



Scouting from home #AdventureContinues Challenge Eight – The Great Indoors Badge

Words of Bear Grylls

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

This challenge is looking at The Scouts ‘The Great Indoors Badge’

More information can be found here:

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

The Great Indoors Badge

The Great Indoors Badge is not just about learning new skills, this is about bringing out what is already inside you! The different stages allow you to share what you've learnt and find a way to support your community.

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

You can take part in one stage or all three of the stages, the choice is yours.

There are nine activities in each stage and three stages in total, so that's 27 activities you can get involved in.

On the [Great Indoors Badge page](#) we suggest activities to complete through your stages, however you can choose your own activity by clicking the links below. Remember to filter by your age group!

- [Practical skills](#)
- [Outdoor skills](#)
- [Physical activity](#)
- [Community engagement](#)
- [Social action](#)

- [International activities](#)
- [Creative skills](#)
- [Spiritual activities](#)
- [Nights away](#)

Stage 3

In Stage 3 you'll share what you've learned with someone else that can be used to help make the world a little better.

We've included some suggested activities for each requirement. Of course, they were designed for face-to-face Scouts, so you'll probably need to make some tweaks. Take a look at the 'Tips', where we've put together some suggestions for how to adapt some of the common phrases you may encounter.

How to earn your badge:

1. Practical skills

Teach someone else a new practical skill that you can do from home and use that skill together every day for a week. They might be in your household, or elsewhere if you can talk to them without leaving your home and alongside a responsible adult.

All ages: One of the activities you have tried in Stages 1 and 2.

2. Outdoor skills

Teach someone else a skill that would help you to explore or survive in the outdoors and use that skill every day for a week. They might be in your household, or elsewhere if you can talk to them without leaving home and alongside a responsible adult.

All ages: One of the activities you have tried in Stages 1 and 2.

3. Physical activity

Teach someone else one exercise and take part together every day for a week. They might be in your household, or elsewhere if you can talk to them without leaving home and alongside a responsible adult.

All ages: [Play our game here >](#)

4. Community engagement

Create something that you can post online that celebrates a local service or charity in your community that's helping people affected by the spread of COVID-19.

Suggestions:

Beavers (6-8 years) [A day for everyone](#)

Cubs (8-10½ years) [A day for everyone](#)

Scouts (10½-14 years) [Plan for change](#) or [Community impact: the movie](#) or [Hot off the press](#)

Explorers (14-18 years) [Plan for change](#) or [Community impact: the movie](#) or [Hot off the press](#)

5. Social action

From your own home, do something that helps people you don't know who have been affected by the spread of COVID-19.

Suggestions:

Beavers (6-8 years) [Kindness rocks](#)

Cubs (8-10½ years) [Kindness rocks](#)

Scouts (10½-14 years) [Fly your flag for the planet](#)

Explorers (14-18 years) [Fly your flag for the planet](#)

6. International

Talk to a young person and their family who live in or come from a different country about their culture. Alongside a responsible adult, you could do this online, by phone or by post.

All ages: Make sure you read our guidance on [staying safe online here >](#)

7. Creative

Teach someone in your household one new creative activity and take part together every day for a week.

Suggestions:

Beavers (6-8 years) [Celtic comics](#)

Cubs (8-10½ years) [Clued-up collections](#)

Scouts (10½-14 years) [Book in a bag](#)

Explorers (14-18 years) [Build a sustainable future](#)

8. Spiritual

Talk to someone who has a set of beliefs different from your own and learn about why those beliefs are important and meaningful to them.

All ages: Make sure you read our guidance on [staying safe online here >](#)

9. Nights away

At the same time as young people in other households, take part in a night away at home, sleeping in a den or tent, indoors or in the garden. If you can do so without leaving your home, connect with the other young people taking part in your 'night away'.

Good luck,

Ollie Smith: County Youth Commissioner and Programme lead

Sam Bolger: County Scouter (Adventure Continues Beaver lead)

Jo Cracknell: Assistant County Commissioner – Cubs

Angela Humphrey: Assistant County Commissioner – Scouts

Jamie Mortimer: Assistant County Commissioner - Explorers
Matt Gilbert: Assistant County Commissioner – Top Awards
Karen Pettitt: Assistant County Commissioner – International
AdventureContinues@SuffolkScouts.org.uk

We enable young people with skills for life

Notes:

- The person leading the activity should explain

Often, the person leading the activity doesn't have to be a grown up (though there are some activities that need an adult to make sure everyone stays safe); many of our activities have been designed so that anyone can pick them up and take charge. Some young people may be able to read through the information by themselves, while others may need a helping hand from a parent, carer, or older sibling. If you're part of a group and they're meeting online, perhaps the person leading the meeting could introduce an activity for everyone to try before the next meeting?

- Show everyone something (for example, what you've made)

If you're part of a group that's meeting online, you could show everyone what you've been up to – maybe you'll inspire each other to try something new. If not, who else could you show? It could be someone you're living with, or you could use technology to share with friends or family further afield. You could also show us! Let us know what you've been up to by emailing social.media@scouts.org.uk or by sharing your posts on Facebook and Twitter.

- Chat about

If you're part of a group that's meeting online, you could include chatting as part of the meeting – just let the person leading the meeting know before it starts. Otherwise, who else is around for a chat? You could see what someone you're living with thinks, or chat with a friend or family member online. If you just need a listening ear, we've heard that pets make a great audience too.

- Go outside

We know that not everyone's lucky enough to have a garden or balcony. Some outdoors activities will work inside, and you may be able to do others as you exercise outdoors (if you're able to). Some people are finding other creative solutions – if you need to gather leaves, maybe you could use scrap

paper or old newspapers, or you could see if YouTube can bring the outside indoors.

- Go and visit

Some places are working hard to make online or virtual tours possible. If not, maybe you could do all the planning now and save the trip for when things get back to normal – there's no rush, just do what you can for now.

- Spread out and use the whole of your meeting space

We know that everyone's home situation is different, and that plenty of people don't have loads of space. Could you adapt the game or activity to work with what you have? If you're able to head outside for exercise, could you do it on the way?

- Get into pairs/groups

If you're part of a group and they're meeting online, you may be able to make the activity work over the internet. If not, think on your feet. Could you ask someone you're living with to give it a go? It doesn't matter how old they are (or if they're not part of Scouts) – these activities are for anyone who's willing to get involved.