## Wellbeing Champions Challenge – Beavers

By completing these challenges, you’ll have explored the five ways to wellbeing, helped others, and earned stage one of your [The Great Indoors Badge](https://www.scouts.org.uk/staged-badges/the-great-indoors-badge/). You can complete the challenges in any way you like; we’ve added some activity ideas that might help, but you don’t have to choose these if you’ve got a different idea. There’s also some space for you to think about what you did and how it made you feel.

Once you’ve ticked everything off, [you can get your hands on The Great Indoors Badge.](https://shop.scouts.org.uk/leaders/great-indoors-1-occasional-badge) If you’re doing this with your group, your leader may be able to order these for you.

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| **Challenge**  | **Activities and resources to help you complete the challenge**  | **What did you do? How did it feel? What did you learn?** | **Complete?**  |
| One. Ask the people you live with how they are on three different days.  | Find out about how to be a good listener on our [Wellbeing Champions](https://www.scouts.org.uk/volunteers/scouts-at-home/scouts-helping-others/wellbeing-champions/) page |  |  |
| Two. Help the people you live with to cook three different dishes.  | [Tin can pancakes](https://www.scouts.org.uk/activities/tin-can-pancakes/)[Munch machine](https://www.scouts.org.uk/activities/munch-machine/) [Perfect pizzas](https://www.scouts.org.uk/activities/perfect-pizzas/)  |  |  |
| Three. Learn a piece of music or a song from a different culture or faith to your own. | [Play maracas for the Brazilian Carnival](https://www.scouts.org.uk/activities/play-maracas-for-the-brazilian-carnival/) |  |  |
| Four. Create the most imaginative thing you can inside a mug or cup.  | N/A  |  |  |
| Five. Try out a game from a different country, culture, or faith to your own. | [Drie blikkies](https://www.scouts.org.uk/activities/drie-blikkies/)  |  |  |
| Six. Ask the people you live with to explore what Mind, SAMH and Inspire NI are doing to help those in need during the COVID-19 pandemic.  | Here are some handy links to their websites:[Mind](https://www.mind.org.uk/information-support/coronavirus/)[SAMH](https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub)[Inspire NI](https://www.inspirewellbeing.org/) |  |  |
| Seven. Try out three different ways of being active and talk about your favourite with the people you live with. | N/A |  |  |
| Eight. On your daily exercise, from your window, or in your garden pick an animal and a plant. Find out their names and one fact about them. | [Seek out nature](https://www.scouts.org.uk/activities/seek-out-nature/)[Colour-palette places](https://www.scouts.org.uk/activities/colour-palette-places/) [Focus on nature](https://www.scouts.org.uk/activities/focus-on-nature/)  |  |  |
| Nine. Spend the night in a tent or den, indoors or outdoors.  | N/A  |  |  |