

Mini-Activities

Have you found you suddenly have a free weekend in mid-February? Maybe it's an opportunity to do some Welsh-themed activities! To get SSAGO in a Welsh mood over the original Rali weekend, we've put together a small collection of ideas for everyone to have a go at - whether you're on a club camp or day out, or hiding from the weather in the comfort of your own home.

And of course, we're still looking forward to welcoming you to South Wales in November 2022!



Sharing Your Activities



To get a little involved with the rest of SSAGO, we'd love to see as many of you as possible sharing whatever you get up to over the original Rali weekend - whether you follow this booklet, just use it for inspiration, or do completely your own thing. Please upload photos and videos to one (or many!) of the following locations:

- The Rali Cymru Mini-Activities [Google Photos Album](#)
- Post it to the [national SSAGO discord server](#) in the channel #rali-activities
- Or just email us at rali@ssago.org

If you could share VIDEO, even if it's just short shots of your finished products or snippets from your games, that'd be fantastic. Afterwards, we may create a collage video of everyone getting involved. If you want to be included in this, make sure any photographs or film footage is LANDSCAPE, and clearly state when/where you post it that you give us PERMISSION to use your content in our final video, which we will be using for publicity.

Alternatively, just send us videos from your own camps, days out or other events, with a little description of what you're doing and that you give us permission to use it. The more the merrier!



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Mwynhau!

The Rali Cymru Committee 2022



Welsh Cakes



For a sweet Welsh treat, why not try the following recipe - from Rali's own Welsh-cake Chef!

Makes 15-20 depending on the size you cut them to; takes around half an hour to make.

Ingredients

350g self raising flour, plus some for dusting
2 tsp baking powder
1 tsp mixed spice (you don't have to use this, but it's what makes the Welsh cakes taste Welsh cakey)
175g butter (cold, straight out of the fridge)
115g caster sugar, plus some for sprinkling
100g currants/ raisins / chocolate chips
1 large egg
Milk, incase the mix is too dry
Extra butter or oil for frying

Equipment

Large mixing bowl (or saucepan, I guess)
Wooden spoon
Rolling pin
Round cutter (ideally fluted)
Frying pan, or Welsh Bakestone if you happen to have one
Spatula

Method

1. Mix the flour, sugar, baking powder, and mixed spice together in a large bowl.
2. Cut the butter into pieces and add to the flour mixture.
3. Rub the butter into the flour until you are left with no big lumps, and have a fine breadcrumb consistency.
4. Add in the currants and mix.
5. Add in the egg and mix until it forms a dough. If the mix is too dry, add a teaspoon of milk - but don't overdo it, you need to be able to roll it out..
6. Dust a clean surface with plain flour and roll out the dough until it's about 1cm thick.
7. Cut out your welshcakes - preferably use a fluted round cutter or even a glass with a floured rim.
8. Place in a frying pan - traditionally these are cooked on a Welsh bakestone, but a frying pan works too.
9. With the pan on a medium low heat the Welsh cakes should take a couple of minutes on each side to cook.
10. To test if they are done give them a press with a spatula - if they're firm all the way through then they are cooked but if they're squidgy leave them for another minute. It takes some practice to get them cooked but not burnt to a crisp, so keep trying!
11. To finish, dust your hot Welsh cakes with an insane amount of sugar, and enjoy!

How did your welsh cakes turn out? The perfect treat, burnt to a crisp, or a handful of crumbs?
Either way, don't forget to film your finished cakes to share with the rest of us!



Games



Team Game: Tag Rugby

If you're on a camp with enough people and a bit of space, mark out a couple of try lines, split yourself into teams, find a ball, and work together to pass it to the other end!

Tag Rugby is a non-contact version of rugby. In place of tackling, set a method of "tagging" such as pulling a necker out of a pocket, whilst shouting "TAG!". When you're tagged, simply stop moving and drop the ball, and whoever's quickest or closest can pick it up and carry on whilst you reset your tag. This may need a referee to keep an eye on the ball, and enforce any tagging!

Other general rules of Rugby still hold; the ball can only be passed sideways or backwards, and can't be kicked or headed. Tag rugby doesn't feature conversions, just one point for every try scored. Play for either a set time or set number of tries, or just until you get tired!

Solo or team-based Game: Word Treasure Hunt

Go for a walk around your area, whether that's where you live or where you're camping, and take photos of as many of each of the following words as possible. You can find the words on signs, book covers, posters, wherever you can think of - the more creative the better! You don't have to find the word in isolation; you could find a short word within a longer one, or a longer one as a combination of shorter ones.

Or maybe your entire team could spell out a word, or you find it on the back of some packaging... it's up to you.

Sentences To Find

- Is everybody happy?
- You bet your life we are!

If you're running this as a team game, you can award points to each team based on how they approach the challenge - maybe pick categories such as creativity or uniqueness. And extra points for the correct punctuation!

If you're on your own you can still score yourself - or share your words with the rest of SSAGO and let them score for you.

Did you enjoy your games? If you've got a spare pair of hands, why try to take as many photos or videos as possible, and share them with the rest of SSAGO!

Solo game: Anagrams

Simply unscramble the following words to find some Welsh castles! Ignore any spaces.

Easy

- A CAR DING
- POT WREN
- SANE SAW

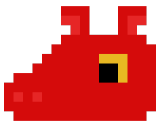
Medium

- HE LARCH
- CHILLY PEAR
- RAN REMATCH

Hard

- A FAN CORNER
- BELY WOE
- BAD RONALD

TIP. Can't think of any castles? Most are just the name of the town or city they're in...



Craft Ideas



Paper Daffodils

As we head into spring, Wales' national flower is starting to pop it's head out all over the country. So why not prepare yourself for upcoming St David's Day by making yourself some daffodils?

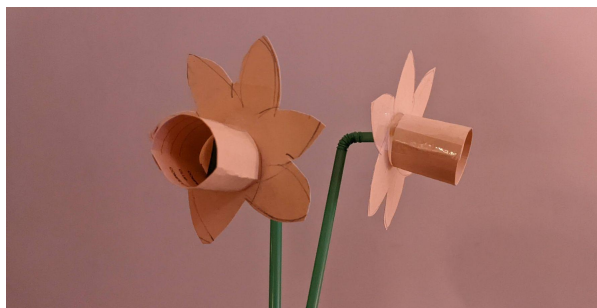
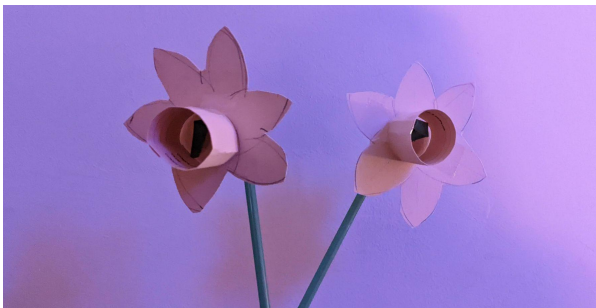
Materials

Paper or card, ideally coloured (yellow, green) Sellotape or glue (Pritt will be fine)
Sticks, thick card or drinking straws Felt tips or paint

There are many ways to make paper daffodils, to suit whatever you might have to hand or are able to get hold of.

1. Start with the petals - cut them out of paper or card, ideally yellow, making sure there are 6 petals. If you want to be neat, you could print or trace the templates on the last page.
2. Next up is the "trumpet" of the flower - this can be made from a ring of card or paper, or a cupcake cup if you have some. Again, this should be coloured yellow, orange or white.
3. Finally the stalk can be attached - use either a lollipop stick, a tube of rolled-up paper, or a drinking straw, and of course coloured green. Maybe you could add some long, thin leaves too.

Here's my version for inspiration; I had some yellow card from old air-rifle targets and some old plastic straws no-one wanted to use, to prove you can use anything!



Peg Dragons

We all know the best thing about Wales is it's dragons, you can't go more than a few miles into the countryside before you spot them. But since we're not in Wales, we'll have to make our own!

Materials

Clothes peg (the springy style)

Paper or card

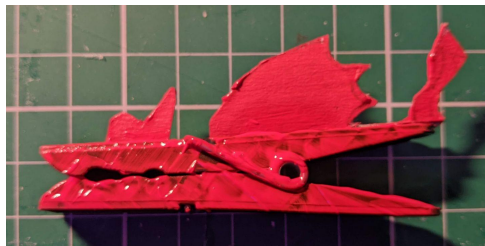
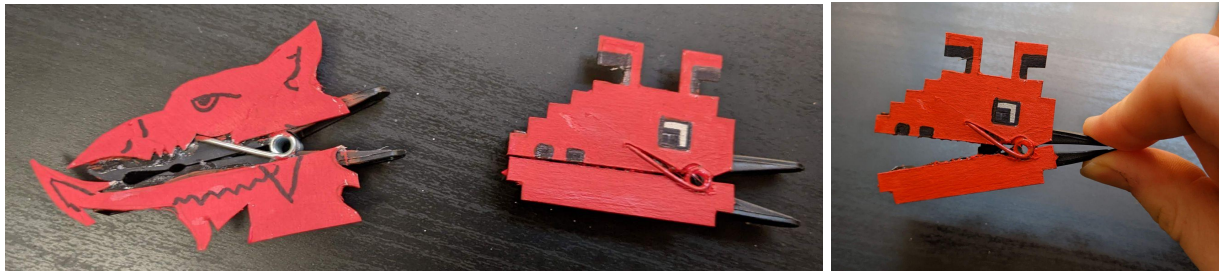
Googly eyes

Felt-tip pens or paints

Glue (ideally UHU or PVA, but Pritt would probably work in a pinch)

For a simple Splŵt or Welsh Dragon head, simply print out or trace over the templates on the last page, and stick one half to each arm of the peg (you may need to cut out around the spring). Then decorate as you fancy!

For inspiration, the examples below were created by roughly drawing the design onto cereal box card, cutting them out, glueing them to a plastic peg with UHU, and then painting. Yours can be as simple or as complex as you like.



For a more complex dragon, try creating a head, wings and a tail from card and glueing them on; maybe you could add googly eyes and a tongue, or breathing tissue-paper fire!

My attempt here wasn't fantastic, but I'm sure with a little imagination you can do better.

Whatever you make, don't forget to film your creation to share it with Rali and SSAGO - see the last page for details!



Scrapheap Castle Challenge

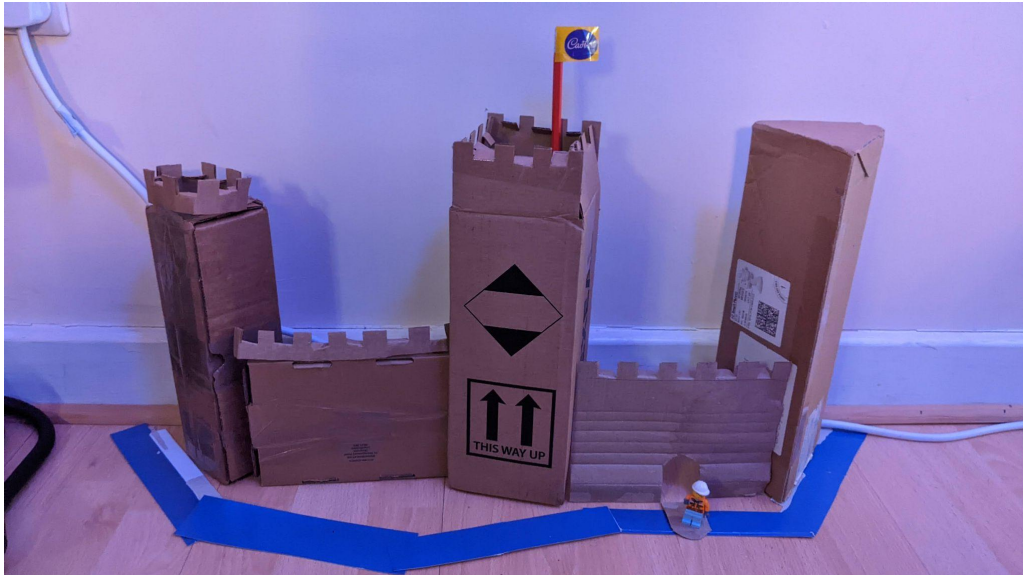


The other thing that Wales is known for is its castles, with over 600 of them - that's more per square mile than anywhere in the world. To find out more about Wales' fortifications, have a browse at <https://www.wales.com/about/culture/castles>.

Given this rich heritage, we're setting you a challenge - using only what you have to hand, what's the biggest castle you can build? You can use anything you like, as long as you haven't had to go out and buy it. That might mean emptying the recycling bin for cardboard, toilet rolls and yoghurt pots, or piling together as many tables and chairs as possible, or tying together poles and blankets - it's up to you.

For inspiration, here's what I managed to put together. Built from a collection of cardboard boxes and other scraps, as well as a pencil for a flagpole and a LEGO minifigure to guard the drawbridge.

Other features to include could be windows, cannons, or dungeons. If you want to top yours off with a Welsh flag, Rali Cymru's own "Thumbs-up Dragon" is included on the templates page!



If you're at a camp or club event, try making it a competition - split into small teams and see who can build a castle the quickest, or the biggest, or the most decorated. Or maybe even strongest, with a second competition to knock them down again!

Whatever you build, don't forget to film your creation to share it with Rali and SSAGO!



Splwt's Journey

TO RALI CYMRU



If you're at home, or have a laptop handy, why not play Rali's very own computer game! Sorry, this game will not work on mobile devices. Our chair Ben put lots of effort into making it run just as it is, let alone getting it to work on phones too!



Go to <https://play.unity.com/mg/other/splwts-journey> to play the game - don't forget to unmute using the button in the bottom-right corner to get the full experience with sound. And once you've finished, remember to screenshot your results, and submit them to us using the form at the bottom of <https://rali.ssago.org/pages/splwt-s-journey> - can you make it to the top of the leaderboard?

The Promotional Bits

If you want to find out more about our rally, now scheduled to happen on 18th-20th November 2022, visit our website at <https://rali.ssago.org>. If you can't wait that long, then you can already get your hands on some Rali Cymru-themed merchandise! Simply head over to <https://siop-rali.ssago.org> to start browsing and to make your order.

Hwyl Fawr!

The Rali Cymru Committee 2022

Craft Templates

