

Beaver Scout

SLEEP OVER

The following document covers topics such as running the sleepover, themes (the spices, adventure skills and others), costing, kit list and planning.

This activity can be used as a special interest badge - under community for example. Beaver Scouts who are doing their Chief Scout Award can complete parts of the adventure challenge on such an event.

We would love to see how you get on with these adventures so you might send us some of your photographs of the night so we can include them in articles in the Insideout magazine.

We are available to support you and your colony as you prepare for your Sleep Over – whether it is your first time organising one or not.

Please contact the team (Beaver Scouts) if you have any queries or ideas you would like clarification on .

Yours in Scouting

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ADVENTURES BEGIN HERE...



RUNNING A SLEEP-OVER - WHY?

For a lot of Beaver Scouts, a sleepover in the den may be their first experience of a night away from home without their parents. It may be the Beaver Scout's first taste of overnight Scouting and it is vital that this 'introduction' should be a good experience.

It gives the Beaver Scouts the opportunity to try new things as sleepovers should be packed full of adventure and fun, both for Beaver Scouts and Scouters.

It may give the Beaver Scout the opportunity to achieve a "first" for themselves – once the sleepover is completed a new found sense of confidence sets in and a special bond is formed between the Beaver Scout and his/her Scouters.

The Scouter in charge should get parental consent and the Beaver Scouts attending the sleepover should be prepared for the night through log chews, programme at den meetings etc. The better prepared the youth member is for the "big" night the greater the chance for success.

It is also worth pointing out at this stage that not all Beaver Scouts who come on sleepovers will stay for the night – if you have a Beaver Scout who is nervous about staying over – encourage them to come for the evenings activities and stay as long as possible. This way they can experience the event and gain confidence for staying next time.

There is nothing like the site of all those sleeping bags lined up in a row to make the Beaver Scout think about staying next time!!

Plan

Theme

When planning your night - you might decide to plan the Sleepover based on a space theme or the latest craze – the ideas are limitless!!

Make sure that the theme meets the needs of all the Beaver Scouts and that it can be adapted for any young people with special needs. You can use craft, wide games, games, campfire and other activities.

Your evening should incorporate as many of the SPICES as possible and indeed you may wish to design a special Scouts



Own for the end of the sleepover so as to incorporate the Spiritual Spice.

The Adventure Skills are a great place to find a theme from backwoods to pioneering – check out some of the One Programme resources at www.Scouts.ie.

Don't forget to consider tying in the menu for the evening with your theme!! It is also an excellent idea to come up with a menu for the night that the Beaver Scouts can prepare and cook themselves (with supervision).

This adds to the fun and excitement of the night. Maybe have a competition to design the menu in the weeks leading up to the sleep over – pick a winner and copy the menu for the dining tables that night. Why not look for some volunteers to be "waiters", "chefs" and "busboys" for the evening?

When holding log chews in the den, you can work with your Beaver Scouts and come up with ideas for the theme of the evening. If you are inviting another colony it may be a good idea to have log chews in both Scout Groups on the same night where the programme is discussed – you may wish to include some ideas from the other group.

You may however wish to invite them to the event which has been planned and organised by your own Beaver Scouts (with Scouter assistance).

When you hold the sleepover and what time of year it is may influence your theme – winter time may limit your outdoor activities depending on the weather.

If you are holding the sleepover in the summer you may be lucky and be able to have your programme out of doors for most of the evening.

However, as this is Ireland a Plan B is always necessary – be prepared!!!

This should be up for discussion at the log chews which should form part of your planning process. The Lodge Leader should be assisted by a Scouter when working with the rest of the Lodge.

Just remember whatever the theme is for the evening – having fun is the main priority and you may wish to keep it simple where possible.

Charge or no charge?

For some Scout Groups this may or may not be a consideration.

When working out the costs you must consider the cost of the food, transport (where relevant) and the activities that the Beaver Scouts will do whilst they are on the Sleepover.

Your own Group may be able to subsidise the Sleepover which will reduce the cost to the Beaver Scouts.

You may be offering a programme based on the One Programme and therefore will have access to all necessary materials at your den.

The food costs may also be minimal (depending on numbers and menu) so each group will need to decide this question themselves.

It may be more cost effective to ask parents to ensure the Beaver Scouts have had their dinner before arriving to the sleepover so that only a supper dish is required – this will further reduce the costs for the Group.

Depending on what theme you and your Beavers have decided on you may have no choice but to incur some costs to carry out your evening.

Some Scout Groups may bring in outside entertainment e.g. Jungle Dave – this would have a cost implication for the Group so do consider it in your planning process i.e. log chews!!



Kit List

Kit list – what should the Beaver Scouts take with them on a sleep over?

Remember it is only one night and your Beaver Scout is not far from home or a change of clothes. However, the amount of clothing will depend on your programme – are water activities included?

Are you inside all evening or will you be out at the campfire? A night hike? Is the sleepover held in a den that has sufficient indoor heating or will it be necessary to dress warmly at night when sleeping?

Here is a sample kit list that you can amend/delete/add to depending on your programme of activities.

Another decision to be made by the Colony is whether or not to arrive in uniform or just old clothes and necker – again your programme will dictate this.

Day bag - (you might go on a night/sunrise hike – weather permitting etc)

Rain Gear – top and bottom
 Warm Coat – essential for outside at camp fire
 Bottle of water – refillable
 Hat and Gloves with a change of socks – night/sunrise hike Torch
 Rucksack
 Sleeping Bag and Ground Mat

Pyjamas/tracksuit for bed - This is a personal choice – some children are more comfortable sleeping in track suit bottoms while on “camp”. Wearing pyjamas can sometimes lead to children feeling chilly – especially on their first sleep-over.

Slippers/Crocs for inside use

Complete change of clothes – this will depend on the previous night’s activities – smores, backwoods bread with nutella!!! Make sure parents have marked all their child’s kit with their name.

Plastic bag/Pillow Case - Small bin size - For dirty laundry

Wash cloth, toothbrush, tooth paste – suggest wash bag to parents as it makes it easier to keep track of 30+ toothbrushes in the morning!!

Tea towel - All hands on deck!! - Wash up duty – again this may vary from colony to colony.

Favourite teddy/soft toy/special toy – Beavers introduce this special toy to the group at the start of the night – this is a great way to get the newer Beaver Scouts chatting about who this special toy is and the story behind it.

Do

CHECK LIST – Tick those boxes!!

- Date discussed and confirmed for Scouter availability – this may sound obvious but do you have enough Scouters with an appropriate ratio of male: female Scouters?
- Advise your Group Scouter of the activity, date, times, Scouters in attendance etc. This can be done by email or phone call.
- Does one of your Scouters or visiting Scouters have their Stage 5 overnights training and do you have a first aider available for the sleepover? Ask this Scouter to ensure they take charge of and bring a complete First Aid kit for the event.
- Discuss with your Scouters what sections of the sleep over they will each take charge of - delegate – who will do the shopping? Who will organise the campfire? Who will sort out the necessary equipment for programme etc.
- Hall/Den available for both evening and next morning – you may wish to run activities until lunchtime on the following day.
- Does the den have sufficient sleeping accommodation, for both Scouters and Beaver Scouts. Has your den got a kitchen that will cater for all your Beaver Scouts? You should be able to lock the venue from the inside and have adequate fire doors.
- Once date is decided, depending on the time of year – draw up a Plan B – allow for weather restrictions programme issues etc. Be prepared.
- Email/flyer to parents about sleepover – time, date, kit list etc. You may need to complete some of your planning / log chews before communicating the details to parents.
- Confirm Medical and contact information for parents and youth members remains unchanged – include this in your flyer/email to parents when advising the date.
- Menu for the night – again this should be discussed with the Beaver Scouts at their log chews. It may be advisable to offer a limited amount of choices to them (you may be restricted by budget or den facilities) but with the final decisions being made by the Beaver Scouts themselves.
- Check with the parents what food the Beaver Scouts won’t eat, are allergic to, or are not allowed to eat for religious reasons. Some allergies relating to a particular child could have an impact on the food you provide for all, for example a nut allergy, which is potentially life-threatening.
- The programme also has bearing on the food, as you have to consider preparation time and what food is required with certain activities. Do you have enough adults available to spend a lot of time away from the activity allowing them to prepare the food?
- It is important to work out the quantities of food required so that you do not have too much or too little.
- Privacy for changing – does your den offer this to the boys and girls of your colony? Some children do need to change in private – some do not but you will need to be prepared for both.
- Do you have sufficient toilet facilities for the number of children staying over?

Review

Log Chew

We should always review our events after the event!!

You could hold the log chew at the end of the event or at the next den meeting – either way you need to establish whether or not the Beaver Scouts enjoyed the event and if it lived up to their expectations.

During their log chews in advance of the sleepover, they would have decided what they wanted to do during the event and what they hoped to achieve (especially if the sleepover was based on the adventure skills).



A good way of getting some accurate feedback is to ask each lodge the following:

- 4 things they liked
- 4 things they didn't like
- 4 things they would change

4 things they would add to the sleepover next time.

Try using post-its and a flip chart – this way the Beavers can “display” their findings and hold a discussion with the other Beavers about what worked and what didn't!!

SAMPLE TIMETABLE/PLAN FOR BEAVER SLEEP OVER

FROM	TO	TASK	DETAILS	WHO	MATERIALS NEEDED
6.45 p.m.	7.00 p.m.	Tidy up & Set up	Sweep up etc. Set up tables etc. This will depend on your own den/hall	Scouters	Elbow Grease!
7.00 p.m.	7.15 p.m.	Kids arrive	Ensure they have all their equipment. Have they had their dinner – Check for any medicine requirements!!	Scouters	Scouters
7.15 p.m.	8.30 p.m.	PLANNED ACTIVITY	This will be decided by your log chews – you may have a themed night??	Scouters	As necessary e.g. crafts, cooking??
8.00 p.m.	8.30 p.m.	Prep for supper	See menu for details.	Beaver Scouts with Scouters supervision	Food Shopping done in advance – who??
			Kitchen – cups, plates etc.		Kitchen equipment – who?
8.30 p.m.	9.00 p.m.	Supper for all	Beavers set up tables chairs etc with help from Scouters. Some Scouters assisting in the den – some cooking supper with Beaver Scouts.	Scouters with “waiters” from Beaver Scouts - Willing volunteers from the Beaver Scouts and Scouters	
9.00 p.m.	9.15 p.m.	Set up Beds	Sleeping bags, ground mats, get jammies out etc	Beaver Scouts	Scouters supervision
9.15 p.m.	10.00 p.m.	PLANNED ACTIVITY	As above – decided by log chews	Scouters	As necessary
		Camp Fire Prep	Lodge Leaders with leader supervision get camp fire started	Lodge Leaders	Scouters Supervision
10.00 p.m.	11.00 p.m.	Camp fire	Songs, Hot Chocolate, Smoires	Scouters with Beavers Scouts	
11.00 p.m.	11.15	Pick up of beavers not sleeping over	Parents will collect out in the entrance hall.	This will be pre-arranged with parents on drop-off. Scouters to over-see.	
11.30 p.m.	12.00 p.m.	Into Bed for all beaver scouts. Jammies on, teeth brushed, settled into their sleeping bags. Quiet chatting, settling down from a busy evening		Scouters assist where necessary – some children may need assistance.	
12.00 p.m.	7.00 a.m.	Sleep!!	Scouters take turns checking on the children until all are asleep – keep eye out for children who may get upset at this time. Then lights out for the Scouters.		
7.00/8.00 a.m.	8.30 a.m.	Kids up and Breakfast	As per your menu plan – cereal, toast etc.	Scouters and Beaver Scouts	
8.30 pm	9.00 a.m.	Tidy up for home time	Sleeping bags, ground mats etc put away.	This will depend on your programme – you may be going home or on a hike?	