

Title: Safe Scout – Mission Control

Section: Scouts

Place: Face to face

Duration: 30 minutes – 4 meetings

Participants: 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

- This activity should be introduced as part of leadership development in the Scout section .
- It focusses on body awareness, choices and consequences
- Prompts Scout to reflect on their responsibility for their own and others safety by examining their personal safe network.
- It also provides them with the opportunity to identify safe and trust people in their lives

Activity Objectives

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

Materials

- Performance & Recovery Activity Chart

Description

Mission 1: Body Awareness – Performance and; Recovery Chart

- Scouts complete a performance and recovery chart based on their week.
- Discuss how energy, sleep, stress, and nutrition affect their mental and physical capacity in school, Scouts, and home life.

Mission 2: Choices and Consequences

- Scouts make a collage (either on paper or digitally) of images, media, real life situations or personal choices demonstrating how these can impact their life and health.
- Have a discussion around making informed choices (e.g., alcohol, vaping, late nights, diet) and their real-world impacts.
- Explore short-term vs. long-term effects and how these can impact both themselves and others.

Mission 3: Situational Safety – Critical Thinking

- Scouts review and respond to realistic safety dilemmas in discussion or journaling.
- Include peer pressure, online safety, transport, and helping others.
- Emphasize safe boundaries and support seeking.

Mission 4: Network and Advocacy

- Scouts map their personal support network and role-play how to ask for help.
- Highlight signs someone else may need support and how to advocate or intervene safely.

Tweaks

- Added resource document with games that can be played to aid discussion.

Reivew

- Added resource document with games that can be played to aid discussion
- .Scouts write 3 things they've learned
- List one way tn which they willl use this knowledge in their everyday life.
- Scouts should be encouraged to carry out a personal refection on their own Activity chart.
- Allow Scouts time to share/discuss their thoughts and reflections but do not put pressure on them to do so.

Notes

This activity can be used for a Patrol to set positive health goals at the start or the year with a focus on a personal or group challenge for example climbing Carrauntoohil, taking park in a Moot.

■ Scouts Performance & Recovery Resources ■

■ Weekly Performance & Recovery Chart

Use this chart to track how your week went. Be honest and spot patterns!

■ Day	■ Energy (1–5)	■ Sleep (hrs)	■ Stress (1–5)	■ Nutrition	■ Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

■ Key Discussion Points

■ Energy

- Activities that give energy: sports, outdoors, breaks, fun with friends.
- Drains energy: too much screen time, skipping meals, over-scheduling.

■ Sleep

- Sleep = recovery time for brain & body.
- Lack of sleep → lower focus, mood, and physical ability.
- Bedtime routines help improve sleep quality.

■ Stress

- Normal in small doses, but too much reduces concentration and recovery.
- Signs: tiredness, headaches, irritability.
- Strategies: deep breathing, journaling, talking to someone, exercise.

■ Nutrition

- Fuels the body for school, Scouts, and home life.
- Balanced meals improve focus, stamina, and mood.
- Sugary foods = quick boost but energy crash later.

■ Scouts Performance & Recovery Activity Sheet

■ Game 1: Energy Jenga

Use a Jenga set. Each block represents something that helps or drains performance. When negative factors pile up, the tower becomes unstable!

Positive Factors (Add Stability)	Negative Factors (Remove Stability)
■ Full night's sleep	■ Staying up late on screens
■ Eating a good breakfast	■ Skipping meals
■ Taking breaks outdoors	■ Too much screen time
■ Talking to a friend when stressed	■ Bottling up stress
■ Drinking water	■ Too many sugary drinks

■ Game 2: Sleep Debt Relay

Split into two teams: 'Well-Rested' vs 'Tired.' Both complete the same task (quiz, balancing, or running relay). The 'Tired' team has a handicap (e.g., slower start, extra step). This shows how lack of sleep affects performance.

■ Game 3: Nutrition Plate Sort

Cut out or use cards with different foods. Scouts sort them into categories: 'Fuels Me Well' vs 'Quick Fix.' Discuss why some foods give lasting energy and others lead to crashes.

Fuels Me Well	Quick Fix
■ Apple	■ Crisps
■ Sandwich	■ Chocolate bar
■ Water	■ Soda
■ Nuts/Seeds	■ Energy drink