

# Challenge Card

# SDG 3 - Good Health and Wellbeing

# Personal Growth



Sustainable Development Goal 3  
Good Health and Wellbeing

## Key SPICES Growth



Social



Physical



Intellectual



Character



Emotional



Spiritual

## Likely Scout Method Element/s



Community  
Involvement



Learning  
by Doing



Nature and  
the Outdoors



Patrol  
System



Personal  
Progression



Promise  
and Law



Symbolic  
Framework



Youth Leading,  
Adults Supporting

## Best For



Joey  
Scouts



Cub  
Scouts



Scouts



Venturer  
Scouts



Rover  
Scouts

## Plan>

1. Choose an open space in your local area to walk to from your Scout Hall. It could be the local park or some neighbouring bushland.

## Do>

1. Place any electronic devices away or on silent.  
2. Walk slowly and engage in your surroundings.

3. When you arrive at your destination find a quiet place to sit and reflect on your walk. What did you hear? What did you see? What did you smell?

4. Practice mindfulness. Sit for up to 10 minutes in silence with your eyes closed. Breathe deeply. Think about what you can hear, smell and touch. Once the time is up, open your eyes, go around the group and hear what everyone noticed.

5. For some more activities, maybe try learning tai chi, yoga or meditation.

6. Walk back slowly and see what you notice this time.

## Review>

1. Ask everyone to say what they are grateful for.

2. Ask what was the best part of their week.

3. Discuss whether these answers changed after the walk and how escaping technology can be good for your health and wellbeing.