

# Title: I CARE, WE CARE

## Paracord Buddies

**Section:** All sections

**Place:** Anywhere

**Duration:** 30 minutes – 1 hour

**Participants:** All sections



### SPICES – Learning Objectives

Emotional – Know that my feelings can affect what I do

Emotional – Understand what makes me feel the way I do. Be aware that my feelings are normal and can change

Emotional – Understand that others have feelings

### Overview

- This activity is designed to enable youth members to show their emotions without actually saying how they feel.
- Discussion around the reasons why they made their choices could be explored during activities at any time after they have been made.
- It can also be used to promote discussions around emotions and feelings.
- Scouts, Venture Scouts and Rover Scouts may not wish to make the Paracord Buddies for themselves, but they could assist with Beaver Scouts and Cub Scouts as the younger ages will need assistance.
- It is important that no one feels left out so it would be important to have some Paracord Buddies spare in case a youth member has difficulty making their own.

### Activity Objectives

- Create an awareness of feelings and how to express them, even without words.
- Recognise that others may not always feel the same as you do and that this is OK.
- Know how to look after others if they are unhappy.
- Be aware that feelings can change depending on what a person is doing and who they are with.

### Materials

Paracord and beads (optional)

Instructions on how to make them -

[How to make a paracord buddy](#)

**Description:**

- Prepare the lengths of paracord in advance for the younger sections.
- All Scouts/Scouters involved in the activity should practice in advance
- Talk about feelings during the activity or follow up at your next activity when everyone is wearing their Buddy.
- Discuss how we can kind to others if they are not feeling good about a situation.
  - Things that made me happy
  - Things that make me sad.
  - Things I like to do
  - I don't like when people (shout, hug me, touch me)
  - I feel happy when (I am at Scouts, with my friends, in school)
  - You can decide on other questions depending on what you are doing and if you wish to get a particular point across.
- Beaver and Cub Scout would be more directed around naming and visualising emotions involving themselves, family and friends.
- The older Sections should be tasked more with identifying how their emotions can affect their actions and the impact this can have on others.

**Tweaks**

- The paracord buddy can be used as a review tool in the younger sections by pushing the body up or down depending on how they felt about an activity.
- Always ensure you have some spares when going on an activity or using them as a review tool. Someone will always forget to bring theirs or lose them.

**Review**

- This activity should be evaluated by the Youth members once completed e.g. was it fun, interesting etc.
- Are there any outstanding issues that need to be dealt with?

**Notes**

- It is vitally important that this activity is managed very carefully and provides positive engagement for all involved.
- Everyone should have an opportunity to share their dreams/aspirations and express their feelings.