



Scouter's Edition

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

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

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/





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?

Patrol Review

What can we do next?





Scouter Notes

Darkness into Light is a great community and social event that raises awareness around mental health issues. In supporting patrols participate, a scouter should ensure that the patrols are registered and give advice on getting sponsorship.

When reviewing the activity, help the scouts look at the entirety of the process from deciding to partake, to getting sponsorship, to the actual event. If a scout is arranging it for their Special Interest Badge, have them look at how they organised the patrol and coordinated with others.

In reviewing the activity, learning objectives from the **Social**, **Character**, and **Emotional** areas of the **SPICES** maybe relevant to this activity. Discuss different areas with the scouts, see which one resonates most with them.

From the **Social** area, community involvement is applicable to this activity. *Darkness into Light* is a communal event that brings people together in support of a very good cause. Suggest the scouts reflect on how participation in such events is important for a community and for raising awareness of mental health issues. Also, is it important for other people to see that scouts are getting involved?

In the **Character** area the event/fundraising give scouts a practical way of living the scouting spirit. Get some of them to think about the link between *Darkness into Light* and the Scout Promise and Law.

For the **Emotional** SPICES area, the event could be a good way for scouts to think about their feelings and how they affect their lives. Also what did they learn about their own feelings and others' by participating in the walk?

