Athlete

1. Pick a sport you want to focus on. It could be one you already love or something new. Create a pre-sport routine to get you ready for your activity. It could include:
    - A warm up to get your heart pumping
    - A motivational playlist
    - Choosing an athletic role model to inspire you
    - Finding stretches that work best for your sport - you could look up a stretching routine
    - Creating an essentials kit with things like your water bottle, equipment and snacks
2. Get yourself moving and do your chosen sport. Keep practising your sport over a few weeks and build it into your routine - weekends, after Guides, whenever works best for you! Don't forget to warm up and use challenge 3 for your cool down.
3. Being an athlete sometimes comes with pressures of competition and big physical demands. So, every good athlete needs to rest their body and mind. After finishing your sport, take a break and focus on recovery. Create a cool down routine that lasts around 10 minutes and try it. Slow down and include stretches and deep breathing. Set yourself a goal for the next time you do your sport.

Fitness

1. Look around your local area for opportunities to keep fit, e.g. dance classes, ice rinks and the local park. Score each opportunity out of five for each of the following. Which one comes out best?
    - How easy it is
    - How much fun it is
    - Its cost
    - How much equipment you need
    - How safe it is
2. Pick three activities, one to look after each of the following, then do each one for a week:
    - Physical health
    - Mental health
    - Healthy diet
3. Try a new and exciting type of fitness activity. It could be anything you like which raises your heart rate – poi, pogo jumping, extreme cleaning, speed walking, karaoke dancing…. Be imaginative! Decide how often you're going to do the new activity and keep it up for at least a month.

Friendship

1. What's good friendship to you? Being a good friend can mean different things to different people. Choose at least three actions that represent friendship to you and do them for a friend or someone new. You could share your time, a joke, a tasty treat, a small inexpensive gift, a photo or even watch their favourite movie together.

2. Choose a different friend from challenge 1. Plan 2 activities together. One should be something your friend loves to do (even if it's not your favourite thing) and the second activity is your choice. Take pictures of both your activities to create memories for you both.
3. Choose one idea from the list below and make it happen:
    - Hold a bring a friend night at Guides
    - Sharing guiding at school or in your community
    - Create a friendship craft
    - Run a friendship-themed night at a Rainbow or Brownie unit
    - Host a party for your friends
    - Anything else you can think of!

Healthy sleep

1. Add three relaxing things to your nightly routine for a week. Try the ideas below or come up with your own. Did they help?
    - Have a comforting warm drink before bed
    - Try a relaxing skincare routine
    - Listen to calming music
    - Spend 15 minutes gently stretching.
    - Get cosy and read a chapter of a book
    - Do a puzzle, crossword or doodle
2. Create your ideal sleep environment. Think about what you need for your morning and get it ready so you feel organised and calm. Make sure your room is dark (you could use curtains, blinds or eye mask) and quiet (you could use earplugs or white noise). Being the right temperature and having fresh sheets can also help you sleep well. Try out different things to find out what works for you.
3. Sleep is different for everyone. Try the sleep experiments below to figure out what works for you. Share your findings with someone else and see if they have any healthy sleep hacks.
    - Set a time to go to bed and wake up. Stick to this for 2 weeks. It'll improve your internal body clock and help you wake up naturally.
    - Keep track of your dreams and jot them down. Explore what your dreams mean online.
    - Listen to guided meditation.
    - Try different sleeping positions.
    - Spend 15 minutes outdoors or near a window when you wake up. Record how easily you fall asleep after 1 week of consistent morning light.

Journalling

1. Make time each day to reflect on what you're thankful for. Keep a gratitude journal for a week, including drawings, photos or a video journal if you like. You could include:
    - Who made you smile today?
    - What was your favourite part of today?

    - What surprised you today?
    - What are you grateful for today?
2. Choose something you'd like to track for a month. It could be how you feel, your outfits, the weather, what you watched on TV, the number of book pages you've read, or something that helps you reach a goal. Whatever you choose, record it on a tracker each day.
3. Add your dreams, goals, future plans and the skills you want to develop to your journal. Decorate it in your own unique way. Spend time keeping your journal for at least 1 month. Ask yourself:
    - Where do you see yourself in 1 year? Or 5 years?
    - What's one way you can start developing a skill?
    - If you could travel anywhere, where would it be?
    - What's one way you'll make the most of the day, the week and the month?
    - If you could talk to your future or past self, what would you say?

Meditation

1. Use YouTube/similar to find some body scan meditations. Try a different one each day for five days. Start with a short one (around 2min) and try a slightly longer one each day.
2. Make a pile of objects, e.g. counters, bottle tops, pencils, pieces of pasta. Sit quietly for a minute trying to clear your mind. Each time you have a thought, move an object to a second pile. Do this every day for five days, trying to reduce the number of thoughts you have (and objects you move) each time.
3. Using devices like mobile phones, tablets and TVs can boost your alertness. Using them at night can make it harder for your mind to switch off and disrupt your sleep. Challenge yourself to switch off all your devices an hour before you go to bed every day for a week. Do something relaxing with this time instead.

Mixology

1. Explore different juices, fruits and herbs to create some new mocktails. Use up to eight ingredients which you already have at home to make a new drink.
2. Create a mocktail menu. Include at least three different drinks, giving them names and listing their ingredients. Make the menu look appealing.
3. Hold a mocktail party! Plan and organise the event yourself and ask the guests to review the drinks on your menu. Which one is prettiest, tastiest, healthiest, best-named, etc?

Natural remedies

1. Find out which natural ingredients are used in things like herbal teas and skincare products. What special qualities do they have? e.g. avocado is good for dry skin, mint settles the stomach.

2. Experiment with scent. Try different combinations of natural ingredients to make an aroma which you like. Then, make something which is scented using natural ingredients, e.g. perfume, scented candles, bath bombs, or potpourri.
3. Create your own products and launch your natural brand! Use ingredients which are easy to find at home to make products such as teas, face masks, moisturiser or exfoliators. Create and illustrate a recipe book.