

Beavers	Cubs	Scouts	
Show a new Beaver how to play a game you know and like.	Try two new sports or physical activities at least once. You could try: tennis, dance, basketball or tai chi.	Regularly take part in physical activities over a period of four to six weeks. Keep a record showing your improvement. Your goal could be to develop in an activity or successfully complete a challenge. Physical activity/challenge suggestions: circuit training, football skill training, aerobic routine, synchronised swimming routine, Zumba aerobics, tap dancing, team sports, charity swim, long distance cycle ride, incident hike, athletic event, pool life-saving test or dance competition.	
Take part in three activities on how to keep your body fit and healthy: looking after your teeth or foods that are good and bad to eat or exercise You could also do something else which you agree with your leader.	Take part in three activities to help you be healthy, like: healthy eating, exercise or learning how the human body works.	Show you understand why eating a sensible diet and getting enough sleep is important.  Do some research so that you can explain the dangers and harmful effects of smoking, alcohol and drugs.	
Do two creative activities. You could act or mime, play a musical instrument, make a model from salt dough, make up a dance, paint a picture or make a card  Learn a new song and sing it.	Pick two creative things to try, and show your leader what you've done. You could write a short story, make a model, take some photos and use them to tell a story or be part of a play or sketch.		
Learn and use at least three of these skills: learn your own address and phone number, tie your shoelaces, decorate some cakes or biscuits, set an alarm clock to get up at the right time in the morning, fold or roll your scarf, make your bed, keep your bedroom tidy or light a candle or you could do something similar which you agree with your leader.	Learn and use at least four of these skills: sew on a button or badge, make cakes, bread, biscuits or something similar, oil a bicycle chain, change a wheel or fit lights, make a cup of tea or coffee, then wash up afterwards, lay a table for a meal, peel potatoes or other vegetables, iron your scarf or change a lightbulb, in a table or standard lamp, clean a window, tidy and clean your bedroom or another similar home skill agreed with your leader.	Learn and use at least five of these skills: Mend or customise an item of clothing. Cook and serve a two-course meal, for at least four people. Fix a puncture or a dropped chain on a bike. Wash up after a meal, making sure everything is clean and dry. Use a washing machine to wash a load of clothes. Iron your uniform shirt. Change a lightbulb, in a ceiling light. Set a heating timer and thermostat as needed for the time of year. Clean a toilet, hob or oven or do another similar home skill.	
With a team, complete at least two problem-solving missions set by your leader.	Take part in at least two problem solving activities that you haven't done before. It should be something that you need to think creatively for. As part of the activity you need to say what you found difficult, what you did to solve the problem, and why.	Take part in at least three activities that require a number of problem solving skills.	
Go somewhere new. Then find out five facts about something new.			
Invent a machine and show other Beavers how it works.			

# Skills Challenges Badges