

Girlguiding Leicestershire

Ice land Challenge Badge



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This badge is inspired by all things Iceland. Proceeds from the sale of the badge will be towards Girlguiding Leicestershire's international trip to Iceland. If the trip is unable to go ahead, the funds raised will be put towards future Girlguiding Leicestershire international trips.

The badge is designed for all sections to use and is split into different five different themes:

Nature

Ice

Folklore

Fire

Icelandic

Have a look through the options and do as many challenges as you wish. Try and explore challenges from the different sections.

The challenges are designed to be completed either socially distanced in unit meetings (👤 👤), during online meetings (💻) or at home by individuals (🏠).

We hope you have lots of fun completing our challenge badge!




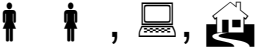





Nature



Did you know?

Despite being a stark, volcanic island with very little vegetation, Iceland is home to a diverse array of animal species and landscapes. Here are some activities all about nature.

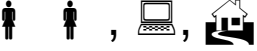




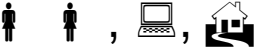

-  1. Find out about the wildlife of Iceland. Which animal is your favourite? Draw a picture of it, paint it or make it out of different craft materials. Show the unit you creation and tell them why it's your favourite.
-  2. Go for a nature walk and see what you can find. Lift up rocks and sticks to see what minibeasts lie underneath. Make sure you put everything back where you found it.
-  3. Think about the wildlife that visits your garden. Make a home or a feeder for visiting animals, e.g. a bird feeder, bug hotel or hedgehog house.
-  4. Iceland is a very windy country – the Icelandic language has over 100 words for wind! Make a windmill or windsock and watch it move in the wind. See the resources section for instructions.
-  5. There are twice as many sheep in Iceland as there are people. Have a go at making something out of wool. See the resources section for ideas.
-  6. Iceland has 20 hours of sunshine in the summer months, but in the winter it only has 5 hours of daylight. Make the most of our dark nights. Why not go on a night walk, try stargazing, play murder in the dark or enjoy a campfire singsong?
-  7. Several species of whales live in the waters off the coast of Iceland. Have a whale race and see whose whale swims the fastest. See the resources section for instructions.

Fire

Did you know?

Iceland is among the most volcanically active places in the world. Iceland has so many volcanoes because it is on a tectonic boundary. The tectonic plates are moving apart which causes magma to rise to the surface. Iceland is growing at about 2.5 cm per year! Here are some activities all about volcanoes.






















-  1. Have a go at making your own volcano. See the resources section for ideas.
-  2. Volcanic activity is a fact of life in Iceland and people have learned to live with its advantages and disadvantages. Research some of the advantages and disadvantages of volcanoes. Share them with your unit.
-  3. Iceland has lots of natural hot springs. These are heated by geothermal energy, which is heat that comes from the sub-surface of the earth. Why not explore your local swimming pool, have a nice hot bubble bath or if you're lucky, relax in a hot tub!
-  4. The Blue Lagoon is a hot spring in Iceland which is famous for its enriched mud that purifies the skin. Have a pamper evening with face masks.
-  5. Food in Iceland is traditionally cooked by burying it next to hot springs. Try a different method of cooking, e.g. an open fire, make a box oven, a BBQ, cook in a tin or cook on a stick.
-  6. Hot dogs are the unofficial national food of Iceland! Have a hot dog evening. Light your own fire to cook them on.
-  7. Find out about geysers. Try making a coca cola and mentos geyser science experiment. See the resources section for instructions.

Did you know?

A glacier is a slow moving mass of ice formed by the build up and compaction of snow. There are over 269 glaciers in Iceland and they cover over 10% of the country, which is equivalent to an area that's half the size of Wales! Along with volcanoes, glaciers are responsible for shaping a lot of the landscape in Iceland. Here are some activities all about ice.






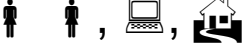
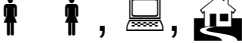
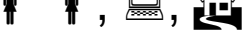

-  ,  1. Have a go at making an ice candle holder. See the resources section for instructions.
-   ,  ,  2. Have an ice themed film night, e.g. watch Frozen, The Lion, the Witch and the Wardrobe, Groundhog Day or Happy Feet
-   ,  ,  3. The cold weather in winter can result in the formation of beautiful ice sculptures. Can you have a go at making a sculpture? Use whatever materials you like e.g. clay, playdough, Magik Snow, Styrofoam or recycled materials.
-   ,  4. In winter time, lakes can freeze over and the ice be thick enough to skate on. Have a go at ice skating. If you can't go ice skating, why not try out roller blading? Perhaps you could play some roller hockey?
-   ,  ,  5. Icelanders love ice cream! Even in stormy weather, people can be seen queuing up for ice cream. Have an ice cream themed night. You could:
 - Design your dream ice cream
 - Take a trip to an ice cream parlour
 - Make your own ice cream sundae
 - Try making ice cream (see the resources section for instructions)
-  ,  6. Ice crystals are all unique shapes and sizes. Have a go at making your own crystals. See the resources section for instructions.

Folklore

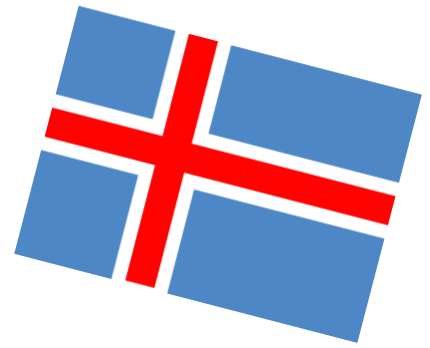


Did you know?

A lot of people in Iceland believe in elves and trolls. Icelandic folklore is rich with stories about the 'Huldufólk', meaning "hidden people" who are said to live in the lava fields. Here are some activities all about Icelandic folklore.































-  1. When construction takes place in lava fields, there is a special spokesperson for the elves. Roads will even be diverted around elves' homes. Go for a walk around your local area and draw a map of where you think the magic folk might live.
-  2. Lava pillars can be found across Iceland. These rock pillars are said to be petrified trolls, turned to stone when they were exposed to the dawn sunrise and frozen forever in time. See who can build the highest pillar without it falling over.
-  3. Hold a mythical beasts evening. Perhaps you could dress up, play musical troll statues, find your elf/fairy name or make a fairy door.
-  4. Play a game of 'build a troll'. See the resources section for instructions.
-  5. Make your own hidden person. See the resources section for ideas.
-  6. In Reykjavik, there is an Elf school where people learn all about elves and hidden people. Hold your own elf school. What would your school be called? What would you teach at your elf school?
-  7. Go on a hunt for trolls. Try geocaching to find where they hide.

Icelandic



Did you know?

Iceland was one of the last place on earth to be settled by humans. Over 1,100 years ago Vikings from Norway discovered Iceland by accident! Despite being so young, Iceland has a rich and varied culture. Here are some activities all about Iceland and its culture.

-   ,  ,  1. Learn some basic Icelandic words and phrases. See the resources section for basic words and phrases.
-   ,  ,  2. Viking history is a big part of Icelandic Heritage. Try making your own Viking longboat or perhaps have a boat race in a stream. Will your boat stay afloat?
-   ,  ,  3. Runes are characters that make up ancient writing systems and were used by the country's first settlers. Can you decipher the runes? See the resources section for an Icelandic runes challenge.
-   ,  ,  4. Try some Icelandic foods. Foods Iceland is famous for include skyr, rye bread and plokkskur. Why not have a go at making one? See resources section for recipes.
-   ,  ,  5. Celebrate an Icelandic holiday. See resources section for information about Icelandic holidays.
-  6. Iceland is one of the most eco-friendly countries in the world. Find out about some of the things Iceland are doing to be so eco-friendly and try doing something eco-friendly. See resources section for ideas.
-   ,  ,  7. Have a go at our Icelandic wordsearch. See the resources section for the puzzle.
-  8. Ga-ga ball is a popular game in Iceland. Try playing it with your family at home. See resources section for instructions.
-   ,  ,  9. Most Icelanders don't have surnames and instead take on their father's name. What would your Icelandic name be? See resources section for how to work out your Icelandic name.

Iceland Challenge Badge Order Form

Contact name	
Unit	
Telephone number	
Email address	
Postal address	

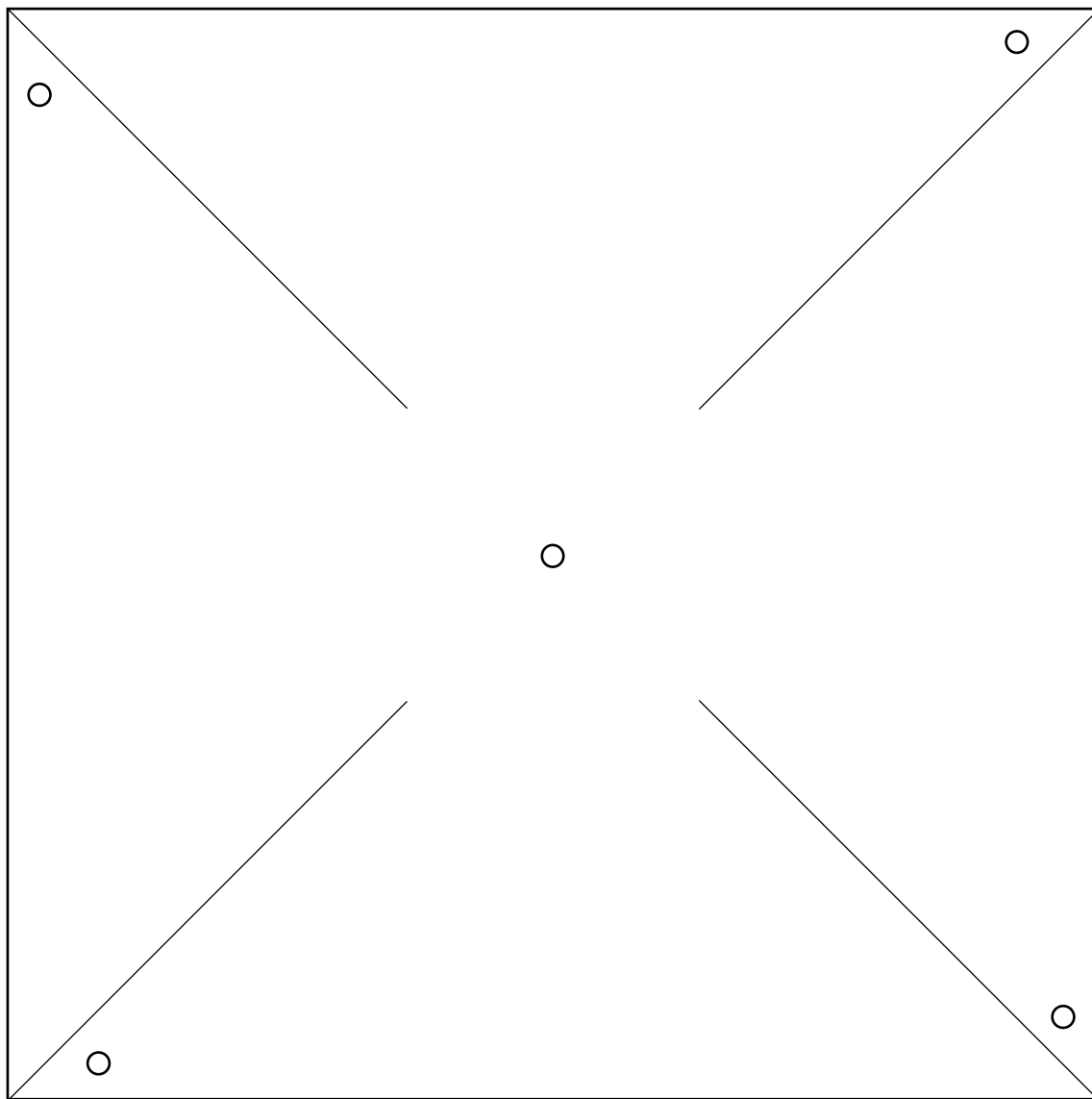
	Total (£)
Number of badges required @ £1 per badge _____	
Postage and packaging: 1-10 badges £1.00 11-40 badges £2.00 41-100 badges £3.00	
Total amount payable	

To order badges, please complete the form and return with details of payment. We would prefer a bank transfer if possible - details available from County Office. If you need to use a cheque, please make it payable to **The Guide Association - International**

Email your order form to office@leicestershireguides.org or post to:

Iceland Challenge Badge
 Girlguiding Leicestershire
 97 Princess Road East
 Leicester
 LE1 7DW

4. Make a windmill or windsock



What you need:

Windmill template Scissors Straw
Paper fastener Coloured pencils/pens

How to make the windmill:

1. Decorate the windmill.
2. Cut out the windmill. Cut in from all four corners along the lines.
3. Gently bend the corners with dots into the centre point of the windmill.
4. Push a paper fastener through all the layers of the windmill.
5. Finally, push the paper fastener into a straw and open the faster out to secure the windmill to the straw.
6. Put the windmill outside and watch it turn in the wind.

5. Make something out of wool

Pompom sheep

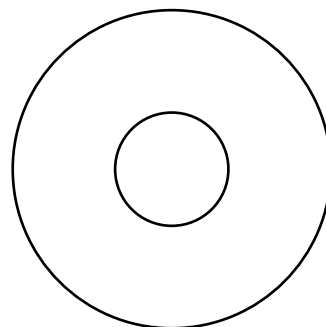
What you need:

Wool
2 x cardboard discs
Cellotape/PVA glue

Scissors
Paper/card

How to make:

1. Make a pompom out of wool. There are various ways to make a pompom, including using a pompom maker, cardboard discs or wrapping wool around your fingers.
2. Draw a sheep's face on a piece of paper or card. Cut it out and attach it to the front of the pompom.



You need 2 circles with their centres cut out to make a pompom using cardboard discs

Finger knitting

What you need:

Wool/yarn/cord – the thicker the better
Scissors

Have a go at finger knitting. When you're finished, you'll have a rope of yarn that you can use in lots of different ways, e.g. a key ring, hair decoration or bag handle.

How to finger knit: <https://www.wikihow.com/Finger-Knit>

God's Eye weaving

What you need:

Wool
Scissors
2 lolly sticks per God's eye

How to make:

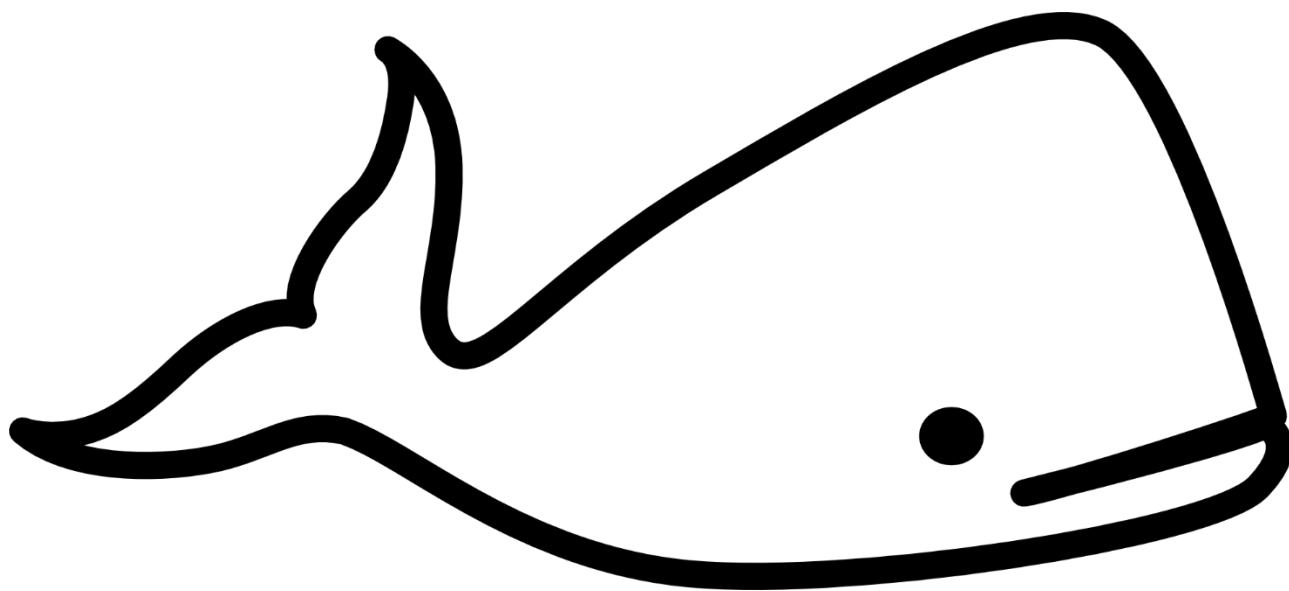
1. Begin by crossing two sticks to form an X. Secure the sticks in place by wrapping a piece of wool around the intersecting points of the stick.
2. Wrap the wool around one stick close to the centre of the God's eye and take it over to the next stick. Wrap it around that stick, and take it to the next stick.
3. Continue wrapping until you reach the end of the lolly sticks. If you like, you can change the colours of wool you are using.



How to make a God's eye weaving: <https://happyhooligans.ca/gods-eye-craft-weaving-for-kids/>

7. Have a whale race

- Give everyone a whale (cut out of a sheet of A4 paper) and a newspaper.
- Use the newspaper to flap the whale along the floor to the finish line.
- First whale to cross the finish line is the winner.
- If you can't race against someone else, time how long it takes you to get your whale across the finish line. Can you beat your previous time?



1. Make a volcano

Have a go at making your own volcano. Why not decorate biscuits or cupcakes to look like a volcano, make a molten mug cake, make one out of papier-mache or make one that erupts. Here are the instructions for two different ideas.

How to make an erupting volcano

You will need:

For the volcano model:

- 2 x A3 sheets of card
- 200ml plastic bottle
- Pencil
- Scissors
- Tape
- Paint and paintbrushes

For the eruption:

- Small jug
- Cup
- 1tsp bicarbonate of soda
- 1tbsp washing up liquid
- 2tbsp water
- ½ cup vinegar
- 1tbsp red food colouring

1. Place your bottle upside down in the centre of a sheet of card and draw a small circle around the neck.
2. Cut a straight line through the card to the middle of the circle and cut it out.
3. Overlap the two sides of the card to make a cone shape. Tape it into place. Cut around the base of the cone so that it sits flat, but make sure it is taller than the bottle.
4. Place the cone over the bottle. Tape the top of the paper cone to the neck of the bottle and hold it in place. Tape the base of the cone to the other sheet of card.
5. Use paint to decorate the cone and make it look like a volcano. Allow to dry.
6. In a jug, combine the bicarbonate of soda and washing up liquid. Add the water and mix thoroughly. Pour this into the volcano.
7. In a cup, mix together the vinegar and food colouring.
8. When you're ready, pour the vinegar into the bottle with the bicarbonate. Watch for it to erupt and watch the lava flow.



1. Make a volcano

Molten mug chocolate cake

Total time: 10 minutes

You will need:

- 1 mug
- 4tbsp plain flour
- 4tbsp sugar
- 2tbsp cocoa powder
- 3tbsp chocolate chips, optional
- 1 egg
- 3tbsp mik
- 3tbsp oil
- Splash vanilla extract

How to make your cake:

1. Add the dry ingredients to the mug and mix well with a fork.
2. Add the egg and mix thoroughly.
3. Pour in the milk, oil and vanilla and mix well.
4. Add chocolate chips if desired.
5. Put the mug in the microwave and cook for 3 minutes on 1000 watts.
6. The cake will rise over the top of the mug. Allow to cook for 2 minutes then enjoy!

Instructions from: <https://www.bbcgoodfood.com/user/2068/recipe/molten-mug-chocolate-cake>



7. Coca cola and mentos geyser experiment

This experiment is best done outside in the middle of a large lawn or field

You will need:

- Packet of mentos
- 2l bottle of cola
- Piece of paper
- Tape

How to make an eruption:

1. Remove the lid from the cola bottle and set the bottle on a flat surface.
2. Roll the paper into a tube around a pack of mentos. Tape it into place and pull it off the roll of mints.
3. Hold your hand over one end of the paper tube and fill it up with mentos.
4. Hold the tube of mints over the mouth of the bottle. Drop the mints quickly into the bottle and stand back.
5. Watch the geyser erupt.



1. Make an ice candle holder

How to make an ice candle holder

You will need:

- Greenery from the garden, e.g. leaves and small branches
- Water
- Coins or marbles
- 2 freezer proof containers, one bigger than the other
- Tape
- Tea light and matches/lighter

Instructions:

1. Put some water in the bottom of the large container.
2. Place the small container inside the larger container. Use tape to secure it in the middle of the large container. Add extra water if needed.
3. Put your coins or marbles in the inner cup to prevent it bobbing up.
4. Place your greenery in the water.
5. Place the container in the freezer and leave it to freeze overnight.
6. Once frozen, run the container under water to help separate the containers from the ice.
7. Place a tea light inside the candle holders, light the candle and put it outside in the garden to enjoy.

(This activity is best done in winter so the candle holders don't melt too quickly when taken out of the freezer)



5. Have an ice cream night

Instant vanilla ice cream

Preparation time: 15 minutes **Serves:** 2

Part recipe, park science experiment, milk transforms into delicious ice cream in front of your eyes!

Ingredients

- 300ml semi-skimmed milk
- 1tbsp caster sugar
- ¼ tsp vanilla extract
- 1kg ice
- 6tbsp rock salt
- Hundreds and thousands, to serve

You will need

- 2 medium zip-lock freezer bags
- 1 large zip-lock freezer bag
- Sticky tape

Method

1. Put the milk, sugar and vanilla into one of the medium zip-lock bags. Put this bag into the second medium zip-lock bag. Make sure it is sealed well. Close with sticky tape if the seal isn't strong.
2. Tip the ice and salt into the large bag, then place the smaller bags inside the larger one and seal well.
3. Keep the bags moving from 10-15 minutes to freeze the milk. Throw the bag from hand to hand or shake it – it's a good idea to wear gloves to keep your hands warm.
4. Once the ice cream is ready, remove the ice cream bag and scoop it into bowls. Sprinkle with hundreds and thousands.

Recipe from: <https://www.bbcgoodfood.com/recipes/instant-vanilla-ice-cream>



6. Make your own crystals

Salt crystals experiment

You will need:

- 120ml tap water
- 120ml of salt (table salt or Epsom salt)
- One small pan
- String
- Pencil or lolly stick
- Food colouring (optional)
- Jam jar

How to make your crystals:

1. Have an adult heat a pan of water just until it begins to boil.
2. Stir in as much of your salt as you can. Pour in about $\frac{1}{4}$ - $\frac{1}{2}$ cup of salt and stir until the water is clear. If you don't see any salt grains in the water, stir in another spoonful. Keep stirring in salt until you see salt grains that won't dissolve when stirred.
3. Take the pan off the heat.
4. Get your adult to help you pour the hot water into a clean jar. Stop before the undissolved salt grains fall into the jar.
5. If you would like, you can add a couple of drops of food colouring to the water at this stage so you get coloured crystals.
6. Tie a piece of string around a pencil or lolly stick. Cut the string so it is a bit shorter than the jar.
7. Balance the pencil/lolly stick across the top of the jar. The string should hang inside the jar and extend into the water.
8. Leave the jar somewhere warm and wait for crystals to form. Check back regularly to see if crystals have started forming. Once you see crystals growing on the string, they will usually keep growing bigger over the next couple of weeks.

Folklore

4. Play a game of 'build a troll'

You will need:

- 1 game sheet per player
- 1 pencil per player
- 1 dice per player

How to play:

Split the group into groups of 4 – 6 people. Players take it in turns to roll the dice within their group.

Players build their troll by drawing the body part that corresponds to the number they rolled. Each roll gives you one body part, e.g. one arm or one horn. Players must draw the body first, so they cannot start playing until they have thrown a six. Players must also draw a head before they can draw facial features on their troll, and the troll must have an arm before they can have a club.

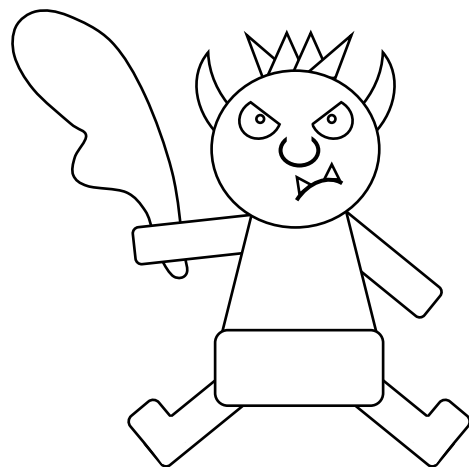
The first person in each group to complete a troll shouts "TROLL" and scores 15 points. All other players score 1 point per body part.

Players compete in their groups for 6 rounds. The winner is the player with the most points for all six rounds totalled.

A completed troll will have:

- 1 body
- 1 head
- 2 horns
- 2 arms
- 2 legs
- 1 club
- 2 eyes
- 1 hair
- 1 nose
- 1 mouth

Facial features



1: Horns

2: Facial features

3: Leg/arm

4: Club

5: Head

6: Body

Build a troll

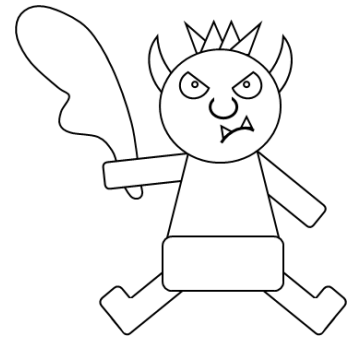
Rules:

- You need to roll a 6 to start. No parts can be drawn without a body.
- You need a 5 for a head before you can add facial features or horns.
- You need a 3 for an arm before you can have a club.
- A complete troll will have a body, a head, a club, 2 eyes, 2 arms, 2 legs, a nose, a mouth, 2 horns and hair.

1: Horns

2: Facial features
(eyes x 2, nose x 1,
mouth x 1, hair x 1)

3: Leg/arm



4: Club

5: Head

6: Body

Game	1	2	3	4	5	6	Total
Score							

4. Make your own hidden person

Use different craft materials to make your own hidden person, e.g. collage, clay or fabric. Here are two different ideas.

How to make a cork gnome

You will need:

- Corks
- PVA glue/hot glue gun
- Felt
- Paint/permanent markers

Instructions:

1. Cut felt to make the clothing, hats, moustaches, beards and eyebrows.
2. Glue them on with PVA glue or a hot glue gun if you have one.
3. Use paint or permanent markers to paint the eyes and cheeks on the gnomes.

Instructions and photo from: <https://www.upcyclethat.com/cork-ornaments/>



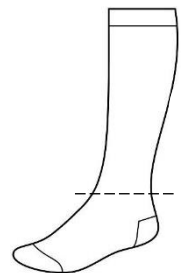
How to make a sock gnome

You will need:

- Long sock
- Faux fur
- Rice
- Toy stuffing
- Scissors
- Old jumper or some fabric
- 1" wooden bead
- Elastic bands
- Hot glue gun or needle and thread

Instructions:

1. Cut your sock just above the heel (along the dashed line)
2. Turn the sock inside out. Use the glue gun to close up one of the ends of the sock, or alternatively sew one end shut. Turn it back the right side out.
3. Pour a cup of rice in to the bottom of the gnome. Make sure it stands up. Fill the rest of the sock with stuffing.
4. Close up the top end of the sock using an elastic band.
5. Cut a triangle shape out of the faux fur for the beard. Use the hot glue gun to glue it on to the front of the gnome. Glue the wooden bead in the middle of the beard for the gnome's nose.
6. Cut the sleeve off an old jumper. Turn it inside out and seal the cut end. Turn the sleeve the right side out.
7. Stuff the hat with some stuffing to make it stand up a bit better. If using fabric, cut out a wide triangle. Glue or sew the long edges together to make a hat shape. Turn the bottom of the hat up a few times and put on the gnome.



Instructions and photo from: <https://awellpurposedwoman.com/how-to-make-diy-sock-gnomes-free-pattern-3/>

1. Learn some Icelandic words and phrases

Hæ/ Halló

- Pronounced Hi / Hah-low
- Hello
- Hæ is more common and it is often said twice in a greeting (Hæ hæ)

Já/ Nei

- Pronounced yow / ney
- Yes / no

Góðan daginn

Pronounced go-thah-n die-in

- Good day
- One of the most common Icelandic greetings
- Use this to say hello to people you meet and show them that you are polite and friendly

Takk

- Pronounced tah-k
- Thank you

Vinsamlegast / Takk

- Pronounced vin-saam-leh-gast / tah-k
- Please

Bless

- Pronounced bleh-s
- Goodbye

Klósett

- Pronounced k-low-seht
- Bathroom

Talar þú ensku?

- Pronounced ta-lar thoo en-sku?
- Do you speak English?

Hvað heitir þú?

- Pronounced kvadh-ayta-thoo
- What is your name?

Ég heiti

- Pronounced ye-gh hey-tee
- My name is...

Hvernig hefur þú það?

- Pronounced kver-nik her-wer thoo thahd?
- How are you?

Hvað kostar það?

- Pronounced kvadh kos-tar thadh?
- How much does that cost?

Ég kem

- Pronounced ye-gh ki-em
- I'm from...

- Englandi (England)
- Skotland (Scotland)
- Wales (Wales)
- Írland (Ireland)
- Frakkland (France)
- Kanada (Canada)
- Ástralía (Australia)

Icelandic

3. Can you decipher the Icelandic runes?

ᚢ ᚦ ᚱ ᚵ ᚶ ᚷ ᚸ

ᚹ ᚺ ᚻ ᚼ ᚽ ᚾ ᚿ ᚰ ᚱ

ᚲ ᚳ ᚴ ᚵ ᚶ ᚷ

ᚸ ᚹ ᚺ ᚻ ᚼ ᚽ ᚾ ᚿ

Can you write a message for someone to decipher?

ᚦ ᚹ ᚵ ᚦ ᚼ ᚾ ᚿ ᚰ ᚱ ᚲ

A B C D E F G H I J

ᚳ ᚴ ᚵ ᚶ ᚷ ᚸ ᚹ ᚺ ᚻ ᚼ

K L M N O P Q R S T

ᚾ ᚿ ᚰ ᚱ ᚲ ᚳ ᚴ ᚵ ᚶ

U V W X Y Z Þ Æ Ö

Icelandic

3. Can you decipher the Icelandic runes?

Answers

ᚱ ᚠ ᚦ ᚱ ᚠ ᚦ ᚠ
VOLCANO

ᚼ ᚦ ᚱ ᚠ ᚦ ᚦ ᚠ ᚠ ᚠ ᚦ
BLUE LAGOON

ᚠ ᚱ ᚠ ᚦ ᚦ ᚠ ᚠ
ICELAND

ᚱ ᚠ ᚠ ᚦ ᚦ ᚠ ᚠ ᚠ ᚱ
REYKJAVIC

Can you write a message for someone to decipher?

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4. Try some Icelandic foods

Rye Bread

Total time: 50 minutes plus rising
and proving

Makes: 1 loaf



Ingredients

200g rye flour, plus extra for dusting
200g strong white or wholemeal flour
7g sachet fast-action dried yeast
½ tsp salt
1 tbsp. honey
250ml warm water

Method

1. Tip the flours, yeast and salt into a bowl.
2. In a jug, mix the honey with the warm water. Pour the liquid into the bowl and mix to form a dough. If the dough looks too dry, add more warm water until you have a soft dough.
3. Tip onto a work surface and knead for 10 minutes until smooth.
4. Place the dough in a well oiled bowl, cover with cling film and leave in a warm place to rise for 1 – 2 hours, or until roughly doubled in size.
5. Dust a 2lb/900g loaf tin with flour.
6. Tip the dough back onto the work surface and knead briefly to knock out any air bubbles.
7. Shape into a smooth oval loaf and put in the tin. Cover with oiled cling film and leave to rise somewhere warm for a further 1 – 1.5 hour, or until doubled in size.
8. Heat the oven to 220°C/ 200°C / gas 7. Remove the cling film and dust the surface of the loaf with rye flour. Slash the top of the loaf with a few incisions on an angle. Bake for 30 minutes until dark brown and hollow sounding when tapped.
9. Transfer to a wire cooling rack and leave to cool for at least 20 minutes before serving.

4. Try some Icelandic foods



Photo from Fiskur í matinn

Plokkfiskur – fish stew

Preparation time: 15 mins. **Cooking time:** 30 – 40 mins. **Serves:** three

Experience a taste of Iceland stretching back through hundreds of years with this dish that draws its inspiration from traditions passed through the generations. Translated as “plucked fish”, it’s a great dish that is packed with nutrients and is filling enough to be a main meal.

Ingredients

½ chopped brown onion
50g butter
100g flour
500g new potatoes
500g cod or haddock
270ml milk and 130ml fish stock

Instructions

1. Peel the potatoes and boil them for 15 – 20 minutes. Once cooked, drain them and leave them to cool.
2. Meanwhile, bring a pan of water to the boil. Add a pinch of salt and the fish. Cover.
3. Heat the fish for 9 minutes and remove. Pour the water into a dish for fish stock.
4. Add butter and onion to the pan that you cooked your fish in and cook on a medium heat until softened.
5. Stir in the flour. Gradually add the milk and fish stock to make a sauce. It should be consistency of a thick soup.
6. Slice your potatoes into bitesized chunks and flake the fish with a fork.
7. Add the potatoes and flaked fish to the sauce and stir it all together. Season and serve with rye bread.

Recipe from: <https://www.arlafoods.co.uk/brands/arla-skyr/eating-well/seven-easy-icelandic-recipes-for-brave-beginners/>

4. Try some Icelandic foods



© Louis-Laurent Grandadam / Getty Images

Kjötsúpa – Lamb soup

Preparation time: 25 mins. **Cooking time:** 70 mins. **Serves:** six

Traditional Icelandic soup is food for the soul – slurp this on a cold winter’s evening to warm up.

Ingredients

2tbsp olive oil	1tsp chopped garlic	1.5kg lamb chops
1/3 cup rice	1.4l water	½ tsp dried thyme
½ cabbage, chopped	½ swede, diced	½ tsp dried oregano
1 cup cauliflower florets	1 onion, chopped	4 potatoes sliced into ½ inch pieces
3 carrots, cut into ½ inch slices		

Instructions

1. Using a large pot, fry the garlic in olive oil for one to two minutes on a medium heat.
2. Add the lamb chops and cook until both sides are browned.
3. Add the sliced onion and cook for a minute more.
4. Pour in the rice and water. Bring to the boil for 5 minutes.
5. Turn the heat down to a medium heat and stir in the thyme and oregano. Cover and cook for 40 minutes.
6. Once cooked, add the cauliflower, cabbage, carrots, swede and potatoes.
7. Cover and cook for a further 20 minutes.
8. Take the meat out of the pot and chop it up before adding it back to the pot.
9. Warm for 5 more minutes before serving.

Recipe from: <https://www.arlafoods.co.uk/brands/arla-skyr/eating-well/seven-easy-icelandic-recipes-for-brave-beginners/>

4. Try some Icelandic foods

Pönnukökur – Icelandic pancakes with skyr

Preparation time: 5 mins.

Cooking time: 15 mins.

Serves: makes 14 pancakes



<https://honestcooking.com/icelandic-pancakes-ponnukokur/>

Iceland's version of pancakes keeps all the best parts about the traditional recipe, but with the extra tang and flavour of skyr – perfect for adding on top with winter fruits for an additional kick.

Ingredients

5 eggs

1 ¼ cups of flour

1 tsp salt

2 ½ cups milk

Butter

1 tbsp. skyr per pancake

Selection of berries and fruits

Instructions

1. Whisk the eggs, milk and salt in a bowl until frothy.
2. Gradually add the flour and continue whisking to form a batter.
3. Heat a pan over a medium heat. Add some butter and let it melt.
4. Pour in one pancake worth of mixture.
5. Heat on one side for around 30 seconds or until bubbles appear. Flip and heat the other side. Repeat until the pancake is cooked.
6. Cook the remaining pancakes.
7. Serve with a spoonful of skyr over the pancake and top with the fruits of your choice.

5. Celebrate an Icelandic holiday

Bolludagur – “bun day”

- Bolla is a word used in Iceland for all sorts of round bread, whether sweet or savoury
- Decorate cupcakes or try making your own choux buns, eclairs or profiteroles

Sprengidagur – “Exploding day”

- The day before lent where people eat lots of food in preparation for fasting
- Traditionally, Icelanders eat soup made from lentils and vegetables. Why not try making your own vegetable soup?

Sjomannadagur - Fishermen’s Day

- Holiday dedicated to Iceland’s seamen as they have played an important role in the history, culture and economy of Iceland
- Have an ocean themed evening, visit your local beach or take a trip to the fish and chip shop

Jonsmessa – “Midsummer night”

- This is the longest day of the year.
- Have a midsummer night party or go for an evening walk to celebrate the long days

Konudagur – “wife’s day”

- The month of Thorri comes to an end with ‘wife’s day’, a day to celebrate women
- Have a party to celebrate the girls and women in your unit

6. Try doing something eco-friendly

Make a no sew t-shirt tote bag

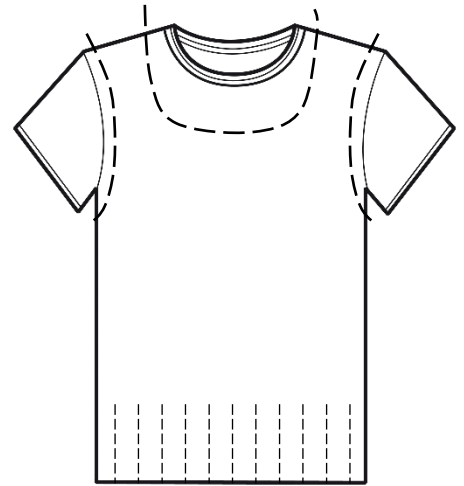
What you need:

An old t-shirt

Scissors

How to make your bag:

1. Cut the sleeves of your t-shirt off just inside the seams
2. Cut a deep U-shape around the neckline of the t-shirt.
3. Turn the t-shirt inside out.
4. Along the bottom of the t-shirt cut strips about 7cm long and 1.5cm apart
5. Tie the strips together to create the bottom of the bag.
6. Next, tie the top strip to the bottom strip of the adjacent knot. Make sure the knots are nice and tight.
7. Tie a double knot on the end knots to reinforce it.
8. Turn the t-shirt the right way out and your bag is finished.
9. Add decorations to your bag if you wish.



Bag making video: <https://www.youtube.com/watch?v=zgpaM3u2zng>

6. Try doing something eco-friendly

Make a reusable wax wrap

Reusable wax wraps are a great, eco-friendly alternative to cling film or foil. Why not have a go at making your own?

What you need:

Cotton fabric (lightweight is best, e.g. an old duvet cover)

Beeswax – can be bought in pellets or blocks

Cheese grater (needed if you purchase wax in blocks)

Greaseproof paper

How to make your bag:

1. Cut a square or circle of fabric. Circles are good for bowls, and squares are good for sandwiches. You can cut whatever size you like, but make sure it is smaller than the width of your greaseproof paper.
2. Lay your fabric on a piece of greaseproof paper that is larger than your fabric. Sprinkle grated beeswax or pellets over the fabric. Sprinkle sparingly as you can always add more.
3. Cover with another piece of greaseproof paper and iron on a medium setting. The wax will melt and soak into the fabric. The fabric will go darker when the wax melts into it.
4. Use the iron to move the wax around and ensure that all the fabric is covered. Add a little more wax to cover any areas that are 'dry'.
5. When the material is covered, peel off the top layer of greaseproof paper and peel the fabric from the bottom layer while it is still hot. Lay flat to dry/harden (it will only take a few minutes) and then your wrap is ready to use.

Wax wrap making video:

<https://www.youtube.com/watch?v=CICWlknYLVQ>

7. Icelandic wordsearch

Can you find all the words hidden in the wordsearch?
Words can be found horizontally, vertically and diagonally.

S	R	I	I	N	S	R	E	S	Y	E	G	G	W
G	K	A	E	F	N	A	A	R	A	L	E	W	L
O	L	Y	V	Y	O	P	U	F	F	I	N	H	R
F	R	A	R	A	W	R	R	F	P	E	N	A	E
V	J	K	C	N	L	N	H	O	I	L	H	L	Y
N	W	R	I	I	S	H	E	E	P	C	E	E	K
I	E	L	A	K	E	G	Y	L	L	E	V	A	J
A	V	S	G	N	I	R	P	S	T	O	H	K	A
C	K	T	P	O	T	R	O	L	L	S	N	I	V
T	E	C	T	O	N	I	C	C	G	A	R	R	I
G	F	Y	L	S	L	O	A	F	U	R	J	S	C
A	L	E	O	O	N	N	E	A	E	E	F	N	L
S	F	N	U	K	O	S	G	O	D	T	O	H	E
O	I	O	T	E	L	P	N	H	O	D	G	E	N

Geyser

Puffin

Tectonic

Glacier

Reykjavic

Troll

Hot dog

Sheep

Volcano

Hot spring

Skyr

Whale

Lava

Snow

7. Icelandic wordsearch

Can you find all the words hidden in the wordsearch?
Words can be found horizontally, vertically and diagonally.

V	W	J	I	G	Q	O	T
S	A	H	M	O	N	R	Q
H	L	B	A	A	O	P	N
E	C	T	C	L	D	Q	Z
E	M	L	L	B	E	T	J
P	O	P	U	F	F	I	N
V	E	C	I	O	J	L	Q
X	B	H	K	S	L	A	Z

Ice

Sheep

Troll

Puffin

Whale

Volcano

Answers

V W J I G Q O T
S A H M O N R Q
H L B A A O P N
E C T C L D Q Z
E M L L B E T J
P O P U F F I N
V E C I O J L Q
X B H K S L A Z

Ice

Sheep

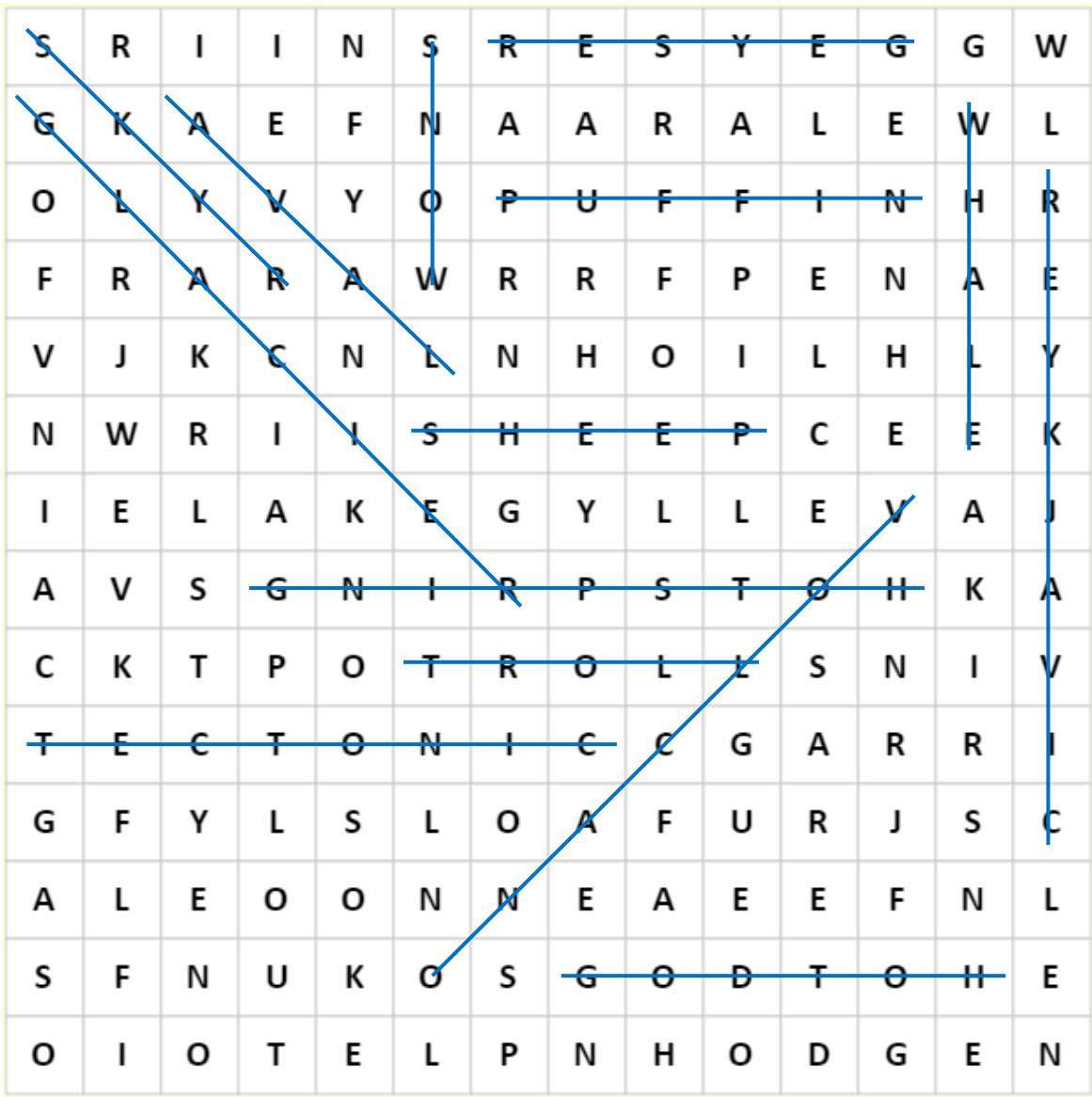
Troll

Puffin

Whale

Volcano

Answers



Geyser

Puffin

Tectonic

Glacier

Reykjavic

Troll

Hot dog

Sheep

Volcano

Hot spring

Skyr

Whale

Lava

Snow

8. Try playing ga-ga ball

What you need:

A large, clear space

4 cones/markers

2 soft balls

How to play:

1. Using cones for each corner, mark out a large square box big enough for everyone in your family to move around in. This is your gaga pit.
2. Everyone needs to stand in the pit. Start the game by rolling one ball into the pit.
3. Move the ball around the pit by pushing it or tapping it using only your hands. You can't pick the ball up.
4. The aim of the game is to avoid getting touched by the ball while at the same time pushing or tapping the ball to try and get others out.
5. After one minute, add a second ball into the pit. You will have to think and act even faster to stay in the game.
6. If you get hit below the knees you have to leave the pit.
7. The last person in the pit is the winner.
8. Once the game is over, everyone can go back into the pit to play again.

Top tips:

- You must stay in the pit at all times
- Try jumping or using your arms to avoid getting hit below the knee
- Once someone is out, they can be a ball keeper – when the ball leaves the pit, they can get the ball and throw it back in to the pit (without hitting any players)

9. What would your Icelandic surname be?

Most Icelanders do not have a family name or surname. Instead, they take on their father's name. So, for example, if the father is called Brian, the daughter is given a first name (e.g. Mary) and then the father's name with an added –sdottir. The daughter would be called Mary Briansdottir. For sons, they add –son, e.g. if the son was called Mark, his name would be Mark Brianson.

Your father's first name + son/dóttir (depending on your own sex) = your 'last name.'

What would your Icelandic name be? What would the names of other members of your family be?

Programme links: Rainbows

		UMA	Skills Builders
Nature	2. Nature walk	Bug hunt	
	3. Make an animal home/feeder	Birdie builders	
	6. Dark nights	It's dark outside	
Fire	1. Make a volcano		Innovate Stage 1 Exciting experiments
	5. Cooking on fire		Camp stage 1, Kitchen-less cooking
	6. Hot dog evening/fire lighting		Camp stage 2, Fire starter
Ice	3. Sculpture making	Plastic free planet	
Folklore	1. Draw a map		Explore stage 1, Explore local
	2. Tower building		Innovate Stage 2, Edible Architecture
	5. Make a hidden person	Mascot maker	Innovate Stage 1, Puppet Pals
Icelandic	2. Boat building/race		Innovate Stage 2, Made to measure
	6. Eco-friendly activity	Plait a mat. Rainbow recycling centre	



Programme links: Brownies

		UMA	Skills Builders
Nature	3. Make an animal home/feeder	Bottle mansions Hedgehog home	
	4. Make a windmill/windsock	Blow us away	
	6. Dark nights	Night sky observers, Torchlit tour	
Fire	6. Hot dog evening/fire lighting	Strike a light	Camp stage 2, Fire starter Camp stage 3, Best fire for the job
Ice	3. Sculpture making	Pass on plastic	
Folklore	2. Tower building		Innovate Stage 2, Edible Architecture Innovate Stage 3, Build it Up
	5. Make a hidden person	Odd socks	
Icelandic	2. Boat building/race		Innovate Stage 2, Made to measure
	6. Eco-friendly activity	Trash fashion	



Programme links: Guides

		UMA	Skills Builders
Nature	1. Iceland animals	Build a beast	
	2. Nature walk	A – Z in nature Biodiversity blitz	Explore stage 4, Uncover and discover
	3. Make an animal home/feeder	Citrus feeder	
	4. Make a windmill/windsock	Easy breezy	
	5. Wool craft	Macramé master	
	6. Dark nights	Survive the wild	
Fire	5. Cooking on fire		Camp stage 4, Fireside feast Camp stage 5, Wild cooking
	6. Fire lighting	The two match challenge Warm in the wild	Camp stage 3, Best fire for the job
Ice	3. Sculpture making	Build a beast, Recycle revival	
Folklore	1. Draw a map		Innovate Stage 4, Walk of the town
	2. Tower building		Innovate Stage 3, Build it Up
	7. Geocaching		Explore stage 5, G.P.Yes!
Icelandic	6. Eco-friendly activity	Wrap it up	
	8. Ga-ga ball	Totally ga-ga	



Programme links: Rangers

		UMA	Skills Builders
Nature	2. Nature walk	Mission to moth	
	6. Dark nights	Mission to moth	Explore stage 6, Tech-NO-logy
Fire	5. Cooking on fire	Campfire cookout Can cooker	Camp stage 5, Wild cooking Camp stage 6, No pans, no problem!
	6. Hot dog evening/fire lighting	Campfire cookout Light my fire	
Ice	3. Sculpture making	Recycle for survival	
Folklore	2. Tower building	Speedy scavengers	
	7. Geocaching		Explore stage 5, G.P.Yes!
Icelandic	2. Boat building/race	Get rafty	
	6. Eco-friendly activity	Tote-ally-tee Plastic personas	

