



# SPICES - Discovery

## ***The Crean Award:***

### **Discovery:**

Show that you understand what is involved in each one of the SPICES

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## **SPICES**

All



## ***The Activity:***

### **Objective:**

*To explore the SPICES*

### **Activity Type:**

Patrol/Troop Activity

### **Roles:**

Activity Leaders





# Plan...SPICES

## The SPICES

Scouting is a special movement that adds **SPICES** to the lives of all of us who take part. These **SPICES** are *Social, Physical, Intellectual, Character, Emotional and Spiritual* aspects of life. This activity is designed to help introduce the idea of the SPICES to the scouts doing their Discovery Award. Of course, it can also act as a reminder for everyone else in the patrol!

The programme in scouting is built around the SPICES. When you are planning and reviewing your activities, you look over what aspects of the SPICES were relevant to each activity.

The activity suggested here is a simple way of exploring the SPICES, but there are also other ways, maybe you can use these as inspiration for your own approaches.

The Aim of Scouting Ireland

To encourage the **physical**, intellectual, emotional, **social**, and **spiritual** development of young people so that they may achieve their full potential and, as responsible citizens, improve society.

Physical   Intellectual   Emotional   Social   Spiritual   Character





## Do...SPICES Patrol Challenge

This is a simple inter-patrol activity to explore the SPICES.

- There will be individual and team tasks.
- The organiser will announce which one of the SPICES the round is about and if it is an Individual or Team Task.
- For the Individual Tasks, the Patrol nominates one person to represent the patrol. Each member can only participate once in an Individual Task, to ensure everyone gets involved.

### ***Social Round: Team Task***

#### *Chinese Whispers*

Play a simple game of Chinese Whispers as an example of good communications. Line the patrols up with every patrol member at least two feet apart. Give a simple message to the first scout and have her or him pass it on to the next member and so on through the patrol. Have the last scout repeat the message. Give a different message to each patrol.

Message Examples:

Mr Murphy was meeting his daughter at 7am by the train station. She was away on holidays in Norway.

Running around trees is more fun than jumping in puddles, but nothing beats going hillwalking.

I heard the Mayo scouts are going on camp to Gilwell Park and the troop from Wexford are going rafting in Kandersteg next year.

### ***Physical Round: Team Task***

#### *Balloon Blow-Up*

Give each patrol a standard plastic carrier bag and several balloons, at least one per scout. Then, have the patrols race to blow up the balloons and fill their bags.



#### *Balloon Volleyball*

Use the balloons to play a simple game of Volleyball. Set up a court with two patrols playing either standing or on their knees. You have plenty of spare balloons if one bursts.





## Do...SPICES Patrol Challenge

### ***Intellectual Round: Individual Task***

#### ***Lateral Thinking Puzzles***

Give a puzzle to each of the patrol representatives. Have them think over it for a few minutes and write an answer. If they are stuck, they may confer with their patrols. Do this two or three times.

Example Puzzles:

Puzzle: How could a person fall out of a twenty-story building onto the ground and live?

Solution: The person fell out of a ground floor window.

Puzzle: How can you throw a ball as hard as you can, and make it stop and return to you, without hitting anything and with nothing attached to it?

Solution: Go outside and throw it upwards.

Puzzle: A woman had two sons who were born on the same hour of the same day of the same year. But they were not twins. How could this be so?

Solution: They were two of a set of triplets

### ***Character Round: Team Task***

#### ***Moral Dilemma (from psychopixi.com)***

Give out the moral dilemma and have the patrols discuss it and reach a decision. After a few minutes, have each patrol offer their opinion.

#### ***The Overloaded Lifeboat***

Mike is on a cruise when there is a fire on board, and the ship has to be abandoned. The lifeboats are carrying many more people than they were designed to carry. The lifeboat he is in is sitting dangerously low in the water – a few inches lower and it will sink.

The sea is starting to get rough, and the boat begins to fill with water. A group of old people are in the water and ask Doug to throw them a rope so they can come aboard the lifeboat. It seems to Doug that the boat will sink if it takes on any more passengers.

Should Doug refuse to throw the rope in order to save himself and the other lifeboat passengers?





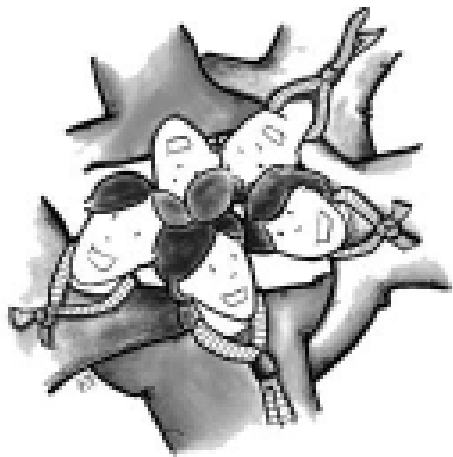
# Do...SPICES Patrol Challenge

## ***Emotional Round: Team Task***

### *Emotional Scenes*

Give each patrol an emotion or feeling, such as Joy, Anger, Interest or Apathy, without the patrols knowing. Then, give them a few minutes to come up with a simple scene or sketch (between 10 and 30 seconds long that must involve all the patrol) that conveys that emotion to the other patrols.

Have each patrol put on their performance and have the other patrols guess the motions.



## ***Spiritual Round: Individual Task***

### *True or Fales*

Explore the idea of personal beliefs by giving the representative of each patrol a question that they can only answer true or false to, repeat it several times so different scouts get a go.

Examples:

- Nature should be used to make jobs, even if it means damaging the natural world
- You should only share when you have enough yourself
- The Scout Law is important in my life
- Sometimes we can't control our emotions
- Violence is sometimes necessary
- If you make your own money you should be allowed keep it all (that is, no taxes)





# Review "SPICES"

## **Social**

- Relationships
- Communication Skills
- Other Cultures
- Community Involvement
- Promise & Law

## **Physical**

- Eat Well
- Personal Hygiene
- Balanced Lifestyle
- How Body works
- Physical Limitations
- Health Choices
- Access Help

## **Intellectual**

- Achieving Goals
- New Ideas
- Learn from Decisions
- Team Member

## **Character**

- Promise & Law
- Friends & Friendships
- Plan before do
- Ensuring Fairness
- Respect
- Differences & Views
- Following Dreams
- Live the Scouting Spirit

## **Emotional**

- Aware of feelings
- Asking/Giving Help
- Responsibility for Emotions
- Controlling Emotions
- Going Further
- Beliefs & Values
- Developing Talents

## **Spiritual**

- Promise & Law
- Impact on Environment
- Reflection
- Changing Beliefs





# Review

**What went well?**

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**What could have gone better?**

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What word comes to mind for each of the SPICES?

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**Patrol Review**

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***What will we do next?***

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