

Personal Challenge

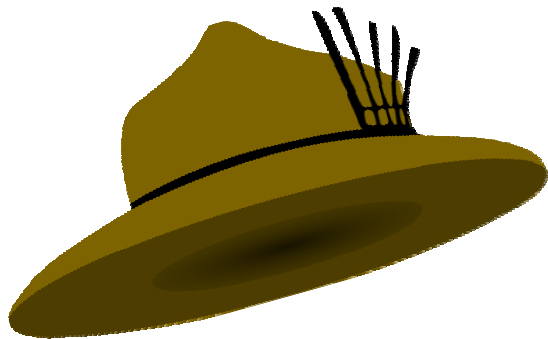
Personal Hygiene



Part 2

*Success in training the boy
depends largely on the
Scoutmaster's own personal
example.*

Sir Robert Baden-Powell



Index

ACTIVITIES & CRAFTS

Personal Chart—Boy

Personal Chart—Girl

Where is your heart??

The 5 Senses

Smelling Clean

What are Germs?

Be Clean—It's Up to you

Sort Your Dirty Laundry

Fold A T-Shirt

Tying Shoelaces

Taking Care of your Beaver Scout Handbook

Taking Care of your Beaver Scout Bag

Packing your lunch box

Salads Galore

Lunch Faces

Butterfly Healthy Snack Bag

Fruit on a Stick

Cooking Safe

Be Safe at Home

Fruit Stick Puppets

Tooth Fairy Teeth Box

The 3 Rs

Learn to Share—The Story of Rainbow Fish

GAMES

My Personal Chart

Started On: _____

My Name: _____

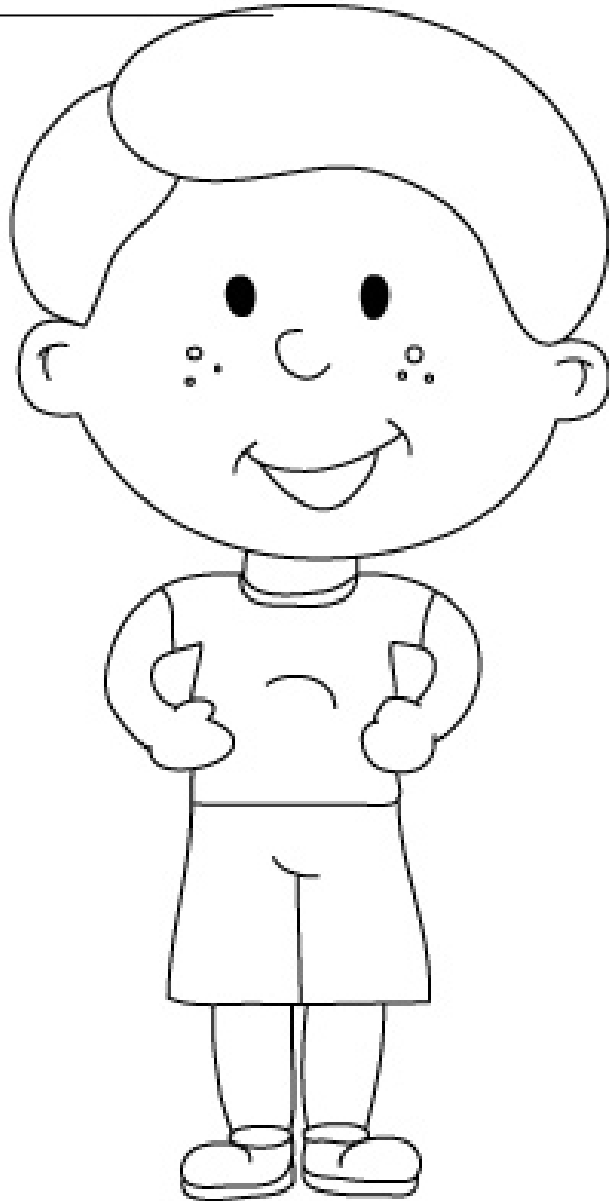
My Age: _____

My Height: _____

My Weight: _____

My Hair Colour: _____

My Eye Colour: _____



My Personal Chart

Started On: _____

My Name: _____

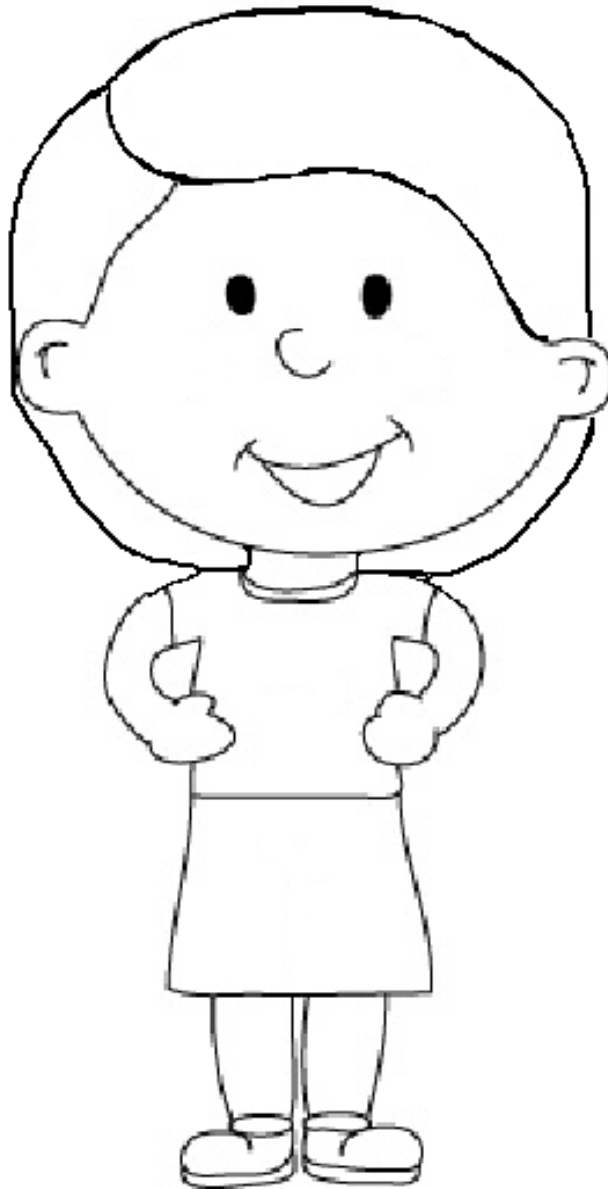
My Age: _____

My Height: _____

My Weight: _____

My Hair Colour: _____

My Eye Colour: _____



Where is your heart?

What you will need:

- 1 Very Large Pieces of White Paper
- Pencil for each Beaver Scout
- Loooooads of Colours

How to do it:

Lay out the White paper on a flat surface [floor or large table] and get a Beaver to lay on it.

Beaver Leader with a black thick marker draws an outline around the Beaver Scout on the sheet.

Each Beaver takes a different colour.

One by one the Beavers mark down with an 'x' where they think that the heart is.

A short talk about our heart and its function will follow by the Beaver Scout Leader who then tells them the exact position of the heart.



On a 2nd sheet the whole Colony can draw a Beaver Scout including all the details such as Face, Hands, Uniform, Badges, Shoes, etc

Warning— If placing the sheet of paper onto the floor make sure that the floor is thoroughly clean.

The 5 Senses



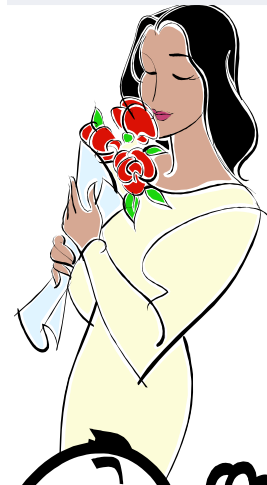
Touch



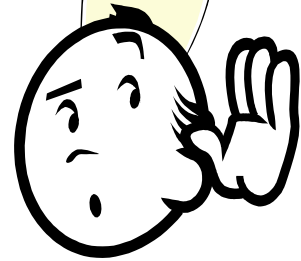
Taste



Smell



Hear



See



Exploring the 5 Senses

SMELL



- Blindfold the Beavers
- Using a few bowls/canisters put items with different smells inside
- Each Beaver is given a few minutes to smell the items inside and then guess what is inside the canisters/bowls.

- Same thing can be done for TASTE.
- ** In both cases special note is to be taken with regards to allergies.



HEAR



- Have the Beavers sit down comfortably
- Record different sounds and play them back to the Beavers.
- Then in turn each Beaver tries to guess what the sounds are.

TOUCH

- Blindfold the Beavers
- Have a few items at hand and ask each Beaver to touch each item.
- Then in turn each Beaver tries to guess what the items are.



SEE

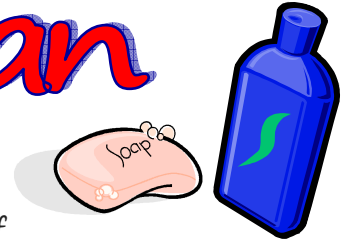


- Put a tray with a number of items in a tray
- Have the Beavers look at the items for a few minutes and then cover the tray completely.
- Then in turn each Beaver tries to remember all the items that are on the tray.

Smelling Clean



Your Body



Keeping your body clean is an important part of keeping yourself healthy and helping you to feel good about yourself. Caring about the way you look is important to your self esteem (what you think about yourself). By the way, you don't need to wear the latest designer clothing to look good. There are other things you can do which are much more important for your "image".

Clothes



Even if you're not heavily sweating, clothes can get stained, dirty and generally grubby, so you need to change them often.

Underclothes are right next to your skin and collect dead skin cells, sweat etc.. Overnight bacteria start to work on these stains so your clothes do not smell as nice on the second day of wearing.

Stay away from cigarette smoke as the smell will get into your clothes and hair. Ask your family not to smoke in the house or the car.

If you have to wear a school uniform then take it off as soon as you get home and hang it up to air before you wear it the next day. **Change underclothes often!!!**

Shoes



You spend a lot of time on your feet and your shoes are very close to the place where a very large collection of sweat glands live - your feet!

Sweat gets into your shoes and then bacteria arrive which love the moist leather or fabric so much that they tell all their friends to come round and party!

- If you have one pair of shoes for school then try to get them off as soon as you get home so that they can air and dry out overnight. (As you get older somewhere outside the house is a good place!)
- If you have more than one pair then use them on alternate days to give them a better chance of drying out.

Keep your shoes clean by brushing, polishing or washing. They will look better, last longer and be less likely to smell.

A hand is shown with many small, colorful germs (bacteria and viruses) floating around it, illustrating the concept of germs.

What are Germs?

Germs are tiny little worms that carry infections from one person to another. So try to keep germs off you as much as possible by keeping yourself clean and create a clean and tidy environment for yourself.



At Home:

Your mums & dads clean the house to make a clean place for all the family. You can do your best to keep it that way by taking care of your room and your other personal things. To keep your room off germs try not to bring food in the bedroom. Use clean clothing to go to bed, do not walk around the house with socks and to bed. When you get back from school empty your lunch box especially on Fridays....

At School and Scouts:

While socializing germs are more active because people touch the same things, and that is how germs are transferred. Keep yourself clean; try not to spill on your shirt when eating and drinking and do not talk with your mouth full. Keep things like colours and pencils away from your mouth. Try not to bite your nails as well. Never pick your nose, always carry tissues with you in your pocket for when you need to sneeze and blow your nose.

What to do to keep Germs away:

Wash your hands with soap frequently and use other products to kill Germs like Gels and Disinfectants.



Be Clean - It is Up to You!!

Link each part of the body with the actions which keep them clean



Sort Your Dirty Laundry

How do we sort out dirty laundry??

Have the Beavers help sort out whites, darks, colours, towels, etc. As you do so, explain that different colours and types of laundry are separated and washed in different water temperatures or require additional products to help clean them the best way possible.



Sorting falls under the following categories:

WHITES—This category includes all the white and lightly coloured items

COLOURED—This category includes all the clothes items that have bright colours



DARK—This category includes all the clothes items that have dark colours like black, purple, navy blue, brown, etc.

LOG CHEW ALERT!!

Get a good number of differently coloured clothes and put them all in one heap. Then ask the Beavers to sort them out in the right way.

Folding a T-Shirt

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7

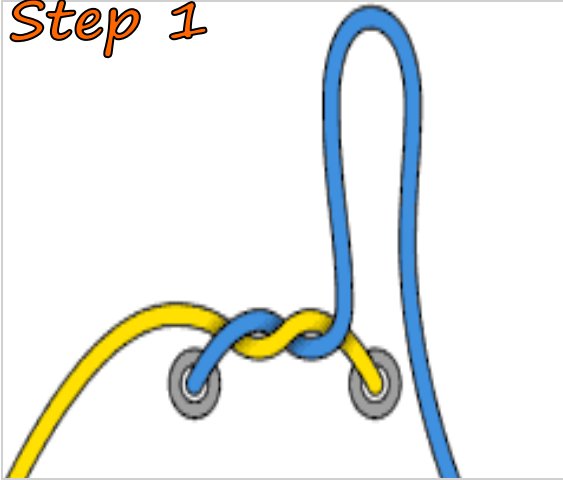


Step 8

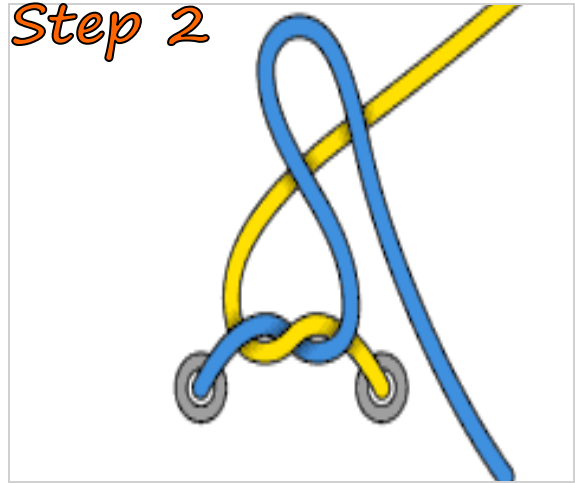


Tying Shoe Laces

Step 1



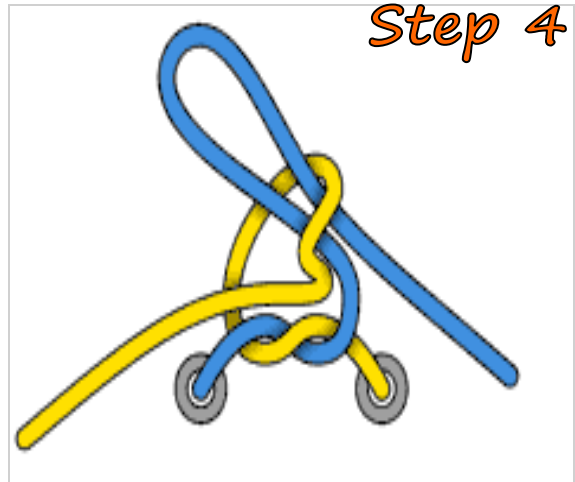
Step 2



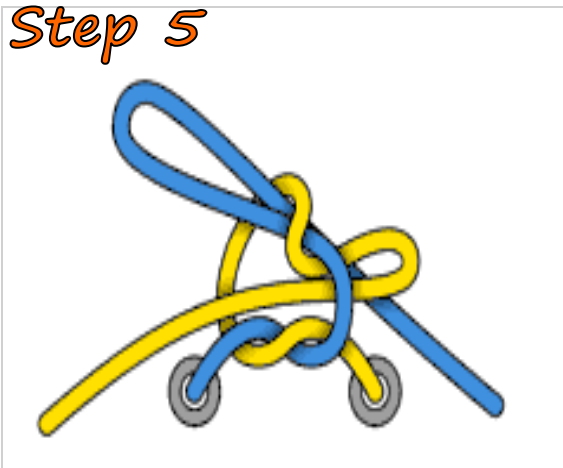
Step 3



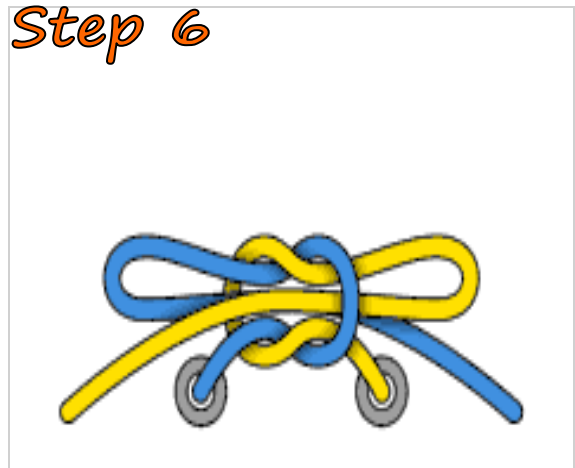
Step 4



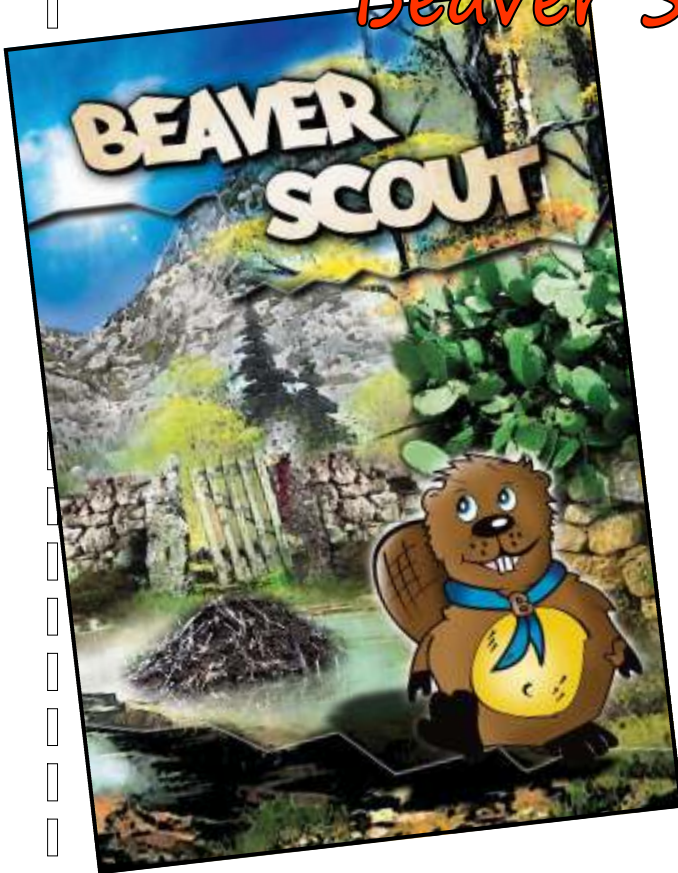
Step 5



Step 6



Taking care of your Beaver Scout Handbook



The best way to take care of your Beaver Scout Handbook is to cover the book with plastic backing to protect it from being thorn or having its edges curled.

Plastic covers come in different colours and are easily cleaned if something is spilt over.



You can also put a label with your name on the front of the cover.



Taking care of your Beaver Bag



Once in a while take all your stuff out of your Beaver Bag.

Throw away unwanted such as scrap papers or any food wrappers.

Wash in the washing machine regularly to remove any stains both from inside and outside of the bag as well as scraps of food that

might have fallen in the bag.

If all the Colony has the same type of bag make sure that your bag is labelled properly so there will be no mix ups during the Beaver Meeting/Outing/Activity.

When putting drinks bottles in your bag make sure that the bottles can be properly closed so that there will be no leaks.

Also when putting food inside your bag make sure that the lunch cases can be locked securely so that your lunch will not spill into your bag and make a mess.

Packing your Lunch Box



With a third of a child's total food intake for the day being consumed at school, it is important that the bulk of food in the lunch box provides much needed nutrients, vitamins and minerals for energy and growth.

What should you pack ?

Wholegrains for energy

The first thing that needs to be considered when packing a lunch is a good source of carbohydrate for energy. For most children, this will be a sandwich but may also be a wrap, cracker biscuits, rice or corn cakes.

Protein and veggies

Sandwich should contain a good source of lean protein such as fat-free turkey, chicken or ham, tinned tuna or salmon or low-fat cheese. The protein portion will keep your child full, help to maintain concentration levels through the afternoon lessons and help prevent the afternoon rush to the fridge when they get home. Salads add fibre and bulk, which also helps to keep him or her full. Some options that will not make sandwiches too soggy include lettuce, grated carrot, celery and cucumber.

Fruit for fibre

Always add one piece of fruit to the lunch box. Different fruit options include small plastic containers of grapes or strawberries, pieces of banana or melon, small packets of sultanas or dried apricots.

Water to drink

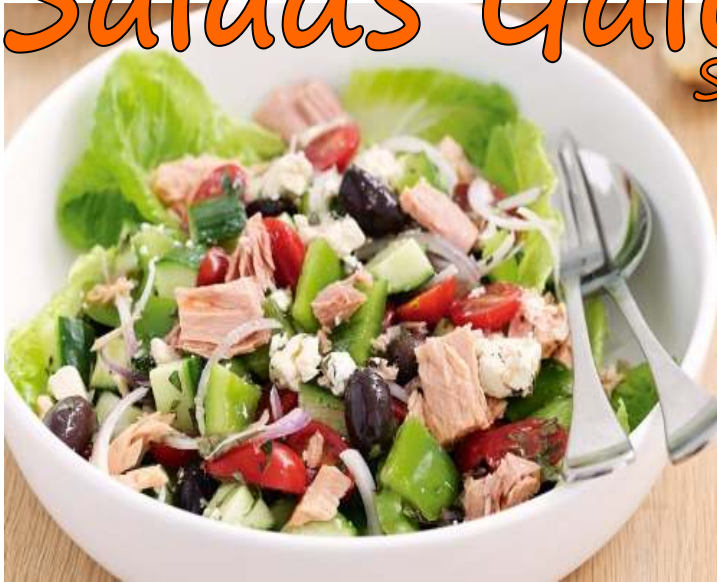
Water should be the drink of choice. Fruit juices, flavoured waters and soft drinks are very high in sugar and should not be consumed on a daily basis. Freeze water bottles the night before for hot summer days.

Small snack

Failing to include a snack in your child's lunch box runs the risk of them swapping their fruit for more appealing packaged options. A more realistic approach is to include one, small nutritious snack such as reduced-fat flavoured milk, cheese sticks, yoghurt, cheese and crackers, low-fat mini-muffins and low-fat cookies.

REMEMBER!! - Always remember to clean your lunch box every day after you use it. Dirty lunch boxes are very unhygienic. Old/stale food will bring moulds and germs which can be very harmful.

Salads Galore



Simple Tuna Salad

*What you will need:
(continued)*

- Tuna
- Chopping Board
- Knife (round tipped)
- Large Bowl
- Wooden Spoon
- Apron

How to do it:

What you will need:

- Lettuce Leaves
- Tomatoes
- Red Onions
- Cucumber
- Green peppers
- Feta cheese
- Olives [pitted]

- Put on your apron
- Slice up all the Vegetables and the Tuna (with its own oil) combine them all in a large bowl
- Can be Refrigerated

Makes a very healthy meal.

Simple Fruit Salad

What you will need:

- Bananas
- Peaches
- Pineapple
- Strawberries
- Blueberries
- Round tipped knife
- Chopping Board
- Large Fruit Bowl
- Wooden Spoon
- Apron



- Refrigerate for 1 or 2 hours (not longer or bananas get brown)

How to do it:

- Put on your apron
- Slice up all the Fruit and combine them all in a large bowl

Makes a very healthy and tasty dessert.

Lunch Faces



You can do this funny activity using basically anything

that you like eating. If possible try using healthy items such as fruit, vegetables and low fat hams and cheeses.



What you will need??? Loads of creativity.

When you finish your masterpiece take a picture of your 'lunch face', eat it up and start over.

Guaranteed Fun !



Butterfly Healthy Snack Bag

What you will need:

- Clothes pegs
- Snack sized bags [small]
- Googly eyes
- Pipe cleaners
- Glue
- Paint, glitter glue
- Snacks - goldfish crackers, dried fruit, cereal, grapes, nuts, sultanas
- Apron
- Plastic Cover for the table.



How to do it:

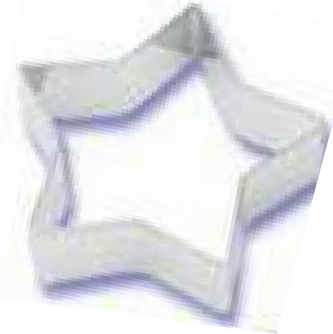
- Decorate one side of a clothespin with either paint or glitter glue.
- Glue two small googly eyes near the gripping end of the clothespin and let the glue dry thoroughly.
- Put your snack into a snack sized bag until it's a little over half full. Filling the bag half with goldfish and half with grapes. Seal the bag, hold the middle with your fingers, and clip it with the clothes peg.
 - Next, fold down/curl the tips of a 6-inch length of pipe cleaner, then bend the entire piece in half. Clip the pipe cleaner in the clothes peg.



Fruit on a stick

What you will need:

- Watermelon
- Apples
- Kiwi
- Banana
- Lollypop Sticks
- Cookie Cutters
- Jar
- Apron



How to do it:

- Wear your apron
- Take the fruit and using the cookie cutters cut out the shapes
- Put the cut out fruit onto lollypop sticks
- Put them in a freezer for a few minutes before serving.
- Take them out and put them in a jar like you would with sweet lollypop sticks



Cooking Safe



BEFORE YOU START:

- Wash your hands with warm water and soap then dry them. Make sure your nails are clean.
- An apron keeps food clean and protects your clothes. Look at people who handle food in shops. What do they wear on their heads? Why?
- What could you do to make sure your food area is a safe place?

CLEANING UP:

- Wash and tidy up as you go along
- Keep surfaces clean
- Always use clean cloths and tea towels.
- Wash all utensils with hot, clean, soapy water.
- Begin with the cleanest dishes.
- Use a clean tea towel or paper towels for drying.
- Wrap up food waste and seal in a bag before throwing away.
- Water should be hot but still comfortable to your hands.

Cold water does not clean

well. Can you think why?

Do not lick your fingers! Even though you can't see them, microbes on your hands can quickly spread and make you or other people ill. Keep your hands clean.

- Did you know that a sneeze can travel at over 100 miles per hour!

ALWAYS REMEMBER

- Do not run in the cookery area
- Keep tidy and organized
- Take care with hot pans and dishes
- Be careful with sharp knives.
- Think! Keep your mind on what you are doing
- Use special oven gloves when moving hot dishes or pans.
- Listen to instructions and follow them carefully
- Never use a damp or dirty tea towel. Can you think why?

Be Safe at Home!

Can you find the five safety hazards hidden in this picture?



Fruit Stick Puppets

What you will need:

- Fruit Pictures
- Scissors
- Glue
- Colours—Pencil Colours / Crayons / Markers
- Ice Lolly sticks or Wooden Clothes Peg
- Glitter Glue
- Googly Eyes
- Craft Foam

How to do it:

- Print out pictures of fruits
- Cut them out
- Colour them in
- Decorate them
- Stick them onto the Ice Lolly Sticks or the Wooden Clothes Pegs

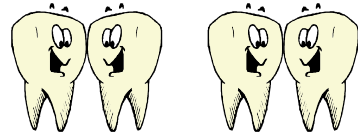
Variation: Fruit shapes can be cut out of craft foam and then attached to lolly sticks and decorated.

LOG CHEW:

Why not try and having your very own Beaver Colony Stick puppet show??!! Find a short story that the Beavers can easily act out using their stick puppets.



Tooth Fairy Tooth Box



Baby teeth are so tiny. Here's one way to make a Tooth Fairy Treasure Box so you can save your teeth forever.

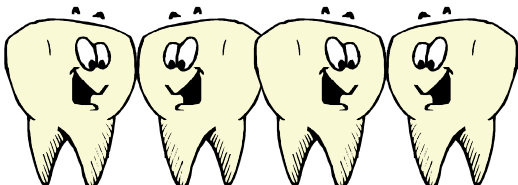
What you'll need:

- Scissors
- Glue
- Cardboard Paper
- Black Markers
- Coloured Crayons
- Glitter Glue
- Sequins
- Small Box

How to do it:

What do you think the Tooth Fairy looks like?

- On cardboard paper use markers to draw a Tooth Fairy and colour it in.
- Make a small flap at the bottom of her feet. Add fairy sparkles with Glitter Glue.
- Let it dry thoroughly.
- Cut out your Tooth Fairy with Scissors.
- Fold back the small flap on her feet.
- Put glue on the bottom of the flap.
- Glue your tooth fairy to the lid of a small recycled box, such as a jewelry box or a shoe box.
- Let it dry thoroughly
- Decorate your treasure box with markers and glitter glue.
- Let them dry thoroughly.
- Glue decorative craft items such as beads and sequins to your Tooth Fairy Treasure Box and once again let it dry thoroughly.





The 3 Rs:

The 3 most important things which can help us make a better world for both ourselves and everyone around us.

¹Reduce

When you reduce you prevent waste from being created in the first place.

We can reduce waste by purchasing durable goods and making them last longer by repairing them when necessary. Thus Reusing products and packaging reduces the amount of packaging that is discarded.



Reducing waste can be as simple as:

- Using a cloth napkin instead of a paper one
- Using a cloth bag rather than a paper bag
- Putting your school lunch in a plastic container rather than a paper/plastic bag
- Finish up the stocks that you already have at home rather than buying new ones and ending up with a lot of half used containers of paint, detergents, etc.
- Use rechargeable batteries rather than disposable ones
- Personal items which are no longer needed such as clothes and shoes—that are still in good condition can be sold at a car booth sale or given for charity. Those that are not in good condition maybe donated to animal shelters to be used for the animals themselves.

There are many ways to avoid single-use products and to reduce waste generated at home, school and work.





2 Reuse

Reusing items by repairing them, donating them to charity and community groups or selling them at car boot sales also reduces waste.

Reusing, when possible, is preferable to recycling because the item does not need to be reprocessed before it can be used again.

Ways to re-use items:



- Reuse containers, jars and bottles
- Save and reuse boxes, ribbons and large pieces of gift wrap
- Repair equipment when possible without endangering your self or your surroundings.
- Re-sell items such as furniture
- Re-use items made of carton / plastic / paper to make useful and practical crafts such as pencil holders, bird feeders, desk tidies, bags, notice-boards....

3 Recycle



Recycle is the final stage to be used when reduction or re-use are no longer an option. Many materials such as paper, cardboard, metal, plastic or glass can be recycled. Even organic waste can be recycled in order to produce compost.

LOG CHEW— Have a Colony Recycling Area

To make recycling easier for the whole colony, visit your local grocer and ask for a few medium sized [possibly all the same shape] cardboard boxes. Using stencils mark the boxes 'Paper', 'Plastic', 'Glass' and 'Metal'. Get the Beavers to paint and decorate the boxes with the colours that are usually given to each of the materials mentioned above:

- Blue for plastic
- White for paper
- Brown for glass
- Black for metal

Then show them how to place a garbage in the box properly.

On which day is recycled waste collected in your town?

Plan a visit to a recycling plant.



Learn to Share....

The Rainbow Fish

By Marcus Pfister

A long way out in the deep blue sea there lived a fish. Not just an ordinary fish, but the most beautiful fish in the entire ocean. His scales were every shade of blue and green and purple, with sparkling silver scales among them.

The other fish were amazed at his beauty. They called him Rainbow Fish. "Come on, Rainbow Fish," they would call. "Come and play with us!" But the Rainbow Fish would just glide past, proud and silent, letting his scales shimmer.

One day, a little blue fish followed after him. "Rainbow Fish," he called, "wait for me! Please give me one of your shiny scales. They are so wonderful, and you have so many."

"You want me to give you one of my special scales? Who do you think you are?" cried the Rainbow Fish. "Get away from me!" Shocked, the little blue fish swam away. He was so upset; he told all his friends what had happened. From then on, no one would have anything to do with the Rainbow Fish. They turned away when he swam by. What good were the dazzling, shimmering scales with no one to admire them? Now he was the loneliest fish in the entire ocean.

One day he poured out his troubles to the starfish. "I really am beautiful. Why doesn't anybody like me?" "I can't answer that for you," said the starfish. "But if you go beyond the coral reef to a deep cave you will find the wise octopus. Maybe she can help you."

The Rainbow Fish found the cave. It was very dark inside and he couldn't see anything. Then suddenly two eyes caught him in their glare and the octopus emerged from the darkness. "I have been waiting for you," said the octopus with a deep voice. "The waves have told me your story. This is my advice. Give a glittering scale to each of the other fish. You will no longer be the most beautiful fish in the sea, but you will discover how to be happy."

"I can't..." the Rainbow Fish started to say, but the octopus had already disappeared into a dark cloud of ink. Give away my scales? My beautiful shining scales? Never. How could I ever be happy without them? Suddenly he felt the light touch of a fin. The little blue fish was back!

"Rainbow Fish, please, don't be angry. I just want one little scale." The Rainbow Fish wavered. Only one very very small shimmery scale, he thought. Well maybe I wouldn't miss just one. Carefully the Rainbow Fish pulled out the smallest scale and gave it to the little fish. "Thank you! Thank you very much!" The little blue fish bubbled playfully, as he tucked the shiny scale in among his blue ones. A rather peculiar feeling came over the Rainbow Fish.

For a long time he watched the little blue fish swim back and forth with his new scale glittering in the water. The little blue fish whizzed through the ocean with his scale flashing, so it didn't take long before the Rainbow Fish was surrounded by the other fish. Everyone wanted a glittering scale. The Rainbow Fish shared his scales left and right. And the more he gave away, the more delighted he became. When the water around him filled with glimmering scales, he at last felt at home among the other fish.

Finally the Rainbow Fish had only one shining scale left. His most prized possessions had been given away, yet he was very happy. "Come on Rainbow Fish," they called. "Come and play with us!" "Here I come," said the Rainbow Fish and happy as a splash, he swam off to join his friends.

Games



FRUIT RUN

Children sit in a circle and are given a picture of a fruit. The leader stands in the centre and shouts the name of a fruit. The beavers have to swap places.

TREATS HUNT

Hide a number of healthy treats in the garden or inside obvious places. Set the Beavers looking for them. Let them keep what they find and give a small prize to 'Hunter' who finds most treats. Keep a few in reserve to give to the ones who manage to find only a few or none at all— there are sure to be some. Or better still get the other Beavers who did find the treats and get them to share.

SHOE SCRAMBLE

Ask all the children to take off their shoes and mix them up in a big heap in the centre of the room. Then stand the children in a ring around the heap of shoes. At the word 'GO', all Beavers run to the heap, and see who can find their shoes and put them on the quickest (no need to have their shoe laces tied just the shoes on their feet).

THE BLIND MUSICIAN

The Colony except one Beaver sits down in a circle. That Beaver is then blindfolded and sits down on the centre. The Beaver is given a rolled up newspaper to use as a musician's wand. All the Beavers then have to walk round in a circle singing/humming a well known tune. The blind musician will beat time with his newspaper baton. When the baton is dropped everyone must stop. The blindfolded beaver will then point to one player, who has to sing the song alone. Disguising the voice is allowed and the musician has to try and guess who it is. If successful he or she changes place with the musician.

SPEAK AND DO THE OPPOSITE

I couldn't think of a better title for this, but it is fun to play both for kids and adults. Each team sends a person to challenge a member of another team. The person challenging says something like 'I AM PATTING MY HEAD' but in fact they are rubbing their tummy. The person being challenged has to say in reply 'I AM RUBBING MY TUMMY' and at the same time be patting their head. If they fail to do it properly in a given time or get it the wrong way round, then the challenging team wins a point.

CLODHOPPER RACE

A series of pieces of paper are placed in a circle after a team member is blindfolded. The team member must step on each piece of paper following directions from team mates. They cannot touch him or move him themselves.