

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 you 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.

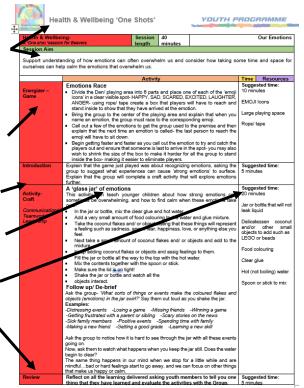
The first column describes what the activity is and what the **associated learning** will be.

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.







Review

Health & Wellbeing 'One Shots'



Health & Wellbeing Session 40 Wellbeing & mindfulness A 'One shot 'session for Scouts minutes length **Session Aim** Engage group members in exploring methods and actions to take that will increase our wellbeing and make us feel good in ourselves. **Activity** Time Resources **Breathing Together** Suggested time: Energizer -10 minutes Ask the group to get into pairs and find some space across the den. Activity Ask each pair to sit back-to-back, sit up straight and gently close their eyes. Large, quiet space Tell the pairs to slowly breathe in through their nose and count 1, 2, 3 in their Mindful breathing head technique 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: 1. How can you tell that your partner is breathing? 2. Did you breathe at the same time as your partner? 3. What does their breath feel like, is it fast or slow? 4. What feelings did you feel while breathing with your partner? 5. Do you feel closer to your partner after doing this exercise? Explain that the activity just completed is to do with mindfulness, taking time out Suggested time: Introduction to stop, be calm and reflect on ourselves and the world around us. 5 minutes Being mindful can help us understand and develop our own positive mental 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. Chatterbox- adapted from youngminds.org.uk Suggested time: **Activity-**20 minutes This activity will encourage youth members to talk about feelings and get them Craft/ to share their ideas. Games, puzzles, or activities can also help focus a young **Discussion** person, making them feel comfortable talking about something for the first time. Chatterbox template Chatterbox, delivered in a group setting, allows youth members to share ideas Exploring actions with each other. and activities that To make the Chatterbox: make us feel 1. Cut out the chatterbox chat template out along the 'outside dotted lines'. better 2. Flip the template over so the blank side is facing up. Video showing how to fold a 'Chatterbox' 3. 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. 4. 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. 5. 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: 1. Slot your thumbs and first fingers under the flaps of the chatterbox and find a partner to start chatting. 2. 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. 3. 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. **4.** 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.

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



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CHATTERBOX TEMPLATE

