

HEALTH & WELLBEING A 'ONE SHOT' SESSION FOR VENTURES





SFNI Programme Team 2023



Health & Wellbeing 'One Shots'



Introduction

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.

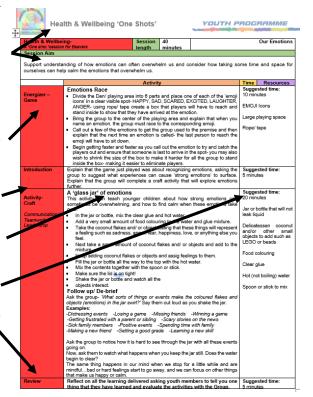
The first column describes what the activity is and what the **associated learning** will be.

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.







Health & Wellbeing 'One Shots'



Health & Wellbeing-Session 45 Music & Wellbeing A 'One shot 'session for Ventures minutes length **Session Aim** To explore the influence music can have on our lives and show how it can be used as an effective tool to help energize and motivate us; and used to lift our mood if we are feeling down. **Activity** Resources Time Suggested time: Musical Chairs – with a twist Energizer -15 minutes Musical chairs is a classic party game, and you might say that older youth Activity members are beyond playing such a party game- however this version has a Large, quiet space twist- NO CHAIRS Set up a number of Hula Hoops (instead of chairs) in the centre of the playing **Hula Hoops** Follow the traditional rules for the game, eliminating a player who does not A device to play a 'high enter a hoop and removing a hoop after each round. octane'/ dance song Now you can mix it up, set up the playing space again, but this time explain that 'pairs' must enter the hoop; you could suggest that only 'left feet' should be in the hope- anyone with their right foot in is eliminated; players must raise the hoops over their head- so on and so forth. This activity is to inject some fun and movement into the session and introduce how music can get us up and moving and bring us joy. Developing further the role music plays within our lives, explain that the next Introduction Suggested time: activity will help the group hold a discussion about 'what music' means to us. 5 minutes How it makes us feel and how it can be a useful tool to use to help motivate us and lift our moods if we are feeling down. Suggested time: **Music Magpies Activity-**20 minutes This activity provides a great opportunity for youth members to reflect and Craft/ recognize songs and music that impact and hold relevance to them and which **Discussion** can be used to help centre or lift their mood. Mobile phone/ Bring the group together and ask them to tell you how much does 'music Exploring how computer/ laptop factors in their lives'. This should start a brief conversation about how music music can be speakers can have the power to motivate us, encourage us, remind us and give us a used to motivate lift when we need one. and/ or help us Now ask everyone to compile a 'song list', selecting one song that responds reflect and center to the following headings: ourselves 1) A song that gets me dancing... 2) A song that makes me smile... 3) A song that reminds me of a loved one... 4) A song that I can exercise to... 5) A song that makes me calm... With playlists created, randomly select a volunteer and work across any of the 'A song....' Headings, finding it and playing a snippet. Ask why they selected this song, how it makes them feel and if they wish to share the relevance and importance of the song to them. Repeat this until every member in the group have shared and listed to a snippet from at least two of their songs. Close by emphasizing how listening to music we love can play an important part in lifting us when our moods are low, help us when we find ourselves overwhelmed and relax us when we need to take some space away from our busy lives. Reflect on all the learning delivered asking youth members to tell you one Suggested time: Review

thing that they have learned and evaluate the activities with the Group.



5 minutes