

Scouting from home #AdventureContinues

Challenge Two – Pick a Challenge Award below, set yourself a target of two weeks and have fun.

Words of Bear Grylls

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

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

Now it is your turn to be creative.

Scouts Personal Challenge Award

How to earn your badge:

1. Complete two personal challenges which you and your leader agree on. (Or agreed by someone at home. Below is the badge set by the Scout Association you may have completed some of the badge already. This will help you to complete the badge from home.)

You should choose one of the challenges and your leader will choose the other.

The challenges must be different from the ones you did for your Beaver and Cub Personal Challenge Awards.

Here are some example challenges to give you some ideas, but make sure you choose to do something that is personal to you:

- Support a new Scout to complete their Membership Award (you may have a friend that has recently moved up to Scouts, how about calling them to see how they are.)
- Give up using your mobile or games console for a week

- Take part in an organised walk or run for charity, *(keep a few pence of pocket money and ask an adult to buy something and put it in the food bank at the supermarket.)*
- Talk about a topic you are interested in in front of your Patrol *(Prepare for a podcast watch this space?)*
- Bring the right equipment to Scouts every week for a term
- Help your younger brother or sister with their school work for a term *(This would help your family enormously – just for two weeks, it can be done after the break.)*
- Learn how to communicate in basic sign language *(Makaton or British sign language resources available online. Look up the Scout promise and learn it in Makaton.)*

- Do at least an half hour / hour of physical activity every day *(Enjoy the fresh air in your garden, it doesn't have to be for an hour. Physical activity could be skipping with a rope in your back garden, learning to juggle or cycling with your family. Or P.E with Joe.)*
- Gain an activity permit

- Do the washing up at home for two weeks. *(Make a drink every day for your family for two weeks.)*
- Plan and run a base or activity at camp. *(Plan a base or activity to run when Scouting reunites.)*
- Organise a small fundraising event for the Group or a local charity. *(Design a rainbow poster to support our NHS heroes. Join in the clap for NHS and key workers fighting coronavirus.)*

Tips

- The challenges should be things that you find difficult but can overcome with some effort and commitment.
- They can be to do with any part of your life, for example home, school or Scouts.

Scouts World Challenge Award

How to earn your badge:

1. Choose an aspect of local community life and find out as much as you can about it.

You could learn about:

- local government
- local history
- different faiths and beliefs
- types of farming/industry found locally

2. Spend a day volunteering with and finding out about a service in your local community: *(Instead of spending a day volunteering, for example make notes, bullet points or make a poster showing what a positive impact volunteering would look like.)*
 - What are their challenges?
 - Who relies on this service?
 - What positive impact could you have on this service in the future?

Services could be homeless shelters, local nature reserves, care homes and food banks.

(If you have a family friend or relative that has experience with working for a food bank or has visited one or knows about a local nature reserve for example give them a call and think of them as a Human Library. In the space of 20 minutes you could find out a lot on your chosen subject.)

3. Take part in an activity that reflects upon and explores your own beliefs, attitudes and values (this may or may not include religious beliefs).

What values do we share as Scouts? Which Scout value means the most to you?

As Scouts we are guided by these values:

Integrity - We act with integrity; we are honest, trustworthy and loyal.

Respect - We have self-respect and respect for others.

Care - We support others and take care of the world in which we live.

Belief - We explore our faiths, beliefs and attitudes.

Co-operation - We make a positive difference; we co-operate with others and make friends.

(Looking after the people around you, looking out for their wellbeing how could this be done?)

4. Take part in an activity that explores common beliefs and attitudes towards gender or disability in different societies.

Scouting is inclusive. This means we respect and appreciate differences in ethnicity, gender, age, origin, disability, sexual orientation, education and religion.

(You could look at this in the context of music, sport and fashion.)

5. Take an active part in an environmental project. *(This could be helping your family in the garden, or putting out some seed for the birds. Make a bug home – how would your garden benefit?)*
6. Investigate and try to make contact with Scouts in another country. *(Find a Scout promise from another country.)*

7. Take part in an activity that explores an international issue.

Try something different, for example listen to the radio find a programme exploring international issues. Watch a different news channel how is the news presented

Scouts Creative Challenge

On your marks, get set, create! Whether you're trying your hand at web design or mastering an ancient craft like needlework, it's time to take your creative skills to the next level and make something extraordinary from scratch.

Creative Challenge is definitely one to get stuck into from home. You could try sewing the fleur-de-lis on to a piece of cloth or make a bag for your camp cutlery and embroidering your initials on it. Take some photographs in your garden of the wildlife or flowers – over a few days and watch the flower open. Look at National Geographic for inspiration.

How to earn your badge:

1. Over a period of time, take part in at least four creative activities.

Some of these should be new to you. You could try:

- music
- photography

- wood or metalwork
- needlework
- cooking
- website design
- dance.

2. Show that you have developed your skills in one of these activities.

Show that you know how to use any equipment safely.

3. Use your creative ability to produce something that promotes a Scouting activity or an event.

4. Construct a model using materials like a plastic kit or recycled items.

Alternatively, make a useful item from wood, metal or plastic.

5. Show how to use social media or the internet in a creative and safe way.

Explain why it's important to use them safely.

6. Take part in a performance.

You could try:

- magic tricks
- gymnastics display
- campfire sketch; (*Take part in a virtual campfire!*)
- street dance
- plays
- concerts.

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