



Scouting@Home Weekly Challenge



Week 7 Challenges



PERSONAL GROWTH

Food-oku

Solve the food sudoku puzzles and see what foods add up to create a healthy diet!



OUTDOORS

Skipping Rope Star

Get active and outdoors by challenging yourself to improve your skipping rope skills.



COMMUNITY

On My Honour

Learn how to sign your name and the Australian Scout Promise in Auslan



CREATIVE

Bringing Characters to Life

Practice your creative writing skills by writing a letter to your favourite fictional character!




WELLNESS

Bob Ross Night

Channel your inner artist – watch a Bob Ross video and try painting along!

Food-ok

Challenge Area	 <p>PERSONAL GROWTH</p>
Ages	Joeys, Cubs, Scouts
Number of People Required	One

You may have seen Sudoku with numbers, but can you solve one with food items to build a balanced diet?

Instructions

1. Think about the five different [food groups](#) and the types of food which make up a healthy diet.
2. Download the food Sudoku activity sheet [here](#).
3. Familiarise yourself with the rules of food Sudoku – Every row and column (up-and-down or side-to-side) should consist of food that make up a balanced diet. Each row or column should contain at least one fruit, vegetable and carbohydrate, and a protein, piece of dairy or glass of water. In larger grids, each row or column should contain each food symbol only once.
4. Solve the Sudoku puzzles to find out which foods add up to a healthy diet.
5. Get crafty and create your own food Sudoku puzzles to share with a friend!

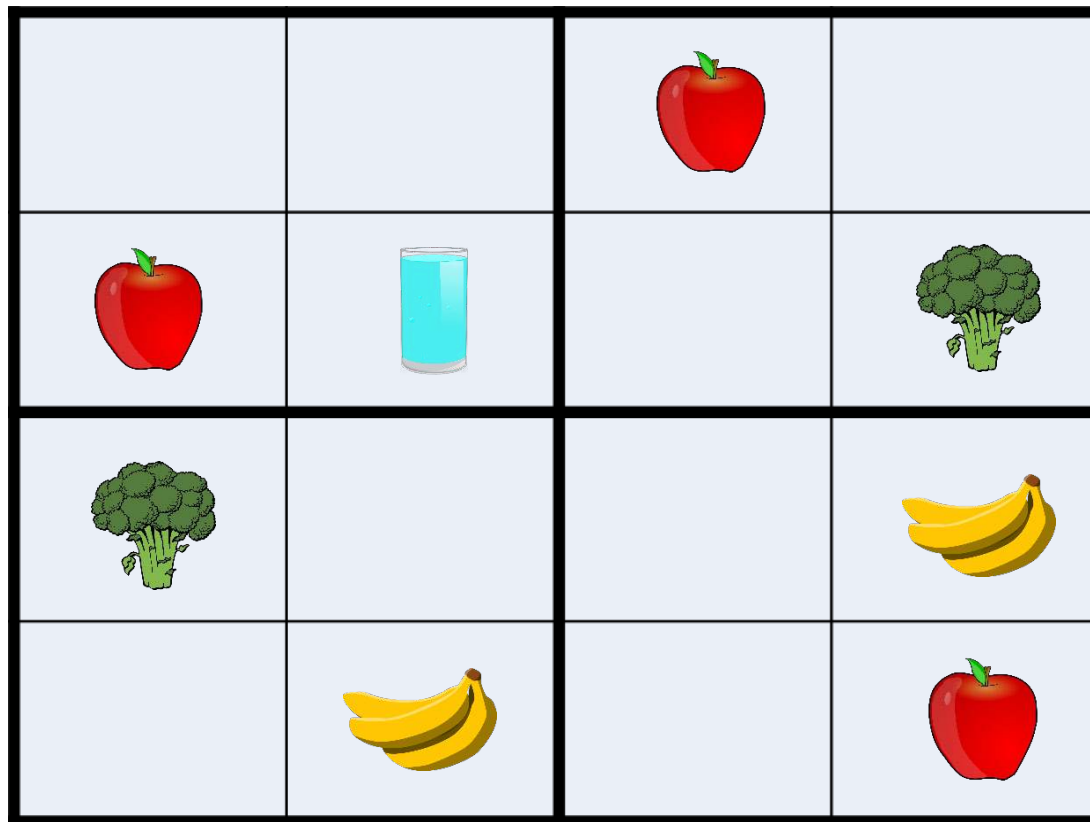
Reflection

This activity involved completing some Sudoku puzzles with food symbols. Did you manage to get a healthy balance of food groups in each row and column, or did you find yourself forgetting them? Did it make it easier to have the food symbols in front of you to remind you what was needed? How could food symbols help you remember to eat healthily in real life?






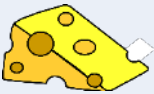

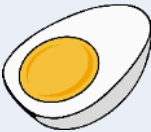



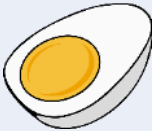


FOOD—OKU PUZZLES

SOLVE THESE FOOD SUDOKU PUZZLES TO LEARN WHICH FOODS ADD UP TO A HEALTHY DIET.

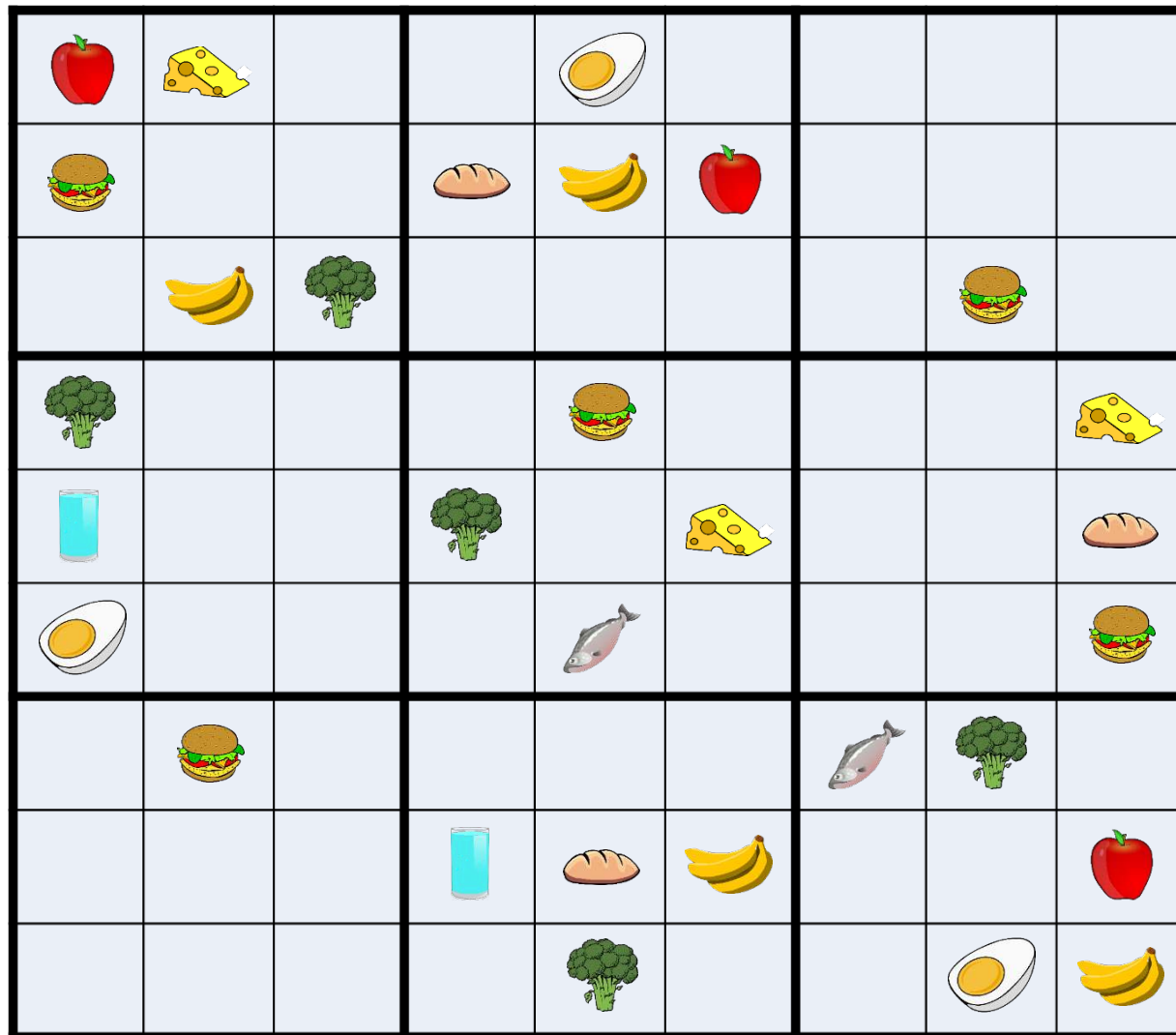
BEGINNER



INTERMEDIATE

ADVANCED

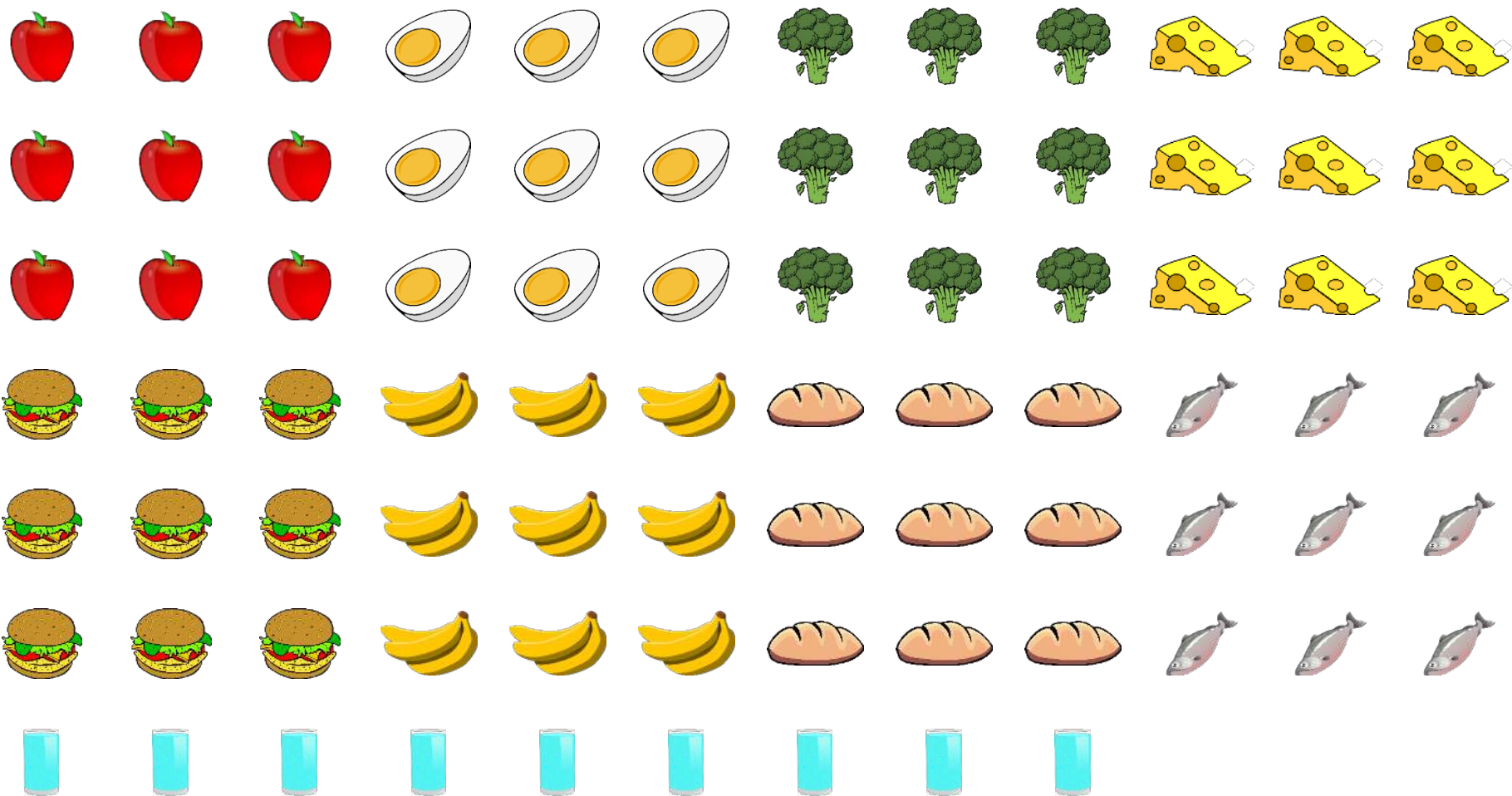


BEGINNER (TEMPLATE – CREATE YOUR OWN!)

















INTERMEDIATE (TEMPLATE — CREATE YOUR OWN!)





































ADVANCED (TEMPLATE – CREATE YOUR OWN!)


















































































FOOD TYPES



ANSWERS


			
			
			
			



Skipping Rope Star

Challenge Area	 OUTDOORS
Ages	All
Number of People Required	One

Get active and outdoors by challenging yourself to improve your skipping rope skills.

Instructions


1. Visit the Heart Foundation website [here](#) and watch the different skipping skills videos on display.
2. Grab a skipping rope and head outside to practice your skipping rope skills! Check your skipping area - make sure you are away from any obstacles, uneven ground and other hazards.
3. Can you use your skipping skills to create a skipping routine?

Reflection

Not only is skipping a fun activity, but it is also one of the best forms of cardio exercise, which contributes to a healthy heart! What are other exercises you can do at home to improve your cardiovascular health?



On My Honour

Challenge Area	 COMMUNITY
Ages	Cubs, Scouts, Venturers and Rovers
Number of People Required	One

Auslan is the language of the deaf community in Australia and is used by over 30,000 people across the country. Learning a few phrases in Auslan is a great way to foster communications with and support members of the community who use Auslan sign language.

Instructions


1. Visit the Auslan Sign Bank website [here](#) to learn all about Auslan.
2. Using the sign bank and other resources online, learn how to sign your name in Auslan.
3. Take things up a notch by learning how to sign the Australian Scout Promise.
4. Teach a member of your family, or a friend.

Reflection

Learning how to sign in Auslan is a valuable way to recognise the different ways people communicate. What are other things you can learn to help improve the way you communicate with others and help make your local community a better, more inclusive and more positive place for all?



Bringing Characters to Life

Challenge Area	 CREATIVE
Ages	Joeys, Cubs, Scouts
Number of People Required	One

Fictional characters can have very real impacts on our lives, and it's only fair that we give them the thanks they deserve. Build up your creative writing skills by writing a letter to your favourite fictional character!

Instructions

1. Choose a character from a television show, movie or book you've recently watched/read or that has greatly influenced you.
2. Write a letter to the character. What do you want to know about their story? What would you tell them if you had the opportunity to directly communicate with them?
3. For an extra activity, read through some of these great [letters](#) written to characters from the Harry Potter franchise!

Reflection

This activity encouraged you to use your creative writing skills to interact directly with a literary character.

Bob Ross Night

Challenge Area	 <p>WELLNESS</p>
Ages	All
Number of People Required	One

Channel your inner artist – watch a Bob Ross video and try painting along!

Instructions

1. For Parents/Leaders: Read this [blog post](#) for handy tips on hosting a Bob Ross night.
2. Plan: Create a list of all the materials you would need to paint, and gather your materials.
3. Grab an iPad, laptop, computer or another device that you can use to access the Internet and YouTube.
4. Set up a clear space for your painting station. Because you will be following along to a video, you will need to set up in a place where your laptop, iPad etc. can be seen easily. If you have an easel, that's great! If not, a flat stable table will work well – just make sure it is at a comfortable height for you to stand behind. No matter where you set up, make sure you have some old sheets to drape to protect the floor or the table.
5. Open up the '[Bob Ross – The Joy of Painting](#)' playlist on YouTube.
6. Select a video from the list of episodes. Depending on your level of skill, we recommend starting with simpler paintings such as [Mountain Ridge Lake](#) and [Cliffside](#).
7. At the beginning of each video, Bob Ross will let you know what colours you'll need for the painting. Make a list of these colours and prepare them using your paint. You may need to mix two or more paints to make a different colour.
8. Begin painting! Don't rush - remember, you can pause the video whenever you need to.

Reflection

Painting is a great way to relax and unwind – and it doesn't matter whether you are good at it or not! Studies show doing any kind of art, from painting to drawing, can help you relax and relieve stress in just one session. What are other things you can do to unwind?