## Wellbeing Champions challenge – Scouts

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. Check in with the people you live with and at least one friend each week. Ask them how they’re doing and practise your active listening skills. | 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 and make two meals for the people you live with with ingredients you have at home. | [Veggie bakes](https://www.scouts.org.uk/activities/veggie-bakes/)  [Perfect pizzas](https://www.scouts.org.uk/activities/perfect-pizzas/) |  |  |
| 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. Design and make a wellbeing box out of your choice of materials. Add to the box each week and discuss what you’ve made with the people you live with or your friends. | [Build a wellbeing box](https://www.scouts.org.uk/activities/build-a-wellbeing-box/) |  |  |
| Five. Take part in a traditional craft or creative activity from a country of your choice. | [Turkish delights](https://www.scouts.org.uk/activities/turkish-delights/) |  |  |
| Six. Together with the people you live with, explore what Mind, SAMH and Inspire NI are doing to help those in need during the COVID-19 pandemic. How could you spread awareness of this and their services? | 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 as part of your daily exercise. Talk to your friends 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 photograph them. Can you find out their names and three facts 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 |  |  |