

# The Great Froggo Challenge

**Welcome to Quantum Potato ESU's Great Froggo Challenge!**

**This is a challenge badge suitable for all sections of all organised youth organisations: Scouting, Guiding, Cadets and many more! We will even ship overseas!**

**There are many different options of requirements, and we have adapted tasks and activities so that you can complete this via a range of different virtual platforms.**

**As a benchmark we suggest that the following age ranges should complete a minimum number of challenges such as:**

**Ages 5-7: 2 from each core zone**

**Ages 7-10: 3 from each core zone**

**Ages 10-14: 4 from each core zone**

**Ages 14+: 5 from each core zone**

**Leaders and young leaders can also work towards the challenge badge by helping their section complete it!**

**The money raised from this challenge will go towards a number of different charities that were close to one of our own's heart, primarily Papyrus.**



# Why the froggo challenge?

Ben, a student at Loughborough University, and a leader at both our unit and the partnered 2<sup>nd</sup> Loughborough Scout Group sadly took his own life during the lockdown of 2020.

Throughout his time at the scout group he drove the leaders forward with renewed passion and helped the Explorers to complete a number of fun and exciting challenges. Nothing was too much for him, and often he would be found coming straight down after shifts to help with the clear up even if he had missed the meeting! The challenge has been set up with his passions and interests in mind.

Ben found frogs and all manner of amphibians insanely cute, so it was only right that the basis of this badge helps to inspire a love or at the very least an understanding of these strange creatures amongst our youth.

The second section: mental health awareness, was another passion of his. He was never short of words to help anyone, and he would often be found with the explorers or leaders in the kitchen offering words of support for everything from struggles with academia to the minefield of friendships in secondary school. We hope that this section helps to foster an understanding of the importance of mental health and encourage older young people to take charge and organise their own activities amongst their friendship groups to aid each other.

The final section is wholly comprised of fun activities that we know Ben would have loved to share with all who take part in this challenge.

We hope that you have fun completing these challenges, and at the same time raise money and awareness to honour a truly awesome individual who had so much to offer to everyone who was lucky enough to know him.



# Section 1: Frogs

Have fun learning all about our amphibian friends with a variety of different challenges. Complete session plans are available on our website.

## Frog Spotting

Frogs lay their eggs (frogspawn) from January onwards in the UK, with the South West (which is normally warmer) seeing it before the rest of the country, however this activity is best from March onwards.

Take a hike to your local pond or slow-moving stream and see if you can spot any frogs spawn! If you're a bit later than March you might even see tadpoles or even froglets.

Why not take a camera or some paper and crayons and sit and watch them and have a go at trying to draw what you see!

## Play Captain Kermit!

A brilliantly fun game like Captain's Coming that really explores the different life cycles of the frog.

Play captain's coming like normal, except when you shout frog related phrases the young people do the following actions:

Frogspawn: they all clump together in the centre of the hut

Tadpole: slither like a swimming tadpole across the floor

Froglet: crawl on your forearms and knees across the floor

Frog: imitate a frog jumping across the hut.

## Origami Frogs

Using the video instructions on our website, have a go at creating a jumping frog out of nothing but paper!

A fun activity hailing all the way from Japan, we also have supplied some links so you could try creating some other amphibians.



## Frog Safari

Frogs come in a wide variety of colours (not just green!). In this activity, use the template and information on our website and turn your section into a frog safari and learn about what frogs look like from around the world.

Alternatively, let your section's imagination run wild and see if they can create a unique froggy creation.

# Section 1: Frogs

## Frog Sports

Frogs are really active creatures and can travel up to 5km a day just hopping. This is like a human walking over 100km a day!! Are you as active a frog? Test yourself with challenges such as leapfrog races, long jump challenges and hopping relay races.

A whole variety of challenges can be found on our website!



## Frog Swamps

Using all manners of sweet treats have a go at creating a swamp that frogs and other creatures might like to live in! You could use green jelly or chocolate cake for the swampy areas and use chocolate fingers to create logs or rocks that frogs would like to use to bask in the sun.

They can be as big or as little as you like (the one pictured is contained to a pint plastic cup with jelly and Haribo animals).

## Life cycle of a frog

The frog has 4 stages in its life cycle: frogspawn, tadpole, froglet, and finally the adult frog. Your section can make their own life cycle diorama out of play-doh (or clay if you're feeling adventurous).

Your section can then decorate and arrange their creation on a paper plate to learn a bit more about the life cycle of the frog.

Perfectly twinned with Captain Kermit and a great activity in the run up to going frog spotting!



## Baking

Using the recipes on the website, younger sections can make and decorate simple biscuits shaped like frogs, froglets, or tadpoles.

Simply follow the recipe, print the templates onto card and cut around them for different shapes. Use piped icing to decorate them once they're cooled for a tasty treat!

Biscuits a bit too easy? For older sections why not have a go at frog cupcakes! Using a simple cake batter and other ingredients create these super cute frog cupcakes.

Alternatively set your section a task of coming up with the best decorated sweet treat!

# Section 1: Frogs

## Amphibian conservation

Conduct some research on conservation of amphibians. As part of this you could invite an expert to your section to learn a bit about how all manners of amphibians are protected in the UK or organise a visit to a zoo!

You might find out about the differences between frogs and toads, or any endangered (or invasive!) species in your area and what you can do to help your local amphibian population.



## Create a frog loving environment

There are a number of ways that any section can help frogs within their local area whether that's their scout hut or their garden!

Older sections might want to think about the possibility of adding a pond to their local area or green space in a huge unit project or add to an existing pond or stream some steps or stones to help frogs get in and out of the water.

Younger sections might want to think about awareness posters about taking frogspawn out of ponds or building frog abodes.

## Try eating Frog legs

Frogs legs are a great source of meat, they're low fat and rich in protein with a texture very similar to chicken wings.

They're not just eaten in France either, but a known delicacy in Thailand, Vietnam and across China. Pretty much every country in the world has some form of dish made out of Frog legs!

A number of these recipes are available online for older sections to have a go at cooking. For younger sections how about a taste test of some premade dishes, or a cook along of frying.

Watch out though, frog legs can twitch when they're being cooked, this is due to the fact rigor mortis affects them differently to warmer blooded animals.

*Before eating please be aware that Frog legs are neither Halal nor Kosher.*

# Section 2: Mindfulness

This section has a number of activities designed to aid mindfulness and generate a unit spirit within your section. There are virtual alternatives to all activities found in our virtual activity pack.



## Run a destresstival

A destresstival is a festival with activities focusing on mindfulness, togetherness and recharging one's batteries.

Activities could include running an open-air cinema, a variety of arts and crafts such as soap carving, slime making, yoga, karaoke, a colour run and more!

Older sections could put together a destresstival for their leaders and other sections, while younger sections might wish to just take part.

## Friendship bingo

A common ice breaker challenge that encourages the section to talk to each other and work out similarities and differences between each other. Write a set of challenges such as 'find someone who was born in September' progressing to more difficult challenges for older sections.

Templates are available on the website for this brilliant starter activity.

## Fundraising

Using the template found on the website think about something your section could do to raise money for a mental health charity or local cause.

A list of suggestions can be found on the website alongside a template to help stream your sections thoughts.

## Take part in or run a PT session

Physical exercise is a great way to keep up with good mental health.

Why not invite a parent or member of the community to run a session for the younger sections to do a physical activity that they wouldn't normally do like yoga or Zumba,

Older sections can take the opportunity to introduce their peers to the physical activities that they do outside of scouts and run sessions on their hobbies and passions.

## Kindness rocks

Kindness rocks are brightly painted smooth rocks with uplifting messages written on them that can then be left amongst the local community. These can be particularly important in key areas where members might be stressed such as hospitals, collages, and Universities particularly around exam times!

Examples and full instructions on how to make them weatherproof can be found on our website!

# Section 2: Mindfulness

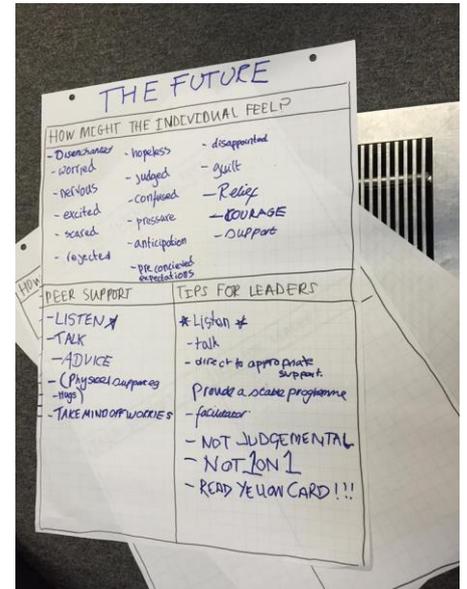
## Talking about your feelings

Many young people struggle to talk about their own feelings, however personifying an object such as a piece of fruit, or by using one of the scouts as an outline for a human shape.

Get them to write or talk about how their new friend might feel in different situations such as moving up to the next section.

For older sections, start thinking about how common mental health conditions such as anxiety or depression might affect their friend, and how they might be able to help them.

Full instructions on how to run this as a session are found on our website.



## Dragons and Shields

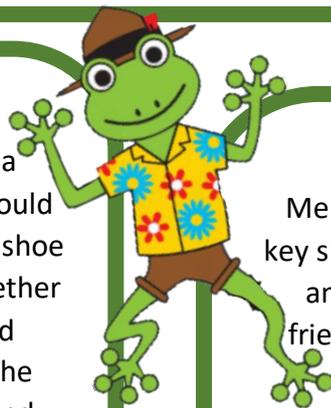
This is a great activity for younger sections to understand how they might be able to improve their own mental health.

Using the dragon template encourage your section to draw or write times that they might have felt upset or angry or overwhelmed by something. Then, think about the 'knights', this could be a parent, older sibling, or scout leader that could help them deal with their dragons. Finally think about ways that they could protect themselves using the shield template.

## Compliments jar

Young people decorate a container of their choosing, this could be from recycled objects such as a shoe box. Gather the young people together and hand out different coloured card/paper to each member of the section. Call a member's name and encourage the rest of the section to write or draw something nice about them such as 'they're good at football', or a happy memory of them together and fold it up.

The named young person then collects these compliments in their container for reading in the future.



## Mental Health First Aid

Mental Health First Aid starts with recognising they key signs and symptoms of common problems such as anxiety and depression. More often than not its friends that recognise the symptoms in each other before recognising it in themselves first!

Using the resources on our website, brought in collaboration with mental health outreach organisations in Loughborough University raise awareness and help older sections to look after their friends.

Full instructions on how to run this as a session are found on our website.

# Section 3: Fun Activities

## Fashion Show

Raid the back of your wardrobe, or the local charity shop and put on a fashion show... the more garish the better!! Have a go at strutting down the catwalk, and even doing a modelling shoot!

For older sections why not have a go at making some 'clothes' out of junk items such as newspaper, cardboard, wallpaper scraps and other recyclables!



## Cycling

If your section has a cycling badge why not have a go at completing it, alternatively go through the activities on our website!

## Campfire

Dust off the song sheets and have a sing along or a chat and chill around a campfire that you've helped to build.

Suggestions on how to do this, including some favourite sing along songs are found on our website.

## Debate night

Divide your section up into teams to compete against each other in a structured debate, (information on how is found on our website).

Have a panel of leaders, or young leaders act as a chair and judges and provide some continuous topics.

For older sections why not get them to decide the week before on the sorts of topics they want to debate?

## Travelling

Using the template, get your section to help you organise a day trip somewhere they haven't been yet with the group.

This could be a museum, or the local park, anywhere. Templates to help the youngest sections to get involved are found on our website.



# Section 3: Fun Activities

## Cooking something exotic

Using the recipes on our website have a go cooking a manner of dishes from around the world such as a curry or a stir fry.

For younger sections a good idea is to run it as a live cook along, whereas older sections would be ok to take the recipe and even do the shopping and washing up!

## Hiking/Hillwalking

Have a go at planning and running a hike or hill walking challenge. For younger sections why not theme it around a chip shop hike, or local trail.

For older sections why not set them against each other in a navigation wide game challenge.

Activity ideas, including how to help younger sections plan their own hike is found on the website.

## Blind cooking

Perfect activity for the older sections. Split them into patrols or teams and give them all some mystery tins: some protein, some vegetables, some leaning towards deserts and some wacky in between suggestions. Then using those and whatever is left in the hut get them to try and create a two-course meal that is... vaguely edible.

## Organise a party

Have a go at organising an end of term party at your scout hut. This could be in the form of nerf wars, or even a UV paint party!



## Brownie baking

Brownies are a great treat that really bring people together! Have a go baking some different flavoured brownies.

This is a great activity for younger sections, they could then sell them to charity or take them to school or share them around their household to pass the happiness of brownies onwards!

## Command Tasks

Using our awesome resource found on the website, have a go at running these problem-solving activities.

For older sections why not time them and create an inter troop activity where the skills the patrols are tested, for younger members nominated a different leader each time.



# Badge Order Form

Thank you for taking part in The Great Froggo Challenge!

Please fill in the form below and send back with your payment to receive your badges.



Badges Cost £2.00 each	Postage	£1.00 (2-20 badges)	£2.00 (21-40 badges)	£2.50 (41-50 badges)	£3.00 (51+ badges)
Number of badges required		If you only require one badge, please enclose a stamped, self-addressed envelope.			
Badge cost					
Postage					
Total cost					

Contact name and unit details:

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Mailing address:

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Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

*Please pay via BACs, details will be provided in invoice. If you have any questions email: [help@froggochallenge.co.uk](mailto:help@froggochallenge.co.uk)*