

## ALL ABOUT ADVENTURE CHALLENGE AWARD

## How to earn your badge...

1. Adventures are more fun when you're prepared. Choose your activities, think about what you'll need, and pack your bag – just don't forget the snacks!

You could work together to make sure that you have the clothes and equipment you'll need and think about how you'll stay safe during all of your different activities and adventures.



2. Having fun outside is good for your mind and your body. Take part in some outdoor activities and try something new.

- You could try:
- Going on a scavenger hunt
- Stargazing
- Putting a tent up and taking it down again
- Cloud watching
- Hunting for bugs
- Pond dipping
- Going on a nature walk
- Building a den
- Building and lighting a fire.

3. Take a deep breath and go for it. It's time to go on some adventures.

You could try an obstacle course, go for a walk (over low-level, simple terrain), or go trampolining. If you're feeling extra adventurous, you could try bouldering, swimming, or cycling.

4. No adventure is complete without a campfire. Gather around a roaring fire (or a fire-free indoor model), spend some time with your friends, and reflect on your adventures.

You could sing some songs, play some games, or enjoy a tasty treat.