

health and well-being national challenge 2024

cubs



"Happiness can always be found, even in the darkest of times, if only one remembers to turn on the light."

Dumbledore (Harry Potter Franchise / JK Rowling)



the challenge:

Task 1: Connect

Complete **two** of the following:

1. Pen Pals: Connect with a Cub from another District, Region, or Country. *Contributes to the World Friendship interest badge (10-year-old badge)*
2. Outdoor games: Organise games like tag, hide and seek, wide games, scavenger hunts, etc. in a local park or outdoor area. Games in which the Cubs work together, face challenges, with various stations featuring activities like jumping jacks, hula hooping, and long jumps, etc. Make it a family day with parents and siblings taking part in some of the games.
3. Arts and crafts: Create a craft or art project that can be done together in Sixes, promoting creativity and teamwork. *Contributes to the Drawing interest badge.*
4. Cooking or baking: Cook or bake something at home with one of your parents, or make a special meal for your family, etc., promoting teamwork and communication. *Contributes to the Cooking interest badge.*
5. Take part in the "I am aware of my emotion's activity".

Task 2: Be active

Complete **two** of the following:

1. As a Pack, complete the Athletes interest badge.
2. Learn a new sport.
3. Nature hike: Organise a nature hike/ramble in a local park, reserve, or trail. This allows Cubs to enjoy the outdoors while engaging in physical activity i.e.: scavenger hunt.
4. Dance party: As a Pack, research about how other cultures dance and create a dance playlist and have a dance party. Dancing is not only a great workout but is also a way to express creativity. This activity can be done during Heritage month. *Contributes to the Entertaining interest badge.*
5. Yoga for kids: Introduce simple yoga poses designed for children. This can improve flexibility, balance, and provide a sense of calm.

Task 3: Give

Complete **two** of the following:

1. Community service: As a Pack take part in a meaningful community service project on or around Mandela Day. It can be part of the National campaign or i.e.: collect canned food or clothes for a good cause, clean your Scout Hall, plant flowers/trees, etc.
2. Food for Life: 75% percent of the Pack should complete the Food for Life badge.
3. Craft for a cause: Create handmade cards or crafts to give to residents in a nursing home, hospital, orphanage, etc. This adds a personal touch and brightens someone's day. *Contributes to the Artist interest badge.*
4. Reading buddies: Pair up with younger children or those struggling to read at school to help them improve their reading skills. *Contributes to the Scholar interest badge.*

5. Kindness rocks: Write and distribute positive notes or drawings to classmates, teachers, or family members to brighten their day.

Task 4: Take notice

Complete **two** of the following:

1. Take part in the "I am, and my superpower is" activity.
2. Nature exploration: Go on a nature walk or hike with your Cubs, explore the outdoors and talk about the things you discover.
3. Photography adventure: Ask the Cubs to bring along a photograph they took / a picture they found/ a drawing they made of something that makes them happy or that they find interesting i.e.: superhero, animal, childhood photo, etc. Ask the Cubs to talk about why they chose that specific image and how it makes them feel.
4. Gratitude journal: Provide each Cub with a small notebook to create a gratitude journal. Encourage them to write or draw things they are thankful for.
5. Take part in the "My magical box activity".

Task 5: Keep learning

Complete **TWO** of the following:

1. Learn something new: The Cub must choose a new skill they want to learn and must show proof of what they did to learn the skill. For younger Cubs they can use simple phrases or words in a different language.
2. Take part in the "Rainbow of emotions" activity.
3. Music exploration: Make a simple musical instrument and play a simple tune with it. *Contributes to the Entertainer interest badge.*
4. Astronomy night: Explore the night sky, identify stars and constellations. This can be done during a camping trip or stargazing event. *Contributes to the Skies interest badge.*

acknowledgements:

- [WOSM Safe from Harm Mental Toolkit](#)
- Scouts for SDGs
- [MANAGING-EMOTIONS-TOOLKIT.pdf \(glowscotland.org.uk\)](#)
- [Activity: Inside Out - Getting to Know my Emotions | Eluna Network](#)
- Jota Joti 2023



A Safe From Harm
Mental Health Toolkit



SCOUTS for SDGs

reminder:

Registration:

Pack Scouters are requested to [register their Pack](#) 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 Pack 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 Cubs and Pack Scouters who took part will be awarded a special National Challenge badge and the Pack will be awarded a special National Challenge Certificate.

Note for Pack 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 Pack's Health and Well-Being activities and photographs on social media.






Suggested hashtags: [#GoodHealth](#) [#NationalChallenge2024](#) [#Cubs](#) [#scoutssouthafrica](#) [#Scouts](#) [#Skills4Life](#) [#SCOUTSSA](#) [#Communities](#) [#Upliftment](#) [#ChildEmpowerment](#) [#Scouts4SDGs](#)

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

appendices

Appendix 1: Rainbow of emotions

Acknowledgement: Getting to know my emotions / Eluna Network. Characters: Disney movie Inside Out.
Adapted from <https://crayonsandcompliance.wordpress.com/tag/inside-out/>

	My emotions	Feels like	Sounds like	A memory when I felt
	Sadness			
	Disgust			
	Joy			
	Anger			
	Fear			

Inside Out Feelings and Calm Down Worksheet



I might feel:

To calm down, I can:



I might feel:

To calm down, I can:



I might feel:

To calm down, I can:



I might feel:

To calm down, I can:

Adapted from <https://crayonsandcompliance.wordpress.com/tag/inside-out/> Disney movie Inside Out.

Appendix 2: My 'Magical' box

Acknowledgement: WOSM Safe from Harm Mental Toolkit

Goal:

Develop skills to appreciate others, to see other people's strengths and grow self-confidence.

Pack Scouters:

Support young people in developing interpersonal skills and emotional intelligence.




Preparation:

- Small (mailbox size) cardboard boxes OR paper to build small boxes using the origami method OR any other container that can be used to collect small papers.
- Supplies to decorate boxes (optional).
- Stand with small pieces of paper and pens.

Activity:

- The Pack Scouter gives each Cub a small box (or materials to make one) and asks them to write their name on it so that it is clearly visible to others.
- The Pack Scouter puts all the boxes in one place. Cubs can decorate their boxes if they want, and the Leaders can add some additional decorations to create a nice atmosphere, perhaps connected with the Pack's symbolic framework.
- The Pack Scouter asks the Cubs to drop messages in each other's boxes every Pack meeting throughout the month.

The message should:

-  Appreciate something about the recipient (e.g., a strength, talent, or action).
 -  Say thank you, or
 -  Share something nice.
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- At the end of the month, the Cubs can open their own boxes to check their messages.
 - At the end of the project, the Pack Scouter should ask the Cubs about their thoughts and feelings about the exercise.

Appendix 3: "I am... and my superpower is..."

Acknowledgement: WOSM Safe from Harm Mental Toolkit

Goal:

Build self-confidence and empowerment.

Pack Scouters:

Support the Cubs by sharing examples of their self-appreciation and self-confidence.

Preparation:

- Prepare big sheets of paper for every participant and print worksheets for this exercise.
- Prepare a torch and pens/markers.

Activity:

- The Cubs are divided into small groups of 3. The Pack Scouter asks the Cubs to draw each other's shadow on the paper given to them.

To draw the shadow, they must:

- Attach the big sheet of paper to a wall.
 - One Cub should sit in front of the paper.
 - Using the torch light, another Cub should generate a shadow of that Cub's head and upper body on the paper.
 - The third Cub uses a marker or pen to draw the shadow outline on the paper.
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- The Pack Scouter asks the Cubs to write positive affirmations on their 'shadows'. The affirmations should be something good the Cub believes about themselves.
 - The Pack Scouter asks the Cubs to sit in pairs and discuss why they chose those statements.
 - Then, the Pack Scouter asks all the Cubs to walk around and add the statements to their friends' 'shadows'.
 - Again, the Pack Scouter asks the Cubs to sit in pairs and discuss what they feel after reading the statements.
 - To conclude, the Pack Scouter asks the Cubs to write their three superpowers based on all the adjectives that are on their sheet, e.g. My superpower is that I can make other people laugh.
 - The Pack Scouter can find a place on the wall of the Scout Hall to have all the superheroes displayed and take a picture of each Cub with their sheet.

Appendix 4: Be your own Yoga instructor:

Acknowledgement: Total JOTA-JOTI Explorer Challenge, Health, and Well-Being challenge

Activity Development:

- Find a peaceful spot (2 minutes): Start by choosing a quiet and comfortable space where you won't be disturbed. It could be indoors or outdoors, as long as you feel relaxed.
- Warm-up (5 minutes): Begin with gentle warm-up exercises like neck rolls, shoulder shrugs, and deep breaths to prepare your body for yoga.
- Choose your poses (10 minutes): Explore different yoga poses and select a few that resonate with you. We recommend starting with basic poses like Downward Dog, Tree Pose, and Child's Pose.
- Practice mindfully (20 minutes): One by one, guide yourself through the chosen yoga poses. Pay attention to your body, breathing, and how each pose makes you feel. Remember, there's no rush – take your time.
- Create a sequence (5 minutes): Once you have practiced individual poses, put them together into a flow or sequence that feels right for you.
- Cool down (5 minutes): Finish your Yoga session with a cool-down, including stretches and relaxation poses like Savasana (Corpse Pose).
- Reflect and relax (5 minutes): After your Yoga session, take a moment to reflect on how you feel – both physically and mentally. Embrace the sense of calm and relaxation.

Relevant information:

- Yoga is not about perfection; it's about progress and self-discovery.
- Be gentle with yourself, and don't push your body too hard. Listen to what it needs.
- You can find Yoga tutorials and tips online if you are new to Yoga.

Debriefing questions:

1. How did practising Yoga make you feel physically?
2. Did you experience any mental relaxation or stress relief during the session?
3. Which Yoga pose or sequence did you enjoy the most, and why?

Resources you will need:

- Comfortable clothing.
- A Yoga mat or a soft surface.

Here are some Yoga poses: Many more can be found online.

Images <https://publicdomainvectors.org/en/yoga-pose-clipart-free>

