

Scouting from home #AdventureContinues

Challenge Two – Pick a one of the badges below, try to do as much as you can and have fun.

Words of Bear Grylls

“Don’t Count the days. Make the days count.”

They don’t have to be completed all at once, it’s simply a way our young people can access Scouting at home.

Please post on social medias using the #AdventureContinues or email us pictures of your adventure to AdventureContinues@SuffolkScouts.org.uk

Beavers My Skills Challenge Award

Take part in three activities on how to keep your body fit and healthy.

- Look after your teeth by brushing them twice a day
- Do a food diary for 5 days and look to see which foods are good and bad for you
- Take part in some online fitness workshops (for example Joe Wicks)

Do two creative activities.

- Act or mime
- Play a musical instrument
- Make a model from playdough/ saltdough/ junk modelling/ lego
- Make up a dance
- Paint a picture (maybe a rainbow for your window at home)
- Make a card (That you could send to a family member or a friend that you can not see at the moment.

Learn a new song to either sing or sign (This could also be a campfire song or an original song that you made up)

<https://www.youtube.com/user/SingingHandsUK>

Learn and use at least three of these skills.

- Learn your own address and phone number
- Learn how to tie your shoelaces
- Decorate some cakes and biscuits (these could be Beaver themed)
- Set an alarm clock and get up at the right time in the morning
- Fold and roll your scarf (ready for when you go back to Beavers)
- Make your bed (you could learn how to put clean bed sheets on too!)
- Keep your bedroom tidy
- Light a candle
- Something similar

Invent a machine and make a short video of how it works.

Visit Edinburgh zoo online with parent supervision and learn 5 new facts about the zoo or an animal.

(<https://www.edinburghzoo.org.uk/webcams/>)

Don't forget to take a picture of your adventures and post on social media with the #AdventureContinues or email us your photos to AdventureContinues@SuffolkScouts.org.uk

Why don't you check out many more activities you can do at home in #TheGreatIndoors.

The Scouts have created over 100 resources called the great indoors, check out all their activities here:

<https://www.scouts.org.uk/the-great-indoors/>

and don't forget to celebrate and post on social media using the #TheGreatIndoors & #AdventureContinues

Beavers World Challenge Award

- Whilst out on your daily exercise, pick up some litter (remember to wear gloves and to wash your hands when you get home).
- Look in your cupboard and donate food to your local food bank.
- Grow something from a seed and document the changes you see; this could be in the form of drawing or writing. (this will also work towards your gardener activity badge).
- Take part in the clap for the NHS at 20:00 on a Thursday. To celebrate all the Key workers helping save lives. (You could do this in your uniform).
- Discuss your Beaver Scout Promise and make a promise hand(<https://www.scouts.org.uk/activities/promise-hands/>).

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Note for leaders:

These activities will all count towards the world challenge and gardening activity badges and my skills challenge Award.

Kind regards,

Sam Bolger – County Scouter (Adventure Continues Beaver lead)

And our #AdventuresContinues team! – AdventureContinues@SuffolkScouts.org.uk

Ollie Smith – County Youth Commissioner and Programme lead

Jo Cracknell – Assistant County Commissioner - Cubs

Angela Humphey – Assistant County Commissioner - Scouts

Jamie Mortimer – Assistant County Commissioner – Explorers

Matt Gilbert – Assistant County Commissioner – Top Awards

Karen Pettitt – Assistant County Commissioner – International

We enable young people with skills for life