

# Get Carried Away UMA

## Downloadable resource pack

### **Get Carried Away on YouTube**

#### **Supports Get Carried Away UMA**

Here's a link to the ARC's YouTube Channel where you can find Get Carried Away and other videos <http://bit.ly/NorfolkARC>

### **Zero To Hero Quiz**

#### **Supports all Get Carried Away UMA card activities (background information)**

Look at the cards and pictures about Norfolk Guiding in WW1.

Now see how many quiz questions you get right!

### **WW2 Messenger Game**

#### **Supports Get Carried Away UMA card activities**

Ask a leader to give you three facts to remember. Walk three times around the edge of the room then wait for five minutes. Can you repeat the three facts back to the leader correctly? Alternatively, use Scouts Pace outside, run 20, walk 20 paces.

### **Recovery Position**

#### **Supports First Aid skill builders**

In 3s practice recovery position to ensure you are prepared.

### **Agnes Baden Powell's handbook**

#### **Supports Get Carried Away UMA card activities**

Look at these snippets from the first ever Girl Guide handbook and discover how stretchers have been made and used in Guiding for over 100 years

### **ARC 1940s Camp on Virtual Reality**

#### **Supports Get Carried Away UMA**

Did you know we made a Virtual Reality film of 1940s camp? Come and see it at the ARC and experience 1940s camp for yourself! Then maybe join us for the real thing next time..?

### **Use modern equipment**

#### **Supports First Aid skill builders**

Find out where your local defrib machine is and learn how to use it on YouTube.

