



# SPICES Cards

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

**Discovery:**

Badges and SPICES

**Endurance:**

Planning  
Patrol Activity

**Terra Nova:**

Patrol Activity

**Polar:**

Self Awareness  
Patrol Activity

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## **SPICES**

Intellectual

## ***The Activity:***

**Objective:**

*To explore the SPICES and how you can use them in your programme*

**Activity Type:**

Patrol/Troop Activity

**Roles:**

Activity Leaders





## SPICES Cards

This activity helps you look at how you can make the SPICES part of your Patrol and Troop Programme. It is an easy game that can be used to help you review and plan some activities.

### **Preparation:**

1. Print off the a set of the next six pages for each Patrol in the Troop, or if you are doing it as a Patrol enough for each scout.
2. Cut up each set and mix all the cards up and make a pile with all the cards for that set. Do not mix the title SPICES cards up with the rest, put them on top of the pile.

### **Doing:**

1. Explain the activity to everyone. Each Patrol or Scout will have a set of cards. They will make a row

With each of the SPICES title cards. Then, they will look through the rest of the cards and assign them to one of the SPICES by put them in a line under that card. For example, the card discussing feelings or dealing with emotions goes under Emotions or one talking about eating well goes under Physical, and so on.

2. When doing it as a Patrol you will need to discuss where you will put each one. Come up with a system to help you do this, make sure everyone has an input. It is about reaching a consensus, not deciding as quickly as possible.

3. Then, have Patrols or Scouts compare how they sorted them. Did everyone agree? Were some ones more difficult to place? What about ones which one patrol put under one of the SPICES but another Patrol put under another of the SPICES?





## SPICES Cards

4. In patrols, think back over some recent activities and look at how any of the ideas on the cards were part of those activities. Think carefully about this, as sometimes the links may not be very clear. For example, if you have done any of your Emergencies Adventure Skill Stages you probably know how to call the emergency services; or when you were on camp you would have planned an a balanced menu. See how many of the ideas you an link to activities.

5. Take the remaining cards, the ones which you haven't touched on in your programme. From these pick one from each of the area of the SPICES and see if you can think of an activity that would incorporate these ideas. For example, you have a card about helping in your community so you could plan a community project or if you have the

card about being responsible for your actions give everyone in a patrol a small job for the next meeting.

### **Review:**

1. On the back of a card, have each scout write down a number form 1-5 showing what they thought of the activity. 1 being that wasn't great and 5 being that was really helpful. Then, have scouts line up according the number they give.

2. Ask a few of the scouts to explain why they gave it that number. Can those you gave 1s or 2s think of a way it could be improved? Can those how gave it 4s and 5s think about ideas they could use for other activities?



**SPICES Title Cards**

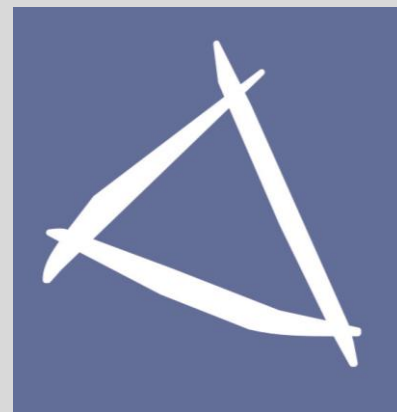
**SOCIAL**



**PHYSICAL**



**INTELLECTUAL**



**CHARACTER**



**EMOTIONAL**



**SPIRITUAL**



You need to make  
an effort to be a  
good friend

I like learning  
about how people  
live and spend  
their time in other  
countries

It's important to  
learn another  
language

I try to have a  
balanced diet  
(most of the time)

Communicating  
what you really  
mean can be  
difficult  
sometimes

I try to do my best

I help out in my  
neighbourhood

I wash my teeth at  
least twice a day

I have an outdoor  
hobby or play  
sports

Never lift more  
than you can carry

When helping plan  
a patrol activity I  
search online for  
ideas

I like being coming  
up with new ideas

I can do amazing  
things

I know how to call  
the emergency  
services

There are different  
ways of doing  
everything

Sometimes things  
don't work out the  
way you want  
them to

I have role/job in  
my Patrol

The Scout Promise  
and Law are  
important to me

Planning makes  
activities better

When I'm nice to  
people they are  
nice to me

Sometimes it is  
really helpful to  
think out a  
problem

I try hard to be a  
good friend

When everything  
is divided equally  
things run  
smoothly

I can disagree with  
someone and still  
get along

On different days, I  
have different  
feelings

What I do, I am  
responsible for

When I try harder,  
I can do new  
things

I try to follow the  
Scout Law

Getting help when  
you need it is a  
great idea

Sometimes it's  
good to count to  
ten in your head  
before responding  
to someone

Sometimes I can  
be wrong

I think about how  
my actions affect  
the natural world



Taking care of the environment is not just about recycling (although that is really important)

Sometimes things happen and they change how I feel about things

Trying your best to live a healthy life is important

I have a contribution to make to my patrol

I sometimes think about how there can be more to the world than just things we can see and touch

You are always a Scout

It is important to feel respect and to help others feel respected too

The natural world is amazing



# 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/Creativity
- 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





## **SPICES**

How can the SPICES help you run your programme?

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## **Planning**

Which one of the SPICES would you like to organise an activity on?

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## **Patrol Review**

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

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