

# Inspiring Others!

**Time needed**  
1 hour

Use this resource to encourage Beavers to promote healthy eating and exercise to others, in order to work towards requirement 4.

This gives Beavers the opportunity to get creative! Here are some activity suggestions; creating a TV commercial, writing campfire songs and creating giant murals. Below you'll find numerous health and fitness related topics that Beavers can choose from.

## Activity ideas

### Create and act out a TV commercial

- Ask Beavers about their favourite activities from the Health and Fitness Activity Badge so far. What did they enjoy about it? Did they learn anything new?
- Help Beavers to create a TV commercial about being active and healthy. How can they inspire other people to be healthier?
- If they like, they could include a rhyme or a song.
- Once they have finished their TV commercial, it could be performed:
  - o in front of the rest of the section
  - o in front of parents/carers
  - o in front of members of the community
  - o at a camp
  - o at a District camp/event
- The performance could also be filmed and shared on the Group/District website – remember to make sure you have consent from parents/carers first.



### Write a campfire song

- Get the Beavers to think of their favourite Campfire songs. What do they like about them?
- Encourage them to write a new song based on something from the list of ideas below. They could use the same tune as their favourite campfire song, or come up with a new tune from scratch.
- Use the new songs at the next campfire.

### Create a giant mural

- Get Beavers to create a giant piece of art for the meeting place, or somewhere in the community, to promote healthy eating or exercise.
- Get them to write down some key points (eg 5 fruit/veg a day) and then use clippings from magazines/newspapers, or their own drawings, to turn this into a giant piece of art.

