

## Discussion – Scotland





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## Introduction

Link this discussion to St Andrew's Day on 30th November. Use the image of the jigsaw map of Scotland. Make enough copies for each person and pass them around. Discussions of a large topic such as Scotland will vary depending on whether you have been a resident there or not. Choose which questions are best for you. The prompts are only a guide. Discussions will last as long as interest and concentration allow.



## Environment

Always use a quiet room, with the television turned off, not just turned down, as moving images are very distracting.

## Questions To Ask – for homes and centres that are in Scotland

Which part of Scotland are you from? Can you find it on the jigsaw map? What were the main industries in your part of Scotland?

Who is the patron saint of Scotland? When is St Andrew's Day? How have you celebrated St Andrew's Day? How important is it to you?

Which Scottish symbols and traditions mean most to you? Are there any you are not keen on? Which city, town or region of Scotland means most to you? Why is that? How would you describe it?

What is your opinion of how devolution to the Scottish Parliament and Government has worked? Are you in favour of, or against, full independence for Scotland, or are you undecided? Why?

## Questions To Ask – for homes and centres elsewhere

Who is the patron saint of Scotland? When is St Andrew's Day? Have you ever been to a St Andrew's Day function, such as a dance?

Were you born or brought up in Scotland? Or do you have relatives from Scotland or who live in Scotland? How often have you visited Scotland? Why were you there – family, work, holiday? Which parts of Scotland do you like best?

How would you describe Scotland? Do you think there is a Scottish national character? Or do you think people in Scotland are just as varied as anywhere else? Which Scottish traditions or people do you most admire?

# Picture Quiz – Scotland

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## Introduction

Eight pictures all with a Scottish theme this month, to link with St Andrew's Day on 30th November.

As a follow up to the quiz, there is an extension question and a word puzzle.

## What To Do

Copy the A4 page of pictures from the second page. Make enough colour copies for each person to have a sheet to look at. The quiz, the extension questions and the word puzzle can be done with a group or one-to-one.

For each set of quiz questions, make sure that people have identified the correct picture on the page from the number.

## Quiz Questions

1. Which grain is used to make malt whisky? Which metal is used to make the stills? [*Barley. Copper*]
2. What type of biscuit is this? Is butter or lard used to make it? [*Shortbread. Butter*]
3. Which flower is this? Which country is it the symbol of? What does the plant have to protect it and to stop it being eaten by sheep, deer and cows? [*Thistle. Scotland. Prickles*]
4. This is a picture of the John Brown shipyard. Which Scottish river is it on? The ship being built is the QE2. What does QE2 stand for? [*Clyde. Queen Elizabeth II*]
5. Which Scottish castle is this? What is the capital city of Scotland? Is the Scottish Parliament at Holyrood or Murrayfield? [*Edinburgh. Edinburgh. Holyrood*]
6. What musical instrument is this man playing? The man plays the melody on which part of the instrument, the drone or the chanter? [*Bagpipes. Chanter*]
7. What are these men wearing? What name is given to the pattern on the cloth? They are also each wearing a sporran. What is a sporran? What might you keep in it? [*Kilts. Tartan. Pouch (bag). Money (personal possessions)*]
8. This town and building is named after the patron saint of Scotland. What is the town? Is it famous for its university or its shipyards? Which game is it famous for? [*St Andrews. University. Golf*]

## Extension Question

What else is Scotland famous for?

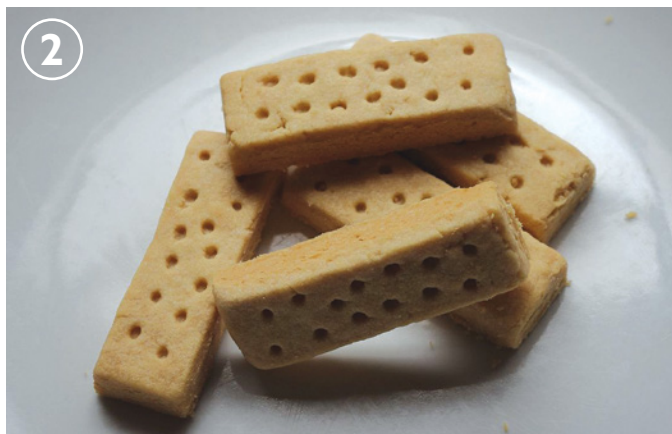
## Word Puzzle

How many words can you make from the letters in **SCOTLAND THE BRAVE**

VARIOUS – no set number eg: learnt, toast, band etc.



# Picture Quiz – Scotland



# Music, Movement and Song

## – Scottish Medley

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### Introduction

A celebration of Scotland through three well-known songs. During November, three of the Daily Sparkle Singalongs are Scottish standards. Bring these together to get people to jig, dance, clap, swing, or just hum and tap the toes.

### Resources

If possible, let residents have some Scottish clothing - perhaps a tartan scarf, a round woollen or cloth cap, known as a tam o' shanter, or a thistle brooch. Afterwards, enjoy a cup of tea, Scottish shortbread and, for those who would like it, a nip of whisky.

You will also need the November Sparkles CD/App and a good sound system.



### What To Do

- Start with a short warm-up session, stretching arms and legs, and gently twisting from side to side.
- Chat about St Andrew's Day and celebrating Scottish customs and traditions.
- Play each track twice. Encourage people to join in as much as possible both with singing along and moving to the tune.

The three songs are:

Track 10 (10th November Daily Sparkle) – 'Skye Boat Song' sung by Kenneth McKellar

Track 20 (20th November Daily Sparkle) – 'The Road To The Isles' with Andy Stewart

Track 30 (30th November Daily Sparkle) – 'Scotland The Brave' sung by Kenneth McKellar

### Extension Activity

Whether in Scotland or elsewhere, ask in a local St Andrew's Society or Scottish Country (Highland) Dancing Club, along with their musicians, to entertain and lead another music and movement session.



# Tossing the Caber

## Introduction

Another fun use for pool noodles.

Tossing the caber is a popular athletic feat performed at Scottish Highland Games. The real caber is a 6m (20 feet) tall larch pole weighing around 80kg (12½ stone). It really does require great skill and strength.

## Resources

- Full-length pool noodles (usually about 1.5m)
- Large hula hoop
- Scottish music to play



## Environment

Have people seated in a large room with plenty of floor space, and plenty of room to 'toss the caber' without hitting another resident. Play some good Scottish tunes.

## What To Do

First, chat about Scottish Highland Games and the idea of tossing the caber. Who has seen this? Was it in person or on the television?

Demonstrate having the pool noodle upright in the palm of one hand and holding it with the other hand. Then show how to launch the 'caber' with an upwards and forwards movement of both hands. Stress that you are tossing the caber and not throwing it like a dart.

### Game One

Who can toss the caber the furthest?

Have suitable prizes.

### Game Two

Place a large hula hoop on the floor as a target.

Who can get at least part of the caber into the target area?

More prizes!



# Twenty Questions Quiz – Scotland

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## Introduction

An extra feature from the Daily Sparkle – a quiz to keep people entertained and chatting, with great cognitive stimulation.

## What To Do

1. Are the Hebrides off the west or the east coast of Scotland?
2. Which of the Hebrides is famous for its tweed cloth made into jackets?
3. Are most whisky distilleries in the Lowlands or the Highlands?
4. Is Dumfries in the Lowlands or the Highlands?
5. The Kingdom of Fife lies between two Firths. One is the Firth of Forth. What is the other Firth?  
*Firth of Clyde or Firth of Tay*
6. Do Galloway cattle come from South-West or North-East Scotland?
7. Do Aberdeen Angus cattle come from South-East or North-East Scotland?
8. Ayrshire cattle are red and white. Are they bred as dairy cattle or as beef cattle?
9. Where would you find the Heart of Midlothian? *Edinburgh or Glasgow*
10. Dundee is famous for jute, jam and which other word beginning with J?
11. Which famous actor started work as a milkman in Edinburgh?
12. Which Scottish football league team play at Hampden Park? *Queen's Park or Queen of the South*
13. Which Scottish tennis player from Dunblane won Wimbledon in 2013 and 2016?
14. Which is further north, Orkney or Shetland?
15. Which range of hills are on the border with England? *Pentland Hills or Cheviot Hills*
16. Which Scottish town is famous for cotton thread and for a pattern of cloth?
17. The Ravenscraig steelworks were in which Scottish town? *Kilmarnock or Motherwell*
18. Leith is the port for which Scottish city? *Edinburgh or Perth*
19. Which Scottish politician, brought up in Kirkcaldy, was Prime Minister from 2007 to 2010?
20. Which loch is deeper? *Loch Ness or Loch Lomond*

### Answers

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|-----------------|------------------|---|
| 1. West         | 8. Dairy         | 15. Cheviot Hills                         |
| 2. Harris       | 9. Edinburgh     | 16. Paisley                               |
| 3. Highlands    | 10. Journalism   | 17. Motherwell                            |
| 4. Lowlands     | 11. Sean Connery | 18. Edinburgh                             |
| 5. Firth of Tay | 12. Queen's Park | 19. Gordon Brown                          |
| 6. South-West   | 13. Andy Murray  | 20. Loch Ness – 227m (Loch Lomond – 190m) |
| 7. North-East   | 14. Shetland     |   |