

Cubs Example Personal Challenges

Behaviour (either at Home, School or Cubs)

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 (not just at Cubs)

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 (rather than being lazy)

Learn a new skill

Make a commitment to volunteer.

Try something new that you have put off trying before.

Trying out new activities

Make a commitment to try a new activity and follow it up with a video talk we can share with the Pack.

Overcome a fear or phobia.

Gain an activity badge for an activity you haven't tried before.

Teaching skills to others

Talk about a topic you are interested in, in front of the Pack.

Teach your Six a new skill.

Physical activities (e.g. 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.

Helping my Mum and Dad around the house

Take your dog for a walk every day for two weeks.

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.

Cook a 2 course meal at home with your family.

Bake cakes at home.

Organising and being tidy / Looking after my things

Keep your bedroom tidy for a minimum of a month.

Successfully grow a plant from seed.

Clean out your pet for a month.

Memory

Recite the NATO phonetic alphabet.

Learn the telephone numbers of your Emergency Contacts off by heart.