



Personal Challenge Award

Name:

How to earn your badge:

Challenge 1: Complete the 2 Week Teeth Brushing challenge (see below)

You can either print out two copies to fill in (one for each week) or divide up the teeth to create two weeks' worth and colour them in.

Parent and Carers, please sign the sheet after your young person has completed it to say it's done and then hand it to a Beaver Leader for us to sign off this challenge.

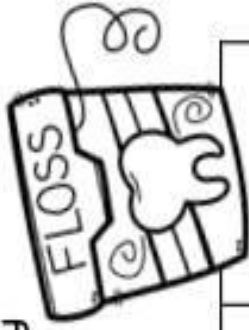
Challenge 2: The Leader's Challenge, which is as follows:

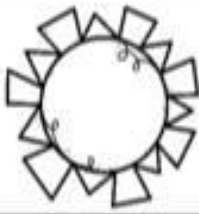
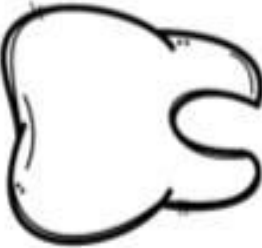


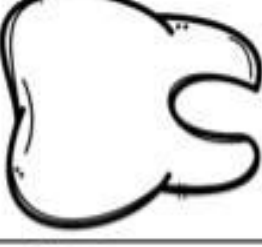
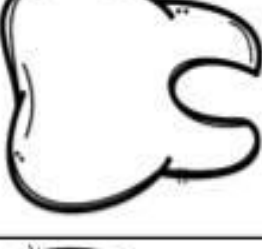

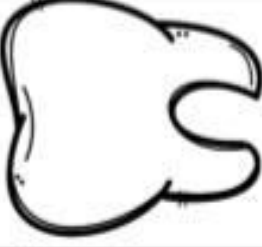


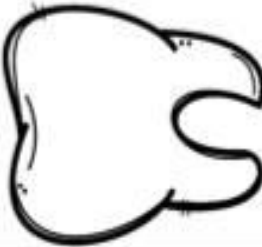
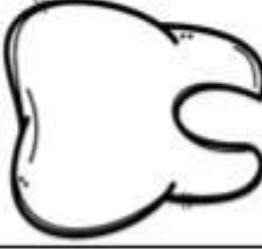
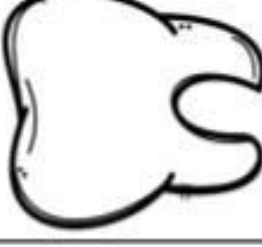
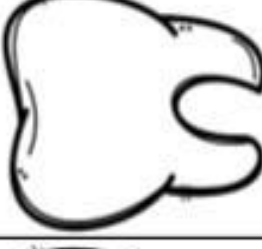
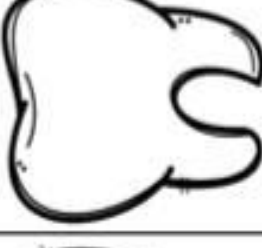
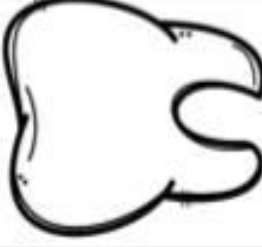
Prepare and cook a simple meal for the family, and to clear up, wash up/load the dishwasher afterwards. This doesn't have to be super complicated, anything like cheese on toast, jacket potatoes and beans, or a dessert if they wish.

Take photos and/or video of them completing the steps and send them to us via email or print them out for us to see.

Teeth Brushing Chart

Color and make an x in each tooth as you brush your teeth twice a day



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|---|---|---|
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |