



Muslim Scouts Fellowship Spiritual Development Guide for Scouts



Muslim Scout
Fellowship



Introduction

The spiritual development guide was created by the Muslim Scouts Fellowship (MSF) to help enable the delivery of a balanced spiritual scouting program for all young people.

This guide briefly outlines the basic principles of Imaan and the values of a British Muslim. It has been developed by a devoted team of experienced Scouts leaders, who together, have many years of scouting experience and with the UK Scouts Association badge system and reviewed by British Islamic Scholars.

Our vision is to enable our young people to grow physically, mentally, spiritually and socially, to become responsible and accountable members of their society and to achieve this under the guidance of an Islamic syllabus.

The aims of the Islamic syllabus are:

- Islamic development for the youth through various types of activities
- Strengthening family bonds and empower the young people to establish a role for themselves within their societies
- Developing and encouraging their creative skills
- Improve the young peoples' communication and brotherhood/sisterhood relationships through community work
- To develop their personal manners and character within an Islamic principles
- Increase their knowledge and teach them new skills
- Develop a sense of belonging and a bond to their country and society
- Build an inquisitive and exploring nature within the youth

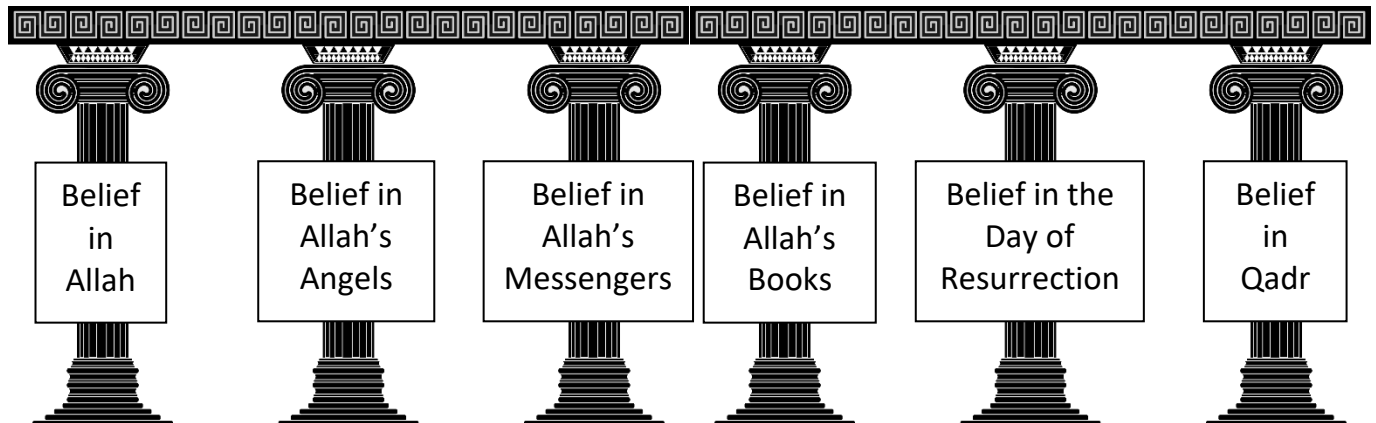
Whilst MSF strongly recommends the use of this guide as a framework to support the delivery of group Scouting activities, it also encourages leaders to research and develop their own plan of activities which enhances the spiritual development of the youth.

We are constantly looking to improve our work, so if you have any further suggestions please email info@ukmsf.org

Guidelines to Understanding the Basic Concepts of Imaan

Abu Tharr narrated that he asked the Prophet (SAW): “O Messenger of Allah, which deed is the best?” He replied, “It’s having IMAN in ALLAH, and fighting in His cause.”

THE SIX PILLARS OF IMAAN



Umar bin Al-Khattab said: "While we were one day sitting with the Messenger of Allah SAW, there appeared before us a man dressed in extremely white clothes and with very black hair. No traces of journeying were visible on him, and none of us knew him. He sat down close by the Prophet SAW, rested his knee against his thighs, and said, O Muhammad! Inform me about Islam." Said the Messenger of Allah SAW, "Islam is that you should testify that there is no deity save Allah and that Muhammad is His Messenger, that you should perform Salah (ritual prayer), pay the Zakah, fast during Ramadan, and perform Hajj (pilgrimage) to the House (the Ka'bah at Makkah), if you can find a way to it (or find the means for making the journey to it)." Said he (the man), "You have spoken truly." We were astonished at his thus questioning him and telling him that he was right, but he went on to say, "Inform me about Imaan (faith)." He (the Messenger of Allah) answered, "It is that you believe in Allah and His angels and His Books and His Messengers and in the Last Day, and in fate (Qadar), both in its good and in its evil aspects." He said, "You have spoken truly." Then he (the man) said, "Inform me about Ihsan." He (the Messenger of Allah) answered, "It is that you should serve Allah as though you could see Him, for though you cannot see Him yet He sees you." He said, "Inform me about the Hour." He (the Messenger of Allah) said, "About that the one questioned knows no more than the questioner." So he said, "Well, inform me about the signs thereof (i.e. of its coming)." Said he, "They are that the slave-girl will give birth to her mistress, that you will see the barefooted ones, the naked, the destitute, the herdsmen of the sheep (competing with each other) in raising lofty buildings." Thereupon the man went off. I waited a while, and then he (the Messenger of Allah) said, "O 'Umar, do you know who that questioner was?" I replied, "Allah and His Messenger know better." He said, "That was Jibril. He came to teach you your religion.""

Muslim

Values of a British Muslim Scout

“I promise to do my best,
To be kind and helpful and to love Allah” – Beavers

“I promise that I will do my best,
To do my duty to Allah
And to the Queen,
To help other people,
And to keep the Cub Scouts law” – Cubs

“On my honour,
I promise that I will do my best,
To do my duty to Allah and to the Queen,
To help other people
And to keep the Scouts Law” – Scouts

Muslim Scouts must aim to fulfil the following principles in order to perform their Scouting duty:

- Fulfilling our duty to Allah
- Friendship and brotherhood
- Serving others
- Fulfilling the promise and laws
- Establishing your identity
- Duty to country

In order to fulfil those duties, Muslim Scouts must withhold the following fundamental values:

- Belong to the Worldwide Scouting family
- Develop a strong relationship with Allah
- Be trustworthy, loyal and considerate
- Be a valuable member of society
- Strive to do good
- Have self-respect and respect to others
- Be active
- Develop leadership qualities
- Uphold strong morals
- Be self-motivated
- Be courageous
- Be confident and humble : Confident presentation and public speaking skills
- Be confident to be Muslim
- Be confident in your identity
- Understand what it means to be Muslim
- Be of value to society
- Be Modest
- Know the importance of prayer and worship
- Understand the importance of good deeds
- Appreciate the beauty of creation



Animal Friendly Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:

1. Learn how to care for an animal. Find out what the animal needs. Learn about its food, habitat, space, exercise and sleeping area.

2. Help to take care of that animal for four weeks.

Top tip: The animal you care for could be a dog, cat, gerbil, guinea pig, fish, bird, rabbit, lamb or even a stick insect! Maybe you could help look after a family member's pet.

3. Keep a note of how you have looked after the animal for four weeks. You can draw, take photographs or write short sentences.
4. Tell others in your Colony or Lodge about the animal.



Activity: Visit a farm, zoo, animal shelter, pet shop; invite the RSPCA or a company to bring animals to a Beaver session. Beavers need to learn about the animal's food, habitat, sleeping area and exercise.

Islamic Principle: Leaders could refer to stories of the Prophet (SAW) care for animals, for example: If the Prophet (SAW) saw any animal over-burdened or ill fed he would speak mildly to the owner and say, "**Fear God in your treatment of animals.**" Abu Dawood

Leaders could also set the example of Abu Hurairah (RA), one of the most prolific narrators of Hadith, who gained his title "the father of a kitten" because of his love and care for cats.

Activity: Learn about endangered species. Beavers can make a poster/ campaign to raise awareness about endangered species.

Islamic Principle: Leaders could explain to the Beavers our duty as Muslims to care for and protect animals using the examples of prophet Noah (AS) who was instructed by Allah (SWT) to protect animals from the flooding and Prophet Suleiman (AS) who used his ability to understand and talk to birds, animals and insects to protect even the smallest of insects, giving the example of the story of the ants.

Leaders can use the following examples to explain the consequences of neglecting this duty;

The Prophet (SAW) extended the feeling of mercy in the hearts of Muslim men and women to cover animals as well as humans. This is reflected in a number of Sahih Hadith, **such as that reported by**

	<p>Bukhari and Muslim from Abu Hurairah, in which the Prophet (SAW) said:</p> <p>"A man was walking along the road when he felt very thirsty. He saw a well, so he went down into it, drank his fill, and then came out. He saw a dog panting and biting the dust with thirst, and said, 'This dog's thirst is as severe as mine was.' So he went back down into the well, filled his shoes with water, held them in his mouth (while he climbed out), and gave the dog water. Allah (SWT) thanked him and forgave him." They asked, "O Messenger of Allah, will we be rewarded for kindness towards animals?" He said, "In every living creature there is reward."</p> <p>Bukhari and Muslim also narrate from Ibn `Umar that the Prophet (SAW) said:</p> <p>"A woman was punished because of a cat which she locked up until it died of starvation. She was thrown into Hell. It was said - and Allah (SWT) knows best - 'You did not feed her or give her water when you locked her up, neither did you let her roam free so that she could eat of the vermin of the earth.'"</p>
<p>Link for stories of the prophets to help leaders deliver the stories: https://www.al-islam.org/stories-prophets-tawhid-institute/prophet-nuh</p>	

Communicator Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:

1. Learn how to make a phone call
2. Learn your phone number
3. Learn how to send an email or text message
4. Spell your name in Morse code, semaphore, the phonetic alphabet, or using pictures and symbols
5. Try to work out a simple message given to you in Morse code, semaphore, the phonetic alphabet, or using pictures and symbols



Activity: Beavers can be divided into two groups and given a conversation scenario between a very young person and an elderly person or between people from different countries and asked to conduct this in the best and worst manner possible.

Islamic Principle: Leaders can use this as a valuable teaching opportunity, by allowing the Beavers to reflect on the different conversations.

Leaders can then set examples of how the prophet (SAW) interacted with people (for example; face them, polite body language, active listening, avoiding unnecessary talk and to only speak the truth).

They can also explain the importance of starting any communication, verbal or other (message/email/voicemail) with the greeting of Islam, using reference of the Prophet (SAW) Hadith: **Abu Umamah reported: The Messenger of Allah, peace and blessings be upon him, said, "Verily, the best people to Allah are those who are first to greet with peace."**

Explain the meaning of the greeting.

Beavers can be taught the importance of shaking hands during interactions with fellow Beavers/Muslims using reference to the Hadith: **It was narrated from Bara bin Azib that the Prophet (SAW) said: "There are no two Muslims who meet and shake hands, but they will be forgiven before they part." Sunan Ibn Majah**

Beavers can be taught as Muslims we should endeavour to use the kindest of words when talking to people as per the Prophet (SAW) Hadith:



Abu Hurairah (May Allah be pleased with him) reported: The Prophet (SAW) said, "It is also charity to utter a good word." Al- Bukhari and Muslim

Particularly as we represent ourselves as Muslims through our communication.

Activity: Ask the Beavers to send an email or an SMS to their parents and to ensure they have used the guiding principles above to direct their message.

Islamic Principle: This is an opportunity to discuss the importance of loving, respecting and caring for your parents at all times. There is an abundance of Islamic evidence on this topic such as the Qur'anic verse:

"And We have enjoined upon man [care] for his parents. His mother carried him, [increasing her] in weakness upon weakness, and his weaning is in two years. Be grateful to Me and to your parents; to Me is the [final] destination." Quran 31:14

Activity: Prepare a Morse code activity or an Islamic signs in British Sign Language (BSL) activity.

Islamic Principle: This is an opportunity to discuss the progression of means of communication from the Prophet (SAW) time to date by giving examples of envoys being sent with messages during wars and the difficulty of this method of communication VS Morse codes in the 1800's and the plethora of communication resources currently available for us.

This is an opportunity to discuss our responsibility as Muslims to be sensible and accountable when using these tools, and that we can direct these tools to our own benefit and the benefit of others.

Introducing Beavers to Islamic signs in BSL is an opportunity to teach them about diversity, the deaf community and a different method of communication.



Experiment Activity Badge

Badge requirements



How to earn your badge

1. Do three experiments. Talk to your leader about trying these:

- white light spinners
- magnetism fun
- making a ketchup packet sink on command
- experiment with oil
- volcano eruption
- sodium bicarbonate and vinegar
- dissolving
- growing cress

Before you try them, what do you think might happen?

2. After you do your experiments, tell other Beavers what you saw and discovered. Try to explain why it happened.



Activity ideas & Islamic principles



Activity: Plant cress using cotton wool and cress seeds - watch it grow by watering it regularly. Talk to your Beavers about this.

Islamic Principle: This is an opportunity to discuss the importance of looking after our environment in general and by planting more seeds/plants and trees with reference to prophetic Hadith, such as:

Prophet Muhammad (SAW) said: “Even if the end of time is upon you and you have a seedling in your hand, plant it.” *Sahih Hadith, Musnad Ahmad*

“If a Muslim plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, it is regarded as a charitable gift (*Sadaqah*) for him.”

Bukhari

Activity: Experiment with mixing water and oil in a glass VS mixing water and salt. Note observations of oil not dissolving whilst salt does.

Islamic Principle: Allah’s (SWT) miracle of the two seas meeting but not mixing.

“He released the two seas, meeting [side by side];”

“Between them is a barrier [so] neither of them transgresses.” *Quran: 55:19-20*

Explore Activity Badge

Badge requirements



How to earn your badge

1. Decide where to explore. You could go to:
 - the seashore
 - A forest or park
 - woodland
 - A town.
2. Think about what you expect to find.
3. Go on the exploration.
4. Tell other Beavers what you have discovered

Top tip: Beavers could create a poster/collage using items collected on exploration or a slideshow out of photos from their outings.



Activity ideas & Islamic principles



Activity: Explorative excursion where Beavers are to bring along a bag to collect objects in, later to be used to make a mural/prayer beads/mood board.

Islamic Principle: This is an opportunity to reflect on Allah's (SWT) creation and greatness for not even a leaf falls without the knowledge of Allah (SWT).

Say, [O Muhammad], "Travel through the land and observe how He began creation. Then Allah will produce the final creation. Indeed Allah, over all things, is competent." Quran 29:20

Activity: Take the Beavers on an hour Hike in a park/forest/along the coast/through a cave. This can be done after the Beavers have made prayer beads from collected items in their last excursion or Beavers can be asked to bring along their own prayer beads.

Islamic Principle: During the hike Beavers are taught to use their beads to Sabih; Subhanallah, Alhamdulillah, Allahuakbar and can be taught their meaning, when they should be used and the benefits of regular Tasbih and the mentioning of Allah's (SWT) name.

Subhanallah - Glory be to Allah (SWT) – to appreciate Allah's (SWT) glory and creation.

Alhamdulillah– Praise be to Allah (SWT) – to thank Allah (SWT) for all that he has bestowed up on us.

Allahuakbar–Allah (SWT) is most great - When you see the greatness of Allah's (SWT) creation.

	<p>“Those who have believed and whose hearts are assured by the remembrance of Allah (SWT). Unquestionably, by the remembrance of Allah hearts are assured.” <i>Quran 13:28</i></p>
<p>Nasheed about the significance of everything around us and the beauty of Allah’s creation by Dawud Wharnsby: https://www.bing.com/videos/search?q=dawud+wharnsby+the+everything+song&view=detail&mid=5DED4393BE062C44EFEA5DED4393BE062C44EFEA&FORM=VIRE</p>	

Global Issues Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Learn about how to save energy or recycle. Decide on three ways your Colony could save energy or recycle to help save the environment.
2. Try different kinds of fairly traded products. Talk about the benefits of fair trade in the world.
3. Learn about endangered animals and transform your Colony into endangered animals by making masks or costumes. Why are they endangered and how could we save them? You might include polar bears, Siberian tigers, white rhinos, mountain gorillas and loggerhead sea turtles.
4. Talk about the problems some people have finding clean and safe drinking water. Make a water filter. You could make it out of a soft drink bottle and use things like cotton wool, pebbles and kitchen roll to filter your water.



Activity: Community litter picking. Beavers must divide collected items into recyclable and general waste and place them into accurate collection bins.

Islamic Principle: This is a good opportunity to discuss the importance of looking after our community, reducing waste, recycling and cleanliness. Reference can be made to the following Islamic teachings:

“You are the best nation produced [as an example] for mankind. You enjoin what is right and forbid what is wrong and believe in Allah (SWT).” Quran 3:110

“On the authority of Abu Huraira who said that the Messenger of Allah (peace be upon him said), “...And removing a harmful thing from the path is a charitable act.” Al-Bukhari and Muslim, Hadith Number 26

“Cleanliness is half the faith (Imaan).” Sahih Muslim

Activity: Teach Beavers how to perform Wudu and challenge them to do so with a single cup of water. Show them it is possible. Compare this to the amount of water typically used during Wudu by placing a bucket under an open tap whilst performing Wudu.

Islamic Principle: Reflect on the amount of waste that can result from our everyday practices and that unnecessary wastage is not permitted in Islam as per the Prophet (SAW) teachings:

The Prophet (SAW) asked Sa`d: “What is this wastage?” Sa`d replied: “Is there wastage in

Wudu also?" The Prophet said, "Yes, even if you are at a flowing river." Ibn Majah

Explain to the Beavers our duty as Muslims to conserve what we have and reuse where we can so not to squander away the abundance of resources that Allah (SWT) has provided us with on Earth and to be mindful of those who do not have access to the same bounties that Allah (SWT) has bestowed upon us, such as clean water.

This is a good opportunity to introduce the principles of charity, gratitude, planning and accountability.

Beavers can be asked to reflect on how they can help those without access to clean running water. They can then be given the task to plan a fundraising event which uses water, such as making homemade juices/beverages to sell for the purpose of raising money to build a well for a country in need.



Activity: Explain the principle of Fair Trade to the Beavers via video/role play. In groups allow them to reflect back on their understanding of this and how they think they can help.

Islamic Principle: Explain to the Beavers the importance of standing for justice for all as a matter of principle.

To guide their explanation leaders can draw reference to the following verse:

"O you who have believed, be persistently standing firm in justice, witnesses for Allah, even if it be against yourselves or parents and relatives. Whether one is rich or poor, Allah is more worthy of both. So follow not [personal] inclination, lest you not be just. And if you distort [your testimony] or refuse [to give it], then indeed Allah is ever, with what you do, Acquainted." Quran 4:135

Global activity pack:

<http://www.islamic-relief.org.uk/>

<http://www.un.org/en/index.html>

Health and Fitness Activity Badge

Badge requirements

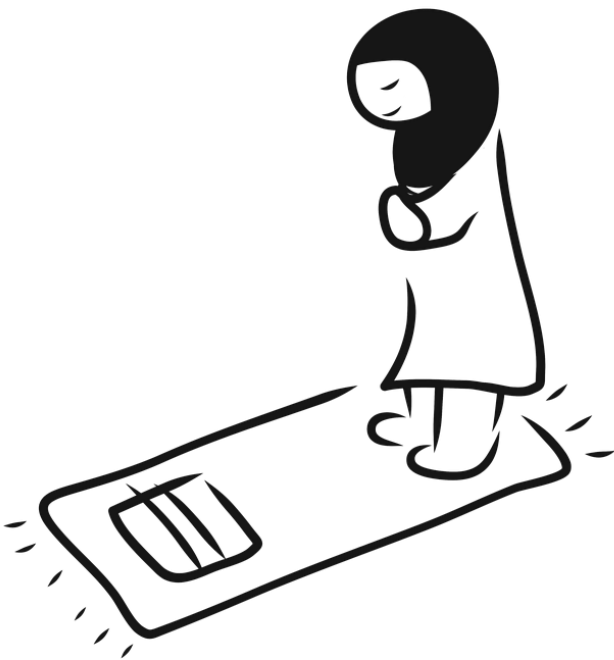


Activity ideas & Islamic principles



How to earn your badge

1. Take part in three agility activities (for example: an obstacle course, slalom relay, hula hooping, skipping, and jumping over/around props, crab football, or egg and spoon race).
2. Learn about a variety of healthy foods and make a snack for yourself using some of these foods.
3. Monitor heartbeat before and after completing a range of different physical activities and understand the reasons for change.
4. Promote healthy eating and exercise to others. This could involve designing a poster, acting out a sketch, or creating something digitally.



Activity: Take part in regular trainings, for example to train for MSF Olympics. During training get the Beavers to monitor their heartbeat before and after running activities.

Ask the Beavers to reflect on the differences in heart rate readings and what they believe has caused this.

Islamic Principle: Introduce to the Beavers the principle of Ammanah by the importance of looking after our body which has been gifted to us by Allah (SWT). This can be guided by the following Hadith:

The Prophet (SAW) advised to:

“Take benefit of five before five: Your youth before your old age, your health before your sickness, your wealth before your poverty, your free time before you are preoccupied, and your life before your death” Narrated by Ibn Abbas and reported by Al Hakim

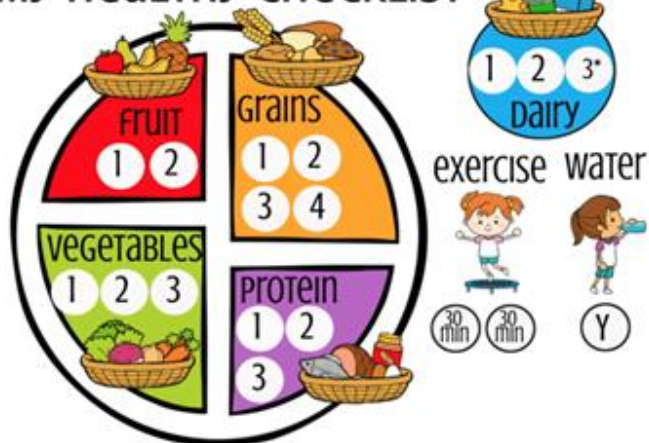
Activity: Teach the Beavers how to perform Salah. Take part in a Jama'a prayer together and get the children to reflect on their experience.

Islamic Principle: This is a good opportunity to introduce the pillar of Salah to the Beavers and to discuss the benefits of prayer as a spiritual and a physical activity.

“Indeed, I am Allah. There is no deity except Me, so worship Me and establish prayer for My remembrance.” *Quran 20:14*

The importance of prayer is conveyed constantly in the Quran and was also stressed by the Prophet

MY HEALTHY CHECKLIST



NB: The healthy eating elements of this badge links in well with the Cook Activity Badge. Beavers could also cook some healthy options on a fire or barbeque, as part of their Camp Craft Activity Badge.

Muhammad (SAW): **“Know that among your duties, prayer is foremost”.**

Explain the benefits of different Salah positions on flexibility, posture, muscle strength and endurance.

Activity: Visit supermarkets with the Beavers where they are challenged in teams to plan and shop for a healthy and balanced breakfast, lunch, dinner and snack meals to a set budget.

Back in the hut, the Beavers can prepare their meals, present them to their group before sharing out their creations.

Islamic Principle: This is a good opportunity to discuss the principles of not overspending and a healthy and balanced diet. Leaders can draw reference from the following:

“And [they are] those who, when they spend, do so not excessively or sparingly but are ever, between that, [justly] moderate” *Quran 25:67*

“Narrated `Abdullah bin `Amr bin Al-`As: Allah's Prophet (SAW) said, "O `Abdullah! Have I not been formed that you fast all the day and stand in prayer all night?" I said, "Yes, O Allah's Prophet (SAW)!" He said, "Do not do that! Observe the fast sometimes and also leave them (the fast) at other times; stand up for the prayer at night and also sleep at night. Your body has a right over you, your eyes have a right over you and your wife has a right over you." Al-Bukhari

“O mankind, eat from whatever is on earth [that is] lawful and good and do not follow the footsteps of Satan. Indeed, he is to you a clear enemy.” *Quran 2:168*

“[Saying], "Eat from the good things with which We have provided you and do not transgress [or oppress others] therein, lest My anger should descend upon you. And he upon whom My anger descends has certainly fallen." Quran, 20:81

International Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Learn a song, play a game or perform a dance from another country.
2. Find out about Beaver Scouts or younger Scouts if they don't have Beaver Scouts, in another country. What do they call themselves? What's their uniform like? And what do they say for their Promise? Find out as much as you can.
3. Play a game to match flags and their countries. Use facts about the countries to help you find the right flag.
4. Try different kinds of food from another country. Vote for your favourite dish and explain why.
5. Learn how to say hello and goodbye in a language other than your own.



Activity: Learn a childhood game from a different country. Tell the Beavers about it, the rules and how to play it. Take turns to play each other games.

Islamic Principle: This is a good opportunity to introduce the principles of unity and diversity. This can be guided by the following Ayah:

“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 is Knowing and Acquainted.” Quran 49:13

Activity: Run an international day where the Beavers and their parents bring food from their country of origin or chosen country, dress in their traditional clothes and teach others greetings in their/other languages.

Islamic Principle: Leaders are able to emphasise the principles of sharing, diversity and unity. Also to discuss “Addab Altaam” (Manners for Eating) with the Beavers.

The importance of saying Bismillah, sitting down whilst eating and drinking, not overfilling our plate and eating from what is in front of us.



Safety Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Tell others what the Green Cross Code is about.
2. Tell others what the Water Safety Code is about.
3. Say what you should do if a stranger walks over to you and tries to talk to you.
4. Point out dangers around the home or at your meeting place.
5. Tell others what you should do if there is a fire. Talk about what you would do during a fire drill at your meeting place.
6. Find out how to call the emergency services.
7. Tell others what you should do at a roadside and at a railway level crossing.



Activity: Arrange a visit to/from the local fire brigade to discuss the importance of maintaining a fire safe home; with working fire alarms, a fire exit plan for each room, a fire extinguisher and a first aid kit.

Islamic Principle: This activity is an opportunity to discuss the principles of responsibility and accountability and that as Muslims it is our duty to avoid harm to ourselves and others at all times.

It was narrated from 'Ubadah bin Samit that the Prophet (SAW) ruled: **"There should be neither harming nor reciprocating harm."** *Sunan Ibn Majah*

This is also an opportunity to discuss the wider issue of the safety of the Muslim Ummah drawing examples from the harm our refugee brothers and sisters come to on their journeys.

"The Muslims are like one man, if his eyes complain then the whole of him complains, and if his head complains then the whole of him complains." *Muslim*

Leaders can discuss the principles of friendship (brotherhood) / sharing/ respect/ gratitude (being thankful).

Sports Activity Badge

See Health and Fitness link Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Play a team sport with the Beavers in your Colony. This could be a game of football, basketball, rounders, cricket, netball, rugby or volleyball.
2. Understand the rules of that sport.
3. Take part in a sport or physical activity regularly for at least six weeks.
4. Take part in a match, competition, show or pass an exam or achieve a grading for that sport.
5. Show your Lodge, Colony or Explorer Scouts Young Leader the skills you have learnt and the equipment you need for your sport. Explain the rules of your sport.



Activity: Beavers are to train for a period of 6 weeks in preparation for a sports event such as the MSF Olympics, District Sports Day or Swimming Gala.

Islamic Principle: Explain to the Beavers that competitions are a good opportunity to use your skills and discover new skills. Also that we can extent our competitive spirit for a good cause.

Umar ibn al-Khattab reported: The Messenger of Allah (SAW), ordered us to give charity and at the time I had some wealth. I said to myself, "Today I will outdo Abu Bakr, if ever there were a day to outdo him." I went with half of my wealth to the Prophet and he said, "What have you left for your family?" I said, "The same amount." Then, Abu Bakr came with everything he had. The Prophet said, "O Abu Bakr, what have you left for your family?" Abu Bakr said, "Allah and his messenger." I said, "By Allah, I will never do better than Abu Bakr." Sunan al-Tirmidhī 3675

"Last of it is musk. So for this let the competitors compete." Quran 83:26

This is an opportunity to reiterate the importance of looking after our body, an "Ammanah", that Allah (SWT) has bestowed on us, by: Caring for YOUR spiritual, emotional and physical health.

Not to abuse or neglect our body but maintain it in good order by ensuring we eat a balanced and healthy diet.



cubs

Ages 8 - 10.5 Years

Animal Carer Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:


1. Complete one of these:
 - Take care of an animal for at least two months. Give it the correct foods and learn to recognise common traits and habits including how to groom, clean and exercise the animal.
 - Help to care for a farm animal for at least two months. Know the correct foods to give it and be able to recognise common illnesses. Learn what special care you need to give before and after the birth of farm animals.
2. Then choose two of these to do:
 - Keep a record of bird, animal or insect life in your garden, local area or park. Keep pictures, sketches, photographs or audio recordings. Do this for at least three months.
 - Visit a zoo, wildlife park, animal sanctuary or rescue centre. Find out about some of the animals you see. What are their feeding habits and natural habitats?
 - Join an animal, bird or wildlife society. Either take part in one of its activities or make progress in any award scheme.
 - Find out about dangers that threaten wildlife in their natural habitat. Make a poster, collage or drawing or tell other Cub Scouts what you found out.
 - Learn and understand what you need to do and be aware of when deciding to own a pet.


Activity: Join an animal society or a bird watching society.


Islamic Principle: This is a good opportunity to explain to the Cubs that the care of all of Allah (SWT) creations is a duty on us all. In Islam we are to keep animals safe and are not to hurt or torture them, deny them food or drink or overload them with chores or luggage.

There are many stories in Islamic and prophetic history that reveal Allah (SWT) greatness in the creation of animals:



 The Whale - Prophet Yunus was thrown into the sea and swallowed by the great fish (whale) but remained safe as per Allah (SWT) instruction to the whale.

 The Horse – Suraqa bin Malek and the horse that stopped attacking the prophet (SAW). The Prophet (SAW) said, **"Good will remain (as a permanent quality) in the foreheads of horses (for Jihad) till the Day of Resurrection, for they bring about either a reward (in the Hereafter) or booty (in this world)."**

 The Camel - The Prophet's (SAW) camel which went blind after his death from crying.

Artist Activity Badge

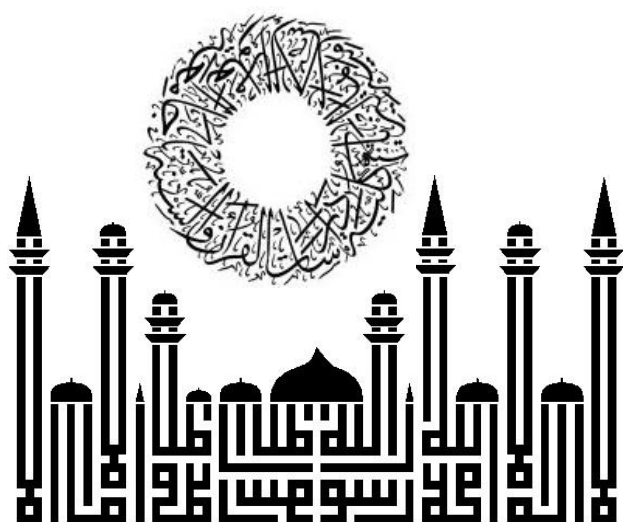
Badge requirements



How to earn your badge:

Choose three of these activities to do. You must have your leader or another adult with you for one of these activities.

- Imagine an event, character or scene. Now draw it using a pencil, brush, pen or crayon.
- Design and make a greeting card.
- Make a poster advertising Scouting or a Cub Scouts event.
- Design and make a decorated book cover.
- Draw or paint a picture of a still life or a landscape.
- Make a display of photographs on a subject that interests you.
- Make a video on a subject that interests you.
- Design and build a model.
- Visit an art gallery.
- Make a model out of clay.



Activity ideas & Islamic principles



Activity: Visit an art gallery or arrange an art session with different stations. Have the Cubs use different art tools to practice Islamic calligraphy, copying Islamic art and architecture and drawing some of Allah (SWT) miraculous creations, such as a butterfly or a sunflower.

Islamic Principle: This is a good opportunity to introduce several Islamic principles to the Cubs. Begin with the following of Allah (SWT)'s names:



Al Bari – The Evolver/ the Fashioner/ the Designer – the greatest artist who creates without mimicking.



Al Mussawir - The fashioner and former of each and every thing in all of creation.

“Indeed, Allah is beautiful, and He loves beauty.” Muslim

In this exercise Cubs can be introduced to the principle of humility and perseverance. Encourage the Cubs who struggle with art to keep trying, show them examples of artists work at different stages in their career. Explain to them the importance of a growth mind-set.

Activity: Making a clay model.

Islamic Principle: This is a good exercise for leaders to explain to the Cubs that Allah (SWT) created Adam from clay and that we are as diverse as the different soils we are created from.

"And We did certainly create man out of clay from an altered black mud." Quran 15:26

Astronomer Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:

1. Make a model or draw a simple diagram of the solar system.
2. Explain the difference between a planet and a star.
3. Learn how to observe the sun safely. Find out and explain how the earth moves around the sun.
4. Observe the moon, using binoculars or a telescope if you can. Describe some of its features.
5. Identify three constellations.
6. Find out about two space-related subjects and present some information about them. You could find out about planets, the history of space exploration or space technology.



Resources - BBC webpage for information on stargazing :

<https://www.bbc.co.uk/programmes/articles/2pZFdnsPGI1DDwH6pZbJKkh/guides-downloads>

Activity: In their packs, have Cubs compete in making a model of the Solar System using recyclable/outdoor materials only. Cubs can later present their work to the group.

Islamic Principle: 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.” *Quran 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.”
Quran 41:37

Activity: Teach Cubs how the earth moves around the sun and how to observe the sun safely.

Islamic Principle: Give the example of the Queen of Sheba's people who went blind by worshipping the sun.

“I found her and her people prostrating to the sun instead of Allah, and Satan has made their deeds pleasing to them and averted them from [His] way, so they are not guided” *Quran 27:24*

Athletics Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:

1. Take part in a warm up and warm down routine, using all the main muscle groups lead by a suitable adult/ Young Leader/ Scouts.
2. Explain the best clothes to wear for athletics and how to be safe.
3. Take part in one of these throwing activities:
 - Throw a tennis or cricket ball as far as you can. Do one over arm throw and another underarm throw.
 - Throw three bean bags into a bucket. Try to increase the distance each time.
 - Throw a football or similar ball as far as you can. Try throwing the ball using a chest push and another as an overhead throw.
4. Take part in two of these running activities and try your best:
 - shuttle run 6 x 10m
 - 50m skip with a rope/50m sprint
 - 25m sack race/egg and spoon race
 - 400m run.
5. Take part in one of these team activities:
 - 4 x 100m relay
 - team assault course
 - Assisted blindfold race.
6. Do one of these jumps and go as far or as high as you can: Sargent jump/standing jump/high jump/ long jump.

Islamic Principle: Preserving ones' health and body is the obligation of every Muslim. The Prophet (SAW) instructed us to:

“Teach your children swimming, archery and horse riding”

The value of teamwork can be reinforced in athletic activities along with creating a sense of competition and good sportsmanship between Cubs.

“A faithful believer to a faithful believer is like the bricks of a wall enforcing each other”.

“The last of it is musk. So for this let the competitors compete.” Quran 83:26



All Cubs should be encouraged to work hard and persevere and never to give up but most importantly to HAVE FUN!!!

HAVE FUN!

HAVE FUN!

Remember, our Prophet (SAW) used to race with Aisha (RA).

Backwoods Cooking Activity Badge

Badge requirements



Activity ideas & Islamic principles

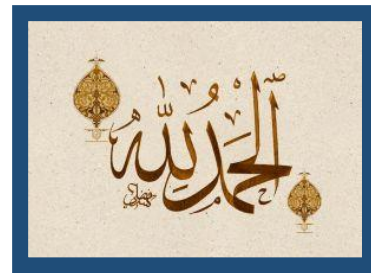


How to earn your badge:

1. Show how to light a fire.
2. Help someone prepare a fire for cooking on.
3. Cook something using a billy can.
4. Cook something in the embers of a fire.
5. Cook something on a stick.
6. Show how to make the fire safe when you have finished with it. Extinguish the fire and make the area safe.

Islamic Principle: Activities required to achieve this badge carry many potential Islamic principles and lessons.

To begin with the Cubs can be reminded that whilst we look forward to setting a campfire and cooking our food on it, for many this is their only source of warmth in the cold, light in the dark and means of cooking their food. We should therefore be grateful for all of Allah (SWT) bounties on us.



Fire has many uses for us all and in Islam we know that Allah (SWT) has created man from clay, angels from light and the jinn from fire.

We also know that whilst we appreciate the many benefits of fire, we should be equally cautious of it; The Cubs can be reminded that just as we are taught fire safety and must abide by it at all times we should also exercise safety from hellfire in the hereafter.

"Whoever asks Allah SWT Paradise three times, Paradise says: 'O Allah, admit him into Paradise', and whoever seeks refuge from the Fire three times, the Fire says: 'O Allah, save him from the Fire.'" Al-Tirmidhi



Camp Fire

Book Reader Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:

1. Make a list of at least six books you have read or used recently. Books you have read on an e-reader count too.
2. Name the authors of your books. Tell your leader or other Cubs something about three of your books. At least one book should be fiction and one should be non-fiction.
3. Show that you know how to care for your books and know the benefits a library can bring to people who enjoy reading.
4. Show that you can use a dictionary and a thesaurus.
5. Write a review of your favourite book and share it with your Sixer, an Explorer Scouts Young Leader or your Cub Leader.

Top tip: Completing the Summer Reading Challenge can count towards achieving this badge.



Activity: There are many child friendly Islamic books, such as prophet stories, Quran stories for little hearts and 365 days with the prophet Muhammad (SAW). The Cubs should be encouraged to read one of these books and share their stories with the group via means of a book review, a presentation or a short play.

Islamic Principle: Explain to the Cubs the importance of reading, studying, and reflecting to all Muslims. This is emphasised by Allah (SWT) revelation to our Prophet (SAW) – IQRAA! (READ).

“Read! In the name of your Lord who created (all that exists)” 96:1



Remind the Cubs that caring for our books and belongings comes under Islamic etiquettes. However, to care for ones Quran does not mean leaving it away on a shelf. We are to care for our Qurans by doing our best to read and implement them in our daily lives.

Chef Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Learn the basic rules of safety and hygiene in the kitchen. Explain why they're important.
2. Talk to your leader about the different ways of preparing and cooking food.
3. Learn what the major food groups are. How do they fit into a healthy diet?
4. Plan, cook, serve and clear away a two-course meal for at least two people. You should prepare and cook vegetables as part of the menu. Remember an adult must supervise you for this step. Talk to the people you're cooking for about the menu.

"It is He who sends down rain from the sky; from it is drink and from it is foliage in which you pasture [animals];"

"He causes to grow for you thereby the crops, olives, palm trees, grapevines, and from all the fruits. Indeed in that is a sign for a people who give thought." Quran 16:10-11



Activity: Task Cubs in their packs to plan a meal, brainstorm the hazards and perform a risk assessment to highlighting the importance of hygiene and safety – which they later prepare in their teams.

Islamic Principle: Remind the Cubs to be **grateful** for the blessing of food and to say Alhamdulillah at all times.

Discuss with the Cubs the Dua before we eat, etiquettes of eating in Islam and the guidance given to us by the Prophet (SAW).

"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 mouthfuls, to keep him going. If he must do that (fill his stomach), then let him fill one third with food, one third with drink and one third with air." Al-Tirmidhi

Activity: Run a tasting session where Cubs can try foods mentioned in the Quran and Sunnah. Discuss the preferred food to our prophet (SAW).

Islamic Principle: Discuss with the Cubs the value of serving and sharing with others.

"And He it is who causes gardens to grow, [both] trellised and untrellised, and palm trees and crops of different [kinds of] food and olives and pomegranates, similar and dissimilar. Eat of [each of] its fruit when it yields and give its due [Zakah] on the day of its harvest. And be not excessive. Indeed, He does not like those who commit excess." Quran 6:141

Collector Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Over three months, build up a collection of similar items.
2. Display your collection in an exciting and interesting way. This can include displaying your collection through photographs or using a computer/tablet.
3. Talk about items in your collection. Which things particularly interest you?
4. View a collection made by someone else. What do you like or dislike about the way it's presented?



Islamic Principle: Collecting items for 3 months requires the Cubs to exercise **patience** and **perseverance**. Leaders can use the example of Imam Al Bukhari who collected Ahadith over the period of years for the benefit of all Muslims.

Some Cubs will have to overcome a personal challenge in order to present their collection in front of their groups; this experience will help build their self-confidence and self-esteem.

Explain to Cubs that the greatest item they can collect is good deeds and that Allah (SWT) is so generous he multiplies our every good deed by 10.

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said:

“Every deed of the son of Adam is multiplied from ten to seven hundred times. Allah the Exalted says: Except for fasting, for it is done for my sake and I will reward it.” Muslim

Communicator Activity Badge

Badge requirements



How to earn your badge:

1. Get someone to give you directions or instructions to do something. Check that you have understood. Then follow the directions or instructions.
2. Get someone you know to give you a call. Write down what they say, making sure that you have all the main details.
3. Show you can send emails and text messages. You could also show how to use a mobile phone or a tablet to send a message to someone.
4. Introduce yourself to an adult who helps with your Pack. Talk to them for two minutes about your life, school or hobbies.
5. Choose three of these activities to do:
 - Report on a local event, either past or present. It could be written for something like a newsletter or recorded so people can listen to it.
 - Contact another Pack. Send them videos, letters or emails for whatever length of time your leader suggests.
 - Find out how people with a visual or hearing impairment communicate. You might learn about Braille, Makaton or British Sign Language. Learn a simple phrase in one of the ways you have learned.
 - Tell a story about an experience you've shared with your leaders and other Cubs. Make sure that you communicate clearly and that everyone is following the story.

Activity ideas & Islamic principles



Activity: In pairs get Cubs to work together to explore how they can use their senses to communicate;



Get one Cub to use a walkie talkie to describe an image to their partner who will draw this down - compare the drawn image to the original.



Blindfold one Cub whilst their partner reads out instructions to help them reach their destination safely.



Have one Cub wearing headphones whilst the other reads out a list of words and see how many are correct in total – lip reading.



Learn how to sign Islamic greetings in BSL.

Islamic Principle: This exercise can be used to remind Cubs of the importance of each of our senses and that we must recognise Allah's (SWT) greatness and thank him for all that he has bestowed on us.

Activity: Cubs can write to, call or send a video presentation to Cubs from other countries. They can start with greeting their pen pal and trying to say the Cub promise in the pen pal's language.

Islamic Principle: 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.

- Hold a simple conversation in another language.
- Write three simple messages using codes, ciphers, invisible ink or semaphore. Try to work out three similar messages given to you.
- Get an adult or Young Leader to give you a message. Remember it and repeat it back to them 10 minutes later.
- Pass a message to someone using amateur radio.
- Take part in Jamboree on The Air (JOTA) or Jamboree on The Internet (JOTI).

السلام عليكم
Salam Alaikum
"peace be upon you"



To begin with Cubs should learn to greet all Muslims with the greeting of Islam

Abdullah bin Amr bin As reported: One of the Companions asked the Prophet which deed is the best in Islam, and the Prophet replied:
"Feeding people and greeting those you know and those you do not know."

"When two Muslims meet and shake hands, Allah forgives the sins of both before they depart." *Abu Dawud*

This can be followed by communication etiquettes, such as:

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."**

Ibn `Umar, may Allah be pleased with him and his father, reported that the Messenger of Allah (SAW) said:

"When there are three people present, two of them should not hold a secret counsel to the exclusion of the third, until more come to the gathering, lest this saddens him (i.e. the third person)." *Al-Bukhari & Muslim*

DIY Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:

1. Show how to use and take care of tools safely. Do these for a selection of them, like a hammer, saw, screwdriver, drill or glue gun.
2. Talk to your leader about how to work safely on your projects, especially when you're using electric tools.
3. Learn what the difference is between hard wood, soft wood, chipboard, plywood and MDF. For each of them, find out what they're best used for.
4. Help design and make something useful. An adult needs to supervise you. Show that you're able to:
 - measure accurately
 - saw
 - join pieces of wood together in two different ways
 - use a hammer, screwdriver and drill
 - prepare surfaces and stain, varnish or paint



Top tip: project ideas - nesting box, window box, toolbox, pencil box, key rack, mug tree, coat rack, bookends or bookstand.



Activity: In their packs Cubs are to brainstorm hut improvement ideas and vote on their preferred 2. This should be followed by a risk assessment and a detailed plan of how to make their products, their plan should include:

Materials to be used, why they prefer one type of wood/material/tool over another, risks associated and how to be safe throughout.

Islamic Principle: This is a good opportunity to introduce Allah (SWT)'s names Al Khaliq –the creator: he who has created everything out of nothing.



Remind Cubs that the different types of woods are all creations of Allah (SWT) and that each has a different purpose and that we should be grateful to Allah (SWT) for providing us with many resources.





This is a team work task; explain to the Cubs the importance of **brotherhood** and **sisterhood** in Islam, good **intention** and the reward of working together to do good.

Set the example of the Sahabah who worked together to build the Masjid Al-Nabawi. Cubs can be shown older pictures of the Masjid to appreciate the many different materials and tools used, such as; dry date palms for the roof, tree trunks for pillars, mud for brickwork.

Another good example to set is that of prophet Nuh (AS) who built his ark despite great difficulty.



Disability Awareness Activity Badge

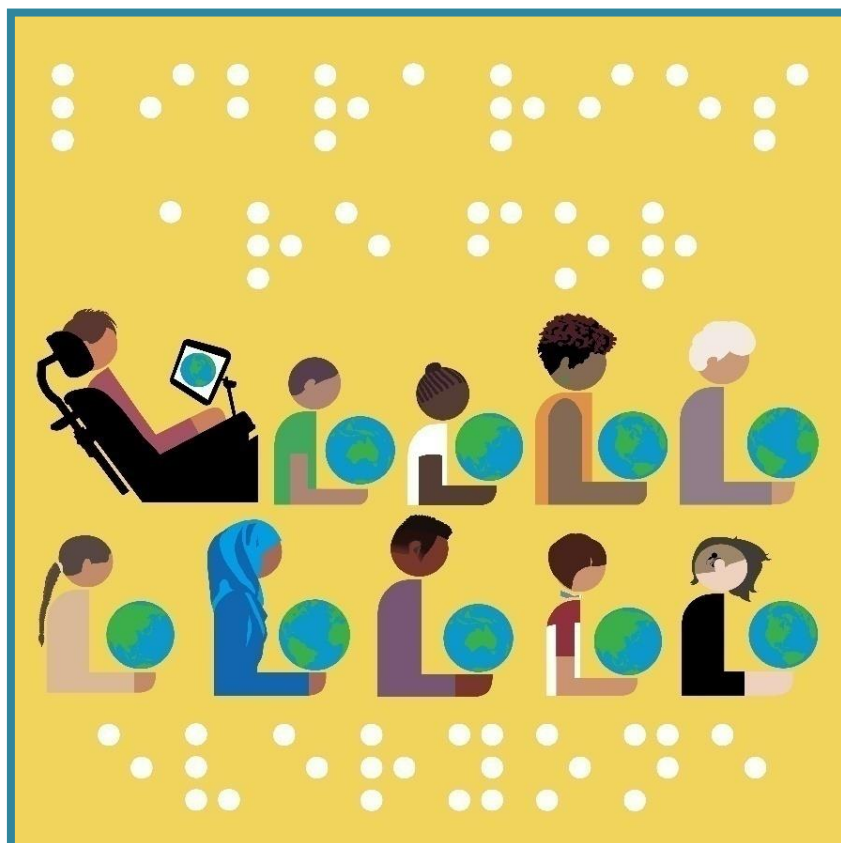
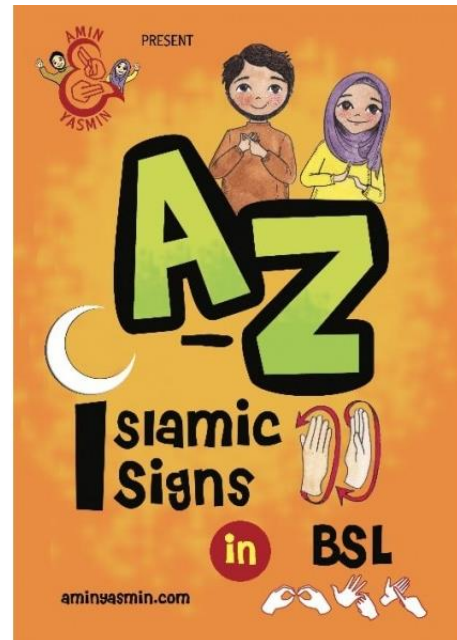
Badge requirements 	Activity ideas & Islamic principles 
<p>How to earn your badge:</p> <p>Choose one thing to do from each of the four lists.</p> <ol style="list-style-type: none"> Disability awareness <ul style="list-style-type: none"> Explain what a disability is. What are the different types of disability? Research a famous person with a disability. Make a poster or write about their life and achievements. Visit a local community building like a library, town hall or cinema. How accessible is it for someone with a disability? Write down what you find out. Show how you could help someone with a disability to make the Cub Promise. Think of a different example to the ones in steps 2, 3 or 4.  <ol style="list-style-type: none"> Physical disability awareness <ul style="list-style-type: none"> Find out about two different aids that can assist a disabled person. How do they help? You could find out about things like wheelchairs, computers, rising chairs or adapted cars. Find out about three ways to make it easier for a wheelchair user to use public places, like shops, parks, hospitals or libraries. How could your meeting place be made better for a wheelchair user? Make a sandwich using only one hand or draw a picture using only your feet to hold the pen. Deaf awareness 	<p>Activity: Have a discussion with Cubs about what they understand about disabilities. Make sure they are aware of both physical and mental disabilities and how these disabilities can be catered for in our everyday lives to ensure equal opportunities. Cubs should think about how they can adapt their hut or Scouting activities to ensure everyone can participate.</p> <p>Leaders can set up stations where Cubs can trial making a sandwich with one hand, sweeping the floor whilst on a wheelie board or lip reading when their ears are covered.</p> <p>Activity: Teach Cubs the Islamic greeting and Adhan in British Sign Language (BSL). Bring in a copy of Braille Quran and have them try to read it.</p> <p>Activity: Arrange a group visit to a care home or children's hospital ward. Have the Cubs work together in their packs to prepare entertainment and gifts for their visit.</p>  <p>Islamic Principle: Remind Cubs that Allah (SWT) is the all-knowing (Al-Aleem) who created us all beautiful and perfect and that a disability is a test for he who is disabled and an opportunity for reward for those who serve and assist him.</p> <p><i>"For indeed, with hardship [will be] ease." Quran 94:5</i></p> <p><i>"Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. "Our Lord, do not impose blame upon us if we have</i></p>

- Learn the alphabet using finger spelling. Show you understand a word communicated to you using finger spelling.
- Learn a song in Makaton or British Sign Language.
- Explain what equipment a deaf person might use in the home. You might look at special features on things like fire alarms, telephones or TVs.
- Show how you would approach a deaf person and speak to them so they can lip-read.




4. Sight awareness

- Describe two different ways a blind or visually impaired person can read. You could talk about how they would use computers, Braille or Moon.
- Explain what guide dogs for blind people do. How are they trained?
- Learn and read your name in Braille.
- Show how to approach a blind or visually impaired person. How would you identify yourself?

***forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people."* Quran 2:286**



Entertainer Activity Badge

Badge requirements 	Activity ideas & Islamic principles 
<p>How to earn your badge:</p> <p>Choose two activities from the list to do.</p> <ul style="list-style-type: none"> • Help to make up a mime or play, and then perform it. • Perform a puppet play or shadowgraph using puppets that you have made. • Help to plan and perform some recorded entertainment, like a video or audio story. • Sing two songs. • Perform some folk or traditional dances. • Make a selection of simple rhythm instruments. Use them in a music performance. • Tell a story to an audience. • Make up and perform a dance to a piece of music of your choice. • Help plan and perform a series of magic tricks. • Take part in a show, concert or band performance. 	<p>Activity: In their packs Cubs are to select a Prophet or Sahabah, research their story and plan a small play which involves poetry/Nasheed/ art work/Wudu/Adhan/Salah.</p> <p>Islamic Principle: Talk to the Cubs about miracles VS tricks, set the example of Prophet Musa (AS) and his staff, snakes, and light of his hand.</p> <p>Abu Hurairah said: They said: O Messenger of Allah, you joke with us. He said: “But I never say anything but what is true.” <i>Sahih al-Adab al-Mufrad, by Shaykh al-Albaani no. 265</i></p> 

Environmental Conservation Activity Badge

<p>Badge requirements</p> 	<p>Activity ideas & Islamic principles</p> 
<p>How to earn your badge:</p> <ol style="list-style-type: none"> 1. Learn how to separate recyclable and non-recyclable rubbish ready for collection. Find out where to take recyclable items that cannot be collected with your normal rubbish. 2. Find out how to reduce the energy and water you use in your home. Show how you have encouraged your family to reduce water and energy use over four weeks. (You could use a smart meter to track the change in your home energy use.) 3. Find out about one type of renewable energy. Talk to your leader about the advantages and disadvantages of the technology. 4. Take part in two projects with a group of other people. You could: <ul style="list-style-type: none"> • clear a ditch, pond or creek • make, set up and look after a bird feeder, table, nesting box or bath • look after a piece of land or a garden • tidy up a piece of wasteland • take part in an anti-litter campaign • plant a tree or shrub • Look after a compost bin.  <p>REUSE REDUCE RECYCLE</p>	<p>Activity: Leaders can show Cubs a video of the recycling system in Japan and the impact of throwing away rubbish into the sea and landfills.</p> <p>Leaders can then task Cubs to recycle for the next two weeks and to keep a recycle diary where they document the different types of waste they have recycled and different types of recycle signs they came across. They must present this to their group.</p> <p>Activity: Leaders can arrange a visit to the local recycling centres to see what happens to wood, furniture and metal and how these objects can be reused to benefit others and spare out environment.</p> <p>Activity: Task Cubs to get involved with conserving water and electricity in their home. They can do this with their parents' support turning off lights and electricity when not in use, using less water to shower/perform Wudu.</p> <p>Activity: In their packs Cubs are to find out about renewable energy, such as; using water, wind, and smoke. Discuss the advantages and disadvantages of the technology and what other ways of generating energy one can think of.</p> <p>Activity: Leaders can run a giving back session, where in their packs, Cubs are tasked to do one of three things, including community litter picking, making bird feeders or planting seeds.</p> <p><u>Islamic Principle:</u> Cubs must be mindfulness of taking care of our earth, environment and our communities. They can set examples using the following Islamic principles:</p>



“And He it is who causes gardens to grow, [both] trellised and untrellised, and palm trees and crops of different [kinds of] food and olives and pomegranates, similar and dissimilar. Eat of [each of] its fruit when it yields and give its due [Zakah] on the day of its harvest. And be not excessive. Indeed, He does not like those who commit excess.” Quran 6:141

Equestrian Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Show that you know how to dress safely for riding. Explain why it's
2. Important to wear a hard hat and the proper footwear.
3. Point out the main body parts of a pony or horse.
4. Point out the main parts of a saddle and bridle.
5. Learn how to approach a pony or horse correctly.
6. Learn how to mount and dismount a horse safely.
7. Show the correct way to sit in the saddle.
8. Show how to hold the reins correctly.
9. Show how to walk and trot safely in an enclosed area, without a leading rein.
 - Show you can do two of these skills:
 - walking without stirrups
 - walking on a loose rein and shortening the reins
 - riding up and down a hill at walking pace
 - cantering
 - Riding over a single pole or very small fence.

Activity: Arrange for a visit to an equestrian centre and horse riding sessions for the Cubs.

Islamic Principle: There are many benefits of horse riding. It is an outdoor recreational activity that improves respiration and blood circulation and has been recommended by our Prophet (SAW).

“Teach your children swimming, archery and horse riding”

“And [He created] the horses, mules and donkeys for you to ride and [as] adornment. And He creates that which you do not know.” Quran 16:8

Allah's Messenger (SAW) said, "There is always goodness in horses till the Day of Resurrection."
Sahih al-Bukhari

Set the example of Al-Buraq – the winged horse that transported our Prophet (SAW) from Mecca to Jerusalem and back (Al Israa and Al Miraj).



Global Issues Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:

1. Find out about an international charity; what do they do and why is it important? Your chosen charity could support global issues such as water and sanitation, poverty, refugees and disaster relief.
2. Monitor the waste you produce as a Cub Pack and plan to reduce, reuse and recycle your Pack's waste.
3. Take part in an international awareness day or week.
4. Think about what you would need to survive if you became homeless because of a disaster, like flooding or an earthquake. Decide what your five most important things would be and discuss with your Cub Pack.
5. Identify five belongings of yours that have come from other countries. Point out the countries on a map. Talk to others about why your belongings have come from so far away.

Top tip: Cubs can take part in World Water Day (March), Refugee Week (June), World Environment Day (June) or World Toilet Day (October).



Activity: In their packs, Cubs are to research national and international charities and their missions. They are to plot the country of origin of 5 of these charities on a world map.

Leaders can invite in a guest speaker from an international charity to speak to the Cubs and motivate them to get involved beyond this activity badge.

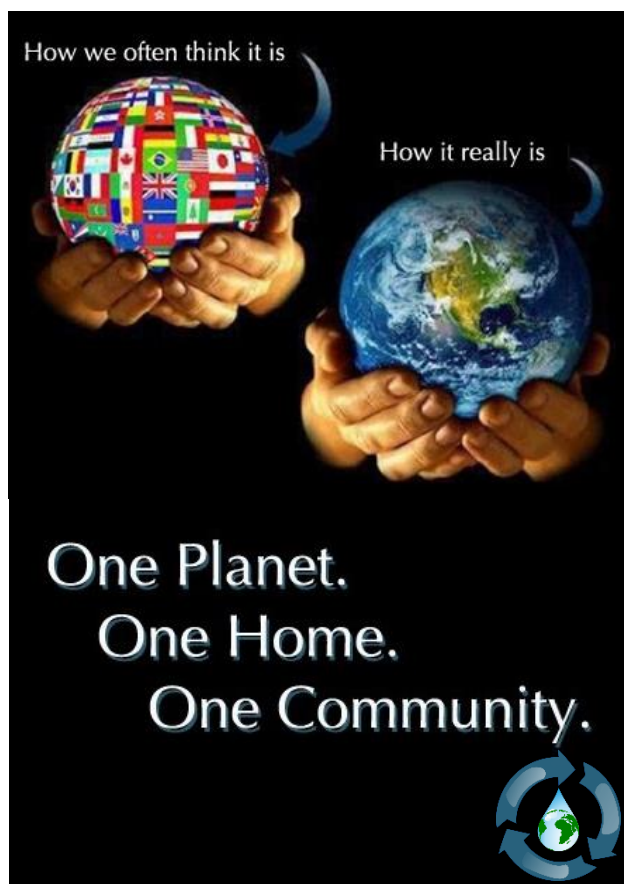
Following this, they can decide on a charity they are most interested in supporting and plan a sponsored Activity or event to help raise money for this charity. For example they can plan a bake sale, a winter walk or a survival challenge.

Islamic Principle: Cubs need to understand the importance of community and compassion for others. Remind them of the reward of charity and the importance of seeking for others what you seek for yourself.

“The example of those who spend their wealth in the way of Allah is like a seed [of grain] which grows seven spikes; in each spike is a hundred grains. And Allah multiplies [His reward] for whom He wills. And Allah is all-Encompassing and Knowing.” Quran 2:261

Narrated `Adi bin Hatim heard the Prophet (SAW) saying: **"Save yourself from Hell-fire even by giving half a date-fruit in charity."** Bukhari

Narrated Abu Huraira: Allah's Messenger (SAW) said, **"Allah said, 'O son of Adam! Spend, and I shall spend on you.'" Bukhari & Muslim**



Activity: Discuss the topic of homelessness with the Cubs and ask them to come up with creative ideas of how they can help. Get them thinking about what can cause someone to become homeless, for example natural disasters like famine, flooding or earthquakes.

Have the Cubs plan a minimal cost camp, with limited food/shelter, heat resources and reflect on this. Consider “the live below the line” challenge (surviving on £1 a day).

Islamic Principle: Remind Cubs that we should never forget those less fortunate than us and should always seek to help them, for example in winters we should volunteer in soup kitchens and in Ramadan we should work hard to feed the hungry.

“Look to those who have less than you, and do not look to those who have more. This is more appropriate so that you do not overlook (or undervalue) the blessings of Allah that you have.” Bukhari & Muslim

Ibn Abbas reported: The Prophet, peace and blessings be upon him, said, “He is not a believer whose stomach is filled while the neighbor to his side goes hungry.” Sahih according to Al-Albani

Activity: Over the next 2 weeks, Cubs are to keep a diary and make extra effort to recycle as much as possible and reduce electricity, water and food waste by turning unnecessary lights off, using minimal amount of water for dishes and encouraging parents not to overcook. Whilst recycling they should keep behind materials that may be used in a hut improvement project.

Islamic Principle: Remind Cubs of the importance of not wasting and that our Prophet (SAW) used to make Wudu with 75ml of water and bath with only a bit more.

“Do not waste water, even if you were on the banks of a flowing river.” Ibn Mājah

Hobbies Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:

1. Over three months, be actively involved in a hobby of your choice.
2. Show and explain to your leader or Explorer Scouts Young Leader what equipment, materials and background information you have used to take part in your hobby including any safety rules.
3. Talk about your hobby including why you have chosen it and what you enjoy about it.
4. Talk to your leader about how you plan to develop your hobby, interest or skill in the future.

Top tip: You can earn more than one hobby badge.



Activity: Explore with the Cubs different hobbies and interests and the importance of trying out new experiences. Discuss how a hobby can be beneficial for us as individuals and for our community.




Islamic Principle: Remind Cubs that we should try our best in anything we do, including hobbies and that we should be grateful to Allah (SWT) for giving us opportunities that others may not have access to – for he (SWT) will judge us on our hobbies and how we implement them.

Encourage Cubs to trial new experiences because this will help them discover abilities they may not know they have.

Set the examples of:

- Bilal (RA) who was chosen by our Prophet (SAW) to be the Muaathin of the Masjid because of his beautiful voice,
- Zaid ibn Haaritha, who was given the role of writing the Qur'an because of his talent in calligraphy.
- Abdullah ibn Rawaha and Musab ibn Umair who were talented speakers and were consequently chosen by our Prophet (SAW) to represent Islam,
- Khalid ibn Al Waleed, a talented leader – chosen by the Prophet (SAW) to lead the army.

Home Help Activity Badge

Badge requirements 	Activity ideas & Islamic principles 
<p>How to earn your badge:</p> <ol style="list-style-type: none"> 1. Plan, cook and serve a simple one-course meal. 2. Wash up afterwards. Show how to clean a saucepan or other cooking utensils, cutlery and glasses. You could use a dishwasher for this step, including loading and unloading it. 3. Help sort out the washing. Load and unload the washing machine. 4. Iron at least two items. They could be things like pillowcases, t-shirts or trousers. 5. Sew on a button. 6. Help to clean and tidy the living room. 7. Clean at least two items in your home. They could be things like a basin or kitchen cupboard, silverware or brass. 8. Take sheets, pillow covers, and the duvet cover off a bed and help to put clean ones on. Make your own bed for a week. 	<p>Islamic Principle: This badge offers leaders to introduce several important Islamic principles, including:</p> <ul style="list-style-type: none"> • Discuss the importance of respecting, loving and helping your parents at all times. <p>“And your Lord has decreed that you not worship except Him, and to parents, good treatment. Whether one or both of them reach old age [while] with you, say not to them [so much as], "uff," and do not repel them but speak to them a noble word.” Quran 17:23</p> <ul style="list-style-type: none"> • Set the example of our Prophet (SAW) who helped his family at home and did not feel it beneath him to do house work, such as milk his goat. <p>“Hisham ibn 'Urwa said that his father said, "I asked 'A'isha (RA), 'What did the Prophet (SAW), do in his house?' She replied, 'He mended his sandals and worked as any man works in his house.'" Sahih Al-Albani</p> <ul style="list-style-type: none"> • Remind Cubs that charity starts at home and that "The best of people are those that bring most benefit to the rest of mankind." Daraqutni <p>Discuss the importance of sincerity and ensuring that everything you do is for the sake of Allah (SWT). Set the examples of our Prophet (SAW) helping an elderly lady with her shopping and the Prophet Musa (AS) who helped two sisters to get water.</p>

Home Safety Activity Badge

Badge requirements



How to earn your badge:

1. Find out what to do about a burst water pipe, gas leak or electricity power failure in your home.
2. Identify the common causes of accidents in the home. How they can be prevented?
3. Find out how to protect your home from crime.
4. Find out where the nearest public telephone box is to your house. Where else could you make an emergency call if the public telephone wasn't working?
5. Make a list of useful emergency numbers.



Activity ideas & Islamic principles



Islamic Principle: In their packs Cubs are to find out the different dua's to be said in different places of the home and during different times of the day, for example:

DUA WHEN WAKING UP

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

All praise belongs to the one who gave us life after he had given us death and to him is the resurrection.

DUA WHEN LEAVING THE HOME

اللَّهُمَّ أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضَلَّ أَوْ أَزِلَّ أَوْ أُزِلَّ أَوْ أَظْلِمَ أَوْ أُظْلِمَ أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ

O Allah! I seek refuge in You that I go astray or I am led astray, that I slip or I am made to slip, that I oppress or am oppressed, that I carry out acts of ignorance or acts of ignorance are carried out against me

DUA FOR GUIDANCE

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالتَّقَى وَالْعِفَافَ وَالْغِنَى

Oh Allah! I ask You (to bestow me with) guidance, God consciousness purity and independence.

There are many other dua's that Cubs can find out about. Once verified by the leader, Cubs can proceed to make postcards/posters of these dua's and share them with other Cubs to be placed around their home – this way everyone gets the reward inshallah.

Remind Cubs to always rely (Tawakul) on Allah (SWT) and that He protects his slaves from hardship and evil (AL-Hafeedh).



International Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:

1. Draw or create the World Scouts Badge. Explain the meaning of each of its parts and talk about the advantages of being part of a global movement of Cub Scouts.
2. Make, build or draw something to represent a country. Include things like its currency, national dress, cultures, customs and languages.
3. Explore another country's traditions and culture around food and eating. What time do they eat? How do they eat? How do they sit? What do they eat?
4. Take part in the activities of a celebration or festival that usually takes place in another country. Explore why the celebration or festival happens. What are the customs of the event?

Top tip: It is a good idea to visit a festival or hold a celebration as part of a Pack evening or Scouting event, for example the festivals of Mela, Holi, Mardi Gras or Chinese New Year.



Activity: In their packs Cubs are tasked to create a passport, each page holding the flag of a country they have picked out of a hat. They are to draw the country's flag, write down the country's language(s), their traditional clothing, foods and celebrations.

Cubs are then to select one of those countries and in a future session work together to present to the group the country's traditional meal.

Islamic Principle: Remind Cubs that as Muslims we should always understand and respect other people's customs and traditions. We should also be mindful that because of the diversity of Muslims and the Scouting family we may often encounter practices different to ours and we must keep an open mind.

Seek reference of Allah (SWT) recommendation for mankind to get to know one another:

“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 is Knowing and Acquainted.” Quran 49:13

“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.” Quran 3:103



On the authority of Abu Hurairah (may Allah be pleased with him) who said: The Messenger of Allah (SAW) said:

“Do not envy one another, and do not inflate prices for one another, and do not hate one another, and do not turn away from one another, and do not undercut one another in trade, but [rather] be slaves of Allah and brothers [amongst yourselves].

A Muslim is the brother of a Muslim: he does not oppress him, nor does he fail him, nor does he lie to him, nor does he hold him in contempt. Taqwa (piety) is right here [and he pointed to his chest three times]. It is evil enough for a man to despise his Muslim brother. The whole of a Muslim is inviolable for another Muslim: his blood, his property, and his honour.”Muslim

Nu'man b. Bashir reported Allah's Messenger (SAW) as saying:

“The similitude of believers in regard to mutual love, affection, fellow-feeling is that of one body; when any limb of it aches, the whole body aches, because of sleeplessness and fever.” Sahih Muslim

Leaders can set the example of:

- Muhammad ibn Battuta, the medieval Moroccan traveller who discovered during his pilgrimage his love for travelling, seeing new places, experiencing different cultures, and meeting new people. Remind Cubs that he survived mostly on the gifts and hospitality of fellow Muslims and we should also offer the same hospitality to one another.
- Salman Al-Farisi who travelled for the sake of Allah (SWT) in search of the truth.

Local Knowledge Activity Badge

Badge



Activity ideas & Islamic principles



How to earn your badge: Do three of the activities on this list:

1. Find out about a famous person who lived in or near your area. The famous person could be from the past or present. Or you could learn about a famous building, monument, earthworks or other place of historical interest and visit it. Talk about what you find out with your leader or other Cubs.
2. Collect pictures of your county, borough, district, town or village coat of arms. Find out what the coat of arms represents. Try to find as many different places as you can where the coat of arms is displayed. Tell your leader how many you found.
3. Talk to someone who has lived in your local area for a long time. Find out about what life was like when they were young. What changes have they seen in the local area over the years?
4. Draw a map of your area. Mark places of interest on it and, with other Cubs, go on a short walk in your local area. Point out any features of interest to your leader.
5. Design a poster, leaflet or web page to advertise your area to a visitor.



Activity: In their packs Cubs are to research their local area and design a poster/leaflet/flyer/web page that advertises their area to visitors, include; best restaurants, playground, shopping facilities and Masjids.

Cubs can research the history of Islam entering the UK; the first Masjid built and the first Muslim Scouts group set up.

Activity: In their packs Cubs are to select out of a hat the name of an influential Muslim character/Companion/Prophet. Design an information leaflet/booklet about this character and relate their characteristic to Scouting.

Activity: In their packs Cubs are to plan and rehearse a presentation on their Scouts group, the activities they offer and why Scouting is beneficial to them and their community. They can present this to their local Masjid or community centre.

Islamic Principle: Explain to Cubs that it is part of Islamic etiquette to respect the law of the land and to exercise good behaviour and mannerisms at all times; to care for our environment, our neighbours and endeavour to learn the country's language.

Remember that we are proud to be Muslims, believe in our religion, that we respect others of other faiths and recognise their right to their places of worship and religions.

"For you is your religion, and for me is my religion." Quran 109: 6

Martial Arts Activity Badge

Badge 	Activity ideas & Islamic principles 
<p>How to earn your badge:</p> <ol style="list-style-type: none"> 1. Regularly take part in a martial arts activity for at least three months. Show how you've improved over that time. Your martial arts activity should be recognised by your nation's sports council. 2. Discuss with a leader the skills needed and the rules to be observed. 3. Take part in one exhibition or competition. <p>Top tip: Martial Arts include aikido, judo, jiu jitsu, karate, kendo, sombo, taekwondo, tang soo do and wrestling.</p> <p>Sports councils: England: sportengland.org.uk Scotland: sportscotland.org.uk Wales: sportwales.org.uk Northern: Ireland Sportni.net</p>	<p>Islamic Principle: Explain to the Cubs that their greater battle is their inner battle; it is a war towards self-development and unity of mind, body and soul.</p> <p>Martial art is a fun discipline that helps one focus the mind, train the body and enrich the soul. It requires the individual to exercise self-control, keep fit and protect themselves and others.</p> 

My Faith Activity Badge

Badge



Activity ideas & Islamic principles



How to earn your badge:

1. Find out about your place of worship and something about:
 - the people involved, their titles and what they do
 - the important or sacred objects
 - the festivals and customs
 - the stories and traditions. These could be from books, videos or other places.
2. Choose a favourite prayer or reading. You could even write the prayer yourself. Share it with the Pack at a time that's good for everyone. Explain to the Pack why you like it and what it means to you.
3. Choose your favourite festival. Explain what it celebrates or means and talk about the food, clothes and customs associated with the festival.

Five Pillars of Islam

1. Shahadah



There is no god but Allah, and Muhammad is His messenger.

2. Salah



3. Zakah



4. Sawm



5. Hajj



Activity: There are countless Islamic activities for Cubs to do, including;



- A visit and tour of their local Masjid or the city's central Masjid.
- In their Packs, Cubs can be tasked to recreate a model of the Ka'bah, Hijr Ismail, Safaa and Marwa and the well of Zamzam. Leaders can teach the Cubs about the rituals of Hajj and Umrah and re-enact the rituals.
- Teach the Cubs about Ramadan and Eid. They can get involved with planning their group's Iftar Under the Stars (IUTS) or the group's Eid celebration.
- For Eid ask Cubs to bring in sweets bags to share with their friends. Ask them to dress in their favourite clothes and to prepare a special Dua, Ayah or Hadith to share.
- Have Cubs create a Ramadan calendar, a prayer reward chart or a diary of good deeds.

Islamic Principle: There are numerous Islamic principles to discuss with Cubs. Leaders can begin with revising the five pillars of Islam, followed by why we fast in Ramadan and the benefits of doing so. Why we celebrate Eid?

"O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous" Quran 2:183

"The Prophet (SAW) said, "Angels on the day of Eid stand at the alleys and paths and say, 'rush to the Generous Lord who gives great blessings and forgives great sins.'"

Naturalist Activity Badge

Badge 	Activity ideas & Islamic principles 
<p>How to earn your badge:</p> <ol style="list-style-type: none"> Learn how to identify six different living things from two of these categories: <ul style="list-style-type: none"> trees garden birds water birds minibeasts and insects wildflowers pond dwellers fungi butterflies and moths <p>That means you should have 12 examples in total.</p> Over three months, visit the same natural area at least four times. Take a note of the changes in the plants and wildlife that you see. You might visit a garden, hedgerow, canal, river lake or park. Make sure that you have an adult's permission for the visits. <ul style="list-style-type: none"> Learn the countryside code and how to follow it. <p>Choose one of these activities to do:</p> <ul style="list-style-type: none"> Create a piece of art using natural material. You could do a bark or leaf rubbing, dried flower picture or maybe a collage. Use a dye that uses natural ingredients to colour a piece of material. Make a feeding station for birds. Get permission to hang it in a good position. Make a hedgehog, ladybird or bee house. With an adult pick wild edible berries, leaves or fruit. Use them in a recipe. 	<p>Activity: Show the Cubs BBC wildlife documentaries and ask them to make mental notes of different living things. Follow this by a visit to a conservation park, a national trust park or a local park. Ask Cubs to draw and note down as many wildlife creatures and living things they could identify.</p> <p>Ask Cubs to reflect on their visit and their pack come up with suggestions and practical steps on how we can save our wildlife and environment.</p> <p>Islamic Principle: Leaders can seek reference to the many wonderful examples set in the Qur'an of Allah (SWT) creations:</p> <p style="text-align: center;">“Then do they not look at the camels - how they are created?” “And at the sky - how it is raised?” “And at the mountains - how they are erected?” “And at the earth - how it is spread out?” “So remind, [O Muhammad]; you are only a reminder.” Quran 88:17-21</p> <p>Allah (SWT) has created many bounties for humans' use, such as animal for food and natural resources to build shelter. This however must be done in a measured and god fearing manner. Remind Cubs that even at times of war Muslims were instructed not to cut a tree.</p> <p>Leaders can set example of the cloud that followed the Prophet (SAW) to give him shade, the pledge of the tree, the spider outside cave Thawr or the ant of Prophet Suleiman (AS).</p>

Personal Safety Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:

1. Explain the dangers of playing on or near two of these:

- railways
- busy roads
- building sites
- cliffs
- canal banks
- sand
- gravel pits
- farmyards
- riverbanks
- quarries
- moorlands
- lakes.

BE AWARE
BE PREPARED

2. Show you can use at least one of these codes:

- Water Safety Code
- Bathing Code
- Firework Code.
- Make up a safety code of your own choice. It could be for car passengers, train passengers or the playground.
- Explain what you must do if a stranger starts to talk to you. What must you tell your parents or carers if you are going out without them?
- Find out how and why you might contact a helpline like Child Line, for example.
- Explain the best ways to stay safe while online. Write down some common-sense rules to follow while you are on the internet.
- Memorise your address and your home number or a parent's mobile number.

Activity: In their packs Cubs are given two locations and asked to brainstorm the different dangers associated with playing there. They are then to make a poster/presentation/role play to share with their safety message to the group.

Cubs can also be asked to make a poster on water safety, bathing and firework codes to share with their group.

Islamic Principle: Discuss with Cubs that as Muslims we should always do our best to be safe and ensure the safety of others around us but ultimately we must have faith and Tawakkul in Allah (SWT).

Remind Cubs that the mention of Allah (SWT) through Dua and his Qur'anic verses (such as Ayat Al-Kursi) can make us feel safe.

“Allah! La ilaha illa Huwa (none has the right to be worshipped but He), the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is [presently] before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.” Quran 2:255

Photographer Activity Badge

Badge



Activity ideas & Islamic principles



How to earn your badge:

1. Show that you know how to use and look after a digital camera or Smartphone camera. Show how to change the mode, change the settings, use the zoom function, and transfer photos to another device.
2. Take at least five photos of your local area that could be used on a tourist leaflet or website.
3. Take photos while you're on a trip, camp or another event. Show 10 of your best photos to someone else after the event. You could present them in a scrapbook, on a screen, in a photo book or some other way.
4. Choose one of these activities to do:
 - Create two photos of the same thing, one in colour and one in black and white. Compare how the effects change the way the final picture looks.
 - Make a short film on a subject of your choice.
 - Using a series of photos, make a short animation sequence.
 - Edit a photo using a Smartphone or editing software. Explain what you have changed and why.

Top Tip: The following tools can be used to make a short film or animation sequence; Windows Movie Maker, Microsoft PowerPoint, iStopMotion for iPads, SloPro, Vine, Instagram, iMovie for Mac and iOS.

Activity: In their packs task Cubs to research the history and technology of cameras, such as how pictures were captured before cameras, their development from black and white to coloured pictures and what are pixels?



Activity: During a trip to the local park/landmark/excursion, in their packs, Cubs are to find things that resemble/contain different letters and make a collage to achieve a word.

Activity: Cubs need to use recyclable items to create their own black box camera.

Activity: Create a scrap book for your section. After outings/camps/events, task a pack (rotate this so that it's a new pack every time) to decorate one page of the scrap book with the most memorable and unique pictures from that event.

Islamic Principle: Leaders can make reference to Allah (SWT) name Al-Musawir - The Fashioner, The Bestower of Forms, The Shaper. Remind Cubs the beauty of Allah (SWT) creation and that no matter how accurate and close up our photos are they will never match the greatness and miracle of Allah (SWT) creations.



Introduce Cubs to Ibn Al-Haytham, an Iraqi scientist who first discovered how the eye sees and went on to create the camera lens and camera – he called it the black box “Kumra” in Arabic.

Road Safety Activity Badge

Badge



Activity ideas & Islamic principles



How to earn your badge:

1. Draw or take photos of 10 different traffic signs. Explain what they mean.
2. Show how to use the Green Cross Code.
3. Tell a leader why it's important to have different types of pedestrian crossing. Explain how to use them safely.
4. Show that you know how to behave safely as a car passenger



Activity: Whilst out with parents, Cubs are to take pictures of as many road signs as possible and find out what each means. They can make a presentation, a road model (using cardboard or masking tape), a game (traffic light game) or a video to share with the rest of the group.

Islamic Principle: This is a good opportunity to discuss the principle of guidance. Rules and regulations are an important guide to our everyday endeavours. Similarly the Quran and Sunnah provide us with all the necessary rules and regulations to guide us on our journey in this Dunya.

Discuss how fortunate we are to have good road safety systems and measures, such as zebra crossings, the lollipop men/women and audible traffic signs for the visually impaired. Remind Cubs to be grateful for this and of the importance of being patient at crossings to ensure their safety and the safety of others.

“O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient” Quran 2:153

Physical Recreation Activity Badge

Sports Enthusiast Activity Badge



Badge requirements



How to earn your badge:

1. Show a good sporting attitude in all games and sports you take part in.
2. Tell your leader about the sports you take part in. Find out as much as you can about your sports, especially the rules.
3. Show that you're skilled in your sports. Take part for three months or more in at least one of your chosen sports.
4. Bring the clothing and equipment for the sport you've chosen along to a meeting. Show how to look after them.
5. Tell a leader about the training and preparation you take part in for your chosen sport. How and when do you practise?



Activity ideas & Islamic principles



Activity: Discuss with the Cubs the importance of keeping fit and regularly doing a sports activity. Set the examples of the many successful Muslim athletes and task Cubs in their packs to research a chosen athlete. For example: Mohamed Ali, Amir Khan, Prince Naseem, Mohamed Farah, Ibtihal Mohamed or any other sports personalities.

In their packs the Cubs are to prepare a presentation on their chosen athlete to share with the rest of the group.

Islamic Principle: Remind Cubs that our body is an Ammanah and that we must look after it at all times.

“The Prophet (SAW) said: “Observe the fast sometimes and also leave (it) at other times. Stand up for prayer at night and also sleep at night. Your body has a right over you, your eyes have a right over you, and your wife has a right over you.”

Bukhari

“Abu Huraira reported Allah's Messenger (SAW) as saying: A strong believer is better and is more lovable to Allah than a weak believer, and there is good in everyone, (but) cherish that which gives you benefit (in the Hereafter) and seek help from Allah and do not lose heart, and if anything (in the form of trouble) comes to you, don't say: If I had not done that, it would not have happened so and so, but say: Allah did that what He had ordained to do and your if opens the (gate) for the Satan.”

Explain to the Cubs that it is important to have gratitude for winning and humility when losing.

Remember our Prophet (SAW) recommendation to: **“Teach your children swimming, archery and horse riding”** *Tirmidhi*

Pioneer Activity Badge

Badge

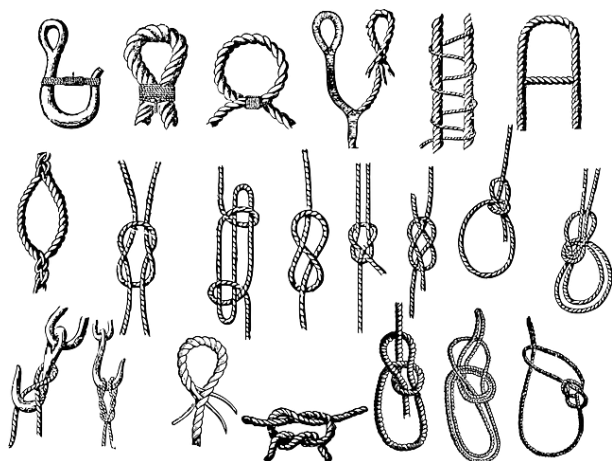


Activity ideas & Islamic principles



How to earn your badge:

1. Make your own rope, perhaps using a rope machine or working with a friend.
2. Tie a simple lashing.
3. Show how you would:
 - tie three different knots, such as a reef, figure of eight, sheet bend or bowline
 - make one hitch, such as a clove hitch, round turn and two
 - Half-hitches or a cow hitch.
4. Take part in a knot game.
5. Build an indoor pioneering project using simple knots and lashings.



Activity: As Scouts we use knots and lashes throughout our Scouting journey. Cubs can play the knot game; create objects out of rope (Ka'bah, minarets or a dome). Cubs should think about the many uses of rope, including when saving lives.

Islamic Principle:

"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." *Quran 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." *Daraqutni, Hasan*

Scientist Activity Badge

Badge



Activity ideas & Islamic principles



How to earn your badge:

Do six science activities. You should choose two activities from each of these sections. For each activity, explain or show your leader what you did and what you found out.

Section 1: reactions

- Show how vinegar reacts with different items and explain what happens. The different items could be steel wool, sodium bicarbonate or old dirty coins.
- Find out what happens when you add salt to water.
- Compare the density of water to the density of other liquids. Show how these liquids react to each other.
- Make a pH indicator solution. Use it to test the acidity or alkalinity of other liquids.
- Grow crystals.
- Another activity agreed with your leader

Section 2: interacting with energy

- Create a basic electrical circuit that includes a switch. Show how it could be used to control a light bulb powered by a battery.
- Make an air-powered balloon rocket or a water rocket. Investigate ways of improving how far it can travel.
- Make a simple compass. Show the effects of metallic and magnetic materials upon it.
- Use marshmallows and spaghetti to build the strongest tower you can. Explain how you improved your design.
- Find a way to show that hot air rises.
- Another activity agreed with your leader

Activity: Leaders can set up stations and offer Cubs the opportunity to experiment with growing crystals (they may have to take them home to see the crystals grow), make a compass, make an air powered balloon/water rocket, grow cress or make yoghurt.

Islamic Principle: Examples of Muslim scientists and inventors are Mariam Al- Esterlabi who developed the Al-Esterlab device, which is the principle of today's compass and satellites. Other Muslims' inventions include; coffee, clocks, camera, cleanliness, universities, flying machine, surgical instruments, maps and algebra.



Section 3: living things

- Set up a wormery or ant colony. Record what happens over three or four weeks
- Investigate what happens to your pulse rate before, during and after exercise.
- Grow cress, beans, peas or a similar plant. Investigate what happens when the plant has no access to light. What happens when it has light, but no water?
- Find a way to show that plants take water up through their stems.
- Make some yoghurt and find out how living organisms are involved in the process.
- Another activity agreed with your leader






Remind Cubs of the great reward associated with doing good, even planting a seed is heavily rewarded in Islam:

Narrated Anas bin Malik:

Allah's Messenger (SAW) said, "There is none amongst the Muslims who plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, but is regarded as a charitable gift for him." Bukhari

The 1001 Inventions book is a very useful resource as it documents The Enduring Legacy of Muslim Civilization.

Water Activities Activity Badge

Badge 	Activity ideas & Islamic principles 
<p>How to earn your badge:</p> <p>Option 1</p> <p>Reach one of these standards:</p> <ul style="list-style-type: none"> • British Sub Aqua Club's Dolphin Snorkeler Qualification • Professional Association of Diving Instructors' Discover SCuba (Bubble Maker) or Seal Team Programme • British Surfing Association's Junior Scheme Level One Award • British Water Ski & Wakeboard Cutting Edge Participation Certificate • RYA Windsurfing Youth Stage 1. <p>Option 2</p> <p>Take part in two of these activities:</p> <ul style="list-style-type: none"> • sCuba diving • snorkelling • windsurfing • water skiing • surfing • Rafting. 	<p>Islamic Principle: Water makes up 71% of the Earth's surface, it is essential for all of life.</p> <p>Allah (SWT) has created many of earths bounties for us to enjoy, we are to be sensible, fear Allah (SWT) and do no harm (ensure our safety and the safety of others). Water is one such bounty that we are able to enjoy in numerous ways including water based activities.</p> <p>Give the example of Prophet Nuh's (AS) supplication:</p> <p>"And say, 'My Lord, let me land at a blessed landing place, and You are the best to accommodate [us].' "</p> <p style="text-align: center;"><i>Quran 23:29</i></p> 

World Faiths Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge:

1. Visit a place of worship which is important to one of the World religions. Find out some information about the building, what's inside it and how it's used for worship.
2. Meet someone who belongs to one of the World religions or has a set of beliefs which are different to your own. Find out how they put their faith into practice.
3. Find out about the places of religious significance for a World religion.
4. Find out about the religious festivals and customs linked to a World religion.

Top tip: 'Major world faiths' are widely accepted to include Judaism, Hinduism, Islam, Christianity, Buddhism and Sikhism, This however is not an exhaustive list and a broader list can be found via BBC Religion pages.

Top tip: A useful interactive resource to support young people to explore world faiths is BBC Bitesize, there are a wealth of videos and animations which explore specific elements of different religions for example: What is it like to go Hajj, or what happens at Passover specifically aimed at young people?

Activity: Leaders can arrange tours of different places of worship or different faith Scouts groups and to engage Cubs in a discussion about different beliefs and festivals. Leaders can liaise with the Three faiths forum (3FF) - www.3ff.org.uk.

Islamic Principle: Leaders can use the example of Umar ibn Al Khattab who respected places of worship when entering Palestine and the Churches of Syria which were kept unharmed.

Leaders should aim to address Cubs curiosity about other religions and to develop respect for other religions and in doing so develop a deeper and greater appreciation for our own Islamic teachings.



"For you is your religion, and for me is my religion." Quran 109:6



SCOUTS

Ages 10.5 - 14 Years

Activity Centre Service Activity Badge

Badge requirements 	Activity ideas& Islamic principles 
<p>How to earn your badge</p> <ol style="list-style-type: none"> 1. Help the warden or manager and work for at least five days at a permanent District, County or National Scouts campsite. Alternatively, you can do this work at a similar activity centre. 2. Explain and show how to use 3 items of equipment that you've used in your work with the activity centre. Show or talk about how you maintain the equipment. 3. Choose 4 of these to explain and if possible demonstrate: <ul style="list-style-type: none"> • the use of computers in campsite management • how to take care of campers' needs while respecting wildlife • how to prevent frozen pipes and what to do if an over-ground pipe bursts or leaks • the need for good site drainage and clear ditches • rubbish disposal and how to recycle materials wherever possible • the reasons for having clean toilets • how to unblock a drain • how to use and maintain equipment for an activity you have become familiar with • Other important tasks that the warden or manager has pointed out. 4. Talk about developments and improvements you would like to see at a permanent campsite. It could be the one you worked at or another one you know well. 	<p>Activity: In pairs, Scouts are tasked to evaluate a campsite they have recently visited or worked at and to identify areas for potential improvement. They are then to design an equipment/tool/activity that they feel will help achieve some of these improvements.</p> <p>As homework they are to collect tools for their design (recycle as much as possible) and in their next session, Scouts are to make a prototype.</p> <p>Example: A common issue in most campsites is blocked drainage. Leaders can show pictures of different types of blockages and share ideas of how to resolve this issue (good site drainage/chemical dissolving/suction/etc.)</p> <p>Islamic Principles: Intention – making sure our every action is done with the right intention and for the sake of Allah (SWT).</p> <p style="text-align: center;">Say, "Indeed, my prayer, my rites of sacrifice, my living and my dying are for Allah, Lord of the worlds." <i>Qur'an 6:162</i></p> <p>Cleanliness – Keeping ourselves and our surroundings clean and functioning.</p> <p style="text-align: center;">"Cleanliness is half the faith (Imaan)." <i>Muslim</i></p> <hr style="width: 20%; margin: 10px auto;"/> <p>Activity: Prior to their next Camp, Scouts can be tasked to perform a wildlife risk assessment with the aim of ensuring we are looking after wildlife whilst catering for campers' needs. Scouts can brainstorm different types of wildlife, plants, and water</p>



species and what is needed to ensure they are not disturbed during their next visit.

Islamic Principles: Responsibility—instil in Scouts a sense of duty and responsibility towards each other, their environment, community and wider society.

“Removing harmful things from the road is an act of charity (*Sadaqah*).” *Al-Albani*

Activity: In teams of 2-4, Scouts are to reflect on our society’s waste disposal habits and the importance of recycling. Following this, they are to design a poster campaign to educate and draw people to recycle more.



Islamic Principles: That can be instilled by:

- **Sharing of knowledge** – Encourage Scouts to share beneficial knowledge/skills in the form of presentations/conversations/videos. This also works towards improving their self-confidence and public speaking skills.

“When the human being dies, his deeds end except for three: ongoing charity, beneficial knowledge, or a righteous child who prays for him.” *Muslim*

- **Service** – serving others is a humbling experience that teaches **selflessness** and **humility** and allows for **self – reflection**. It is a charitable act greatly rewarded by Allah (SWT). Examples can be set by the way the Prophet (SAW) lived the life of an ordinary human being.

“You are the best nation produced [as an example] for mankind. You enjoin what is right and forbid what is wrong and believe in Allah (SWT). If only the People of the Scripture had believed, it would have been better for them. Among them are believers, but most of them are defiantly disobedient.” *Quran 3:110*

Air Researcher Activity Badge

Badge requirements



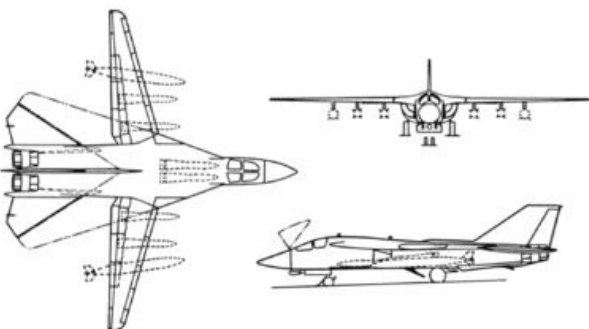
Activity ideas & Islamic principles



How to earn your badge

Here's what you need to do to earn this badge.

1. Research one historical aspect of flight, and share what you find out with the Troop. You might like to find out about:
 - the development of aviation or flight over a period of time agreed with your assessor
 - balloons or airships, from their first appearance to the present day
 - a type of aero engine, such as a jet or piston engines in general, or a specific engine like the Rolls Royce Merlin
 - The development of an aircraft type, like a Spitfire, Boeing 747, Harrier, Stealth Bomber, space shuttle or the Wessex helicopter. You could find out details about its history, role and achievements.
2. While you're doing your research, visit at least one place of interest that relates to your chosen subject. It could be a museum, an air display or an aeronautics factory.
3. Present what you have found out. Your presentation should include a model that you have made based on your subject. You should also include diagrams and pictures wherever you can.



Activity: Create a timeline and presentation of the history of aviation from Abbas Ibn Firnas (an Andalusian inventor, physicians, chemist, engineer, musician and Arabic language poet) who was one of the first people to attempt lift off - to modern day examples.

In their patrols, Scouts could build an aircraft from one of the famous eras of aviation, for example the 1903 era.

Islamic Principle: Perseverance – Though now recognised for his many achievements, Ibn Abbas was once labelled a mad man, but this did not affect his commitment or stop him on his path. This is a very relevant topic to our youth who face many stereotypes and challenges that may affect their Imaan. This can also be linked to one's own behaviour and practices and used as a platform for Scouts to reflect on what stereotypes they have of others and what they may say about others that they wouldn't like said about themselves.

"O you who have believed, avoid much [negative] assumption. Indeed, some assumption is sin. And do not spy or backbite each other. Would one of you like to eat the flesh of his brother when dead? You would detest it. And fear Allah; indeed, Allah is Accepting of repentance and Merciful." *Quran 49:12*

Trust in Allah (SWT) – Have faith and trust in Allah (SWT) and know that he will guide and assist you whenever you seek him.

'Say: "He is the Most Gracious (Allah) in Him we believe, and in Him we put our trust. So, you will come to know who it is that is in manifest error." *Quran 67:29*

Angler Activity Badge

Badge requirements



Activity ideas & Islamic principles

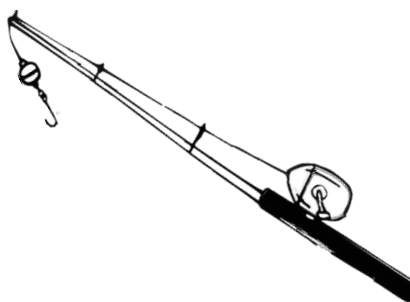


“Lawful to you is game from the sea and its food as provision for you and the travellers, but forbidden to you is game from the land as long as you are in the state of ihram. And fear Allah to whom you will be gathered.” Quran 5:96

How to earn your badge:

If you have The Angling Trust Cast Level Two award, you can automatically qualify for the Angler badge. If not, here's what you need to do to earn this badge.

1. Learn the water safety rules and the proper precautions to take when fishing from the bank, shore line, or from a boat.
2. Learn the basic hygiene precautions to take when fishing.
3. Go fishing at least four times in two different places. Make a note of:
 - the number of fish you caught
 - species and size of your fish
 - your method, tackle and bait used
 - the weather and water conditions.
4. Choose the correct equipment and method for where you plan to fish.
5. Learn to assemble a rod, reel or pole.
6. Choose the right form of bait, lure or fly for your planned fishing activity.
7. Show you can cast correctly and accurately into a target area a suitable distance away, depending on the equipment you are using.



Activity: In groups of 2-4, Scouts are to plan a fishing excursion to one of 4-6 locations chosen by their leaders. The Scouts must factor in all relevant aspects from distance/transport, fishing equipment, licensing, types of fish, fishing method, etc and present this to their group.

Once Scouts have decided on their fishing destinations, they can run a pre-session to prepare for their excursion and learn how to assemble a rod/tie right knots/etc.

Once they have returned from their excursion, Scouts can reflect on the fish they caught/their habitats/methods of fishing/positioning/effect of weather/types of bait.

Islamic Principle: This badge is an opportunity to instil the following Islamic principles:

Seeking knowledge: This will be a new skill for many Scouts and will inevitably attract new knowledge.

"The seeking of knowledge is obligatory for every Muslim." Al-Tirmidhi

8. Tie at least three different knots for your chosen method of fishing.
9. Show how to correctly handle a fish, unhook it and return it into the water.
10. Explain how different species of fish have different habitats. Talk about how this, and weather conditions, can affect your method of fishing.



Astronomer Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Show what you know about the night sky and why the pattern of stars changes, night by night, throughout the year.
2. Learn the meaning of the terms celestial, equator, poles, circumpolar and zodiac.
3. Build a model of the Solar System using everyday materials found in the home, such as different size fruit or sports balls. Use an outside area to scale the Solar System.
4. Explain how the moon affects the tides.
5. Build a telescope from two cardboard tubes or two A4 pieces of black card and lenses.
6. Observe three constellations on a clear night and record what you saw.
7. Read a star map using a compass and red light. Compare the differences between using a star map and a normal map.
8. Learn how to identify a satellite. How do you tell it apart from an aeroplane, star, planet or a meteor? Then complete these activities:
 - a) identify a satellite to observe
 - b) choose a clear night and use a clock and a compass to help you observe the satellite
 - c) plan an evening with your group and teach others how to observe the satellite.

Astronomy is valuable at serving Islamic religious applications such as prayer times and determining directions.

The Quran has many reflections on the heavens and the skies and there are over 40 verses providing information on astronomy, including Surah Al Tariq, Al Najm, Al Qamar and Al Shams.

Allah (SWT) has even sworn by some astronomical objects, for example; in Surah Al Shams:

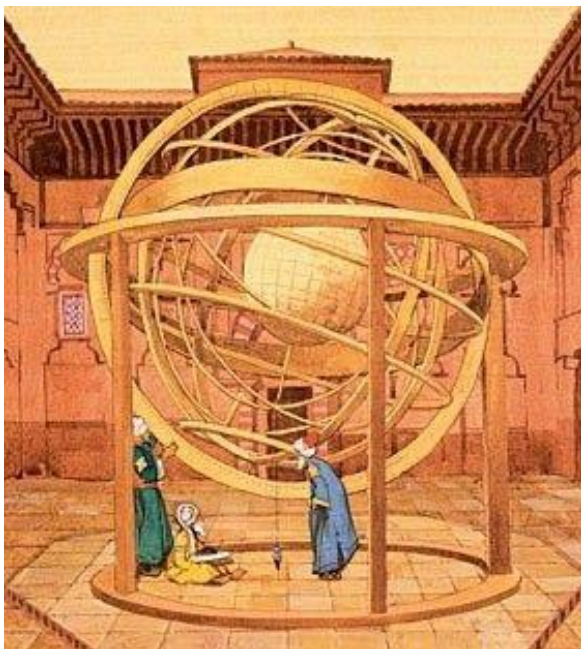
**And by the sun and its brightness;
And by the moon as it follows it (the sun);
And by the day as it shows up (the sun's
brightness;
And by the night as it conceals it (the sun);**
Quran 91:1-4

Activity: Scouts can investigate the effects of dropping various masses (meteorite), such as marbles, into a tray of sand and measure the size of indentation (crater). Experiment with different heights/object size/weight.

Discuss in groups how the speed, density and size of the object are important; how and why this affects the size of the crater produced.

Reflect on Allah (SWT) creations including meteorites, the earth, the stars, and the moon.

Encourage the young people to contemplate on our limitations as humans and to glorify Allah (SWT).



Resources:

Identifying satellites:
Visit heavens-above.com

Information about stargazing and making a telescope:
<https://tiny.cc/5yxzmx>
<https://tiny.cc/m2xzmx>

Activity: Share photo of satellite images of Mars, the moon and earth with Scouts and ask them to make a comparison and identify landscape similarities such as, craters, valleys and volcanoes.

Ask the groups to envisage what life on other planets would look like compared to earth and how we would seek to discover this life if it does exist? How would the human race react to the discovery of life elsewhere in the universe?

Islamic Principle: This is an opportunity for Scouts to contemplate on our limitations as humans and acknowledge the glory of Allah (SWT).

“And of his signs is the creation of the heavens and earth and what He has dispersed throughout them of creatures. And He, for gathering them when He wills, is competent.”Quran 42:29

Activity: Build, launch and recover a model rocket/spacecraft. Compare this to a second launch which aims to achieve a specific objective, such as carrying a fragile payload, aerial photography, altitude measurement, temperature measurement, and parachute recovery, remote control, building a launch controller or a launch pad.

Scouts can be quizzed on the definition of space probe, satellite, space station, space observatory or a telescope, space shuttle, rocket, rover and payload.

Islamic Principle: Link this to achieving excellence as a Muslim. Focus on examples of Muslims that have excelled for example Abbas Ibn Firnas who designed a water clock called al-Maqata, devised a means of manufacturing colourless glass, invented various glass planispheres, made corrective lenses ("reading stones"), devised a chain of rings that could be used to simulate the motions of the planets and stars, and developed a process for cutting rock crystal that allowed Spain to cease exporting quartz to Egypt to be cut.

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Caver Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Take part in at least four trips to at least two different cave systems. You must make each visit as a member of a properly led group.
2. Keep a record of your trips and the routes you followed.
3. Develop a good knowledge of caving and cave conservation codes. Show your assessor that you're aware of the environmental issues around caving.



Activity: Create an obstacle course for Scouts to complete whilst blindfolded. Scouts are to work in pairs, one to guide and the other to complete the course. The dark environment mimics that of many cave interiors.

Islamic Principle: This is a good team bonding experience and encourages trust in each other and use of one's senses. It is a good opportunity to discuss the principle of brotherhood and can be supported by the story of the people of the Kahf (Cave) – leaders can use this opportunity to remind Scouts of the benefits of reading Surah AL Kahf.

“Whoever reads Surat Al Kahf as it was revealed, there will be a light for him on the Day of Resurrection.” Al-Albani

Activity: Arrange a cave visit. Have Scouts plan this excursion and search up Cave Conservation Codes (British-Caving.org.uk) to share with colleagues and take along a copy on their trip.

Islamic Principle: This is an opportunity to recap the stories of the important caves in Islam:

Cave Thawr – Where the Prophet (SAW) along with Abu Bakr (RA) hid for 3 days during their Hijrah from Quraish. It is outside this cave that an acacia tree sprung up, a dove to weave its nest and lay its eggs and the infamous spider wove its web over the entrance of the cave, all under the instruction of Allah (SWT) to protect his beloved prophet (SAW) and companion.



This story emphasises the importance of good friendships with reference to the relationship between Prophet (SAW) and Abu Baker (RA).

With reference to the Hadith which states that two men who love one another for the sake of Allah and meet and part on that basis are amongst the seven whom Allah will shade with His shade on the day when there will be no shade except His.

Cave Hira' - It was here that the Prophet (SAW) received the first revelations of the Holy Quran during the month of Ramadan (610 CE) - also known as Jabal Al Noor (the Mountain of Light).

Chef Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Plan a menu for a weekend event for between four and six people. Include the quantities you'll need and any dietary needs of the group for cultural, religious or medical reasons.
2. Show how and where to shop for the food and the best way to transport it.
3. Show how to store food properly, hygienically and in ways that prevent food poisoning. Explain what you might need to consider if you're using an indoor kitchen or a camp kitchen.
4. Cook and serve at least one of the meals from your menu. The meal must be at least two courses and can be prepared on an open fire on camp or in a kitchen.
5. Demonstrate the best way to clear up afterwards. Clearing up should include washing up utensils, pots and pans, disposing of rubbish and leftover food in a way that prevents vermin or disease.



NB. You can gain the Chef badge twice, once by completing the steps using an indoor kitchen and once for outdoors.

Activity: In pairs, Scouts are to plan a 2-3 course meal for fundraising/feeding the homeless/Iftar. Scouts are to factor in the timing of their event, how to invite their target audience, budget, how to store food appropriately, recipe, dietary considerations, cooking and serving setup.

Islamic Principle: Charity – a Mo'men (believer) should strive to do things for a good cause and for the sake of Allah (SWT). This is an opportunity to introduce the principle of renewing your intention as this may be a challenging activity for some and inshallah with the right intention our Scouts will earn lots of Thawab (reward) from Allah (SWT).




“What is the best thing in Islam?” He said, “Feeding others and giving the greeting of salaam to those whom you know and those whom you do not know.” Bukhari

Another important principle is to avoid waste. Scouts can be challenged to see which team produced the least amount of waste and buys the most appropriate amount of food.

“The Satan is present with any one of you in everything he does; he is present even when he eats food; so if any one of you drops a mouthful he should remove away anything filthy on it and eat it and not leave for the devil; and when he finishes (food) he should lick his fingers, for he does not know in what portion of his food the blessing lies.” Muslim

Communicator Activity Badge

Option 3: Mobile and internet Communication

Badge requirements 	Activity ideas & Islamic principles 
<p>How to earn your badge(based on Option3)</p> <ol style="list-style-type: none"> 1. Show you know how to use your mobile safely and how to keep it safe. 2. Learn the meaning of these terms: SMS, MMS, 3G, 4G, WAP and Bluetooth. 3. Send a creative text, multimedia or video message to invite a friend to a Scouts event. 4. Manage a mobile phone address book and set up groups of contacts. 5. Show you can text accurately at a rate of 50 characters per minute. 6. Show you know the meaning of some popular chat abbreviations. 7. Share photos and videos of a Scouting activity you've been involved with, using available technology. 8. Manage an email address book and set up groups of contacts. 	<p>Activity: In groups, Scouts are to discuss what they think cyber bullying is, examples of this, how to combat it and how to stay safe online. They are then to work on a presentation to later share with the group.</p> <p>Examples of cyber bullying include:</p> <ul style="list-style-type: none"> - Sending threats on social media to someone who has upset you or your friends – though these may be empty threats, it is still bullying. - Passing offensive notes to someone who acts too smart. - Creating fake accounts to send hate messages. - Uploading unpleasant photos of someone without their consent and to mock them <p>Islamic Principle: This is a very important topic to discuss with our Scouts; at this age Scouts are engaging in more and more social media platforms, many have their own phones and electronic devices and have unrestricted access to potentially harmful material. Many may be involved in unfitting practices and we as leaders can try to make a difference.</p> <p>Ridiculing one another is not an Islamic practice and this must be instilled in our young people by means of role playing and role reversal games as well as examples from the life of the prophet (SAW):</p> <p>“Verily, the bankruptcy of my nation are those who come on the Day of Resurrection with prayers, fasting, and charity, but also with insults, slander, consuming wealth, shedding blood, and beating</p>

STOP BULLYING

STAND UP. SPEAK OUT.



others. The oppressed will each be given from his good deeds. If his good deeds run out before justice is fulfilled, then their sins will be cast upon him and he will be thrown into the Hellfire."

Muslim

"O you who believe, let not a people ridicule (another) people; perhaps they may be better than them; nor let women ridicule (other) women; perhaps they may be better than them. And do not insult one another and do not call each other by (offensive) nicknames. Wretched is the name of disobedience after (one's) faith. And whoever does not repent - then it is those who are the wrongdoers." *Quran 49:11*

Activity: This activity focuses on guiding Scouts on what to do if they were being cyber bullied. In small focus groups with enough adult volunteers around, ask the Scouts who they would talk to in such situations? If they don't speak to an adult how they feel they would resolve a serious situation on their own?

Focus groups can then prepare a role play of a cyber bullying event and a solution.

Islamic Principle: Discuss the principles of trust, brother hood and treating everyone how you'd like to be treated.

"None of you (truly) believes until he loves for his brother that which he loves for himself." *Al-Bukhari & Muslim*

"Help your brother, whether he is an oppressor or he is oppressed." When how should we help him if he is an oppressor? "The Prophet (SAW) said, "By preventing him from oppressing others." *Bukhari* "Kind words and forgiving of faults are better than Sadaqah (charity) followed by injury. And Allah is Rich (Free of all wants) and He is Most-Forbearing." *Quran 2:263*

Activity: Use the session as an opportunity for Scouts to update their phone contact list by adding the number for their emergency contact and emergency/ medical services. They can then agree a

distress code as a group and send this to one another using Wi-Fi/Mobile data/Bluetooth. Scouts should discuss this distress code with their family members in case of an emergency. Leaders should also become familiar with this code.

As an extra and fun add on, Scouts can be challenged to recalling as many chat abbreviations in one minute. For example LOL, BRB, TYT, etc.

Islamic Principle: Be prepared – this is an important principle for all Scouts. A Mo'men is prepared, aware and should not place themselves or others in the face of danger.

“And spend in the way of Allah and do not throw (yourselves) with your (own) hands into destruction (by refraining). And do good; indeed, Allah loves the doers of good.” Quran 2:195



Environmental Conservation Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

- Find out about an environmental issue that is important to your local community. It might be linked to:
 - recycling and conservation
 - energy efficiency in the home or your meeting place
 - the building of new homes and local land use
 - water, light, thermal, air or beach pollution
 - coastal erosion
 - the impact of tourism on the local environment.
- Take part in an activity or project that improves local conservation. It could take place during a weekend conservation camp or you could spread it over at least five weekly sessions. You could look at:
 - recycling
 - reducing energy usage or renewable energy
 - protecting important habitats for wildlife
 - pollution
 - erosion
 - flooding.
- Get involved in a campaign to make others aware of an environmental issue. You could write to your MP and other local agencies or speak to a community group.



Activity: In the patrols, Scouts are tasked to brainstorm local, national and international environmental issues. Examples include; Recycling, energy efficiency, climate change, acid rain, water/light/thermal/air and water pollution.

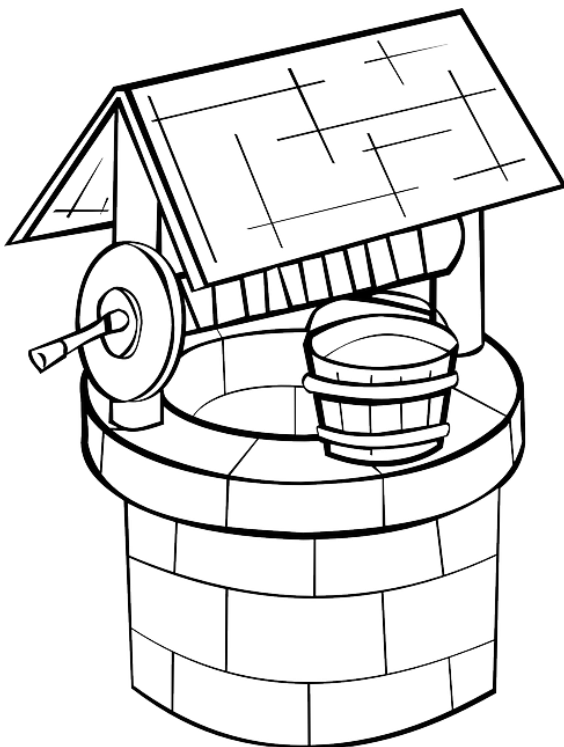
Islamic Principle: Discuss in detail that Allah (SWT) created our environment and our planet to serve our needs and in response it is our duty to care for and look after it. How can we as individuals do this and what change can we effect in our community and families?

“Indeed, in the creation of the heavens and earth, and the alternation of the night and the day, and the (great) ships which sail through the sea with that which benefits people, and what Allah has sent down from the heavens of rain, giving life thereby to the earth after its lifelessness and dispersing therein every [kind of] moving creature, and [His] directing of the winds and the clouds controlled between the heaven and the earth are signs for a people who use reason.”*Quran 2:164*

“Indeed, we offered the Trust to the heavens and the earth and the mountains, and they declined to bear it and feared it; but man (undertook to) bear it. Indeed, he was unjust and ignorant.”*Quran 33:72*

Activity: Discuss with Scouts where they think they can start making small changes which will help our immediate surroundings. For Example:

- Go round the Scouts hall. Are plugs, lights and heaters switched off when not in use?
- Get involved in recycling at home, check the labels on the bin items and ensure they are



recyclable. Make notes of what item you recycled and why it's important to recycle.

- Contact local council/Masjid and ask to get involved in the next plant in/community clean up –How did it feel to help?

Islamic Principle: Discuss the Thawab (reward) of looking after our environment for example by planting trees

"If a Muslim plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, it is regarded as a charitable gift (Sadaqah) for him." Bukhari.

"Every small bone of everyone has upon it a charitable act for everyday upon which the sun rises. Bringing about justice between two is an act of charity. Helping a man get on his mount, lifting him onto it or helping him put his belongings onto it, is a charitable act. A good word is a charitable act. Every step you take toward the prayer is a charitable act. And removing a harmful thing from the path is a charitable act." Bukhari & Muslim

Activity: Discuss with Scouts the value of having access to clean water. Reflect on this and remember those who do not have the same access we do.

Create a sock/bottle filter and see the difference this experiment makes to murky water. Plan a fundraiser to build a well/ buy filter system for those with no access to clean water.

Islamic Principle: This is an opportunity to instil the principles of gratitude and to discuss the importance of water and taking care of our environment.

"Have those who disbelieved not considered that the heavens and the earth were a joined entity, and We separated them and made from water every living thing? Then will they not believe?" Quran 21:30

Fundraising Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Identify and organise a fundraising initiative for either:
 - The Scouts Association, to promote and grow Scouting nationally, or your local group to pay for something like new equipment or a new roof. You could even fundraise for both.
 - another UK registered charity.
2. Think of a short reason that tells potential donors about your chosen cause. It must be inspiring and clear to raise the most money.
3. Set a target and a date by which you'll have raised the money. We suggest a minimum of £100.
4. Write a short report about your fundraising challenge and submit it to your leader, Troop Forum or Patrol Leaders' Council. Details of the cost versus the amount raised and give three top tips that could help other fundraisers.



Activity: 'The Apprentice challenge' – In their patrols Scouts are given a shopping list of different items and tools (ingredients for a meal/to make paracord item/baking cakes) that they are to be procured within a set time from as many places as required to achieve the lowest possible overall cost.

Islamic Principle: We often forget the value of items and how much we are willing to spend. Scouts are to think about their daily spending habits and reflect on needs versus wants and where funds can be saved as they were during the challenge.

Activity: In their patrols Scouts are to brainstorm different fundraising ideas for a chosen charitable cause. Each patrol competes against the other in raising as much funds as possible for their chosen charity. Set Scouts a minimum target, for example £100. Try contacting your local media to share the event or results of the event.

Some fundraising ideas include:

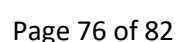
- Bag packing at supermarkets.
- Cake sales.
- Street Collection.
- Family fun-fair.
- Fundraising dinner.

Islamic Principle: This can be related to the principles of Zakat, Sadaqah and active citizenship.

“Those who spend their wealth in the way of Allah and then do not follow up what they have spent with reminders [of it] or [other] injury will have their reward with their Lord, and there will be no fear concerning them, nor will they grieve.” Quran 2:262

Explain to Scouts the importance of being humble and discrete when giving to charity and never to boast about helping someone in need. Explain the reward one receives from giving charity.

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Librarian Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Show that you know how to look after books and e-readers.
2. Show that you can use the library catalogue.
3. Explain how fiction and non-fiction books are arranged on the shelves. Why are they treated differently?
4. Learn what is meant by a reference book or material. Use some of these references to gather information for a journey with a purpose:
 - leisure leaflet or webpage
 - bus or train timetable
 - Almanac or a who's who
 - gazetteer or Yellow Pages
5. Show how you would search for information using the internet.
6. Talk to your assessor about:
 - books you have read and why you enjoyed them
 - information you found from books or websites
 - getting books on the internet for e-readers.



Activity: In their patrols Scouts are to arrange a trip to the local library, taking into account transport method and length of journey. Leaders are to prepare a treasure hunt for books. In their patrols Scouts are to use library references and book codes to locate their books, each contain a clue for the next until they have located their final book (which they get to keep). Clues contain words such as Fiction/Nonfiction/Research/Humanities/Literature/ etc.

Show how Goodreads or similar apps help you review and read about people's reviews.

Islamic Principle: Remind Scouts that the first Ayah revealed to our Prophet (SAW) was to read. Discuss the importance of reading to widen our knowledge and remind them of our Prophets' (SAW) recommendation to always seek knowledge and of the Thawab this holds.

"Read! In the Name of your Lord, Who has created (all that exists)" Quran 96:1

"O Allah! I ask You for knowledge that is of benefit, a good provision and deeds that will be accepted." Ibn Majah & others

Reflect on the knowledge we now have at the touch of a finger compared to scholars of the past having to travel for miles and miles at a time in search of useful knowledge.

"Whoever travels a path in search of knowledge, Allah will make easy for him a path to Paradise." Muslim

	<p>Activity: Task Scouts to bring in their favourite book or a book they are currently reading to session/a camp/ sleepover. They are to prepare a book review/presentation/role play to show to their patrols what their book is about.</p> <p>Islamic Principle: Remind Scouts that the Quran is the most important and beneficial for us and that reading it holds much Thawab. Offer Scouts to read Quran or recite their favourite Surah/Ayah. Discuss the miracle of Quran which has remained unchanged since its revelation.</p> <p>“Read the Quran, for indeed it will come on the Day of Standing (Judgement) as an intercessor for its companions.”Muslim</p> <p>Explain to Scouts the importance of acting on the words of Allah (SWT) and not simply memorising them. Set the example of Abdullah Ibn Umar who spent 10-14 years to learn Surah Al Baqarah this is because the tradition was to bring the ayahs into compliance with their lives and not just to memorise them.</p> <hr/> <p>Activity: Arrange a book sale fundraiser. Scouts are tasked to collect old books for this purpose.</p> <p>Islamic Principle: Explain to Scouts that sharing knowledge in the context of selling on old book at an affordable price can be a form of Sadaqah Jariyah, particularly if the book holds beneficial information.</p> <p>"When a man passes away, his good deeds will also come to an end except for three: Sadaqah Jariyah (ceaseless charity); a knowledge which is beneficial, or a virtuous descendant who prays for him (for the deceased)" Muslim</p>
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Orienteer Activity Badge

Badge requirements



If you've qualified for the 2 Star Navigation Challenge certificate, you can automatically earn this badge.

How to earn your badge

1. Learn about the map colours and common symbols used on an orienteering map.
2. Orientate a map using either terrain or a compass. Learn how to navigate while keeping the map set to the ground. 'Thumb' the map to log your changing position.
3. Complete three courses at orienteering events recognised by British Orienteering or another similar standard.
4. Show you know the safety procedures, basic first aid, appropriate clothing and equipment for countryside navigation.
5. Show that you know the Countryside Code



Activity ideas & Islamic principles



Activity: Scouts are tasked to make a homemade compass to bring along to a treasure hunt prepared by their leaders.

Islamic Principle: This is a good opportunity to discuss the principle of positive influence: During the high medieval period, the Islamic world was at its cultural peak, supplying information and ideas to Europe, via Al-Andalus, Sicily and the Crusader kingdoms in the Levant. These included Latin translations of the Greek Classics and of Arabic texts in astronomy, mathematics, science, and medicine. Other contributions included technological and scientific innovations via the Silk Road, including Chinese inventions such as paper and gunpowder.

Use the example of Mariam Al Esterlabi who lived in the 10th Century in Aleppo, Syria - an Astrologist who developed the sophisticated El-Esterlab device - the principle of today's compass and satellites

Discuss with Scouts the need to wear appropriate clothing during their excursion. This is an opportunity to discuss the appropriateness of our intention, actions and clothing particularly as we are representing our group and Islam during outings.

The Messenger of Allah (SAW), said:

“Actions are according to intentions, and everyone will get what was intended. Whoever migrates with an intention for Allah and His messenger, the migration will be for the sake of Allah and his Messenger. And whoever migrates for worldly gain or to marry a woman then his migration will be for the sake of whatever he migrated for.” *Sahih Bukhari & Muslim*

Survival Skills Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

1. Show that you know:

- basic knife or multi-tool skills, including safety and sharpening
- first aid treatment you may need to use while on a survival event, considering you may have limited resources available
- how to construct different kinds of shelter
- how to build a fire and use basic lighting techniques. You should not use man-made materials such as paper or firelighters.
- the various burning qualities of different woods
- how to maintain hygiene in a survival situation
- the correct use of international distress signals, using a whistle, torch, mirror or markers
- some basic actions to take while waiting for rescue that will both keep you (and your group) safe and will assist your rescuers in locating you.

2. Put together a personal survival kit.

3. With a group of at least three Scouts, take part in a survival exercise. It should last about 24 hours and the group should:

- construct a shelter of natural or salvaged materials and sleep in it
- prepare a meal using raw ingredients that could have been found or caught
- cook all meals over an open fire
- cooking without utensils, although you may use a knife.

Islamic Principle: Discuss with Scouts the principle of looking after one-self, learning essential survival skills such as those prescribed by our Prophet (SAW).

Ibn Umar (RA) Narrated that the Messenger of Allah (SAW) said: "Teach your children swimming, archery and horse riding".

Discuss also the importance of remembering (dhikr) Allah (SWT) always.

The Prophet (SAW) said "Any action without the remembrance of Allah is either a diversion or heedlessness except four acts: walking from target to target (during archery practice), training a horse, playing with one's family, and learning to swim." Al-Tabarani on good authority

Discuss what would be in a Muslim's survival kit, for example: Miswak, small Quran, prayer mat, compass, Hisn al Muslim, Sibha, etc.

Snaring legislation is dependent on National location; groups are to ensure they are aware of relevant laws, best practices and required tags/registrations.

World Faiths Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

- Complete one of these activities:
 - Visit a place of worship for a faith other than your own. Find out the differences between this building and your own place of worship.
 - Attend a religious festival for a faith different to your own.
- Complete one of these activities:
 - Learn about the life of a founder or a prominent leader of a faith. You could learn about people like Prince Siddhartha Gautama, Mohammed, Jesus Christ or saints such as St George.
 - Find out about someone whose faith has had a significant impact upon his or her life.
- Read a sacred text from another faith. Show how it compares it with a similar teaching from your own faith.
- Find out how following the teachings of another faith affects an individual's daily life. This could include food or dietary laws, rituals, prayers or religious observances.

Resources:

- BBC Religion lists all religions including numerically smaller groups, such as Shinto and Taoism.
- BBC Bitesize is a useful interactive resource to support young people to explore world faiths.

Activity: Leaders can arrange a joint (interfaith) session with other faith groups and discuss their religious practices, their books/scriptures (torah/bible/Quran/etc.).

Alternatively groups can arrange a visit to a place of worship such as Gurdwara, Temple, Masjid, Church or Synagogue and learn about their faith.

Islamic Principle: Discuss the principles of integration and tolerance.

“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 is Knowing and Acquainted.” Quran 49:13

Islam gives great importance to the protection of religion, freedom of belief and the protection of the mind.

Our Prophet (SAW) focused on the humanity of the people he addressed, rather than on their differences in faith, ideas and lifestyles. He (SAW) guaranteed the lives, property, honour and freedom of religion of non-Muslims living among Muslims.

Discuss the meaning of Abrahamic religions and the importance of Prophet Muhammad (SAW), Prophet Musa (Moses) and Prophet Isa (Jesus) in Islam, Judaism and Christianity.

Writer Activity Badge

Badge requirements



Activity ideas & Islamic principles



How to earn your badge

Complete four of these activities. Talk about your choice with an appropriate adult.

- Compose a poem of at least eight lines. Discuss its meaning and construction.
- Create a short story of around 600 words. Talk about your story idea with an appropriate adult beforehand.
- Write a descriptive passage of around 600 words on a subject, agreed with an appropriate adult beforehand.
- Write a 600-word review of a favourite book, play or other work of literature and talk about it with an appropriate adult.
- Produce a published article of around 600 words in length. You could contribute to a school, faith, community or Scouts magazine or write a letter to a local paper.
- Keep a diary on a subject, for a length of time agreed with an appropriate adult beforehand.
- Write a play or dramatic sketch lasting at least 10 minutes.
- Interview a local celebrity, or other notable person. Write or type out the interview to show the questions you asked and the interviewee's replies.
- Write a letter to a pen pal (real or imaginary) of at least 600 words.

Activity: Ask Scouts to write a 600 word reflection or story from our Islamic history or on an important Muslim figure. Get Scouts to think of what they have learnt and why this particular story is special to them. Scouts can construct a play around their chosen story.

Islamic Principle: Emphasise to Scouts the importance of self-confidence, being able to present oneself in front of crowds and importance of clear communication.

