

health and well-being national challenge 2024

meerkats



"Promise me you'll always remember that you're braver than you believe, stronger than you seem, and smarter than you think."

Christopher Robin (Winnie the Pooh Franchise / Disney)



introduction:

Scouting is part of a global society where today many people suffer from mental illness during their lifetime. In Scouting, it is our priority to create a safe environment that promotes the development, well-being and safety of our children, young people, and adult volunteers. Therefore, we strive to create an ideal space to be able to listen and be listened to.

The health and well-being of our members is vital Scouting is to achieve its mission of developing well-rounded, skilled, confident, and active contributing citizens. Being in good physical and mental health enables personal growth and general well-being.

In Scouting, it is the responsibility of all to take care and look after each other. SCOUTS South Africa has adopted the **Health and Well-Being Challenge** as our **National Challenge for 2024!**



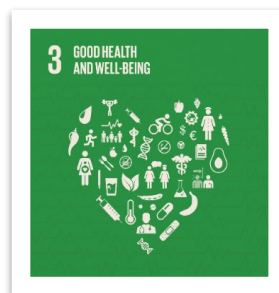
why health and well-being?

Looking after our health and mental well-being is an essential part of enjoying a long and rewarding life. As a Youth Movement we need to equip children and young people with the necessary knowledge and skills to understand and take care of their physical AND mental health and support people around them.

The past years have been hard on everyone, and our current society doesn't always encourage hope. Looking after our physical and mental well-being will help us manage our emotions, manage stress, and enjoy a more active and fulfilling life.

Health and well-being are fundamental aspects of a Scouting member's development, and they play a crucial role in the overall Scouting experience, contributing to the overall development of Meerkats and preparing them for a healthy and successful life ahead.

SCOUTS South Africa's National Challenge 2024 addresses the Scouts for SDGs Campaign (Sustainable Development Goals), and will focus on SDG 3, the Good Health and Well-Being.



By taking up the National Challenge, young people throughout South Africa will be enabled to develop their knowledge, skills, and attitudes essential for achieving the Sustainable Development Goals (SDG's) and become an active part of the global Scout Movement's drive to empower young people for global environmental action.

Let your Meerkats join hands with 50 million Scouts making the world's largest youth contribution to the Sustainable Development Goals!

the challenge:

Task 1: Connect

Complete **TWO** of the following:

1. Participate in at least 2 of the following events: Regional Mob Day, National Meerkat Camp-in, or JOTA/JOTI.
2. Complete the Family Heritage badge.
3. With your Den, visit some older people in your community (maybe take treats/handmade gifts).
4. Through SCOUTS South Africa's International Committee Pen Pal coordinator, connect with a micro-Scout Group in another country. Contact them through international@scouts.org.za.

Task 2: Be active

As a Den complete at least **TWO** of the following badges:

- Keep Fit
- Healthy Eating
- Hiking
- Little Camper



Task 3: Give

As a Den, tackle a Good Turn project that will stretch over six months.

Be creative - it could be something like looking after an area near your hall/meeting place and doing a regular clean up, collecting food for the SPCA (do a drive once a term), making sandwiches for a feeding project, collecting magazines for a preschool near you etc. At least once during the year, organise a visit to the project you are supporting (if a visit is not possible, liaise with your RTC for options). Remember to take photos and tell your RTC about what you have done.

Task 4: Take notice

Run the "**How do you feel?**" programme.

Task 5: Keep learning

Invite an expert or ask one of your Den Scouters / Den parents to teach your Meerkats a new skill. Remember to take photos and to tell us what they learned.

acknowledgements:

- WOSM Safe from Harm Mental Toolkit
- Scouts for SDGs



reminder:

Registration:

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

Please register your Den for participation in the National Challenge 2024 by the latest 28th February 2024.

Deadline:

National Challenge deadline: 30 November 2024. All entries are to be submitted to your Regional Team Coordinator by 11 December 2024.

On completion of the National Challenge, the Meerkats and Den Scouters who took part will be awarded a special National Challenge badge and the Den will be awarded a special National Challenge Certificate.

Note for Den 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 (with parental consent) post your Den's Health and Well-Being activities and photographs on social media.

Suggested hashtags: #GoodHealth #NationalChallenge2024 #Meerkats #scoutssouthafrica #ECD #Skills4Life #SCOUTSSA #Communities #Upliftment #ChildEmpowerment #Scouts4SDGs

Thank you for getting involved, for inspiring and empowering Meerkats to create a better world!

programme on a plate "how do you feel?"

Time	Min	Activity	Equipment	Scouter
	05	Check in and Opening Circle	Totem	
<i>I wonder how you are feeling today. Today is all about feelings and how we can notice.</i>				
	05	<p>STEAM RELEASE: (based on the NSEW game)</p> <p>In the play area display images of four to six core emotion facial expressions (see below). Leader calls out emotion, Meerkats must run to that point (happy, sad, angry, scared).</p> <p>When they have identified the feelings, add scenarios, and ask how Meerkats feel:</p> <ul style="list-style-type: none"> • When it is Christmas morning. • When you must start at a new school. • When your friend/sibling takes your toys. • When your mom or dad goes away for work. • When your grandparents come to visit. • When you come to Meerkats. 	Images of four core emotions. (Draw your own or enlarge and print) Prestik	
<i>Sometimes we feel happy, sometimes we feel sad. Let's listen to a story about someone who was sad.</i>				
	10	<p>YARN: Mom's Red Coat</p> <p>https://www.storyberries.com/bedtime-stories-moms-red-coat-short-stories-for-kids/</p> <p>Remember to ask the Meerkats what they do if they are feeling sad.</p>	Copy of the story. Pictures if you can print them	

Let's see if our faces show our feelings.

	10	QUIET GAME: Mirror faces Working with a buddy (stand opposite each other so they can see their partner. Invite the Meerkats to show you what their face looks like when they are happy, sad, scared, angry, tired, hungry, surprised, jealous, etc. Now, give half the meerkats a chance to show an emotion and let their partner's guess what it is. Swap.	List of emotions	
--	----	---	------------------	--

Music can help us share our feelings - do you know any songs about feelings?

	05	SONG: "If you're happy and you know it" Maybe you can invite the meerkats to dance how they would if they were feeling that feeling. See words below.	Speaker and track if desired	
--	----	---	------------------------------	--

Let's see how good you are at matching feelings.

	10	MEMORY GAME: Feelings Print out (or draw) two sets of the feeling cards (see below). Each set of players (2-3) will need eight emotions (2 cards per emotion). Meerkats place the cards face down and then turn over two at a time. If they have a matching set, they keep those cards. Continue until all the cards have been matched. Cards from https://www.printablee.com/post_printable-emotion-cards_383247/#Printable Emotion Flash Cards	Emotion cards	
--	----	---	---------------	--

We want to be sure to notice how everyone is feeling each week.

	10	<p>ACTIVITY: Feeling chart</p> <p>Make a feeling chart for your Den - see ideas below.</p> <p>Give each Meerkat a wooden peg. Either they can write their own names, or you can write them on the peg. They can decorate their pegs and then each week when they arrive, they will place their peg on the chart, so you know how they feel.</p> <p>After Meerkats have decorated their peg, invite them to place it on the chart and have a brief discussion about how we are all feeling.</p>	<p>Feeling Chart (see below for ideas) Peg for each member of the Den including adults</p>	
<p><i>Oh no! I am sad - it's time for our closing circle.</i></p>				
	05	<p>Closing Circle Badges, Meerkat Prayer, Song</p>	<p>Badges Totem</p>	

Please note this is a 60-minute programme, if your meeting is shorter then please select what activity/activities to leave out.