



Templates



SevenSpringsOAC

www.pinterest.com/SevenSpringsOAC

Please **DO NOT GLUE** coins down.
Use sellotape or masking tape.

Thank you



Thank you for completing your coin shield. Your donations will help to build the new Venture House at Seven Springs Activity Centre.

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Make a lava lamp

http://mashable.com/2015/08/09/diy-lava-lamp/?utm_cid=mash-com-pin-link#qH582jTYWqgy



You Will Need:

- A Water Bottle
- A Cup of Water
- Vegetable Oil
- Food Colouring
- Alka-Seltzer Tablet

Walking Water experiments

<http://www.playbasedlearning.com.au/2011/03/walking-water/>



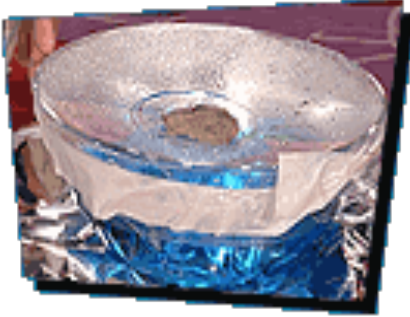
You Will Need:

- 2 Glasses
- Kitchen roll
- Water
- Food Colouring



Build a Solar Still

<http://pbskids.org/zoom/activities/sci/solarstill.html>



You Will Need:

- Large Bowl
- Short Cup
- Tape
- Clingfilm
- Small Rock
- Jug of Water
- Salt
- Long Spoon (for stirring)

Make Magic Sand

<http://gimmiefreebies.com/make-your-own-kinetic-sand/>



Moon Sand 1.0

4 cups flour
1/2 cup baby oil

crumbly, moldable,
dry, messy

Moon Sand 2.0

2 cups fine sand
1 cup cornstarch
1/2 cup water
1 t Tea Tree Oil

crumbly, moldable,
muddy, wet

Kinetic Sand

5 cups play sand
1 cup + 3 T corn starch
1/2 t dish soap
1 cup water
1 T Tea Tree Oil

soft, moldable,
moist but not wet





LEADER USE ONLY
 Lengths Swam by participant:
 Signed By:

Seven Springs Sponsored Swim Sponsorship Form

_____ (Name) is swimming to raise funds for Seven Springs Outdoor Activity centre. We need £500,000 to rebuild our 50 year old building so that we can continue to provide fantastic residential experiences for young people in the great outdoors. Any amount you can offer will be used to help up realise our dream.

Thank You

Sponsorship can either be an amount per length swam or a total amount.

Sponsors Name <small>Title, First Name & Surname</small>	Home Address <small>*Only required for Gift Aid</small>	Postcode	Gift Aid (Tick)	£donation per length	£Total Donation



To qualify as Gift Aid you must pay an amount of income tax or capital gains tax at least equal to the tax that the charity reclaims on your donation in the tax year.

Totals for this Sheet:

--

Please return all Sponsorship Forms and collected monies to your **Unit Leader** who will collate the money and forward to **Seven Springs Outdoor Activity Centre**.

Captain's Coming Game

How to Play

The players assemble in the centre of the playground or in a hall. A leader is chosen

who calls out various commands. The commands need explanation to each participant before the game can begin. A game of Captain's Coming can have any number of various commands; the more there are, the more that needs to be memorised, and the harder it is to play.

The group competes with each other to complete the commands. If there is an obvious person or, if applicable, group of people who are last to start a command, they are then out. The game continues until there is only one person left - the winner.

The Commands

Bow - everyone races to the front of the room.

Stern - everyone races to the back of the room.

Starboard - everyone races to the right of the room.

Port - everyone races to the left of the room.

Captain's coming - everyone stands tall, salutes and shouts, 'Aye aye Captain.'

Captain's wife - everyone curtseys.

Scrub the decks - mime scrubbing on hands and knees.

Climb the rigging - everyone pretends to climb a rope ladder.

Man the lifeboat - find a partner and hold both hands. Anyone without a partner is out.

Sharks - lie on stomach with feet up.

Freeze - stop all actions when this is called. If a further command is given

without saying 'unfreeze' anyone obeying it is out.

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