

## Bit of fun

### Microwave mug cake recipe

Kit you need:

- 1x Mug
- Microwave
- Measuring spoons
- Fork/spoon



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- Microwave
- Measuring Spoons
- Fork/Spoon

#### Ingredients:

- 30g Butter/Margarine/Other alternative
- 1x egg
- 4x TBSP Self Raising Flour
- 2x TBSP Sugar
- 1x TBSP Milk
- 1x TSP Vanilla Essence

#### Method:

1. Weigh 30g of butter (or whatever else you are using) into a microwavable mug
2. In 10 seconds, bursts melt the butter in the microwave
3. Mix in the egg, vanilla essence and milk with the fork/spoon
4. Mix in the sugar and the flour
5. Microwave to cook the mug cake (2 minutes for 750W, for more powerful microwaves use less time)
6. Enjoy

## Interest Badge - Protesting Protest to make change happen

To buy or not to buy?

Boycotting is a peaceful way of protesting, where you choose not to buy, use or give money to a person, organisation or country to show you don't agree with something they've done. It's about getting your message across by hitting them in the pocket. But is it worthwhile?

Think about something you want to boycott - it could be a type of product, unethical corporation, place or media outlet.

Boycott it for a week, then share your thoughts. Explain the impact you think you made. If more people joined you, what influence would you have?

Started back at a new school, new school year. Don't forget to make time for yourself. Caring for yourself can make you feel great! You can take care of yourself in many different ways, from creating special moments to doing something fun. This is your chance to explore the ways you can make time to take care of yourself.

Like the sound of this? Take a look at the Rangers Self Care interest badge.

Post your work Facebook so that we can let your leaders know you took part!

