



## Travel to Africa

At the start of the meeting, physically travelling to Africa can add to the enjoyment of the evening and introduce the subject.

### Fly to Africa – Option 1

Pretend flying by making the following movements:

- From a sitting position, get ready for lift off
- Slowly stand up and stretch arms
- Fly with arms stretched, around the hall to pretend flying over England
- Fly over the English Channel - swim
- Fly over France - choose a gesture or action: cycling for tour de France, pinch nose for stinky cheese, Ooh la la....
- Fly over Alps - climbing motion
- Fly over the Mediterranean - rowing
- Fly over Egypt - walk like an Egyptian
- Fly over the Nile or Sudan - flying with arms stretched

Arrive in Africa. Slow down and land by flexing the knees and walking until they are all sat down.

You can adapt those to suit the journey you want to follow on a map as well.

### Fly to Africa - Option 2

Teach them how to make a paper airplane (loads of websites to help with this) and have them aim at a map of Africa on the floor (could be traced with chalk) When all have hit the spot, you have arrived and start the next activity.

**Suitable for :**

**BEAVERS**  
**CUBS**

Activity from Berkshire Scouts, Global Awareness Programme

