



# SPIRITUAL



The physical world is a wonderful place, but there is more to it than meets the eye. It is not just a collection of things. Spirituality is that something 'extra' that links it all together. Take the time to observe the world and think about how it works. Define your own ideas on what spirituality means for you and it will influence the way you look at the world

Sample Challenge Sheet 1

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## Sunset/Sunrise Hike

Hike to the top of a hill to see the sun set. Then hike to another hill in time to see the sun rise. Try this during the summer. The weather is usually better and the time between sunset and sunrise is much shorter!



## Recycled Art

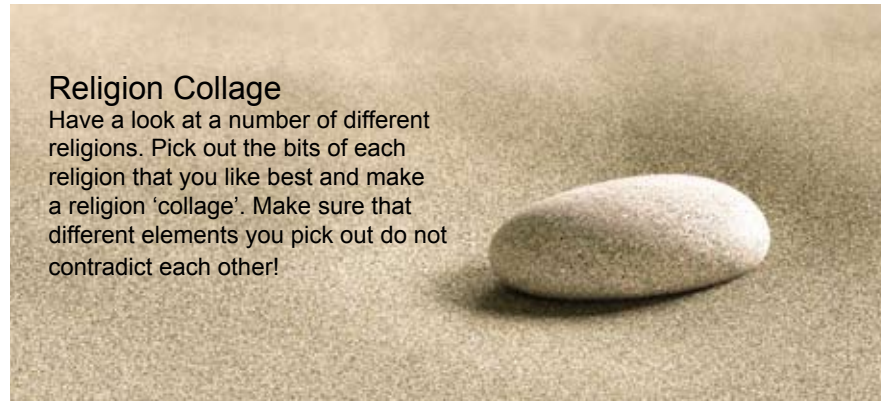
Produce some art works from everyday rubbish. Put on an exhibition in your Scout Den for the other members of your Group. The examples on the following link might give you an idea of what you might be able to do.

<http://www.arvindguptatoys.com/toys.html>

[http://www.indigoarts.com/store1\\_recycle\\_3.html](http://www.indigoarts.com/store1_recycle_3.html)

## Religion Collage

Have a look at a number of different religions. Pick out the bits of each religion that you like best and make a religion 'collage'. Make sure that different elements you pick out do not contradict each other!





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## Public Transport Hike

Create a number of Crews. Each Crew should undertake a 'hike' using only public transport. Set an aim for the hike. It might be to reach the furthest point possible from your Den and return in one day. Alternatively it might be to reach as many places as possible from a set list. Just make sure that the members of the Unit know how to read a timetable!



Horse Riding / Pony Trekking  
Visit a local riding stable and try a bit of horse riding.

Out on the trail



## Leave no Trace

Born ...Died.. will you pass through this world and leave no trace? How many people will be affected by your presence.? Will you be remembered and what for? Make a worthwhile impact!!

## Investiture Ceremony

Design an investiture ceremony for new members of the Unit. Try to create a special atmosphere by doing something a little different.



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## Night Hike - the old fashioned way!

Leave the head torches behind and go on a night hike with your own homemade torches. There are various ways of making these. Check out [www.wikihow.com/Make-Torches](http://www.wikihow.com/Make-Torches) and try their suggestion for starters.



I love the haircuts -  
sign me up ?



## Orange juice powered clock

Nearly half a million tonnes of batteries are dumped in the EU every year. So to make a (very) small step in the right direction, try making an orange juice powered clock. Check out <http://jchemed.chem.wisc.edu/JCESoft/CCA/CCA3/MAIN/OJCLOCK/PAGE1.HTM> for one suggestion.

## Monastery Crawl

Have a look at a map of your local area. Plot a hike route that visits the sites of ruined churches, holy well's, mass rocks, tombs, etc. Take plenty of photos and put on a display in your Den. Do they have anything in common?







Do you make a positive impact on the environment?

### Your Challenge ...

Create some recycling art for your Unit meeting place.



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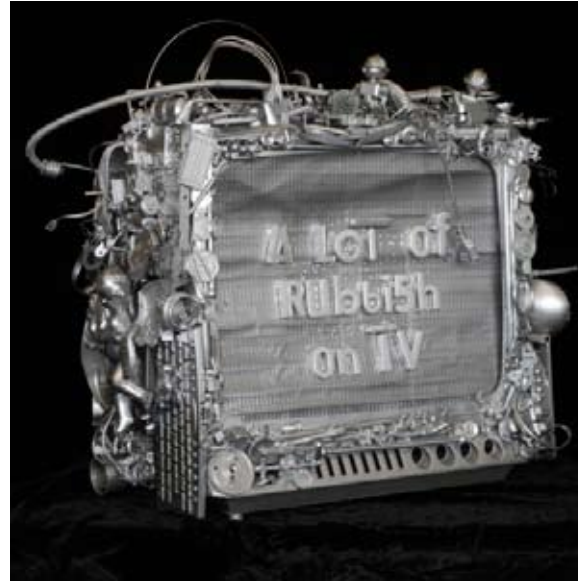


Recycling has become an everyday part of our lives ... so much so that it's not really a topic to generate much excitement.

So one way to make recycling more exciting is to create some art ... from rubbish!

There are no rules when creating any piece of art. But a good way to start is to have a look at the rubbish that is all around you, and come up with some ideas from that.

To see what is possible if you put your mind to it, have a look at some web sites that exhibit recycled art .



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