**Indoors Challenge Award**

1. Go on the Sleep-In and do at all of these:
* help put up a tent or build a bedsheet den
* set up your bed and sleeping bag
* help to make your dinner & wash up afterwards
1. Learn how to tie three simple knots.
2. Show that you:
* know what to do if someone has an accident
* know why it is important to tell an adult when an accident happens
* can do simple first aid for someone who has a cut or bruise
1. Take part in an activity using natural things like leaves, bark, twigs, sand or rocks.
2. Know how to :
* keep yourself as safe as possible from Covid-19
* Wash your hands properly
* Social Distance
1. Go on a Garden Safari,
2. Make something to help animals in the wild. It could be a bird box or a bug hotel.