

MY 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. You should choose one challenge and your leader will choose the other.

CHALLENGE 1 – Leaders Choice

Do a Good Turn to help someone else every day for a week

CHALLENGE 2 – Your Choice

DATE COMPLETED:

Bring 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

- Remember to brush your teeth twice a day for a week
- Try something new that you are a bit nervous about
- Remember to feed your pet every day for a week
- Score a goal in some sport
- Learn to swim or swim further than present
- Say a poem for an audience
- Complete levels of a computer game
- Tie school tie properly
- Keep a room tidy for an agreed time
- Learn to tie shoe laces
- Learn to use phone and answer properly
- Sleep without a light on
- Learn to play a musical instrument
- Make own bed properly for a week
- Improve handwriting
- Make a cup of tea or toast every morning
- Overcome a fear - such as spiders
- Learn to roller-skate or ride a bike
- Make a model
- Try some new foods
- Make up own lunchbox
- Memorise address and phone number
- Anything you say 'You can't do'
- Anything else that is a challenge to you

