



Healthy Living

Here are some challenge suggestions that other Rangers have done.

When winter comes, it seems so much harder to find ways to be active, so take some tips from people who know winter and organize a day of Inuit games. Use the “Event Planning” resource and follow these specifics to plan your own Inuit Games:

1. Decide whether this will be for people your own age or for younger children. Then decide who you will invite (e.g., all the Sparks and Brownies in your town; all the students at your high school; all the Rangers in your area).
2. Decide whether you want to hold the games indoors, outdoors or both.
3. Decide on a time and a location.
4. Learn about the games played by the Inuit and choose ones that are appropriate to your audience. For younger kids, choose games that require participation and cooperation. For older teens, you might choose more competitive games. See if you can find an expert to help you.
5. Arrange for the assistance and equipment you will need.
6. Write your invitations and go through your emergency planning to help create a kit list (especially if you are doing outdoor activities).
7. Host the event!
8. Don't forget to evaluate it afterwards.