



Muslim Scout
Fellowship

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WE SHARE BECAUSE WE CARE!

Cubs Full Year Programme Plan

With contributions from 1st Cathays al Huda, 3rd Huddersfield, 304th Birmingham and 11th St Marylebone

As-salamualaikum

Welcome to MSF's first Cubs Full Year Programme Plan! This plan has been curated by Cubs leaders from four groups who have been delivering high quality Cubs programmes. A huge thank you to 1st Cathays al Huda, 3rd Huddersfield, 304th Birmingham and 11th St Marylebone for their contributions.

A programme for Cubs can sometimes look similar to a Beavers programme as the badges are quite similar, so be sure to not replicate activities as young people progress between the two sections. This Year Plan provides a basic idea of what an enriching Cubs programme can look like, but has enough space for leaders to innovate and supplement it to suit their Cubs best.

May Allah put barakah in the work we do behind the scenes when planning for our programmes, and may He grant us the patience needed to contribute positively to the lives of the Cubs we serve. We ask that Allah accepts our intentions, uses us in the best ways possible, and allows this piece of work to make planning easier for Muslim Scout groups across the UK.

~ MSF Programme Team



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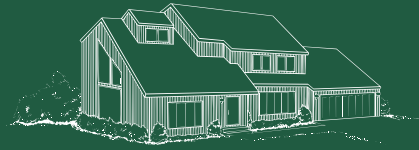
Project
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Cubs Autumn/Winter Term Plan

September - December



**Self and social
awareness**



Indoors



**Environment
and community**



Personal skills

September Session 1

Badge/s	Activity	Summary
Teamwork Challenge Award  Team Leader Challenge Award  Personal Challenge Award 	Welcome and Introduction	Activity 1: Introductions • Human Bingo to learn more about each other Activity 2: Rules and expectations • Learn cub promise, law and salute • Set personal challenges and goals • Gather ideas and interests for the year ahead • Get the cubs to write their own rules and then compile a full list to refer to throughout the year (instils responsibility) Activity 3: Team building activities • Get into height/age/alphabetical order in silence • Human knot • Dragon tail chase • (refer to MSF Game ideas on website) Islamic principle/link: The importance of brotherhood & sisterhood in Islam - "None of you truly believes until he loves for his brother what he loves for himself." (Sahih al-Bukhari, Hadith 13; Sahih Muslim, Hadith 45)

September Session 2

Badge/s	Activity	Summary
Gardener Badge 	Seasons of growth and planting coriander	Activity 1: Identifying Seasons for Growth - Working in patrols, provide Cubs with images of fruits and seeds, and task them with matching each fruit to its corresponding seed Activity 2: Introduction to Gardening Tools - Introduce cubs to essential gardening tools such as watering cans, clogs, gloves, pots, and trowels - Task cubs with matching the correct terminology to each tool or item within their patrols Activity 3: Planting coriander - Within patrols, take turns filling pots with soil, planting seeds, and decorating plant labels and personalising their pots Pro tips: - Find a local garden or allotment and grow plants/tree - Visit nature reserves - Volunteer at Muslim farms (e.g. Willowbrook Farm in Oxford or Harmony Farm near Cardiff) Islamic principle/link: “The world is beautiful and verdant, and verily God, the exalted, has made you His stewards in it, and He sees how you acquit yourselves” (Saheeh Muslim).

September Session 3

Badge/s	Activity	Summary
Scientist Badge 	Various experiments	Activity 1: PH Experiment - Split cubs into patrols and assign them a table - Explain what PH, alkaline and acid are - Use red cabbage as ph indicator and test different household items, eg orange juice, lemon, water, apple juice, bleach - Lemon: ph 2.3 (red) acidic - Apple juice: ph 2.9-3.5 (light red) acidic - WATER: neutral (remains green) neither acidic nor alkaline - Bleach: ph 11 (light yellow) alkaline Activity 2: Magic Milk experiment - Pour milk into a bowl and add drops of 2 different food colouring - Dip a cotton into dish soap and then dip into the milk - Watch the colours mix! Activity 3: Volcano eruption - Design a volcano using foil and coloured paper to design. Build around a small bottle - Once built add in vinegar and baking soda for a cool elephant toothpaste reaction! - Have a tray under volcano to prevent spillage on table/floor OR take volcano outdoors once it's built Activity 4: Holding fire - Add the propane gas into a bucket of water and add soap - Grab some soap in your hand - Light your hand and it will ignite Islamic principle/link: Men such as Ibn Sina, Al Haytham and Al-Razi who were pioneering revolutionary new ideas between the 9th and 14th centuries. Their innovations and work paved the way for discoveries to be made that are still in place to this day.

October Session 1

Badge/s	Activity	Summary
Astronomer Badge 	Exploring space	Activity 1: Ordering Planets • Use different sized fruits to represent the planets • Place the planets in the correct order • Once completed, discuss and correct any incorrect placements • Craft alternative: make paper mache planets Activity 2: Phases of the Moon • Use a sandwich biscuit (like an Oreo) to demonstrate different phases of the moon • Split the biscuit in half, use the side with the cream and using a spoon carve out the phases of the moon e.g gibbous, crescent etc. Activity 3: Life in space • Create 3 stations to understand life in space: ◦ Calculate what your height would be in space by multiplying height with 1.03 ◦ Complete different challenges using gloves to emulate how astronauts have to do tasks in their space suits. For example: picking up rice, threading macaroni through string and building a house of cards. ◦ Complete a series of fitness challenges, such as, planking, running and push ups, to understand how fit astronauts need to be to go into space. Activity 4: Constellations • Craft activity • Use pipe cleaners or skewers and styrofoam balls to create the shape of constellations Islamic principle/link: • There are numerous Qur'anic references that detail Allah SWT miracle in the heavens, skies, and universe: • "And He it is who has created the night and the day, and the sun and the moon, each in an orbit floating (21:33) • "And of His signs are the night and day and the sun and moon. Do not prostrate to the sun or to the moon, but prostrate to Allah, who created them, if it should be Him that you worship" (41: 37)

October Extra Session

Badge/s	Activity	Summary
Athletics Badge  Physical Recreation 	Olympics Trials	Trialing for the different activities to be part of the MSF Olympics Cohort

October Session 2

Badge/s	Activity	Summary
Swimmer Staged Badge  Athletics Badge  Skills Challenge Award 	Swimming as a Sunnah sport	Activity 1: Sunnah sport - Discuss the importance and relevance of swimming in Islam Activity 2: How to swim - Ask the cubs who can swim and how often they swim - Discuss the different swimming strokes - Everyone stands up. Show the cubs the main 4 swimming strokes with actions & get everyone to imitate Activity 3: swimming rules - Paper and pens needed - Get the cubs in their packs and get them to write down swimming rules - Then everyone shares their rules and we discuss the actual swimming rules Islamic principle/link: The sports and physical skills practised and recommended by the Prophet Muhammad, upon him blessings and peace, included archery, camel and horse racing, sword and spear among other weapon training, running, swimming and wrestling.
	Swimming Pool Trip	Visit a swimming pool and implement the lessons learnt in previous session

October Session 3

Badge/s	Activity	Summary
Disbility Badge 	Adhan in sign language	Activity 1: Disability awareness - What is a disability? Discuss different types: - Visual and hearing impairment - Physical disability - Invisible disability - Learning disability Activity 2: Identifying aids - Paper and pens needed - Walk around the hall in patrols - List all the aides available eg lift, ramp etc - List any aides you think would be helpful but are not available e.g. automatic doors - Return to the group and discuss Activity 3: Disability Simulation - You may wish to contact your local 'Sense UK' charity branch to support with this activity - Split cubs into 3 groups and set up 3 stations - Hearing impaired: headphone challenge and try lip reading - Blindness: blindfold a cub and have them undergo a series of obstacles, whilst being navigated by their team only through words - Walking/Physical disability: try putting on a shirt with one arm. Try using a crutch. - Rotate so every group has a go at every station Activity 4: Learn the Adhan in sign language Islamic principle/link: - Remind the Cubs that Allah SWT is the all-knowing (Al-Aleem) who created us all beautiful and perfect. - Teach the children to constantly say 'Alhamdulillah' to thank Allah for the functions we may take for granted or not realise we have, like the ability to walk. "For indeed, with hardship [will be] ease" (94:5)

October Session 4

Badge/s	Activity	Summary
Local Knowledge Badge 	Create an advert for your city	Activity 1: Reflect on your city • Sit in a circle and discuss the city you live in - who was born here, if not where were they born, what areas they live in • Discuss what you like & dislike about the city Activity 2: Famous people and monuments • Prior to the session, create a presentation about the city. Include famous monuments and people • Ask the cubs to read a slide of the presentation out to the group • Discuss if they recognise the monuments or people Activity 3: Make a poster advertisement • Paper and colours needed • Get the cubs to make an advertisement poster or leaflet to promote their city • Ask the cubs to present their work Islamic principle/link: Appreciation for the world that Allah has given us. "He Who created all things in the best way and He began the creation of man from clay" (al-Sajdah 32:7)

October Day Trip: MSF Olympics

Badge/s	Activity
Athletics Badge  Physical Recreation 	MSF Olympics, usually on the last weekend of October

November Session 1 (after half term)

Badge/s	Activity	Summary
Personal Safety Badge  Water Activities Badge 	Water Safety Code	Activity 1: Stranger Danger - Sit in a circle and discuss - Online safety - What to do if you get lost - Importance of remembering your address and a guardians phone number - Present various scenarios to the cubs, ask for their responses and discuss what they should do as a group Activity 2: Understanding SAFE code for water - Go through the SAFE code Activity 3: Float or Sink - Cubs stand in the middle of the room - Label one of the ends as floating and the other as sinking - The cubs have to listen to the objects being called out, and then have to 'swim' to that end of the room. The last one there is out of the game - Sink items: coins, rocks, phones, computers, cars, hand grenades, oxygen tanks, spade, tin of beans, marbles - Float items: tennis balls, fish skeletons, boats, plastic bottles, wooden ducks, marshmallows, straws, a tonne of feathers Islamic principle/link: - Remind the Cubs to always rely (Tawakul) on Allah SWT and that He protects His slaves from hardship and evil (Al-Hafeedh) - Dua before leaving the house/ Bismillah before any action/ Alhamdulillah regularly

November Session 2

Badge/s	Activity	Summary
Global Issues Badge 	Islamophobia Awareness	Activity 1: Understanding Islam and what is islamophobia Activity 2: Common misconceptions Activity 3: Debunking myths Activity 4: How to navigate islamophobia • Role play • How to talk to non muslims about Islam • Mannerisms and character when confronted with islamophobia

November Session 3

Badge/s	Activity	Summary
Communicator Badge 	Forms of communication	Activity 1: Sign language • Discuss how people with hearing and visual impairment communicate with others • Learn how to say Hi, thank you, bye in sign language Activity 2: Decoding using ciphers • Create a treasure hunt, where each location is revealed using riddles, compass directions and ciphers Activity 3: Minefield • Create a grid with obstructions • Each patrol has one leader who can see and is instructing the team • The rest of the patrol is blindfolded and standing in a line, ready to enter the grid • They must follow the instructions of the leader, who is directing the team to avoid the obstacles Islamic principles/link: • Cubs can be guided to the tools of effective communication; leaders can set the example of our Prophet SAW communication etiquette and try to instil this in all cubs • Cubs should learn to greet all Muslims with the greeting of Islam: "When two Muslims meet and shake hands, Allah forgives the sins of both before they depart" (Hadith - Abu Dawud) • Smiling and good manners: Luqman's advise to his son "O my son, Let your speech be good and your face be smiling; you will be more loved by the people than those who give them provisions"

December Full Weekend

Badge/s	Activity
Adventure Challenge Award  Outdoor Challenge Award  Nights Away Staged Badge 	Section, Group, or Intersection Winter Camp

December End of Term Session

Badge/s	Activity	Summary
Teamwork Challenge Award  Team Leader Challenge Award 	Games Session, Pack Forum	Activity 1: Team building games • Chair game: get across the room without touching the floor • Neckerchief game • (refer to MSF Game ideas on website) Activity 2: Term reflections • What did they enjoy? • Did they try something new? Overcome a fear? • What did they not like? • What personal goal can they work on next term? Activity 3: Badge ceremony • Award badges they have achieved Islamic principle/link: Principle of Ihsan - striving for excellence (on an individual and group level)



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Cubs Spring Term Plan

January - March



**Self and social
awareness**



Personal faith



Creativity



Life skills

January Session 1

Badge/s	Activity	Summary
Global Issues Badge 	Refugee awareness and pen pals	Activity 1: Understanding the refugee crisis • Different stations ◦ What is a refugee? And how does someone become a refugee? ◦ Countries with the most refugees and why? ◦ Refugee conditions. ◦ How can you help? • Role play simulation of being forced to become a refugee and hostility refugees may be met with Activity 2: Pen pals • Write a letter to a refugee • Collaborate with Islamic Relief or another charity to get the letters delivered Islamic principle/link: • Love for your brother what you love for yourself. Helping others is emphasised in Islam, and learning humility and being charitable are characteristics as muslims we should strive to have.

January Session 2

Badge/s	Activity	Summary
Global Issues Badge 	Create care packages	Activity 1: introduction into Charity work - Get Cubs to learn about one international charity that distributes aid or food to the needy and discuss the importance of this for those communities Activity 2: Create care packages - Organise a project where Cubs assemble care packages for local or international charities - These could include non-perishable foods, hygiene products, and school supplies - Discuss how these items can make a difference in the lives of people around the world, including examples of specific places, or women and children in conflict settings around the world Islamic principle/link: - One of the five pillars is zakat and offering of charity - we are obliged to do so - As Muslims, we should be quick to be generous and charitable, as no one person becomes poor from giving charity "Everyone turns to their own direction of prayer. So compete with one another in doing good. Wherever you are, Allah will bring you all together for judgment. Surely Allah is Most Capable of everything". [Quran 2:148]

January Session 3

Badge/s	Activity	Summary
Chef Badge 	Cooking stir fry	Activity 1: Hygiene • Discuss hygiene rules in the kitchen (hand washing, hair tied, touching face, handling meat) • Interactive teaching: present images of a kitchen and have the cubs identify the hazards Activity 2: Kitchen safety • Fire, sharp objects, slippery floors • Interactive teaching: role play Activity 3: Healthy eating • Discuss what makes a balanced meal • Eating in moderation Activity 4: Stir fry • Divide into packs • Create a competitive game with leaders as judges • Top tip: re-enact the Great British Bake Off, Come Dine With Me, or MasterChef formats Islamic principle/link: • The Sunnah of Prophet Muhammad S.A.W. recommends eating foods like fruits, vegetables, grains, meat, fish, honey, dates, and olives. • The Prophet S.A.W. said: "The son of Adam does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat a few morsels to keep him alive. If he must fill it, then one-third for his food, one-third for his drink, and one-third for air." (al-Tirmidhi)

January Session 4

Badge/s	Activity	Summary
Artist Badge 	Islamic art	Activity 1: Calligraphy • Discuss calligraphy and its use in Islamic traditions • Learn basic lettering • Learn how to write your name Activity 2: Geometric art • Discuss geometric art within Islamic traditions (found in mosques, in Qurans etc) • Create a geometric pattern • Top tip: find a local muslim artists who can run a workshop Islamic principle/link: • During the golden age of Islam, art practices such as calligraphy and mosaic architecture took over the world and are now practised everywhere

February Session 1

Badge/s	Activity	Summary
Air Activities Staged Badge 	Creating aircrafts	Activity 1: Golden age of Islam • Discuss Abbas ibn Firnas, a 9th century Muslim engineer, poet, inventor, and mathematician, is considered to be the first person to fly using a flying machine • Ibn Firnas made the world's first-ever flying machine from silk and eagle feathers and jumped from a mountain while strapped into it Activity 2: Design and create aircraft • Make paper aeroplanes, explore different designs and what might make a paper plane more/less efficient • Have a competition between the different planes Activity 3: Drop the egg • In packs, cubs create a parachute for an egg, ensuring the egg is protected and does not crack during flight or when it lands • Once parachutes are ready, drop from a height

February Day Trip (after half term)

Badge/s	Summary
Community Impact Staged Badge 	Contact a local food bank and find out how your Cubs can get involved, from helping to distribute food to preparing food packs Islamic principle/link: Sadaqah and helping those in need. Hadith: “He is not a believe whose stomach is filled while his neighbour goes hungry” (Sahih Bukhari)

February Session 2

Badge/s	Activity	Summary
My Faith Badge 	Ramadan Preparations	Rotate around several different stations: • Moon sighting and the start of ramadan • Taraweeh and qiyam • Importance of Quran • How to fast, what breaks the fast, etiquette of fasting • Setting personal goals • Create Dua hands (draw a set of hands and write personal duas in them)

March Session (before Ramadan break)

Badge/s	Activity	Summary
Teamwork Challenge Award  Team Leader Challenge Award 	Games Session, Pack Forum	Activity 1: Team building games • Eg Human chair • (refer to MSF Game ideas on website) Activity 2: Term reflections • What did they enjoy? • Did they try something new? Overcome a fear? • What did they not like? • What personal goal can they work on next term? Activity 3: Badge ceremony • Award badges Cubs have achieved

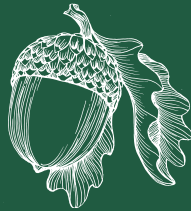


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April - July



Nature



Life skills



Outdoors



Hajj

April Session 1

Badge/s	Activity	Summary
My Faith Badge 	Visit a masjid	Activity 1: Understanding the features of a mosque • Minaret, minbar, dome, wudu room, prayer hall • This can be done as a quiz or labelling images Activity 2: The role of a mosque • Congregational prayer • Community centre • Interactive element: making tasbeeh beads, dua hands Activity 3: Understanding Salah • Praying 5 times a day • How to pray • How to make wudu • Interactive element: ask a cub to lead salah Activity 4: Visit a masjid Islamic principle/link: • Importance of praying in congregation and in places of worship. The reward is 27 times more when praying in congregation than alone.

April Sleepover (Saturday/Sunday)

Badge/s	Summary
Nights Away Staged Badge 	Plan an inter-group sleepover at a local amenity or campsite

May Session 1

Badge/s	Activity	Summary
Pioneer Badge 	Pioneer a bridge	Activity 1: Learn basic knots and lashings - Reef knots, square lashings, figure of 8 knot etc Activity 2: Pioneer a bridge - Divide cubs into packs - Challenge them to create a bridge using pioneering poles if available, otherwise with sticks/twigs - Test the strength of each bridge to determine which structure is strongest Islamic principle/link: “And hold firmly to the rope of Allah all together and do not become divided. And remember the favor of Allah upon you - when you were enemies and He brought your hearts together and you became, by His favor, brothers. And you were on the edge of a pit of the Fire, and He saved you from it. Thus does Allah make clear to you His verses that you may be guided” (3: 103) - Discuss with the Cubs that all resources available to us are potentially at our service including rope and knots and it’s up to us to use it for our benefit and the benefit of others “The best of people are those that bring most benefit to the rest of mankind” (Sahih al-Bukhari)

May Day Trip: MSF Activity Day

Badge/s	Activity	Summary
	MSF Activity Day	Attend MSF's Activity Day and earn a badge with other Muslim Scout groups from across your region! Find out which badges you will earn closer to the date.

May Sessions 2 and 3

Badge/s	Activity	Summary
Outdoor Challenge Award  Entertainer Badge 	Group Camp preparation	Activity 1: Pitching tent • Learn how to put up and put down a tent. • If time permits, after learning how to put up a tent, challenge beavers to race to see which lodge can put their tent up the fastest Activity 2: Kit list • How to pack a bag • What to pack • Which bag to use • Footwear • How to pack a sleeping bag Activity 3: Prepare an entertainment act for the camp • Top tip: include an entertainment night for your group camp and get each section to compete • Acts could include: ◦ Skit/play ◦ Poem ◦ Nasheed

June Session 1

Badge/s	Summary
Water Activities Badge 	Visit a local water sports/activities centre and participate in a rafting, paddle boarding, canoeing, or similar activity

June Full Weekend

Badge/s	Activity
Adventure Challenge Award  Outdoor Challenge Award  Nights Away Staged Badge 	Group Summer Camp

June Session 2

Badge/s	Activity	Summary
Naturalist Badge 	Visit a local park	Activity 1: Wildlife scavenger hunt • Each pack will be given a bingo card with different animals or plants on them • Explore your local park and tick off the animals/plants as you find them Activity 2: Bug hotels • Each cub is given one plant pot • Send the cubs into the woodland to collect: ◦ anything hollow for nesting bees and shelter for ladybugs ◦ dry leaves and twigs for insects ◦ tree bark ◦ straw or hay ◦ moss ◦ dry grass • Create a miniature habitat in the plant pots using the materials collected Islamic principle/link: • “Whoever is kind to the creatures of God is kind to himself.” (Hadith: Bukhari) • “There is none amongst the Muslims, who plants a tree or sows seeds, and then a bird, or a person or an animals eats from it, but is regarded as a charitable gift for him”(Hadith: Bukhari)

June Session 3

Badge/s	Activity	Summary
Disability Awareness Badge 	Hajj Activities	Activity 1: Braille Hajj Map - Create a braille map of Hajj pilgrimage sites and routes. Cubs can learn about the layout and significance of key locations, such as the Kaaba, Mina, and Arafat, and translate that information into a braille map, promoting accessibility for individuals with visual impairments Activity 2: Inclusive Hajj Storytime - Read and discuss stories or biographies of individuals with disabilities who have participated in Hajj - Cubs can learn about their experiences, challenges, and contributions to the Hajj community, and discuss ways to promote inclusivity and support for individuals with disabilities during Hajj Activity 3: Disability Awareness Video - Produce a video that explores disability awareness and inclusion in Hajj pilgrimage sites. Cubs can research, script, record, and edit the video compiling their learnings from the above activities - Raise awareness, promote understanding, and advocate for inclusivity in Hajj through digital storytelling and dialogue

June Session 4

Badge/s	Activity	Summary
Personal Safety Badge  Outdoor Challenge Award 	Hike Preparation	Activity 1: Countryside Code - Split into 3 groups and discuss then present the following topics: - Countryside code - Dangers of playing near lakes, cliffs and railways - Dangers of strangers Activity 2: Prepare for the hike - Discuss kit list: how to pack, correct footwear, bag size, what to pack - Discuss how to layer clothes - Discuss what to eat on a hike and the importance of energy Islamic principle/link: - The beauty and blessings of nature - Nature being a sign for the believers “And it is He who sends down rain from the sky, and We produce thereby the growth of all things. We produce from it greenery from which We produce grains arranged in layers. And from the palm trees – of its emerging fruit are clusters hanging low. And [We produce] gardens of grapevines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] it’s ripening. Indeed in that are signs for a people who believe”. [Quran 6:99]

July Weekend Hike

Badge/s	Summary
Adventure Challenge Award  Hikes Away Staged Badge  Navigator Staged Badge 	Plan a weekend hike, ending up with a day at the beach

July End of Year Session

Badge/s	Activity	Summary
Teamwork Challenge Award  Team Leader Challenge Award 	Last session of the year	Activity 1: Team building games • (refer to MSF Game ideas on website) Activity 2: Term reflections • What did they enjoy? • Did they try something new? Overcome a fear? • What did they not like? • What personal goal can they work on next term? Activity 3: Badge ceremony • Award badges Cubs have achieved Activity 4: Awards • Create award categories ◦ e.g, most improved cub, most hard working, kindest cub • Award any Chief Silver Awards

July Full Weekend: MSF Summer Camp

Badge/s	Activity
Adventure Challenge Award  Outdoor Challenge Award  Nights Away Staged Badge 	MSF Summer Camp