

The Eden District Cheer Me Up 100 Challenge

One of our Cub leaders has put together 100 challenges for you to have a go at while we are all socially distancing.

They are silly, fun, thoughtful, but mostly enjoyable. Keep updating us with your progress!

All sections can get involved, maybe you could share with cousins or friends locally or further afield to spread the fun. You don't have to be a Scout to have a go!

To be in with a chance of winning THE BIG PRIZE for your Section (Beavers/Cubs/Scouts) you need to read the 100th challenge and make sure you do this as you go along. It could be a paper or a computer scrapbook.

There are 3 levels based on how many you complete:

- Bronze - complete 30 challenges
- Silver - complete 60 challenges
- Gold - complete all 100 challenges

Cheer Me Up 100 Challenge List

- 1; Fill a small matchbox with 20 things
- 2; Find out the length of a police officer's baton
- 3; Tie a knot in a piece of spaghetti
- 4; Make a paper plane and record the distance you fly it
- 5; Cook and flip a pancake
- 6; Do 20 sit-ups
- 7; Bake a cake
- 8; Learn to tie a friendship knot in your necker
- 9; Build a boat out of recycled rubbish
- 10; Try a new vegetable
- 11; Find a picture of the founder of scouting
- 12; Make a hat
- 13; Grow a sunflower
- 14; Pitch or make a tent (think creatively!)
- 15; Draw a picture of what you think a Beaver/Cub/Scout camp will look like in a 100 years
- 16; Have a picture taken of you under a table wearing something silly
- 17; Grow your own fruit or vegetable (cress, onions, potatoes, herbs are easy to get)
- 18; Make a meal or dessert with your own fruit or vegetable
- 19; Invent a new game that can be played in 10 minutes when you get back to your group – try it out with your family
- 20; Learn how to use a map and compass – go on a short walk with your parents or make a compass course around the garden/house.
- 21; Find a picture of an old Beaver/Cub/Scout uniform
- 22; Build a shelter covered by newspaper

- 23; Find out the post code for The Scout Association at Gilwell Park
- 24; Make Scones, small cakes, biscuits or tarts (if possible give them to an elderly neighbour)
- 25; Make a display of three different knots
- 26; Make a musical instrument
- 27; Write down the name of each road you have to go along to get from your house to the Scout hut
- 28; Make up a limerick, poem or song about your time in Scouting
- 29; Name 10 different characters from the Jungle Book
- 30; Write and/or draw pictures of things you have enjoyed doing this year in scouting
- 31; Invent a sandwich or pie/tart and eat it, draw a picture of it and list the ingredients
- 32; Send one of your leaders a letter or postcard or email
- 33; Make some Sweets
- 34; Plant a Bulb then draw a picture of what you've grown
- 35; Collect 6 wooden lolly sticks and weave them into a mat
- 36; Make a display of every British coin
- 37; Send a letter to an elderly person (try send a letter to someone you don't know in an old people's home)
- 38; Do a chore around the house every day for a week
- 39; Make an item of clothing or jewellery
- 40; Write out the internet safety code (this counts toward your personal safety badge)
- 41; Tear a five pointed star out of a piece of paper
- 42; Make your own dot to dot puzzle
- 43; Design a Flag to represent your family
- 44; Make a Sock or String puppet
- 45; Find a picture of the Queen
- 46; Find a picture of the pope
- 47; Find a picture of an Echidna
- 48; Find a picture of a piranha
- 49; Find a picture of Big Ben
- 50; Find a picture of Apollo 11
- 51; Find a picture of a vole
- 52; Find a picture of R2D2 (then create some modern art with these picture from 43-52)
- 53; Draw a picture or make a model of all the planets (this counts toward the astronomer badge)
- 54; Find a packet of spring onion crisps
- 55; Find a Double Decker wrapper
- 56; Find an empty tube of Smarties
- 57; Find a string bag that's used to hold oranges/ lemons
- 58; Find a red jelly baby
- 59; Collect 5 different leaves
- 60; Do something nice for an elderly or disabled person
- 61; Find out who invented the internet
- 62; Find out who discovered penicillin
- 63; Get 10 autographs from friends and family (try by post)
- 64; Create your family tree, going back as far as you can

- 65; Find out the name of the place where the first Scout camp was held
- 66; Find out the year Cub Scouts started
- 67; Play a board game with your family
- 68; Learn how to play the card game patience
- 69; Make a bird feeder
- 70; Find out how to make a phone call to the emergency services
- 71; Make an ornament
- 72; Draw a picture of the Scout World Membership badge
- 73; Make a poster to warn Children about road safety
- 74; Plan, cook and serve a two course meal for your family
- 75; Read 5 books
- 76; Try a new fruit or vegetable
- 77; Decorate a Tee shirt
- 78; Make a string telephone
- 79; Send an Email to your leader updating them on your progress on this challenge
- 80; Make a fruit salad
- 81; Draw a picture of your family on holiday with a Super Hero
- 82; Write down the telephone number of your GP
- 83; Name the Chief Scout
- 84; Make a cress head
- 85; Find out the date of founders day
- 86; Name all of the people who have played Darth Vader
- 87; Keep your bedroom tidy for a week
- 88; Learn a circus skill
- 89; Use your feet to do 5 things you would normally do with your hands
- 90; Sing a campfire song with your family
- 91; Perform campfire skit with your family
- 92; Bury a time capsule
- 93; Create a short story using the words Wizard, Poodle, Hairdryer, Beef burger and Teddy bear
- 94; Do something you do every day but do it blindfolded
- 95; Make someone laugh
- 96; Record yourself singing a song or performing a dance
- 97; Make a Chinese lantern
- 98; Learn a sentence in a foreign language
- 99; Create your own crossword puzzle
- 100; Create a scrapbook for all your 100 challenges