



# Personal Challenge Examples



## Cooking

- Cook a 3 course meal at home for your family.
- Successfully lead a whole day of cooking on camp.
- Cook a pudding at home to share with the whole troop

## Organising and being tidy

- Keep your bedroom tidy for a minimum of a month.
- Be responsible for packing/unpacking equipment from the QM store for 3 camps.
- Be responsible for recording the register at Scouts for a term.

## Looking after my things.

- Successfully grow a plant from seed
- Take your dog for a walk every day for two weeks, even if it's raining

## Helping my Mum and Dad around the house

- Take your dog for a walk every day for two weeks, even if it's raining.
- Take on extra chores at home and complete them every week for at least a month.

## Physical activities

- (Eg: Football, Running)
- Take part in your local ParkRun for a month.
- Join a School sports club.
- Improve your swimming. Set a goal and beat it.

## Being a good friend and helping others

- Take part in a local litterpick in your community.
- Invite a friend from school to try Scouts.
- Take a neighbours dog for a walk on a regular basis.
- Help an elderly member of your family with their chores or shopping.

## Behaviour

- Make a commitment to improve your behaviour at School, Home and Scouts. After 1 month provide a written statement from a teacher, parent and leader

## Doing my best

- Make a commitment to improve something you already do such as playing a musical instrument.
- Take part in a school performance – and invite the scouts!



# Personal Challenge Examples



- Reach a target grade in a school subject you find hard.

## Making the best use of my time

- Learn a new skill
- Make a commitment to volunteer
- Try something new that you have put off trying before
- Take your dog for a walk every day for two weeks, even if it's raining

## Making things. (Arts and Crafts)

- Create a model using a kit and show it to the group.
- Paint a picture.
- Write a song

## Teaching skills to others

- Help a new Scout complete their welcome pack
- Talk about a topic you are interested in in front of the troop

## Trying out new activities

- Make a commitment to try a new activity and follow it up with a talk back to the troop
- Overcome a fear of phobia

## Memory

- Take home a stuffed toy and remember to bring it to scouts every week for a term
- Recite the NATO phonetic alphabet.
- Find out an interesting fact to tell the Scout troop every week for a term