



# Darkness into Light

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

### **Discovery:**

Troop Activity

### **Endurance:**

Promise & Law

Patrol/Troop Activity

### **Terra Nova:**

Patrol Involvement

Patrol/ Troop Activity

### **Polar:**

Promise & Law

Patrol/Troop Activity

## ***The Activity:***

### **Objective:**

To participate in a local Darkness into Light event

### **Activity Type:**

Troop Activity

### **Roles:**

Activity Leaders

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## ***SPICES***

Social

Character

Emotional





## Plan: Darkness into Light

### **What is DiL?**

*Darkness Into Light* is a national fundraising and awareness event for Pieta House, which is a centre for the prevention of self-harm and suicide. The event helps support the work of the centre and raise awareness of mental health.

### **What do we do?**

Participants get sponsorship to do a 5km walk/run in the early morning. These events are organised across Ireland.

### **Where is it?**

There are local events organised in all counties. Check out: [dil.pieta.ie/venues](http://dil.pieta.ie/venues)

### **How do we get involved?**

Register online for your local event and get sponsored by your family, friends and community.

### **Where can I find out more?**

All information and details are available on: [dil.pieta.ie/](http://dil.pieta.ie/)





## Do: Darkness into Light

### Step 1:

Check out the information on *Darkness into Light*. Discuss it with your patrol.

### Step 2:

Register for the event and plan getting sponsored.

### Step 3:

Look at your Crean Awards and Special Interest Badges and see how you can use the event and preparations to make progress in your badge work. Organising the patrol's participation and preparations might make a good Community Special Interest Badge for a scout.

Involvement in the event will also assist in working towards the learning objectives in the Social, Character, and Emotional areas of the SPICES.

### Step 4:

Raise awareness about the event and your participation. Have family, friends and neighbours sponsor you.

### Step 5:

Plan the logistics to getting to the event and getting up early! Maybe, you could stay in your meeting place that night?





# 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





# Review

## Darkness in Light

What did you get out of this event? How was it different to scout events?

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## Patrol Review

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## What can we do next?

