



## *Polar Award: Self Awareness*

For your Crean Polar Award, you need to ‘Carry out an analysis of yourself’ and ‘Make a presentation to the Patrol Leaders’ Council about what you have learned during your time in Scouts’. These are good exercises in self awareness.

### **SPICES Review Sheet**

One good way for you carry out an analysis of yourself is by using the SPICES. Considering how you have progressed towards the different parts of the SPICES is a good self reflective exercise. A ‘SPICES Review Sheet’ helps you think about how you have developed in the SPICES (there is a blank one at the end of this resource). When using this sheet, you should think about what is involved. It is not a tick the box exercise, but an honest assessment of whether progress was made in an area or not. One way of looking over the SPICES is to focus on practical examples. For example, think about making new friends in scouts, or how you got to know each other better on camps. These examples relate to the ‘Relationship’ item from the Social area. A sample list of questions and ideas are listed on the following pages.

### **Presentation**

Give a short presentation, maybe using a photo collage or a slideshow, that sums up some of the main things you learned in scouts. Pick a number of important events rather than presenting a long list; for example, a picture of you leading your patrol on a hillwalk is better than talking about mapping and hillwalking skills. Also, make it lively by telling some fun stories and sharing good memories. After you do your spices review its over to you to be creative about how you want to present your scouting journey!





## ***Polar Award: Self Awareness: SPICES Practical Review Questions***

### **Social**

Did I develop my relationship with those around me?

- Did I make new friends during scouts? Did I meet other scouts? Did I help in the community? Do I know your patrol members?

Did I improve my communication skills?

- Do I share your opinions? Do I contribute to the planning of activities? Do other people understand what I mean when I talk to them? Does the Scouters and other PLs explain things properly? Do I ask questions when I'm uncertain? Did you try a different communication method?

Did I accept, respect, and learn from other cultures?

- Did you meet people from another country or culture? Did you enjoy finding out about how life is different in other places? Is important to know about your culture and other cultures? Did run an international or an intercultural activity? Are you learning another language?

Was I involved in my community?

- Do you volunteer in your area? Do you participate in other clubs or organisations? Do you help other people? How is your community a better place because of what you do? Do you do community service of environmental projects? Are you involved in other organisations?

Did I apply the Promise and Law in my everyday life?

- Does the Promise and Law matter outside of Scouting? Do you try to help others? Are you respectful of other people and the environment? How are you a Scout? Do you hold yourself to a high standard? Do you treating yourself, your body and others with respect?

### **Physical**

Did I eat well to play (and scout) well?

- Did you plan and eat a balanced diet? What are good foods to eat in the morning? What types of food should you avoid? Do you plan balanced menus for camp? Do your menus suit the activity?

Was I aware of my personal hygiene?

- Do you notice when you need to wash? Why is it important to wash your hands? Do you clean up after yourself? On camp, do you have systems/rotas so that cleaning and washing is completed?





Did I maintain a balanced/active lifestyle?

- How much active exercise do you get? How much time do you spend online or watching TV? Did you get much sleep? Do you use Special Interest Badges and Ad Skills to pursue activities?

Was I comfortable with how my body worked?

- Could I do everything I wanted to? Were some things harder to do than others? What are my skills, are they different to my friends' skills? Do you understand that all bodies are different and that some people have special needs? Do you talk about body image and the pressure to look well?

Was I aware of my physical limits and those of my Patrol?

- Did we try anything we thought might have been unsafe? Did we consider the capabilities of each patrol member when assigning roles? Are you conscious of health and safety? Are you responsible for what you do? Do the PL & APLs think carefully when assigning roles? Is your programme conscious of abilities and conditions when outdoors?

Did I know the health consequences of my lifestyle choices?

- Why is it important to live a healthy life? What are the negative outcomes for leading an unhealthy life? Is what I do today important to my health? What are the positive outcomes of a balanced lifestyle? Can you get external speakers in to talk about healthy lifestyle?

Did I know how to access help if/when a problem arose?

- Can I call the emergency services? What practice issues may prevent that? How do I recognise when someone is hurt, upset or behaving oddly? When should I tell another scout or a scouter about a problem I'm having? Are you comfortable to telling other scouts or scouters about an issue?

## Intellectual

Did I know what information I needed to achieve my goals?

- How do you plan and prepare for an activity? Where do you find out about places you are visiting or things you want? Who is a good person to ask about scout stuff? How do you research programme options? How do you find out about programme ideas? How do you learn new skills?

Was I open to new ideas and ways of learning?

- Did I try a new activity or game? Do you have a varied programme? Do you learn from books or by doing things? Does your patrol make its own plans? What is a good way to learn new skills?





Did I develop creativity, imagination, innovation and try new ideas?

- Did we do something exciting and different? Did we get to use our imaginations or problem solving skills? Did we do things in a new way? Did you ever design or make patrol boards/signs/flags? Can you tell a good story? Have you tried a Skills Special Interest Badge in art, crafts, or music?

Did I learn from the decisions I have made?

- Name a good thing you decided? Why did that work? Think of a bad decision, what happened? What could you do differently? Do you think before you do things? Do you review activities before planning new ones?

Did I work as a team member?

- What was your role in the activity? How did it help? Did you do what was asked by the activity leader? How could your patrol work better together? Is everyone involved? How can we help everyone get involved?

### Character

Did I live the Promise and Law?

- What does the Promise and Law mean to you? Should I do things differently with my non-scout friends? What scout values are important? Are they just words? Do you have a troop code of conduct?

Did I value my friends and friendship?

- Am I good friend? What did I do to make and maintain friendships? How can you be trusted? Are you there for people? Do you stand up for your friends? Why is it important to talk about things with people?

Did I think before I did anything?

- Do you just leap into some things? Why might thinking something through be a good idea? Must everything be done straight away? Do you plan activities? Do you consider all the options before acting?

Did I ensure fairness to everyone?

- Did everyone participate in the activity? Were all the roles spread out amongst the patrol? Do you feel you were treated well? Does the patrol run well? How can you avoid cliques and favouritism?

Did I treat others with respect?

- What is respecting someone? How can you make sure you respect people? Are you treated with respect? Do you listen to others? Are all the patrol included? Are you friendly to all scouts and scouters?





Did I learn how to deal with difference, and other people's views?

- What do you do when you disagree with someone? How do you resolve an issue? Are you always right? How do you correctly resolve arguments?
- Can you respectfully disagreeing?

Did I have a place to follow my dreams?

- What are my ambitions? Do you have an exciting programme? Does imagination help you? Do you have a creative and adventurous programme?

Did I live the Scouting Spirit?

- What is a Scout? Am I a scout? How would a scout behave? What does the scouting spirit look like on an activity?

### **Emotional**

Was I aware of the feelings I experienced and their affect on my life?

- How do your feelings influence your behaviour? How do you express your feelings and ideas? How did my feelings affect the activity? What happens when you are happy or sad, angry or tired?

Did I show I wasn't afraid to ask for and give help?

- Is it hard to ask for help? What is the down side of asking for help? Can I recognise when my patrol members need help? Why it is important to get help when you need it? Do you know that asking for help isn't a weakness but a strength?

Did I take responsibility for my emotions?

- Did I behave well? Did I do something I wasn't proud of? How do I deal with my feelings? What happens when I make a bad decision? Is being angry or upset an excuse for misbehaving? How do I express my emotions?

Did I control my emotions?

- How do I express myself? What happens when I have very strong feelings? Do I get angry? Do I cry? What happens then? What's a good way of avoiding and resolving conflict?

Was I prepared to challenge myself and strive to go one step further?

- How does your programme challenge you? Was there a point at which you were thinking of giving up but didn't? Could your patrol do better? Did you encourage others? How does your PL and Scouters help you challenge yourself?





Was I open to changing in my beliefs and values?

- What are the really important things in my life? Are my family and friends more important than other things? Does scouts help me appreciate things I have? Do I have things other scouts don't?

Did I show my individuality by developing my talents?

- What is my role in the patrol and troop? Do people know what I am good at? Did I show how I can contribute to the programme? Is there a skill I can teach others? Does everyone get a chance to contribute to the programme?

### **Spiritual**

Did I demonstrate that I live the Promise and Law?

- When did I live the Promise and Law? Do I think about them when I am doing things? Can it be hard to live them? Think of some practical examples.

Did I ensure that I have a positive impact on the environment?

- How did your programme make the environment better? Did we follow the principles of Leave No Trace? Did the environment matter in our programme? How do we make our meeting space and homes as environmental friendly as possible?

Did I reflect on the wonder of God all around me?

- Was there an opportunity to think about some 'big questions'? Did we have time for reflection? Did we think or talk about God or a greater spiritual reality? Did you have a Scouts' Own?

Did I reflect on my experiences and they change my beliefs?

- Did we take time to stop and reflect on the programme? Did anything important happen for me? Would I do things differently or act differently?



# SPICES Review Sheet

Name: \_\_\_\_\_

## *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



# SCOUTS