

**The NSW Agoonoree is an annual camp for
Scouts and Guides.**

This year we're Agoonoree @ Home.

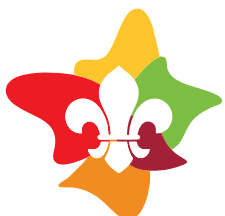
I'M A SCOUT



Join me for some great
disability awareness
activities. There's a
blanket badge to earn
and much more!



GET ME OUT OF HERE !



NSW AGOONOREE 2021



Agoonoree @ Home 2021

Thank you for taking part in our 2021 Agoonoree @ Home disability awareness challenge. Agoonoree is an annual combined all abilities Scout and Guides camp held at different locations each year. While still consisting of the many adventurous and challenge activities we love within Scouts and Guides, this camp allows for individuals of all abilities to join in, whether that be through specialised equipment to go abseiling, an interpreter for communication or allowing for time out in the sensory chill out zone when someone feels overloaded.

This year, due to Covid – 19 restrictions we have been unable to run our traditional camp. While disappointing, this gave us an opportunity to increase awareness and provide opportunity for more scouts and guides to take part. I hope is that through your participation in this year's challenges you will have so much fun, while gaining a greater awareness of another's abilities, that you will want to join us next year when we hopefully can return to face to face camps.

Good Luck and have fun as you experience the challenges.

Instructions:

1. The Agoonoree Disability Awareness challenge may be completed as an individual or as a patrol/unit.
2. There are four categories: Vision, Hearing & Speech, Sensory Processing, and Physical.
3. Select & complete a **minimum** of two activities from **each** of the four categories listed in the activity grid.
4. Take photos of yourself or your unit/patrol completing these activities and email them to Angie.melville@nsw.scouts.com.au
5. Once you have completed the minimum eight challenges (two from each category) send an email to kpaton60@tpg.com.au with

Subject: Agoonoree badge order

In the email include the following

- Date of bank transfer
 - Amount of transfer
 - Either
 - Address of leader
 - Or
 - Name and address of recipients and number of badges for recipient if more than 1 being sent to an address
6. Badges are \$3.50 each (including postage). Payment can be made into the following account.
BSB 611000
A/C 48611
Reference is group name
 7. Closing date for completion of challenges and payment of badges is Friday 10th December

If you have any questions please feel free to reach out to your Regional Leader Inclusion (Disability), (formerly Special Needs), or contact the State Leader Inclusion (Disability) Angie Melville Angie.melville@nsw.scouts.com.au

DISABILITY AWARENESS CHALLENGE

Vision

Blindfold Obstacle course



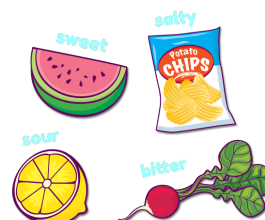
Hearing & Speech

Silent disco – with a difference



Sensory

Taste testing



Physical

3-legged race



Assist a blindfolded person to do some activities of daily living



Learn to finger spell the alphabet



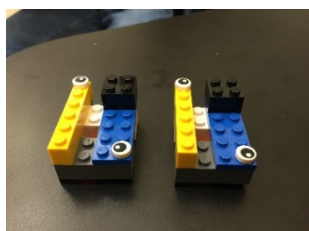
Shaving cream Pictionary



Sack race



Back-2-back Lego Build



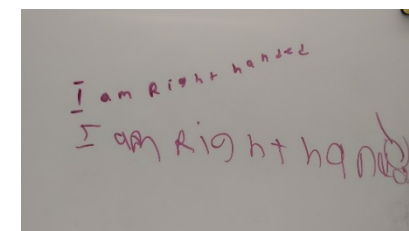
Learn some basic Auslan



Sensory guessing game



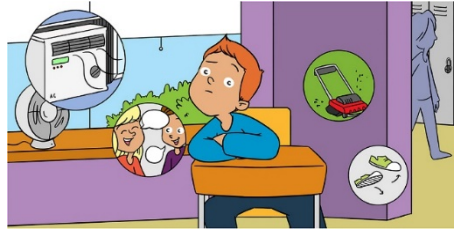
Write your name with your non-dominant hand



**Back-2-back
Drawing**



Noise finder



Nature walk



Paint with mouth or feet



Pin hole in cardboard



Lip reading



Feet – sensory play



Long sit shuffle



Coloured lenses



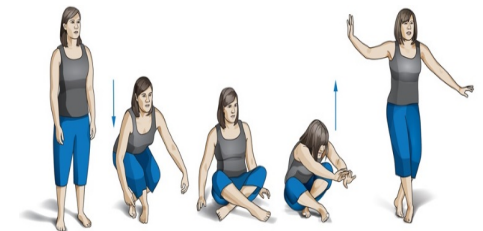
Ventriloquist challenge



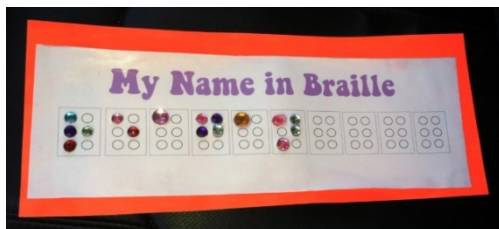
2 ingredient cloud dough



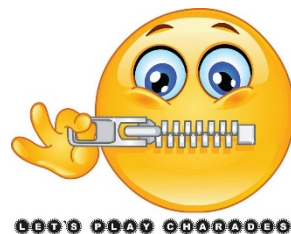
Stand up challenge



Braille



Charades



Cornflour Oobleck



Broken telephone



VISION

**Imagine that you cannot see very well or at all. How would you manage to do the things you do every day?
Here are some activities that might help you understand what it is like to have a sight impairment.**

Blindfold Obstacle course



In this activity, one person is blindfolded, and another person guides them through an obstacle course. The person can be guided by being held or by verbal instruction.

Resources required:

- Blindfolds
- Items to be used to make an obstacle course

This activity helps develop an understanding of what it might be like to not know what your environment looks like and how it feels to have to have another person help you navigate your way through obstacles

Assist a blindfolded person to do some activities of daily living



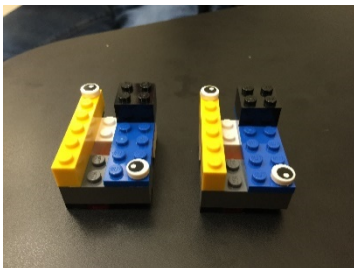
In this activity, one person is blindfolded, and another person helps them perform some activities of daily living. The person can be guided by being held or by verbal instruction.

Activities can include:

- Brushing teeth
- Washing hands
- Pouring a glass of water from a jug

This activity helps develop an understanding of what it feels like to take care of yourself if you can't see very well. Simple tasks can take a lot of skill and training!

Back-2-Back Lego model



In this activity, two people sit back-to-back. Each person has identical Lego pieces. One person in the pair builds a model with their Lego and then describes to the other person how to build a copy of their model.

Resources required:

- Lego – various pieces but you will need duplicates of each piece

Items to be used to make an obstacle course

This activity needs keen listening skills. If you can't see very well, you must listen to instructions and be able to understand others. Being able to listen to others well is a superpower!

Back-2-Back Drawing



In this activity, two people sit back-to-back. One person describes how to draw a simple picture from their observation. The other person draws the picture by listening to the verbal instruction.

Resources required:

- Clipboards
- Pen and paper
- Drawing prompts (for the person to describe) or alternatively they can draw their own

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Pin hole vision



In this simple activity, place a pin hole in a piece of cardboard and look through it to see what it might be like to have reduced vision. Try and do some of your normal daily activities and see how they are impacted. Please don't try and walk down any stairs without someone there to guide you.

Research some other forms of sight impairment and find out ways to prevent this loss and take care of your eyes.

Resources required:

- Cardboard
- Pin

Some people may lose the ability to see in the periphery of their vision. This means that they can only see in the centre of an image and not around the edges of it. This activity develops an understanding of what it might be like to lose some of your vision and how you may need to compensate for this loss.

Coloured lenses



In this activity construct a frame and use different coloured cellophane to explore your environment. Examples of frames can be

Cardboard rolls



Pipe cleaners



Colour blindness affects many people around the world. Red-green colour-blindness is the most common, where people don't see a difference between these two colours. Less common is blue and yellow colour blindness. People who live with colour-blindness must learn how to compensate for their vision so they can be safe.

Constructed cardboard



Normal Vision

ePainAssist.com



RED



GREEN



YELLOW

Color Vision Deficiency



RED



GREEN



YELLOW

Braille

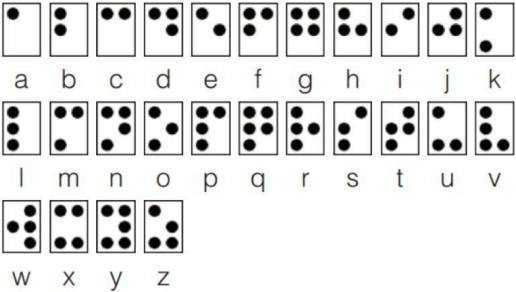


In this activity the person will learn how to spell their name in Braille. Using a scaffold or grid paper and stick-on gems (from the craft store) they can make their name in Braille letters and practise with a blindfold to see whether they can isolate individual letters. Next time you are out in the community see if you can find any Braille and if you can recognise any of the letters.

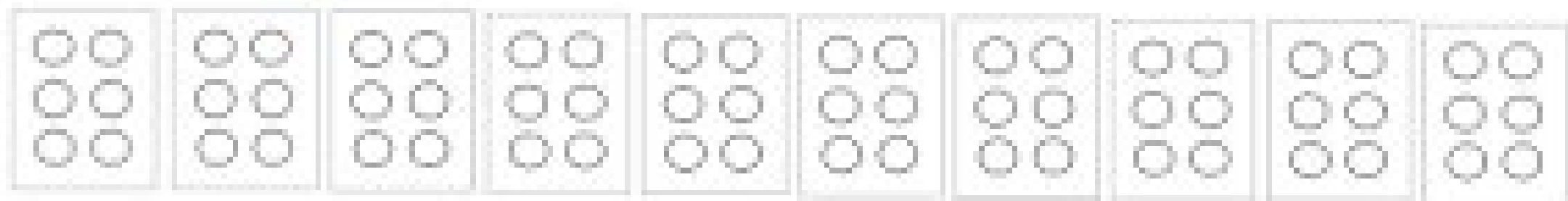
Resources required:

- Grid paper or scaffold
- Stick on gems

Braille is a tactile writing system used by people who are visually impaired. People who use Braille read along the page from left to right. People who use Braille take many years to learn it fluently in the same way that learning a new oral language takes time.



My Name in Braille



Hearing & Speech

Imagine that you cannot hear or speak very well or at all. How would you manage to communicate your ideas to people every day? Here are some activities that might help you understand what it is like to have a hearing or speech impairment.

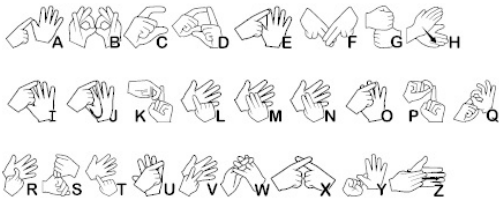
Silent disco – with a difference



Put your earmuffs on so you block out noise. Now find a just dance routine of your choice on you tube and turn the volume off. Now try to follow along with the dance moves without any sound. See if you can notice a difference with and without volume and note how your body responds differently. Here's a few links for Just Dance as a starting point:
<https://youtu.be/RYgIVc5Jvig>
<https://youtu.be/eughyYPoExk>

Without sound it can be difficult to co-ordinate your movements and react to sensory stimuli. This activity helps you understand what it might like to move and co-ordinate your body with a hearing loss.

Learn to finger spell the alphabet



Finger spelling is fun to learn. Start by practicing your name and others in your patrol or family. Teach another person your new skill and test each other. Try to speed up and see how fast you can recognise the letters. Write down your time and see if you can improve each day.

Finger spelling is used by the deaf community to communicate words that may not have a sign or to clarify a sign. As an example, the sign for 'day' can be clarified by adding the letter of the day to say which day of the week it is.

Learn Auslan



This activity aims to teach you some basic words in Auslan to help you learn to communicate to someone who uses sign for communication. Learning a new language takes time and persistence. You also need to practice. Find someone to share your new signs with and practice together. For the ultimate challenge, try to learn the scout or guide promise and law in Auslan.

Auslan or Australian sign language is a method of communication for the deaf community. There are many online resources available to learn AUSLAN. Start by looking for high use words like hello, bye, please and thank you. Think of a simple phrase and practice until you feel confident. Try to teach some of your new signs to another person. Resources available:
 Auslan signbank – search your word and you will be shown the sign
<https://www.auslan.org.au/dictionary/search/?query=&category=semantic%3Acolor>

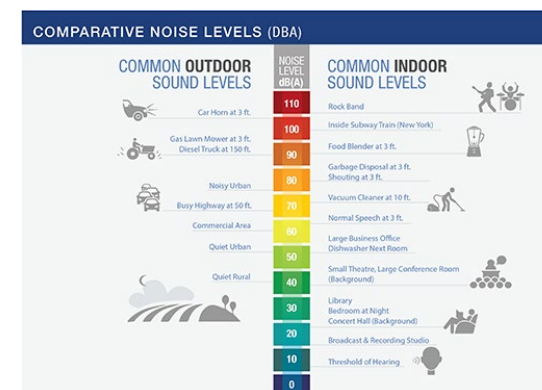
Noise finder



There are many noises in our environment. Go outside and find as many different noises as you can. Write them down and then use the noise level table to see how loud they are. Some people who hear differently may be able to hear at certain decibels but not at others. Discuss with a partner which noises might be harder to hear. Have a think about what it might be like if there is more than one noise at a time and how that might affect hearing.

Learn how to protect your hearing by following this link <https://www.noisyplanet.nidcd.nih.gov/kids-preneens/where-is-the-noise>

Follow this link to find the online version of this chart: https://www.faa.gov/regulations_policies/policy_guidance/noise/basics/



Lip reading



Lip reading is about watching the speaker's face to figure out their speech patterns, movements, gestures and expressions. Place various items on a tray. Have a partner sit opposite you and name each object, one at a time without using your voice. You will need to use your mouth and expressions to indicate which object they should pick up.

People who live with hearing loss often use lip reading to help their understanding. Always remember to face someone with hearing loss when you are talking to them so they can see your face and lips clearly.

If you would like to do some lip reading practice here is a link to some activities using a Kims game. There are many activities to explore on this website – have fun and try a few!

<https://lipreadingpractice.co.uk/Lip-Reading-Exercises/Kims-Game/Gardening-with-objects/>

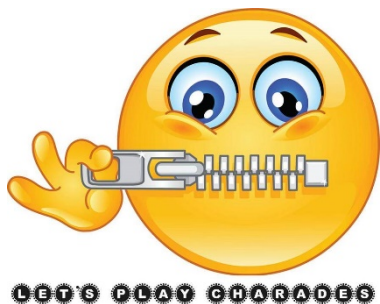
Ventriloquist challenge



Ventriloquists speak clearly without moving their mouth! Can you talk to someone without moving your mouth? Did they understand you? Make it a challenge to practice the same phrase every day for a week to see if you improve and test it out on an audience (your patrol or your family) to see if they can understand you!

Some disabilities mean that the person finds it hard to use the muscles around their mouth to speak. They find it hard to communicate without help. This activity helps develop understanding about how difficult it can be to get your ideas heard clearly when you have a disability that affects your speech.

Charades



This activity develops an understanding of the difficulties of passing on instructions without words.

One person picks a topic to 'act out' and the other members of the patrol must guess. The person who correctly identifies the scenario has the next turn to act

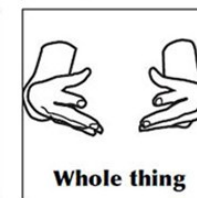
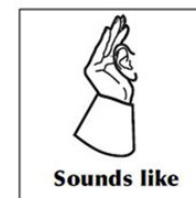
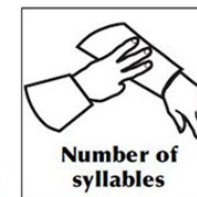
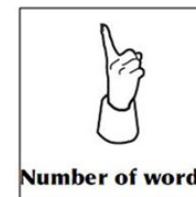
Here are some scenarios to get you started:

- Losing a game
- Dropping your ice cream
- Riding in a rollercoaster
- Watching a scary movie
- Roasting a marshmallow
- Waiting for the bus
- Dropping and breaking your phone

Communication is not only about words.

Using your body to make gestures is an important part of communication.

Here are some standard gestures to use in charades



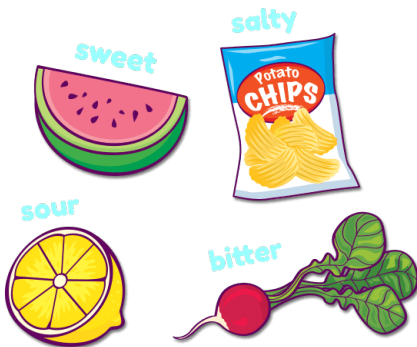
SENSORY PROCESSING

Imagine that your senses were challenged every day. Things might not feel right or are too loud or taste terrible.

How would you manage to do the things you do every day?

Here are some activities that might help you understand what it is like to have a sensory processing disorder.

Taste testing



Food tasting: Make a collection of different foods that are sweet, salty, sour or bitter. Taste each food and think about how the taste affects your tongue and where you can taste it the most in your mouth.

Caution: If doing this activity for a group please make sure of food allergies first.

Taste testing without smell

Blindfold a person and place a peg on their nose (or they squeeze their nose closed themselves) Offer a piece of potato and a piece of apple. Have the person taste each piece and see if they can tell the difference.

Some people have altered sense of taste and smell. It can affect how they enjoy foods and drink. Some people have difficulty experiences certain textures. This can affect their daily life.

These activities are designed to help you understand how you taste and smell.

Your mouth and nose are connected through the same airway which means you taste and smell food at the same time. If your smell is limited, it can change the way your brain perceives the flavour.

Examples of salty food to try: salted potato chips, salted popcorn

Examples of sweet food to try: Jelly, lemonade

Examples of sour food to try: Sour straps/lollies, lemon juice

Examples of bitter food to try: Tonic water

Shaving cream Pictionary



Using shaving cream on a flat shiny surface.

Each person selects a subject to draw and their patrol have to guess what it is. The shaving cream can be wiped with the hand so it is smooth and ready again for the next drawing.

Some people are very sensitive to touching different textures and avoid messy play and tasks. Shaving cream is a safe and clean way to explore getting your hands dirty and enjoying the different sensory experience.

Sensory guessing game



Place various items in a box with a small hole cut in the top (just large enough for a hand to fit through). Each person has a go at placing their hand in the box and guessing what's in there by feel. When everyone has had a turn, have them call out what they thought was in there. Once everyone is finished reveal the objects. Were there any that were too difficult to guess? Why were they difficult? Were any objects very easy to identify? Why?

Variation: Kim's game – Have the person feel all the objects and then remove one and see if they can identify the missing object

The skin is the largest sensory organ of the body. The skin is sensitive to many different kinds of "stimuli", such as touch, pressure, and temperature. Within the skin, there are different types of "receptors" that are activated by different stimuli. When a receptor is activated, it triggers a series of nerve impulses. For a person to "feel" the stimulus, the nerve impulses must make their way up to brain.

The boxes and bags are used to isolate the sense of touch from sight and hearing. The object is to put something into the box and then have other people try to guess what it is just by feeling it with their hands.

Nature walk



Go out for a walk in the natural environment – it could be in your backyard, around the block or a local park or a bushwalk.

Take the time to feel the different textures of trees, leaves, stones. Find something that it is rough, smooth, soft, hard, spikey, and bumpy

Use this link to find more ideas and printable activity

<https://www.kcedventures.com/blog/nature-texture-savenger-hunt>

The natural environment is a very calming and wonderful experience. Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

Feet sensory play



This activity involves exploring the sense of touch with your feet!

Using containers or foil BBQ trays to place different textures and sensations for people to step in. Here are some ideas for you to try:

- Shaving foam
- Baked beans
- Cooked spaghetti
- Florist water beads
- Oobleck

This activity is best done outdoors with water and a towel ready at the end for a clean up 😊

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2 ingredient cloud dough



This easy to make cloud dough is a great sensory tool to help with regulation. Sensory tools are used to help someone relax, stay calm and focus.

Cloud dough can be made with 2 ingredients

Hair conditioner or baby lotion – 1 part

Corn flour or plain flour – 2 parts

Here is a link to making the cloud dough

<https://www.thebestideasforkids.com/cloud-dough/>

A sensory toolkit is a great resource to help people who may become overwhelmed and find it difficult to regulate their emotional response to certain triggers.

Make a toolkit with some objects that help you stay calm. Some ideas for your toolkit may be:

- Cloud dough
- Small container of bubbles
- Soft fabric / small blanket
- Weighted stuffed animal
- Headphones
- Fidgets
- Kaleidoscope
- Pinwheel
- Emotion cards

Cornflour Oobleck



Oobleck is a substance that shares the properties of both a liquid and a solid

Here is a tutorial to make Oobleck

https://youtu.be/7y_SuhQFT0E

For more science about Oobleck follow this link

<https://youtu.be/nw8KaHglokQ>

PHYSICAL

Imagine that you cannot use your muscles very well or at all. How would you manage to do the things you do every day?

Here are some activities that might help you understand what it is like to have a physical disability.

3-legged race



This activity is done in pairs with the inside leg of each pair tied together. Pairs must co-ordinate their steps to be able to walk. They can build up speed as their confidence grows and if there are enough participants, they can race along a course to see who is the fastest and most co-ordinated! It takes quite a bit of communication and co-ordination to go fast.

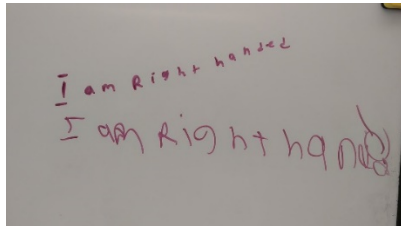
Living with a physical disability can make daily tasks difficult. Someone who lives with a physical disability might find it difficult to use stairs or even walk. This activity shows what it is like to have difficulty co-ordinating the muscles in your legs. You must think about every step and keep a look out for obstacles that might get in your way.

Sack race



Using a sack or pillowcase or similar cloth bag, hop in and try to move forward. See how fast you can go. What is the easiest way to get about? Do you find it difficult or easy? What muscles are you using that you wouldn't usually use?
If you are in a patrol or unit have a race from one side of the hall to the other.

Write your name with your non-dominant hand



Hand dominance is the preference for using one hand over the other to perform fine and gross motor tasks. This includes activities like writing, cutting, and catching and throwing a ball.
Write a phrase with your dominant hand
Now try and write the same phrase with your non-dominant hand. Notice the differences – how did it feel to use your non-dominant hand? How did it look? With practice you may be able to write faster and neater with your non dominant hand.
Practice your phrase every day for a week to see how you improve. Use the same piece of paper to see your improvement over time.

Dysgraphia is a disability that effects how a person can write. People with dysgraphia often must work much harder and longer to produce written work to the same standard as another individual.
This activity helps develop an understanding of what it feels like to have difficulty writing.

Paint with mouth or feet



With only the use of your mouth or feet, pick up a paintbrush and paint a picture. You may like to try and copy a famous painting or make a masterpiece of your own.

Some people have a physical disability that limits the use of their arms. They need to be able to use other parts of their body instead of their arms and hands.

People living with a physical disability may be able to use their feet and toes to manipulate objects. They can use their head, their mouth or even their breath to type and access communication devices.

Long sit shuffle



Sit on your bottom with your back straight and your hands on your knees. Now think of a way to move along the floor. Shuffle yourself across the floor as fast as you can. With a partner, your patrol or your unit have a race from one end of the hall to the other. It's a good idea to wear long pants to avoid splinters when you do this activity!

After a few tries, did you find it easier? Were you faster?

Some people have a physical disability that limits the use of their legs. They may need to work out ways to get around without using their legs to walk.

Stand up challenge



Standing up from the floor is a difficult challenge!

Here is a link to show you how to do this safely

<https://youtu.be/qirXruD26ml>

Try each method described to find the one that is right for you and then practice every day for a week to see how fast you can get.

In your patrol see if you can sing a song while getting up and down from the floor (without using your hands) without interrupting your song

Broken telephone



Place a jelly snake in your mouth and give a secret message to a partner. That person then must do the same with the next person in line. See how the message changes as it progresses down the line.

Some people have a physical disability that limits the use of the muscles in their face and mouth. They may not be able to form words or sounds clearly and may need the help of a communication device or sign language to be able to be understood.

This activity helps develop an understanding of what it must feel like to have difficulty with communicating your ideas.