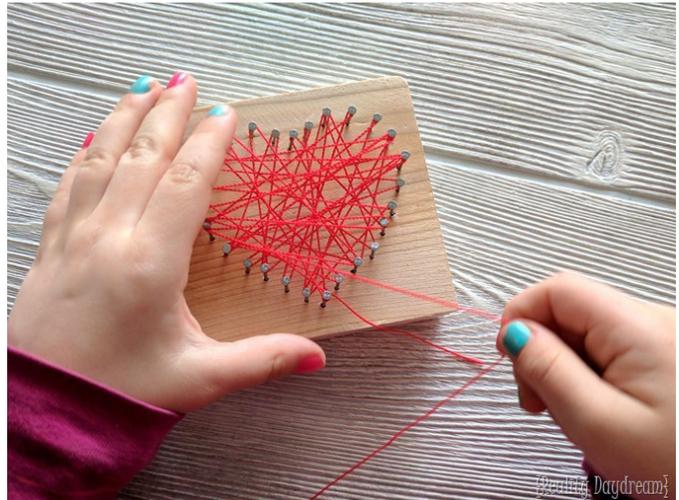
3. Pound in nails along the outline of your pattern. Nail them in enough so that they are not wiggly. Try to keep the space between nails close to the same. You could draw dots on your pattern to mark where the nails should go if this helps. The distance is completely up to you. The closer the nails, the more string lines you will have if you are filling in your shape, and the smoother the curved lines will be if you are doing an outline.

4. If you have taped your paper pattern to the board, remove it once the nails are in.

5. Tie the end of the string to one nail with a tight knot. Now you're ready to start wrapping the string around the nails.



Be sure to keep the wrapping nice and tight. There is no “right” way to complete your project. You can wrap the string from nail to nail along your lines, or cross from one side of the pattern to another. Experiment with the different ways that lines can intersect, and the patterns they can make. You can try different ways of wrapping the string as much as you want, because it's not locked in until you ...



6. Tie a tight knot around the last nail. Cut off extra string carefully. You could apply a dot of clear glue to the knots to keep them secure.

7. Share a picture of your art in our our Facebook group!



Activity 3: CUB COOKING

Omelet in a Bag (Adult supervision required)

This activity requires adult supervision because it involves cooking in boiling water.

This is a super easy and delicious way to make a hearty and healthy breakfast at home or on a campout!

Materials needed: Quart Ziploc,* eggs, mix-ins, salt & pepper, pot of boiling water, tongs

Instructions:

- With the help of an adult, heat a pot of water (big enough to fit the Ziploc into) and bring it to a boil.
- While the water is heating, take your Ziploc and add your eggs to it – no need to add milk or water. Also add whatever else is going into your omelet (list of some ideas is below).
- Seal up the baggie, being careful to remove as much air as possible.
- Squish the bag to break up the eggs and mix in all the add ins.
- When the water is boiling and the contents of the bag are evenly mixed, slowly lower the baggie into the water with tongs and cook for about 10 minutes (the eggs should not be runny anymore).
- When cooked, remove the baggie from the pot with the tongs.
- Very carefully open the bag and let the omelet roll out onto a plate.
- Put any additional items you want on your omelet, grab a spoon or fork and dig in!

Mix-in ideas: cheese (any kind – cheddar, muenster, swiss, etc), broccoli, cooked sausage, ham, onions, peppers, spinach, mushrooms, tomatoes – almost any kind of vegetable! Be creative . . . try something new and let us know how you liked it.

Toppings: Avocado, salsa, ketchup, hot sauce, chives, more cheese – whatever sounds good!

Activity 4: LET'S GET MOVING

Fly a Kite

Materials needed: paper,* string,* plastic ribbon,* wooden skewer,* ruler,* tape, scissors, something to punch a small hole in paper

Instructions are included with the materials in the gold-colored envelope.

This kite will fly with no wind on kid-power! Get outside and run with your kite to see how high it will go!

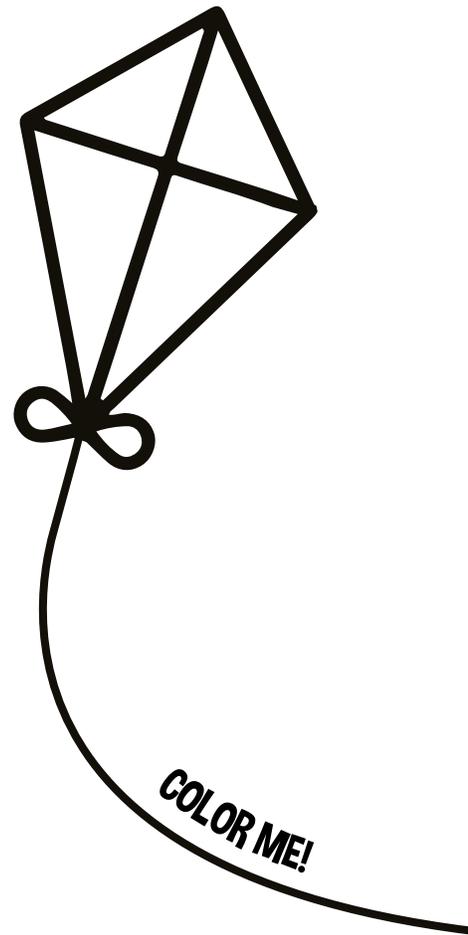
Activity 5: FUN TIMES

CATAPULT

Materials needed: craft sticks,* plastic spoon,* rubber bands*

See instructions on how to make two different catapults in Appendix A, page 30.

Instructions: Make a target to shoot at with your catapult! You can try to shoot marshmallow, raisins, dry beans, M&Ms! You can record how far your catapult shoots and share it on our Facebook page



DAY 4

SONG OF THE DAY: Froggie
This is a repeat after me song!



FIND THE SONG AT THIS LINK: <https://www.scoutingvermont.org/day-camp-in-a-box.html>

Dog
Dog Cat
Dog Cat Mouse
Froggie
Itsy bitsy teeny weeny tiny little froggie



Jump froggie jump little froggie
Gobble up all those worms and spiders
Fleas and flies scrumpdillyish
Ribbit ribbit ribbit ribbit croak
Faster (Louder)



Activity 1: SCOUT SKILL

Paracord Bracelet

Materials needed: Paracord,* buckle*

Instructions: See Appendix B, page 33. Note that the paracord ends have already been fused

Activity 2: CRAFT

Goop!

Here are two different recipes using cornstarch to make goop! Try one or try them all!

Cloud Dough

Materials needed: 2 heaping cups cornstarch, 1 cup hair conditioner

Instructions:

- Measure and add your cornstarch to a large bowl.
- Measure your conditioner and put into your bowl of cornstarch.
- Use a long spatula to mix your ingredients until it gets hard to mix.
- Use your hands to finish kneading the dough together!

<https://pagingfunmums.com/2013/11/01/soft-as-a-cloud-playdoughusing-only-2-ingredients/>

Playdough

Materials needed: 1/2 cup cornstarch, 1 cup baking soda, 3/4 cup water; optional: 2-3 drops essential oil and/or 4-5 drops food coloring

Instructions:

- With an adult, put the cornstarch, baking soda, and water in a saucepan and stir.
- Place the saucepan on the stove top and turn the heat to medium.
- Stir the mixture constantly. It will start to bubble slightly and that's when it begins to turn solid. Once a ball starts to form (4-5 minutes) take the pan off the heat.
- Place the dough on a piece of parchment paper and let cool.

Once the dough is cool, you can add the essential oil and/or food coloring. Knead the dough until soft enough to play with!

Activity 3: CUB COOKING

Ice Cream

Material needed:

- 1-gallon Ziploc,*
- 1- quart Ziploc,*
- rock salt,*
- 1 cup half-and-half (milk really won't work but you could use cream)
- 2 Tablespoons Sugar
- 1/2 teaspoon Vanilla extract
- About 3 cups of ice

- Whatever toppings you want (crumbled cookies, sprinkles, chocolate or other sauces, whipped cream, anything you like to put on ice cream)
- A spoon to eat your ice cream!

Instructions

To make ice cream, put the half-and-half, sugar, and vanilla in the quart (smaller) ziploc, squeeze as much of the air out as you can, and seal it up tightly. Double check it is sealed – you do not want the salty ice getting in your yummy ice cream!

Put the ice in the gallon ziploc with the salt. Then take your sealed quart ziploc and put it inside the gallon bag with the ice and salt and seal that up. Now comes the work: you need to shake, roll, mush, squeeze the bag for about 10-15 minutes! You will begin to see it freezing up but keep going – it gets creamier if you keep it moving for the whole time. When it is done (you will see that it is no longer liquid and has become ice cream) simply take the smaller bag out of the bigger bag, rinse off the salt water from the smaller bag, grab your spoon and dig in! Add whatever toppings you like, and enjoy!

Other ideas

You can use Kosher or table salt if you have that at home and want to try it again. Put mix-ins right in the bag (strawberries, chocolate sauce, oreos, etc) and mash them while making your ice cream.

**Be careful to not break the bags. Salty ice cream is not quite so delicious.

** If it is very hot outside (and we would recommend doing this outside) it likely won't work as well because it can't freeze as fast. Staying in the shade on a cooler day will help make great ice cream.

Activity 4: LET'S GET MOVING HIGH FLYING FUN

Materials needed: craft sticks,* rubber bands*

Instructions: Find instructions on how to make two different kinds of Craft Stick Chuckers in Appendix C, page 36.

Then find the worksheet in this box and take the **High Flying Challenge!**

Activity 5: FUN TIMES NIGHT SKY

Materials needed: circular sky map,* star wheel's outer sleeve,* stapler and staples, scissors

Instructions:

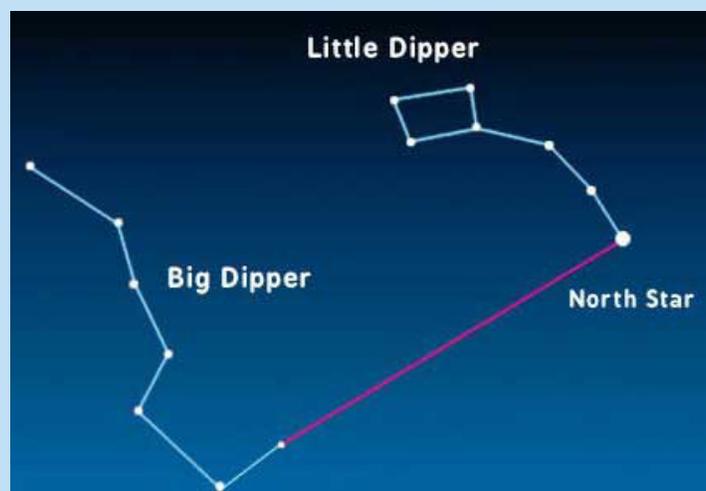
- 1- Circular sky map: Trim away the gray so you are left with a circle.
- 2- Star Wheel's outer sleeve: Cut around the top of the Star Wheel but keep the white rectangle on the bottom. Cut out the white oval in the middle.
- 3- Fold the white rectangle at the bottom of the sleeve back and staple on each side, where the lines indicate.
- 4- Slip in the circular sky map so it shows in the oval in the middle. Turn the circular sky map so the month you are using it and the approximate time you are using it are in line. Notice the constellations you can observe show in the oval in the middle.

We can use the location of the sun in the sky in order to determine direction. Stand outside in the morning and look up at the sky (never look directly into the sun). Where is the sun currently located? The sun rises in the east. Therefore, the location of the sun in the morning is towards the east. Compare this to the location of the sun in the sky in the late afternoon. The sun sets in the west. At noon local time, the sun is directly overhead.



Source: <https://www.geographyrealm.com/understanding-direction-based-sun/>

At night you find North with the North Star. If you stand facing Polaris, then, you're facing the direction north. If you place Polaris to your back, you're facing south. You can use Polaris to find directions only in the Northern Hemisphere, however. South of the equator, Polaris drops below the northern horizon.



DAY 5

SONG OF THE DAY: Cub Scout Vespers



FIND THE SONG AT THIS LINK: <https://www.scoutingvermont.org/day-camp-in-a-box.html>

As the night comes to this land
On my honor I will stand
I will help the Pack to go
As the Pack helps me to grow



Yes I will always give good will
I'll follow my Akela still
And until I stop to rest
I will do my very best



Activity 1: SCOUT SKILLS Build a Shelter!

We are going to pretend to camp out in the wilderness . . . in our own shelter! Later on in Scouts BSA, we will build shelters out of sticks and rope but for now we can have fun at home and be creative with things around the house. Make sure you check with your adult before building your shelter (you don't want to have to move it!).

Materials needed: anything you can find around your home to make a “shelter”: blankets, boxes, ropes, clothes line, tarps, sleeping bags, pillows, cushions, sheets, clothespins, clips - whatever you can build your own shelter out of.

Instructions: Make sure you pick a location that works for your household. You can make a free-standing shelter out of boxes or using the back of a couch or other furniture. Or you might be able to run a rope from a door hinge or other hard point across the room to support a blanket. Don't forget to put lots of pillows and other soft things to make it really cozy.

If you are a Webelos, take it outside – find a tree limb or branches that are already down (don't cut anything down to do this), and use a tarp to make an outdoors shelter.

Post a picture of your shelter creation on our Facebook group!

Activity 2: CRAFT Scout Law Cootie Catcher



A folded paper “fortune teller,” also known as a “Cootie Catcher,” is a centuries-old origami model. When first introduced in the United States, it was turned upside-down from how we use it today, creating a 4-section container that could hold and pour salt.

Materials needed: 2 Patterns,* scissors, paper & crayons/markers if you want to make another

Instructions: The pattern for a Cub Scout Cootie Catcher and a Shark Cootie Catcher, with instructions on how to fold them, are in this box. [NOTE: BEGIN FOLDING with the design face down.] The files are also available at: <https://www.scoutingvermont.org/day-camp-in-a-box.html>

Practice on those, then you’re ready to create your own! Start with a square piece of paper, make the folds as instructed, then unfold and using the Cub pattern as a guide, put four different colors or designs in each corner, add the numbers, and write your text. It might be a fortune, or answers to a question that the other player might ask, such as YES, NO, MAYBE.

There are lots of awesome ideas and templates online; search for “Cootie Catcher images”. If you need a little more help with the folding, see this video: <https://www.youtube.com/watch?v=DHT3N-pXVTY>

TRIVIA: Where does the word “cootie” come from?

Answer: Most sources believe the word “cootie” came from the Malay word *kutu*, meaning “dog tick,” and was brought back by British soldiers after World War I.

Activity 3: CUB COOKING

Foil Dinner (Adult supervision required)

Materials needed: Aluminum foil, dinner ingredients (see below)

Instructions:

This is a favorite for campouts or even to enjoy at home! You can cook them over a campfire/charcoal (use a second layer of foil) or in your oven. You can combine the food any way you want, put in more of what you like and leave out what you don't like. Here is a basic recipe, but be creative and add other things.

- 1- Preheat the oven to 375 degrees
- 2- Take a large piece of heavy-duty aluminum foil (or 2 layers of regular weight foil) - at least 12"x15" (bigger makes it easier to seal) - you will need 4 of them.
- 3- Collect your ingredients: you can use any combination of food to cook in your foil. The "traditional" foil dinner is listed here, but swap in whatever you like and sounds good to eat.

Directions for Foil Dinner to serve four:

You will need these ingredients:

- 1 pound ground beef (or turkey or chicken)
 - 1 package dry onion soup mix
 - 4 small potatoes (can use frozen hashbrowns)
 - 2 cups carrots (veggies can be frozen)
 - 1 large onion cut into slices about ¼" thick
 - A little garlic salt, olive oil, salt and pepper
 - Condensed cream of mushroom soup (optional)
-
- Mix the beef and onion soup mix in a bowl and divide into 4 patties
 - Mix the vegetables, oil and seasoning in a bowl
 - Put roughly equal amounts of the vegetable mix on each of the 4 pieces of aluminum foil
 - Put a patty on each pile of veggies
 - Top with a spoonful of the mushroom soup if you are using it
 - Seal up the aluminum foil really tightly so it won't leak. Learn how to make a leak-proof foil pack at this link: <https://www.youtube.com/watch?v=CyBKA6DI2D8>

If you are cooking in the oven, put the foil packs on a cookie sheet and bake for about 40 minutes.

You can also cook it on a grill, charcoal, or a campfire - just put an extra layer of foil on and cook about 40 minutes.

OTHER OPTIONS:

Add any of these things that you like: cheese, peppers, peas, corn, mushrooms, shrimp, sausage – anything you like to eat can go in the foil! Be creative - you can really use any veggies or proteins, and you do not need to add meat if you don't want to.

Don't forget to share a picture of your dinner in our Facebook group – and let us know if you liked it!

Activity 4: LET'S GET MOVING!!

Materials needed: Your family and some outdoors spaces

Outdoor Code:

As an American, I will do my best to - Be clean in my outdoor manners, Be careful with fire, Be considerate in the outdoors, and Be conservation minded.

Leave No Trace Principles:

- 1- Plan ahead
- 2- Stick to the trails
- 3- Manage your pets
- 4- Leave what you find
- 5- Respect other visitors
- 6- Take your trash with you

Instructions:

Tigers: Tiger Adventure - Go for a short hike with your family. You can also read the other requirements for Tigers in the Wild and likely complete this adventure!

Wolves: Go on a 1-mile hike with your family and find 2 interesting things, discuss them with your family. Look at Paws on the Path and try to complete this Adventure

Bears: While hiking or walking for one mile, identify six signs that any mammals, birds, insects, reptiles, or plants are living near the place where you choose to hike or walk. Look at the requirements for the Fur, Feathers, and Ferns Adventure and see if you can complete them.

Webelos/Arrow of Light: With a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike, and clean up afterward. Check out the Webelos Walkabout Adventure and see how much you can complete.

Activity 5: FUN TIMES BIRD FEEDER

Materials needed: pinecone,* string,* birdseed,* peanut butter (or other sticky food)

Instructions:

- 1- Take your pinecone and attach the piece of string to it so it won't come off (this is the piece of string you cut when you made the kite and string art). Tie a sturdy knot (square knot is good) to make sure it doesn't fall when birds land on it. Make a loop so you can hang it outside when it is all loaded with bird food.
- 2- There are two options for coating your pine cone: mix the seed into the peanut butter (works better) or coat the pine cone and roll it in the seeds.
- 3- If you are allergic to peanuts, other things that would work are sun butter, bacon grease (lard), any nut butter, or Crisco.
- 4- Put some peanut butter (or whatever is being used) in a bowl and mix in some bird seed. Then mush the mixture into the pine cone (don't break up the pine cone but push the mixture into the spaces).
- 5- The other option to get the seeds on the pinecone is to coat the pine cone with your choice of sticky food and either "dip" the coated pinecone into the bag of seed or put the seed on a plate and roll it around (this will work better).
- 6- Take your feeder outside and hang it somewhere you can watch it and where it won't be in direct sun (or very little sun). You don't want your bird food to melt off the pine cone.



7- Watch what kind of birds come get some food. Share in our Facebook group if you see something interesting eating from the feeder!

We hope you have enjoyed your Day Camp in a Box! While you have reached the end, you can continue to watch your plants grow, try some of the Cub Cooking recipes again, continue to make the best catapult, and make more string art, just to name a few things. You will soon receive your patch to wear proudly and remember the fun things you have completed.

**And don't forget to join us next summer for Day Camp 2021
when we will be going
"DOWN ON THE FARM"!!**



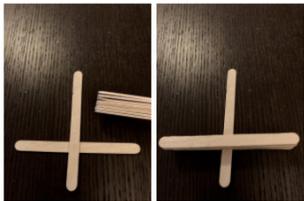
CATAPULT 1



1. Lay one stick out horizontally.



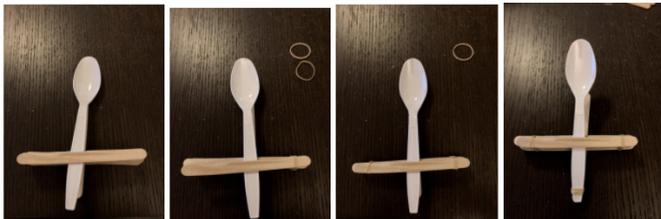
2. Lay the second stick vertically above it.



3. Stack 8 craft sticks together and pile them on top horizontally directly above the first stick.



4. Place the spoon(or craft stick) vertically on the pile directly above the second stick.



5. Lay the last stick horizontally on top of the pile. Hold the pile, and band the left and right side of the sticks. Then band the end of the spoon to the second stick. You're ready to throw!

Appendix A

CATAPULT 2



1. wrap a rubber band around the craft stick twice



2. Slide a second craft stick under the rubber band



3. Pull the craft stick to a 90 degree angle and add a second rubber band. Wrap the rubber band around the sticks twice.

4. Repeat steps 1-3 to make a second right angle



5. Wrap a rubber band around the top of the left corner twice, and the bottom of the right corner of the sticks. Slide the stick without a rubber band, under the rubber band on the other corner piece of the sticks.



6. Now wrap a rubber band around the corners to form the X.



7. Repeat step 1.



8. This time slide the second stick up through the rubber band.

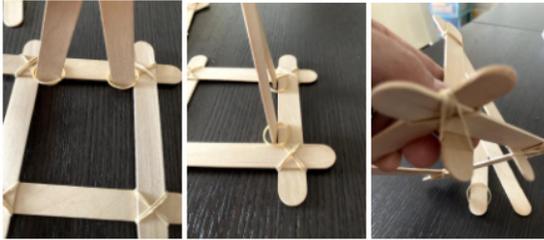


9. Add a rubber band to form a cross at the bend, but do not wrap it around twice.

10. Repeat steps 7-9, you need two of these too.



11. You will need to slide a rubber band on each of the four ends of the sticks.



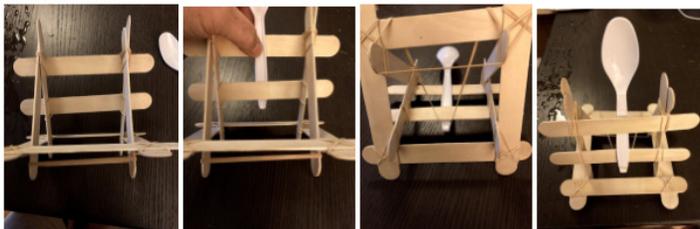
12. Place the ends on the inside of the square base. you are constructing the uprights, make sure the rubber bands are above the base, pull them down and around the corners of your base, anchoring them.



13. Next put two rubber bands on a craft stick. Make sure your rubber bands are on the inside of your two uprights so you can easily wrap the rubberband around the same stick, attaching it at the top intersection. Wrap the vertical rubber band on the angle around this intersection to firm up your support



14. Attach the mid support around the same side, approximately halfway down the upright.



15. Next, put the large rubber band around the bottom of the uprights opposite the two supports. Slide the spoon between the two horizontal supports. Flip the catapult forward and wrap the rubber band around the outside of the base and attach it to the bottom of the spoon. Stand your catapult back up and you're ready for action!

Appendix B

Paracord Bracelet

LEARN MORE AT (credits): <https://www.instructables.com/id/Paracord-bracelet-with-a-side-release-buckle/>

Step 1: Materials



You'll need paracord, or equivalent 1/8" diameter cord, a tape measure or ruler, scissors, side release buckle, and a lighter (torch lighter works best). The amount of cord used can vary, but for this example we'll use 10 feet of paracord to start with. Actual amount of cord used for the bracelet is about 1 foot of cord for every 1 inch of knotted bracelet length. So if your wrist is 8 inches you'd use approximately 8 feet of cord.

Step 2: Measure Wrist



Wrap the paracord around your wrist and make a note of where the cord meets. Hold this point next to your ruler or tape measure and that's your wrist size.

Step 3: Find the Center of the Cord



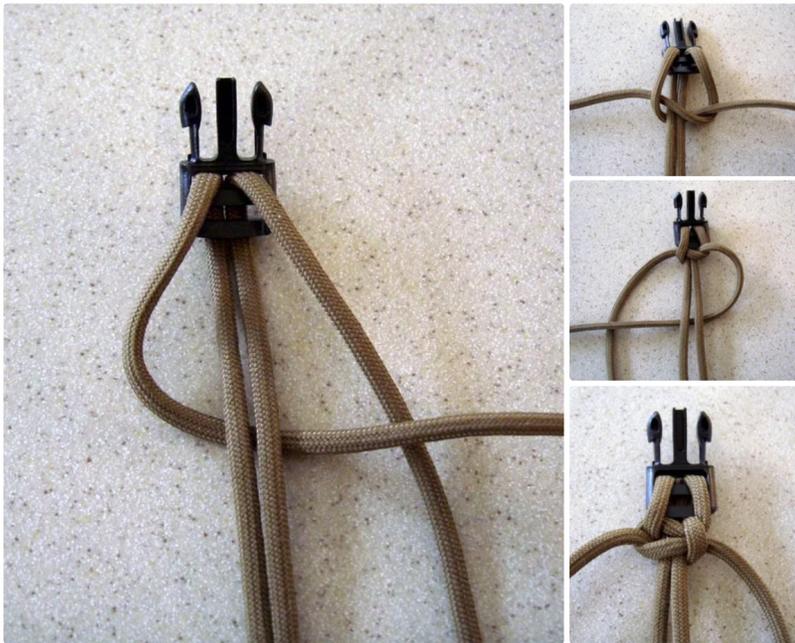
Hold the ends of the cord together and find the center of the loop. Take the center of the cord and pull it thru one end of the buckle (either side of the buckle, it doesn't matter). Now pull the cord ends thru the loop until it's tightened up and attached to the buckle.

Step 4: Finding the Bracelet Length



Take buckle apart and pull the free ends of the cord through the other part of the buckle, sliding it up towards the attached part. You're going to measure the distance between the two buckle ends for the bracelet size for your wrist. Add about 1 inch to your measured wrist length, this will make the finished bracelet a comfortable fit. You're measuring from the end of the female part of the buckle to the flat part of the male end of the buckle (the part with the prongs, they don't count for the measurement because the fit inside the female part of the buckle when the bracelet is closed).

Step 5: Start Making the Knots



The knot used for the bracelet has a few different names, cobra stitch, Solomon bar, and Portuguese sinnet. Take the cord on the left side and place it under the center strands running between the buckle ends. Now take the cord on the right side under the left side cord, over the center strands, and through the loop of the left side cord. Tighten up the cords so the half knot you just formed is next to the buckle. Now take the right side cord under the center strands. The left side cord goes under the right side cord, over the center strands and through the loop of the right side cord. Tighten up the cords (not too tight, just until they meet the resistance of the knot) and now you have a completed knot. You will continue doing this alternating the left and right sides as you go. If you don't alternate, you'll quickly see a twisting of the knots, just undo the last knot and alternate it to correct.

Step 6: Continue Knotting



Keep tying the knots until you have filled the space between the buckle ends. The knots should be uniform from one end to the other. Tie each knot with the same tension to keep them all the same size.

Step 7: Trim the Excess Cord and Melt the Ends



You can now use your scissors to trim off the extra cord close to the last knot that you tied. I trim one at a time and use my lighter to quickly melt the end I cut. Wait a second for the melted cord to cool just a bit and then use my thumb to press the melted end onto the surrounding cord so it hardens as it attaches. You must be careful with this step. The melted cord is extremely hot, and it's possible to get burned, so you might also try using a soldering iron or wood burning tool for the melting step

if you wish. Or even use something like a butter knife, the side of your lighter, or the knurled section of a tool to flatten out the melted end of the cord to finish it.

An alternative to melting the ends, is to tuck/pull the ends under the last couple of knots (I have used hemostats to do this on the inside of the bracelet) then trim them to finish. It does work, and is just barely noticeable as the cords add a slight bulge at that end of the bracelet.

Step 8: You're Finished



If you did everything correctly, it should look something like this finished one. Once you know what you're doing you can vary the amount of cord used by making the knots tighter or looser and pushing the knots closer together as you go.

A tip for paracord bracelets: If the side release buckle is large enough, you can loop the paracord around them again before you start knotting, to fill in

the extra room on the buckle.

The 1/2" side release buckles are a tight fit for this, but will work, and the 5/8" size are just right. This leaves a two strand core for the bracelet when you start knotting.

Now, you could also have a four strand core by starting with a lark's head on the first buckle end, double wrap on the second buckle end (at your wrist size), run the cord back to and over the first buckle end, and then start knotting over the four strand core.

Or, for a six strand core, lark's head the first buckle, run the two strands around the second buckle (at your wrist size), back to and around the first buckle (now has four strands around), then back to and around the second buckle, and then start knotting around the six core strands.

This gives extra cord in case you need it for whatever, but it also makes the paracord bracelets thicker and more rounded, which I personally didn't care for and that's why I stick with the two strand core.

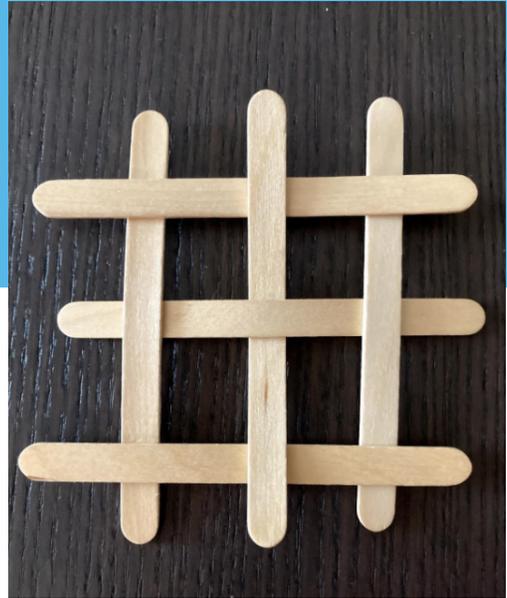
Appendix C

CHUCKER 1



Appendix C

CHUCKER 2



It's easiest to assemble this plane on carpet, that way your surface has a little bit of give. I will use colored sticks to make it easier to illustrate the order to build it in.

