

COOKING@HOME

- 1.Help with the washing up at least 3 times
- 2. Work with an adult to learn how to make a cup of tea or coffee. What do you need to do to stay safe?
- 3.Create your favourite smoothie. Can you create a smoothie you have invented for the Health@Home badge?
- 4.Help to cook a meal for you and your family can you learn something new?









- 1.Create a decoration linked to a festival e.g. a Christmas decoration or one to mark the Chinese New Year
- 2.Make a picture of an animal using natural materials it could be something you make indoors on a piece of paper or something huge you make outside. Send us a photo so we can see!
- 3.Design a new uniform for Beavers Can you explain your choices?
- 4. Create a coat of arms for your family. Find some ideas here: https://bit.
 ly/3lf8jGN







DIY@HOME

- 1.Help to mend a broken toy, what did you use? What did you need to do to stay safe?
- 2.Build a bug hotel it doesn't have to be large! (https://bit.ly/3kgom5y)
- 3. Make a vehicle that moves you can't use a battery though!
- 4. Make a house for a cuddly toy







ENVIRONMENT@HOME

- 1.Build a bird feeder (this also counts towards your Outdoors Challenge Badge!)
- 2.Go on a nature walk How many different trees can you find whilst on your walk?
- 3. Find out more about your favourite wild animal How can people keep it safe in the wild?
- 4. How could you help to save the planet from home? Keep a diary of the different ways you have helped over the course of a week







GAMES@HOME

- 1.Play a game with a member of your family. Are you able to teach the game to someone else?
- 2.Invent a game to play with a friend
 What equipment will you need?
 What are the instructions?
- 3. Find out more about your favourite sport Who invented it? When did it start?
- 4. Find out more about a sport you would like to try, could you give it a go at home with your family?







HEALTH@HOME

- 1. Complete a Joe Wicks workout with another member of your family
- 2.Keep a food diary for the week how does that fit on the healthy food plate?
- 3.Design your own healthy smoothie you could write a recipe and ask an adult to share it with us at Kent Scouts
- 4. Make a poster to show another Beaver 5 or more things they can do to stay healthy



