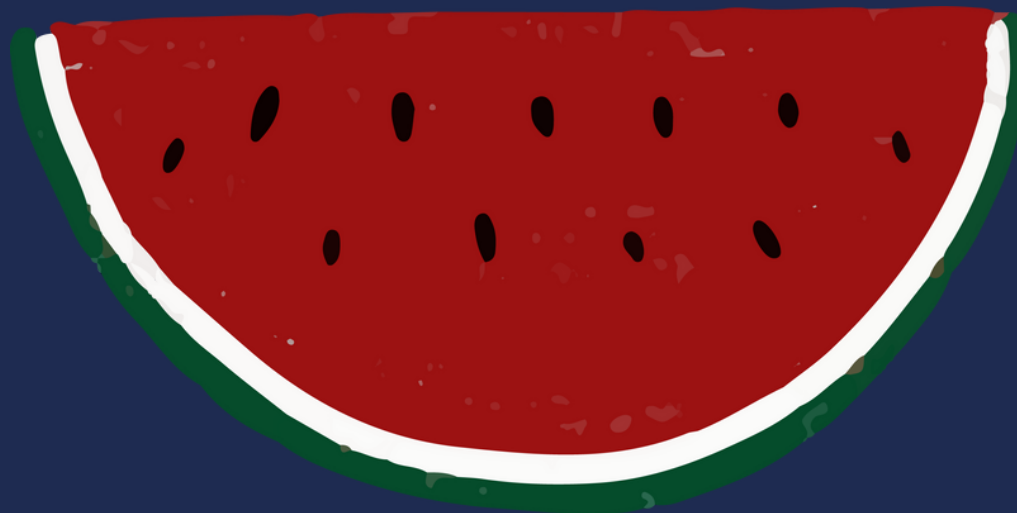




Muslim Scout
Fellowship

Palestine Activities

One Year On





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**Muslim Scout
Fellowship**



As-salamualaikum

Welcome to MSF's Palestine Inspired Activity Pack!

Children in Gaza are seeking refuge from a sky full of warplanes and bombs. Children in Gaza are in agony from untreated wounds, because all the hospitals have been bombed and destroyed and medical staff forcibly evacuated or killed. Children in Gaza are falling silent from the trauma they are experiencing daily, many losing their entire family. **Children in Gaza are being massacred and burned alive in their tents.**

Service to others is an integral part of what it means to be a Scout. Despite the atrocities, war and bombardment that they are facing, young Palestinian Scouts continue to serve their communities. **As Scouts, we must continue to do what we can, to speak out, raise funds, and pray for peace.**

Let's continue to keep our brothers and sisters in Palestine in our dua's, connect the Palestinian cause to our activities, and raise funds for vital humanitarian efforts on the ground.

~ MSF Programme Team



Palestine Inspired Bushcraft Activity



Squirrels



Beavers



Cubs



Cubs



Scouts



Explorers



Palestine Inspired Bushcraft Activity

Section	Badge	Objectives	Activity
Squirrels	Brilliant Builder Badge	People live in all sorts of different buildings and shelters. They are made of many different materials. Some people in the world are not fortunate enough to live in buildings and have to build dens and a shelter to live in. Can you work together to create a place to live for a toy/teddy? Or a big den where you can sit inside?	Wild Builders/Den Builders - Go out in a green space around you and work together in small teams to build a shelter/den for a small toy. Think about how you want to keep your toy safe and warm. Strongest Shelter Challenge - Work together in teams and race to see who will build the fastest and strongest shelter for a (worn out) teddy. Test out the shelters using water and wind to see if they last. Let the Squirrels sit and talk about how they feel regarding the teddy and what they would do to make their experience better.



Palestine Inspired Bushcraft Activity

Section	Badge	Objectives	Activity
Beavers	Builder Activity Badge	Work in small teams to design a model of a den/shelter you will build for you and your friend to stay in for 10 minutes. Make a list of all the things you need to make it and build your idea using your items. Sit in a group with your leaders and reflect on how long it took you to build it and how it made you feel? Reflect on small children in Gaza who have to do the same.	Den Builders/Cardboard Creations - Go out in a green space around you and work together in small teams to build a shelter/den for one person in your group. Think about how you want to keep your toy safe and warm. Recycling Binception - Bring some recycling from home and work together as a team to find a new way to reuse your recycling. Learn how to recycle rubbish correctly and talk about how some people in the world live off recycled equipment in order to survive. Find new ways to relive recycled equipment and explain their importance in protecting wildlife.



Palestine Inspired Bushcraft Activity

Section	Badge	Objectives	Activity
Cubs	Backwoods Cooking Badge	Learn how to cook outdoors using nothing but fire lit by you and a billy can. Cook different small foods together in groups and reflect how many people around the world have to go through this struggle every day to cook for themselves and keep warm.	Campfire - Make a fire using flint and steel, cotton buds, vaseline and twigs. Try different fire lighters and test to see which creates the best flame. Learn how to build onto the fire using bigger twigs and logs to maintain its warmth and longevity. Reflect on how many people in Gaza have now had to use this method to keep warm throughout the night over the last year. Write and perform a poem/chant that your group will remember about Palestine. Make Tin Can Pasta/Pitta Pocket Pizzas - Make different foods using the fire created from the first activity. Create different tasty dishes using simple ingredients. People in Gaza do not have many ingredients for their meals so use a limited amount of ingredients and reflect on the taste and quantity of the food and how long it takes to cook. Watch @renadfromgaza on Instagram for inspiration.



Palestine Inspired Bushcraft Activity

Section	Badge	Objectives	Activity
Scouts & Explorers	Survival Skills Badge	Learn the ways to develop your survival skills and how to be tough and resilient in difficult situations. Showing how to be mindful with natural resources and putting together a personal survival kit. Try to insert stories and scenarios inspired by the incidents that have occurred in Gaza and have deep reflections about the daily survival skills they do.	Seeking Shelter - Split into two groups and build two shelters - one made with man made material like tarpaulin and pioneering sticks and one made purely with natural materials. Each group should try out both shelters and compare which one they prefer to sit in. The aim is to understand and reflect that either shelter is not a home and yet most people in Gaza are now having to build these shelters to survive and for some - the shelter with natural materials is the only uncomfortable solution. Treat Your Team - In groups, provide scenarios of different people with different minor medical issues and work as a team to figure out how to treat the actor in your team with a basic first aid kit. Make the scenarios related to the real life incidents occurring in Gaza and reflect on the struggles they have to go through to treat their wounds (big and small) with very little medical aid.



Palestine Inspired Bushcraft Activity

Section	Badge	Objectives	Activity
Scouts & Explorers	Survival Skills Badge	Learn the ways to develop your survival skills and how to be tough and resilient in difficult situations. Showing how to be mindful with natural resources and putting together a personal survival kit. Try to insert stories and scenarios inspired by the incidents that have occurred in Gaza and have deep reflections about the daily survival skills they do.	Water Filtration - Learn the natural process of water and how water must always be filtered before we drink it to prevent germs and chemicals from entering our body. Manufacturers in developed countries filter water using a certain process. Some people in Palestine are not fortunate enough to get access to clean water and may need to filter water themselves. With the help of your leaders, in groups, collect natural materials such as small stones, moss and leaves and layer them in a container with a hole at the bottom to allow the water to come out after it is filtered. See the difference between the clean and dirty water and reflect. Hygiene Hijinks/DIY Accessories - Learn how to make your own essential toiletries from natural materials. Make a twig toothbrush which will act like a miswak to brush your teeth. Carve your own spoon and learn how to use a knife. After losing their homes and all their personal belongings, making your own survival accessories to cook, eat and maintain personal hygiene is the only way to go in Gaza. Reflect on how you would feel if you didn't have your small daily luxuries to keep you up with your hygiene and essential daily equipment.



Palestine Inspired Bushcraft Activity

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Scouts & Explorers	Survival Skills Badge	Learn the ways to develop your survival skills and how to be tough and resilient in difficult situations. Showing how to be mindful with natural resources and putting together a personal survival kit. Try to insert stories and scenarios inspired by the incidents that have occurred in Gaza and have deep reflections about the daily survival skills they do.	Survival Themed Camp Bring all the skills you have learnt regarding seeking shelter, hygiene accessories, signalling in distress and water filtration in a weekend survival camp for the ultimate test! Make the theme related to a few scenarios based on a particular incident or a story of one of the young children in Palestine and try to live their lifestyle for a weekend. Have several different conversations throughout the camp and discuss your reflections together.



Life As Refugees



Cubs



Scouts



Life As Refugees



Section	Badge	Objectives	Activity
Cubs & Scouts	Global Issues Badge	Find out about an international charity that is delivering aid in Gaza and invite them over to speak about what they have done. Take part in a collective activity which will allow you to think about people around the world (especially in Gaza) who survive in these conditions daily such as eating a limited amount of food in one week, drinking one cup of water a day, sitting under a cold shelter for one hour and reflecting on how that made you feel.	Track Your Food Footprint - Make a diary of what you eat in a day usually and see where you waste food. For one week, cut out 1-2 of your meals a day and see how you feel by the end of the week. Every day write up what you ate that day and how you felt at the end of the day. Reflect on the young children in Gaza that only have 1 to 2 meals a day if they are lucky and have to share with their whole family. Refugee Suitcase/Disaster Stations - Explain what a refugee is and examples of real life refugees that have had to flee their countries for different reasons. Draw a suitcase and place 5 items that you think are the main things a refugee will need when he/she is leaving their country. Bring your own personal items which you are willing to donate to a refugee. Have a discussion about the refugees in Gaza and if they had to escape quickly, what is one item they could leave behind and why? Where In The World? - Go through different objects that were made by Palestinians and explain the history of each item and how they are still used today. Such as the gauze in medicine, olive oil, different foods, different patterns (tatreez) on clothes, etc.



Letters To Children Of Palestine



Beavers & Cubs



Letters To Children of Palestine

Section	Badge	Objectives	Activity
Beavers & Cubs	Community Impact Staged Badge	Leaders should explain to beavers the significance of this month and what has been happening in Gaza, Palestine over this past year. Reflect and discuss what children in Gaza are going through at the moment and how you would want to show your support. Present to your leaders and group what action you took such as: letters, creative card, art work or presentation. Take pictures and videos and post on social media to help other scouts understand why the action you took is very important to help them understand.	Reflective Discussion - This exercise is aimed to encourage our young people to express their compassion, empathy and solidarity with Palestinian children who are experiencing unfathomable circumstances due to the occupation and bombing of their homes, schools, and neighbourhoods. Use age-appropriate language to provide some context about the situation in Palestine, focusing on the impact on children. International Charity - Discuss which charities are providing aid to Gaza and how these charities are supporting Palestinian children. Eg, look into the work of Islamic Relief is doing in Gaza and how the local scouts have been involved in supporting their local communities. Discuss in groups what you can do as scouts to raise money for children in Gaza! Such as a sponsored walk, hike a mountain or cycle 5k.



Letters To Children of Palestine

Section	Badge	Objectives	Activity
Beavers & Cubs	Community Impact Staged Badge	Leaders should explain to beavers the significance of this month and what has been happening in Gaza, Palestine over this past year. Reflect and discuss what children in Gaza are going through at the moment and how you would want to show your support. Present to your leaders and group what action you took such as: letters, creative card, art work or presentation. Take pictures and videos and post on social media to help other scouts understand why the action you took is very important to help them understand.	Real-Life Stories & Reflections - Reflect on the stories of Hind and Reem, amongst all the other children affected. Hind was only 6 years old when she spent three hours on the phone with Palestinian emergency services, crying for help. She was stranded in a car under Israeli fire in Gaza. She lost her family and just a few days later, she passed away. 3 year old Reem was found by her grandfather buried under rubble. Just like many other Palestinian children, Reem once found comfort and safety in her home, but that day her security and life was taken. Encourage the young people to try to put themselves in the shoes of Palestinian children. To reflect on what they are thankful and grateful for and remember that although these lives were lost too soon, these children are blessed with Jannah Letter Writing - Write heartfelt letters of hope and solidarity to Palestinian children. They can express their support, share their feelings, and offer words of encouragement. Participants can also draw pictures or include uplifting messages and duas



Create Something For Children Of Palestine



Beavers



Cubs



Create Something For Children Of Palestine

Section	Badge	Objectives	Activity
Beavers & Cubs	Creative Activity Badge	Design and create something that you like that if you had the chance, you can gift it to your small friends and Gaza and show them how much you think of them and care for them.	Design & Decorate a Palestine Card - Bring all the colours and cards you can find and design a really cool card that a child in Palestine will love! Make sure you use the colours green, white, red and black to symbolise the Palestinian flag and draw different symbols of peace and Palestinian resistance. Reflect on how happy your small friends in Palestine will be if they receive this sweet card. Make A Toy - Think of your favourite toy or teddy at home and try to make one just like it that you can give to young children in Gaza! Many children, after quickly running away from their homes, were not able to bring with them their favourite teddy to sleep with every night and had to leave it behind. Draw and design what kind of toy they will like and using crafts and colours your leaders provide, make a stuffed toy animal or a cool puppet for your small friends in Gaza.



Create Something for Children of Palestine

Section	Badge	Objectives	Activity
Beavers & Cubs	Creative Activity Badge	Design and create something that you like that if you had the chance, you can gift it to your small friends and Gaza and show them how much you think of them and care for them.	Write A Poem - Work together in small groups to write a short poem with rhyming words at the end of each line for a little boy or little girl in Gaza. Tell them how you feel and what you hope for them and share your thoughts and reflections in your poems. Present the poems to your group and incorporate it into a card or for a video for social media. Make A Poster - Combined with the Community Staged Badge, design a poster for a fundraising event for Palestine and invite all your friends and family to this event. Draw your designs on a piece of paper and list all the important information that needs to be on the paper. Work with a leader on a computer to decide how you want your posters to look and launch it out in your community.



Create Something for Children of Palestine

Section	Badge	Objectives	Activity
Beavers & Cubs	Creative Activity Badge	Design and create something that you like that if you had the chance, you can gift it to your small friends and Gaza and show them how much you think of them and care for them.	Make A Video - Combined with the Community Staged Badge, work together in teams to decide what you want to say in your video about Palestine. You can either launch a fundraising event, read out poems and reflections or advertise a sponsored charity challenge to raise money with an international charity. With your leaders, decide who will be in the video and who will say which lines in which order and what cool ideas you will add. Take the video and share it out! Palestinian Blanket - Give each young person a piece of square fabric. Using different craft materials, encourage the Young People to design a Palestinian inspired square - using different symbols. Once completed, a leader should sew the squares together to make a Palestinian blanket that showcases solidarity with the preservation of Palestine's rich culture. - Incorporate different symbols of Palestinian resistance. Discuss how symbols in Palestinian culture are used as a tool of resistance and cultural preservation. For example, the Watermelon, Tatreez, Handala.



Cook For Palestine



Squirrels



Beavers



Cubs



Scouts



Explorers



Cook For Palestine

Section	Badge	Objectives	Activity
Squirrels	Super Chef Badge	The food we eat comes from a lot of different places around the world. Let's focus on all the beautiful food that comes from Palestine! Pick a dish and figure out how it was made, where the ingredients are made from. Use all your senses to find out about the food and have fun cooking a Palestinian Snack!	Flavours Of The World - Discover the different tastes of Palestine by bringing in small samples of famous Palestinian dishes and allowing the squirrels to try out each dish and describe what they think they are eating, what ingredients and where they think it has grown/came from? Make A Lollipop - Inspired by 10 year old Renad, make a lollipop - with the guidance of your leaders - by burning sugar on a stove and placing it on a toothpick. Leave it to cool and there you will have a lollipop just like what the children in Gaza eat. For different colours and flavours to switch it up.



Cook For Palestine



Section	Badge	Objectives	Activity
Beavers	Cook Badge	Have conversations in groups about what makes a balanced diet and when entering a kitchen, why it is important to always keep it clean and how it is important to be safe in a kitchen. Prepare a dish/dessert using a Palestinian Recipe.	A Gazzan Dessert • Make a Lazy cake inspired by Renad (10 yr old Palestinian girl on Instagram). With the help of your leader, follow the recipe provided and make this simple dessert together in session. • https://www.instagram.com/reel/C80HszblvUY/?igsh=cXI0aGZlZ2k3YTgx • Reflect on feelings and thoughts on not having the same facilities and resources like the ones at home and how that makes you feel. Olive Farm • As a group, visit an Olive Farm and talk and discover the history of Olives. See how olives can be squeezed to make Olive Oil and try it out as a group. Bring some pitta bread and eat the bread with the olive oil. Reflect on the simple yet beautiful side dishes which represent Palestinian culture. To make it more fun, add some zaatar and hummus and let the beavers explore their taste buds about all the different flavours they can explore.



Cook For Palestine

Section	Badge	Objectives	Activity
Beavers	Cook Badge	Have conversations in groups about what makes a balanced diet and when entering a kitchen, why it is important to always keep it clean and how it is important to be safe in a kitchen. Prepare a dish/dessert using a Palestinian Recipe.	Do's and Don'ts • Have a presentation or real life scenarios of some do's and don'ts in a kitchen setting. Go through a balanced diet that every child should eat and what a diet is like for a Palestinian child. Compare the standards of a kitchen in the UK and what is classed as a kitchen in Palestine. Go through the safety hazards of being in a kitchen and whether people in Gaza can afford to have the same or not.



Cook For Palestine

Section	Badge	Objectives	Activity
Cubs, Scouts & Explorers	Chef Badge	Cubs: Plan, cook, serve and clear away a two-course meal for at least two people Scouts: Cook and serve a starter, main and dessert meals from your menu for 4 to 6 people Explorers: Cook and serve your planned menu for a group of people, demonstrating preparation and serving skills, cooking, budgeting and maintaining hygiene throughout	Inspired by Renad - This activity is inspired by young chef Renad. Ten year old Renad has thousands of followers on Instagram from all around the world. Her cookery posts have inspired many, showcasing her resilience and providing a beacon of hope for the Children of Gaza amidst the brutal chaos. Many of Renad's videos address the issues that displaced people in Gaza are facing, such as the shortage of water and essential grocery items. Get the cubs to watch some of her videos as a group and plan a 2 course meal which they will cook and serve to each other using the simple recipes she provides. Be sure to also follow other Palestinian chefs and recipes for more complex dishes. Cooking - Research the different kinds of Palestinian dishes and plan to cook a dish at home or during a session. If cooking at home, bring it along to the next session and share your meals amongst your section, reflecting on Palestine's rich culture and our blessings. If cooking in session, split ingredients amongst each other and come along to the session to cook! Once completed, eat together and embrace the culture. Suggested dishes: hummus, manakeesh, falafel, msakhan rolls etc



Cook For Palestine

Section	Badge	Objectives	Activity
Cubs, Scouts & Explorers	Chef Badge	Cubs: Plan, cook, serve and clear away a two-course meal for at least two people Scouts: Cook and serve a starter, main and dessert meals from your menu for 4 to 6 people Explorers: Cook and serve your planned menu for a group of people, demonstrating preparation and serving skills, cooking, budgeting and maintaining hygiene throughout	Ingredients Shop Plan your meals by preparing the correct quantities you need for the group of people you are cooking for. Shop at the cheapest supermarkets yet maintain good quality of the food. Keep a spreadsheet of your workings and make sure to plan and budget correctly. Ask your leaders if you need any help.



Media Analysis Covering Palestine



Scouts



Explorers



Media Analysis Covering Palestine

Section	Badge	Objectives	Activity
Scouts & Explorers	Global Issues Activity Badge	Take an active role in understanding the problems that are happening and discuss your thoughts and feelings on what it has been like with one year of genocide. Analyse and compare media articles and reflect on how life and health is different in the UK compared to Gaza. Learn how human rights are viewed in the west compared to other countries and use your voice to speak out on the injustices happening across the world.	Know Your Rights • Prepare some cards with different rights, needs and wants each human should have. Search on the United Nations Conventions or UNICEF website for all the information. Have an open debate for each point and discuss if each right is being fulfilled for Palestinians or not. Bring real life examples of people in Gaza that do not have these rights fulfilled for them and reflect on what this makes you feel. Analyse Newspaper Articles • Split into groups and go on different news outlets on your devices such as BBC, The Guardian, The Sun, Daily Mail and look at the News Headlines for the most recent stories on Gaza. Compare these headings with the News Headlines from media such as Al-Jazeera, Middle East Eye and Alplus. Create a short presentation to show how the same story is portrayed differently between both types of media outlets. Analyse and explain why the wording used is really critical and why when the same incident is phrased differently, it can tell a completely different story to the one that actually happened. Reflect on how this makes you feel and what you would want to do about it?



Media Analysis Covering Palestine

Section	Badge	Objectives	Activity
Scouts & Explorers	Global Issues Activity Badge	Take an active role in understanding the problems that are happening in the world right now in Palestine and discuss your thoughts and feelings on what it has been like with one year of genocide. Analyse and compare media articles and reflect on how life and health is different in the UK compared to Gaza. Learn how human rights are viewed in the west compared to other countries and use your voice to speak out on the injustices happening across the world.	International Health Hazards - Living in the UK, we have the privilege of a free health care system which provides for all our medical needs whether big or small. With Gaza, with the continuous bombing that occurs, the health hazards are beyond measurable and the hospital standards are extremely hazardous. Bring household equipment such as vinegar and a phone torch and explain how doctors would use this to provide relief to patients instead of anaesthesia. Do a compare and contrast activity with photos to show the difference of healthcare standards in the UK vs Gaza and reflect. Write To Your MP - With the knowledge learnt from previous activities, come together in pairs and write a letter to your local MP. Speak to your leader about how to find out who your MP is and either email your letter or post it to their office address. Address all your thoughts and concerns about how you feel with the situation going on in Gaza and discuss with them what you think they should do! Make sure to proofread your work and check for spelling and grammar.



Media Analysis Covering Palestine

Section	Badge	Objectives	Activity
Scouts & Explorers	Global Issues Activity Badge	Take an active role in understanding the problems that are happening in the world right now in Palestine and discuss your thoughts and feelings on what it has been like with one year of genocide. Analyse and compare media articles and reflect on how life and health is different in the UK compared to Gaza. Learn how human rights are viewed in the west compared to other countries and use your voice to speak out on the injustices happening across the world.	Reflection • This session should be a deep reflection on all your thoughts, feelings and emotions on the genocide that is happening in Palestine since October 7th 2023 to now - one year on. Split into 4 groups and each group will cover 1 of 4 main topics: 1.Social Media 2.Western Media and Government 3.Community Impact and Awareness 4.Personal Changes and Growths • With these 4 topics, 3 key questions need to answers which are: 1.What was it like before October 7th? 2.What was it like after October 7th? What Changes? Improvements? Differences? 3.What will we do now after one year of genocide? • Present and summarise your discussions to the rest of the group and right down your goals for what you will do to move forward.



Fundraising For Palestine



Scouts



Explorers



Fundraising For Palestine

Section	Badge	Objectives	Activity
Scouts & Explorers	Fundraising Badge	Identify a charity registered in the UK of your choice and come up with a challenge or an event which will help you raise money. Pick a certain cause or goal you would like to achieve and promote your concept to your social media and your community to make an impact.	Hold A Fundraising Event - Plan an exciting event which will allow you to have elements of raising money such as ticketed entrance, auction, selling food or products and a fundraising element in between. Have a planning team set roles such as the leader of the event, head of programme, food, admin and logistics. Have meetings and updates in the weeks coming up to the event and be prepared. Do A Sponsored Activity - Search ideas and come up with a plan to raise money in a creative way - whether it's to climb a mountain, go on a sponsored run, cycle for 10k or a more extreme challenge. Share your plans with your friends and family online and on social media and let them donate to your fundraising page. Make it more challenging by competing with your scouts friends on who will raise more money in a set period of time.



Fundraising For Palestine

Section	Badge	Objectives	Activity
Scouts & Explorers	Fundraising Badge	Identify a charity registered in the UK of your choice and come up with a challenge or an event which will help you raise money. Pick a certain cause or goal you would like to achieve and promote your concept to your social media and your community to make an impact.	Social Media Promotion • Learn the art of spreading your message far and wide to allow maximum attraction and awareness of your cause and challenge. Reach out to any well known contact you know and share your story and allow them to help you! Find out how you can boost your messages and organise how you share your messages by sharing in times everyone will know and see your messages. Presentation • Create a presentation to summarise your fundraising journey and share it with the rest of your group. Explain how you managed to raise the funds and what it will be going for and your reflections on the whole cause.