



Forest Friends Rugby Challenge

Squirrels & Beavers





England Rugby

WE PLAY RUGBY

Scouts

Our Forest Friends

The basis of each session loops back to the England Rugby Core Values 'TREDS'



Teamwork:
Working together to solve challenges.

Respect:
Listening, taking turns and valuing others.

Enjoyment:
Having fun while learning and moving.



Sportsmanship:
Being honest, kind and encouraging regardless of the result.



Discipline:
Following rules and instructions safely.



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Squirrels values

Integrity

Respect

Care

Belief

Cooperation

Session 1

Values –
Teamwork, Respect and Sportsmanship

Ollie Otter and the Lost Acorns



Focus:

Encouraging honesty, taking responsibility, respecting others when mistakes happen and working together to make things right.

Story:

Sammy Squirrel collected lots of special acorns in a basket. Ollie Otter picked one up and pretended they were racing through the forest. Weaving, jumping and balancing, Ollie rushed past the basket and knocked it over with their tail.

Acorns rolled into long grass and down the hill near the river. When other animals saw the acorns were missing, Ollie Otter had 2 choices: stay quiet or tell the truth. Ollie told the truth and the animals were happy they were honest. They all worked together to find the acorns.

Discussion:

- What is sportsmanship?
- How did Ollie show sportsmanship by admitting their mistake?
- Was it easy for Ollie to tell the truth?
- How did the animals show teamwork and respect?
- What would've happened if no one worked together?

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Activity: Forest Honesty Tree

Focus:

Enjoy time outdoors in nature, help others and respect everyone's views.

Take a walk to pick up sticks, leaves, loose tree bark and other little items to decorate your own acorn. Share examples of how to be respectful and help your teammates.

Equipment (if you're staying inside):

- Acorn templates
- Crayons
- Stickers
- Glitter (optional)
- String



Leaders:

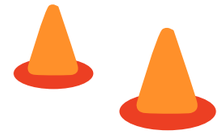
On the back of each acorn, write one thing the child says about being a good friend, or something they've done to be one.

Hang the acorns together to create a "Forest Honesty Tree".

Discussion:

- What does it mean to be honest?
- Why is it important to be a good friend?

Movement: Acorn Relay



Focus:

Teamwork, respect, communication and helping every team member succeed. Everyone works together to solve Ollie's problem.

Equipment:

- Cones
- Rugby balls (as acorns, feel free to use other items like a tennis ball or football, depending on the number of rugby balls each group has)



1. Split the group into teams.
2. Each team has a "nest" area.
3. Collect an acorn from the Squirrel's central stash.
4. Pick up an acorn, race back and pass it to a teammate to put in your nest.

Progressions:

- Balance your acorn in two hands
- Skip or jump to the central nest



Everyone works together to solve Ollie's problem.

Session 2

Values –
Teamwork, Enjoyment and Belief

Bonnie Badger and the Broken Bridge



Focus:

Encouraging teammates and helping everyone solve a challenge and succeed together.

Story:

The animals are looking for food and find a broken bridge. There's a big gap in the middle which Bonnie can cross easily, but she thinks the smaller animals might struggle or fall.

Should Bonnie carry on and get the food for herself, or should she stop and find a way to help the other animals cross safely?

Bonnie decides to stay with the other animals. She suggests gathering sticks and leaves to fix the gap in the bridge. All the animals cross safely and collect enough food for a nice meal together. They look after each other and the forest.

The animals learnt:

- Caring means helping others
- Small actions matter
- Believe you can help
- Everyone can make a positive difference

Discussion:

- Who did Bonnie help?
- What happened when everyone worked together?
- How can we help others?
- How can we encourage our teammates and celebrate success together?



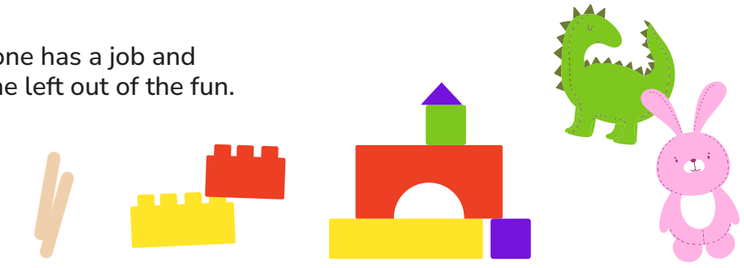
Activity: Rebuild the Bridge

Focus:

Working together. Everyone has a job and feels involved, with no one left out of the fun.

Equipment:

- Building blocks
- Craft sticks
- Lego
- Small toy animals (if they have any)
- Recycled items



Children work in teams.

Mini challenges:

- Who can build the longest bridge?
- Who can build an animal shelter to fit all the animals?

Discussion:

- Who did you help?
- What did your team do together?
- Name a skill that someone else in your team had

Movement: River Crossing

Focus:

Teamwork, confidence and respect. Helping everyone complete the challenge as a team and leaving no one behind.

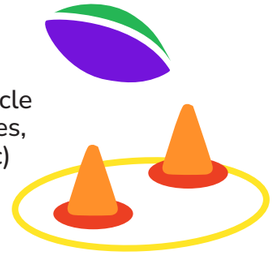
The aim is to get through the forest safely and cross the river with your whole team and two rugby balls. Encourage teams through the course, recognise when a child does something well and offer support if they're struggling.

Progressions:

- Add more obstacles to the course
- Throw and catch the ball after each obstacle

Equipment:

- Rugby balls
- Items to build an obstacle course (hurdles, benches, ropes, cones, hoops etc)



Leaders:

Build an obstacle course for the children to move through. They could swerve through cones, jump over ropes or hurdles and crawl under a table or through a tunnel.

1. Jump over the river.
2. Zig-zag through the trees.
3. Crawl through the tunnel.

Session 3

Values –
Enjoyment, Respect, Discipline and Sportsmanship

Wynn the Wren Finds Courage to be Different



Focus:

Enjoying and respecting everyone's unique strengths, keeping calm and finding courage to help others.

Story:

Wynn the Wren is one of the smallest birds in the forest. He wishes he could be like the birds of prey who zoom through the trees. Wynn thinks he can't join in because he's too small and hasn't learnt to fly yet.

One day, Wynn spots a predator standing over the other birds' nests full of baby birds and eggs. He panics and can't fly to get help. Without thinking, he lets out a loud trilling call. It scares the predator and calls the other birds back to their nests. Wynn's call saves the babies, and the birds of prey bow their heads to thank him for being brave.

Wynn learnt that size or speed didn't matter - we all have special talents. He asked for help learning to fly and found his place in the forest.

The animals learnt:

- Believe in yourself
- Recognise differences and celebrate them as strengths
- Encourage your friends
- Be kind when someone is learning
- Small steps help us grow

Discussion:

- What was Wynn worried about?
- Who encouraged a friend today?
- What new thing did you try?
- What is perseverance?
- How can we respect different abilities and encourage others?

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Activity: Feed the Birds

Focus:

Enjoy learning about different birds and respect their different talents.

Equipment:

- Toilet roll tube
- Peanut butter or lard
- Birdseed
- String
- A large bowl



Take the bird feeder home to hang up. Next week, tell the group which birds you've seen or heard. Talk about their different features or noises.

Discussion:

- How else can we help the natural world around us?
- What small things can we do to help the community?

Movement: Hawks and Sparrows

Focus:

Following rules, respecting opponents, helping frozen players and celebrating everyone's success.

The aim is to escape the chasers and work as a team to free each other and keep everyone in play.

Equipment:

- Cones
- Rugby Balls



Instructions:

1. Create a box with cones big enough for the children to run around in.
2. Make three children 'hawks'. They will be the chasers and each have a rugby ball.
3. The rest of the children are 'sparrows', who try not to get caught.
4. To catch a sparrow, a hawk must tag them with a rugby ball. The sparrow becomes stuck and stops in place.
5. To get free, another sparrow must bow in front of the stuck sparrow and high five them.

Progressions:

- Try different ways to free the sparrows, like throwing and catching the ball
- Add more hawks to the game

Forest Friends
Rugby Challenge
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Share your stories with us!
We'd love to hear from you.

Send your photos and fun to us:

scoutsrugby@scouts.org.uk
@Scouts
@communityrugby

Keep the fun going!

Scan the QR code for your next rugby challenge

Did you know?
These activities can help you work towards the following badges:



Squirrels
Be Active Badge



Beavers My Skills
Challenge Award

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#PlaceToBelong

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