



Y GUIDES



2021 CAPTAIN'S CHALLENGE

TAKE A MOMENT • MAKE A MOMENT

Our 2021 Captain's Challenges encourages dads and kids to "Take a Moment to Make a Moment" in preparation for Spring Outing. Below, you'll see three activities for dads and kids to complete together. These activities will teach lessons about what it means to be Strong, Brave and Sweet. In completing these activities, Big Guides and Little Guides will have opportunities to leave a fingerprint on each other's hearts, as well as on the hearts of their communities. Just as everything you touch leaves behind your fingerprint, every moment you make in this program leaves behind a stronger bond between dads and kids. This challenge focuses on setting aside special time to make more special moments with each other.

STRONG HEALTH



Having a well-planned diet helps to promote healthy living. Big Guides and Little Guides, take time to plan out a week's worth of healthy meals for your family. The important part of this activity is that you must spend time with each other explaining at least two items that make the other person "strong" to you.

What healthy meals will you prepare for your family?

Little Guides, what makes your dad "strong" to you?

Big Guides, what makes your child "strong" to you?



BRAVE ADVENTURE BY BIKE OR HIKE

Take at least a 30-minute “adventure” of your choosing by bike or hike. This can be within your own neighborhood or adventuring beyond by visiting one of our many national, state, county, or city parks. The important part of this activity is that you must spend time with each other explaining at least two items that make the other person “brave” to you.

Where will you go on your biking/hiking adventure?

Little Guides, what makes your dad “brave” to you?

Big Guides, what makes your child “brave” to you?

SHARING SWEET TREATS



Enjoy something sweet with each other, such as ice cream, cookies, cake, or the like, while you have a discussion. You can do this in your home or make a trip to a favorite shop or restaurant. The important part of this activity is that you must spend time alone with each other explaining at least two items that make the other person “sweet” to you.

What sweet treat will you enjoy together?

Little Guides, what makes your dad “sweet” to you?

Big Guides, what makes your child “sweet” to you?



You are encouraged to post pictures on your social media, tag Y Guides, and use our hashtag **#YGuidesMakeAMoment** to share the message with others.