

Title: Safe Scout – Mission Training Day

Section: Cub Scouts
Place: Indoors/outdoors
Duration: Day/overnight or 30 min x 4 activity
Participants: Cub Scouts & Scouters



SPICES – Learning Objectives

Physical - Be active and exercise regularly

Physical - Know my body

Physical - Know what affects my body

Physical - Identify people, places and situations that may threaten my safety and know how to keep safe

Overview

- These activities are structured to help Cub Scouts engage in a fun way at their own level.
- They lead Cub Scouts through knowing and appreciating their body, looking after it to keep it safe.
- The last activity raises Cub Scouts awareness of who they can get help from and how they can help if needed.

Activity Objectives

- Develop Skills around self-awareness, physical, people and environment
- Better understanding of self and others

Materials

- Body map
- Colours
- Mission 2: Images
- Mission 3: Scenarios
- Mission 4: Worksheet

Description

Mission 1: Know Your Body – Scout Systems Map

Challenge: Cub Scouts label and explain how each system helps them in adventure activities e.g. hiking, camping.

- Cub Scouts create a Body systems diagram using a template or free drawing
- Include
 - Bones - structure
 - Lungs - breathing
 - Heart – emotions & blood
 - Muscles – movement
 - Brain – thinking

Link to real-life: what happens if one system is affected (e.g. poor sleep, dehydration?)

Mission 2: Fuel and Factors -What helps, what hurts?

Challenge: Understand how your choices affect our energy, mood, focus and health?

- Cub Scouts work in sixes to sort cards into ‘Positive influences’ and ‘Negative influences’
 - Positive: Balanced meals, fresh air, hydration.
 - Negative: Energy drinks, screen time before bed

Each six creates a ‘Cub Scout Survival Guide’ Poster with Do’s and Don’ts

Mission 3: Scout Spy Missions – Identify threats Show images to safety & know how to keep safe

Challenge: Create their own safety scenarios to test the rest of the group.

- Create a “Choose What You’d Do” games using real-world scenarios:
 - You are home alone and hear a knock on the door
 - You see a friend being bullied
 - You are lost on a hike/activity
 - A stranger offers to help you carry your bag
- Cub Scouts act out or discuss their responses in their sixes
- Introduce the **SAFER Strategy**
 - **Stop** and think
 - **Assess** risk
 - **Fing** help
 - **Express** yourself clearly
 - **Remove** yourself if needed

Mission 4: Who’s On Your Team?

Challenge: Identify their own safe people and networks locally

- Cub Scouts Brainstorm their own Safety Network Map – 5 people they trust (family, teacher Scouter, friends parent)
- Discuss when you might say No and ask for help or walk away.

Tweaks

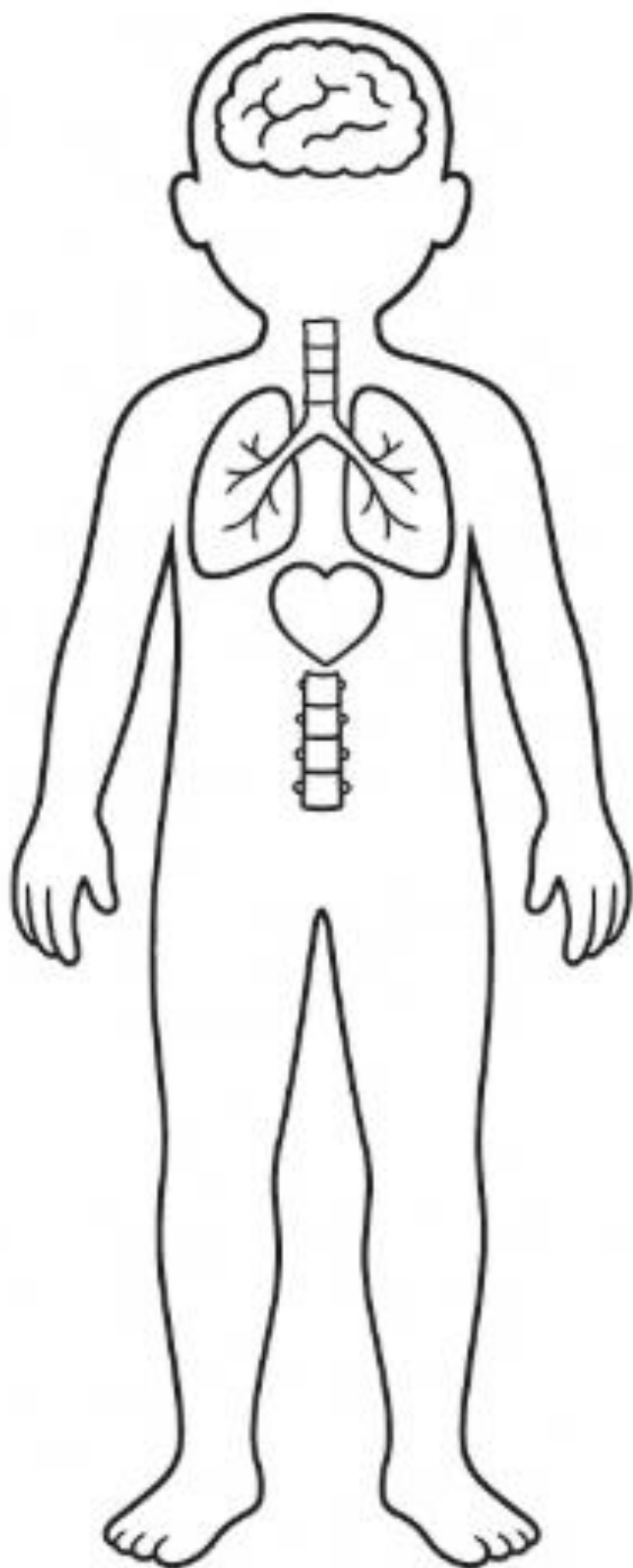
- All activities can be modified to be done in Sixes or Pack. It is possible to run some activities in relay games or choice games like ‘land, sea, shore.’
- Ideally the four missions should be run on the same day but can be split over weekly meeting.

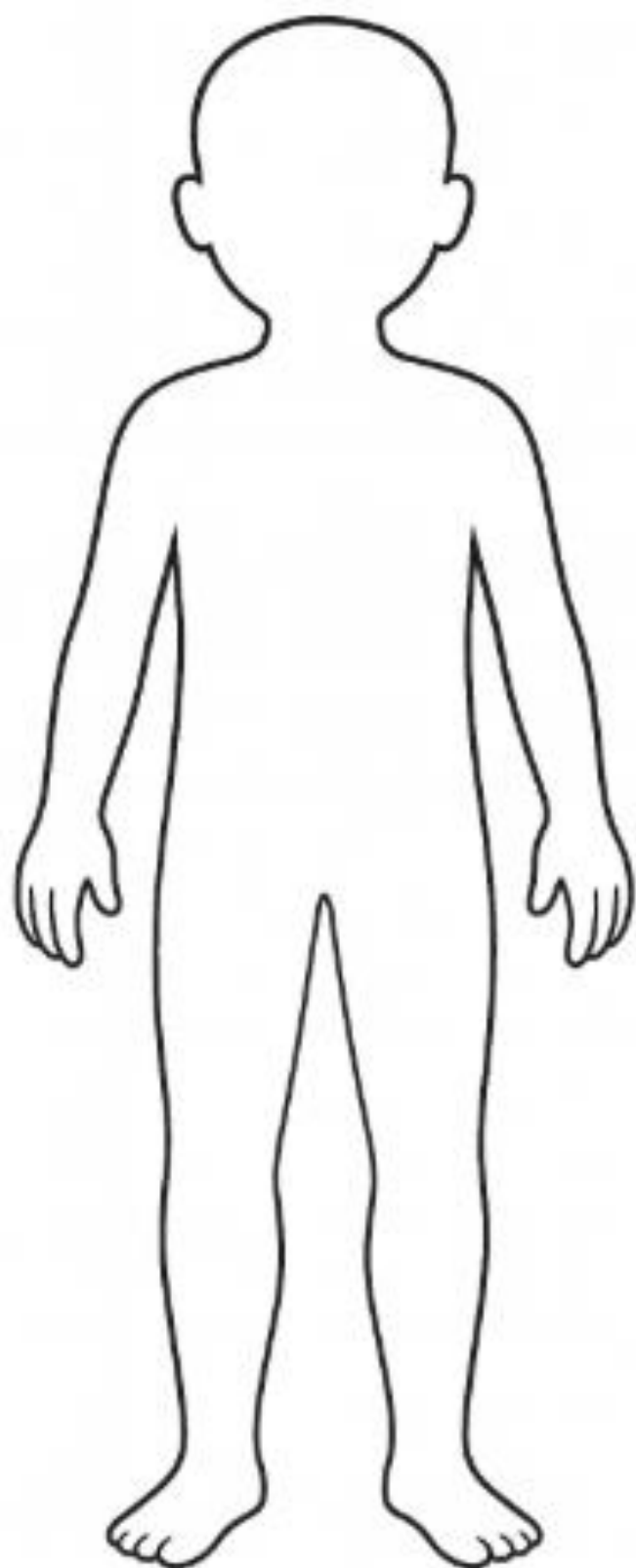
Review

- Some review questions to ask the Cub Scouts?
- Did you have fun?
- Did you think/find of any new people to help you stay safe?
- What things will you do to stay safe?

Notes

- The level at which each Cub Scout can engage with this topic will vary.
- So, working in mixed age and ability will enhance the learning of all. Even the scouters.







Reading Before Bed



Breathing Exercise



Healthy Snacks



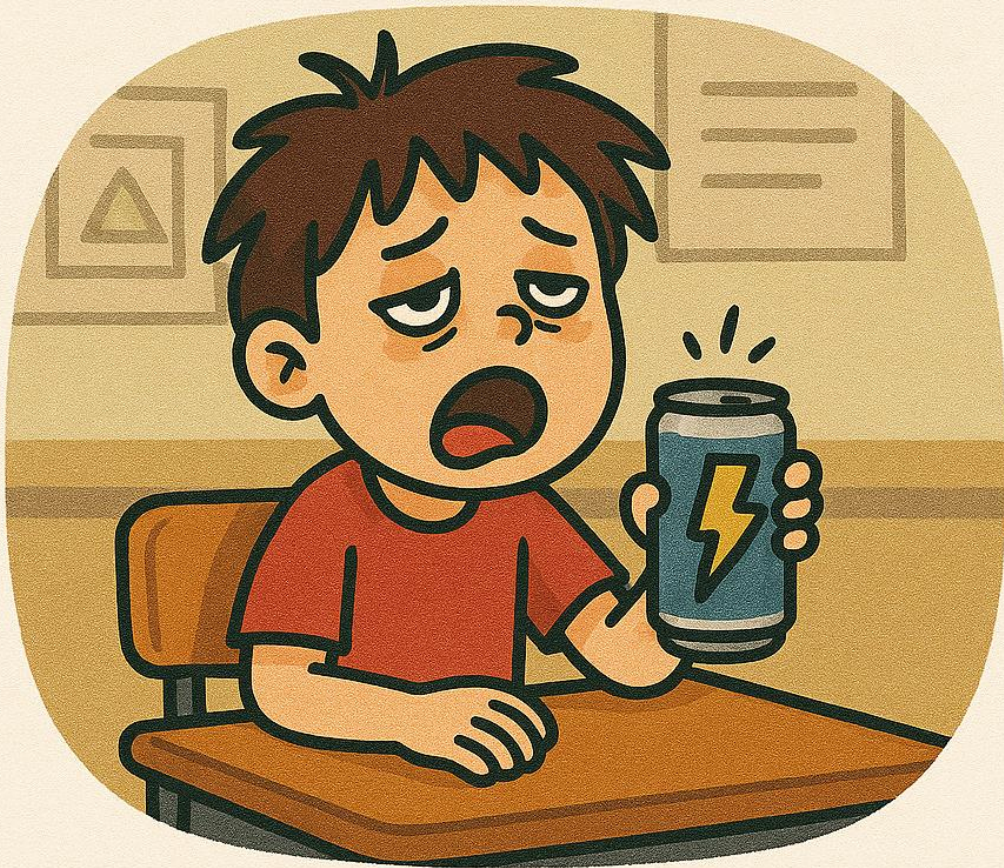
**Too Much
Sugar**



**Skipping
Breakfast**



**Screen Time
Before Bed**



Energy Drinks



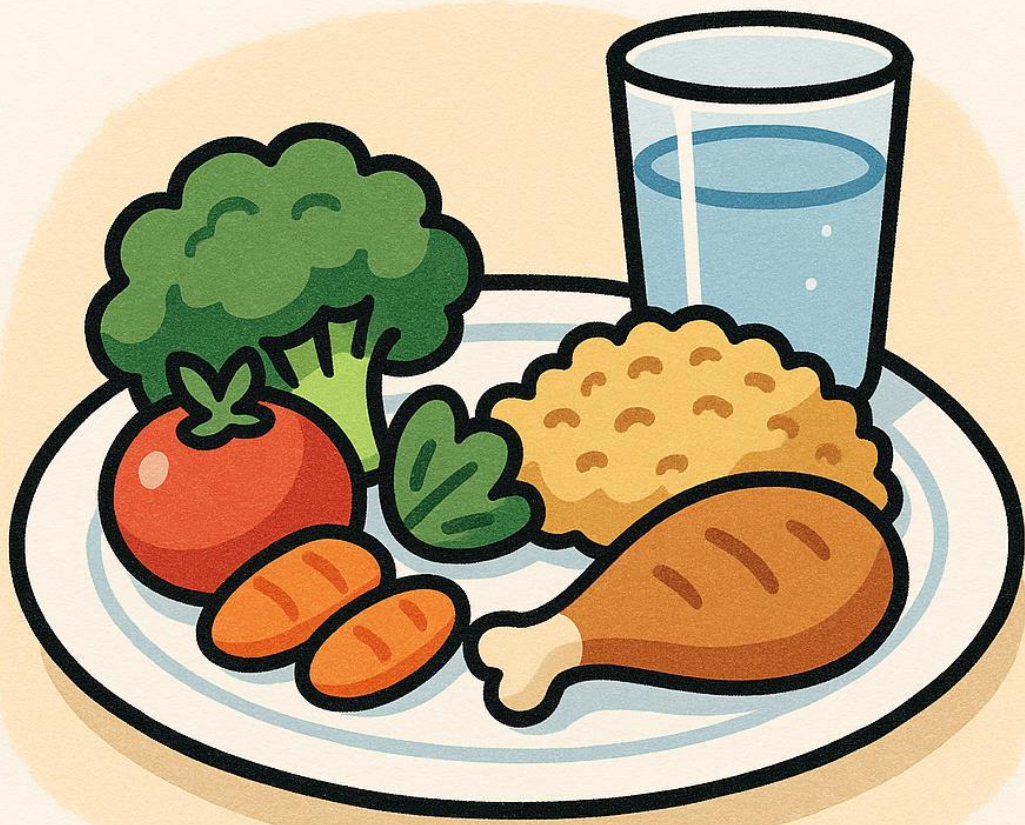
Early Bedtime



Hydration



Fresh Air



Balanced Meals

■ ■ Who's On Your Team? – Safety Network Map

Challenge: Think about the people around you who help keep you safe. Write or draw **5 people you trust** who you can go to if you need help.

1. Think of people in your life who make you feel safe.
2. These can be family, teachers, Scouters, coaches, neighbours, or a friend's parent.
3. Write their name (or draw their face) in a circle.
4. Add more details if you'd like (phone number, where you usually see them, etc.).

	Safe Person	
Safe Person	ME	Safe Person
	Safe Person	
	Safe Person	

■ My Safe People

1. _____
2. _____
3. _____
4. _____
5. _____

Reflection:

- Who do I see most often when I need help?
- Who can I call if I'm not at home?
- Is there someone outside my family I trust?