

Expand your skills



Here are some example challenges for each of the skills on the 'What am I good at?' cards. Remember that these are just suggestions to get you started – the best ideas are ones that are personal to you.

Cooking

- Cook a two course meal at home.
- Help plan a menu for camp.

Organising and being tidy

- Keep your bedroom tidy for at least a month.
- Be responsible for keeping everyone's equipment tidy for a month.
- Be responsible for doing the register for a term.

Looking after my things

- Successfully grow a plant from seed.
- Clean out your pet for a month.
- Keep your bedroom tidy for at least a month.

Helping out at home

- Take your dog for a walk every day for two weeks.
- Take on extra chores at home and complete them every week for at least a month.
- Help someone at home with their chores or shopping.

Physical activities

- Take part in your local Park Run for a month.
- Join a school sports club.
- Do a sport you like at least twice a week.

Being a good friend and helping others

- Say thank you every time someone does something kind.
- Greet and ask 'how are you?' every time you meet someone.

Behaviour

- Do one good turn each day for two weeks.
- Make a commitment to improve parts of your behaviour at school, home and/or in your meetings.
- Happily take on chores or jobs for two weeks.

Doing my best

- Make a commitment to improve something you already do, such as playing a musical instrument.
- Reach a target grade or standard in a subject or activity you find difficult.

Making the best use of my time

- Learn a new skill.
- Try something new that you've put off trying before.

Teaching skills to others

- Help someone new settle in.
- Tell everyone about a topic you're interested in.
- Teach everyone a new skill.

Trying out new activities

- Make a commitment to try a new activity, then follow it up by telling everyone about it.
- Explore ways you could overcome a fear or phobia.

Remembering things

- Take home a cuddly toy and bring it to your meetings every week for a term.
- Learn the telephone numbers of your emergency contacts off by heart.

Example questions

- Is there something you're currently working towards that's challenging you?
- Could you help someone who's new?
- Could you lead a youth forum?
- Why not go on your first night away adventure?
- Is there someone in the community that needs your help?
- Is there a competition you're in that requires you to do your best or work as part of a team?
- Is there an activity that you'd like to try for the first time?
- Could you teach someone else a skill you have?
- Could you tidy up your local area?
- Could you meet someone from another Cub Pack and learn a fact about them?
- Could you help at home by tidying your room?
- Could you water your plants every night for two weeks?
- Could you have a go at something you're slightly nervous about?
- Could you do a good turn each day?
- Could you speak at a group event or local event to share your experience of Scouts?