



Wellbeing and Inclusion Challenge badge

Challenge Pack

Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life. Inclusion, making people feel welcome; ensuring that it is safe for them to express who they choose to be; demonstrating our appreciation for their input; working collaboratively and showing we care.

Rainbows to complete 2 from each section.

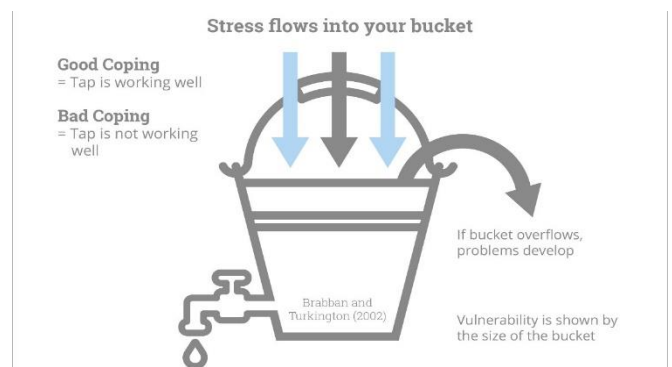
Brownies to complete 3 from each section.

Guides and above to complete all from both sections.



Wellbeing

- Think about stressors – being able to identify stressors is a big step in wellbeing, if you can identify your stressors, you can avoid them or build good coping strategies to deal with them.
 - Name 5 things that stress you. – Please think about the appropriateness of these with your unit.
 - Think about why they might cause you stress.
 - Try and think of ways to decrease the amount of stress they cause.
- Talk about the stress bucket and tap.
 - Think of things you can do as a unit or alone to open the 'tap'



- Try a mindfulness activity that is new to you (see examples below)
 - Yoga
 - Mindful colouring
 - Breathing exercises
- Go for a nature walk with your unit (look at plant/animal life, how many different species can you find?)
- Do something for your community.
 - Local litter pick
 - Food bank collection
- Problem Solving
 - Try an escape unit in your meeting space
 - Complete some puzzles with your unit.

Inclusion

- Learn about a different religious celebration (Eid, Lunar New Year, Hannukah)
- Learn about neurodiversity (Push your button activity)
- Learn about different disabilities how you might need to adapt things so everyone can be included.
- Have some one new talk at your unit (woman in science/army/police/fire service/someone from a different religion to you)
- Talk about pro-nouns and how you and your unit want to be addressed. (Girls/Brownies)
- Learn about different ways of communicating
- Talk about different family structures (no dad, no mum, grandparents are main carers two dads etc)

Resources:

Rainbows

Yoga - <https://www.youtube.com/user/cosmickidsyoga>

Mindfulness Colouring -

<https://lightlysketched.com/2021/07/04/mindfulness-colouring-free-mindfulness-colouring-sheets/>

Breathing Exercises - [Belly Breathing: Mindfulness for Children \(youtube.com\)](#)

Problem Solving - <https://mrprintables.com/free-printable-mazes.html>

Brownies

Yoga - [Gentle Yoga for Kids | 15-Minute Yoga Practice for 8-12 Year Olds \(youtube.com\)](#)

Mindfulness Colouring - [Mindfulness Colorings | Coloring Sheets For Kids | Lightly Sketched | Mono](#)

Breathing Exercises - [Breathing Techniques for Kids | Learning Resources UK](#)

Problem Solving - [Make Your Own Escape Room Challenge for Kids \(FREE Printable\) - The Activity Mom \(activity-mom.com\)](#)

What pushes your buttons activity Rainbows/Brownies -

See the below image, print out a copy for each Rainbow and ask them to mark/tick which situations 'push their button' talk about how everyone has different triggers and we should be thoughtful that different things can upset different people and we should remember to be kind and thoughtful, but that it is also okay to say that you are upset about something that doesn't bother others.

What Pushes My Buttons?



Being told no



Being late



Waiting in line



Tests & Grades



Missing recess



Being interrupted



Being hungry



Being confused



Being ignored



When something changes



Loud noises



Getting in trouble



Getting bumped



Bad news



Someone yelling
at me



Unfair treatment

Guides/Rangers

Yoga – [Yoga For Teens](#) | [Yoga With Adriene](#) – YouTube

Mindfulness Colouring – [Mindfulness Colorings](#) | [Coloring Sheets For Kids](#) | [Lightly Sketched](#) | [Mono](#)

Breathing Exercises – [Relaxation Exercises: Breathing Basics \(for Teens\)](#) | [Nemours KidsHealth](#)

Problem Solving – [Make Your Own Escape Room Challenge for Kids \(FREE Printable\)](#) – [The Activity Mom \(activity-mom.com\)](#)

Push Your Buttons – Guides/Rangers

Please split your units into groups and get them, as a group, decide the order from least annoying to most annoying. Discuss as a unit and how things differ between individuals and groups.