

<b>Calm spaces</b>	<ol style="list-style-type: none"> <li>1. Try some sensory experiments to discover what makes you feel relaxed. Keep track of how they made you feel. Try out: <ul style="list-style-type: none"> <li>• different sounds like nature, white noise and silence</li> <li>• different types of lighting</li> <li>• add some scent to your space, like flowers or a candle</li> <li>• different textures, like soft fabrics and fidget toys</li> </ul> </li> <li>2. Redesign a space based on what you found out in challenge 1. Think about removing clutter, rearranging furniture, adjusting lighting, adding decorations and including soft textures.</li> <li>3. In your room of choice (with adult permission), make the changes or additions that you've planned. Spend two weeks keeping your space calm and notice your emotions.</li> </ol>
<b>Cooking</b>	<p><b>1. Make your favourite meal healthy</b></p> <p><b>What's your favourite food? Curry? Fish and chips? Burgers?</b></p> <p>Choose 3 of your favourite (but not so healthy!) meals. Work out how you can make the same meal healthier – yet still super tasty. For example, your curry could lose the cream, or use yogurt instead. For fish and chips, you could use un-battered fish and oven chips instead of deep-fried chips.</p> <p>Have a go at making at least one of the healthier meals you've come up with.</p> <p><b>2. Discover new foods</b></p> <p><b>Set yourself a week-long challenge to cook nutritious meals, eat healthy foods and try healthier ingredients you haven't had before.</b></p> <p>Aim to broaden your tastes by adding new ingredients to meals, trying new cooking methods and learning new skills in the kitchen. For example, poach eggs, grill food instead of frying, use spices instead of salt and find unrefined alternatives to sugar to sweeten food.</p> <p>Create reviews of your food and present these visually in any way you want.</p> <p><b>3. Make a recipe book</b></p> <p><b>Now you've discovered new foods and ways of making your meals healthier, share your nutritious and delicious recipes by creating a recipe book.</b></p> <p>Use the recipes from challenges 1 and 2. Why not ask your friends and family to share their favourites too? You can theme your book (non-baked, sugar-free, vegetarian or desserts, for example), or have different sections for different types of recipes.</p> <p>Share your recipe book online or make a physical book ready to take to university or use at home. You could even gift it to a friend or family member if you want to.</p>
<b>My health</b>	<ol style="list-style-type: none"> <li>1. Affirmations are statements which help you pause and focus on yourself. Put affirmations in your space. You could use sticky notes, or make a poster, craft or phone wallpaper.</li> </ol>

	<ol style="list-style-type: none"> <li>2. Track your period and pay attention to things like mood changes, tummy pain, sleep problems, skin changes, bloating, and chest tenderness. If you don't have periods, find out about period taboos and stigmas such as period poverty.</li> <li>3. Build your own nourishment toolkit with at least two of the items from the list below and try them out when needed: <ul style="list-style-type: none"> <li>• a hot water bottle</li> <li>• a playlist or podcast which helps you feel good</li> <li>• comfort food</li> <li>• flannels to run under cold water to help with headaches</li> <li>• a gratitude journal</li> <li>• affirmations</li> <li>• a scented lavender pouch for soothing sleep</li> </ul> </li> </ol>
<b>Self-care</b>	<p><b>1. Find time</b></p> <p><b>Start by reflecting on how you spend your time. Do you have lots of free time? Or are all your days jam-packed, with not enough hours to do everything?</b></p> <p>Make time in your life for you.</p> <p>Create something to show how you spend your time. Can you see where you can spare half an hour or more to do something for yourself? Look for fringe time before or after other commitments to see if you can squeeze in some time for self-care.</p> <p><b>2. An evening for you</b></p> <p><b>Time is precious, so use it wisely. Plan an evening where you put aside your concerns or work and take time for you.</b></p> <p>Relax, unwind and recover. Decide the best way to do this for you. That might be some alone time, or you might want to spend time with others.</p> <p>Try something new. Perhaps curl up with a new book, be creative or watch a new movie. It could be something you enjoy, something you always look forward to doing or something that excites you.</p> <p>At the end of the evening, schedule in the next time you're going to take time for yourself. Begin to build this into your schedule and put it in your calendar regularly.</p> <p><b>3. Connect with nature</b></p> <p><b>An important part of self-care is having a connection with nature. It's really important to take the time to enjoy the great outdoors.</b></p> <p>Decide on what you want to do outside and do it. Maybe a run in the park, a picnic, some cloud spotting, star gazing or gardening?</p>
<b>Sports</b>	<p><b>1. Design taster sessions</b></p> <p><b>What other individual sports or activities can you think of? There are lots to choose from, from pilates, martial arts and yoga, to tai-chi and aerobics.</b></p> <p>Choose 2 and design a 15-minute taster session for each. Start by finding out how to do the activities safely, and then try them out yourself until you're confident.</p>

	<p>When you're ready, find a group of friends to do the taster sessions with. Finish by reflecting on how you all feel about each of the sessions.</p> <p><b>2. Introduce someone to your favourite sport</b></p> <p><b>Think of an individual sport or physical activity you already know.</b></p> <p>You're going to help someone who's never tried it to take their first steps. Create a guide to show a beginner all the key moves or actions they need to know.</p> <p>You could do this as a chart, clearly showing the different motions, or film some short video clips or gifs.</p> <p><b>3. Take up a new sport</b></p> <p><b>Your final challenge is to try something completely new!</b></p> <p>Choose an individual sport or activity you've never tried before... and give it a try! You could sign up to classes led by a tutor, follow an online video at home or use any other resources you can get hold of. Decide how many sessions you're going to commit to.</p> <p>Be brave and challenge yourself, but know your limits. Keep a record of how many sessions you're aiming for and how many you achieve.</p>
<b>Wanderer</b>	<ol style="list-style-type: none"> <li>1. Discover meditative techniques such as mindful breathing, body scanning or imagining you're in your happy place. Use one of these techniques while on a walk. Wander until you feel peaceful and relaxed. Always be aware of your surroundings.</li> <li>2. Plan and go on a walk that has at least two stops. Choose places which bring you joy or make you feel calm. For example, stop at a cafe or at a pond to feed the ducks. On your wander, don't use electronic devices. Focus on your senses.</li> <li>3. Choose one of these activities: <ul style="list-style-type: none"> <li>• Lead a wander outside for other Rangers or your friends.</li> <li>• Lead a mind wander - doodling, yoga, meditation, etc.</li> <li>• Create a wander guide, explaining different techniques for mindful wandering.</li> </ul> </li> </ol>