

AWARDS AT HOME TOOLKIT



INTRODUCTION



This Awards at Home resource booklet contains a variety of creative and interactive activities that can also contribute towards a Hi5 Award, Dynamic Youth Award (DYA) or one challenge of a Youth Achievement Award (YAA).

The activities in this toolkit are taken from our Games Toolkit, STEM Toolkit, Arts Toolkit and forthcoming Health and Wellbeing Toolkit. You can find out more on our website www.youthscotland.org.uk/awards

HEALTH AND SAFETY

Remember when leading activities it is your responsibility to ensure you use age appropriate materials and equipment. In particular be aware and take any necessary precautions when using certain materials with children and young people such as:

- magnets
- sharp objects
- matches
- liquids

You should also be aware of any risks associated with the environment you'll be working in. Children and young people should be supervised at all times and your own organisation's Health and Safety policy and any other relevant policies should be followed.

Please note that to the extent permitted by law, Youth Scotland shall not be liable to any person for any loss or damage that may arise through using this toolkit.



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ZIP, ZAP, ZOP

TIME: 15 minutes

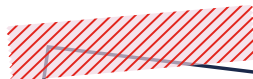
WHAT YOU NEED:

- 2 or more people

WHAT TO DO:

- The group form a circle and must pass a lightning bolt around the circle
- By clapping your hands to the left or right and saying "zip" the bolt moves to the next person standing in that direction
- To send the bolt across the circle, players should point with both hands and say "zap"
- If you point with both hands and say "zop" then the person you point at needs to duck. If they don't duck quickly then they are out

- Play can move clockwise or anti-clockwise and can change direction at any time or as many times as possible
- If someone doesn't 'catch' the lightning bolt or thinks they have it when they don't they are also out
- You can play this game with your friends on a video messaging app



01

DIGIT DANCING

TIME: 15 minutes

WHAT YOU NEED:

- Large paper
- Pen

WHAT TO DO:

- The leader writes down a list of movements for numbers 0-9 (for example – spin around for number 1, touch the ground for number 2) and puts it where everyone can see it
- The players then act out a number and their partner should figure out the number based on the actions

- Examples could be their birthday or telephone number
- Players could make their own bingo cards, and the bingo caller could act out the numbers instead of speaking them
- You can play this game with your friends on a video messaging app



02

PORT, STARBOARD

TIME: 15 minutes

WHAT YOU NEED:

→ None

WHAT TO DO:

→ The command instructions are explained to the group

→ When the key word is called the group should carry it out

→ Pretend that the room you're in is on a boat

→ Port: Move to the left of the "boat"

→ Starboard: Move to the right of the "boat"

→ Bow: Move to the front of the "boat"

→ Stern: Move to the rear of the "boat"

→ Scrub the decks: Down on the floor and mimic scrubbing the floor

→ Cooks coming: Stop moving and rub tummy

→ Captain's coming: Stop moving, salute and call "aye aye captain"

→ Make up your own instructions and actions for your own boat



03

NUMBER CRUNCHING

TIME: 15 minutes

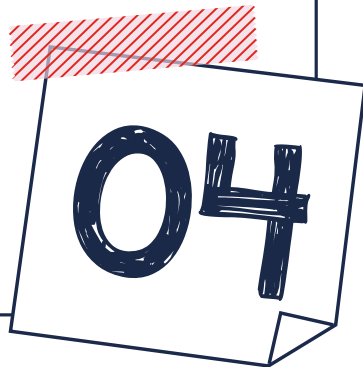
WHAT YOU NEED:

→ None

WHAT TO DO:

- The group stand in a circle
- A person is nominated to start the game by calling out the number 1
- Play then moves around the circle as the next person calls "2", then the next calls "3" and so on
- Numbers can be substituted for letters of the alphabet, days of the week, months of the year or silly noises

- Substitute multiples of numbers for one noise – for example you could replace multiples of three with a moo sound, so the group would have to say "1", "2", "moo", "4", "5", "moo"
- If at any time someone calls a number out of order, play starts again, and choose a new substitution
- You can play this game with your friends on a video messaging app



PAPER RACES

TIME: 30 minutes

WHAT DO YOU NEED:

- Sheets of paper

WHAT TO DO:

- Take some pieces of paper – these will be the stepping stones. You need the same amount of paper as the number of people playing
- The teams must use the paper to travel across the room without touching the floor
- Play continues until all members of the team are on the opposite side from where they started
- Then take away a piece of paper and try again
- You could time yourself and see if you can do it faster, or challenge yourself to cross a longer route
- Make sure that you're travelling in a clear space with nothing to trip over



05

MAKE YOUR OWN GAME

TIME: 1 hour

WHAT YOU NEED:

- Anything that you can find in your house or garden (with your parent's permission)

WHAT TO DO:

- Go around your house and find different objects – the more random the better! Make sure that you don't choose anything dangerous, and you ask permission before taking something that belongs to someone else

- Create a game or a challenge using all the objects you've found
- Play the game with someone else in your house
- See what changes you could make to the game to improve it



06

COPY CAT

TIME: 15 minutes

WHAT YOU NEED:

→ None

WHAT TO DO:

- The group should stand in a circle
- One person is nominated to start by stepping into the middle
- When in the middle, the person demonstrates a movement which everyone in the circle will copy
- Another person now steps into the middle and demonstrates another movement which will be copied by the rest of the circle
- Play continues until such time each player has had the opportunity to demonstrate a movement

→ This can be used as a warm up game

→ Play this with your friends using video messaging. Choose a person to demonstrate their moves and then everyone copy. You could also challenge your friends by recording a video of you doing a move and sending it to them, and ask them to send one back with the same move

→ Make sure that you play in an area that is clear so you don't trip over or bump into anything



07

BUILD A CATAPULT

See whose catapult can throw a marshmallow the furthest

TIME: 30 minutes

WHAT YOU NEED:

- 7 lolly sticks
- Plastic or wooden teaspoon
- Elastic bands
- Small, lightweight objects/ marshmallows

WHAT TO DO:

- Stack five sticks on top of each other
- Tie them together at both ends with two elastic bands
- Attach the spoon to another stick using elastic bands

- Attach the stick with the spoon to another stick at the opposite end to the spoon
- Wedge the stack of five sticks in between the spoon stick and the stick (see diagram on next page)
- Put an object on the spoon and push down on the top of the spoon and release

See over



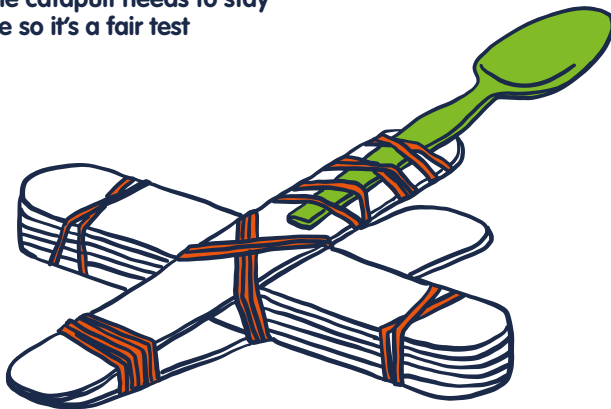
08



03: BUILD A CATAPULT

TAKE IT FURTHER:

- See how you can adapt your catapult to make it throw further. Try using different amounts of sticks, and wedging the stack closer or further away from the end of the spoon
- Now see what happens if you use objects of different shapes and weight. What sort of object goes furthest or highest? Don't forget, if you're changing the object the catapult needs to stay the same so it's a fair test
- Keep a note of your results – is it what you expected to see?
- Be careful not to aim your catapult at anyone!



NEWSPAPER DEN

Use old newspapers to build an indoor den

TIME: 1 hour

WHAT YOU NEED:

- Lots of newspaper
- Sticky tape

WHAT TO DO:

- Take two sheets of newspaper and place one on top of the other
- Roll the paper tight diagonally from one corner, and tape it together to make a stick
- Make lots of newspaper sticks – the more you make the larger the den, but you will probably need at least 40

→ Start sticking the sticks together to make shapes, and put the shapes together to create a structure

→ Put sheets of newspaper over the gaps to make walls

HELPFUL HINTS:

→ The strongest shape is a triangle, and a den made from triangles and pyramids should be strong enough to hold blankets for a cosier den



09

BALLOON ROCKET

Shoot a straw along a string using a balloon for power

TIME: 30 minutes

WHAT YOU NEED:

- String
- Sticky tape
- Balloons
- Paper straw

WHAT TO DO:

- Thread the string through the straw, and then tie both ends to chairs so that the string is stretched tight
- Blow up a balloon but don't tie it
- Pinch the end of the balloon and tape the middle to the straw
- Let go and watch it zoom across the room

TAKE IT FURTHER:

- Try and see what will make the balloon go faster. Does changing the size of balloon, the length of the straw or the type of string affect it? What if you add wings? See who can make the fastest rocket

HELPFUL HINTS:

- Make sure that you don't cause a trip hazard with the string and check that there are no latex allergies in the group



10

MAKE A LIQUID SOLID

Is it a solid or is it a liquid?

TIME: 30 minutes

WHAT YOU NEED:

- Cornflour
- Water
- Bowl
- Spoon
- Scale

WHAT TO DO:

- Put 60g of cornflour in a bowl
- Add a spoonful of water to the bowl and stir it
- Keep adding small amounts of water until all the cornflour is wet
- It should get to a point where it acts like a liquid when you stir it, but feels hard when you tap it with your finger
- Pick up the mixture and make it into a ball in your hand, using both hands to roll it about your palm

→ When you stop rolling the mixture should become a puddle

→ This is what we call a non-Newtonian fluid. The particles are really big, so move quite slowly. When it's left to itself the particles have time to move around, so it flows as a liquid. But when you move it or hit it quickly the particles don't have time to move out of the way so it feels like a solid

HELPFUL HINT:

→ This will get smelly after a while so bin it after use



MAKE RAINBOWS

See all the colours of the rainbow using a torch

TIME: 30 minutes

WHAT YOU NEED:

- Clear drinking glass
- White paper
- Torch

WHAT TO DO:

- Fill the glass nearly to the top with water
- Hold the glass over the paper
- Shine the torch into the glass and move it around until a rainbow forms on the paper
- Try moving the glass and the torch around to change the size of the rainbow

HELPFUL HINT:

- This would work well in a darkened room
- Take care when using glasses and try not to spill any water – if you do clean it up straight away



12

MAGNET MAZE

Design and build a fun game using magnets

TIME: 1 hour

WHAT YOU NEED:

- Paper plate (approximately 18-20cm)
- Card
- Coloured pens
- Scissors
- Glue or sticky tape
- Small magnet
- Paper clip
- Wooden skewer or pencil

WHAT TO DO:

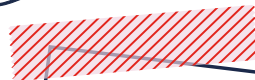
- Draw a maze on the paper plate leading to the middle
- Choose a character to travel through your maze (this could be anything – a spaceship, a rabbit, yourself or whatever you want)
- Draw your character onto the card. Your character should be around 3cm long and 2cm wide

→ Cut out your character and tape or glue the paperclip to the other side

→ Glue or tape the small magnet to the wooden skewer or pencil

→ Put your character at the start of the maze

→ Put your magnet (attached to the skewer or pencil) underneath the plate and guide your character through the maze by moving the skewer or pencil



13

JUNK PERCUSSION BAND

Using household equipment and recycled materials participants will create musical percussion rhythmic music

TIME: 1-2 hours

WHAT YOU NEED:

- Plastic bottles
- Spoons
- Buckets
- Pots
- Pans
- Brooms
- Dustbins
- Chopsticks (or any other wood stick)
- Glasses
- Water
- Pees
- Rice
- Any other household object that can be made into a percussion instrument

WHAT TO DO:

- Once the young people have made the different instruments they want to use

→ Start off by tapping out a single rhythm that everyone can copy. You can use the sound of a word e.g. apple would make two sounds 1,2 1,2 1,2

→ You can then get them to come up with more complex rhythms e.g. strawberry would make three sounds 1&2, 1&2 1&2. Encourage everyone to join in and make their own sounds to match a fruit. You can do this with animal themes or any other words that could be made into a rhythm, creating a junk percussion jam



14

CUPCAKE DECORATION

Using small sponge cakes, design and decorate with coloured icing to make cupcakes. Make sure you are aware of any food allergies before making or buy alternatives for young people with allergies. These can be decorated in themes around holidays, Halloween, Christmas, Easter etc.

TIME: 1-2 hours (Depending on whether you get the young people to design their cupcake decoration in the first session and make in the second session)

WHAT YOU NEED:

- Small sponge cupcakes (buy from basics in supermarkets)
- Coloured royal icing
- Coloured icing tubes

- Water
- Plastic beaker or glass
- Small painting brush
- White table cloths
- Hand sanitizer
- Cupcake paper cases and paper and pens for designing cupcake decoration, pictures of cupcake images for young people to copy or step by step templates of particular iced characters

See over



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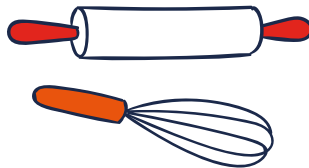


15: CUPCAKE DECORATION

WHAT TO DO:

1 hour cupcake session age 5+

- Cover all tables in paper table cloths
- Make coloured icing design into character or pattern
- Cover the top of the small sponge cakes using the coloured icing tubes to make a cone shape
- Dip painting brush in water and cover the back of the character or pattern
- Stick the character or pattern on to the top of the icing
- Place cupcake into paper holders
- Repeat process to make others



WIND SPIRALS

Make and design a small plastic water bottle wind spiral for your garden

TIME: 1 hour

WHAT YOU NEED:

- Small plastic water bottle
- Permanent coloured felt tip pens
- Scissors
- String

WHAT TO DO:

- Remove plastic bottle top and dry out bottles
- Using coloured pens cover the bottles in colour and patterns
- Cut the bottom off the bottle
- Using felt tip pens, draw round the bottle from the bottom until you reach the shoulders at the top creating spirals

- Using scissors cut around the felt tip lines drawn from the bottom until you reach the shoulders at the top creating spirals
- Place bottle top on to a branch of a tree (if hanging place string through bottle top and tie off)

HELPFUL HINT:

- Make sure young people are careful when using the permanent felt tip pens. If hanging the wind spirals using string, pre-cut the holes for the string to go through for younger children



16

BIRD FEEDER

Make a bird feeder from a recycled 2 litre plastic bottle using string and a pencil

TIME: 2 hours

WHAT YOU NEED:

- 2 litre plastic bottles
- String or thick thread
- A pencil
- Scissors
- Bird seed
- Coloured permanent felt tip pens

WHAT TO DO:

- Clean out empty bottle and leave to dry
- Take bottle top off and set aside (this can be used for another art project, see No23)
- Using scissors pierce a hole in the middle of the bottle and cut out in an oval shape in one side approximately 10cm from the top and bottom

See over



17

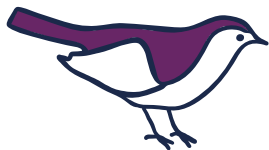


17: BIRD FEEDER

- Using scissors piece a small hole on either side of the bottle shoulders for hanging the bird feeder and one under the oval you have cut out at the bottom
- Colour the whole bottle using the permanent felt tip pens in different colours and designs
- Cut your thread/string to a length of 30cm
- Put your thread or string through the holes at the top of the bottle shoulders and tie at the top to hang the bird feeder
- Push through the pencil into the bottom hole lead (pointy) end first to make a perch for the birds
- Fill the bottom of the bottle with bird seed and hang on a tree for the birds

HELPFUL HINTS:

- Cut out the feeders for younger children and make sure they understand that the felt tip pens are permanent



CREATIVE STORY TELLING

Through picking words from a lucky dip young people will make a creative story incorporating the words they have chosen

TIME: 1-3 hours (Depending if this is done on their own or a group story)

WHAT YOU NEED:

- Cups
- Paper
- Pencils/pens

WHAT TO DO:

- Write on pieces of paper different animals, different areas or countries, different activities, e.g. swimming, football, singing and boys and girls names
- Tear the pieces of paper and place them in their cups on the table
- Explain to the young people they have to pick a piece of paper from one of the cups to start their story

→ Get the young people to start writing about their animal and then introduce them to the other cups during their story until they have completed a story about their animal

→ The young people can introduce as many characters, places, activities they want during their story. They can also do this as a group with each member taking their turn to add to the story. This can be recorded, written down or even performed



LOLLY STICK FLOWER POTS

Design and make a flower pot from a tin can and lolly sticks. This can be done as part of a project to teach young people about how plants grow

TIME: 1-5 hours

WHAT YOU NEED:

- 20-30 lolly sticks
- Tin can
- Rubber band
- Ribbon or twine,
- Soil
- Flowers or seeds

WHAT TO DO:

Session one, 1-2 hours (5+)

- Peel the label off a tin can, wash and dry it
- Put a rubber band around the can, making sure it is a snug fit
- Place the lolly sticks under the rubber band, pushing them together so there are no gaps
- Repeat this all the way round the tin can to cover thoroughly
- To hide the rubber band, cover this with a ribbon or twine
- Put some soil in the bottom of the tin and plant a flower



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19: LOLLY STICK FLOWER POTS

Session one, 2 hours (8+)

- Research flower types and how they grow. Decide on which seeds to buy and how long they will take to grow (seasonal flowers should be discussed). Seeds should be bought and equipment ready for next session

Session two, 2 hours

- Peel the label off a tin can, wash and dry it
- Put a rubber band around the can, making sure it is a snug fit
- Place the lolly sticks under the rubber band, pushing them together so there are no gaps
- Repeat this all the way round the tin can to cover thoroughly

- To hide the rubber band, cover this with a ribbon or twine

- Put some soil in the bottom of the tin and plant seeds

Session three, 1+ hours (on growing)

- Regularly water seed to help it grow

HELPFUL HINTS:

- Lolly sticks can be coloured using felt tips or painted. Young people can also grow small herbs such as chives



MAKE A STRESS BALL

TIME: 30 minutes

WHAT YOU NEED:

- Balloon
- Hamma beads/rice/flour/cornflour
- Funnel, if you don't have a funnel you can make one by rolling up a piece of paper and use sticky tape to hold it together

WHAT TO DO:

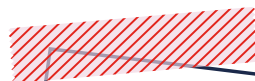
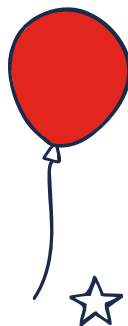
- Put the funnel into the neck of the balloon
- Pour your hamma beads/rice/flour/cornflour into the balloon. (you may want to put more than one texture into the balloon). Fill the balloon up to the start of the neck so you can tie the balloon
- Once you have filled the balloon up to the appropriate level (i.e. fill it to the bottom of the balloon neck, remove the tube and tie the neck of the balloon

HELPFUL TIP:

- Be careful not to over fill the balloon, as the balloons can pop and it can make a massive mess. We would recommend using two balloons if you are using flour or rice (put one balloon inside another balloon). Also use thick balloons

TAKE IT FURTHER:

- You can then decorate the stress ball with felt tips or you may want to give your stress ball hair by making a pom pom and attaching it to the balloon



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MAKE A SOOTHING KIT

A soothing kit is a box or bag that is full of things that make you happy and relaxed

TIME: 1 hour

WHAT YOU NEED:

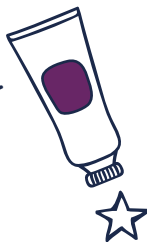
- Shoe box
- Pens
- Stickers/paint (optional)
- Something you like to eat
- Something you like to look at
- Something you like to hear
- Something you like to touch (this could be the stress ball you made)
- Something you like the smell of
- Happy statements or quotes
- Colouring book or paper to draw

WHAT TO DO:

- Decorate the outside of shoe box or any box you have that has a lid, you may want to use stickers you might want to cover it in paper or paint it

→ When it is decorated add in the following:

- An item or two you enjoy the smell of
- An item or two you enjoy the taste of
- An item or two you enjoy the feel of
- An item or two you enjoy the sound of (rain stick)
- An item or two you enjoy the sight of
- A card full of saying/phrases/quotes you like
- Any other items that make you happy



MAKE A GLITTER JAR

TIME: 30 minutes

WHAT YOU NEED:

- Clear plastic bottle
- Fine glitter
- Beads/sequins/large glitter
- Glitter glue/glitter pen (use as much or as little as you like)
- Warm water
- Glue
- Wooden skewer/straw
- Hot/warm water

WHAT TO DO:

- Fill the plastic bottle with warm water, leaving 5cm at the top of the jar for your glitter (the water must be warm enough to dissolve glue)
- Add the glitter glue to the warm water and mix with the wooden stick until dissolved

- Add the glitter to the water and stir with the wooden skewer/straw. You may also want to add other items into the bottle such as sequins, beads etc.
- When you are happy with the amount of glitter in the jar/bottle, glue the lid of the bottle

HELPFUL HINT:

Be very careful with hot water and glue!



22

MAKE SCENTED DOUGH

TIME: 30 minutes

WHAT YOU NEED:

- 1 cup white flour
- 1/2 cup salt
- 2 tablespoons cream of tartar (found in spice aisle)
- 1 tablespoon vegetable oil
- 1 cup water
- 1/2 tablespoon ground cinnamon, vanilla extract OR caramel extract to each batch made. Add more for stronger scent if desired
- Food colouring of your choice

WHAT TO DO:

- Put all ingredients into a pan and heat over a low to medium heat and stir constantly

- Add in the scent while stirring
- When it forms a ball and the texture of play dough take it off the heat
- Once you have done this add a few drops of food colouring and kneed it in, add more drops until you get the colour you want. You may want to divide the dough and use different colours
- Once you are finished put the play dough in a sealed container so it doesn't dry out



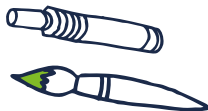
23

KINDNESS ROCKS

TIME: 1 hour

WHAT YOU NEED:

- Rocks/stones – these must be cleaned and dried before you paint them
- Acrylic paint
- Paint brushes
- Felt tip pens



WHAT TO DO:

- Paint the background of your design on the rock first
- Let the rocks dry
- Once the paint on the rock is dry you can then write an inspirational or a positive/happy saying onto the rock. Some young people might not like writing and that's absolutely fine
- After you have painted one rock you might decide that you want to paint more and make a kindness rocks garden



24

POSITIVE COPING WHEEL

TIME: 1 hour

WHAT YOU NEED:

- 2 paper plates (if you don't have paper plates, trace two plates on paper and cut the circles out)
- Pencils/pens

WHAT TO DO:

- Take one of the paper plates/ paper circle and draw a line right down the middle of the circle, then turn the plate/circle 45 degrees, and then draw another straight line down the circle, then turn the plate/circle another 45 degrees and draw another line down the middle. It should look like a pizza
- In each section of the circle, draw and write something you do to calm yourself down when you are unhappy
- Now take your other circle. Draw and cut out 1/6 of a slice (use your other circle to judge the size). Then put this circle on top of your other circle. You may want to decorate the other 5/6 of the top plate. You may want to use a kirby grip or paper clip to hold the piece plates together
- So next time you are unhappy or struggling you can use the positive coping wheel to suggest some things you could do to help you



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