



PERSONAL CHALLENGE BADGE

NAME

How to earn your award

To earn this award, you need to complete two personal challenges that you agree with your Leader. There are some ideas overleaf but you don't have to pick challenges from this list. Please choose challenges that are personal to you.

CHALLENGE 1

DATE COMPLETED:

CHALLENGE 2

DATE COMPLETED:

Bring this back when you've completed both challenges

Here are some example challenges to help you think about what you could do. You don't have to pick a challenge from this list, you should choose to do something which is personal to you and is a challenge

- Cook a 3 course meal at home for your family.
 - Cook a pudding at home to share with the whole troop
 - Keep your bedroom tidy for a minimum of a month.
 - 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.
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- Take part in your local ParkRun for a month.
 - Join a School sports club.
 - Improve your swimming. Set a goal and beat it.
 - Take part in a local litterpick in your community.
 - Take a neighbours dog for a walk on a regular basis.
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- Help an elderly member of your family with their chores or shopping.
 - 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
 - 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!
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- Reach a target grade in a school subject you find hard.
 - Learn a new skill
 - Make a commitment to volunteer
 - Try something new that you have put off trying before
 - Create a model using a kit and show it to the group.
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- Paint a picture.
 - Write a song
 - Talk about a topic you are interested in in front of the troop
 - Make a commitment to try a new activity and follow it up with a talk back to the troop
 - Overcome a fear of phobia
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- Recite the NATO phonetic alphabet.
 - Grow a plant from seed
 - Find out an interesting fact to tell the Scout troop every week for a term