

West Sussex

Programme Support

Challenging Times – Adapting the Programme



As volunteers, you're best placed to help us adapt the programme so that young people stay safe and keep learning, and we can continue to recognise their hard work and achievements. Currently, government advice is that everyone in the UK should avoid non-essential travel and contact with others. Given this guidance, all face-to-face meetings, activities, expeditions and events remain suspended until further notice. This guidance on programme flexibility should help you decide which programme changes to consider and make clear any rules or guidance that must still be followed.

With this in mind I wanted to focus on the adaptations that can be made to Chief Scout Awards

Chief Scout's Awards

Young people can still work towards achieving their Chief Scout's Awards by adapting requirements where possible or adapting age limits.

Section Leaders are best placed to decide how to reasonably adapt the requirements or age limits of the Chief Scout's Awards. You don't need to ask permission to do so.

On age limits, the Chief Scout's Awards may already have been completed within the first term upon moving into the next section. If further adaptation is needed, the time can be extended by up to a year.

On requirements, the Section Leader should consider:

- Most importantly, the quality of the experience for the individual. Adapting or removing a requirement might result in a learning experience that stretches and challenges one young person, but not another.
- The volume or number of requirements you adapt. For instance, allowing one activity badge out of six to be achieved online might be fine, but all six badges might be too much.
- The profile of the badge. You may be more relaxed about requirements for the 'Bronze' Chief Scout's Award than for the 'Gold.'
- Equality of access for young people. The implications of coronavirus will disadvantage young people in different ways. You should adapt requirements so that no young person is excluded. For example, some young people have gardens for 'nights away', some don't.

There are some Challenge Awards that might be unachievable during this time, like the Adventure Challenge Award or Expedition Challenge Award. Consider extending these by up to a year for young people who need to complete these parts of their Chief Scout's Award.



Challenge Awards at Home

While Scouting virtually is can be hard to continue to provide a quality programme that allows your young people to complete their Challenge badges.

Below are ideas for each section of activities that can be done at home that will count toward the challenge badges.

BEAVERS

ADVENTURE CHALLENGE:

- Building a den
- Roasting marshmallows on a fire or BBQ
- Building a sculpture using sand, snow or mud
- Playing water games
- Flying a kite you have made

OUTDOOR CHALLENGE:

- An activity using natural things like leaves, bark, twigs or rocks.
- Point out and name five different types of animal, insect or birds that you might find in your garden.
- Make something to help animals in the wild

SKILLS CHALLENGE:

- Looking after your teeth, remembering to brush twice daily
- Identifying foods that are good and bad to eat and creating a food diary for two weeks highlighting the good and bad foods
- Exercise over two weeks and keeping a record
- Act or mime
- Play a musical instrument
- Make a model from clay or salt dough
- Make up a dance
- Paint a picture
- Make a card
- Learn your own address and phone number
- Tie your shoelaces
- Decorate some cakes and biscuits
- Set an alarm clock to get up at the right time in the morning
- Fold or roll your scarf

- Make your bed
- Keep your bedroom tidy
- Light a candle

WORLD CHALLENGE:

- Promise in another language
- make a dish from another country
- create some artwork inspired by another country.
- Mini-beast hunting while learning about the natural world around you
- Growing something from seed
- Leaf printing

PERSONAL CHALLENGE:

- Remembering to brush your teeth twice a day for two weeks
- Keeping your bedroom tidy for a whole month
- Try something new that you are nervous about
- Try food that you have never tried before
- Remember to feed your pet every morning for a week
- Show your appreciation for the NHS staff, frontline and key workers. This could include creating and displaying a rainbow in your window or taking part in the #ClapForOurCarers and keep a record of you taking

cubs

ADVENTURE CHALLENGE:

- Making and lighting a fire
- Building a sculpture using sand, snow or mud
- Playing water games
- Flying a kite you have made
- Making a mini raft

SKILLS CHALLENGE:

- Try two new physical activities at least once during your daily exercise
- Identifying foods that are good and bad to eat and creating a food diary for two weeks highlighting the good and bad
- Exercise over two weeks and keeping a record
- Learning how the human body works

- Another activity agreed with your leader
- Write a short story
- Make a model
- Take some photos and use them to tell a story
- Sew on a button or badge
- Make cakes, bread, biscuits or something similar
- Oil a bicycle chain, change a wheel or fit lights
- Make a cup of tea or coffee, then wash up afterwards
- Lay a table for a meal
- Peel potatoes or other vegetables
- Change a lightbulb in a table or standard lamp
- Clean a window
- Tidy and clean your bedroom

WORLD CHALLENGE:

- Create a community map
- Explain how they are keeping to their promise and law while in lock down
- Junk Modelling
- build a butterfly garden
- learn about pollution
- Learn about a faith or culture you are not familiar with
- Promise in another language
- make an international link with a cub pack around the world

PERSONAL CHALLENGE:

- Remembering to brush your teeth twice a day for two weeks
- Keeping your bedroom tidy for a whole month
- Try something new that you are nervous about
- Remember to feed your pet every morning for a week
- Show Good Behaviour during online meetings for a month
- Show your appreciation for the NHS staff, frontline and key workers. This could include creating and displaying a rainbow in your window or taking part in the #ClapForOurCarers and keep a record of you taking

SCOUTS

CREATIVE CHALLENGE:

Over a period of time, take part in creative activities and show that you have developed your skills

- Music
- Photography
- Wood or metalwork
- Needlework
- Cooking
- Website design

CREATIVE CHALLENGE:

- Use your creative ability to produce something that promotes a Scouting activity or an event
- Construct a model using materials like a plastic kit or recycled items. Alternatively, make a useful item from wood, metal or plastic.

SKILLS CHALLENGE:

- Show you understand why eating a sensible diet and getting enough sleep is important. You could create a food diary highlighting good and bad foods over a six to eight-week period.
- Do some research so that you can explain the dangers and harmful effects of smoking, alcohol and drugs.
- Mend or customise an item of clothing
- Cook and serve a two-course meal, for your household

- Fix and puncture or a dropped chain on a bike
- Wash up after a meal, making sure everything is clean and dry
- Use a washing machine to wash loads of clothes
- Use a iron to iron a shirt
- Change a lightbulb, in a ceiling light
- Set a heating timer and thermostat as needed for the time of year
- Clean a toilet, hob or oven

WORLD CHALLENGE:

- Choose an aspect of local community life and found out as much as you can about it. You could learn about Local Government, Local History, Different faiths and beliefs, Types of farming/industry found locally
- If you live near the coast, while on your daily exercise do a beach clean and document what you find
- explore common beliefs and attitudes to gender or disability in different societies
- Explore your own beliefs, attitudes and value

PERSONAL CHALLENGE:

- Learn how to communicate in basic sign language
- Do the washing up at home for two weeks
- Show you understand why eating a sensible diet and getting enough sleep is important.
- Give up using your mobile or games console for a week
- Help your younger brother or sister with their schoolwork
- Do at least an hour of physical activity every day
- Show your appreciation for the NHS staff, frontline and key workers. This could include creating and displaying a rainbow in your window or taking part in the #ClapForOurCarers and keep a record of you taking

more support can be found on the scout members website

members.scouts.org.uk



Activity Inspirations

Virtual Scouting can sometimes be a challenge to vary what you are planning in your programme with the limitations of being online and not in one place.

We asked Alan Spackman, Scout Leader for 4th Worth in Crawley, how virtual Scouting is working for his troop.

We've been running meetings over Zoom for a number of weeks now and have really good participation from our Scouts. A particular success for us was our very first one where we had Scouts make a giant cookie cake. We weren't sure how many Scouts would take part, but we ended up with 36 on the evening!

We emailed parents the ingredients and method beforehand so Scouts could have the instructions in front of them and they made the cake during the meeting. We had one of our Leaders making their own so Scouts could also follow along visually. While their cakes were in the oven they cleaned up and we played some games. We held a little competition and challenged Scouts to decorate them with a St George's Day theme (it was a couple of weeks before) and send us the pictures afterwards. We had some creative designs!

Our Scouts always really enjoy cooking and they always ask for it in the programme, but we've never had the opportunity to do something like this with them before. It was great to be able to do something different with them and see them adapt to the challenge.

Scouts really enjoyed the meeting and we got some great feedback from parents – "Thanks for organising that. He really enjoyed it and the house smells nice and cakey!". We now do meetings every week and have similar levels of participation. We've done a number of activities such model car making, a family quiz and a virtual escape room. Parents and Scouts alike really appreciate them – "The virtual meetings are great and keep some normality for the kids every week and keeps them socialising."

Here are some suggestions of games and activities you can do while virtually scouting

Lego challenges

Ask the young people to have a pile of lego and a base ready before the meeting and then give them different things to make... a creature, the tallest tower etc

The great wind blows

Ask a question of what the cub have and an action e.g Stand up and sit down if you have a hat, touch the wall if you own a dog, Clap hands if you play a musical instrument.

The great wind blows everyone who ... has a cat (cubs who have a cat run around their chair)

"Where's Wally"

Everyone finds a bobble hat and pair of glasses as task 1. Hosts send a message on chat to who is Wally. Everyone shuts their eyes - in this time Wally puts on hat and glasses. "open your eyes" first one to find Wally and send chat message wins

Balancing

See how long each young person can balance an enamel plate, on their finger--a ping-pong ball on a bat--or two books on their head

Sounds

The Leader turns off their camera and they makes a variety of sounds which the young people write down. One point for each right guess.

Slap Signaling

This is a very easy way of signaling. The " dash " is represented by the open hand (palm downwards), and the " dot " by the clenched fist.

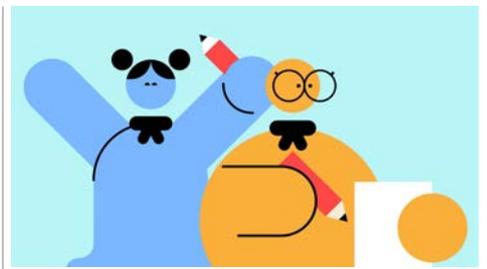
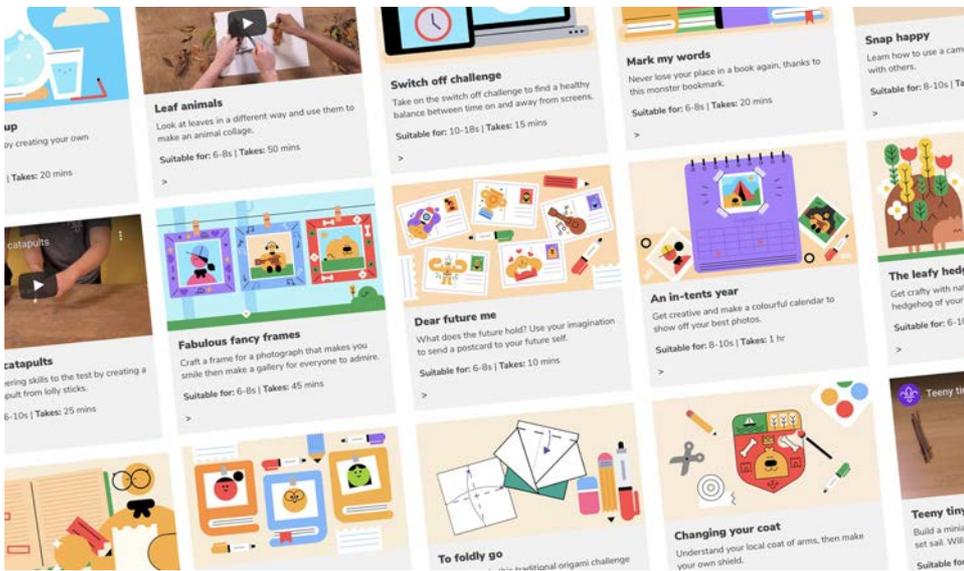
Let them slap out a message on their hands.

Mapping

There are some great OS Map Puzzle on the OS Map website. <https://getoutside.ordnancesurvey.co.uk/.../os-map.../>

Eye spy

Select a cub and they spy something from someone's video, or the leaders only. Take turns to guess.



Help and Advice

As a Leader we all need someone who you can talk to and to ask for help and advice. As they say a problem shared is a problem halved. Please use me as that person to give you the support you need as a leaders and I am always happy to have an email conversation, phone call or video chat

Please contact me on:

dccprogramme@westsussexscouts.org.uk

Other sources of Programme Ideas and Guidance

Below are a few ideas for extra ideas to help with adapting your programme while virtually scouting during the time while face-to-face scouting is not taking place

'The Great Indoors' campaign gives you activities that can all be done at home - scouts.org.uk/the-great-indoors/

There are hundreds of activities on the scouts activities pages that could be adapted for delivery online or at home - scouts.org.uk/activities/

Programme planning section of the Scouts website scouts.org.uk/volunteers/planning-your-programme/

Online programme planning tool - scouts.org.uk/programme-planner/plan

Scouts Partners and resources - scouts.org.uk/supporters

News and Blog from Scouts - scouts.org.uk/news/

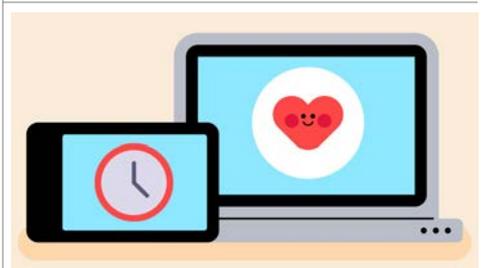
For more information about adapting the programme and guidance on Nights Away, Young leader's scheme, challenge awards and activity badges - scouts.org.uk/volunteers/scouts-at-home/activities-and-badges-to-do-at-home/adapting-the-programme-during-coronavirus-crisis/

Online Scout Manager has now created a 'Badges at Home' feature that helps young people to make and submit videos of themselves undertaking badge requirements for their section leader to see

An online community has sprung up on Facebook with a lot to activities that Leaders have tried - 1st Virtual Scout Group - <https://www.facebook.com/groups/208981546868424/>

Pawprint have over 2000 FREE activities including new challenge packs designed for at-home adventures and virtual meetings - <https://pawprintfamily.com/>

Essex Scouts have put together a page on their website with loads of links for activities, virtual tours, resources and ideas for programme ideas - essexscouts.org.uk/keep-on-scouting/



Keep up to Date with West Sussex Scouts

Make sure you are keeping up to date with the latest ideas and information while you are Scouting from home on our Social Media channels. We also want to know what you are doing so make sure you tag West Sussex Scouts in your posts. We want to make a video to document this time so get posting and let us know what you have been up to and keeping Scouting going strong!

Facebook: /WSScouts Twitter: @WestSussexScout Instagram: wsscouts