



HEALTH & WELLBEING A 'ONE SHOT' SESSION FOR SCOUTS



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	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.	Suggested time: 20 minutes	Jar or bottle that will not leak liquid	
Communication / Teamwork / Leadership	<ul style="list-style-type: none"> 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. 	Suggested time: 20 minutes	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	<p>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</p> <p>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.</p> <p>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.</p>	Suggested time: 5 minutes		

Health & Wellbeing- A 'One shot' session for Scouts	Session length	40 minutes	Wellbeing & mindfulness		
Session Aim					
Engage group members in exploring methods and actions to take that will increase our wellbeing and make us feel good in ourselves.					
		Time	Resources		
Energizer – Activity <i>Mindful breathing technique</i>	Breathing Together <ul style="list-style-type: none"> Ask the group to get into pairs and find some space across the den. Ask each pair to sit back-to-back, sit up straight and gently close their eyes. Tell the pairs to slowly breathe in through their nose and count 1, 2, 3 in their head Hold the breath for 1, 2, 3 and slowly breathe out through their mouth and count 1, 2, 3 in their head. Repeat these steps for at least 3 minutes and ask the group to think about the following questions which you as facilitator should ask: <ol style="list-style-type: none"> How can you tell that your partner is breathing? Did you breathe at the same time as your partner? What does their breath feel like, is it fast or slow? What feelings did you feel while breathing with your partner? Do you feel closer to your partner after doing this exercise? 		Suggested time: 10 minutes Large, quiet space		
Introduction	Explain that the activity just completed is to do with mindfulness, taking time out to stop, be calm and reflect on ourselves and the world around us. Being mindful can help us understand and develop our own positive mental health. The next activity will involve other ways that we can feel good about who we are and identify other methods and activities that attend to our general wellbeing.		Suggested time: 5 minutes		
Activity-Craft/ Discussion <i>Exploring actions and activities that make us feel better</i>	Chatterbox- adapted from youngminds.org.uk This activity will encourage youth members to talk about feelings and get them to share their ideas. Games, puzzles, or activities can also help focus a young person, making them feel comfortable talking about something for the first time. Chatterbox, delivered in a group setting, allows youth members to share ideas with each other. To make the Chatterbox: <ol style="list-style-type: none"> Cut out the chatterbox chat template out along the 'outside dotted lines'. Flip the template over so the blank side is facing up. Fold diagonally in half (starting from the bottom left corner, fold your chatterbox so the bottom left corner meets the top right corner), making a triangle and crease the edge well. Unfold the chatterbox and do the same thing but starting with the bottom right corner (folding the activity picker in half diagonally). You should now have a creased point in the middle. Stay on the blank side and fold each corner so the points meet in the middle. Your chatterbox will now look like a smaller square. Using the Chatterbox to have a conversation: <ol style="list-style-type: none"> Slot your thumbs and first fingers under the flaps of the chatterbox and find a partner to start chatting. Pick one of the words on the flaps e.g., feelings/talk/physical/wellbeing and spell this out while moving your index fingers apart from your thumbs for letter one, then your right hand digits away from your left hand for letter two etc. Continue in this pattern until you have spelt out the chosen word. Look inside the chatterbox at the numbers available and pick a number. Count the numbers while moving your fingers in the same way as above. Look inside the chatterbox at the numbers again – pick another number. This time unfold the flap and share the answer to the question or statement underneath. Finish the activity by reflecting on the conversations had and asking if anyone has learned anything new to look after their own wellbeing.		Suggested time: 20 minutes Chatterbox template Video showing how to fold a 'Chatterbox'		
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		

CHATTERBOX TEMPLATE

	<p>1</p> <p>Who is somebody you trust to talk to when you are worried?</p>	<p>2</p> <p>What is one thing you are looking forward to?</p>	
<p>8</p> <p>What is something you tell yourself to feel positive?</p>	<p>3</p> <p>What is a kind act that you could do for someone else?</p>	<p>4</p> <p>What is one new thing you would like to try?</p>	
<p>7</p> <p>Name something you can do to feel better and grow your wellbeing</p>	<p>6</p> <p>Where is a favourite place to go and relax?</p>	<p>5</p> <p>What things do you do to keep busy?</p>	