



As-salamualaikum

Welcome to MSF's first Explorer Full Year Programme Plan! This plan has been curated by Explorer leaders from Units across the country who deliver amazing Explorer programmes week-in, week-out!

This year-plan provides a basic skeleton for a high-quality Explorer programme, but make sure you fill it with your wealth of experience, wisdom, and enthusiasm that make you a leader! It does not necessarily focus on the Explorer badges, as we know that these can be hard to deliver. TSA are currently reviewing the Explorer Activity badges and MSF are also in the process of creating activity badges.

May Allah bless all leaders working hard to provide positive experiences for young Muslims through our Scout programmes. We ask that Allah allows us to be inspiring role models for our Explorers, and that He grants us the ability to provide an enriching and holistic experience, that ultimately brings them closer to Him and makes them active contributors to the Ummah. Ameen.

~ MSF Programme Team











Explorer Autumn/Winter Term Plan

September - December











September Session 1

Activity	Summary
Introduction	Introduce leaders and new Explorers, run through rules & expectations. (Allow them to come up with their own rules also to foster respect for each other) Discuss plans and gather ideas for the year • Doff opportunity • Young Leader Scheme if relevant (over 16s) • MSF Volunteering opportunities (over 16s) • Focus on responsibility, independence and adventure Team Building Games: • Human Bingo • Hungry Hippos • Quiz in patrols Allocate who will be doing the Islamic reminder at the start of each session for the term. Islamic Link: • Team Building - Talk about brotherhood & sisterhood. • Surah Al-Hujurat (49:13): "O mankind, indeed We have created you from male and female and made you peoples and tribes that you may know one another. Indeed, the most noble of you in the sight of Allah is the most righteous of you. Indeed, Allah i Knowing and Acquainted." Ending: • End with Ayatul Kursi & Surah Asr to foster barakah.





September Session 2

Activity	Summary
Dragons' Den	 Brief: Provide the Explorers with a brief to work towards in their patrols, it can be something very specific or quite vague (for example: design a product that will make it easier for people with limited mobility to participate in camps or design a pair of branded shoes for our Explorer Unit that have a unique Scouting feature). Time to Prepare: Allocate a set time for the Explorers and be specific about what you want to see in their presentations. Do you want to see prototypes or do you just want to hear about the idea? They should be asked to include financial projections in their pitch. Pitch: At the end of the allocated time, each Patrol should present their pitch to the 'Dragons' (Explorer Leaders or Parents) who will score their pitch on an agreed criteria. Top Tip: If you are feeling ambitious, you could reach out to local businesses and ask them to be the Dragons, you could then keep the briefing very vague and have the Explorers come up with business proposals that local businesses could potentially invest in. Islamic Link: "The best of people are those that bring most benefit to the rest of mankind" (Sahih al-Bukhari)





September Session 3

Badge/s	Activity	Summary
Chef	International Cooking Challenge	Activity 1: Cooking • Each team is given a country to represent • Cook a simple dish from that country Activity 2: Masterchef • Present your dish to the judges • Create a small presentation about the country you represent 1. what is their national dish? 2. what are they famous for? 3. etc Top tip: • Inform the groups of their country the week prior so they have time to prepare and bring ingredients in





Badge/s	Activity	Summary
Scouts Mechanic Activity Badge	All Things Cars!	Whilst this is a Scouts activity badge, many Explorers may not have completed this badge. For those that were Scouts that have previously completed it, allow them to take lead on some elements or increase the complexity of the activities. Activity 1: All things tyres • How to change a tyre • Tyre pressure top up • Tyre treading the line • Tyre treads carefully Activity 2: Car maintenance • Topping up car oil • How to take care of wipers • How to change your headlight, brake light, indicator lights • Jump start Top tip: • Contact your local vehicle repair shop to support or a member of the community who is





Activity	Summary
Human Library	Session: Ask leaders or members of the community from different professionals to attend the session. Hold a panel where panellists present their careers and experience, followed by a Q&A from the Explorers. Organise a Fair Style set up, where the Explorers rotate between the stalls. Top Tips: Try to show a variety of fields. Try to host people with a range of experience - from students to experts of the field. Islamic Link: Advising and guiding young people can be a form of worship for ourselves "Whoever guides someone to virtue will be rewarded equivalent to him who practices that good action" (Muslim)



Project Deliver Develop

Badge/s	Activity	Summary
Hikes Away Navigator	Route Planning	Activity 1: Preparing for the Hike What to wear and how to layer What to pack What to eat to maximise energy Night hike safety Activity 2: Route planning Gigure grid reference Explorers must explain their route, including: compass directions, distance travelled, details of route Top tip: Refer to and use the DofE route planning template Islamic Link: 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)





October Autumn Hike

Badge/s	Activity
GG GG Hikes Away Badge	Night Hike





Badge/s	Activity	Summary
Pioneer	Pioneer a large structure	Activity 1: Run through key knots and lashings 10 knots, bends or hitches 4 lashings Explain what each of these are used for Have a competition of who can do the 3 knots the fastest Activity 2: Design and Build a Structure Using large pioneering poles, create something that is of benefit to the community or to your Explorer Unit For example: shoe rack, a swing, a garbage bag holder Islamic Link: There are many pioneers in Islam. Some popular inventions by Muslims include: coffee, clocks, algebra, surgery, optics, flying machine, hospitals, toothbrush etc. Young Muslims should strive to be leaders and inventors. Encourage the Explorers to push themselves and be the first to volunteer, to set a great example and to build the foundations for many others to follow.





October Day Trip

Activity

Idea 1: Volunteer at the MSF Olympics

Departments: Programme Activity Zones or Logistics

Islamic Link: "When a man dies, his deeds come to an end except for three things: Sadaqah Jariyah (ceaseless charity); a knowledge which is beneficial, or a virtuous descendant who prays for him" (Muslim)

Idea 2: Day trip to Cambridge:

Visit the university, mosque, botanical gardens and go punting!

Idea 3: Day to trip to Willowbrook Farm:

Visit Willowbrook Farm for a day and learn about sustainable farming and organic halal food

Islamic 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" (Sahih Muslim)





November Session 1 (after half term)

Badge/s	Activity	Summary
Media and Marketing and Global issues	Islamophobia Awareness	Islam is one of the most misunderstood and misrepresented religions. We must be positive ambassadors and role models by upholding strong values and principles in public and private. Explorers can work on creating a vlog or blog from everyone in the unit in order to publish/show. Consider having: Self-introductions Personal experience of being Muslim scouts One thing they wish the world to know about Muslims Your purpose and ambitions Ambitions for your community and the world as a whole What you are proud of as a young Muslim A Muslim role model (Past or present) Diversity of the Muslim Ummah Islamic Principle: Remember that good mannerisms can be a form of Dawah and reflect on the example of the Yemeni traders who spread Islam to Indonesia through their Islamic mannerisms and etiquette.





November Session 2

Badge/s	Activity	Summary
Emergency Aid Badge	First Aid	Top Tip: Contact St Johns Ambulance to deliver a first aid skills session. Activity 1: Teaching • Topics to cover: 1. CPR 2. recovery position 3. heart attack 4. Stroke 5. Defibrillator 6. Choking 7. Calling 999 • How to respond • Signs to look out for Activity 2: Response Relay • After learning, can set up a relay course (e.g. performing CPR compressions on a manikin, recite the stages of putting someone in the recovery position etc) • Each explorer must complete the task at the station before tagging the next team mate. Activity 3: Role Play • In pairs, explorers will take it in turn to practise CPR on a dummy, how to respond to choking using a vest, placing each other in the recovery position • Level up: a leader comes in and suddenly needs help and the explorers have to respond as a group Top tip: during a hike in the future - incorporate first aid role play. At various points, a leader will act out an emergency (notify explorers before the hike that there will be role play) Islamic Link: "And whoever saves one [a life] – it is as if he had saved mankind entirely." (Quran 5:32)





November Session 3

Badge/s	Activity	Summary
Emergency Aid Badge	Mental Health	 Activity 1: What is Mental Health? Interactive Discussion Give the explorers sticky notes & markers & ask them to write down what comes to mind when they think of mental health Place them on a large poster paper and use the notes as a guide to a discussion on what mental health is, what are some common mental health disorders and how it can affect our day to day lives Activity 2: "Mental Health Myth Busters" Read out statements about mental health, and ask the explorers to decide if they are true or false by moving to different sides of the room. Discuss each statement and provide correct information. Include misconceptions about Islam and mental health & discuss them. Activity 3: Stress Ball Making Start with a discussion about what stress is and how it affects our bodies & minds Encourage open discussion, ask when they last felt stressed and how they managed it. Using balloon, flour/rice, funnels, permanent markers (for deco) create stress balls. Islamic Link: Reflect on the Prophet's Life Share the story of the Prophet Muhammad (SAW) and the Year of Sorrow with the explorers. "Allah did not send down any disease but that He also sent its cure." (Sahih Bukhari 5678). This hadith underscores the importance of seeking treatment and help for any kind of ailment, including mental health issues. It reassures that for every hardship, there is a remedy, encouraging Muslims to seek help and not to suffer in silence. Facilitate a group discussion about the importance of seeking help and support when dealing with mental health issues.





December Session 1

Badge/s	Activity	Summary
Physical Recreations Badge	Archery	 Visit an archery range Create a competition amongst the Explorers Encourage those that have an interest in the sport/are skilled at it to continue it as a sport outside of sessions. For older Explorers, encourage them to attend an archery permit training session once they turn 18 Islamic Link: Taking part in a Sunnah sport Prophet Muhammed SAW said: "Practice archery and practice riding, and the you should practice archery is more beloved to me than that you should ride" (Hadith - Jami` at-Tirmidhi 1637)





December Challenge: 26 Mile Fundraising Walk

Badge/s	Activity	Summary
Fundraising Badge	26 Mile Fundraising Walk	Add an annual challenge to your calendar • This may be something like a 26 mile walk, or it may be something completely different • Allow the Explorers to help with the planning and execution and allow them to choose the cause they fundraise for. • Encourage the Explorers to document the journey and share it. Islamic Link: • The importance of charity/Sadaqah and helping those in need • "The example of those who spend their wealth in the cause of Allah is that of a grain that sprouts into seven ears, each bearing one hundred grains. And Allah multiplies 'the reward even more' to whoever He wills. For Allah is All-Bountiful, All-Knowing." (Quran 2:261) • "O believers give of what We have provided for you." (Qur'an 2:254)





Explorers Spring Term Plan

January - March



Teamwork



Personal skills



Self and social awareness



Creativity



Project Deliver and Develop

January Session 1

Activity	Summary
Debate Time	Activity 1: Four Corners Debate Label each corner of the room; Strongly Agree, Agree, Disagree, Strongly Disagree Read out statements, the explorers move to the corner of the room that represents their opinion. Nominate one spokesperson per corner to explain why they chose that position, allow a few minutes for rebuttal between corners. Activity 2: Balloon Debate Give each explorer a character card (astronaut, doctor, teacher, farmer, etc.) The group is in a hot air balloon that is losing altitude To save the group, one person must be "thrown out" of the balloon Each explorer will argue why their character should stay in the balloon. Activity 3: Mock Debate Explain the purpose of the mock debate and the skills it aims to develop. Introduce the debate format, including roles (e.g., opening statements, rebuttals, closing statements), timing, and rules. Split into teams (proposition & opposition), choose the debate topic, give them time to prepare. Set out a proper debate format with tables, chairs and a moderator. Each team should prepare opening statements, key arguments, rebuttals, and closing statements. Emphasise the importance of clear, concise, and persuasive arguments. Islamic Link: the debate between Prophet Ibrahim & King Nimrod Quran, Surah Al-Baqarah (2:258): "Have you not considered the one who argued with Abraham about his Lord [merely] because Allah had given him kingship? When Abraham said, "Ny Lord is the one who gives life and causes death," be said, "I give life and cause death." Abraham said, "Indeed, Allah brings up the sun from the east, so bring it up from the west." So the disbeliever was overwhelmed [by astonishment], and Allah does not guide the wrongdoing people." Emphasizes the importance of debating and standing up for one's beliefs. Talk about the importance of manners and etiquette when debating - discuss the stories of the Sahabah and their respect for each other despite their differences in opinion (story of Abdullah ibn Abbas and Abdullah ibn Umar & story of Abu Ba





January Camp Weekend

Activity

Winter Sectional Camp

Have the Explorers plan and deliver their own winter camp.

Let them set the budget, menu, contact the venues, complete the risk assessments, create and source the equipment list etc.

Allow them to make mistakes and provide them with guidance and support where needed.

If you are feeling brave, you may want to run this on an Events Passport.





February Session 1

Badge/s	Activity	Summary
Creative Arts	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 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 2 (after half term)

Badge/s	Activity	Summary
Physical Recreation Badge	Horse Riding	 Horse Riding Trip plan a trip to a local equestrian centre, try and arrange for the Explorers to also participate in the care of the horses and stables during their visit. Islamic Link There are many benefits of horse riding. It improves respiration and blood circulation and has been recommended by our Prophet SAW Allah's Messenger SAW said: "There is always goodness in horses till the Day of Resurrection" (Bukhari)



Project Deliver and Develop

March Session 1

Badge/s	Activity	Summary
Fundraising and Global Issues	Planning a Fundraising Event	 Activity 1: Picking a cause Discuss if you want to support a local or global cause. Spend some time researching the causes Each patrol can pitch their chosen cause and then vote as a group Activity 2: Fundraising initiatives Brainstorm ideas to fundraise for your chosen cause - eg: bake sales, quiz nights, bazar, community dinner etc Activity 3: Event Planning As a group, list all the responsibilities and tasks that are needed to make this event successful Divide tasks between patrols - eg: venue booking, promotions/advertising, food donations, tickets etclnstil a sense of responsibility and the importance of amanah and accountability when taking up a role. Motivate the explorers to show initiative and take up roles of leadership. Stress the importance of teamwork and different styles of working. Islamic principle/link: In charity there are worldly and akhira benefits to the giver: "Give charity without delay, for it stands in the way of calamity." [Al-Tirmidhi] "If anyone would like Allah to save him from the hardships of the Day of Resurrection, he should give more time to his debtor who is short of money or remit his debt altogether." [Muslim] "To give something to a poor man brings one reward, while giving the same to a needy relation brings two: one for charity and the other for respecting the family ties." [Al-Tirmidhi]





March Session 2

Badge/s	Activity	Summary
Fundraising	Event Day	Run your chosen event! • Let the explorers shine. Give them space to make mistakes but also show their initiative and problem solving skills Islamic link: • "The believer's shade on the Day of Resurrection will be his charity." [Al-Tirmidhi]





March Bonus Session (before Ramadan break)

Badge/s	Activity	Summary
Fundraising and Global Issues	Community Service Project	Participate in community service projects such as packing gifts, hygiene kits, assembling food parcels, or organising clothing drives to support charitable initiatives and increase in your personal charity Activity 1: Gift or Essential Packs • You can use the money raised to buy resources for gifts, hygiene kits etc • Visit a refugee centre or elderly care home and personally deliver the packs • Spend some time at the centres and engage with the community Activity 3: Visit a local food bank • find out how they support the local community • discover what the explorer group can do to help e.g. collect food cans, raise funds, volunteering etc. Islamic link: As a community, Muslims need to cultivate a culture of volunteerism. This should not be limited to the Muslim community but should extend to the broader communities that we live in. • "Every joint of a person must perform a charity each day that the sun rises: to judge justly between two people is a charity. To help a man with his mount, lifting him onto it or hoisting up his belongings onto it, is a charity. And the good word is a charity. And every step that you take towards the prayer is a charity, and removing a harmful object from the road is a charity." [Bukhari & Muslim] • Hadith: "He is not a believe whose stomach is filled while his neighbour goes hungry" (Sahih Bukhari)





Ramadan Sleepover (Saturday/Sunday)

Activity

Potluck Iftar

Everyone brings a dish to share (be mindful of allergies and dietary requirements)

Pray Taraweeh in the Masjid

Qiyam: pray, read Quran, do dhikhr

Explorers to lead reminders

Eat Suhoor











Life skills

Explorers Summer Term Plan

April - July







Environment and community

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April Session 1 (after Ramadan break)

Badge/s	Activity	Summary
Hikes Away Badge Navigator Badge	DofE/Hike Preparations	 Activity 1: Route planning 6 figure grid reference Explorers must explain their route, through compass directions, distance travelled, and details of route Top tip: Refer to and use the DofE route planning template Activity 2: Safety Getting lost Finding your bearings Basic first aid refresher





April Session 2

Badge/s	Activity	Summary
Hikes Away Badge Navigator Badge	DofE/Hike Preparations	Activity 1: Packing What to wear and how to layer What to pack Activity 2: Meals Maximise energy Hydration Plan meals Who is bringing what? Snacks to pack Activity 3: Making the most of the hike Importance of friendship Being kind and dealing with fallouts Pacing yourselves and each other. Only as strong as your weakest member Appreciating nature and Allah's creation Islamic link: "Do they not see the sky above them- how We built and adorned it, with no rifts in it; how We spread out the earth and put firm mountains on it, and caused every joyous plan to grow in is a lesson and reminder for every servant who turns to God." {Qaaf 50:6-8}



May Full Weekend

Badge/s	Activity
Hikes Away Bade Navigator Badge	DofE Practice Expedition



Project Deliver and Develop

May Session 2

Badge/s	Activity	Summary
Survival Skills Badge	Water filtration and Shelter Building	 Activity 1: DIY Water Filter Construction Plastic bottles, sand, gravel, coffee filters, dirty water for demonstration. Explain the importance of having access to clean drinking water in survival situations. Discuss different natural sources of water and the potential contaminants they might contain. Show how to construct a basic water filter using a plastic bottle, sand, gravel, activated charcoal, and a coffee filter. Islamic Link: The Quran highlights the importance of pure water: "And We made from water every living thing. Then will they not believe?" (Quran 21:30). This verse underscores the essential role of clean water in sustaining life. Activity 2: Tarp Shelter Construction Using tarp, poles/bamboo sticks, rope. Discuss the importance of shelter in a survival situation, including protection from the elements and maintaining body heat. Demonstrate how to build a basic tarp shelter using a tarp, ropes, and stakes. Explain different types of tarp shelters (e.g., A-frame, lean-to) and the situations in which each is useful. Divide into groups to make shelters under supervision. Bonus activity 3: Sleep in shelter Challenge the explorers to stay the night in the shelter they set up



Project Deliver Develop

May Session 3

Badge/s	Activity	Summary
Survival Skills Badge	Fire Lighting, Backwoods Cooking	 Activity 1: Fire Lighting Explain the basics of fire lighting the triangle different fire starting methods how to put it out safely Activity 2: Break the string challenge Get each patrol to make their own fire using flint & steel create a string target using two sticks, the first patrol to get their fire to break the string wins Activity 3: Cook dinner Using the fire they just made, challenge the explorer to cook a meal Channel your inner masterchef Islamic Link: Self-Sufficiency Prophet Muhammad (PBUH) emphasised the importance of self-sufficiency and hard work. He said, "It is better for any one of you to carry a load of firewood on his own back than to beg from someone else." (Sahih Bukhari, 1471). This teaches the value of being self-reliant and prepared for any situation.



Project Deliver and Develop

May Session 4

Badge/s	Activity	Summary
Naturalist	Plant a Tree	 Activity 1: Tree Planting Contact your local council and request to take part in their upcoming tree planting event or offer to help with their next local park caretaker expedition. Islamic Link: "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" [Bukhari] Activity 2: Appreciating nature After planting a tree or contributing to environmental conservation, walk around the park/forest and appreciate Allah's creation. Think of the park differently, remembering that all of Allah (SWT) creation worships him and utters his name. How do you feel now when everything that surrounds you is Muslim? Islamic Link: "And to Allah prostrate whatever (is) in the heavens and whatever (is) in the earth of moving creatures and the Angels, and they (are) not arrogant." {Al-Nahl 16:49} "The seven heavens, the earth, and all those in them glorify Him. There is not a single thing that does not glorify His praises—but you 'simply' cannot comprehend their glorification. He is indeed Most Forbearing, All-Forgiving." {Al-Israa 17:44}





June Session 1 After Half Term

Badge/s	Activity	Summary
Community Impact	Community Service	 Activity 1: Brainstorm In a brain storming session prior to this session, ask Explorers how they can be of service to their communities and how they would like to partake in community service. Ask them to take the lead in arranging this community service and ask them to think outside of the box. Activity 2: Community service Carry out act of service for the community Community service could be helping with the maintenance at the local Muslim graveyard, or learning how to perform ghusl for the deceased so that they have a life skill that will benefit the community, it could also be litter picking, helping to organise the shelves at the local food bank or volunteering at a soup kitchen. Islamic Link: Tell the story of how Abu Bakr (RA) used to secretly take care of the old blind woman



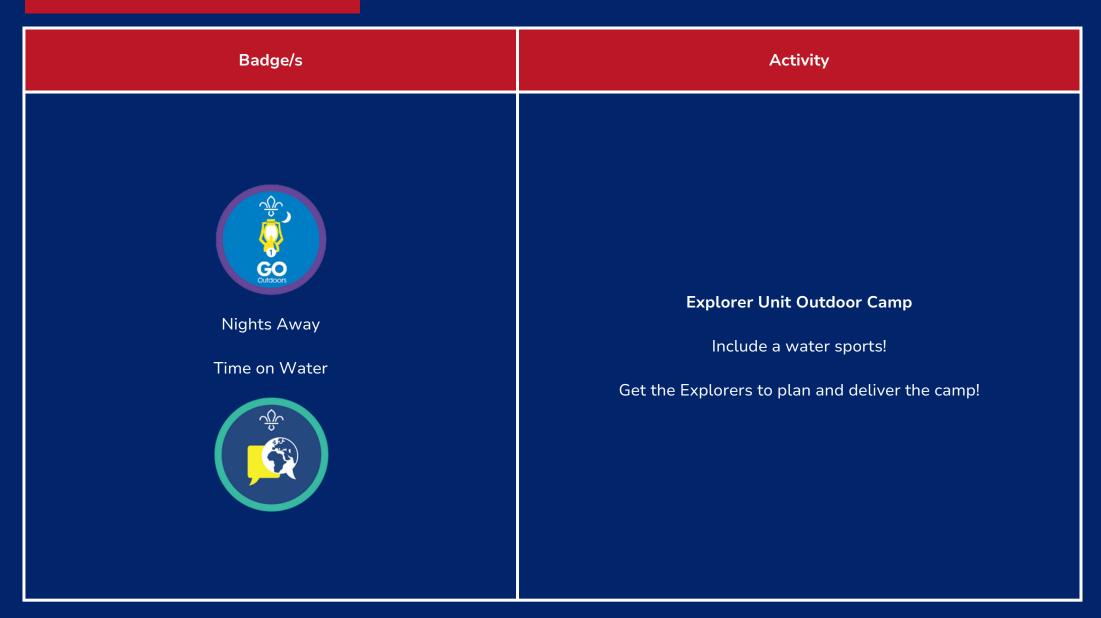


June Session 2

Badge/s	Activity	Summary
Creative	Soap and Spoon Carving	Activity 1: Soap Carving • Spend a session making art by carving out designs in to soap. • Once you have mastered using the tools with soap, you might want to try out carving a spoon. • Make sure you have the right equipment and all the right safety measures in place. • You could even have an exhibit of all of your carvings at the end of the session. Click here for Soap Carving Instructions Islamic Link: Although soap predates Islam, the concept of fragranced solid soap bards dates back to the 10th century in the Middle East. Abu Bakr Muhammad Ibn Zakariya al-Razi (c. 865 - 925) was a Persian physician, alchemist, and philosopher who developed recipes for soap-making. His work contributed to the industrialisation of soap production in the Islamic world, with Syria becoming a main exporter to the rest of the Islamic World and Europe.



June Full Weekend





Project Deliver and Develop

July Session 1

Badge/s	Activity	Summary
Global Issues Badge	Hajj	 Activity 1: In-depth Understanding of Hajj Research and Presentation: Conduct detailed research on the history, significance, and rituals of Hajj. Create a comprehensive multimedia presentation or a detailed report. Explorers can use video cameras, presentations, or posters. Activity 2: Exploring the Concept of Charity in Islam Guest Speaker Event: Invite a knowledgeable guest speaker, such as an imam or a representative from an Islamic charity, to discuss the concepts of Zakat and Sadaqah. Activity 3: Investigating International Charities Charity Research Project: Research three international charities focusing on global issues such as hunger relief, clean water, and education. Prepare a comparative analysis of their missions, activities, and impact.





July Session 2

Badge/s	Activity	Summary
Leadership	Patrol Leader Led Session	 Youth-Led Session Give the patrol leaders the opportunity to run a session on something that they are passionate about. They can either run a session for the whole unit, or all of the patrol leaders can work together to run different elements of a session. Ask the Patrol Leaders to come up with the session plan, risk assessment, equipment list and budget for the session. Facilitate where needed as a leader





July End of Year Session

Badge/s	Activity
Time on Water	Paddle Boarding or White Water Rafting or Surfing





July Full Weekend: MSF Summer Camp



Volunteer at the MSF Summer Camps

Departments: Programme Zones or Logistics or Kitchen or Markets

Islamic Link: "When a man dies, his deeds come to an end except for three things: Sadaqah Jariyah (ceaseless charity); a knowledge which is beneficial, or a virtuous descendant who prays for him" (Muslim)





August Week: MSF International Trip

Activity

MSF Explorer International Trip

(every 2 years)

Islamic Link: "Say, 'O Prophet,' "Travel throughout the land and see how He originated the creation, then Allah will bring it into being one more time. Surely Allah is Most Capable of everything." (29:20)