

# Activities for Virtual Section Meetings

## Activity Considerations

### Fun

Why will the youth enjoy this activity? While we always aim to ensure that our activities are not too “school-like”, now more than ever it is important to ensure that activities are a fun change of pace.

### Youth-led

How are the youth involved in the planning of this activity? How can the youth be involved with running this activity? How can you engage the youth to collect feedback for future activities?

### Adventure

Virtual Scouting offers the opportunity to engage with lots of new adventures that are different from the ones you may normally do. How can adventures be modified so that they can be done virtually while still keeping them exciting?

### Engagement—Plan-Do-Review

- How does this activity get the youth involved? In what ways will they do more than just listen (e.g. answer questions, move around)?
- How will youth review the activities and provide feedback?

### Personal Development (SPICES)

How will this activity help youth to engage with the **SPICES**? In what ways might they develop as a result of the activity? How does this activity give youth the opportunity to socialize?

### Accessibility

How can all youth engage with this activity? In what ways can it be modified so that it is at an appropriate level for all youth? How can youth do this activity if they do not have a webcam? How can this activity be done with the supplies they have on hand?

## Activity Ideas for All Sections

### Beliefs & Values

- First and foremost, take time to chat. Youth often value this time to just talk.
- Try doing a mindfulness activity, like **forest bathing**. Take the time to open your window (or go outside) and listen to the sounds of nature around you.
- **Rose, Thorn, Rosebud**—Share a favourite thing, least-favourite thing, and something to improve upon or anticipate.

### Creative Expression

- Youth can build and share projects made with materials found at home.
- Email weekly challenges to all the families in your Section and have youth share photos and videos of their efforts.
- Play Bingo—email Bingo cards in advance, use an online number generator, and share your screen on Zoom to play.
- As a group, choose a **Scouting at Home** theme to explore. Some of the activities may work best outside of the meeting, but many can be done during the meeting.

### Active & Healthy Living

Plan first aid or other **Outdoor Adventure Skill** demonstrations and activities. For example, MedVents can present first aid scenarios to younger Sections and demonstrate first aid; Beaver and Cubs can practise on stuffed animals.

### Environment & Outdoors

Pick **Outdoor Adventure Skills** to talk about and then explore as a Group or independently.

### Leadership

- Encourage and support independent badge activities at home.
- Have a planning meeting with your Section Leadership Team to plot your Section’s online meetings.

### Citizenship

- Find experts who can provide a virtual tour or presentation, allowing live Q&A’s for the kids.
- Share an online Opening Ceremony with the a video of the flag of Canada. Structure the meeting the same as you would in person.

# Activities for Junior Sections (Beaver Scouts and Cub Scouts)



| Program Area                       | Activity Ideas for Junior Sections   |
|------------------------------------|--|
| <b>Beliefs &amp; Values</b>        | Draw pictures or make thank-you cards for essential workers. If possible, arrange for the cards to be dropped off at a hospital, nursing home, fire station or grocery store. Otherwise, you can always put together a video or photo collage and share it virtually.  |
| <b>Creative Expression</b>         | <ul style="list-style-type: none"> <li>• Group songs can be hard (but not impossible!) because of the audio lag.</li> <li>• Make <b>paper airplanes</b>. Encourage independent colouring and share creations at the end of the meeting. Kids can show how far their paper airplanes can fly and what they look like.</li> <li>• Ask kids to prepare and share corny jokes. The laughter is therapeutic!</li> <li>• Plan storytelling activities, and get the kids involved to help build on the story.</li> <li>• Find simple <b>STEM</b> projects that can be done with basic supplies. Send the supply list to families ahead of time. Try the STEM project together during your meeting.</li> </ul> |
| <b>Active &amp; Healthy Living</b> | <ul style="list-style-type: none"> <li>• Plan a scavenger hunt. Create a list of things youth can go find things around the house. The youth really enjoyed sharing their items and telling stories.</li> <li>• Simon Says is an easy way to get kids moving and active. It can be a nice change from activities that require youth to sit.</li> <li>• Run a stretching workout as part of a mini exercise or body break.</li> </ul>   |
| <b>Environment &amp; Outdoors</b>  | <ul style="list-style-type: none"> <li>• With their families, youth learn to identify different plants or animals using a field guide or a nature identification app (like <b>iNaturalist</b>).</li> <li>• Investigate the different trash you have around the house. Try having a zero-waste challenge, and learn about reusing or recycling different waste. Youth can even make trash into art!</li> </ul>  |
| <b>Leadership</b>                  | <ul style="list-style-type: none"> <li>• Show &amp; Tell: take turns showing a skill or an item with the group.</li> <li>• Have youth create cards that say A, B, C and D. Give them multiple choice trivia questions and have them hold their answer up to the camera. You can do trivia for fun, or as a way to review different things you've learned this year.</li> </ul>   |
| <b>Citizenship</b>                 | <b>Zoom</b> offers the option to choose background images. Use different backgrounds and take the youth on a virtual tour all around the world! Encourage youth to upload their own unique backgrounds.  |

# Activities for Senior Sections (Scouts, Venturer Scouts and Rover Scouts)



| Program Area                       | Activity Ideas—Senior Sections  |
|------------------------------------|---|
| <b>Beliefs &amp; Values</b>        | <ul style="list-style-type: none"> <li>• As a group, come up with a plan to support essential workers. Make personal protective equipment or meals, or raise money for those in need. How can you help to make things better for everyone helping to support the world right now?</li> <li>• Myths, legends and scary stories—depending on the group, this can be a great time to do a myths and legends night. Have everyone bring their favourite myth, legend or scary story to the night and share it with the group.</li> </ul>                                    |
| <b>Creative Expression</b>         | <ul style="list-style-type: none"> <li>• Share a weekly challenge to explore a new skill and present it at your next meeting.</li> <li>• Invite your Troop to come up with ideas for a spirit week. This could include cooking their favourite camp meal, going on a walk or dressing in silly outfits! Have the Scouts share photos of each day of their spirit week.</li> <li>• There are lots of games that you can play over video chat. Maybe it's finally time to start the <b>Dungeons &amp; Dragons</b> campaign your Section's always wanted to do!</li> </ul> |
| <b>Active &amp; Healthy Living</b> | <ul style="list-style-type: none"> <li>• Share a yoga session as your group. Invite members to contribute different moves and transitions, or even invent their own.</li> <li>• Practise mindfulness. Discover how to destress and focus on yourself.</li> <li>• Make your own makeshift Zumba! Each member will repeat the previous dance move and add a new one to the mix.</li> </ul>  |
| <b>Environment &amp; Outdoors</b>  | <ul style="list-style-type: none"> <li>• Use your skills to build your best shelter. Show it off during your meeting. For an added challenge, build a shelter in your backyard and sleep in it overnight!</li> <li>• Try making a <b>box oven</b> and cooking something small in it. With some practice, you could even cook a whole meal in it!</li> <li>• Knots can be learned and practised virtually! Which ones can you practise together?</li> </ul>  |
| <b>Leadership</b>                  | <ul style="list-style-type: none"> <li>• Arrange a video chat with another Troop. You can even have an inter-Troop competition!</li> <li>• Patrols can create quiz challenges for each other, or the Troop Leadership Team can create a quiz for the whole Troop.</li> <li>• Facilitate a <b>Youth Leadership Training course</b> (or some of the <b>Trail Cards</b>) for a younger Section.</li> </ul>   |
| <b>Citizenship</b>                 | <ul style="list-style-type: none"> <li>• Go on a <b>virtual tour of a museum</b>. Lots of <b>museums in Canada</b> and <b>around the world</b> offer virtual tours.</li> <li>• Would you pass the Canadian citizenship exam? Test your knowledge about Canada by quizzing your Section with a <b>practice test</b> and see who gets the best score.</li> </ul>  |

