## Wellbeing Champions challenge ­– Cubs

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 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 and how they look after their wellbeing on three different occasions.  | 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. Plan, cook and clean up after a two course meal, using ingredients you have at home.  | [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, perform a song, or try a game from a different faith or culture to your own and explore the meaning behind it. | [Play maracas for the Brazilian Carnival](https://www.scouts.org.uk/activities/play-maracas-for-the-brazilian-carnival/)[Games from around the globe](https://www.scouts.org.uk/activities/games-from-around-the-globe/) |  |  |
| Four. Make a wellbeing box with the people you live with and use something from it every week.  | [Build a wellbeing box](https://www.scouts.org.uk/activities/build-a-wellbeing-box/)   |  |  |
| Five. Research a tradition from an international festival or celebration and try it out with the people you live with. | [Chinese window flowers](https://www.scouts.org.uk/activities/chinese-window-flowers/) [Celebrate the festival of light](https://www.scouts.org.uk/activities/celebrate-the-festival-of-light/) |  |  |
| 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 and make a poster to display what you find out. | 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. See what you can spot on your daily exercise, from your window, or in your garden. Talk about what you see with those you live with or your friends and pick your favourite plant and animal. | [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 |  |  |