

The Great Indoors Staged Badge

Name:		Please put a 1 or 2 word description in the box if you have completed a task since lock down began
	You don't have to complete one "Stage" before starting the next.	

Stage 1

Practical Skills	Try a new practical skill that you can do from home	
Outdoor Skills	Try one new skill that would help you to explore or survive in the outdoors.	
Physical Activity	Try one new physical activity that gets your blood pumping.	
Community Engagement	Learn about one local service or charity in your community that's helping people affected by the spread of COVID-19.	
Social Action	Do something that helps family members in your home.	
International	Play one traditional game from another country.	
Creative	Try one creative activity that you've never tried before.	
Spiritual	Try one craft, type of food, song or game related to a faith or belief that's not your own and learn about why it's important to that faith or belief.	
Nights Away	Take part in a night away at home, sleeping in a den or tent, indoors or in the garden.	

Stage 2

Practical Skills	Practise one practical skill that you can do from home every day for a week.	
Outdoor Skills	Practise one skill that would help you to explore or survive in the outdoors every day for a week.	
Physical Activity	Practise one physical activity every day at home for a week.	
Community Engagement	Along with a responsible adult, talk to someone online about a local service or charity in your community that's helping people affected by the spread of COVID-19.	
Social Action	From your own home, do something that helps friends or family elsewhere in the country.	
International	Cook one traditional meal from another country.	
Creative	Take part in one creative activity every day at home for a week.	
Spiritual	Try one wellbeing technique that you haven't tried before (such as meditation, mindfulness, yoga, prayer, etc) and practice it everyday for a week.	
Nights Away	Take part in a night away at home, sleeping in a den or tent, indoors or in the garden – with someone else in your family.	

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Stage 3

Practical Skills	Teach someone else a new practical skill that you can do from home and use that skill together every day for a week. They might be in your household, or elsewhere if you can talk to them without leaving your home and alongside a responsible adult.	
Outdoor Skills	Teach someone else a skill that would help you to explore or survive in the outdoors and use that skill every day for a week. They might be in your household, or elsewhere if you can talk to them without leaving home and alongside a responsible adult.	
Physical Activity	Teach someone else one exercise and take part together every day for a week. They might be in your household, or elsewhere if you can talk to them without leaving home and alongside a responsible adult.	
Community Engagement	Create something that you can post online that celebrates a local service or charity in your community that's helping people affected by the spread of COVID-19.	
Social Action	From your own home, do something that helps people you don't know who have been affected by the spread of COVID-19.	
International	Talk to a young person and their family who live in or come from a different country about their culture. Alongside a responsible adult, you could do this online, by phone or by post.	
Creative	Teach someone in your household one new creative activity and take part together every day for a week.	
Spiritual	Talk to someone who has a set of beliefs different from your own and learn about why those beliefs are important and meaningful to them.	
Nights Away	At the same time as young people in other households, take part in a night away at home, sleeping in a den or tent, indoors or in the garden. If you can do so without leaving your home, connect with the other young people taking part in your 'night away'.	