

Scoutreach REmote - The Wellness Wheel

Welcome to **Scoutreach REmote!**

REview the weekly plan of activities

REcord your participation daily by crossing off the activities you choose

REturn your completed sheet to ariel.severson@scouting.org

REceive your **REcognition** for a job well done!



	Choose this activity...	OR this activity...	OR this activity!
Sunday <i>Physical</i>	Grab an ipod or portable CD player, and take a walk to your favorite song. Next time walk for TWO songs!	Assign an exercise to each side of a die (1=jumping jacks, 2=sit ups, etc). Roll the die and do TEN of whatever exercise you roll! Keep going!	Eat FIVE servings of fruits and veggies today - try one you've never tried before!
Monday <i>Social</i>	Pick a friend or family member you haven't visited with in a while - set up a facetime or zoom meeting!	Practice appreciation - tell each member of your family one thing you love about him or her - or make cards to share!	Do a fun activity with someone - pick a board game to play with a sibling or cook dinner with an adult!
Tuesday <i>Intellectual</i>	Use your creativity to tell or write a story - don't forget to include a fun setting and interesting characters!	Don't forget your math facts - use flashcards (or make your own) to practice!	Pick a favorite period of history and check out a book or two from the library.
Wednesday <i>Environmental</i>	Grab a garbage bag and take a walk around your neighborhood collecting trash . Wear gloves!	Practice saving electricity - count the number of times you remember to turn off lights in empty rooms!	Take a walk through your backyard and make a list of all the critters you see - birds, snails, beetles, etc!
Thursday <i>Emotional</i>	Make a chart of all the feelings you can have - which are you feeling today?	Is there someone in your life who might be lonely right now? Call or send a card!	If You're Happy and You Know It . . . sing a song!
Friday <i>Financial</i>	Ask an adult to teach you how to "count back" to make change.	Have you saved some money? Make a budget for how you might spend it wisely.	Play Monopoly! Be a good sport when you win!
Saturday <i>Occupational</i>	Make a list of chores you can do to help around the house - your family will appreciate it!	Help your family by playing games with a sibling!	What is your favorite activity? Research possible jobs related to that field.

Please feel free to make any substitutions to the activities or adjust the schedule as necessary.

Share with your friends - this program is open to ALL! Just have fun!

Scoutreach REmote Details

How to Play - Directions for Parents

- Print a Scoutreach REmote chart (the weeks can be completed in any order).
- Kids cross off the boxes as they complete the activities. Feel free to make any substitutions to the activities or adjust the schedule as necessary (for example, doing multiple activities on one day).
- Email a photo or copy of your child's completed chart to ariel.severson@scouting.org.
- We will email you a certificate of participation that you can print.
- Include your child's (or your) name and snail mail address if you would like a fun patch from one of our previous scout events mailed to you. Collect a variety of patches as your child completes additional weeks of the Scoutreach REmote activity charts.

Objectives

- To provide fun, age-appropriate activities for kids to do each day on their own or with their families.
- To outreach to families who might not otherwise be familiar with the scouting program.