

health and well-being national challenge 2024

scouts challenge checklist



"It is health that is real wealth and not pieces of gold and silver."

Mahatma Gandhi





challenge checklist

Summary & Progress Record

<p>Task 1: Connect</p> <ul style="list-style-type: none"> ● <i>Participate in the Health and Well-being Troop Meeting Programme on a Plate.</i> 	
<ul style="list-style-type: none"> ● <i>With your Patrol, participate in a FUN Patrol Activity, away from your Scout meeting place, and 'connect' with one another.</i> <p>OR ● <i>Individual Task: Contact Scouts from three different countries through JOTA/JOTI. <u>or</u> Connect with one Scout in another country and communicate with them for a minimum of three months <u>or</u> earn the Recruiter badge.</i></p>	
<p>Task 2: Give & Engage</p> <ul style="list-style-type: none"> ● <i>Give of your time to others where you participate with your Patrol in a six-hour Patrol Community Service project.</i> <p>OR ● <i>Individual Task: Do one act of kindness every day for a period of one month.</i></p>	
<p>Task 3: Take notice</p> <ul style="list-style-type: none"> ● <i>Go with your Patrol on a Patrol Day-Hike of no less than a minimum of two hours or ten kilometres and take some time to 'take notice' and enjoy the moment and the environment around you.</i> <p>OR ● <i>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 / alternate days for twenty days. While walking or running, take some time to 'take notice' and enjoy the moment and the environment around you.</i></p>	
<p>Task 4: Be active</p> <ul style="list-style-type: none"> ● <i>As a team player and member of your Patrol, play an active game against another Patrol in your 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.</i> <p>OR ● <i>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.</i></p>	
<p>Task 5: Keep Learning</p> <ul style="list-style-type: none"> ● <i>Complete, or have completed, TWO badges. ONE from each section, 'Active' and 'Health/Service' badge choices.</i> <p>OR ● <i>Complete, or have completed, one badge from either the 'Active' or 'Health/Service' badge choices and one from the 'Scout Challenge' Awards / Badges.</i></p>	
<p>Task 6: Healthy Habits</p> <ul style="list-style-type: none"> ● <i>For a period of 30 days practice FIVE healthy habits. Keep a daily record of the healthy habits achieved and how you feel over the period.</i> 	

national challenge 2024 health and well-being



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

Acknowledgements: –

WOSM *Safe from Harm Mental Toolkit*
Scouts for SDGs

