## Wellbeing Champions Challenge – Explorers and Network

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. On three separate occasions, ask the people you live with and at least two friends how they are and what they do to look after their wellbeing. Try out one of the things they do to see if it helps you. | 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. Budget for, plan, and cook a full menu of meals for the people you live with for at least four days. | [Veggie bakes](https://www.scouts.org.uk/activities/veggie-bakes/)  [Perfect pizzas](https://www.scouts.org.uk/activities/perfect-pizzas/)  [Come dine online](https://www.scouts.org.uk/activities/come-dine-online/) |  |  |
| Three. Learn a piece of music or try a game from a different faith or culture to your own and explore the meaning behind it. | [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 share how to make one with friends. | [Build a wellbeing box](https://www.scouts.org.uk/activities/build-a-wellbeing-box/) |  |  |
| Five. Research a form of art or culture from another country and showcase it to the people you live with or your friends. | [Turkish delights](https://www.scouts.org.uk/activities/turkish-delights/) |  |  |
| 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. Share your discoveries with friends and family. | 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. | N/A |  |  |
| Eight. On your daily exercise, from your window, or in your garden, choose three animals or plants you see and try to get a photo of them. When you get home, research as much as you can about them and share what you find out with someone you live with or a friend. | [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 |  |  |