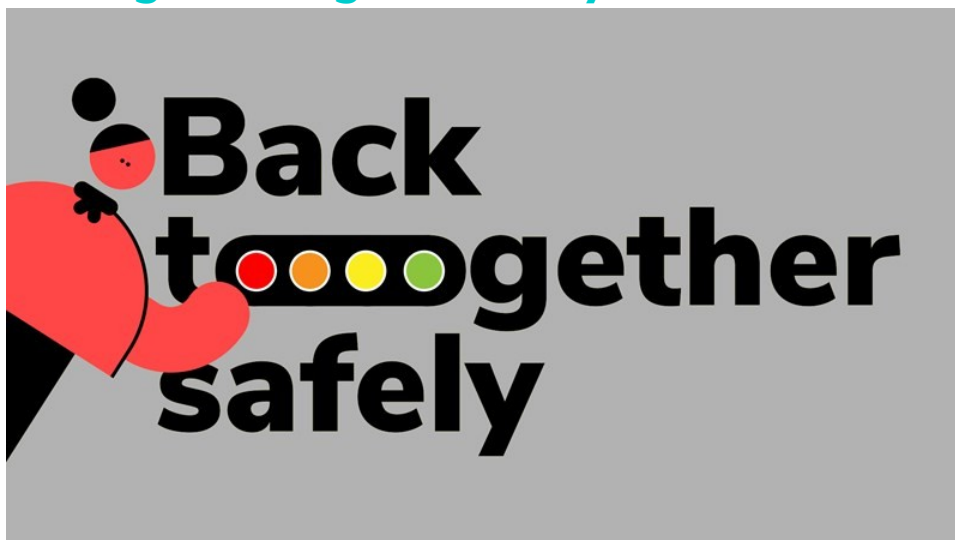


West Sussex Programme Support

Getting back Together Safely



As Lockdown starts to open up and we start to move back to face to face scouting, here's a reminder of the guidelines we are following under the amber readiness level

England - Readiness level: AMBER

This means: Section meetings can take place outdoors and indoors. No residential activities.

Maximum group size:

- Activities involving young people: no limit on group size but remain as only one section meeting independently of others. Indoor activities will be limited by the size of the location given social distancing remains.
- Scout Network programmed activities (non social): 15 people maximum.
- Adult activities (non-social) with no young people present: check local government guidance

Note: Where small sections may struggle to be viable to operate independently they may join with another section at this time.

Note: The number of adults present should be limited to those who are required to be present to support the activity. It's important to remember that we're still in the middle of the pandemic and we all have the duty to make sure we're following the letter and spirit of the guidance.

Note: Activities (including those away from your usual meeting place) should be planned to minimise risk by limiting travel at all times. Check the guidance on planning activities in terrain zero. Trips should only take place where the outcomes can not be achieved locally and must be in a COVID safe manner.

Queen's 95th Birthday



Her Majesty Queen Elizabeth II celebrates her 95th birthday this year and to celebrate this fabulous milestone Scout Store are proud to offer this occasional badge which can be worn on your uniform until the end of 2021, show your support for our Queen and proudly wear this badge.

Beavers 35th Birthday



Beaver Scouts celebrate their 35th Anniversary this year!

Celebrate with us with this Beaver Scouts 35th Anniversary fun badge which can be sewn onto a badge blanket or poncho or added to a scouting badge collection to remember this occasion for Beavers.

West Sussex Scouts are currently working on a Challenge 35 for all Beavers which will be released next Month.

Support Sessions

Online Programme ideas



Programme Support Sessions Part 1 – Online Programmes

During March we ran a number of Programme Support sessions looking at Online programme ideas and Socially distanced activities. And here is a run down of the ideas and activities shared during the online programme ideas sessions

Online Programme Ideas - Beavers and Cubs

Online games

Go find it - Bit like a scavenger hunt. Leader holds up one or more description cards, members go find an item that meet the description(s). Card can bought at <https://www.sensorytrustshop.org.uk/collections/gofindit> Or you could make your own.

Guess who is missing - Move a member back to waiting room, members guess who has disappeared.

Kims Game - put 10 objects on a tray, show it on the screen and give the beavers 30 seconds to look at the objects, remove one and they have to work out what is missing

Simon says - ideas of things you can do include, wink your eye, stamp your feet, play air guitar, waddle like a penguin, swim, climb a ladder, meow like a cat, make a sad face, scratch your head, hop

Minute to win it games - how many piece of pasta can you throw in a mug? How many different animals can you draw? can you tear a piece of toilet roll into 30 pieces in a minute? How many times can you roll a six? stand up after 1 minutes, cookie face dance- tip your head backwards, place a biscuit on your forehead and without using your hands or anyone helping you wiggle the biscuit down your face into your mouth.

Compass game - With pieces of paper put North South East West on the floor. Call out and they have to move to the correct compass point

Mr Men Game - Showing a black and white photos of a Mr Men and they have to go and find something in that colour.

Guess who - pick a person for others to ask questions about to guess e.g. do they have blonde hair? Etc.

Online activities

Collection of Online Activities - These activities are a collection of activities that we have used for online and offline activities. Cubs have either done these live or offline with their parents - https://docs.google.com/presentation/d/1vyljq12MewtcB9-yTGA_IN_OZvTthCUqxaACDgDXIV0/view

Online Camps - <https://sites.google.com/view/around-the-world-in-24-hours/>
<https://sites.google.com/view/zombiecamp/home>

Kahoot - Lots of quizzes, or create your own to fit in with the theme of the session.

show and tell - pets, hobbies, a craft the young people have made prior to the session.

Cooking - Making fortune cookies and Welsh Cakes

International Themed evening - Making a junk model of a landmark from another country and letting everyone know about some facts about the landmark.

Beaver camp (battleships) - Battleship set on a campsite. beavers pick a square to try and find the tents, there are challenges on the way

Log Chew - use menti, beavers can type ideas of what they would like to do and see them on the share screen in a word cloud

Resources / idea communities

1st Digital Scouts - <https://digitalscouts.org.uk/>

Scouts.org.uk Activity finder - You can filter by location (select 'Online') and by section <https://www.scouts.org.uk/activities>

Facebook - 1st Virtual Scout Group <https://www.facebook.com/groups/1stvirtualsooutgroup>

Press and Play Programmes - <https://www.scouts.org.uk/volunteers/scouts-at-home/press-play-and-go/>

100 things-to-do at home - https://www.norfolkscouts.org.uk/2020/12/24/100-things-to-do-at-home?fbclid=IwAR3wmQML9lu1paPZhdv_EqUQK60cjuqpOIEYruN4anli5AnKbez9Ckcebgg

Online Games for Zoom guide - https://docs.google.com/document/d/1GrsArDFtcXXzboCkqCYE_O9zCvv8TPy7mKN6Kby8O3Q/edit?fbclid=IwAR0P07AYQCctJnMaQRuJEUYT3UEGN9joWfOZ3U8H2SPzvwhfKp11G-Y1fo

Pawprint Badges - https://pawprintfamily.com/product-category/free-resources/?orderby=date&product_category=challenge-packs

Scoutadelic on YouTube - https://www.youtube.com/channel/UCSSCFdIOJnPxp_TYTUqhWiA

Animated Knots - <https://www.animatedknots.com/>

Guest presenters

Rampion Wind Farm - Contact: visitorcentre@rampionoffshore.com to request a virtual tour with a member of their team joining your online meeting to talk about the wind farm, how it was built, Q&A.

Essex Reptile Encounters - Contact: info@essexreptileencounters.co.uk

Exciting display of some exotic reptiles for your section!

Historic Echoes - <https://www.facebook.com/historicechoes/>

He did a free session for us as he was a scout when young and likes to help out during Lockdown. We did Medieval Barber surgeons which was a little toe curling at points for the younger/more sensitive ones. He does other time periods.

Online Programme Ideas – Scouts and Explorers

Online games

Sketchful - <https://sketchful.io/> - Multiplayer free to play Pictionary game

Plato - app - multiplayer online game selection - from Pool to battleships to ludo and lots in between - can set up private groups

Go find it - scouts like having 3 cards to go and find an object that has all 3 cards in it, cards has colours on or descriptive words like spiky, smelly round etc

Skribblio - <https://skribbli.io/>

Online activities

Among us - online multiplayer social deduction game

Cooking - Making a camp meal in one pot, 'In a mug' recipes are quick and easy. Other items that are quick to cook, biscuits and savory items with puff pastry.

Worthing slide deck - These activities are a collection of activities that we have used for online and offline activities - https://docs.google.com/presentation/d/1vyjq12MewtcB9-yTGA_IN_OZvTthCUqxaACDgDXIV0/view

Task master - Having challenges to do over the evening

Escape Rooms - Various online. Inc Harry Potter
<https://www.saintmichaelscouts.org.uk/escape/>

Troup Forum - using menti, scouts can upload to the screen and if you share it they can see in a word cloud what they have said

Paracord – bracelets, key rings or even baby Yoda, send equipment before the night

What3Words Geocaching - plan boxes for geocaching put together with what3words, put together the coordinates for plotting routes to and from. we had done this locally in the area Shared with our group cubs scouts etc the scouts had put this out we used what 3 words as coordinates they got they used their phones to go hunting for boxes staying covid safe with hand sanitizer can be done as family activity too

UK Parliament week (November) - Online debating. Some serious and some silly topics. Resource kits are available

Deal or No Deal, Dragons Den, Scavenger Hunts, Logo Quiz, Name that Person 10 clues, Yes no Game, Who am I or What am I, Sports Quiz, Football Quiz, General knowledge Quiz, What on the news Quiz, Scout Quiz, Disco Bingo and usual bingo

Kahoot - Lots of quizzes, or create your own to fit in with the theme of the session.

Egg Decorating - Decorate an egg shell to look like someone famous. Return to call after 30mins with egg shell and pic of celebrity/someone famous.

Design a wellbeing box. - Supply box, stickers. post it notes. Add 10 notes into box, Favourite memory, food, colour, friend, book, game, music etc etc Ways to help others, do the dishwasher, learn to use the washing machine, clean a cooker, oven or car. Learn to use the Hoover, change a light bulb, or fix a puncture.

Build a boat- Equipment packs sent round to all scouts. follow the step by step video.
<https://www.scouts.org.uk/activities/build-a-bottle-boat/>

A Tale of three Norths
<https://www.scouts.org.uk/activities/a-tale-of-three-norths/>

Artist Badge - Andy Goldsworthy
<https://www.slideshare.net/raulgalvez/andy-goldsworthy-55311946>

Steve Ditko How to draw a comic strip
<https://www.imagineforest.com/blog/how-to-create-a-comic-strip/>

Drugs Alcohol and Smoking

Powerpoint - <https://www.slideshare.net/sebt32/smoking-alcohol-and-drugs>

Catapults out of lollipop sticks -
https://www.youtube.com/watch?v=WpLFC_SOPXs

Bristlebots -
<https://www.youtube.com/watch?v=S3GAL2MshCw>

Science experiments – Slime, Invisible Ink, Moon sand, How to get an egg to float, reaction times, Cup Pyramid

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100 things-to-do at home -
https://www.norfolkscouts.org.uk/2020/12/24/100-things-to-do-at-home?fbclid=IwAR3wmQML9lu1paPZhdv_EqUQK60cjuqpOIEYruN4anli5AnKbez9Ckcebgg

Online Games for Zoom guide -
https://docs.google.com/document/d/1GrsArDFtcXXzboCkqCYE_O9zCvv8TPy7mKN6Kby8O3Q/edit?fbclid=IwAR0P07AYQCctJnMaQRuJEUYT3tEGN9joWfOZ3U8H2SPzvwhfKp11G-Y1fo

Pawprint Badges -
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<https://www.animatedknots.com/>

Guest presenters

Rampion Wind Farm -
Contact:
visitorcentre@rampionoffshore.com
to request a virtual tour with a member of their team joining your online meeting to talk about the wind farm, how it was built, Q&A.

Fitness class - lead by a section assistant who is a personal trainer



St Georges Day Activities

At the end of April we celebrate St Georges Day and as it is a different year where we wont be able to parade and show the community our scouting pride, so here are some activity ideas to help celebrate

Invent and build - Invent and build a machine to track and capture dragons. You could build your invention using Lego/play doh/recycled materials.

Create - Make a cardboard shield and sword and Use your sword and shield to create a performance and act out St George and the Dragon.

Bake Off - Get baking and create something St George themed

Investigate - St George's Day is celebrated around the world, from another country find out : what do they call Beaver Scouts? What is their promise? What does their uniform like? And how do you say 'hello' in their language?

Cook Off - Get baking and create a St George's Day themed 2 course meal. Remember to wash up after too!

Create - Create a coat of arms and Find the coat of arms for your area: what does it mean and where do you see it?

Around the World - Investigate how St Georges Day is celebrated around the world and Why does this event happen and what are the customs of this country

Write a rhyme - Gather up your creativity and channel the top authors to write a St George's Day inspired piece, choose from:

- A poem
- A 600 word short story
- A news article style piece

Create - Make yourself puppets of George and the dragon then act out the story that made him a Saint!

Make and Do - Make a dragons head

Suit Up! - make a suit of armor using recycled materials

Create - Make a knight with moving arms and legs using split pins.

Looking through Glass - St. George is often depicted in stained glass windows- have a go at creating your own stained glass window with a St. George themed design.

Celebrate - Make some red and white England flag bunting to decorate your home

Treat Time - Try making those traditional English treats - Crumpets or English muffins!

Tea for two - Hold a traditional English Afternoon Tea, Make a selection of traditional English cakes and scones - you could serve them at your Afternoon Tea!

Pudding time - England is well known for Yorkshire puddings. Some people eat Yorkshires with a variety of fillings both savoury and sweet! Try some filled Yorkshire puddings and see what you think.

A Knights tale - Have a go at being a knight and have a jousting competition.

Game Time - Play 'Fruit Salad' but swap the fruits for: George, Dragon, Princess and Sword and for 'Fruit Salad' shout 'St. George's Day!'. Alternatively play the game and make up your own names

Swords and Shields - Play 'Splat' with 'St. George' in the centre of the circle shouting 'Swords' and people around the edge defending themselves shouting 'Shields'.

Hopping along - Hopscotch is a traditional English playground game - find out about its origins and have a go at playing it.

Performance time - Create a play or a song based on the story of St. George.

Hike and Chips - England is famous for Fish & Chips so why not have your own 'Chip Hike'.

Eureka! - There are lots of famous English inventors - find out about some of them and have a go at creating your own invention to solve a problem you face on a daily basis!

Little Dragon - The legend of St. George tells of him taming and slaying a dragon. Have a go at taming you own 'dragon' and try and train a family pet.

Hero's - St. George was a hero. Find out about modern day heroes, does everyone think of the same people as heroes? Who is your hero and why?

Landmarks - Build a famous landmark from England such as Big Ben, Blackpool Tower, Brighton Pier, Eden Project or Angel of the North using materials of your choice

Shiny - The legend of St. George and the Dragon tells of the dragon forcing the villagers to sacrifice livestock and trinkets to satisfy him; make your own trinkets and make jewellery or something shiny.

Fruit - Taste dragon fruit; does it take how you expected? What did you think it would look like when you cut in to it? Does it deserve its name?

Teddy Knight - Use food packaging and make a suit of armour for one of your teddies.

Film time - St. George is famed for taming and slaying a dragon. Watch the film How to Train Your Dragon or read Cressida Cowell's books that inspired the film.

Zog - Read Zog by Julia Donaldson and discover what dragons learn in school.

A pretty penny - Take turns to throw a penny in to a hole in a game of Pitch Penny.

Support Sessions

Social Distanced Activity Ideas



Programme Support Sessions Part 2 – Social Distanced Activities

Here is a run down of the ideas and activities shared during the Socially distanced programme ideas support sessions

Socially Distanced Programme ideas - Beavers and Cubs

Zip, Zap, Boing - A great game to fill time as no equipment required
<https://www.scouts.org.uk/activities/zip-zap-boing/>

Cub Sorter - Set up a grid of hula hoops or similar, one per YP plus one. The YP then have to sort themselves into alphabetical order but are only able to move in to an empty hoop

BOP, Stuck Football, Don't move and Foot Golf -
<https://www.facebook.com/spitfireDYC/videos/477659926914687>

Rock Paper Scissors Chase - Split into 2 teams. Set up a trail of hoop and then the YP jump from hoop to hoop with each team starting at opposite ends. the loser runs back to their team. the winner hops on towards the other team. the winning team is the one to get to the opposite teams first ring

Crazy Bucket Golf - Set up a crazy golf course, start points indicated by numbered cones and buckets (various sizes) replacing holes. Be create to make each one different with various obstacles (sand pit, blue tarp for a pond). Each child has a numbered tennis ball to use for the entire session. They count the number of throws to complete each hole. Leader, YL or sixers to keep the score. Members can start at different points in the course so not to create mass gathering at hole 1.

Athletics / sports day - Running races, throwing, jumping, etc

creating art with leaves, Beach art / sand castle building, fire lighting, A to Z woods hunt, Gardening, Knot race, Scavenger Hunt

Costal Alphabet hunt - Walk along the beach looking for things that start with each letter of the alphabet

Leaf art - create a picture of an animal using leaves in the woods

Campfire songs - If you fancy treating the public to Beavers singing!

Wide games - Once that don't involve attaching each other!

Fitness Bingo - Cards with fitness moves on, laminated, calling cards pulled out of a bag and then they do the activity and make it off on there card

GO FIND IT, at the beach or woods -
<https://sensorytrust.myshopify.com/products/gofindit>

Mini Raft Building - <https://www.scouts.org.uk/activities/teeny-tiny-twig-rafts/>

Teamwork task - For the Beavers teamwork challenge, we put a bucket in a square of cones then had one giving instructions and two at opposite ends of 2m ropes to try and lift the bucket out. Ropes were then quarantined for 72hrs.

W3W Pebbles - Decorate a pebble within the cubs session or on zoom. We then asked them to hide the rock in the village and share the W3W location with the other cubs. They can then go searching for other Cubs pebbles, sharing photos on our facebook page when they found them

Scouts activity list - Filter the 'location' by socially distanced for loads of activities
<https://www.scouts.org.uk/activities?setting=Socially%20distanced%20outdoors>

Socially distanced programme ideas - Scouts and Explorers

Step forward, Step Back -
<https://www.scouts.org.uk/activities/step-forward-step-back/>

Tripod football -
<https://www.scouts.org.uk/activities/tripod-football/>

mental health - create a well being box, create postivity stones writing positive comments on stones, make wish stars with hopes and dreams inside and fold into wish stars

what 3 word walk - scouts/explores use the what 3 word app to naviagate round an area, they can walk somewhere and then find the next clue of where to go there or give them a list

Socially Distanced Games Database -
<https://sesscouts.org.uk/wp-content/uploads/2020/10/Socially-Distanced-Games-Database-v3.pdf>

Escape the Jail wide game - found on the scout activity website

Warhammer - Model maker badge kits
<https://www.scouts.org.uk/supporters/warhammer/>

Gutter run - Use 2m carpet tubes as alternative to guttering. Carpet fitters usually willing to give away for free. Scouts work in team to transport a ball from one end of a course to another. Add obstacles and change the type of ball to make more challenging.

Socially Distanced Programme Ideas - SE Scotland region website
<https://sesscouts.org.uk/socially-distanced-programmes/>

The Candle Game - This game, played at night, is a variant of Capture the Flag that we just call "The Candle Game" Each team tries to put out the other team's candle by sneaking up on their opponent's candle and putting the lid on the pot without being caught

Frisbee Golf - Frisbee golf is a mix between frisbee and golf. Players throw the Frisbee into a container or box (the hole) or a marked area in as few shots as possible. Like golf, there could be bunkers, trees, water, hills and other obstacles between the start and the hole. You could even create your own score cards.

Splat! - All stand in a circle with leader in the middle. Leader should spin round, stop and point at one child and shouts 'Splat'. The child has to duck down and children on either side of him have to point at each other and shout 'Splat'. Last one to shout sits down. If a different person shouts 'splat!' they are out and have to sit down. When you are down two, put them back to back and take a few paces. Shout again, and the first one to turn is the winner.

Who said that - Sit everyone in a circle, with one participant in the middle. The person in the middle closes their eyes. Then someone in the circle says the name of the person in the middle. The person has guess who said it. Great for funny voices!

Walking Football - Walking football is a twist on the classic game. It's played in small teams with specific rules – no running or contact between players is allowed.

Gridlocked people - The person leading the game should lay out nine hula hoops in a three by three grid on the ground. Make sure each hoop is at least two metres away from the next. Eight people should move onto the grid and stand in a hoop. There should be one empty spot left in the grid – to start off with, make sure this space is in a corner. Think about how everyone can get on to the grid while staying socially distanced. People may need to take it in turns to walk on, for example. The person leading the game should choose a player standing in a corner and explain that the first challenge is to move them into the empty space while following the rules: only one person can move at a time and people can only move if they're next to (not diagonally across from) the empty space. Everyone should work together to move one by one until the chosen player is in the right corner. The person leading the activity should set a new challenge, for example, moving an entire row of people from one side to the other (keeping them in the right order), rearranging everyone in order of height or age, or numbering people and asking them to get in order.

Tips for Face to Face Scouting

Sports cones - Great for marking our grids and circles and help the young people maintain distance from each other. We start and end our sessions in a circle, YP know to stand at a cone on arrival.

Changed from evening sessions to Saturday mornings - Help with day light and option for extending session time

Share resources with other sections (across groups) - One group might buy 30 new Compasses. Another might buy games equipment. The two then swap equipment and programme ideas.

Keep it youth shaped - Ask your members for their ideas and allow them to take the lead.

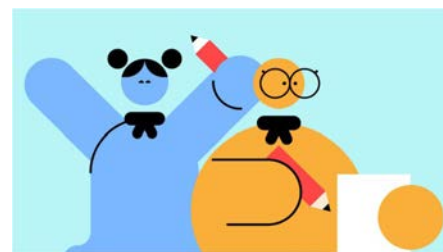
Renew code of contact - include social distancing and hand hygiene. Review with member at their first session back f2f.

Engage parents for help - Whatever your plans for f2f delivery, inform parents of what you'll be doing to help keep members safe and how parents can support you with running sessions! Many parents will have had an opportunity to 'scout from home'. So they are warmer up ready for us to invite them to help out with f2f sessions. Be sure to resume parent rota to give them an opportunity to try before committing to volunteering regularly.

Personalized Chairs - Similar to the cones above, We have used chairs. and the YP use that chair for all their belongings for the evening. th YP arrive, wash hands then sit on their chair until allowed to move to activity

Stationery packs - For beavers we organised individual stationery packs of things they need regularly for each beaver which is then quarantined after each meeting .

Quarantined equipment system - Agree this among all those that use any shared equipment.



Help and Advice

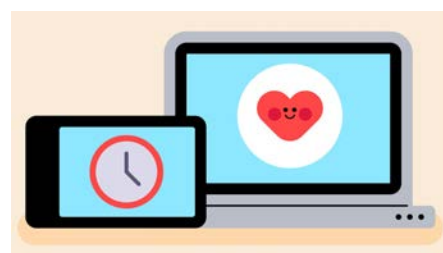
As a Leader we all need someone who you can talk to and to ask for help and advice. As they say a problem shared is a problem halved. Please use me as that person to give you the support you need as a leaders and I am always happy to have an email conversation, phone call or video chat

Please contact the county Teams on the emails below:

Programme Support – Matthew Pike - dccprogramme@westsussexscouts.org.uk

Diversity and Inclusion – Suzanne Few – dccdiversity@westsussexscouts.org.uk

Youth Shaped Scouting – Connor Holmes - cyc@westsussexscouts.org.uk.

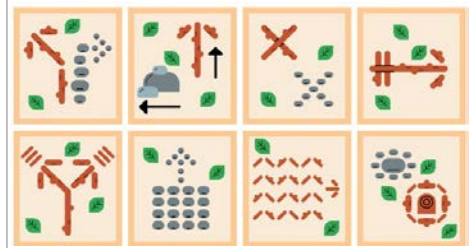
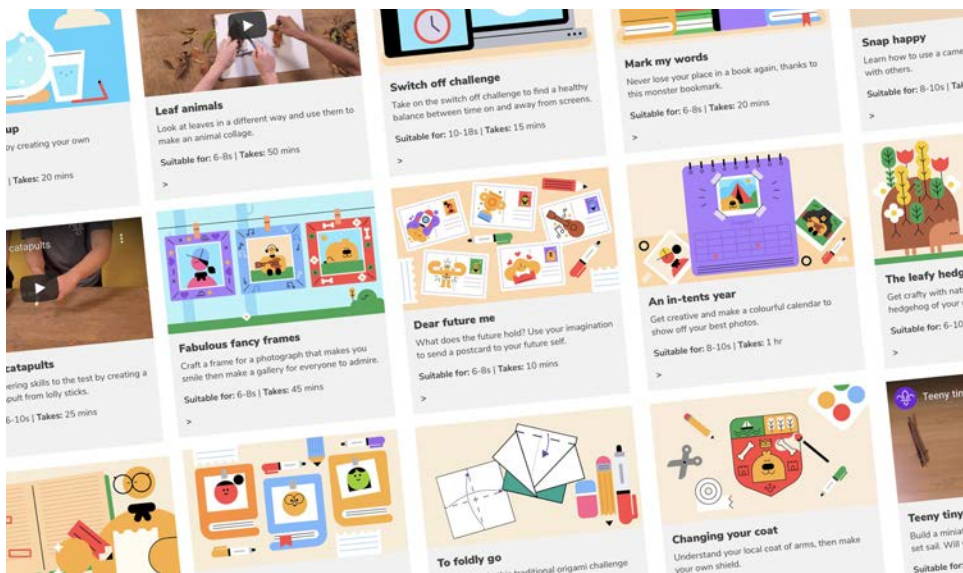


Keep up to Date with West Sussex Scouts

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. 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



Need to brush up your training?

West Sussex Scouts are running a number of online training modules, so you can join us and complete some of your training from your home

The Modules that are being run online are:

23rd April – Module 25: Assessing Learning

24th April – Module 5: Fundamentals of Scouting

25th April – Module 27: Advising on Adult Appointments

25th April – Module 12A: Delivering a Quality Programme

8th May – Module: 12B Programme Planning

9th May – Module 11: Administration

9th May – Module 17: Running Safe Activities

15th May – Module 19: International

16th May – Module 18: Practical Skills

23rd May – Module 14/ 15: Promoting Positive Behaviour and Additional Needs Workshop

12th June - Module 7: Scouting for all and LGBTQ+ Workshop

If you want to sign up to any of the online training opportunities please go to:

<https://westsussexscouts.eventbrite.co.uk/>

Tips for online sessions

Code of Conduct - Agree a code of conduct for your online meetings with your members. It may include: Raise hand when you want to ask a question or have an answer to share.

Keep it Youth Shaped - Youth people more likely to attend if they are doing activities they have requested. Cubs take the lead week. 3 eldest Cubs asked to plan a 15 minute activity to deliver - links in to Team Leader Challenge.

Not every session needs to go towards a badge - Take the pressure off! If the young people want to do an evening about a topic that doesn't directly link to a badge - that's fine! You might even be able to tick off requirements retrospectively if you ended up covering something that you hadn't planned for!

Keep members engaged - email parents a few days before the session with instruction of what is needed for the session and the Zoom codes. A weekly reminder has helped keep attendance high.

Stay flexible - Sessions don't need to last your usual session time length. 30 minutes for beavers is fine. If numbers are long the session might end early.

Break out rooms - Great to help manage numbers.

Wear uniform - Encourage them to attend in uniform so it feels more like a colony/ pack meeting and helps remind them who to behave.

Allow for Social time - Give them time to chat, and catch up with their mates

Start the session with talking about something positive - we have done this by taking and by drawing round their hand and write I am in the palm and write 5 positive things about themselves, this week we talked about kindness, what have they done that is kind last week and what can they do this week.

Wheel of fortune - One person wins a prize each week



County volunteer vacancies

West Sussex Scouts have a number of volunteer vacancies and are looking for enthusiastic people to take on new challenges

There are vacancies in Programme Support, Events, Diversity and Inclusion, Youth Shaped Scouting and Adult Support

If you are interested in a new challenge then have a look at our vacancies by following this link <https://westsussexscouts.org.uk/adult-volunteering/vacancies/>