

We would like the Cubs to work on their Personal Challenge Award during December.

They need to complete two personal challenges that they agree with their leader. The Cubs should choose one of the challenges themselves. Their leader or parent can choose the other.

The challenges must be different to the ones that you did for your Beaver Personal Challenge Award.

### **Guidance for Leaders/Parents**

The challenges should be things that they find difficult but can complete with some effort and commitment. They can be to do with any part of your life, for example home, school or Cubs.

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.

- Do their homework on time for three weeks
- Keep their room tidy
- Eat all their dinner for a week
- Look after a new Cub for half a term
- Talk about a topic you are interested in with an adult you don't know very well
- Bring the right equipment to Cubs every week for a term
- Remember to brush your teeth twice a day for two weeks
- Show good behaviour at Cubs for three weeks in a row
- Try something new that you are a bit nervous about
- Go to a District fun day and talk to some other Cubs you don't know
- Try all of the food on Cub camp
- Remember to feed your pet every morning for a week
- Help to look after a sick or disabled friend or relative

To complete this award Cubs should discuss possible personal challenges with their Leader or a Young Leader. It may also be helpful to discuss them with the Cub's parents.

The emphasis is on the young person having some ownership of this. One of the challenges should be primarily the Cub's choice, and one the Leader's Choice.

Challenges should be individual, part of 'growing up' and require some kind of personal commitment. For example a shy Cub's challenge could be to look after a new Cub for half a term or to talk about a subject with a leader that they don't know; or a forgetful Cub's challenge could be to remember to bring the right equipment for activities every week for a term or to brush their teeth at least twice a day.

Cubs should agree their two challenges before they start working on them