

Title: Trails and Ways – Hike Buddies

Section : Cub Scouts

Place : Nature

Duration : 5-6 hours (including the review)

Participants : Cub Scouts



SPICES – Learning Objectives

Intellectual – Be able to set myself challenges with realistic goals.

Spiritual – Demonstrate an appreciation and care for the environment around me.

Spiritual – Develop my relationships, interactions and connections with others.

Overview

- This hiking activity is designed to create an awareness and appreciation of nature and the environment. It also covers setting realistic challenges and goals and recognises the impact that participants' actions can have on others and nature, whilst striving to achieve your own goals.
- The purpose of this activity is to promote empathy as this helps youth members to avoid engaging in harmful behaviours and makes them more likely to recognise them and report them where appropriate.
- The Six will have a Hike Buddy. Each Six creates a log of their hike (could be written / audio / photo / video log). This should focus on the appreciation and respect of nature, the environment and others.
- It should also include the impact that striving to achieve their own goals can have on others.

Activity Objectives

- Demonstrate an appreciation and care for the environment and people around us.
- Taking care of and respecting others, Hike Buddies and other Cub Scouts.
- Sharing experiences.
- Setting realistic goals for yourself while considering the abilities of others (Cub Scouts with less experience or different abilities).

Materials

- Pens, paper, markers for written log.
- Camera or mobile device for recording a audio / photo /video log (a facilitator will be required for this option).
- Hike Buddy for each Six.

Description

- Cub Scouts and Scouters should plan the hike/activity taking abilities etc into account.
- Each Six should have a Hike Buddy for the Six, it could be a stuffed animal, Scout Stave, special neckerchief or another item that is relevant to the Six. During the planning explain to the Cub Scouts that while on the hike each of them will take responsibility for looking after the Hike Buddy.
- This responsibility is shared by all members of the Six, each of them must take a turn in looking after the Hike Buddy.
- The Hike Buddy is the tool through which they express their feelings during the review of the activity.
- The log should cover the goals that the Cub Scouts set and achieved; while recognising the possible impact these could have on their peers.

Tweaks

- The activity can be adapted to the local environment that is accessible to the Cub Pack and the ability of the group.
- A canal or river walk, a forest trail or even a local park or treasure hunt.
- It could also be spread and developed across multiple hikes or activities.

Review

- Each member takes a turn to input into the log and say what they thought of the hike.
- This should include the aspect of being responsible for someone besides themselves (the other members of their Six and their Hike Buddy).
- The Cub Scouts write, draw pictures or do a verbal (digital) review of the Hike Buddy's experiences on the hike. Questions could include:
 - Did you have a good time?
 - What did you do with the Hike Buddy that others didn't (have lunch together, shelter from the rain)?
 - Did you and the Hike Buddy help another Cub Scout on the hike?
 - Did the Hike Buddy find the hike difficult or challenging (in what way)?
 - Did anyone offer to help if you or the Hike Buddy had difficulties?
- Please add additional questions that may be relevant.
- Review can be focused on the Hike Buddy's perspective or the Cub Scout's personal experience (whichever is most comfortable for each individual). Can be done within the Six or full Cub Pack.

Notes

Be mindful of what emotions might be expressed by the youth members through the Hike Buddy.