

# Planning your Scout's Own

## What is a Scout's Own?

It is a gathering of Scouts which is often theme-based, focusing on personal and spiritual development. It is important to ensure that these reflection events are truly inclusive and culturally appropriate for everyone. Scout's Own gatherings can be led by adults or devised and presented by young people.

## The Format of a Scout's Own...

**Organisation:** a small group of young people or leaders should organise and lead the Scout's Own.

It is a good way to end a camp or other event, but is also an ideal way to address an issue within the section.

**Location:** It is very important that the Scout's Own is held in a quiet place without external distractions that can spoil the atmosphere.

Spaces near trees, water, campfires or even mountain tops are all places can create a good place to focus.

**Atmosphere and Involvement:** it is important that the "feel" of the Scout's Own is right, with everyone knowing what is going on and with everyone calmly joining in. It is good to give as many people as possible an active role in the event.

**Format of a Scout's Own:** there is plenty for everyone to do. Choose to include some or all of the following:

1. Opening thought – introduces the main idea
2. A reading or reflection – to get everyone thinking
3. A simple activity – to engage all with the theme
4. Prayers – to think about things, to be spiritual
5. Music – a suitable song or piece of music
6. Closing thought – to end the activity



Here are a range of ideas that you could include.

## Thoughts...

- The best thing about the future is that it comes only one day at a time – Abraham Lincoln.
- The battles that count aren't the ones for gold medals. The struggle within – the invisible battles inside all of us – that's where it's at – Jesse Owens.
- The most worth-while thing is to try to put happiness into the lives of others – Baden Powell.

## Readings and Reflection...

**Two Dogs** – Native American reflection.

"Inside of me there are two dogs, one is mean and evil, the other dog is good. The mean dog fights the good dog all the time" When asked which dog wins the elder reflected for a moment and said, "The one I feed most".



**Advice** – A teaching by Gandhi.

A woman asked Gandhi to tell her son to stop eating sugar, he asked her to bring him back in a week. One week later, Gandhi said to the boy "Stop eating sugar". The woman asked Gandhi why he had not asked the boy this a week ago, Gandhi replied, "Because one week ago, I had not given up eating sugar myself".

## Activities...

**Grateful Circle** – Each young person brings a small stone to the Scout's Own. Everyone gathers in a circle; each person places their stone in the centre of the gathering to form a circle and shares with the group something they are grateful for. To help everyone remain quiet and stay focussed, music could be used in the background.

**Community Ties** – Everyone draws up a list of five people that help others in your community to share with others. Discuss what they do and how they make a difference. Then asks everyone how they could help others in their community – is there something more they can do?

**Candles** – This works best when it is getting dark. Have a single candle lit in the centre of a group. Each young person goes up in turn and lights a candle and then place it in front of them as a point of focus. Ask them to think silently about another person or a personal positive intention whilst they do this. Everyone remains silent, reflective music can be played.

**Search for other reflections or activities on the internet by using key words i.e. honesty, teamwork, time etc.**

**Or alternatively give young people the opportunity to run their own Scout's Own either following a set theme or choosing a theme or topic of their own according to skills.**