

PERSONAL CHALLENGE AWARD

Here are a set of activities to help Cubs to identify their personal qualities and set themselves challenges to work towards for the Personal Challenge Award. These are based on a great programme created by the 2nd Southampton Scout Troop.

Resources

- Paper,
- Printed 'What am I good at' cards (1 per Cub),
- Example Challenges List.

Aims

- Identify strongest skills and personal qualities.
- Decide on skills and personal qualities which you would like to be better at.
- Discuss with peers and leaders how these areas can be developed.
- Decide on 1 (or 2) personal challenges to complete.

Activity 1 (10 Mins)

1. Gather the whole Pack together in a circle. Discuss the Personal Challenge Award and any questions they have.
2. Tell Cubs that it is important to always do your best and challenge yourself. In the future this means you'll develop more skills, take part in more experiences and be better than you think at doing things.
3. Ask a Cub to read aloud the Cub Law. Ask Cubs to rate themselves out of 10 for how well they live by the Cub law. Ask if they have any initial challenges they could set themselves based on the Cub law.
4. Possible answers: Don't tell lies, tidy my room, do the washing up, don't fight with my siblings etc.
5. Tell the group these are good ideas but we'll be developing them further.

Activity 2 (10 Mins)

1. Give each Cub a pack of 'What am I good at?' cards. Then read each one aloud.
 - a. Cooking
 - b. Organising and being tidy
 - c. Looking after my things
 - d. Helping my Mum and Dad around the house
 - e. Physical activities (e.g. Football, Running)
 - f. Being a good friend and helping others
 - g. Behaviour (either at Home, School or Cubs)
 - h. Doing my best (not just at Cubs)
 - i. Making the best use of my time (rather than being lazy)
 - j. Making things (arts and crafts)
 - k. Teaching skills to others
 - l. Trying out new activities
2. In pairs, find a clear space on the floor (or at a table) and order the cards as a list based on how good you are at each skill/quality from strongest to weakest. – Ask adults to help Cubs who may have difficulty reading/deciding.
3. Within their pairs, encourage Cubs to discuss their answers. Do they agree with each other? Would they rearrange the other person's list?

Activity 3 (10 Mins)

1. Tell your Cubs that they are going to base their challenges around improving their 3 weakest skills. Encourage them to talk to their Six – get them swapping and sharing ideas of how they could improve their weakest skills?
2. You can read through the example challenges from the 'Example Challenges List' to give ideas. Remind them of their answers from the first activity.
3. On a scrap piece of paper ask Cubs to write their names and give 3 challenges which they think would be good for them to do.

Activity 4

1. For the rest of the meeting do something totally different - such as a game or other physical activity. Throughout the evening, speak to each Cub individually (or in their pairs) to discuss and set their final challenge(s).
2. Write up the agreed challenges and both sign it in agreement.

Resources

Example Challenge List

Cooking

- Cook a 2 course meal at home with your family.
- Help plan a menu for Camp.
- Bake a cake at home to share with the whole Pack.

Organising and being tidy

- Keep your bedroom tidy for a minimum of a month.
- Be responsible for keeping Pack equipment tidy for a month.
- Be responsible for recording the register at Cubs for a term.

Looking after my things

- Successfully grow a plant from seed.
- Clean out your pet for a month.
- Make sure that your uniform is clean and your scarf is neatly rolled for a team.

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.
- Help a member of your family with their chores or shopping.

Physical activities

- 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 litter pick in your community.
- Invite a friend from school to try Cubs.
- Help at a bake-sale to raise funds for the Pack/Group.

Behaviour

- Do one good turn a day for two weeks.
- Make a commitment to improve parts of your behaviour at school, home and/or cubs. Talk about the changes you have experienced.
- Do your chores/jobs without complaining for two weeks

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 Pack!
- Reach a target grade/standard in a subject/activity 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.

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 Cub settle into the Pack.
- Talk about a topic you are interested in in front of the Pack.
- Teach your Six a new skill.

Trying out new activities

- Make a commitment to try a new activity and follow it up with a talk back to the Pack.
- Overcome a fear or phobia.
- Gain an activity badge for an activity you haven't tried before.

Memory

- Take home a stuffed toy and remember to bring it to Cubs every week for a term.
- Recite the NATO phonetic alphabet.
- Learn the telephone numbers of your Emergency Contacts off by heart.

'WHAT AM I GOOD AT?' CARDS

COOKING.	ORGANISING AND BEING TIDY.
LOOKING AFTER MY THINGS.	HELPING MY MUM AND DAD AROUND THE HOUSE.
PHYSICAL ACTIVITIES (EG: FOOTBALL, RUNNING)	BEING A GOOD FRIEND AND HELPING OTHERS.
BEHAVIOUR (EITHER AT HOME, SCHOOL OR SCOUTS)	DOING MY BEST (NOT JUST AT SCOUTS)
MAKING THE BEST USE OF MY TIME. (RATHER THAN BEING LAZY)	MAKING THINGS. (ARTS AND CRAFTS)
TEACHING SKILLS TO OTHERS	TRYING OUT NEW ACTIVITIES.
REMEMBERING THINGS	