

Nights Away – Sleep IN or OUT



You will need

- A Tent (if you are sleeping out)
- Materials to build a Den (if you are sleeping in)
- Cardboard Boxes (optional)
- this helps you to understand about homelessness

Before you begin

Decide whether you are going to sleep outside in a tent or inside in a den that you are going to make yourself.

Or if you want to take things one step further, read the additional information about homeless people in the UK and decide to build your own cardboard den in your garden.

Have a go

As part of the Great IN Doors challenge you must camp Indoors or Outside for a set number of nights:

One night for the Part 1 Badge

Two nights for the Part 2 Badge

Three nights for the Part 3 Badge

Decide how long you are going to camp and how you are going to do it – Inside Den, Outside Tent or a Cardboard Den.

Here are two good indoor den designs:

CASTLE



CAVE



How will you spend your Night or Night's Away...
Indoors or Outside?



You could even build an outdoor den if you like. But if you sleep in it instead of using a real tent – prepare to get wet if it rains!

Additional Information

An estimated 320,000 people sleep rough in the UK.

Many of these make their own “Dens” out of cardboard boxes to sleep in around our towns and cities.

Why not make your own cardboard den and sleep outside in it and start to understand the issues that affect homeless people?

- What did it feel like to not have a proper place to sleep?
- What would it feel like to sleep in a cardboard den in the middle of the winter or during a heavy rainfall?



Make your cardboard den in your garden and other than your sleeping bag and a bottle of water, have no other home comforts with you for the night – how does it feel to have no possessions or home comforts?

Reflection

You can read more about the homeless issue and the work charities do to support the homeless at these charity websites.

Centrepoint – Give homeless young people a future:

<https://centrepoint.org.uk>

Shelter – Fighting to end homelessness:

<https://england.shelter.org.uk>

Crisis – Together we will end homelessness:

<https://www.crisis.org.uk>

If you want to help, why not get sponsorship to sleep in a cardboard den and donate the money to a charity of your choice that supports homeless people in the UK or abroad.

Safety

Make sure an adult knows that you are researching Charities using the internet and make sure you only access websites that are suitable for your age group.

All Activities are taken from the Scout Association's Great IN Doors programme.