



HEALTH & WELLBEING ONE SHOT FOR CUBS



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
Session Aim 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		
Energizer - Game	Emotions Race • 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. • 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. • 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. • 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 Large playing space Rope/ tape	
Introduction	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		
Activity- Craft	A 'glass jar' of emotions This activity will teach younger children about how strong emotions can sometimes be overwhelming, and how to find calm when these emotions take over. • In the jar or bottle, mix the clear glue and hot water. • Add a very small amount of food colouring to the water and glue mixture. • 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. • Next take a small amount of coconut flakes and/ or objects and add to the mixture. • Keep adding coconut flakes or objects and assign feelings to them. • Fill the jar or bottle all the way to the top with the hot water. • Mix the contents together with the spoon or stick. • Make sure the lid is on tight! • Shake the jar or bottle and watch all the objects interest. Follow up/ De-brief 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. Examples: -Distressing events -Losing a game -Missing friends -Winning a game -Getting frustrated with a parent or sibling -Scary stories on the news -Sick family members -Positive events -Spending time with family -Making a new friend -Getting a good grade -Learning a new skill 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? 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 Delicatessen coconut and/or other small objects to add such as LEGO or beads Food colouring Clear glue Hot (not boiling) water Spoon or stick to mix	
Review	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- A 'One shot' session for Cubs	Session length	45 minutes	Yoga- Core Strength & Relaxation	
Session Aim				
<p>Demonstrate how Yoga can be used to support both physical and mental health through practice, engaging in exercise and providing focus through both breathing and physical activities.</p>				
		Activity	Time	Resources
Energizer – Game <i>Relaxing & flexing our muscles</i>	Air Writing <ul style="list-style-type: none"> Bring the group together to form a circle, ensuring that everyone has plenty of space around them. Next, ask the group to begin marching on the spot. Whilst marching, ask the group to write their names using each of the following body parts: 1) Right finger 2) Left finger 3) Right elbow 4) Left elbow 5) Right foot 6) Left foot 7) Right shoulder 8) Left shoulder 9) Nose Conclude by asking group members to draw an object using a selected body part- you may wish to perform this task one at a time so the group can guess what is being drawn. 		Suggested time: 10 minutes Large playing space	
Introduction	<p>Explain that the activity just completed was about centering ourselves, concentrating on a task and limbering us and relaxing us through a physical activity.</p> <p>Now explain how physical activity can be beneficial for both our physical and mental health- exercise makes us feel good and can add to healthy living. Exercise is also an important activity for us mentally, it can provide focus and, in some instances, help us quiet our minds. The following two activities will demonstrate this.</p>		Suggested time: 5 minutes	
Activity-Practical <i>Mindful breathing/ Relaxing ourselves</i>	Deep breath in, slow breath out This activity will demonstrate how to control our breathing and use this as a technique to calm us down and quiet our minds. <ul style="list-style-type: none"> Standing in a circle, ask everyone to settle and be quiet. Ask everyone to close their eyes and picture a calming image. Ask everyone to take a deep breath and hold it for 5 seconds- counting this out if you feel it would help. Next ask everyone to exhale- slowly- over a count of 5 seconds Repeat a number of times to demonstrate how mindful breathing can be a useful tool to help quiet our mind and centre us- explain that this technique is also used in Yoga- the next activity the group will undertake. 		Suggested time: 5 minutes	
Activity-Practical <i>Healthy activities/ Calming ourselves</i>	Yoga for beginners Yoga is great for stretching and for relaxation. It can build up our core and encourage us to quiet our minds and centre ourselves. Discuss these things with the group and check that everyone is happy to proceed. Please do not attempt Yoga poses if you have any neck or back issues. <ul style="list-style-type: none"> This activity is ideal to be completed in an outdoor setting on a grassy area, if delivered on a wooden floor please use mats or blankets. Before beginning the activity, bring the group together and complete some warm-up activities for a total of 5minutes, arm and leg circles, shoulder rolls etc. 3 Yoga Poses will be completed- Easy, Tree & Sleeping poses, with instructions on how to do each found below this session guide. Ensure you are comfortable in demonstrating these then support the group if/ when they require it to complete each pose. Finish the activity by discussing how the group found the experience, do they feel any benefit from undertaking the activity and did they experience any calming and centering feelings from completing the Yoga poses. <p>*Please see a link in the resource box for completing Yoga Poses for those who may have a physical disability.</p>		Suggested time: 20 minutes Suitable space Mats/ blankets/ pillows if required Guide to Yoga Poses <i>Easy/ Tree/ Sleeping (found below)</i>	*Yoga poses for those with a disability
Review	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	



Easy Pose

This is the simplest of all poses – try this before trying any others.

How to do:

- Sit up straight with your legs crossed.
- Place your hands on your knees, palms facing up.
- Balance your weight evenly on the bones of your body you are sitting on.
- Keep your head, neck, and spine aligned all the way along your body.
- Lengthen your spine – without stiffening your neck.
- Relax your feet and thighs.
- Hold this posture for 30 seconds.
- Release and change the cross-legged position.

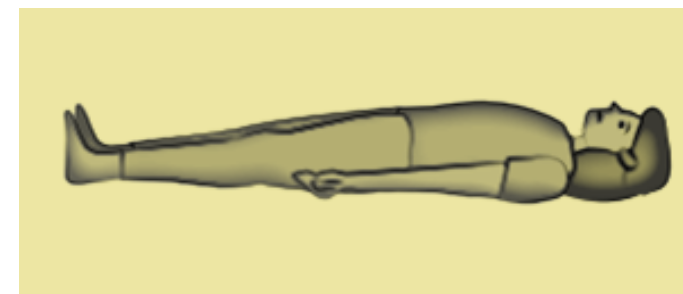


Tree Pose

Establishes strength and balance in the legs, like a tree

How to do:

- Begin the posture with the mountain pose. Legs and back straight, hand by your side. Distribute your weight evenly across both feet.
- Shift your weight to your left foot. Bend your right knee and lift your right foot.
- Place your right foot on your left inner thigh.
- Press your hands together above the head.
- Gaze at a point about 1.5 meters away.
- Hold the position for 30 seconds to a minute.
- Return your hands to your chest and then lower your right leg.
- Repeat it on your left leg.



Sleeping Pose

Don't underestimate the art of relaxation. This can be a challenging pose and requires patience.

How to do:

- Lie on your back with your legs straight and arms at the sides.
- Rest your hands about 15cm away from your body.
- Keep your eyes closed, and palms faced upwards.
- Let your feet drop open.
- Breathe normally while resting your body's weight on the ground.
- Slowly exhale while relaxing and de-stressing all your body parts.
- This is the best relaxing yoga pose for young people.