



Meditation

Creating space and time for oneself is a need that every human has but some times forgets to take. Whether it is a few minutes to relax or to put time into the day to help your mind to switch off. In the land of the "Wild Frontiers" the people knew this importance and created the time to just sit around to relax.



Getting Started...

Plan

- Before going on the next camp talk to the Six about the importance of creating time for oneself
- This can be in a Scout's Own or have a time in the day to relax and unwind
- Ask them about the things that they like to do to relax and if they think they should do anything in the Six on camp

Do

- Some good ideas for meditation on a camp are to create a special tent for just getting away for a few moments
- The tent is normally used on longer camps that need it more than ever
- The tent should maybe have some pictures or slogans hanging up to motivate and encourage
- It is most effective when the people that use the special tent put something in it that helps them to relax and get motivation from

Review

- When the Six comes back from camp sit around with the things that were in the Sacred Space and ask the Six what they thought of them
- It would be good if they think about the next time and what things they could add to the experience

Resources

A small tent (two to three man in size)

Posters and objects that motivate and inspire the Six

Top tips

The Six could also look at doing a Scout's Own based on giving time to reflect on things that they have seen on the camp that amazed them...



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