

The Wild Tribe Achievement Award

For Primary School Children



**Fun, innovative challenges to complete
incorporating health and wellbeing, volunteering
and leading, life skills and respecting and enjoying
nature.**

Bronze, Silver and Gold Levels

The ARENA Wild Tribe Award Scheme

Aim

The aim of this award is for you to learn, try new experiences, have fun, build self-confidence, be resilient, work with and help others to appreciate nature through a series of tasks and challenges. Some are quite easy and straightforward, others will require determination, resilience, courage and perseverance. Some will be completed at school, others maybe, at home.

The award is divided into 3 levels, Bronze (aimed at KS1), Silver (aimed at Y3/4) and Gold (aimed at Y5/6) and within each level there are 4 strands:

- Health and Wellbeing – to enable you to be happy, safe and healthy.
- Volunteering and Leading – to develop a sense of personal power and to understand how volunteering can help others in your school and community.
- Life Skills – skills that are needed throughout life such as riding a bike, lighting a fire, cooking.
- Respecting and Enjoying the Natural Environment- learning how to appreciate nature and all that it offers.

Depending on the level, you need to complete a certain number of challenges in each strand which must be initialled and dated by an adult. For Bronze - 3, Silver - 5 and Gold - 7. There is also one final Adventure Challenge at each level that you **MUST** complete to gain the award.

On completion of an award, you will receive a certificate and a choice of purchasing a medal and/or a sew on cloth badge.



Bronze

Complete **three activities** from each of the four categories. If you have your own ideas, the final row has been left blank for you to add in your own activity. Then, take part in the **Greta Thunberg Adventure Challenge** to complete the Bronze Award.

Health & Wellbeing

	Activity	Initial	Date
1.	Healthy eating: Make a healthy smoothie.		
2.	Physical activity: Go on a nature walk.		
3.	Sport: Take part in a six-station fitness circuit using a variety of activities, for example, jumping jacks, shuttle runs, for 20 seconds at each station every day for 5 days.		
4.	Survival: With a friend, make a home for wildlife, for example, insects, birds or hedgehogs.		
5.	Wellbeing: Have a picnic outdoors.		
6.			

Volunteering & Leading

	Activity	Initial	Date
1.	School: Ask to be a Leader in class, for example, leading the class out to play.		
2.	PE: Ask to tidy up the PE equipment and help put it away.		
3.	Leadership: Organise a game for some friends to play.		
4.	Volunteer: Volunteer to do a litter pick.		
5.	Community: Help feed or clean pets (your own or someone else's).		
6.			

Life Skills

	Activity	Initial	Date
1.	First Aid: Learn your own address, home emergency phone number and how to make an emergency call.		
2.	Cooking: With assistance, prepare a packed lunch.		
3.	Bike: Take part in Bikeability balance or ride your bike (balance or pedals) around the playground.		
4.	Typing & IT: Learn how to use the home row keys on a keyboard/pad. Discover who Greta Thunberg is.		
5.	DIY: With supervision, use a tool safely to make something out of wood.		
6.			

Respecting & Enjoying the Natural Environment

	Activity	Initial	Date
1.	Senses: Look at nature through a magnifying glass and draw what you can see.		
2.	ID: Identify 4 trees and take leaf or bark rubbings of them.		
3.	Journey: Take your teddy on a teddy bear's picnic.		
4.	Make: Create some wild art, Andy Goldsworthy style, using natural materials.		
5.	Fire: With supervision, help to build, light, manage and put out a fire.		
6.			

The Greta Thunberg Adventure Challenge

Greta Thunberg has realised, '*...that no one is too small to make a difference.*' Your Bronze challenge is to visit a wild place and do something to make it better, for example, a beach clean or tree planting.

Signed	Dated

Draw a picture, write a sentence or share a photo of what you did below. As a class, upload a video or photos of the challenge to your school platform.

Silver

Complete **five** activities from each of the four categories. If you have your own ideas, the final row has been left blank for you to add in your own activity. Then, take part in the **Steve Backshall Adventure Challenge** to complete the Silver Award.

Health & Wellbeing

	Activity	Initial	Date
1.	Healthy eating: Design and make a healthy snack.		
2.	Healthy eating: Eat something you have grown from seed.		
3.	Physical activity: Go on a bat night walk with an adult.		
4.	Sport: Take part in regular exercise, for example, dance or running, once a week for six weeks in your own time (not in school).		
5.	Survival: Climb a tree safely, enjoy the view and downclimb!		
6.	Wellbeing: Watch raindrops falling on glass.		
7.	Wellbeing: Sit by a stream or sea and listen.		
8.			

Volunteering & Leading

	Activity	Initial	Date
1.	School: Take on a 'responsibility' in your class.		
2.	PE: Ask to organise and lead a warm-up for a PE lesson.		
3.	Leadership: Teach a friend a new game.		
4.	Leadership: Organise and lead a game for younger children.		
5.	Volunteer: Help at home on a regular basis, for example, sweep the garden path, for a fortnight (with the idea to keep going after the challenge is complete!).		
6.	Volunteer: Do a 'good deed' for someone in need, for example, make some biscuits and give them to a neighbour (at home, school or in the community).		
7.	Community: Attend an organised beach clean/ litter pick or arrange your own.		
8.			

Life Skills

	Activity	Initial	Date
1.	First Aid: Know how to treat a bump, bruise or graze.		
2.	Cooking: Help a grown up to prepare dinner.		
3.	Bike: Take part in Bikeability Level 1 or the Learn 2 Ride programme or similar.		
4.	Lifesaving: With a grown up, paddle or swim in the sea/river, thinking about safety.		
5.	Outdoor: Using a simple map, learn how to orientate your map.		
4.	Typing & IT: Learn the six keys above the home row. Practice typing using the home and above home row. Find out who Steve Backshall is using the internet.		
5.	Organisation: Keep your bedroom tidy every day for a week.		
6.	Independence: Go on a sleep over and pack what you need independently.		
7.	DIY: With supervision, use a knife safely, for example, whittling wood.		
8.			

Respecting & Enjoying the Natural Environment

	Activity	Initial	Date
1.	Senses: Listen to and identify the sounds of nature. Write and perform a poem to others that describes these sounds.		
2.	ID: Identify at least 2 insects you have never seen before.		
3.	Journey: Do a wildlife watch, for example, study wildlife at school or in your garden during daylight hours.		
4.	Journey: Go barefoot in your school grounds or in your garden (check the ground beforehand).		
5.	Make: With supervision, use at least 2 tools, for example, hammer or drill, to make something from wood.		
6.	Create: Make a trail outdoors for others to follow that finishes at a natural sculpture that you have made.		
7.	Fire: With supervision, cook something on an outdoor fire that you have made, for example, pizza or bread.		
8.			

The Steve Backshall Adventure Challenge

The naturalist and explorer, Steve Backshall has said, *'It's really important that we know we can change this planet for the better and that every single one of us, no matter how small we may feel, has that power.'* Your Silver challenge is to plan and prepare a challenging walk, run or bike ride with school or family. During this adventure, keep a record of what you might do to help our planet. Take one of the ideas you list and act on it during your challenge or as soon as possible afterwards.

Signed	Dated

Draw a picture, write a sentence or share a photo of what you did below. As a class, upload a video or photos of the challenge to your school platform.

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Gold

Complete **seven** activities from each of the four categories. If you have your own ideas, the final row has been left blank for you to add in your own activity. Then, take part in the **David Attenborough Adventure Challenge** to complete the Gold Award.

Health & Wellbeing

	Activity	Initial	Date
1.	Healthy eating: Plant, grow and care for an edible plant that you can use when cooking on an open fire.		
2.	Physical activity: Look at a map of your local area. Find the highest spot you can walk to and back for your adventure. Climb the spot and appreciate the view!		
3.	Physical activity: Take part in a new outdoor activity that you have not experienced before, for example, climbing or canoeing.		
4.	Sport: Continue to take part in regular exercise outside of school for at least two months.		
5.	Sport: Try a new sport.		
6.	Survival: Make a shelter using natural materials.		
7.	Survival: Learn simple sewing and repair something.		
8.	Wellbeing: Choose an outdoor location you can visit on a weekly basis. Take a photo of yourself in that location throughout the seasons. Make a collage of the seasons.		
9.	Wellbeing: Set an alarm and get up to hear the dawn chorus. Draw or paint a picture to express your experience.		
10.			

Volunteering & Leading

	Activity	Initial	Date
1.	School: Become a good role model in school by being an active member of the school or sports council or in another aspect of school life.		
2.	School: Take the opportunity to support organising and volunteering at a school event.		
3.	PE: Ask and plan to lead the warm-up and cool down in a PE lesson.		
4.	Leadership: Support a local charity.		
5.	Leadership: Take part in a 'leadership' award such as playground leaders, outdoor leaders or the John Muir award.		

6.	Volunteer: Offer to help at home with activities that keep home tidy, for example, make your bed every day or helping to clear away the table after mealtimes.		
7.	Volunteer: Read stories to younger children.		
8.	Community: Help at a fete, festival or show.		
9.	Volunteer: Do a weekly good deed/ errand for someone in need (home, school or community) on a regular basis for a month or more, for example, bake cakes, go to the local shops, take out their recycling/rubbish.		
10.			

Life Skills

	Activity	Initial	Date
1.	First Aid: Know how to treat a broken bone, how to make an improvised stretcher and use in a scenario.		
2.	Cooking: Read a recipe and prepare a simple meal.		
3.	Bike: Take part in Bikeability Level 1 or 2.		
4.	Lifesaving: Learn the Beach Safety rules.		
5.	Outdoor: Read and navigate using an OS map.		
6.	Typing & IT. Learn the keys below the home row. Use your typing and IT skills to find out about and write a paragraph about David Attenborough.		
7.	Organisation: Know and understand how to use tools safely and be able to teach a friend the same skill.		
8.	Independence: Build, light, manage and put out a fire safely.		
9.	DIY: Make a homemade gift for someone you love.		
10.			

Respecting & Enjoying the Natural Environment

	Activity	Initial	Date
1.	Senses: Learn and understand the Countryside Code.		
2.	ID: Identify plants and trees on the school site or in your garden.		
3.	ID: Explore and identify the contents of a pond or rock pool.		
4.	Journey: Make a rope ladder and use it.		
5.	Journey: Go on a challenging walk using an OS map and carrying everything you need in a rucksack.		

6.	Make: Perform a play or story outside with friends using puppets or yourself.		
7.	Make: Write a story set in the outdoors accompanied by art in the form of photos / drawings / nature pictures.		
8.	Create: Find a wild spot to sit peacefully for an hour and listen to the sounds around you.		
9.	Fire: Cook your food on a fire.		
10.			

The David Attenborough Adventure Challenge

In the spirit of Sir David Attenborough, your Gold challenge is to survive for twenty-four hours in the outdoors, with adult supervision, using a tent or shelter you have pitched or built. Cook your food on a stove or fire having created your own menu. Make a nature diary of your Challenge and make your own presentation of how you will 'work with nature not against it' (Attenborough). You can present this in words, pictures, song, poem, dance or theatre!

Signed	Dated

Draw a picture, write a sentence or share a photo of the idea that you presented below. Upload a class video or photos showing some of the ideas of the challenge to your school platform.