



# HEALTH & WELLBEING ONE SHOT FOR **BEAVERS**



SFNI Programme Team 2023



# Health & Wellbeing 'One Shots'



Health & Wellbeing 'One Shots' have been designed to act as a 'stand-alone' session that can be incorporated into your planned programme delivery; or alternatively, used to respond to an issue or need that arises regarding Health & Wellbeing.

These 'One Shots' are intended to compliment and support your current delivery in promoting opportunities for youth members to explore, understand and experience activities and learning about maintaining positive Health and Wellbeing.

They will also support delivery and completion of SPICES learning and provide youth members with a broader understanding and experience of personal development as well as learning skills that will help them both in and outside of their Scouting Journey.

## About the 'One Shot'

'One Shots' have been written to be easily accessible and require no need to have a broad range of experience or knowledge around Health & Wellbeing to effectively deliver them.

The activities and learning described will be something that we have all experienced within our daily lives, the 'One Shot' session will simply provide a focus for our understanding of these experiences and support communicating this effectively to youth members so that they become more aware of how to attend to their own wellbeing and overall health.

Each One Shot has been created to be 'age appropriate' with activities that correspond to the ability and understanding of the intended target audience. It is planned that a series of 'One Shots' appropriate to each Section will be available and can be used by you and your Group to build a specific programme, compliment current delivery or continue to respond to 'needs' as they arise for your youth members in promoting positive Health & Wellbeing for all.

## Using the Session Plan

**One Shots** are standalone sessions that can be incorporated into your broader programme schedule and complement delivery of SPICES activities.

At the top of each session plan, you will find an indication as to which Section the 'One Shot' has been developed for, a suggested '**session time**' and an '**overall title**' heading for the One-Shot. You will also see a '**session aim**' detailing the intent behind delivery of the session

Each session begins with an **energizer** activity, linked to the learning activities, each contains an **introduction**, provides a **description** of the learning activity(s) and includes a **close/ reflection** element.

The first column describes what the activity is and what the **associated learning** will be.

A **description** of an activity to complete, along with prompts on how to undertake the activity are provided in the middle column.

A **suggested timing** has been included, for guidance only, along with resources required to complete the activities.

The last element of the session plan is a **review activity** which should be complete as part of quality assurance and recording.

**As these sessions are standalone, it will be beneficial to record delivery as part of your overall monitoring and evaluation administration and as a team, reflect on overall Health & Wellbeing activity that is undertaken.**

| Health & Wellbeing 'One Shots'                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Session length             | 40 minutes                                                                                                                                                                                                   | Our Emotions |
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| <b>Session Aim</b><br>Support understanding of how emotions can often overwhelm us and consider how taking some time and space for ourselves can help calm the emotions that overwhelm us. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                            |                                                                                                                                                                                                              |              |
| Activity                                                                                                                                                                                   | Time                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Resources                  |                                                                                                                                                                                                              |              |
| <b>Energizer - Game</b>                                                                                                                                                                    | <b>Emotions Race</b><br>• Divide the Den/ playing area into 6 parts and place one of each of the 'emoji' icons in a clear visible spot- HAPPY, SAD, SCARED, EXCITED, LAUGHTER, ANGER- using rope/ tape create a box that players will have to reach and stand inside to show that they have arrived at the emotion.<br>• Bring the group to the center of the playing area and explain that when you name an emotion, the group must raise to the corresponding emoji.<br>• Call out a few of the emotions to get the group used to the premise and then explain that the next time an emotion is called- the last person to reach the emoji will have to sit down.<br>• Begin getting faster and faster as you call out the emotion to try and catch the players out and ensure that someone is last to arrive in the spot- you may also wish to shrink the size of the box to make it harder for all the group to stand inside the box- making it easier to eliminate players.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Suggested time: 10 minutes | EMOJI icons<br>Large playing space<br>Rope/ tape                                                                                                                                                             |              |
| <b>Introduction</b>                                                                                                                                                                        | Explain that the game just played was about recognizing emotions, asking the group to suggest what experiences can cause 'strong emotions' to surface. Explain that the group will complete a craft activity that will explore emotions further.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Suggested time: 5 minutes  |                                                                                                                                                                                                              |              |
| <b>Activity- Craft</b>                                                                                                                                                                     | <b>A 'glass jar' of emotions</b><br>This activity will teach younger children about how strong emotions can sometimes be overwhelming, and how to find calm when these emotions take over.<br>• In the jar or bottle, mix the clear glue and hot water.<br>• Add a very small amount of food colouring to the water and glue mixture.<br>• Take the coconut flakes and/ or objects that these things will represent a feeling such as sadness, anger, happiness, love, or anything else you feel.<br>• Next take a small amount of coconut flakes and/ or objects and add to the mixture.<br>• Keep adding coconut flakes or objects and assign feelings to them.<br>• Fill the jar or bottle all the way to the top with the hot water.<br>• Mix the contents together with the spoon or stick.<br>• Make sure the lid is on tight!<br>• Shake the jar or bottle and watch all the objects interest.<br><b>Follow up/ De-brief</b><br>Ask the group- 'What sorts of things or events make the coloured flakes and objects (emotions) in the jar swirl?' Say them out loud as you shake the jar.<br>Examples:<br>-Distressing events -Losing a game -Missing friends -Winning a game<br>-Getting frustrated with a parent or sibling -Scary stories on the news<br>-Sick family members -Positive events -Spending time with family<br>-Making a new friend -Getting a good grade -Learning a new skill<br>Ask the group to notice how it is hard to see through the jar with all these events going on. Now, ask them to watch what happens when you keep the jar still. Does the water begin to clear?<br>The same thing happens in our mind when we stop for a little while and are mindful... bad or hard feelings start to go away, and we can focus on other things that make us happy or calm. | Suggested time: 20 minutes | Jar or bottle that will not leak liquid<br>Delicatessen coconut and/ or other small objects to add such as LEGO or beads<br>Food colouring<br>Clear glue<br>Hot (not boiling) water<br>Spoon or stick to mix |              |
| <b>Review</b>                                                                                                                                                                              | Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Suggested time: 5 minutes  |                                                                                                                                                                                                              |              |

| Health & Wellbeing-<br>A 'One shot' session for Beavers                                                                                                              | Session length                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 40 minutes                                                                                                                                                                                                                                                                         | Our Emotions |
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| <b>Session Aim</b>                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                    |              |
| Support understanding of how emotions can often overwhelm us and consider how taking some time and space for ourselves can help calm the emotions that overwhelm us. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                    |              |
|                                                                                                                                                                      | Activity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Time                                                                                                                                                                                                                                                                               | Resources    |
| <b>Energizer – Game</b><br><br><i>Naming emotions</i>                                                                                                                | <b>Emotions Race</b> <ul style="list-style-type: none"> <li>Divide the Den/ playing area into 6 parts and place one of each of the 'emoji icons' in a clear visible spot- HAPPY, SAD, SCARED, EXCITED, LAUGHTER, ANGER- using rope/ tape create a box that players will have to reach and stand inside to show that they have arrived at the emotion.</li> <li>Bring the group to the center of the playing area and explain that when you name an emotion, the group must race to the corresponding emoji.</li> <li>Call out a few of the emotions to get the group used to the premise and then explain that the next time an emotion is called- the last person to reach the emoji will have to sit down.</li> <li>Begin getting faster and faster as you call out the emotion to try and catch the players out and ensure that someone is last to arrive in the spot- you may also wish to shrink the size of the box to make it harder for all the group to stand inside the box- making it easier to eliminate players.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Suggested time:</b><br>10 minutes<br><br>EMOJI Icons<br><br>Large playing space<br><br>Rope/ tape                                                                                                                                                                               |              |
| <b>Introduction</b>                                                                                                                                                  | Explain that the game just played was about recognizing emotions, asking the group to suggest what experiences can cause 'strong emotions' to surface. Explain that the group will complete a craft activity that will explore emotions further.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Suggested time:</b><br>5 minutes                                                                                                                                                                                                                                                |              |
| <b>Activity- Craft</b><br><br><i>Understanding and calming our emotions</i>                                                                                          | <b>A 'glass jar' of emotions</b><br>This activity can teach younger members about how strong emotions can sometimes be overwhelming, and how to 'find calm' when these emotions take over. <ul style="list-style-type: none"> <li>In the jar or bottle, mix the clear glue and hot water.</li> <li>Add a very small amount of food colouring to the water and glue mixture.</li> <li>Take the coconut flakes and/ or object stating that these things will represent a feeling such as sadness, anger, fear, happiness, love, or anything else you feel.</li> <li>Next take a small amount of coconut flakes and/ or objects and add to the mixture.</li> <li>Keep adding coconut flakes or objects and assign feelings to them.</li> <li>Fill the jar or bottle all the way to the top with the hot water.</li> <li>Mix the contents together with the spoon or stick.</li> <li>Make sure the lid is screwed tight!</li> <li>Shake the jar or bottle and watch all the objects interact.</li> </ul><br><b>Follow up/ De-brief</b><br>Ask the group- 'What sorts of things or events make the flakes and objects (emotions) in the jar swirl?' Say them out loud as you shake the jar.<br><b>Examples:</b><br>-Distressing events -Losing a game -Missing friends -Winning a game<br>-Getting frustrated with a parent or sibling -Scary stories on the news<br>-Sick family members -Positive events -Spending time with family<br>-Making a new friend -Getting a good grade -Learning a new skill<br><br>Ask the group to notice how it is hard to see through the jar with all these events going on.<br>Now, ask them to watch what happens when you keep the jar still- Does the water begin to clear?<br>The same thing happens in our mind when we stop for a little while and are mindful...bad or hard feelings start to go away, and we can focus on other things that make us happy or calm. | <b>Suggested time:</b><br>20 minutes<br><br>Jar(s) or bottle(s) that will not leak liquid<br><br>Coconut Delicatessen and/ or other small objects to add such as LEGO or beads<br><br>Food colouring<br><br>Clear glue<br><br>Hot (not boiling) water<br><br>Spoon or stick to mix |              |
| <b>Review</b>                                                                                                                                                        | <b>Reflect on all the learning delivered asking youth members to tell you one thing that they have learned and evaluate the activities with the Group.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Suggested time:</b><br>5 minutes                                                                                                                                                                                                                                                |              |

**HAPPY**



**SAD**



**SCARED**



**EXCITED**





**LAUGHTER**



**ANGRY**

