

## West Sussex

## Programme Support

### Challenging Times – Adapting the Programme



Young people can still work towards badges and awards while at home. Here's our guidance on making the rules more flexible. With this in mind I wanted to focus on The Explorer Scout Young Leaders' Scheme

#### The Explorer Scout Young Leaders' Scheme

Young Leaders can complete their Missions or Modules online and take on leadership roles to help run Scouts at home.

Young Leaders must continue to follow all safeguarding rules and the Orange Card, and should be aware of our safeguarding guidance on how to stay safe online. Young Leaders should never be in a one-to-one conversation with another young person, even when they're interacting with young people online.

Young Leaders who go on to become volunteers may work towards and complete their Young Leader Award up to their 19th birthday and this should be in agreement with the District Explorer Scout Commissioner.

On requirements, the Section Leader should consider: Young Leaders aren't expected to complete 'Module A: Prepare for Take-Off' until face-to-face meetings are resumed. All other modules could be delivered online.

Young Leaders may choose to play an active leadership role as part of their Missions or Modules, so that Scouts can continue at home. This could involve Young Leaders::

Sharing activities and tasks for young people to undertake at home. They could use our activity pages for ideas. Helping to connect young people digitally. Use our guidance for safeguarding online and our advice on which digital platforms to use.

Preparing to Lead and the Explorer Scout Young Leaders Logbook, are both great places to get support from to help you complete the scheme.

### Adapting the Missions

As well as being able to do the module training on line the missions can continue to be completed while taking part in virtual scouting with the sections. This is where the Programme Planning Tool can help

Programme Planning Tool with a bank of over 500 activities to support the Cub and Beaver Scout programmes, this tool can help Leaders and Explorer Scout Young Leaders to plan their terms and sessions with goals designed to help our young members earn badges and achieve awards.

The tool can also be really useful for Explorer Scout Young Leader Missions

Mission 1: Game: Search under Games in the Activity Search area to get good ideas of games to play with your section

Mission 2: Activity: Search for activities you could run with the section, eg: activities that meet requirements of a badge you are working on.

Mission 3: Programme Planning: Use our Off the Shelf programmes for your section, or build your own

Mission 4: Delivery: use the tool to research, plan and organise your activity

It is a great source of activities and at this time the 'The Great Indoors' campaign gives you activities that can all be done at home – [scouts.org.uk/the-great-indoors/](https://scouts.org.uk/the-great-indoors/) and will give your Young Leaders activities designed to be completed while scouting is happening virtual

There are hundreds of activities on the scouts activities pages that could be adapted for delivery online or at home [scouts.org.uk/activities/](https://scouts.org.uk/activities/)



## Top Awards

### Changes and adaptations during these uncertain times

Young people progressing towards achieving their Queen's Scout Award, Explorer Belt or Scouts of the World Award, are still able to do so by adapting requirements where possible or adapting age limits.

As these are our very top awards, any change to age limits or award requirements must still be agreed between the young person and their County/Area/Region (Scotland) Commissioner or Assistant County Commissioner (or their nominee).

On age-limits, the Queen's Scout Award, Explorer Belt Award and Scout of the World Awards can be extended by a year, so that they're completed by the young person's 26th birthday rather than their 25th birthday.

On requirements, you'll want to 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 month of a six month requirement to be done online might be fine, but the whole six months might be too much.
- The profile of the badge. You may be more relaxed about requirements for activity badges, but less so for the Queen's Scout Award.
- 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.

Queen's Scout Awards currently cannot be processed by HQ as the staff team are on the Government Furlough Scheme. Please refrain from sending in Awards until the staff team can begin to process these again.

To help with agreeing any change to the requirements for these awards:

### Queen's Scout Award

- A young person will not be able to complete their nights away whilst in isolation. This will need to wait until restrictions are lifted. Nights Away at home wouldn't be appropriate.
- It's possible to complete or adapt requirements within the 'International, Community and Values' list.
- Presentations can be made digitally to an appropriate audience.
- Guidance on what can and can't be adapted within the Gold Duke of Edinburgh Award is available for participants and adults and can be found [dofe.org/dofewithadifference](https://dofe.org/dofewithadifference)

- The 'Skill,' 'Physical Activity' and 'Service' challenges can be adapted. The 'Expedition' challenge, particularly the 'Practice' and 'Final' expedition and the 'Residential,' aren't possible during isolation.

### Explorer Belt

- The 'Expedition' isn't possible during isolation
- If the Expedition has taken place, then the 'Debrief,' 'Presentation' and 'Assessment' could all take place digitally with the appropriate audiences.

### Scouts of the World Award

- Trainers for the Scouts of the World Award are now offering the Discovery phase virtually. Contact the Info Centre for more details.
- Mentors for Scouts of the World Award will also be able to support participants in adapting projects so that they can still contribute to the themes of Peace, Environment and Sustainable Development whilst in isolation.

### Duke of Edinburgh

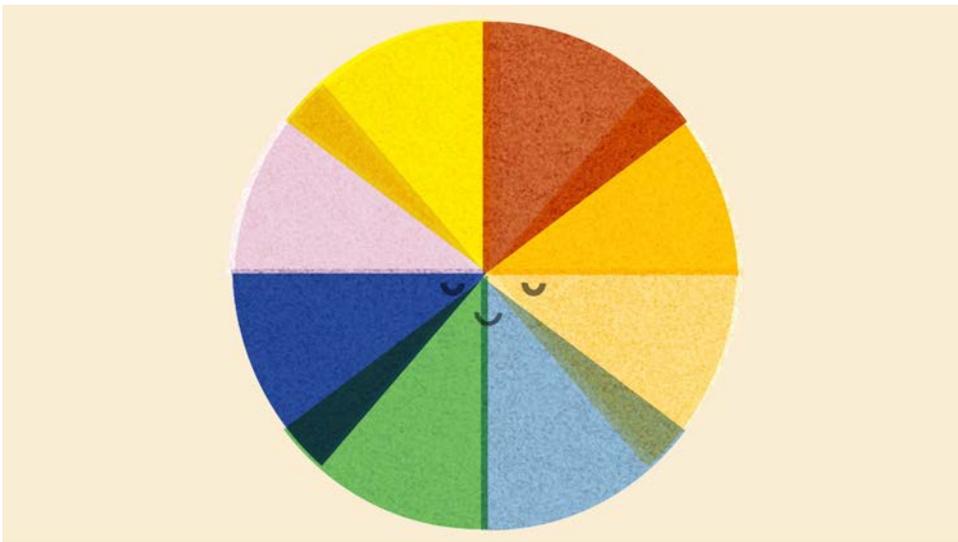
Scouts doesn't have the authority to change requirements or age limits for the awards without the Duke of Edinburgh's Awards agreement.

The Duke of Edinburgh's Award has provided guidance for adults and guidance for participants on how to continue the Duke of Edinburgh Award, including adapting requirements and age extensions.

The Duke of Edinburgh's Award have provided ideas for how young people can continue completing their Award, including their volunteering, physical and skill sections from home at [dofe.org/dofewithadifference](https://dofe.org/dofewithadifference)

Guidance on volunteering safely while doing the 'International,' 'Community' and 'Values' (Queen's Scout Award), 'Voluntary Project' (Scouts of the World Award) or 'Service' (Queen's Scout Award and Duke of Edinburgh's Award) requirements can be found at [scouts.org.uk/volunteers/scouts-at-home/scouts-helping-others/supporting-communities/](https://scouts.org.uk/volunteers/scouts-at-home/scouts-helping-others/supporting-communities/)

If you'd like further advice on adapting badge requirements, please contact the Information Centre and our staff or Section Advisors can help.



## Mindfulness time

**Take a few moments to practice mindfulness with the help of some everyday objects.**

This activity was a chance for everyone to boost their wellbeing. In this activity, mindfulness was about using an object to help people pay attention to the moment without judging. Mindfulness stimulates the parasympathetic nervous system – a bundle of nerves that calms down the body's 'fight or flight' response. Did anyone find that mindfulness helped them feel connected to their bodies? Sometimes it can help people notice things, for example the pain of a bruised knee or a lingering feeling of anger from an argument. Can people compare how they felt before and after the activity? Hopefully people felt calmer and maybe more content too.

This activity also needed everyone to care. It can be tricky to stay quiet for a whole minute. What would've happened if someone had ignored the instruction on purpose and not tried their best to be quiet? Their noise would've impacted everyone trying to take part (but remember that as long as someone tried their best, it's OK – this shouldn't be about being cross with or blaming other people). How did it feel for people to share the object they'd brought with them? How can people help others to be calm?

### You will need:

Objects that are textured or scented (or both)

### Before you begin:

- This activity works well at the start or end of a session – or maybe both, if it goes well!
- Before the session, ask everyone to bring along an object that has a (nice) fragrance or an interesting texture – or both. Some good examples include bars of soap, scented candles, aromatherapy oils, and fruits such as oranges or kiwis. Make sure you have some spares in case anyone misses the message or forgets their object.

### Give mindfulness a go

- Everyone sit calmly in with the objects they brought with them.
- Everyone should close their eyes and think quietly for 60 seconds. They should use this time try to put aside anything that happened during the day (for example, any conflicts at school) and focus on the fact that they've come to a meeting in their meeting place. No one should need to talk or make noise to do this.
- Everyone should keep their eyes closed and feel and smell their object. They should try and focus on noticing as much as they can on their senses. Everyone do this for about 60 seconds – again, they shouldn't need to make any noise.
- Everyone should quietly open their eyes and, without talking, pick up the second object

- Once everyone has a new object, they should repeat step three.
- Everyone should repeat steps three to five until they've tried focusing on a few different objects.

This activity helps contribute towards some of the UN's Sustainable Development Goals. Find out more about the SDGs, and how Scouts across the world are getting involved follow this link [sdgs.scout.org/](https://sdgs.scout.org/)

This activity works towards UN's Sustainable Development Goal no. 3 Good Health and Wellbeing



Everyone deserves to live a healthy life, and achieving Goal 3 means making going to the doctor more affordable, leading a healthy lifestyle easier, and preventing diseases effortlessly through access to safe medicine and vaccines for all.

### Activity Outcomes

**Improve Wellbeing** - Feel happy, be satisfied with your life, and know the things you do are worthwhile.

**Care** - Help other people, think about their feelings, and care about the impact of your actions.

This activity can form part of your International, community & values (ICV) list activities for the top awards as it can form part of the Values section of the ICV activities while exploring more of the UN's Sustainable Development Goals.

### Take it further

Want some more resources on mental health or have some questions? Get in touch at [scouts@mind.org.uk](mailto:scouts@mind.org.uk).



## Virtual Scouting Inspirations

### Activity suggestions for Explorers and Network

#### Virtual Escapes Rooms

Lots of Virtual Escape rooms have been created by Explorers and scout groups during this time and here are some links to some

The Great Hogwarts Escape <http://www.saintmichaelscouts.org.uk/escape/?fbclid=IwAR0uEnC1x9p68I9Uew6t6xKZO7Wf0eb1yZHEIbnK6FIJSwneSNJcESzka8>

South Berkshire Explorers Escape Room  
[https://docs.google.com/forms/d/e/1FAIpQLSdFLHw9zTCyOAP5AbqQIjwC9b4\\_k\\_F3qx1bItOaF5v0jxV48w/viewform?fbclid=IwAR20xKRLUoPZmkfKVvBDK64GrTOx3LNybrzxUmlsk-egDdJFrnPbtrTIT1Q](https://docs.google.com/forms/d/e/1FAIpQLSdFLHw9zTCyOAP5AbqQIjwC9b4_k_F3qx1bItOaF5v0jxV48w/viewform?fbclid=IwAR20xKRLUoPZmkfKVvBDK64GrTOx3LNybrzxUmlsk-egDdJFrnPbtrTIT1Q)

South Berkshire Explorer Scout Escape Room II  
[https://docs.google.com/forms/d/e/1FAIpQLSfm05peYnAsamTbaDLIY8qvG0xBitioyk5M8ko\\_uYPPM\\_qAbA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfm05peYnAsamTbaDLIY8qvG0xBitioyk5M8ko_uYPPM_qAbA/viewform)

#### Virtual Quizzes

Quizzes are a simple way to get your units thinking about different elements during the lockdown, theming them around different topics from the explore programme. A Different take on this is an adaption of Richard Osman's house of games that has been put together called Scout of Games [https://docs.google.com/presentation/d/1e3W-Nlgl7roysnj\\_k\\_P40XVIDAHIqV8-2\\_b9Jym75zGU/edit?fbclid=IwAR1\\_XRJ3BhLvAenAE42qeQgX9KUz9kUn7fak1qsQbqByPAiZEOjtzine1t0#slide=id.g733de1432d\\_0\\_39](https://docs.google.com/presentation/d/1e3W-Nlgl7roysnj_k_P40XVIDAHIqV8-2_b9Jym75zGU/edit?fbclid=IwAR1_XRJ3BhLvAenAE42qeQgX9KUz9kUn7fak1qsQbqByPAiZEOjtzine1t0#slide=id.g733de1432d_0_39)

#### Dragons Den

Take part in a Dragons Den evening. The Young people time in breakout rooms about (45 minutes) conceiving and creating a product then designing a business plan and marketing for it so they could present (3 minutes) it to the Dragons (leaders) in the hope of securing their investment for a percentage of their profit. The Dragons then could ask 1 question each to get more information.

#### Online Bake Off

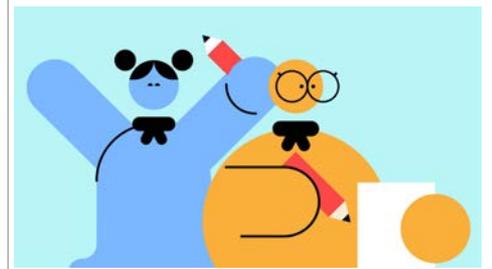
Send the Young people a list of ingredients before the meeting and during the meeting everyone has a go at cooking the recipe provided, even if it is just microwave cakes that then the competition is for the best decorated Mug Cake

#### Virtual Monopoly Run

Click on the 26 google street view links and identify the Monopoly Property, find the Monopoly Colour/Value and answer the question about each "property" photo/view. Rearrange the properties in to the order visited on a Monopoly board and use the decode to translate into a topical 6 word phrase. For guidance, it took them between 45 - 90 mins. Activity Details can be found here [https://westsussexscoutsorg-my.sharepoint.com/:f/g/personal/dccprogramme\\_westsussexscouts\\_org\\_uk/EqLxetn4\\_n5HguLTmCTw4McBczv0lw06H5DfvZUIJfkUvBQ?e=u8Yzyc](https://westsussexscoutsorg-my.sharepoint.com/:f/g/personal/dccprogramme_westsussexscouts_org_uk/EqLxetn4_n5HguLTmCTw4McBczv0lw06H5DfvZUIJfkUvBQ?e=u8Yzyc)

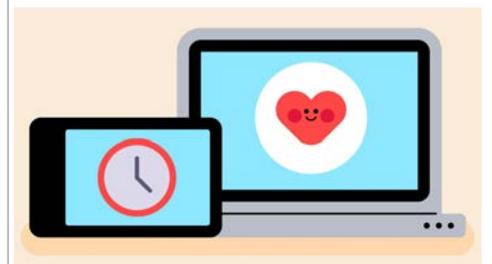
#### Magic and Mind Reading

Pete Heat is a magician who you can currently find on School of Hard Tricks on BBC. He'll come and do a 25 minute magic show for your group on Zoom - it is one of the most incredible things I've ever seen! It's aimed at adults and families so 14+. It's super interactive so probably works best with groups of 10 or less. It's 'pay what you want' but remember that this is his only source of income at the moment so be generous! Details at [https://peteheat.co.uk/cameratricks/?fbclid=IwAR38LqKAEIFbjFECqdBC3I8FP\\_ZWC6Sluk\\_RrV-sX\\_-30iVdzD2HsZo88Ps](https://peteheat.co.uk/cameratricks/?fbclid=IwAR38LqKAEIFbjFECqdBC3I8FP_ZWC6Sluk_RrV-sX_-30iVdzD2HsZo88Ps)



#### 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](mailto:dccprogramme@westsussexscouts.org.uk)



#### 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.

Facebook: /WSScouts

Twitter: @WestSussexScout

Instagram: wsscouts