

Berkshire Scouts

Youth Shaped Activity Pack

An activity pack full of youth shaped games, activities, ideas and information to be used by anyone!

#SkillsForLife



Welcome!

Hello!

Thank you for looking at Berkshire Scouts Youth Shaped Activity Pack! Here you will hopefully find some ideas that you will be able to implement into your programme for Sections, Groups and potentially Districts.

Although there are lots of ideas in here this does not restrict your team and young people to only these! Please feel free change them to how you would prefer in order to suit your programme.

We have set out instructions, resources, time required and those Sections we believe they are suitable for. We hope you find this useful, and any comments you may have please find our contact details near the back of this guide.

We look forward to seeing what you get up to!

Berkshire Youth Commissioner Team

Contents

#Youth Shaped	Page 5
District Youth Commissioners	Page 6
How It Works	Page 7
Feedback	Page 8
Forums	Page 9
Section Forum	Page 10
County Youth Forum	Page 11
Section Meetings	Page 12
Parachute Choices	Page 13
Lego Towers	Page 14
In The Middle	Page 15
Take Me Scout	Page 16
Tabling Some Idea	Page 17
YouShape Fund	Page 18
My Hut	Page 19
Mood Box	Page 20
Cool Wall	Page 21
Quarter Ball	Page 22
Programme	Page 23
Idea Factory	Page 24
Role Reversal	Page 25

Contents

Create a Video	Page 29
Cooking Competition	Page 30
Community and Fundraising	Page 31
Michael Nightingale Fund	Page 32
Charity Discussion	Page 33
Charity Fundraising	Page 34
Where Are We From?	Page 35
Local Businesses	Page 36
Camps and Events	Page 37
I Like...	Page 38
Hike / Day Out	Page 39
Miscellaneous	Page 40
Exec's	Page 41
Apprentice	Page 42
My Uniform	Page 43
Ideas Boz	Page 44
Young Leaders	Page 45
Other Resources	Page 46
FAQ's	Page 47

#Youth Shaped



“The more young people are involved in shaping their Scouting experiences the more they will get out of it, and the more likely they are to stay, do well and achieve their top awards.”

Youth Shaped Scouting is all about young people working in partnership with adults in Scouting allowing young people to speak up, be heard, and work towards something they are passionate about.

We want every young person to shape their own adventure, take on responsibility, develop skills, make decisions and influence their Scouting programme and experience.

For more information on Youth Shaped Scouting please visit: <https://members.scouts.org.uk/youshape>

Districts Youth Commissioners

We are looking for an enthusiastic individual or a team of District Youth Commissioners aged 16-25 to represent Youth Shaped Scouting across their District.

This will involve encouraging Young People aged 6-25 to be engaged in the decisions that shape their Scouting experience whilst working with their District Commissioner.

This team or individual will also be supported by the Berkshire Youth Commissioner Team.

If you know someone who would be interested or you would like to find out more information then please contact us at youshape@berkshirescouts.org.uk



How It Works...

This is a straight forward resource which provides ideas for Beavers, Cubs, Scouts and Explorers.

Each of the ideas have been placed in an overall theme to make it easier for you to search for what you are looking for!

There are a range of activities that take 5 minutes, to a whole evening or an ongoing event! Just take a look at the 'Time Required' heading on each page!

To understand which Section each activity would be most appropriate for, look for the section logo in the bottom right hand corner! For example if it is mostly suitable for Scouts and Explorers the page will look like this:

SCOUTS
EXPLORERS

If the activity is suitable for all Sections then the page will look like this:

BEAVERS
cubs
SCOUTS
EXPLORERS

You can find more information and resources at the back of this guide! Any other questions then please let us know!

Feedback

If you would like one of us to help run an activity or to visit your Section then please get in touch using the email below!

There are several ways to contact us and show us what you have done via either email, Twitter or Facebook. We would love to see any photos, videos, text of what you've done as well as how many young people have been involved.

As well, if you have any comments on this guide or any other activities we can put in to share to the rest of the County we would be very grateful!

Contact Details

Email: youshape@berkshirescouts.org.uk

Twitter: [@BerkshireScouts](https://twitter.com/BerkshireScouts) — use #YouShape to share what you have done.

Facebook: [Berkshire Scouts](https://www.facebook.com/BerkshireScouts)



Forums

Section Forum

Aim

Give the opportunity to your Section to discuss between themselves what they would like to do.

Instructions

Organise for a group of young people or the entire section to meet and discuss their current Scouting, what they would like to do in the future and how they can implement this. The forum could involve having a nominated chair of the forum as well as different roles within e.g. Activities, Programme, Media.

Examples of Forums

- Log Chews
- Pack Forums
- Troop Forums

Time Required

However regular your young members would like to meet e.g. Once a term.

Equipment / Resources

- None

How to get the best out of it!

Avoid making it too formal. Instead use activities to make it more enjoyable! Also consider the location. Forums often work better when they are held away from the group HQ.

County Youth Forum

Aim

Give the opportunity for those that are interested to join the County Youth Forum. For those aged 16-25.

Instructions

We know there are lots of people with great ideas at all levels of Scouting. If there are any young people that would like to get involved in the County Youth Forum then please use the contact details at the back of this guide.



Time Required

Normally ran as afternoon or evening sessions! Keep an eye out for details in Berkshire Newsletters, and Facebook Page and District Youth Commissioners! The forum normally takes place a couple of times a year!

Other

[Berkshire Scouts County Youth Forum Webpage](#)

[Berkshire County Youth Forum Facebook Page - Go and Like Us!](#)



EXPLORERS

Section Meetings



Parachute Choices

Aim

A quick game to young peoples opinions.

Instructions

Using a parachute create a dome above everyone's head and get the young people to sit around the edge. A leader will then call out a programme activity. If they like the idea they must swap places with somebody else if they don't like the idea they remain where they are. This quickly shows how many young people enjoy a particular activity.

Time Required

20 Minutes

Equipment

- Parachute

Feeling Adventurous?

Ask the young people to call out the programme ideas, or expand from programme ideas into other aspects of their Scouting.



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Lego Towers

Aim

A quick way to get an idea of the young peoples opinions.

Instructions

Set up a variety of Lego bases and assign a choice to each one. Then give each young person a piece of Lego and ask them to add it to the tower which has the idea they like the most. This is a quick and fun way to get the young peoples opinions on a group of options. It could be used at any point during the evening however one good use is to ask the young people to complete it before they leave to see what they thought of the evenings activities.

Time Required

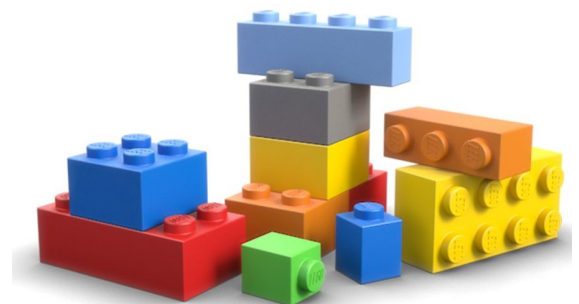
10 Minutes

Equipment

- Lego bricks

Feeling Adventurous?

Have a head to head competition of ideas each week a new idea can be pitched against the winner from the previous week.



BEAVERS
cubs

In The Middle

Aim

A fun game to start an evening and also gather the young peoples opinions.

Instructions

The chairs are set up in a circle and all but one person is given a chair. The person stood in the middle must call out something that they have enjoyed recently this might be an activity or a game or any other criteria which may be set beforehand. If anyone else in the circle liked that activity they must swap places with someone else in the circle. Whilst this is happening the person in the centre must try and get a chair. The new person in the middle must then call out an idea.

Time Required

20 Minutes

Equipment

- Chairs

Take it Further

Consider using this to help plan a future camp or next terms programme by offering the young people the opportunity to show their opinion on the programme.



Take Me Scout

Aim

A fun game to get to know your Young People and which activities they like to do.

Time Required

30 Minutes

Equipment

- None

Instructions

Each young person has one minute to find out as much about the other person as possible with a series of questions. This identifies to find a common ground of which Scouting activities they prefer to do. Once the first minute is up, move onto another Young Person to continue the questions and ideas.

Take it Further

Consider using this to help plan a future camp or by seeing which activity becomes the most popular.



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Tabling Some Ideas

Aim

A game using objects to come up with programme ideas for all Sections.

Time Required

15 Minutes

Equipment

- An array of objects

Instructions

Place a random selection of activities on a table, for example:

- Chocolate Bar
- Chopsticks
- Paint
- Toy Car

Take it Further

Get your Young People to run these programme ideas at the Section meetings to put them into practice!



Using these items, challenge your Young People to come up with programme ideas for all sections, Beavers to Explorers.



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YouShape Fund

Aim

Give the young people more of a say over the way money is spent in their District or Group.

Instructions

Set aside a small amount of money for the young people to decide how to spend it. This may be on group equipment or a trip away. The young people should be asked to present their ideas and assuming the idea is within the budget and feasible the money can then be used to purchase what the young people have requested.

Time Required

Ongoing commitment

Resources

Small pot of money

We don't have any money...

Why not ask the County for a grant from the **Michael Nightingale fund**. The only restrictions on this fund is that the application comes from the young people and is used to benefit the community.



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My Hut

Aim

Allow the young people the opportunity to help design their hut.

Instructions

If you are considering decorating your hut ask the young people how they would like it to look. This could range from discussing the colour of the paint to new furniture.

This will allow the young people to take a greater pride in their meeting place.

Time Required

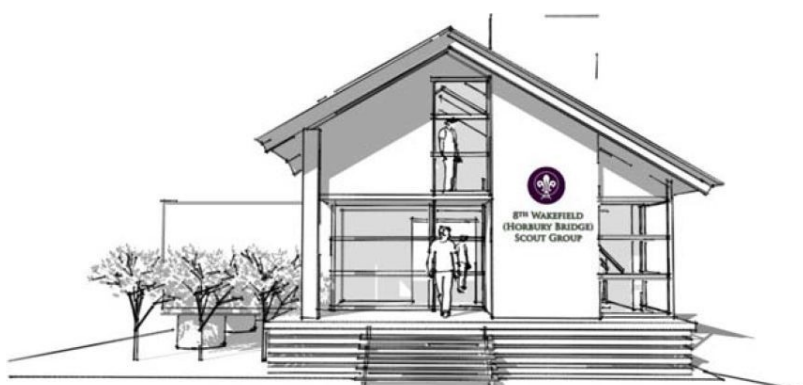
30 minutes or as long as the discussion lasts

Equipment

None

What if we're not re-decorating?

Perhaps you could ask the young people what they would like to display on the boards/walls of the hut instead?



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Mood Box

Aim

Get an idea of the views of the young people in the section.

Instructions

Set up a box in the HQ with a new question each week and two or more answers. Give each young person a ball or token of some kind before leaving each week and ask them to put it in the response which best matches their opinions.

This will allow a quick feedback on any element of Scouting that is chosen that week.

Time Required

Ongoing commitment.

Equipment

- Box
- Balls/Tokens

Take it Further

Allow the young people to decide which questions and topics should be considered in the mood box.



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Cool Wall

Aim

To get the young people providing opinions on different activities.

Instructions

Using either flipchart paper, whiteboards, paper, create 4 categories:

- Sub Zero
- Cool
- Uncool
- Seriously Uncool

With these categories either provide different activities they can stick on each category or get your young people to write down activities for each category.

Time Required

20 Minutes

Equipment

- Whiteboard / Paper / Flipchart
- Pens / Activity List

Feeling

Adventurous?

Try setting a different question such as which activities are better on camp / inside / adventurous activity.



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Quarter Ball

Aim

To get the young people providing ideas in a more informal setting.

Instructions

Split the hut into 4 sections. A ball is thrown into the middle and each team must try to keep the ball out of their section. A leader who is not looking blows a whistle at random intervals and the team left with the ball get a point and must give an opinion/idea about what they would like to do in future meetings. The winner is the team with the least points at the end of the game.



Time Required

20 Minutes

Equipment

- Sponge Football

Feeling

Adventurous?

Try setting a different question at the start of the game such as preferred District events, or next venue for a camp.

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Programme

Aim

To understand the preferences of young people for programme ideas.

Instructions

Place the cardboard boxes at the end of the room with programme ideas attached to each box. A second box with several small balls is placed in the centre of the room. The young people are split into teams and race to get a ball from the box in the centre. They then run to the end of the room and place the ball in the box with the programme idea which they prefer.



Time Required

20 Minutes

Equipment

- Various cardboard boxes
- A box of small balls

Want to make it more competitive?

Try giving each team a certain number of balls. First team to put all of them in a box get to ask a different question at the start of the game such as preferred District events, or next venue for a camp.

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Idea Factory

Aim

Discover which activities the young people would like to take part in.

Instructions

Stick the sheets of paper on the walls around the hut. A leader then calls out a question such as find the activity which you enjoy the most. The young people would then run to that sheet of paper. Keep calling out questions until you have a good idea of the young people's preference. Mix up the questions with others that may not relate to the aim i.e. which activity uses a bow and arrow - Archery.

Time Required

20 Minutes

Equipment

- Various sheets of paper with programme ideas.

Want to be even more Youth Shaped?

Try setting a different question at the start of the game such as preferred District events, or next venue for a camp.



Role Reversal

Aim

Understand what it is like to be a young person in your

Time Required

Whole Evening

Instructions

Ask some of your young people to plan an evening programme. They will then lead this evening at a later date with the adults taking the place of the young people and joining in the activities. The young people may need some support in the planning process and to ensure behaviour is good during their evening but the adults should not take over.

Equipment

- Dependant on the activity the young people choose to run.

Mix It Up?

Ask the young people to plan the evening without telling the adults what the planned activities are until the start of their evening.



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Dragons Den

Aim

Give young people the opportunity to pitch new ideas.

Instructions

Split the young people into small groups and ask them to come up with an idea to pitch to the dragons such as an evening activity. Set a time limit for the preparations and once this is up ask them to present their ideas. Take forward the ideas which would work in your group but if they are not feasible make sure you explain why they cannot be taken forward rather than dismissing them.

Time Required

Whole Evening

Equipment

- Paper
- Pens
- The Dragons
(A Group of Leaders)

Want to be ahead of the game?

Why not let some of the young people be the Dragons as well.



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Future Leaders

Aim

Get young people across your group organising activities.

INSTRUCTIONS

Ask an older Section of your group to organise an activity for your young people. This could be Cubs running sessions for Beavers to an Explorer or Network group running a sessions for other Sections. This will give your young people a chance to see what happens in the older Sections and also provide those older Sections with opportunities to pass on their skills and experiences.

Time Required

Whole Evening

Equipment

- Dependent on the activity.

Struggling to get another Section to run an evening for you?

Why not ask a Section if you can organise an evening for them.



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Talent Show

Aim

Give young people the opportunity to showcase their skills.

Instructions

Ask the young people to think of a talent they have and can showcase to the rest of their Section. The next week the young people should arrive with any equipment they need to showcase their talent and a plan of what they will do. It would be up to them if they want to do this in groups or individually.

Time Required

Whole Evening

Equipment

- Young people to bring the equipment they need.

Want to take it one step further?

Why not ask their families to come and watch the showcase.



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Create A Video

Aim

Give young people the opportunity to showcase their take on Scouting.

Instructions

In either groups or your whole Section get your young people to create a video showing what their favourite parts of Scouting are and what they do from week to week. Ideas could include interviews, activities and events. Either complete this over a month or just one evening.



Time Required

One Meeting— Whole Month

Equipment

- Camera / Video Equipment
- Projector

Want to take it one step further?

Why not make a video that has all Sections from your Group and present it at an event e.g. AGM

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Cooking Competition

Aim

To learn and use cooking skills by taking part in a team cooking competition.

Instructions

Examples could include back woods cooking not using any pots or pans to cook and who can create the best meal. Or a tin can challenge where the Troop/Unit go to the shop and buy as many tin cans for under £10. What you choose is up to you as you're eating it! Then remove the labels to add some mystery. You could compete in patrol challenges for first picks of the mystery food. Then cook it all and serve it up. Whoever has created the best meal wins.

Time Required

Whole Meeting

Equipment

- Cooking equipment
- Food
- Budget

Want to use their skills?

Look and see whether your District has any cooking competitions. If not why not join with another group and have a competition between the two!

Community and Fundraising



Michael Nightingale Fund

Aim

A Berkshire Scouts fund for groups carrying out community work.

Time Required

As long as the discussion takes.

Instructions

Discuss with your young people how they would like to contribute to the local community. If you are able to come up with a viable project which benefits the community you can apply for a £200 grant from the Michael Nightingale fund to get your project started. The only requirements of this money are it must be used for a project the young people have chosen and must be used to benefit the community. Apply by sending a brief summary of the project to michaelnightingalefund@berkshirescouts.org.uk.

Equipment

- None

Take it Further?

Keep an eye out for the Berkshire Scouts community impact opportunities or contact our ACC community impact.



Charity Discussion

Aim

Find out which charities are important to your young people.

Instructions

Ask the young people to think about a charity which is important to them either on their own or in groups and present their charity to the others in the group. This may be anything from a small speech about why the charity is important to a power point presentation.

Time Required

Whole Evening

Equipment

- Potential for a projector depending on how the young people wish to present.

Take it Further?

If the young people find a charity particularly important consider supporting them in the future through fundraising events etc.



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Charity Fundraising

Aim

To choose and fundraise for a charity.

Instructions

Using the previous activity idea choose a charity as a section to fundraise for. Either in groups as a whole Section choose and plan how to fundraise for this charity.

Examples could include:

- Cake sales
- Car wash
- Fun run

Time Required

One or more evenings

Equipment

- Resources depending on the type of fundraising.

Take it Further?

Ask someone to come in and talk about their charity and what they do, and allow for young people to explain their fundraising ideas.



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Where Are We From?

Aim

Discover where the young people are from and their different cultures.

Instructions

Ask the young people to research where their family are from and present a small piece back to the group about the culture of a country or area where a member of their family is from lives or has lived at some stage. This allows the young people to take a large role in shaping the evening as you won't know what cultures will be discussed until the evening.

Time Required

Whole Evening

Equipment

Should be brought along by the young people.



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Local Businesses

Aim

Connect with local business around your area.

Instructions

Why not get your young people organise a 7-a-side football tournament between local businesses? Borrow a local ground to add prestige. Charge each team a modest fee. Ask the businesses to donate prizes and/or items and offers to raffle. Ask spectators for a donation. Award a trophy at the end.



Time Required

Whole Evening/ Day

Equipment

- Depends on the activity, but make sure each member Scouting and business know what they need to do.

Take it Further?

If this was successful why not add more fundraising opportunities such as BBQ, raffle, cake stalls etc?

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Camps and Events

I Like...

Aim

Find out which Group/District events are popular with the young people.

Instructions

Create a short survey for the young people to rate the various activities that you do as a Group or District. This can be as a rating from 1 to 10 and then an option to add a reason why. Also ensure there is a section for them to offer potential new events to the calendar. You can then use these to decide what events should be added/removed in the future. This could be done individually or in groups.

Time Required

10 Minutes

Equipment

- Pens and Paper

Done this before?

Try using this method to answer a different question such as adventurous activities on camp.



Hike / Day Out

Aim

Give young people the opportunity to experience planning and delivering a day event.

Instructions

Using laptops or maps ask your Section where they would like to go. Depending on age, give them a budget for travel and the event if required. Get your Section to plan how they will get there, what they will do as well as food, and timings for the day. This can change depending on age, for example Beavers can plan where they would like to go, and use a map to understand where they could go.

Time Required

A Day / Evening

Equipment

Depending on activity.

Done this before?

Why don't you get your Section to plan a hike or walk for a younger section?



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Miscellaneous



Exec's

Aim

Give young people the opportunity to experience an exec committee.

Instructions

Invite a group of young people in the Group/District to attend the Executive Meeting and present what they have been doing. This will give them the opportunity to experience an Exec and also take an active role in it. This is a good way to get younger people engaged in the governance side of Scouting and may even present an opportunity to have a younger presence at further meetings.

Time Required

An Executive Meeting

Equipment

None

Do you know someone that is aged between 18-25?

Why not ask them to attend the Exec on a regular basis to get an idea of young peoples views, and to put across any ideas from talking to others.

SCOUTS
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Apprentice

Aim

Give young people the opportunity to take a leadership role.

Instructions

Ask a young person to be your apprentice for the month. This is likely to be one of the older members of your Section and they would then join your leadership team for the month. This will provide them with the opportunity to experience a leadership role in Scouting.

Time Required

A Month

Equipment

- None

Want to take it further?

Ask more young people to help out on the leadership team.

SCOUTS
EXPLORERS

My Uniform

Aim

Get the young people to be proud of their uniform.

Instructions

Choose a piece of the groups uniform such as the scarf or a group badge and ask the young people to redesign it. Once a design is chosen make sure it is incorporated into the Group or Section uniform.

Time Required

Various depending on the element of uniform but likely a whole evening programme.

Equipment

- Paper
- Pens



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Ideas Box

Aim

Let young people give their opinions on their Scouting / experience.

Instructions

Set up a table in the corner of your meeting place with a small box, some paper and pens. Let the young people know that there will be an ideas box for anything they want to do or change in the Group and set a regular interval when the box will be emptied and all ideas presented to the young people to see if they should be implemented. This will allow them a say without having to speak in front of everyone.

Time Required

As long as you want but must be emptied and reviewed at regular intervals i.e. each month.

Equipment

A small cardboard box (post box)

Paper

Pens



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Young Leaders

Aim

To continue to support your young leaders

Time Required

An evening, or more if required.

Instructions

Young Leaders are invaluable to Sections and to develop their skills and experience give them an opportunity to run the whole evening with the support of adult leaders. If there are a group this could be completed in this way, or individually if preferred. Using badge work as a guideline get your Young Leader to choose a badge they could run a programme for.

Equipment

- Depending on programme.



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Other Resources

In addition to our resources there are many more available online. Simply click on the purple links!

Scout HQ #YouShape Homepage

More information on Youth Shaped Scouting and #YouShape Month.

#YouShape Postcards

More programme ideas for Beavers, Cubs, Scouts, Explorers and Network

Activity Inspirations

A pack just like this one but from HQ!

'My Youth Shaped Survival Guide'

Ideas on Forum's, responding to silly suggestions, adapting ideas and games.

Wear Their Necker

A factsheet providing information on how to run 'Wear Their Necker'.

The #YouShape Pledge

Information on what is a #YouShape pledge and how to take part!

FAQ's

Does YouShape have to be in a formal set up such as a pack forum?

No, whilst this is a good way to hear the views of young people it is often in more informal settings that you will get more from them so this is also a valid way to take part in YouShape.

How does YouShape benefit me as a leader?

By asking your young people what they want to do you can remove some of the burden of inventing a successful programme as the young people will be able to give you some ideas. These will also be activities which they are interested in so the young people will remain engaged during their Scouting.

I still don't understand what YouShape is, what can I do?

Please feel free to contact the County Youth Commissioner team and we will be more than happy to help.

FAQ's

Do I have to use every suggestion from our young people?

It is important that young people are listened to however we understand that not all ideas will be practical or even popular amongst the rest of the group. Therefore there is no requirement to use all ideas which the young people offer however we must avoid slipping into tokenism in which young people are asked for their opinions but never see any of these ideas used. Therefore please try to implement as many ideas as feasible however if ideas cannot be used then it is important to ensure that the young people feel their ideas are valued even if not used.

I ran an unsuccessful pack forum which resulted in unachievable ideas, what now?

As young people often don't have a large amount of experience in planning or organising programme they may require some boundaries to understand what restrictions are in place. Therefore to make YouShape Scouting more successful with your group it may be better to offer the young people some choices rather than giving them total free range.

Version 4 - October 2018

