

NAVY



ROYAL AUSTRALIAN NAVY

ACTIVITY BOOK FOR KIDS



NAVY VALUES

SERVICE COURAGE RESPECT
INTEGRITY EXCELLENCE

www.navy.gov.au



Welcome to the Royal Australian Navy's Digital Activity Book for Kids. This book is full of activities children can do at home, with or without a little help from caregivers. There are also facts throughout which will teach you about the Navy, from how many ships we have, to the ranks and jobs of our sailors and officers.

If you'd like to find out more about the Navy, please visit the website www.navy.gov.au - we hope you enjoy this book!

DID YOU KNOW?

The Royal Australian Navy (or RAN for short) is part of the Australian Defence Force and is jointly responsible for protecting our island nation. The RAN also provides help to other countries when they need it - such as following earthquakes or tsunamis.

B	R	A	E	D	K	F	N	A	V	Y	S
S	H	I	P	O	R	S	B	A	W	O	S
H	E	L	O	L	D	F	J	L	X	C	T
P	S	U	B	M	A	R	I	N	E	E	A
R	A	O	I	U	D	K	L	S	Q	A	K
E	I	K	C	A	P	T	A	I	N	N	U
W	L	W	Y	S	C	H	G	L	T	O	K
A	O	S	F	E	L	E	U	W	D	E	P
D	R	T	K	A	I	L	B	R	A	V	O
M	V	A	L	D	O	I	K	I	J	V	R
I	B	O	F	F	I	C	E	R	C	Y	T
R	S	T	A	R	B	O	A	R	D	I	O
A	O	Z	U	L	U	P	A	B	Z	E	S
L	Y	Q	X	K	G	T	L	W	U	N	M
E	L	W	V	E	B	E	D	G	L	I	F
K	V	C	J	O	G	R	F	O	G	B	A

NAVY

SUBMARINE

HELICOPTER

OCEAN

OFFICER

SAILOR

SHIP

ZULU

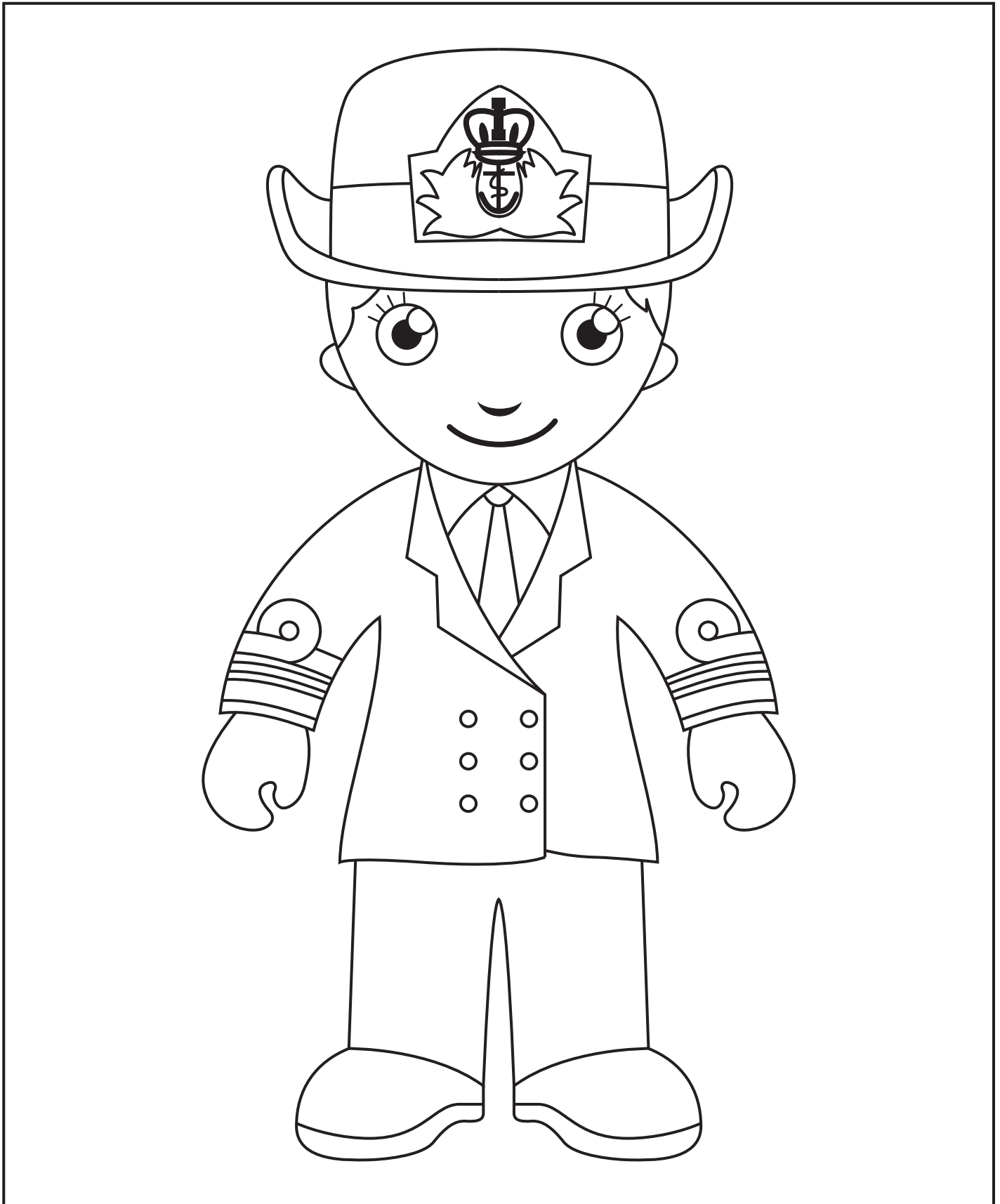
BRAVO

ADMIRAL

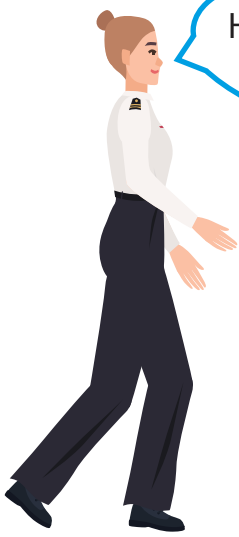
CAPTAIN

PORT

STARBOARD

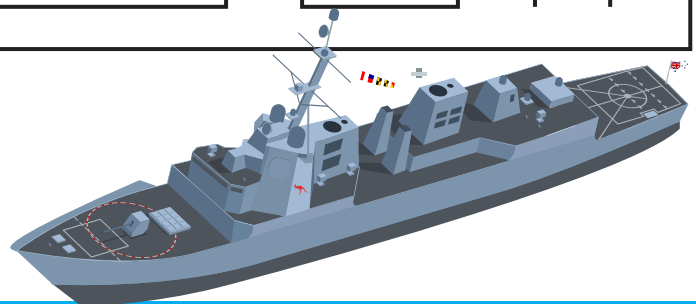
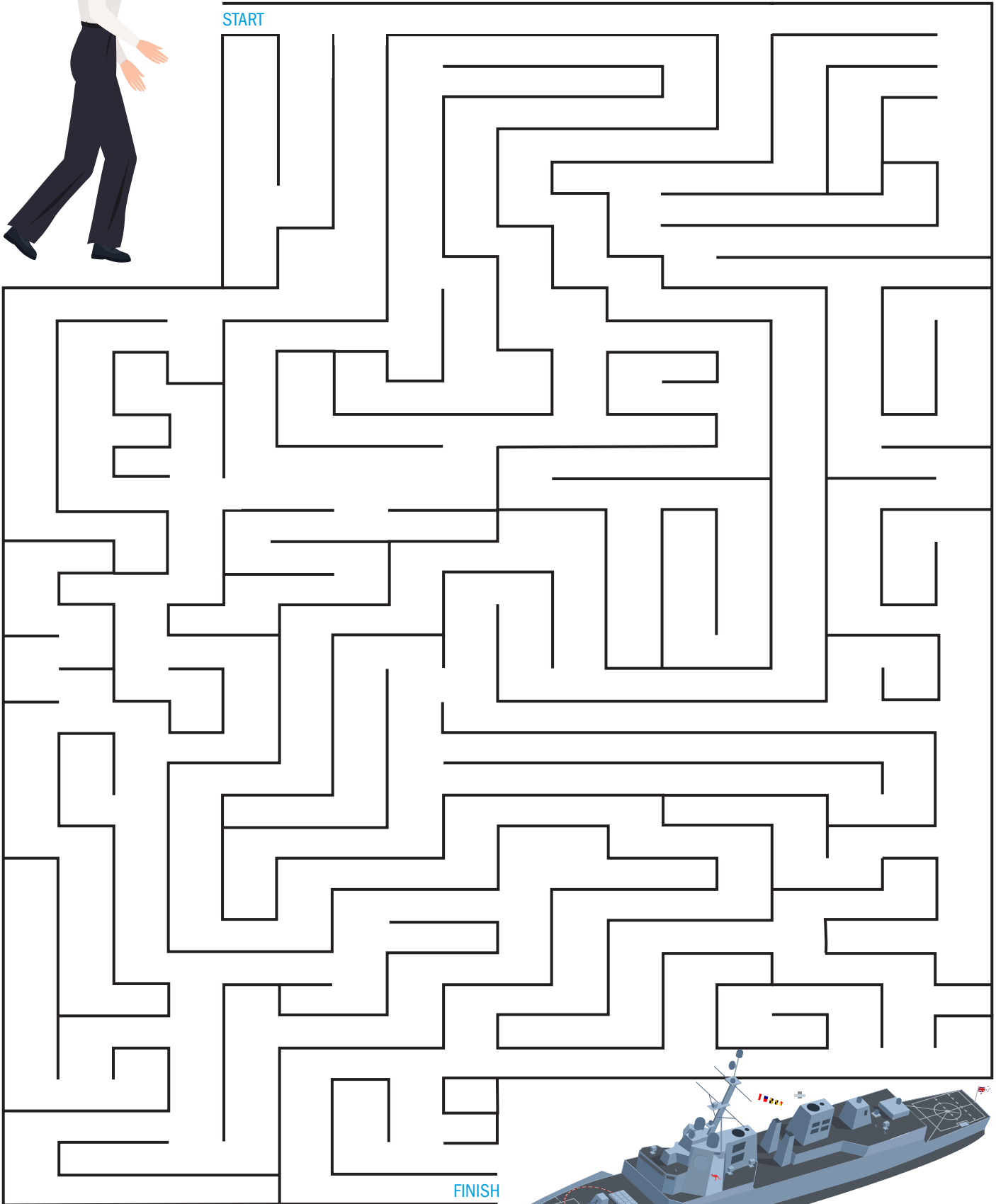


MAZE



Help me get to the ship in time for my duty watch!

START



SPOT THE DIFFERENCE



Seaman Smith is new to wearing the RAN uniform. Can you spot the 5 differences and help him learn the correct uniform standards?



1. Pink shoelaces 2. Green hair 3. Orange shirt 4. Bangle 5. Name badge backwards

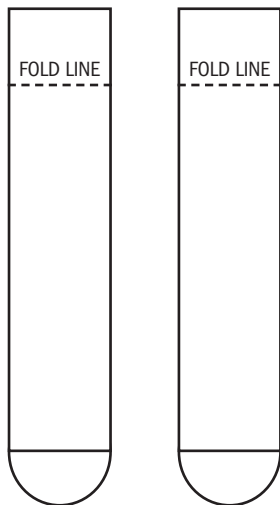
DID YOU KNOW?

There are 60 different job roles available within the RAN, from helicopter pilot to electronics engineer, to Chaplain. Personnel can serve full time in the Permanent Navy, or as a reservist meaning they have a normal fulltime job and sometimes help the RAN with their specialist skills.

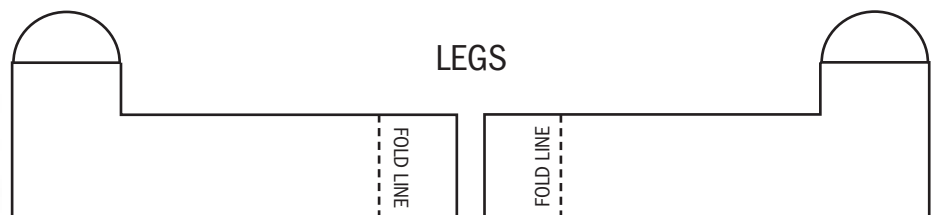
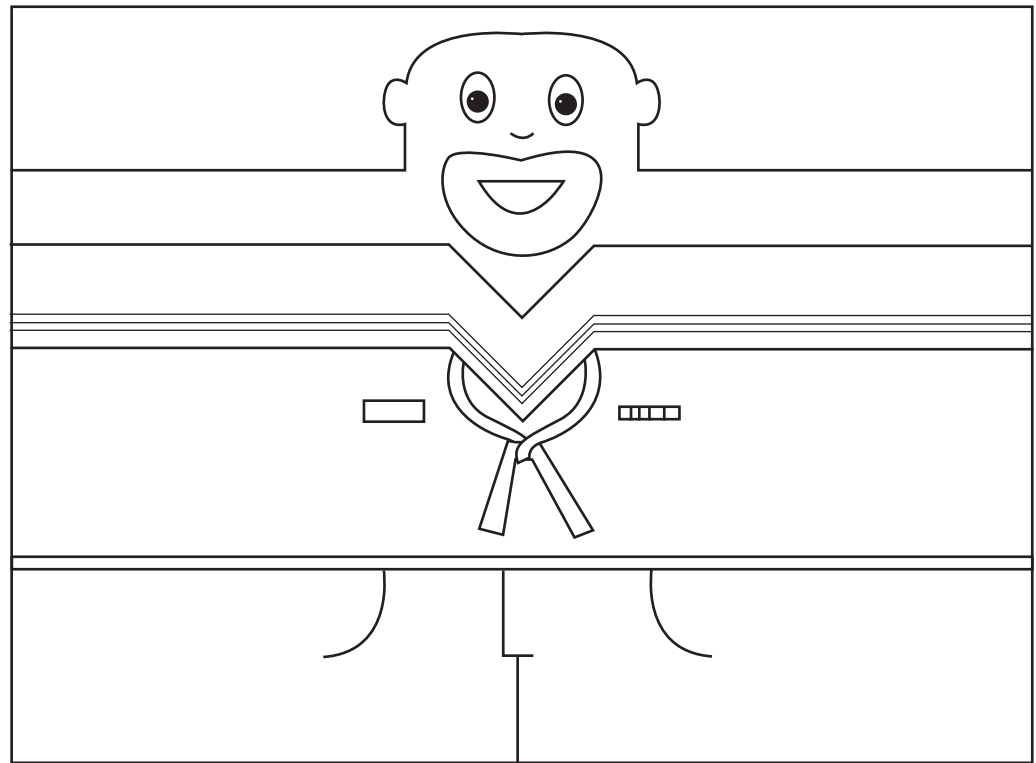
MAKE YOUR OWN CREW

YOU WILL NEED:

- Colouring pencils
 - Scissors
 - Glue
 - Paper tube
1. Colour in your Sailor
 2. Carefully cut out all the Sailor parts
 3. Wrap and glue the Sailor's body around the paper tube
 4. Wrap and glue the Sailor's hat to the top of the paper tube
 5. Stick the arms and legs to the paper tube - TA DA! You have one crew member for your ship



ARMS



LEGS

DID YOU KNOW?

The first rank Sailors start off as is 'Seaman'.
For Officers, their first rank is 'Midshipman'.

MINI FITNESS TEST



In the Navy we have to stay fighting fit to ensure we are always ready to serve our country.

Every year we must pass a fitness test which involves running, sit ups and push ups.

Try the mini test below and see how fighting fit you are!

WARM UP: You should always warm up before exercising. A light jog and stretching will help prepare your muscles for physical activity.

AGES
3-5

3 push ups (you can do them on your knees!)

3 sit ups

Get a pillow case and stand inside it. Race your family or friends to see who can win a 15 metre race!

AGES
6-9

5 push ups (you can do them on your knees!)

10 sit ups

Set up two markers 10 metres apart. Race between the markers six times, touching the ground at each end. Record your time and try to beat!

AGES
10+

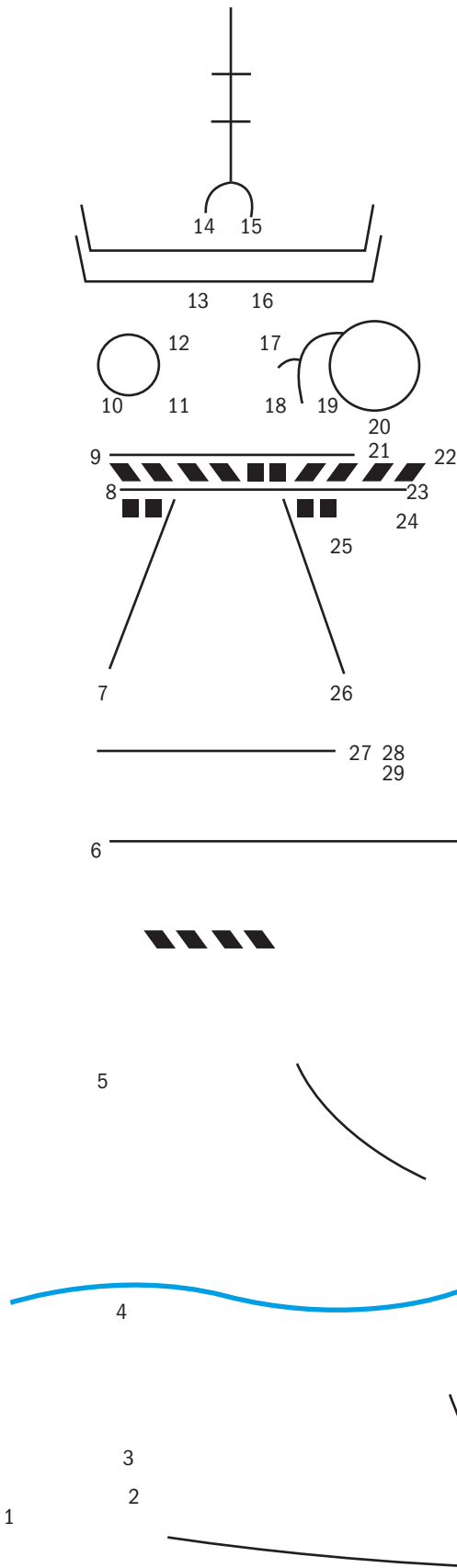
8 push ups (you can do them on your knees!)

15 sit ups

Try and run 200 metres in 35 seconds - keep practicing and see if you can beat your best time!

COOL DOWN: Cooling down is just as important as warming up and will help your muscles recover from physical activity. Stretches are the perfect way to cool down.

*Disclaimer: children should be supervised when undertaking any physical activity. Children with health issues should seek medical clearance prior to attempting. The Navy takes no responsibility for any injuries caused through attempting the above activities.



DID YOU KNOW?

The RAN has nearly 50 commissioned vessels and 17 establishments all around Australia. The biggest ships we have are Landing Helicopter Docks HMAS Canberra and HMAS Adelaide. They are based at Garden Island in Sydney and can carry more than 1,000 personnel.



In the Navy, chefs cook food for all the sailors and officers at sea and ashore. We call them “chefos”.

On special occasions (like Anzac Day) the chefos will cook special meals for the crew.

Have a go at being the “chefo” at your home by baking some traditional Anzac biscuits.

ANZAC BISCUIT RECIPE

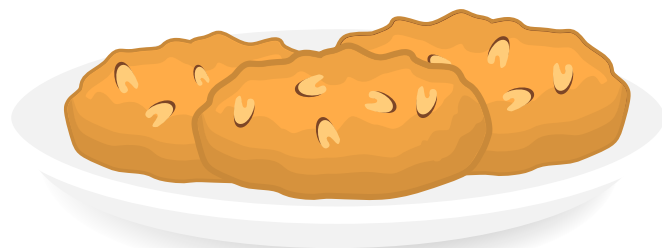
Ingredients

- 2 cups rolled oats
- 1/2 cup sugar
- 1 cup plain flour
- 1/2 cup melted butter
- 1 tbs golden syrup
- 2 tbs boiling water
- 1 tsp bicarbonate soda (add a little more water if mixture is too dry)

Method

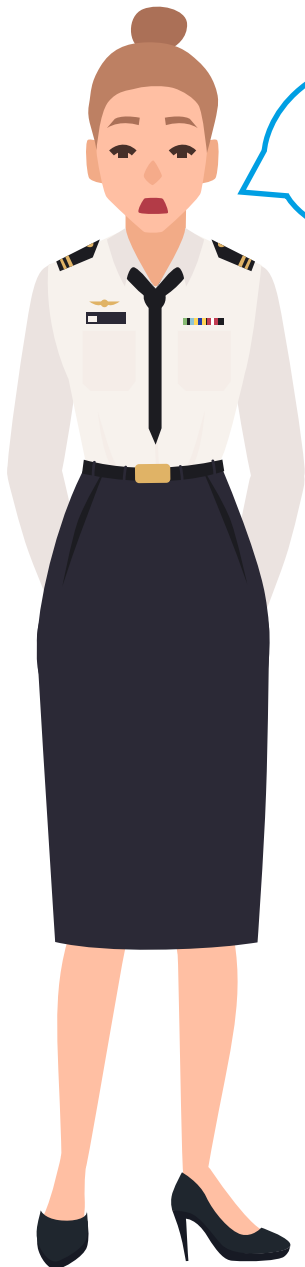
1. Combine dry ingredients.
2. Mix golden syrup, boiling water and bicarbonate of soda until they froth. Add melted butter.
3. Combine butter mixture and dry ingredients.
4. Drop teaspoons of mixture onto floured tray, allowing room for spreading.
5. Bake in a slow oven.

The above recipe has been copied from the Australian War Memorial website: www.awm.gov.au/articles/encyclopedia/anzac/biscuit/recipe

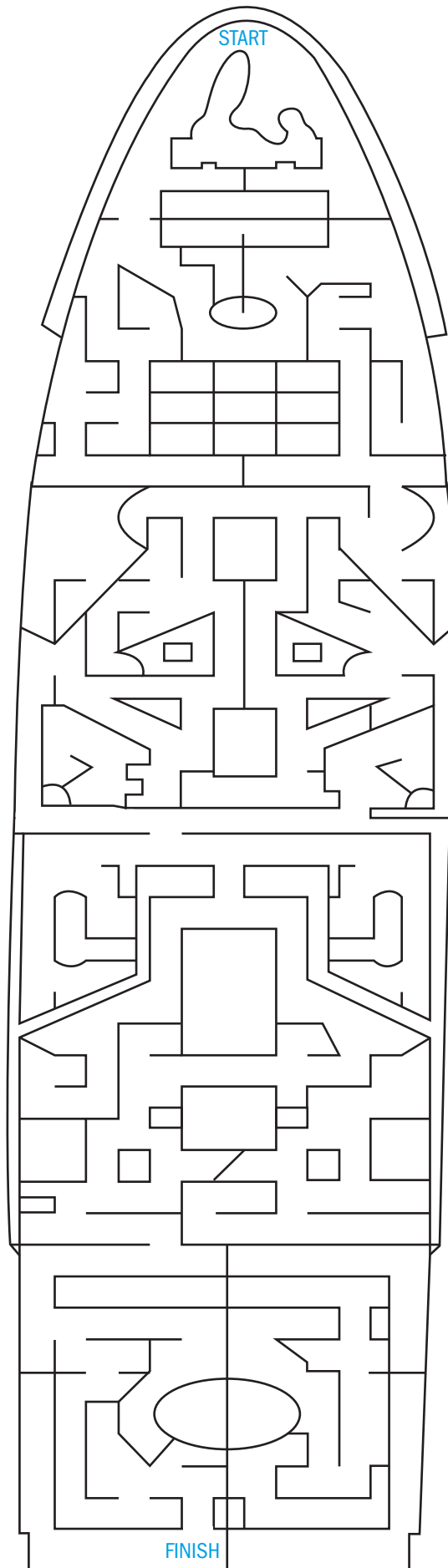


DID YOU KNOW?

At 0800 every day a ceremony called 'Colours' is conducted in commissioned shore establishments, in ships alongside in harbour and by those moored to a buoy or at anchor. The ceremony involves raising the Australian White Ensign flag and the Australian National Flag. All personnel around must salute when the flags are raised.



It's time for colours! Can you help me get to the Quarterdeck?



DECODE THE MESSAGE



In the Navy we sometimes use the International Radio-telephony Spelling Alphabet. This helps us ensure the correct message is received because many letters sound similar.

The codewords below have been assigned to each letter of the alphabet, so when someone says “Hotel India” they mean “Hi”. Have a go at decoding the messages using the alphabet.

SYMBOL	CODE WORD
A	Alfa
B	Bravo
C	Charlie
D	Delta
E	Echo
F	Foxtrot
G	Golf
H	Hotel
I	India
J	Juliett
K	Kilo
L	Lima
M	Mike
N	November
O	Oscar
P	Papa
Q	Quebec
R	Romeo
S	Sierra
T	Tango
U	Uniform
V	Victor
W	Whiskey
X	X-ray
Y	Yankee
Z	Zulu

ANSWER: Navy: to find us you must be good. To catch us you must be fast. To beat us you must be kidding.

November Alfa Victor Yankee : Tango Oscar

Foxtrot India November Delta Uniform Sierra

Yankee Oscar Uniform Mike Uniform Sierra Tango

Bravo Echo Golf Oscar Oscar Delta

Tango Oscar Charlie Alpha Tango Charlie Hotel

Uniform Sierra Yankee Oscar Uniform

Mike Uniform Sierra Tango Bravo Echo

Foxtrot Alpha Sierra Tango

Tango Oscar Bravo Echo Alfa Tango

Uniform Sierra Yankee Oscar Uniform

Mike Uniform Sierra Tango Bravo Echo

Kilo India Delta Delta India November Golf

FIND A WORD



The crews on our ships regularly practice 'Damage Control Exercises' to prepare them in case of fire, flood or chemical emergencies. Can you help the crew find the equipment they need?

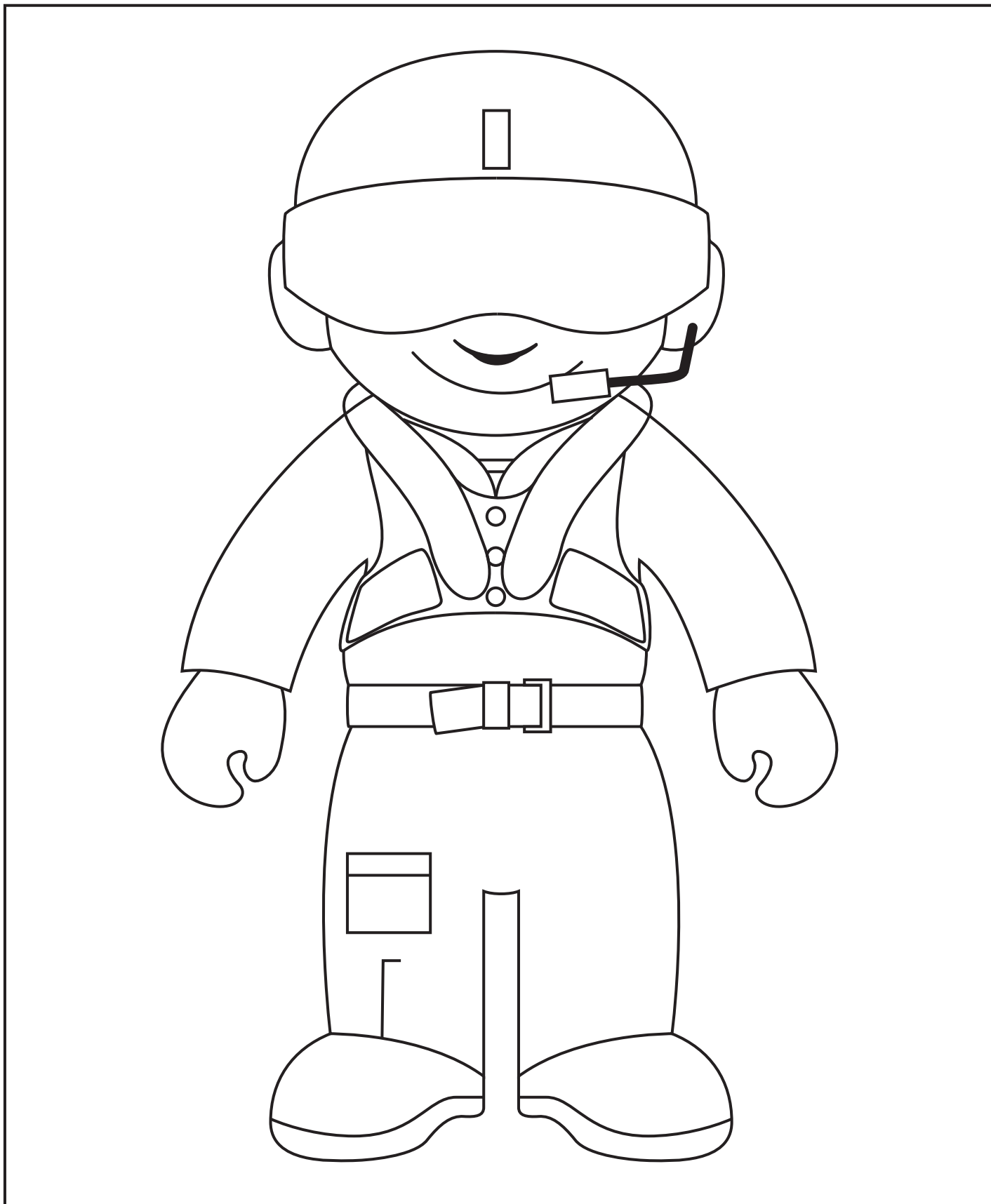
E	H	H	B	G	T	F	D	B	O	K	S
X	C	M	A	S	K	O	T	O	R	C	H
T	W	J	X	D	S	I	Q	Z	B	L	O
I	T	H	E	A	C	H	F	B	L	K	R
N	G	I	V	B	U	P	H	A	A	H	I
G	L	O	V	E	S	A	F	R	N	S	N
U	Y	A	B	L	I	T	C	P	K	C	G
I	L	I	F	E	J	A	C	K	E	T	H
S	Y	P	R	B	J	B	I	Y	T	R	I
H	S	F	H	O	S	E	J	L	O	H	B
E	H	K	U	O	V	G	S	W	F	H	C
R	O	D	T	T	H	H	W	E	Y	E	B
I	B	C	R	S	X	Q	I	D	U	L	T
O	C	C	A	B	A	P	F	G	S	M	J
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R	P	H	L	W	K	S	B	S	D	T	O

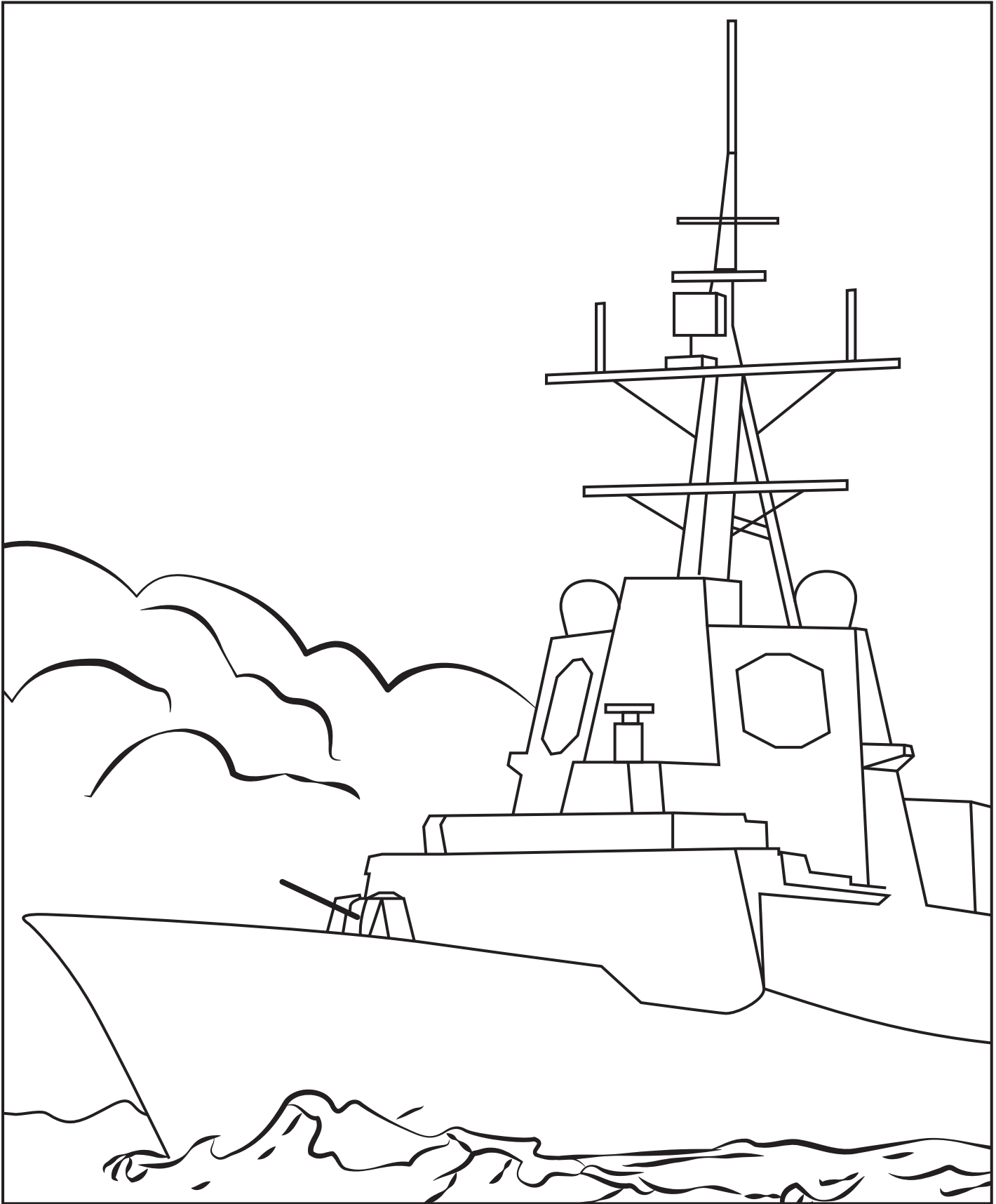
Extinguisher
Hose
Axe
Blanket

Mask
Helmet
OCCABA
Boots

Torch
Gloves
Lifejacket
Thermometer

Wedges
Shoring





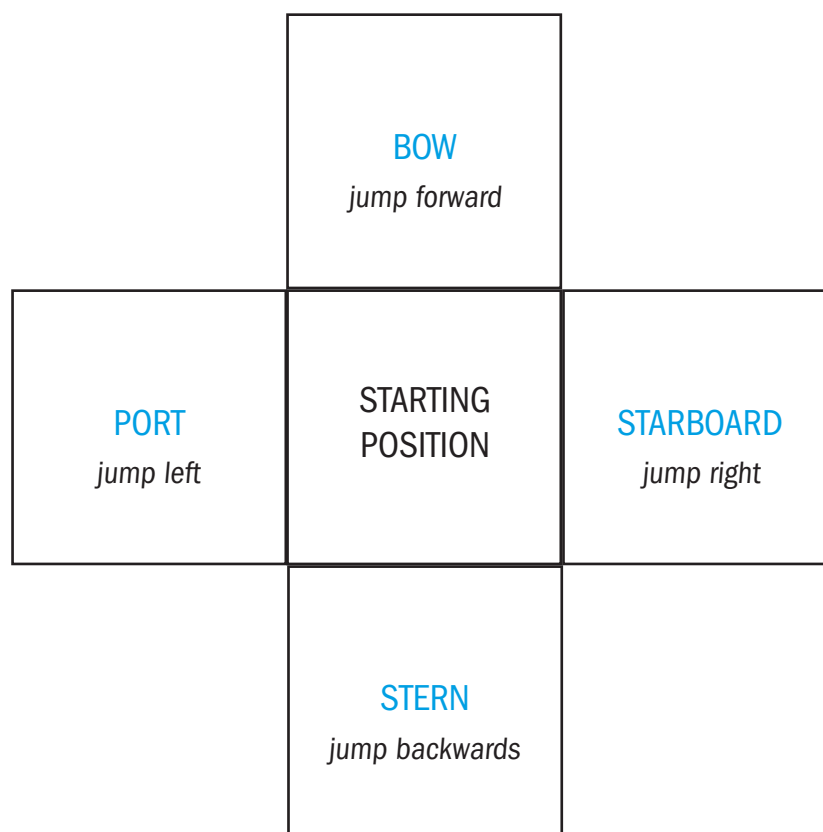


MATERIALS: You will need a marker on the ground to mark the starting position

PLAYERS: 3 or more

HOW TO PLAY:

1. One person is selected to be the Captain. The Captain is in charge of calling out directions to the Navigators (the other players).
2. Each Navigator starts by standing on a marker on the ground, making sure there's enough space between all the Navigators to jump around.
3. The Captain calls out "Bow", "Port", "Stern" or "Starboard" which are terms used to describe locations on ships. The Navigators must jump either forward, backwards or to the side depending on what is called, making sure to always jump back on the starting position first. For example, if the Captain calls "Bow" the Navigators must jump on the starting position and then jump forward.
4. If a Navigator jumps when they are not meant to - or in the wrong direction - they are either eliminated from the game (if lots of players) or the other Navigators who got it right get a point. The first Navigator to get 10 points wins.





DID YOU KNOW?

From 13 years old you can join the Australian Navy Cadets. The Navy Cadets wear a uniform like the RAN, have a rank system and participate in group activities like visiting RAN bases, going on camps and participating in the Duke of Edinburgh Award scheme. There are some 3,000 Cadets and 500 staff all around Australia.