



## Wellies on tour – Norway edition!

Hi, we are Wandering Wellies Lone Ranger Senior Section (yes that is our full name or WWLRSS for short). We are a brand new lone ranger unit set up after we all attended Wellies and Wristbands in 2015. We now have 12 members who live all over the country, from Cardiff to London, Southampton to Warwick and one in Australia!

Often lone rangers have to be very resourceful with how they complete challenges. Many lones are students on tight budgets or unable to attend regular meetings due to other reasons such as work or ill health. On this basis – an activity can be completed any way you want for example if it says “Make...” You don’t necessarily have to jump into the craft box – why not make out of food, or people?

We are fundraising for our first unit trip ever, which just so happens to be to Nord 2017 Jamboree in Norway! (why start small when you can jump right in... right?)

As part of this we have developed a “mini challenge badge” or “pick up and go activity pack” (which seems to be expanding)

This features everything you will need to run sessions with your girls. We have also tried to set it up so that the activities run in an order for either an hour or an hour and a half session.

We recommend doing at least two activities from each section to give a wide overview however you are welcome to do more activities if you wish or focus on 1 section. We would highly suggest doing the starter activities so girls learn where Norway is and a few basics.

Sections are split into:

- Starter Activities
- Norwegian traditions, life and culture
- Guiding/Scouting in Norway
- Wellies!!

Don’t forget to follow us!



@wellyrangers

Please note we have not included any risk assessments and we take no responsibility of your group. No activity is compulsory but we aim to meet the criteria of the Girl Guiding 5 essentials programme.

## Starter Activities

### Geography

Lets test your geography skills - On a map can your girls find

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>United Kingdom?</li> <li>Their hometown?</li> <li>The last place they went on holiday?</li> </ul> | <ul style="list-style-type: none"> <li>Norway?</li> <li>Oslo (the capital city)?</li> <li>Bodo?</li> </ul> |
|--|--|

### Learn the Lingo

Learn how to say the following words in Norwegian

Hello	Hei
Goodbye	Ha det
How are you?	Hvordan har du det?
Im fine	jeg har det bra.
Thank you	Takk

For pronunciation and other words take a look here <http://www.transparent.com/learn-norwegian/phrases.html>

### Flags

Make or decorate a Norwegian flag

- Colour the Norwegian flag (appendix 1)  
Or
- Make a flag pin badge from seed beads (appendix 2)  
Or
- Make a flag coaster from Hama beads (appendix 2)



## Norwegian Traditions, Life and Culture

Northern lights painting ©Maddy Finlay 2017

### Northern Lights

During Winter Bodo often sees the Northern Lights. Paint a silhouette picture showing the northern lights. Cut a silhouette from black paper to stick on top of your northern lights sky background.

### Midnight sun

During the summer Bodo gets a grand total of 0 hours darkness.



### Make a sleep mask


In the winter – the opposite happens – there are 0 hours of daylight.

Complete a blind trail or challenge.

Set up a trail or a series of challenge the unit must complete wearing blindfolds.

This is a very good trust exercise and good for developing team building skills.

<p><b>Scandinavian Christmas hearts</b>                  This is a very traditional craft using 2 different coloured pieces of paper in Scandinavia especially in Denmark. Make a Christmas heart – these also make nice valentines day presents or a thinking day gifts.                  Example of these can be found online along with instructions. They take less then 20mins to make and are very cheap. Due to copywrite rules we are not allowed to include the instructions (sorry!)</p>	
<p><b>Vikings</b></p>	
<p><b>Long boats</b>                  Make a long boat out of cardboard boxes – big enough for your whole patrol or unit to sail in.                   If that is not possible why not make an individual rowing boat from a cardboard box. (places like McDonalds are fantastic at giving old cardboard boxes to units for free)</p>	 <p style="text-align: center;">©Annice Dunning 2017</p>
 <p style="text-align: center;">©Annice Dunning 2017</p>	<p><b>Design your own sail.</b>                  Traditionally Viking flags are portrayed as being red and white striped. What would you have on your sail?</p>
<p><b>Make a Viking Mask</b>                  You could use a template from online or Appendix 3, scrap crafts or anything else you like.</p>	
<p><b>Dress like a Viking</b>                  using old scrap materials, tin foil or bin bags – dress one person in your six/patrol as a Viking. Don't forget the helmet, shield and sword.</p>	
<p><b>Make a Viking Helmet</b>                  Design and make your own Viking helmet – think outside the box. It could be made from food, papier mache, an old football?</p>	
<p><b>Make a Viking Runestone</b>                  Decorate stones using poster paint and PVA mix or acrylic paints                  Or                  Make stones out of airdry clay which you can engrave with symbols</p>	<p style="text-align: center; color: red;">Picture from Sophie</p>
<p><b>Complete the maze</b>                  Help the Viking reach his boat using the maze in appendix 4</p>	
<p><b>Trolls</b></p>	
<p>Trolls often feature in Norwegian mythology and can be seen in many traditional stories, poems, songs and painting.                  Did you know – Moomins are a species of troll.</p>	

<p><b>Make a felt troll</b></p> <p>Insert troll pic 1</p>	<p>You will need:</p> <ul style="list-style-type: none"> <li>• Card cone template</li> <li>• Felt</li> <li>• Embroidery thread</li> <li>• Cotton wool</li> <li>• Ping pong ball/small polystyrene ball</li> <li>• Hot glue gun/PVA</li> <li>• Small pompom (for the nose)</li> </ul>	<p>Cut the card and stick to make a cone shape (this is the body).</p> <p>2. Cut the felt into a slightly smaller cone for the hat.</p> <p>2b(optional) stitch the bottom of the hat using a blanket stitch.</p> <p>3.Stick a bit of cotton wool to form a beard tucking under the hat.</p> <p>4. place the hat and beard on to the body and stick with hot glue or PVA.</p> <p>5. Stick the mini pompom on to make the nose.</p> <p>6.Now make it your own with decorations</p>
<p><b>Read a story featuring a troll.</b></p>		 <p>©Annice Dunning 2017</p>
<p><b>Design your own troll</b></p> <p>Have a look at some pictures of norwegian trolls. Why not design or make your own troll – don't forget to give it a name. Why not write a short story about your troll.</p>		
<p><b>Moomins</b></p> <p>Watch an episode of the moomins or watch the new moomins film.</p>		
<p><b>Viking colouring page</b></p> <p>Colour in the troll in appendix 4</p>		
<p><b>Fish</b></p>		
<p>Norway is very well known for its fish – including Salmon, trout, cod and crabs</p>		
<p><b>Play fishy fishy fishy</b></p>		
<p><b>Go fishing</b></p> <p>If you cannot physically get out and fish why not make a fishing game – each person decorates a large fish and sticks a magnet to its mouth. Then using a bamboo cane some string and another magnet make a fishing rod for the girls to use to catch their fish.</p>		
<p><b>Eat fish and chips</b></p> <p>As a treat why not visit the local fish and chip shop. What other fish can you try?</p>		
<h2>Guiding/Scouting in Norway</h2>		
<p>Currently there are 2 scouting/guiding movements in Norway – Norges Speiderforbund and YMCA-YMCA. The programme is structured around five themes</p> <ol style="list-style-type: none"> <li>1. Outdoor life</li> <li>2. Creativity</li> <li>3. Friendships</li> <li>4. Community involvement</li> <li>5. Life quality</li> </ol>		

Norwegian guides and scouts love the outdoors. The activities being offered are unbelievable. We hope in this section to give you a taster of what we will be doing at the jamboree (scaled down to do in units)

### **Hiking**

Go for a penny hike – take the girls for a walk around the local area. At every junction flip a coin – Heads = turn right. Tails = Turn left.

Or

Go for a hike using a map and compass. This could be in your local area or further afield.

Take it further – challenge older guides and senior section to meet you at a coordinate point. Have them plan and carry out their route. This is also good practice for Duke or Edinburgh.

### **Catapults**

Play angry birds. – At Nord, guides and scouts are expected to know how to build and use a catapult. Like the mobile phone game – stack some boxes, inflatable objects or stuffed toys at the end of a room. Using a sponge ball try and knock all the objects off the boxes.

Guides and Senior section could take this further by making a slingshot or catapults.

Remember to risk assess!

**Rifle shooting** – remember girls will need additional forms from guiding for this activity.

If you cannot take the girls to a rifle range why not set up a range in your hall (risk assessment needed). You could use tins and water pistols or why not make targets and use Nerf guns?

Please check the A-Z of activities due to the use of weapons – at time of writing Guiding does not allow the use of human or animal targets or shaped targets.

### **Pioneering**

Have a go at pioneering – all groups at Nord are expected to make their own furniture out of pioneering poles. They are also expected to make their own subcamp gates for their camping areas. What can your group make?

Why not try on a miniature version – using lolly pop sticks or match sticks and embroidery thread?

### **Tunnelling**

As part of our overnight hike we are expected to navigate through pitch black caves, which when Bodo never gets dark in the summer, will be quite a contrast.

Have a go at tunnelling or caving.

If you do not have a local centre why not try this activity in patrols in your hall. Using tables, chairs cardboard boxes, sheets and blindfolds – make a tunnelling system for another patrol to navigate through.

### **Rock climbing/Abseiling**

As part of our overnight hike we are expected to abseil down a cliff edge at the end!!!

Why not have a go at rock climbing and abseiling at your local centre.

### **Campfire**

Have a campfire. Bring your best singing voice and camp blankets

### **Other Adventurous Activities**

Have a go at other adventurous activities from kayaking to rock climbing. The wilder the better!

## **Wellies!!!**

As we have said above, our unit was formed off the back of Wellies and Wristbands. A festival held every year at Foxlease and Waddow so no pack would be complete without Welly activities!

### **Welly Wanging**

Play a game of welly wanging – see who can throw them the furthest

**Welly plant pots**

simply add compost and seeds. Why not have a competition to see who can grow the tallest plant in a welly?

**Welly Biscuits**

Make Welly shaped biscuits. Be creative with flavours and don't forget to decorate them!



**Splash in puddles**

(not just for rainbows! Seniors love it too and we have the proof!)



**Water relay races**

Have a water relay race using wellies. Fill your boots with water and off you go!

**Upcycle**

Recycle your old wellies into another useful object

**Make a welly mascot.**

Using old materials and recyclables why not make a welly mascot for your patrol/six or for your unit.

**Make a welly animal.**

More instructions can be found online. But using a few wellies why not see if you can make an animal or a monster or an alien? Make sure you send us your best wellies!



It's a goat! We promise! Photo: Annice Dunning

**Decorate your wellies!**

No welly activity would be complete without jazzing up some boring green wellies. If you have no wellies to decorate what would be on your perfect welly? Fur lining to keep your toes warm? Rubber ducks as the print?

**Wellies and wristbands:**

Guides/Seniors: Attend Wellies and wristbands

Older seniors: Why not volunteer at Wellies and Wristbands?

If you cannot attend Wellies and Wristbands why not have your own mini festival in your unit or with your district? Or what about a disco or similar. All you need is music, glow sticks and flowers in your hair..... oh and a pair of wellies!

**Prepare for a festival**

If you are going to Welly and Wristbands or another festival of sorts, why not make some accessories to wear. Think flowers in your hair, glow stick necklaces etc. Lots can be made out of scrap crafts

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What about decorations for your tent? Special flags so you can find your tent again? The possibilities are endless!

### **Wellies on camp**

Decorate some welly pegs so you know which ones are yours



**Badge order form**

Badges cost £1.00 each

You will need to add postage and packaging onto this price

P+P:-

- 🌀 70p up to 3 badges
- 🌀 £1.00 for up to 10 badges
- 🌀 £1.50 for 11 to 50 badges
- 🌀 £2.00 for 51 to 75 badges
- 🌀 £2.50 for 76 to 100 badges
- 🌀 £3.00 for more than 100 badges
- 🌀 INTERNATIONAL – please contact us for a quote!

Contact name	
Unit	
Contact email	
Contact phone number	
Number badges @ £1	
Postage	
Notes (optional)	
Postal address	

**Cheques** made payable to Maddy Finlay

NB: This is because we are a new unit and are having issues getting our bank account sorted. Our Division is aware of the issue and this will be updated ASAP. If you have any concerns or issues with this, please do not hesitate to contact us.

**Paypal** – [maddyfin@hotmail.co.uk](mailto:maddyfin@hotmail.co.uk). Please send an email with this form for our records. Please send monies via the family/friends option or add paypal fees to your total.

**Please post form to**

1<sup>st</sup> WW Lone Rangers  
24 Abercrombie Gardens,  
Southampton  
SO16 8FQ

Contact details – [maddyfin@hotmail.co.uk](mailto:maddyfin@hotmail.co.uk)

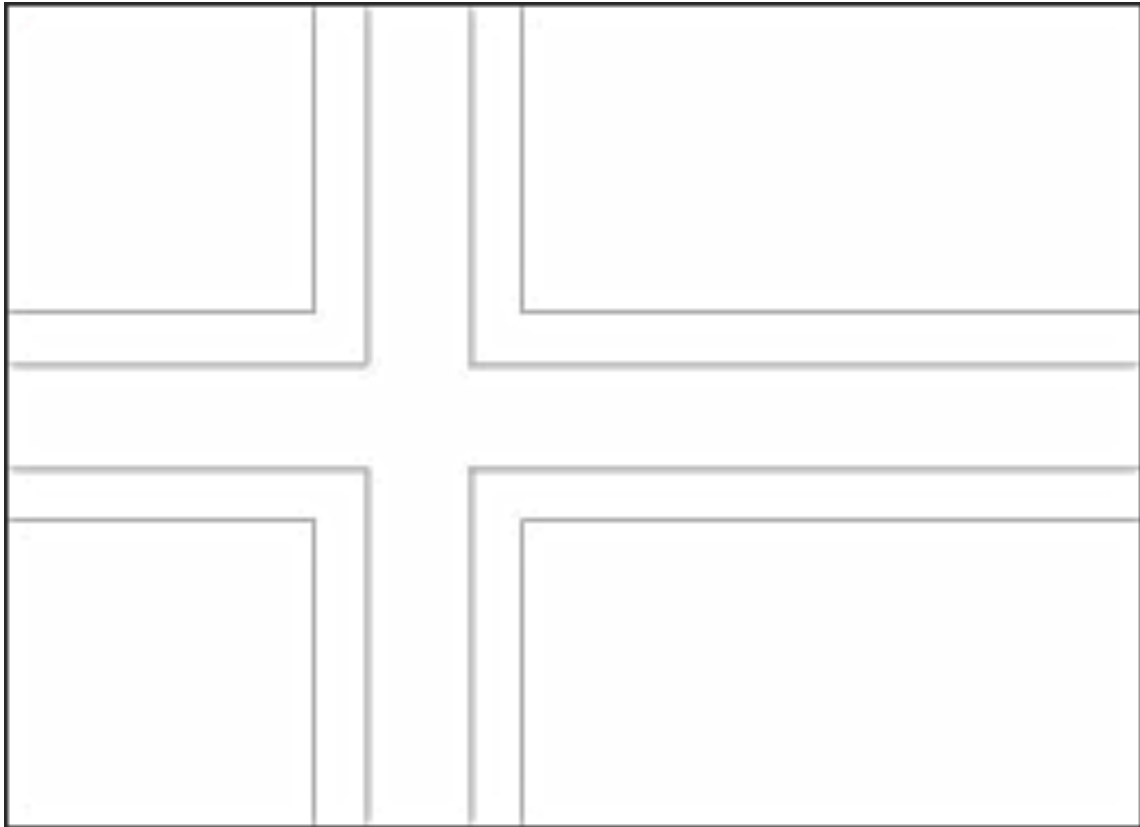
Badges will be posted within 14 days of receiving badge order forms. If you require badges by a certain date please indicate on this form



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Appendix 1

©Maddy Finlay 2017



Appendix 2

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1	2	3	4	5	6	7	8	9	10	11	12	13	14
Red	Red	Red	White	Dark Blue	Dark Blue	White	Red	Red	Red	Red	Red	Red	Red
Red	Red	Red	White	Dark Blue	Dark Blue	White	Red	Red	Red	Red	Red	Red	Red
White	White	White	White	Dark Blue	Dark Blue	White	White	White	White	White	White	White	White
Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue	Dark Blue
White	White	White	White	Dark Blue	Dark Blue	White	White	White	White	White	White	White	White
Red	Red	Red	White	Dark Blue	Dark Blue	White	Red	Red	Red	Red	Red	Red	Red
Red	Red	Red	White	Dark Blue	Dark Blue	White	Red	Red	Red	Red	Red	Red	Red
Red	Red	Red	White	Dark Blue	Dark Blue	White	Red	Red	Red	Red	Red	Red	Red

Appendix 4

Troll Colouring page. Image hand drawn by Annice Dunning



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All these resources have been found on the internet, some sources are unknown and are not my property. I have to the best of my knowledge avoided copyright material and all the

## Wellies on Tour – Norway Edition

links were correct at the time of publishing. All images have been hand drawn and credited to the artists

We would like to give special thanks to  
Annice Dunning (1<sup>st</sup> Wandering Wellies Lone Rangers)  
Sophie Duke (1<sup>st</sup> Popley Rainbows)  
Maddy Finlay (1<sup>st</sup> Wandering Wellies Lone Rangers)

For their input in drawing/ painting all images included in this resource.

Hi Maddy,

Thank you for getting in contact.

This badge is absolutely fine thanks

Best

Mia

**Mia Churcher**

**Marketing Officer**