

Session 3

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ Materials needed for this session: empty single serve milk/juice carton (1 per scout), 1 small size craft sticks (per scout), Elmer’s glue, and crayons/markers, scissors, dirt, seeds, cups, newspaper or tablecloths to protect the table. ✓ Have the attendance sheet out and ready ✓ Review the session to be prepared to lead the discussion. Do not read it to the scouts, be prepared ahead of time to smoothly lead the session.
Gathering	Compost sorting worksheet
Opening	<ul style="list-style-type: none"> ✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law. ✓ Ensure all of the scouts are focused and ready to begin
Talk Time	Dirt and Composting,
Activity	Plant an Herb
Closing	<ul style="list-style-type: none"> ✓ Point out positive behaviors and activities shown during this session. ✓ Send home composting paper with scouts. ✓ Tell the scouts what next session will be. ✓ Have the scouts clean up the room
After the meeting	<ul style="list-style-type: none"> ✓ Enter the advancements per rank. <ul style="list-style-type: none"> • Lion - None • Tiger – None • Wolf – Council Fire 6.c • Bear – Fur, Feathers, and Ferns 6 • Webelos – None • Arrow of Light – None ✓ Enter attendance ✓ Turn in any needed documents into the district/council ✓ Call, text, or e-mail 2 parents to share something positive about their scout. Make sure every scout has a positive comment before you return to these scouts.

Gathering: Recycle or Compost sorting worksheet

Make sure each scout has scissors and crayons to complete the worksheet.

Talking Time: The Dirt on Composting

Leader – Last session we talked about the importance of protecting the environment. This week we will talk about dirt and how bugs make our dirt good for growing things though composting.

What is Composting?

Composting is a term that is used when someone controls the decomposition (breakdown) of natural waste, organic solid wastes. Usually composting is done in a bin or heap, where natural rubbish is allowed to mix together and decomposed into a crumbly fertilizer.

Why Should I Compost?

Not only does composting help us reduce the amount of rubbish that we bin, and the risks of further polluting the air, land and water with this rubbish, but composting is also an easy way to get some excellent – and free – fertilizer for the garden. (Not to mention it’s always fun to get a particularly wormy, gross compost heap going!)

Developed at Crossroads of America Council - After School District - Lead by Josette Crawford

How do I Begin Composting?

If you live in a city or have a very small garden, composting may not be the right option for you. But if you live outside of urban (city) areas and have a large garden that you enjoy taking care of, composting is as easy as designating a bin or a small section of land for your compost heap. If you choose to use a bin, cut out the bottom so that the compost material can touch the earth. If you choose to designate an area of the garden, make sure that it has some sort of shelter for the heap. As you add materials to the heap, try to make sure that they are always a little moist, that they are sheltered from wind and rain, and that air can circulate freely through the heap.

What Materials can be Composted?

Many organic and natural materials can be composted. Grass cuttings, leaves, flowers and vegetable scraps can all be composted, as can fruit scraps and peels, leftover table scraps and egg shells, coffee grounds and stale bread. Paper, cardboard, sawdust, animal manure and seaweed can also be composted. Do not attempt to add meat scraps, wood branches, metal, glass, plastics or any type of garden waste that has been sprayed with pesticides or other chemicals. These items do not decompose well and will hold up the efficiency of your compost heap.

How do I Control Pests when I Compost?

As you add each layer to your compost heap, make sure that you cover them completely with a thin layer of lime and then top it off with a layer of soil. Adding a mesh cover to the top of a bin will help to keep flies away, as will a layer of sawdust shavings added to the top of each heap. To keep out rats, ask your parents to install a sheet of mesh between the bottom of the heap and the soil so that worms can still get through but rats will be kept out.

What do I do With Compost?

Compost is an excellent natural fertilizer for your garden. You will know that the contents of your compost heap are ready to be used when they look kind of crumbly and smell like earth. When your compost heap is ready, you can layer the contents in the top-soil of garden beds, scatter it like mulch around the bottom of trees, plants and shrubs, or mix it into the soil that you use in your potted plants. This rich fertilizer will help your flowers and plants be nourished and bloom more quickly and easily.

Activity: Plant a Herb

- Make sure each scout has their own cleaned milk carton
- Use a permanent marker and write the scout's name on the carton
- Carefully fill each carton with soil
- Plant several Herb seeds in each carton
- Allow the scouts to water the seeds
- Use the grow, grow, grow worksheet to track plant growth
- Find a safe place to leave the plants at the location to track the growth of the herbs
- After 4 weeks have the scouts take the planter home

Closing:

- ✓ Point out positive behaviors and activities shown during this session.
- ✓ Send home composting paper with scouts.
- ✓ Tell the scouts what next session will be.
- ✓ Have the scouts clean up the room