

SPICES

Social

Be a friend. Understand that everyone is different. Be welcoming and include others in the things I do

Explore how people communicate

Demonstrate my understanding of my own culture. Explore the traditions and cultures in my own and other societies

Understand that it is important that I am considerate and help other

Physical

Be active & exercise regularly

Know my body

Know what affects my body

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

Intellectual

Be open to challenging myself

Learn to make choices and decisions

Be an active participant in a small group

Character

Understand the ideas of right and wrong

Be kind to others and don't do harm

Show that I always try to do my best

Learn about respecting others

Understand what injustice, inequality and conflict are

Experience the power of my imagination and dreams

Know the Scouting Spirit (mutual trust, loyalty, comradeship, empathy and self-motivation)

Emotional

Understand what makes me feel the way I do. Be aware that my feelings

Know that it's okay to talk to people I trust about how I feel

Understand that other people have feelings

Know that my feelings can affect what I do

Understand that everybody is unique and important

Spiritual

Participate in an expression of faith

Experience the beauty of nature

