



# Scouting@Home Weekly Challenge



## Week 1 Challenges



### PERSONAL GROWTH

#### Share a Skill

Do you have any special skills or talents that you might be able to teach a friend? Now's your chance! Team up with a group of friends and think about some of the special skills you have. Take turns to teach them your skills!



### OUTDOORS

#### Virtual Scout Camp

Create a Project Patrol and organise a virtual Scout Camp with your own program of activities! Whip up some snacks and pitch a tent in your backyard, or if you don't have a yard then build a blanket fort in your living room.



### COMMUNITY

#### Jamboree on the Internet

This digital Jamboree features a whole range of exciting activities for you to enjoy from home! From inspirational talent shows, to wellness webinars and global chats, you'll learn plenty of new things while making friends from around the world.



### CREATIVE

#### Safe Hands

The Safe Hands Challenge is a public health-focused challenge aimed at sharing best practices for hand-washing. Get creative by producing and editing your own Safe Hands video – bonus points if you sing along to a song!



### WELLNESS

#### Great to be Grateful

Fill in a gratitude journal. This simple activity is a great way for you to stop and think about all the things you are grateful for.



## Share a Skill

Challenge Area	 PERSONAL GROWTH
Ages	All
Number of People Required	At least two

Do you have any special skills or talents that you might be able to teach a friend? Now's your chance!

### Instructions


1. Assemble a Project Patrol with at least one other person.
2. Think about some of the special skills you have. Choose a skill you're confident in that you'd like to teach others. It could be anything – a specific knot, a map reading skill, or a badge or award you have that not everyone has earned yet.
3. Gather any equipment or resources you'll need to teach your Project Patrol the skill.
4. Schedule to meet with your Project Patrol online. You can do this via your Group's Virtual Scout Hall – ask your Leader how to schedule a meeting!
5. Meet with your Project Patrol.
6. Take turns to teach everyone your skills – explain what the skill is, what it involves and why you chose it. Run through the basics of the skill for everyone to see.

### Reflection

Sometimes it can be tricky to explain things we know how to do because we're not used to thinking about it! This activity encourages us to step up and lead. It also teaches us how to refine our communication skills - to break our skills down so others can understand them. Did you find it hard to explain your skill? What steps did you take to make sure everyone could follow along?



# Virtual Scout Camp

Challenge Area	
Ages	All
Number of People Required	The more the merrier!

Practice your camping skills with your very own virtual Scout camp!

## Instructions

1. Assemble a Project Patrol.
2. Agree on a date and time for the virtual Scout camp out.
3. Delegate tasks and responsibilities – agenda, virtual games, skits singalongs and stories.
4. On the day of the camp, pitch a tent in your backyard. If you don't have a yard, you can build a blanket fort inside. Be sure to ask a parent or sibling for permission and help first!
5. Gather blankets, quilts, or sleeping bags to make the tent cosy.
6. Prepare your snacks and drinks.
7. Sign in to the virtual Scout camp.
8. Enjoy!
9. After the camp is over, make sure you take down your tent, return any materials and throw away any rubbish.

## Reflection

Camping at home can be quite a different experience to going on a Scout camp. The convenience of being at home has its own pros and cons. What were some of the differences you experienced? How about any challenges? What would you do differently next time?



## Jamboree on the Internet

Challenge Area	
Ages	All
Number of People Required	The more the merrier!

JOTI Special Edition will take place this weekend from 3-5 April 2020. This digital Jamboree features a whole range of exciting activities made for you to enjoy from home!

From inspirational talent shows and global chats to engaging wellness webinars and humanitarian action, you'll learn plenty of new things while making friends from around the world.

You can sign up for different activities throughout the weekend – from eLearning courses on health, wellbeing and online safety, to learning about different cultures. You can play games and lead fun activities as well as doing what you can to support those in need.

Scouts of all ages can attend JOTI! If you are aged 13 years or under, you will need a parent or guardian to register on your behalf and participate with you for the duration of the event.

### Instructions


1. Submit your interest for JOTI [here](#). Please note – this is not an event registration. By completing this form, you will be notified when registrations for JOTI are open.
2. Explore the JOTI campsite [here](#).
3. Plan which activities you'd like to do and which spaces you'd like to visit.
4. Register to participate in JOTI! Keep a look out on the Scouts NSW Facebook page for the registration link.
5. Attend JOTI on 3-5 April!

### Reflection

This special edition of JOTI provides a safe space for Scouts like you, from around the world, to connect and enjoy the thing they love most – Scouting! Which activities did you sign up for and participate in? How did it feel knowing you are part of a global community of over 54 million Scouts around the world?



## Safe Hands

Challenge Area	 CREATIVE
Ages	All
Number of People Required	One

The Safe Hands Challenge (which you can find on social media under the hashtag #SafeHands and #SafeHandsChallenge) is a public health-focused challenge aimed at educating people about best practices for hand-washing.

Demonstrate your hand-washing technique by recording your own #SafeHands video – bonus points if you sing along to a song!

### Instructions

1. Ask a parent or sibling to record a video of you completing the #SafeHands challenge.
2. Wet your hands with water (but then turn the faucet off until it's time to rinse to conserve water).
3. Apply enough soap to cover all hand surfaces.
4. Rub hands palm-to-palm.
5. Scrub with your right palm over left hand and fingers interlaced. And then vice versa.
6. Scrub palm to palm with fingers interlaced.
7. Rub the back of your fingers against the opposing palm with your fingers interlocked.
8. Practice rotational rubbing of your left and right thumbs (do this by gripping your thumb with the fingers of the opposite hand and rotating).
9. Do rotational rubbing with clasped fingers.
10. Rinse your hands with water.
11. Dry thoroughly with a towel.
12. Use the towel to turn off the tap.
13. Edit your video.
14. Share your video with us via email to [communications@nsw.scouts.com.au](mailto:communications@nsw.scouts.com.au) or by tagging #ScoutsNSW on social media!

### Reflection

Proper hand hygiene is critical for a healthy life. The Safe Hands challenge teaches us how to wash our hands properly. Have you changed the way you wash your hands?



## Great to be Grateful

Challenge Area	 WELLNESS
Ages	All
Number of People Required	One

It's easy to feel overwhelmed and anxious at times, especially when there's a lot going on in your world. However, if you stop for just a couple of times each week to jot down what you're grateful for and why you really appreciate having those certain things in your life, then you'll learn to treasure these things more when you encounter them.

This simple exercise is a great way to identify all the things you are grateful for.

### Instructions

1. Download and print out the gratitude journal [here](#).
2. Find a quiet moment to list down what you're grateful for.

### Reflection

This activity lets you stop and think about your wellbeing. How did you feel before you started your challenge? How do you feel now? Do you think it's important to take time to reflect? Why?

# IS GRATITUDE JOURNAL

I'M THANKFUL FOR...

THE BEST THING THAT HAPPENED TODAY

TODAY I LEARNED...

MY GOAL FOR TOMORROW IS...



# IS GRATITUDE JOURNAL

THE PEOPLE I LOVE MOST

WHAT WILL I ACHIEVE TODAY?

I'M GRATEFUL FOR...

- 1.
- 2.
- 3.
- 4.
- 5.

WHAT CAN I DO BETTER TOMORROW?

