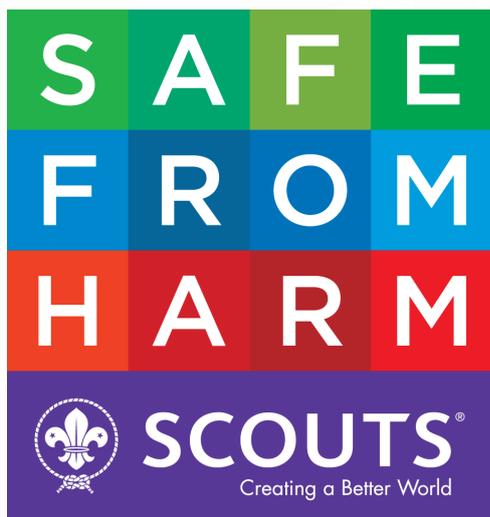




Wellbeing in scouting events



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Wellbeing in scouting events
April 2024

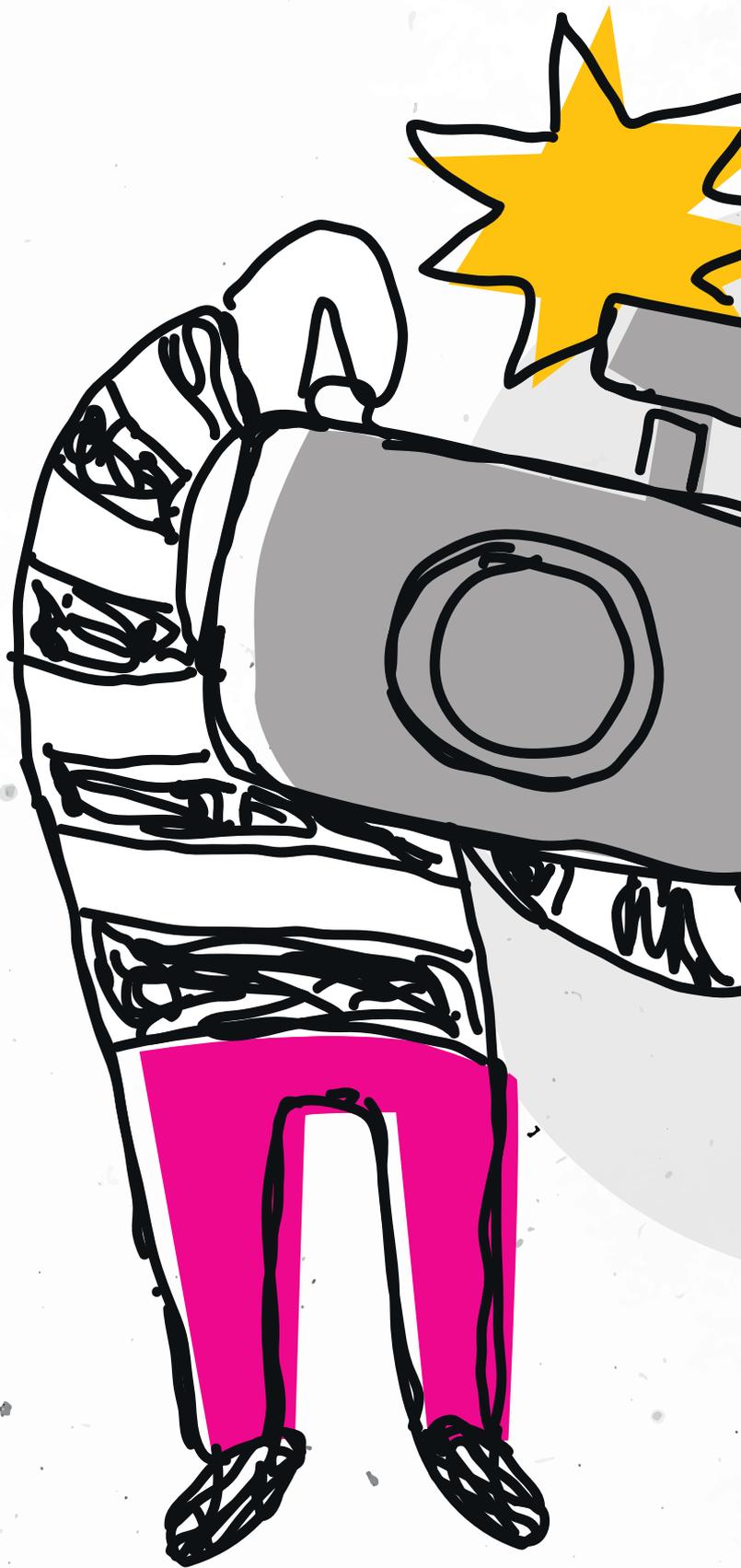
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Mental Health and Wellbeing team
Education Area of Operation, 2022-2025





WELLBEING IN SCOUTING EVENTS

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BACKGROUND

In alignment with Sustainable Development Goal 3 (SDG3) on Good Health and Wellbeing, our Regional Wellbeing Events Checklist serves as a proactive contribution to this global agenda and embodying core principles of Safe From Harm in Scouting. Providing the right environment for individuals to safely and comfortably participate in Scouting, we are able to ensure the conditions for full personal growth (Social, Physical, Intellectual, Character, Emotional, and Spiritual).

Aligned with WOSM Safe From Harm Principles and Diversity & Inclusion priority, our checklist identifies key area to consider or implement for wellbeing. Recognizing wellbeing as multidimensional, encompassing complete physical, mental, and social wellbeing, we emphasize its importance as a fundamental right.

HOW TO USE THIS CHECKLIST?

You should use this document to support and proactively promote wellbeing at in-person Scouting events. The first part of the checklist is to ensure you systematically assess and integrate wellbeing considerations across events.

The second part provides practical tips and examples to promote a positive experience for participants.





PROGRAMME



Have you prepared common agreements (eg. working language, quiet time, etc.) that your event is going to follow? Have you thought about having “no work” breaks in the agreements?



Have you checked that everyone at the event is comfortable and able to follow the schedule? Have you published an event programme in advance?



Have you checked that all activities are culturally sensitive and allow flexibility for different cultural needs?



Have you included enough time between activities so participants can change rooms, take a short walk, meditate etc.? Have you planned to offer some of those activities in between the breaks?



Have you dedicated time for (optional) morning activities that help people start the day (meditation, yoga, nature walk, swimming, running groups etc.)?



Have you specified which activities are part of the main event and which are optional (Evening/morning activities, open agenda spaces)?



Do participants have enough unplanned/unprogrammed time for a minimum 9 hours sleep?



Have you created a feedback procedure and informed participants about it? Is feedback procedure easily understandable?



Have you planned to check how participants are feeling during the event (daily check-in)? And do you have a mitigation plan for it?



VENUE



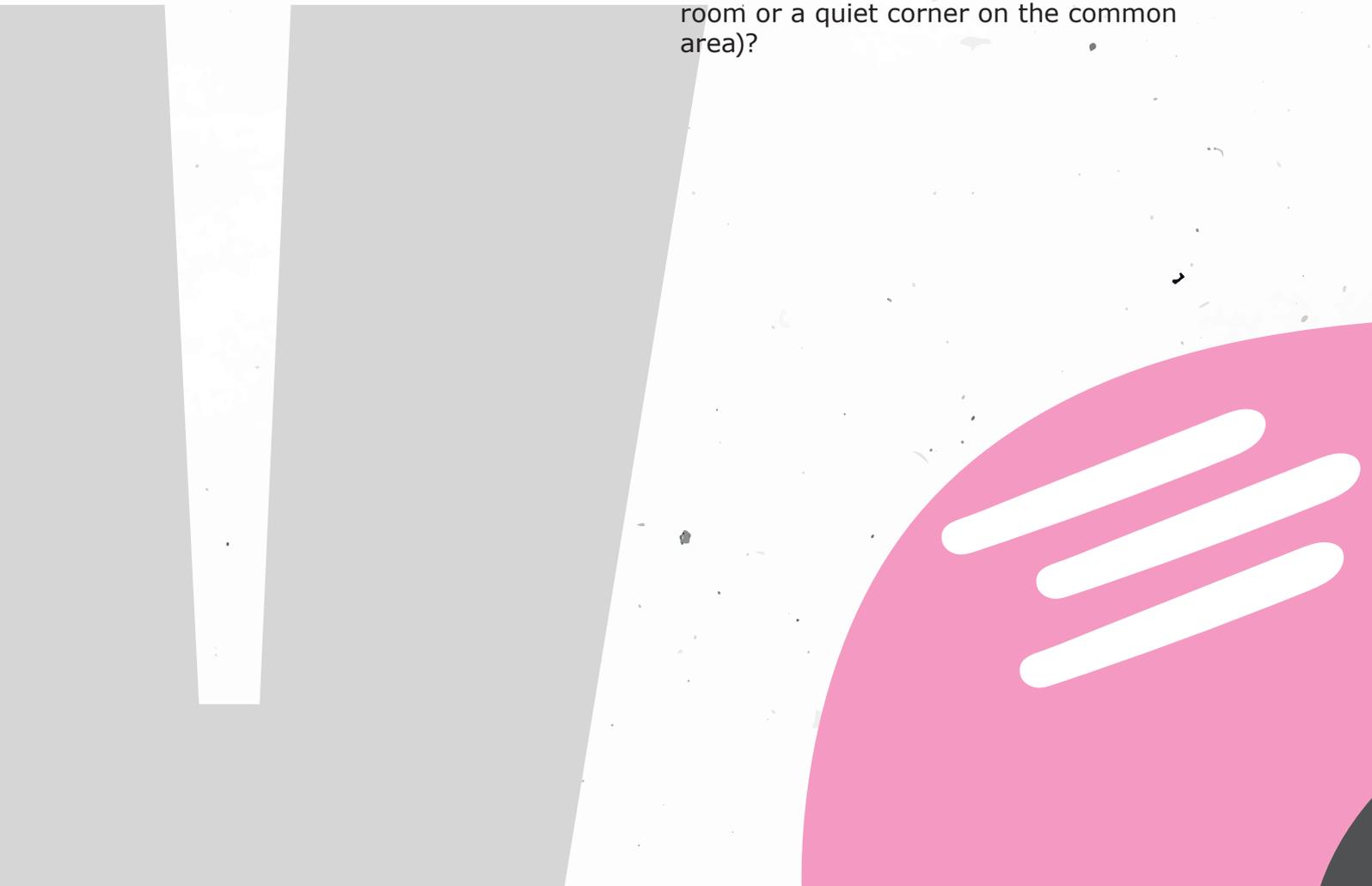
Have you placed your event near nature (forest, park, meadow...)?



Have you dedicated space to host optional morning activities (yoga, stretching, meditation)?



Is there a dedicated quiet/safe space in which participants can take a break, practice mindfulness, have a nap or seek listening ear support (separate working room or a quiet corner on the common area)?



LOGISTIC



Have you checked the nutrients and proportions in your meals?



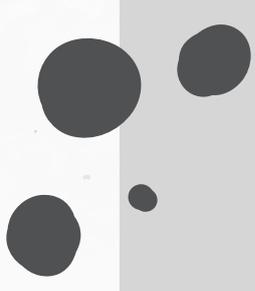
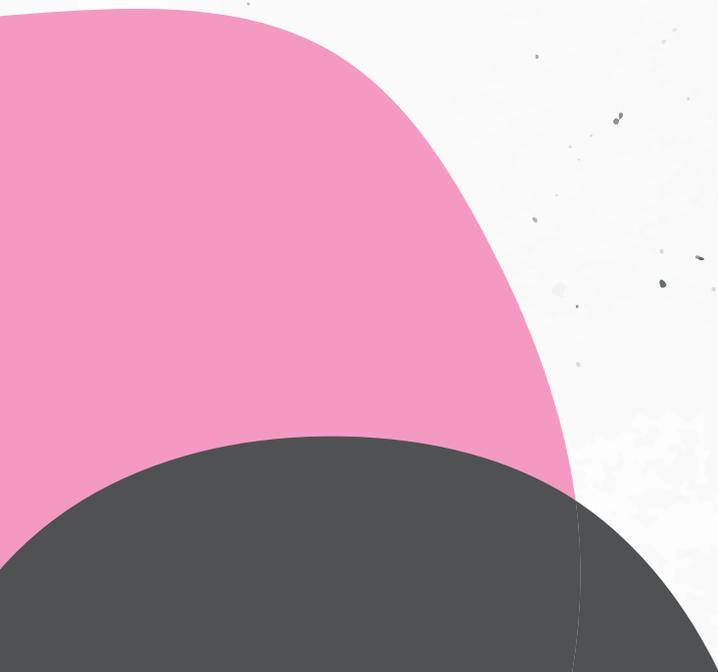
Have you done your meal planning according to the activities of that day?



Are there easily accessible and readily available water stations throughout the venue?



Have you asked participants prior to the event if they have any additional support or personal needs? Do you have a plan in place to support these individuals and ensure their inclusion in the event?



LISTENING EARS (LE) FRAMEWORK

- Have you created a team of listening ears?
- Has the team completed the LE training and knows the LE procedures during the event?
- Have you informed participants about the LE procedures during the event?
- Have you dedicated a space for LE team?

SFH PROCEDURES



Have you created an event code of conduct? Do all participants know and understand the code of conduct?



Have all participants completed a SfH eLearning, including external guests?



Do your participants know how to report any SfH concerns?



Have you chosen an emergency contact or appointed a case management team for SfH breaches?



Have you asked your participants if they need adjustments before the event?



Have you then followed up on how to implement any adjustments?



PRACTICAL TIPS

Examples of small things you can add during the event to make it caring for different needs of your participants.

VENUE

SECURE



Quiet/safe room for prayers, meditation, with silent music and cozy places to sit, possibly with warm light. Make sure the silence is obeyed in the room.



Room for private conversation – it can be secured corners, separated from the room



Wellness station – place with instructions and items for activities and games (board games)



Change locations of the activities



Go outdoors for sessions, use nature



Separate spaces for work and meals



Include sport and games in the timetable

INSIDE

-  Natural light if possible
-  Plants décor to add some greenery
-  Use comfort items, blankets, cushions
-  Diversify snack so that everyone has something they like (sweet, savory, healthy)
-  Separate spaces for work and meals
-  Include sport and games in the timetable

WELLBEING REMINDERS

-  Inspiring quotes around the venue (including unexpected areas)
-  Friendly timetable for the event
-  Posters with questions

"HOW ARE YOU DOING TODAY?"

**"AT THIS HOUR YOU SHOULD ALREADY
DRINK 1L OF WATER"**

-  Provide single rooms if possible



ACTIVITIES

INDIVIDUAL TIPS FOR PARTICIPANTS

- Practice a power pose - stand confidently for two minutes, it boosts your self-esteem
- Hydrate - drink a glass of water
- Listen to an uplifting song recharge your energy level
- Have some physical exercise - do 1000 steps after lunch
- Practice short breathing exercise (<https://www.tinypause.co.uk/4breathmoment>)
- Do very short meditation activities (<https://www.tinypause.co.uk/>)
- Do some group activities: make funny facial expressions - laugh together; let your feelings out - scream, sing, paint or dance together
- Learn tongue twisters - learn someone a tongue twister in your language (e.g. She sells seashells by the seashore)
- Pantomime and act your emotions
- Try to tense and relax different muscles in your body (arm, leg, etc)
- Thank you note - write a thank you note, expressing gratitude can increase your own happiness

-  Do some digital detox - spend a few minutes away from screens, enjoy the silence
-  Have a no screens meal - no screens allowed at the meals
-  Have some 5-minute journaling - write down thoughts, feelings, gratitude, etc.
-  Positive affirmation cards exchange - write a positive affirmation on a card and swap it with someone
-  Emoji mood board - share an emoji that best represents your current mood
-  Compliment circle - give a compliment to the person in circle (or on your right)
-  Nature sounds listening - listen to a natural sound (or go outside if it is near the park or even forest)
-  Do some eye yoga, eye exercises
-  Gratitude wall - create a wall where people can leave what they are grateful for

DO NOT FORGET TO BRING:

-  Adult coloring books, painting material
-  Stress balls, fidget toys, etc.
-  Sudoku, crosswords, board games

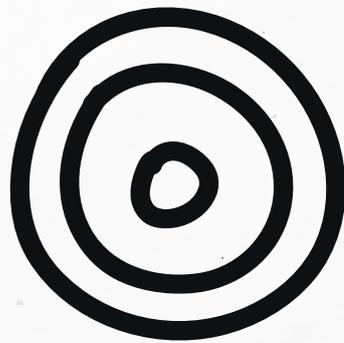
SUPPORTING RESOURCES

Further to this checklist, there are a variety of other resources and materials to assist you in making your events safer and conducive to wellbeing.

- [Child & Youth Safety](#)
- [SfH policy](#)
- Example [Code of Conduct](#)
- Advancing safer space in NFE – [Tips & Tricks for Practitioners](#)
- [Glossary](#) – relevant terms for Safer Space

Should you require any specific support for your Member Organization, you can [request a WOSM service here](#).

NOTES





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