

## Personal Challenge Award

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### How to earn your award

Complete two personal challenges that you agree with your leader.

You should choose one of the challenges and your leader will choose the other.

The challenges must be different from the ones you did for your Beaver and Cub Personal Challenge Awards.

### Guidance

This award should be personal to you and it is meant to be a challenge! The goals chosen should be doable but you'll need to put in some serious effort and/or show a commitment over a period of time to meet them. They can be to do with any part of your life, for example home, school or Scouts.

Think about how you're going to be able to prove that you've met your challenge, and set yourself a target for when you're going to have completed it by.

On the last pages of this booklet we'll write down your challenges, the activities on the next couple of pages will help get you thinking about what these might be. Try and come up with a challenge that you'll be proud of achieving, whether that's getting better at something, or learning a new skill.

Let's start thinking about your strengths and the things you'd like to get better at. Look at the skills / qualities below and then rank them in order from 1 to 14. Number 1 should be the thing that you think you're best at. Number 14 will be the thing you think you could most improve.

Skill / Quality	My personal ranking
Cooking	
Looking after my things	
Physical activities (e.g: football, karate, cycling)	
Behaviour (at home, school or Scouts)	
Making the best use of my time	
Leadership & teaching skills to others	
Remembering things	

Skill / Quality	My personal ranking
Organisation and being tidy	
Helping my parents around the house	
Being a good friend and helping others	
Doing my best (not just at Scouts)	
Making things (arts, modelling, DIY)	
Trying out new activities	
Communicating with others	

My hobbies (apart from Scouts) are:

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My top skills and qualities (the things that I'm best at or are most proud of) are:

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The skills and qualities that I'd most like to improve, or things I'd like to learn are:

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## Personal Challenge Ideas

If you're struggling to think of a challenge yourself, here are some ideas to get you thinking (thanks to the leaders at 2<sup>nd</sup> Southampton Scouts).

### Memory & Organisation

- Organise a small fundraising event for the group or local charity.
- Keep your bedroom tidy for a minimum of a month.
- Be responsible for packing/unpacking equipment from the QM store for 3 camps.
- Successfully grow some fruit or vegetables from seed.
- Take your dog for a walk every day for six weeks, even if it's raining
- Take home a stuffed toy and remember to bring it to scouts every week for a term
- Learn and recite the NATO phonetic alphabet.
- Find out an interesting fact to tell the Scout troop every week for a term
- Help organise a sports tournament (e.g. 5-a-side football), taking on a specific role.
- Organise and run a treasure hunt using codes as clues.
- Organise cards for upcoming birthdays in the scout group. Then get everyone to sign the cards.
- Attend a meeting of the local council (e.g. Copeland Borough Council or Whitehaven Town Council) and tell the other Scouts about it.
- Visit the local library, find out what services it offers, and tell the Troop.
- Plan and help lead the investiture ceremony for new members of the Troop, including helping them to complete their Membership Award.
- Learn how to iron your Scout shirt and necker, and then do it regularly for a term.
- Be able to identify at least six different trees and know the burning properties of their woods.
- Learn to identify six different birds that you might find locally.
- Plan a day trip for you and a friend to visit a Royal palace, stately home, or similar.
- Set up a simple weather station and keep records for at least four weeks.

### Physical Activities & Sport

- Lead or coach a team at a District competition.
- Take part in your local Park Run (or other 5km run) for at least a month.
- Join a school sports club.
- Improve your swimming. Set a goal and beat it.
- Create and develop a personal fitness plan including top tips for leading a healthy lifestyle

## Creative

- Complete the Model Maker, Artist or Writer activity badge.
- Make a set of woggles or survival bracelets, one for each member of your patrol.
- Enter a national design or creative competition e.g National Geographic Design Competition
- Create and design a set of Christmas cards that can be sold at a Christmas fair with any profit being donated to charity.
- Make an article of clothing or some jewellery.

## Cooking

- Bake three different cakes or pastries from scratch.
- Learn to cook pickles or chutneys from scratch.
- Cook four different meals at home for your family.
- Successfully lead a whole day of cooking on camp.
- Bake some cookies and sell them to your friends/neighbours to raise money for charity.
- Create a recipe book with your peers to introduce people to healthy cooking
- Create a traditional meal from a country of your choice and share it with your peers to encourage them to learn more about the country

## Being Helpful

- Organise a local litter pick in your community.
- Help with routine cleaning, maintenance, or similar at a local place of worship or other community space.
- Help an elderly member of your family, family friend, or neighbour with their chores or shopping.
- Put on a bake-sale to raise funds for the troop.
- Run a stall at a school fayre.
- Organise and take part in a sponsored walk.
- Complete a continuous one hour run for charity.
- Take your or a neighbour's dog for a walk on a regular basis, even if it's raining.
- Take on extra chores at home and complete them every week for at least a month.
- Volunteer to lead a food collection for charity.
- Volunteer with the elderly at a care home.

## Leadership

- Help a new Scout complete their welcome pack.
- Coach a sports team at a district competition.
- Lead a series of activities at Scout meeting or on a camp.
- Be a reading mentor for a younger sibling or student in school for at least a term.
- Lead a weekly News Quiz at flag break, for a term.
- Lead a group well-being session e.g. a yoga session.
- Take responsibility for refereeing a sports match.
- Create a resource for a sport, activity or game you do at Scouts, including the rules and scoring systems.

## Initiative

- Learn a new skill and demonstrate it to the troop.
- Try something new that you have put off trying before.
- Create a game to help teach a Scouting skill to other members of the troop.
- Participate in a gardening project to improve the grounds at your HQ.
- Set up a new business with only £10 and make a profit (as part of the Tenner.org.uk competition).
- Volunteer to assist a younger sibling with a number of school projects over the course of a term, and present back to your class about what you learnt.
- Train your dog and then enter your dog in a local dog show.

## Resilience (coping with difficulties)

- Make a commitment to improve something you already do such as playing a musical instrument.
- Reach a target grade in a school subject you find hard.
- Make a commitment to try a new activity and follow it up with a talk back to the troop.
- Overcome a fear.
- Achieve 100% attendance at Scouts or school for a whole term.
- Complete a Responsible Pet Ownership Programme (Eg: Kennel Club, Blue Cross)
- Complete the Rookie Lifeguard Programme
- Write a computer programme (e.g. for the BBC Microbit or Raspberry Pi).
- Build and programme a DIY robot such as the M-Bot.
- Learn some basic phrases in a foreign language which is new to you, or complete an agreed number of levels on an app like DuoLingo, or learn how to say a simple phrase in ten different languages. Teach some phrases you've learnt to the rest of the troop.
- Sign up and take part in a Makaton Course to learn sign language.
- Set up a recycling program at the Scout HQ or school.

- Enter the Sun Flower Challenge and record its growth.
- Achieve a beginner's radio transmitting licence.
- Complete a basic first aid course.
- Gain a national governing body qualification in a sport or activity.
- Light a fire without using matches or a lighter, and use it to cook a meal.
- Learn to tie at least six new knots, use them and teach others how to tie and use them.
- Learn how to back splice or eye splice a rope and demonstrate it to other scouts.
- Lead a camp for other scouts under a Nights Away Passport.

### Communication

- Create an online blog (either on your own blog, or one for the Group website or District Facebook page) – it could be to showcase something that you've done at Scouts, or to tell people about something else that you're interested in.
- Give a talk or presentation about a topic you are interested in to the rest of the troop.
- Gain your Entertainers badge by performing in a Scout or school production.
- Bring in 3 interesting objects from the forest and tell the troop about them.
- Research about another Scout troop nearby or far away and tell the rest of the troop about them – find out their history, what activities they enjoy and some similarities and differences.
- Research a local place of historical or geographical interest and produce a poster, leaflet or video to tell people about it, or create a guide book of local attractions which could be given to visitors.
- Design a poster to help explain a scouting skill to younger scouts (e.g. how to take a bearing, or how to setup a stove).
- Create a poster publicising the work of a chosen charity/ charitable initiative (e.g. Sport Relief).
- Create an anti-bullying campaign for your troop, including a video to be shown to others when they join.
- Create and promote a road safety campaign in your Scout Group. Visit your Beaver and Cub sections to show them how to keep safe.

### Behaviour

- Make a commitment to improve your behaviour at school, home and scouts. After 1 month provide a written statement from a teacher, parent and leader.

### Miscellaneous

- Learn to tie your shoelaces.

My name is: \_\_\_\_\_

### **Personal Challenge 1 – Scout’s challenge**

**I am going to ...**

(What is the goal of your challenge? How are you going to do it?)

**I’ll know I’ve completed my challenge because ...**

(How will you prove you’ve succeeded, be specific?)

**I’m aiming to complete my challenge by ...**

(How long do you think it will take?)

Signed by Scout: \_\_\_\_\_

**Agreed by leader**

Name of leader: \_\_\_\_\_

Leader’s signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Personal Challenge 2 – Leaders' challenge

We challenge you to ...

(What is the goal of your challenge?)

You'll know you've completed your challenge because ...

(How will you prove you've succeeded, be specific?)

You should try to complete your challenge by ...

(How long do you think it will take?)

Agreed by Scout

Scout's signature: \_\_\_\_\_

Agreed by leader

Name of leader: \_\_\_\_\_

Leader's signature: \_\_\_\_\_

Date: \_\_\_\_\_