

Name _____

Date _____

Director _____

Scottish Mission Adventurer Challenge



You will need to complete each one of the challenges below within the month to earn your medal.
Earn extra points for your club by completing any of the bonus challenges.

If you are physically unable to complete any of the challenges, please speak with your club director who will be able to arrange an appropriate alternative challenge for you.

Please have an adult with you as you take part in the challenges. You must be a registered member of an Adventurer club to take part.



Ben Nevis Climb - 20pts

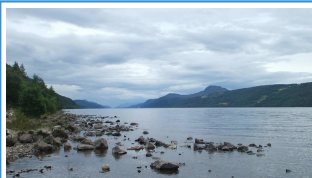
Ben Nevis is the tallest peak in BUC at 1,345m high.

Photo credit VisitScotland

Walk 1,345 steps each day.

Tick each of the boxes here as you complete your daily steps. When all boxes are ticked, you have completed this part of your challenge.

DISCLAIMER: It is very important that you warm up and down properly when you do any type of exercise, as cold muscles are easy to strain. It is also important to consult a physician if you have any type of condition that could affect your health when exercising.



Loch Ness Lengths - 20pts

Loch Ness is 16 metres above sea level, and contains more water than all the lakes of England & Wales combined.

Photo by conner395 on Foter.com

Complete 16km or 10 miles by either swimming/running/skipping/jogging/hiking over the challenge period.

Tick off the miles in the boxes. Once you have ticked them all, you have completed this part of your challenge.



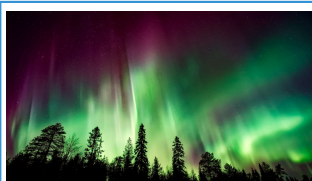
Falkirk Wheel Rotation - 20pts

The only rotating boat lift of its kind in the world.

Photo by M McBey on Foter.com

Choose one of the following to do each week day of the challenge period: 12 Sit-ups / 12 Push-ups / 12 squats / 12 star jumps. You can alternate them.

Tick off each day in the boxes and when all the boxes are checked off, you will have completed this part of the challenge.



Northern Lights - 20pts

Aurora Borealis gain energy from the sun, as we gain our energy from the Son.

Read one of these texts each day during your family worship time for 1 week: Genesis 1:1-5 & 1:14-19; John 8:12; Exodus 13:21-22; Matthew 5:14-16; Matthew 6:22-23; Matthew 24:23-30; John 1:1-14. Talk about the texts with your family so that you understand them for yourself.



Bagpipes & Kilts - 20pts

The bagpipes are traditional instruments from Scotland with a very distinctive sound.

The kilt has a very long history and the weave denotes to which clan the wearer belongs and represent the plants, flowers and landscapes of Scotland.

Photo by Airwolfhound on Foter.com

Make your own bagpipes using this online tutorial (and take a photo of your creation or a video of your music): <https://youtu.be/aldGfQQV9b0> OR make a Scottish kilt card to give away with a kind message to a neighbour: <https://www.activityvillage.co.uk/make-a-scottish-kilt-card>

Kilt card ☐ Homemade Bagpipes ☐

OR complete the Gardener award: <https://youth.adventistchurch.org.uk/e-club-gardener-award> in your own time during the challenge period using the online e-Club.

Gardener award ☐



Scottish Art - 20pts

Iconic landmarks in Scotland are many and varied! The beautiful countryside, the stunning coastline, the ancient monuments and more. Which will you choose?

Represent one of the natural or man-made Scottish landmarks in any art form e.g. Paint, draw, lego. Take a photo of your artwork and send it to your club director with this worksheet to verify completion of your challenge!

