

# health and well-being national challenge 2024

## scouts challenge guidelines



*"To keep the body in good health is a duty... otherwise, we shall not be able to keep our mind strong and clear."*

Buddha





SCOUTS South Africa has adopted the **Health and Well-being Challenge** as our **National Challenge for 2024!** Health and well-being are fundamental aspects of a Scout's development, and they play a crucial role in the overall Scouting experience, contributing to the overall development of Scouts and preparing them for a healthy and fulfilling life.

## why participate in the national challenge?

Besides the obvious benefits of highlighting health and well-being to the Scouts and providing a programme to assist them in the awareness of their own well-being, there are several other advantages in terms of the Scout Advancement Programme.

*The National Challenge 2024 has been linked to the Entsha Scout Advancement Programme.* There are several opportunities to complete, or partially complete, some of the advancement requirements by participating in the National Challenge. These are listed below.

In addition, Participation in the National Challenge will greatly assist the Patrol and Troop in achieving the Star Patrol and Star Troop Awards as there are several National Challenge activities that will contribute towards qualifying for Star Patrol and Star Troop.



By completing all the requirements of the *Health and Well-being National Challenge 2024*, Scouts will automatically qualify for the SDG 3 Badge, *Good Health and Well-Being*, and thereby become an active participant of the global Scout Movement's drive to empower young people for global environmental action.

For details on the advancement opportunities, see the *Health and Well-Being National Challenge 2024 – Scouts: Link to Entsha* [HERE](#) . (Ctrl + Click to follow the link)

## notes & guidelines

It is suggested that the Court of Honour meet to discuss how the Troop tackles the *Health and Well-being National Challenge 2024*, completing each of the tasks as a full Patrol (preferred) or a combination of Patrol and/or Individual Scout activities.

The Health and Well-Being Troop Programme-On-A-Plate provides an opportunity to launch the Challenge, explain it to the Scouts and encourage participation and further programmes are included to explore and promote health and well-being.

Once the COH has decided on the direction, the Patrol Leader should have a Patrol-In-Council (PIC) planning session with the Patrol to discuss the timing and execution of the *National Challenge 2024*. A PIC is included in the Troop Programme-On-A-Plate for planning purposes.

The Patrol is the unit in all Troop activities. All the *Health and Well-being Challenge* activities, particularly the Community Service Project, can and should be done as a Patrol wherever possible as this will count towards the Star Patrol Award.

For all the individual tasks completed above, the Scout will need a letter from a Parent / Guardian to give to their Patrol Leader / Troop Scouter confirming that they have completed the Health and Well-being tasks, **Connect, Give and Engage, Take Notice and Be Active**.

A minimum of 50% of Scouts in the Patrol will need to complete all the *Health and Well-being Challenge* activities for the Patrol to include the National Challenge 2024 as a qualifying criterion for the Star Patrol Award 2024.



## Health and Well-Being Challenge: Scouts

### ♥ Task One: **Connect**

Feeling close to and valued by other people is really important. It doesn't matter how old you are – social relationships promote wellbeing and act like a buffer against mental health problems. Spend time with and **connect** with others you care about like family and friends, or the members of your Patrol. *Talk to people face to face* (rather than just sending a message).

- **Participate in the Health and Well-being Troop Meeting Programme on a Plate.**

Your Court of Honour (COH) / Troop Scouter will make certain that the *National Challenge 2024 Health and Well-being Troop Meeting Programme One* is executed at your Troop meeting. The *Health and Well-Being National Challenge 2024 – Scouts: Programme-On-A-Plate* is available [HERE](#). (Ctrl + Click to follow the link)

Start the National Challenge 2024 by taking part in a Troop meeting programme that provides you, Scouts and Adult Leaders, the opportunity to explore aspects of health and well-being, including mental health, with the aim to encourage you to learn, share and discuss in a safe space.

Once you have completed the *Health and Well-being Troop Meeting Programme One* at your Troop, the second requirement of Task One, '**Connect**', is to:

- **With your Patrol, participate in a FUN Patrol Activity, away from your Scout meeting place, and 'connect' with one another.**

*Think outside the box and do something that is FUN and a non-Scouting type of activity; have a braai or a picnic together, go paintballing, tenpin bowling, ice skating, play soccer or cricket or visit a museum, botanical garden or other attraction, play board games – there's lots you can do!*

*What is important when you spend time with your Patrol members, or family and friends, is that you take time to **connect and communicate**. Talk to your Patrol members, let them know what you've been up to and how you're feeling, then ask them how they are too and really listen to their answer.*



**OR**

- **Individual Task: Choose ONE of the following -**

- **Through JOTA/JOTI, (Jamboree On The Air / Jamboree On The Internet) make contact with Scouts from three different countries.**
- **Connect with one Scout in another country and communicate with them for a minimum of three months. Produce evidence that you have corresponded regularly with your 'pen-pal' or 'cyber-buddy' and shared a subject of common interest, or have carried on a online game with them (e.g. Minecraft).**
- **Bring two friends to visit to your Troop meeting or Troop activity and earn the Recruiter Badge - silver (i.e. one of the friends joins the Scout Troop)**



Send an email to [international@scouts.org.za](mailto:international@scouts.org.za) to get contact details of a Scout 'pen-pal' / 'cyber-buddy' in another country. Please include your Scouts.Digital ID number in your email to confirm your membership of SCOUTS South Africa.



The National Challenge 2024 '**Connect**' Patrol Activity counts towards the Star Patrol Award requirements! This is also an opportunity for Scouts to earn their [Patrol Activities](#) Scoutcraft badge, or, if doing the individual 'Connect' challenge, an opportunity to earn the [World Friendship](#) Scout Interest badge.

Please note: A Patrol Activity is defined as a gathering of a Patrol, working together as a unit under the leadership of the Patrol Leader, to carry out an activity, other than Patrol hikes, camps, and meetings. There is generally no adult present on these activities and it is a formative experience both for the Patrol Leader and for the Scouts to organise and take part in Patrol activities without adult supervision.

## ♥ Task Two: Give and Engage

Sometimes other people are the best mood-booster. People who are more interested in helping others are more likely to rate themselves as happy. As Scouts, we are encouraged to **Give** of our time to others with a service project in doing a good turn to help others. By giving service to benefit others and engaging with other people, Scouts gain a sense of personal satisfaction and wellbeing. Research shows that just doing acts of kindness is associated with an increase in wellbeing!

- ***Give of your time to others where you participate with your Patrol in a six-hour Patrol Community Service project.***

E.g., Visit a Retirement Village / Old Age Home and spend time engaging with the residents, do some community service work at an Animal Shelter or at a Shelter for the Homeless or at a Soup Kitchen, or a similar project where you engage with others.

Your COH or Troop Scouter must approve the Community Service Project before you start, and remember, *it is all about engaging and interacting with people while spreading a little 'kindness and happiness'!*



**OR**

- ***Individual Task: Do one act of kindness every day for a period of one month.***

These don't have to be huge gestures: a little note for a friend, or doing an extra chore at home, sharing your school lunch, just giving a family member a hug, or smiling at a stranger (smiling can be contagious 😊), are great places to start. Make a note of every daily act of kindness and record *what, when, where* and *for whom* the act of kindness was done and show the list to your Patrol Leader / Troop Scouter once your 30-days of *acts of kindness* is complete. Hopefully, this will have become a good habit by then and you will continue to 'do a good turn to somebody every day'.



You are most welcome to do *both* National Challenge 2024 'Give and Engage' activities should you wish to do so. Be a great Scout! Challenge yourself that little extra and walk the extra mile in spreading more 'kindness and happiness'!

## ♥ Task Three: **Take Notice**

It can be easy to try to do lots of things at once, or to do an activity without really thinking about it. When you can, slow down, 'stop and smell the roses', and really focus on what you're doing. Giving things your full attention can help you feel calmer and enjoy the moment. We promise to 'help other people' and so we should also be aware of the people around us and if they seem unhappy, we should check to see that they are okay.



- ***Go with your Patrol on a Patrol Day-Hike of no less than a minimum of two hours or ten kilometres (or longer if you like) and take some time to 'take notice' and enjoy the moment and the environment around you.***

When on the hike, make some notes on the things that you see and observe in the surroundings and the environment around you and discuss these with your Patrol at the end of the hike – see if other Patrol members noticed the same things you did. Reflect on the experience of being in nature and how it makes you feel.

While hiking, have meaningful conversations and engage with your fellow Patrol members, be aware of how they are feeling, and check-in with them that they are OK.

Don't rush your hike, take a little longer to have some time to stop and admire the view, or just sit and watch the breeze in the trees or the clouds drifting by. *Enjoy the moment!*

This is also an opportunity for Scouts to work towards their [Hiking](#) Scoutcraft Badge and [Hike Leader](#) Scout Interest Badge.

**OR**

- ***Individual Task: Take a daily walk of a minimum of one kilometre, or a daily run for a minimum of two kilometres a day for a period of ten days. While walking or running, take some time to 'take notice' and enjoy the moment and the environment around you.***

If you have a dog, he/she would welcome a daily walk with you! Make some notes on the things that you see and observe in the surroundings and the environment around you whilst walking/running and discuss these with your Patrol Leader at the end of the ten day period. If you plan to go by yourself, make sure that the area in which you walk/run is safe, otherwise take somebody along with you.





## ♥ Task Four: **Be Active**

Regular physical activity helps people of all ages. It doesn't have to be an organised, fast-paced activity such as soccer, a game of frisbee or aerobics or pilates. A walk in the park, an **active** game, dancing, skateboarding, even yoga or a gym session are all ways to get moving.

Being **active** outdoors is great, if you can – sometimes it depends on the space you have, or the weather. Physical activity may help bump up the production of your brain's feel-good neurotransmitters, called endorphins.

Sometimes it's nice to be alone, but you could also use being active to connect with other people. One significant way that team sports build strong individuals is through team morale. Creating a new skill is hard, but you will feel instantly more able with people around you to encourage and support you.



- **As a team player and member of your Patrol, play an active game against another Patrol in your Troop, or as a friendship activity with a Patrol from another Troop. Choose from any formal team sport such as soccer, hockey, rugby, volleyball, baseball, water polo, frisbee, or any other team sport that you choose.**

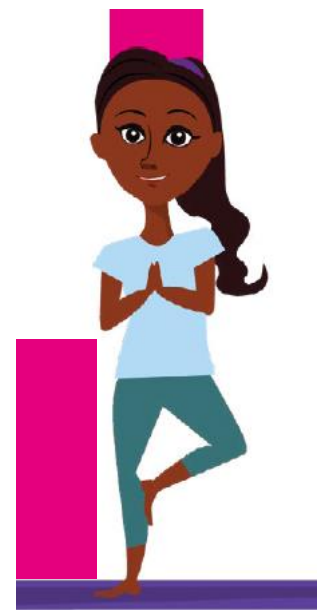
Why not organise a contest between the Patrols in your Troop, or against another Troop, in a team sport of the COH's choosing, with several knock-out rounds to see which Patrol emerges as the overall winner of an Inter-Patrol (Team Sport) Competition. This can be as part of a Troop meeting programme, or a separate Troop activity outside of your normal meeting time.

**OR**

- **Individual Task: *Be more active! Start a daily exercise routine of endurance and stamina exercises, e.g., sit-ups, push-ups, star jumps, for 15 minutes a day for a period of a week.***

Keep a note of the number of sit-ups, push-ups etc. that you do each day and try to improve on this daily. After the seven day period, report back to your Patrol Leader / Troop Scouter on what exercises you did and how much you have improved.

Hopefully, this will have become a good habit by the end of the week, and you will continue to exercise daily which will make you feel-good and healthy.





## Task Five: Keep Learning

Learning something new can make you feel proud of yourself, and it can be a great way to meet new people and get out and about. If books and puzzles are your thing, great – but if not, why not try to **learn** something a bit more practical and be healthy and active at the same time? You could learn a new skill, or explore something new, and acquire additional Scoutcraft or Interest badges at the same time.

- **Complete, or have completed, TWO of the following badges. ONE from each section, 'Active' and 'Health/Service' badge choices. OR complete, or have completed, one badge from either the 'Active' or 'Health/Service' badge choices and one from the 'Scout Challenge' Awards / Badges.**

Senior Scouts, 14½ to 17, must complete two Scout Interest badges (which may require the Scout to complete the equivalent Scoutcraft badge as well), and Junior Scouts, 11 to 14, must complete two Scoutcraft badges or Scoutcraft and/or Scout Interest badges.



### 'Active' Scoutcraft Badges

- [Athletics](#) Scoutcraft Badge
- [Canoeing](#) Scoutcraft Badge
- [Climbing](#) Scoutcraft Badge
- [Dance](#) Scoutcraft Badge
- [Geocaching](#) Scoutcraft Badge
- [Hiking](#) Scoutcraft Badge
- [Oarsman](#) Scoutcraft Badge
- [Swimming](#) Scoutcraft Badge



### 'Active' Scout Interest Badges

- [Athlete](#) Scout Interest Badge
- [Canoeist](#) Scout Interest Badge
- [Rock Climbing](#) Scout Interest Badge
- [Geocaching](#) Scout Interest Badge
- [Hike Leader](#) Scout Interest Badge
- [Boatman](#) Scout Interest Badge
- [Master-at-Arms](#) Scout Interest Badge
- [Swimmer](#) Scout Interest Badge
- [Wave Rider](#) Scout Interest Badge



### 'Health/Service' Scoutcraft Badges

- [First Aid](#) Scoutcraft Badge
- [Fitness](#) Scoutcraft Badge
- [Religion & Life](#) Scoutcraft Badge

### 'Health/Service' Interest Badges

- [First Aid](#) Scout Interest Badge
- [Personal Fitness](#) Scout Interest Badge
- [Public Health](#) Scout Interest Badge
- [Religion & Life](#) Scout Interest Badge

### 'Scout Challenge' Awards / Badges

- [AIDS Awareness](#)
- [Diversity Awareness Badge](#)
- [Service Cord](#)

If you have already attained the required badges for the 2024 National Challenge, why not *challenge yourself further* and earn *two more* Scoutcraft / Scout Interest badges!





## ♥ Task Six: **Healthy Habits**

Healthy habits are essential for maintaining overall well-being and preventing various health issues. They contribute to physical, mental, and emotional wellness. Engaging in regular exercise, maintaining a balanced diet, getting sufficient sleep, managing stress, and avoiding harmful behaviours, like smoking and alcohol consumption, are crucial for promoting good health.

For Scouts, cultivating healthy habits is not only important for their well-being but also aligns with the values of Scouting, promoting personal development and preparedness.

- **For a period of 30 days, do FIVE of the following healthy habits that can be incorporated into your daily life:**

### **Adequate Sleep:**

*Ensure 8-10 hours of sleep per night for optimal physical and mental well-being.*

### **Balanced Diet:**

*Eat healthy food - Include a variety of fruits, vegetables, whole grains, and lean proteins in meals. Avoid sugar, soft drinks, highly processed foods, chips etc.*

### **Goal Setting:**

*Set, work towards, and achieve a personal and Scouting-related goal.*

*Celebrate achievements and milestones!*

### **Hydration:**

*Drink at least two litres of water a day.*

*Stay hydrated by drinking plenty of water, especially during outdoor activities.*

### **Mindfulness and Mental Health:**

*Learn and practice mindfulness and relaxation techniques.*

*Encourage open communication about emotions and stresses.*

### **Learn a New Skill:**

*Develop and practice a new hobby or skill such as cooking, self-defence, public speaking, time management, navigation, survival techniques . . .*

*Acquiring new skills often involves solving problems, which sharpens analytical thinking, and embracing a mindset of continuous learning adds joy and fulfilment.*

### **Positive Role Modelling:**

*Lead by example and embody the principles of Scouting.*

*Encourage fellow Scouts to adopt healthy habits through your own actions.*

### **Responsible Screen Time:**

*Limit screen time and abstain from social media sites.*

*Use technology in accordance with Scouting principles of online safety and responsible internet use, and rather prioritize outdoor and physical activities.*

*Keep a daily record of the healthy habits achieved. After the thirty-day period, report back to your Patrol Leader / Troop Scouter on what you did and how this made you feel.*

By incorporating these healthy habits into your daily life, you will not only enhance your individual well-being, but also contribute to the positive and supportive culture within your own and the Scouting community and be better prepared for the diverse challenges they you encounter in life.





## Risk Assessment

There are always potential risks that need to be considered when planning a Patrol Hike, Patrol Activity or Patrol Community Service Project.

It is important that a risk assessment should be undertaken before the hike, activity or service project starts and approval must be obtained from both the Troop Scouter and Parents.

## Activity Permits

Please ensure that the necessary permissions, parent consent forms and SCOUTS South Africa Activity Permits are acquired prior to undertaking any Patrol Activities, Hikes and Community Service Projects.



## Registration

Troop Scouters are requested to register their Troops for participation in the *Health and Well-being National Challenge 2024* by clicking on the **Health and Well-being Registration Link [HERE](#)** (Ctrl + Click to follow link). It's simple quick and will only take two minutes!

*Please register your Troop for participation in the National Challenge 2024 by the latest 31<sup>st</sup> January 2024.*

## Deadline

**National Challenge deadline: 30<sup>th</sup> November 2024.**

All entries are to be submitted to your Regional Team Coordinator by Monday, 9<sup>th</sup> December 2024.

## National Challenge 2024 Badge

On completion of the National Challenge 2024, the participating Scouts who successfully completed all six *Health and Well-being Challenges* will be awarded a National Challenge 2024 badge. The Scout Troop will be awarded a special *Health and Well-being Challenge* certificate.

## Note to Scouts

We invite you to become more aware of the importance of your own physical and mental health and well-being and accept the SCOUTS South Africa *Health and Well-being National Challenge 2024*.

We hope that you enjoy yourself whilst connecting with yourself, your family, your Patrol and making a positive difference within your community in spreading some 'kindness and happiness' to others.

Please make sure that you have your parent's permission when you go out and keep your Troop Scouter fully informed as to what you are doing.



## Note for Troop Scouters

You can help SCOUTS South Africa enhance our public visibility by embracing the PR value of the National Challenge 2024.

Please take advantage of the PR opportunities and post your Troop's *Health and Well-being National Challenge 2024* activities and photographs on social media with the following hashtags:

- #Scouts
- #Scouting
- #Scoutssouthafrica
- #NationalChallenge2024
- #Scouts4SDGs
- #Healthandwell-being
- #Communities
- #SkillsforLife
- #Upliftment
- #YouthEmpowerment



This Health and Well-Being Challenge document should be read in conjunction with the following documents, all of which can be found on the SCOUTS South Africa website [HERE](#).  
(Ctrl + Click to follow the link)

- *Health and Well-Being National Challenge 2024 – Scouts: Background*
- *Health and Well-Being National Challenge 2024 – Scouts: Link to Entsha*
- *Health and Well-Being National Challenge 2024 – Scouts: Challenge Checklist*
- *Health and Well-Being National Challenge 2024 – Scouts: Programme-On-A-Plate*

Acknowledgements: – WOSM *Safe from Harm Mental Toolkit*  
*Scouts for SDGs*

