

# BALANCING YOUR PROGRAM

Compiled by Bob Kershaw  
North Illawarra District  
District Rover Adviser  
DECEMBER 1990

## AIM OF SCOUTING

*The aim of scouting is to encourage the physical, mental, social and spiritual development of young people so that they can take a constructive place in society as responsible citizens.*

- ROVERING** - offers fun and fellowship with a great bunch of friends who form deep and lasting friendships.
- ROVERING** - offers you a way of testing your own values, of developing yourself and of engaging in good old fashion bull sessions about the issues of the day.
- ROVERING** - offers you a whole world of activities and interests some old, some new, some way out and some which you have never heard.
- ROVERING** - offers you challenge and adventure. You can learn to overcome yourself imposed limitations and do what you thought would be the impossible.
- ROVERING** - offers you the opportunity to be of value to , others through service. Service not only gives you personal satisfaction but also helps you to appreciate and understand the needs of others.

from the Australian Rover Handbook p1

## PREAMBLE

Programs of Rover Crews tend to be, in most cases, on an 'ad-hoc' basis, or they concentrate on the physical and social aspects of the aim of Scouting/Rovering.

Unlike Cub Scouts, Scouts and Venturers who actively program activities to coincide with their award schemes, Rovers for a variety of reasons do not!

The nature of the rover age: beginning vocations, studying at uni or tech., becoming enthroned in wedded bliss, purchasing houses/cars and travelling overseas all have their impact on Rover programming.

As a result of the poor programming and age of Rovers, many young adults are not presented with "activities" that can increase their personal development.

## AIM OF THIS BOOKLET

This booklet has been developed for use by Rovers and Rover Advisers ( and Venturer Leaders) to assist them by increasing their awareness and importance of mental and spiritual activities in a well balanced program for their crew.

## METHODS

The booklet uses 4 methods of brainstorming: alphabet guessing, starburst, object stimulation and simple brainstorming so that each can be interchanged and that over a period of 4 planning sessions each method can be used to enhance ideas in each activity area if the need arises.

With each method there is a page description of how to go about using the method and a facing page of ideas to get you started.

Your crew should be able to provide more ideas than those listed.

	1	2	3	4
MENTAL	BRAINSTORM	ALPHABET	OBJECT	STARBURST
PHYSICAL	STARBURST	BRAINSTORM	ALPHABET	OBJECT
SOCIAL	OBJECT	STARBURST	BRAINSTORM	ALPHABET
SPIRITUAL	ALPHABET	OBJECT	STARBURST	BRAINSTORM

## A FEW RULES FOR BRAINSTORMING SESSIONS

1. One person acts as a recorder and can also provide ideas.
2. The question or idea is written up for all to see.
3. Group members offer the first idea that they think of.
4. There is no comment about the suggestion, these come later.
5. The recorder writes the suggestion on the board.
6. Everybody has a equal opportunity to contribute ideas.
7. When all ideas are listed, then discuss the suggestions as you prepare your program.

## MENTAL ACTIVITIES

### AIM:

to create a list of activities that:

- a) stimulate learning opportunities
- b) provide life skills

### METHOD - SIMPLE BRAINSTORMING

list all ideas on the board or paper

when the list is completed mark all those activities that can be useful when you have left Rovers, ie skills for life

### EQUIPMENT REQUIRED

cardboard sheets or butchers paper or end of newspaper rolls  
or whiteboards, chalkboard  
texta pens

### TIME REQUIRED

30 minutes

### CONCLUSION

1. the crew to decide what they want to do and when to place it on the program.
2. put the list in a place that can be easily seen for future reference.



## EXAMPLES

[illegible]

## SPIRITUAL ACTIVITIES

### AIM:

1. to develop ideas for discussions about values
2. to visit other religious centres and appreciate their religious beliefs
3. to discuss the Scout Law and Promise

### METHOD - OBJECT STIMULATION

1. collect items such as the Bible, a cross, a leaf from a tree, photo of a cigarette packet, a condom.
2. hold or place the object so that everyone can see it.
3. brainstorm ideas related to the object and list the ideas
4. when the ideas are exhausted use another object

### EQUIPMENT

the objects to stimulate the brain  
paper, white/chalk boards  
textas

### TIME

30 minutes

### CONCLUSION

1. categorise the list into religions, Law and Promise and Values
2. Leave the list on a wall for programming purposes.

HERE ARE A FEW EXAMPLES

[illegible]

# PHYSICAL ACTIVITIES

## AIM:

to provide opportunities to participate in different outdoor / physical activities

## METHOD - STARBURST IDEA GENERATION

1. begin with a central theme
2. add sub themes
3. generate new ideas for those sub cells

## EQUIPMENT

a large piece of paper or white/chalk board  
pens

## TIME

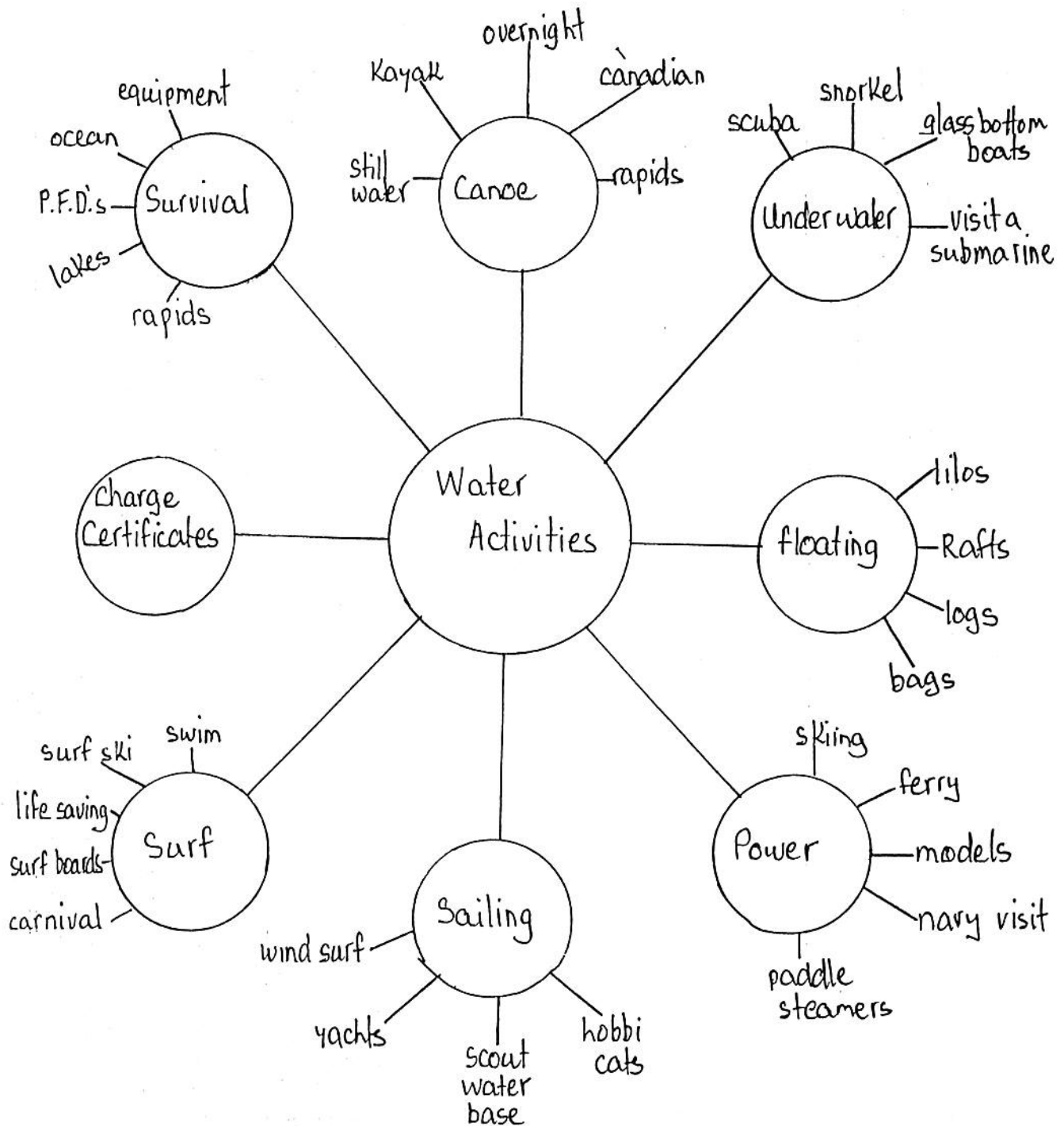
30 minutes

## CONCLUSION

write all ideas on charts in a neat and meaningful way



# STARBURST IDEAS using WATER ACTIVITIES



\* Add your own

# SOCIAL ACTIVITIES

(may overlap with mental activities)

## AIM:

to provide opportunities / activities for Rovers to meet on a social basis

## METHOD - ALPHABET GUESSING

1. have paper with the letters of the alphabet written on the top of them
2. commencing with the letter A brainstorm activities that begin with that letter, when complete go to B and so on.

If someone suggests an activity for a prior letter go back and write it on the paper, because it may stimulate someone else's thought process.

## EQUIPMENT

sheets of paper . one for each letter of the alphabet.

## TIME

45 minutes

## CONCLUSION

leave the list for all to see and add to

## FOOTNOTE

using this method recently for mental activities a group of 15 rovers generated 228 ideas .

### EXAMPLES

A	ART GALLERY VISIT
B	BALL ROOM DANCING, BBQ, BOWLING, BEACH,
C	CINEMA, CARDS, COOKING
D	DISCO, DINNER PARTY
E	EXCURSION, ENTERTAIN FRIENDS
F	FILMS , FISHING, FLOWER ARRANGING, FERRY RIDE
G	GLIDING, GOLF, GARDENING
H	HI FI LISTENING, HORSE RIDING
I	ICE SKATING
J	JOKE NITE, JAZZ BALLET, JAZZ NITE
K	KITE FLYING, KNITTING
L	LEGO BUILDING
M	LIFE SAVING, LANGUAGES
N	MASSAGING, MUSEUMS
O	OPALS, ORIENTEERING
P	POTTERY, PUTTING, PHOTOGRAPHY EXHIBITION, PICNICS
Q	QUIZZES, QUOITS
R	RESTAURANTS, RODEOS
S	SLIDES, SURFING, SING SONGS
T	TENNIS, TRAMPOLINING, TABLETENNIS, TRAIN RIDE
U	UFO VISITS, UK EMBASSY VISIT, UNSTRESS YOURSELF, UNICYCLES
V	VOLLEYBALL, VISIT PEOPLE
W	WALKING, WINDOW SHOPPING
X	X- CHROMOSOMES-- FIND SOME Y'S, XMAS CAROLS, XYLOPHONES
Y	YACHTING, DO HARD YAKKA, CATCH YAMS, YELLOW PARTY
Z	ZOO VISIT, ZODIAC SIGNS, GET SOME ZZZ'S AT PJ PARTY

## OTHER REFERENCES

AUSTRALIAN VENTURER WORKSHOP MANUAL APRIL 1981

AUSTRALIAN ROVER HANDBOOK

500 IDEAS FOR ROVERS AND VENTURERS

ROVER STAGE 3 PROGRAMMING IDEAS

INITIATIVE IDEAS

TELEPHONE BOOK

### OTHER PLANNING IDEAS

COLLECT NEWSPAPER MAGAZINES AND CUT OUT THE PHOTOS. ARRANGE THE PHOTOS INTO MENTAL, PHYSICAL, SOCIAL AND SPIRITUAL AREAS

### TERRY QUINN METHOD

PLACE A SERIES OF IDEAS ON CARDS. THE CREW MEMBERS EACH SELECT FIVE OF THE CARDS. THEN SELECT THE BEST THREE AND THEN DISCUSS THE IDEAS AND PLACE IN THE PROGRAM IF YOU WISH.

## "THE ONLY TRUE SUCCESS IS HAPPINESS

### What is Success?

My belief is that we were put into this world of wonders and beauty with a special ability to appreciate them, in some cases to have the fun of taking a hand in developing them, and also being able to help other people instead of overreaching them and, through it all, to enjoy life- that is, TO BE HAPPY.

That is what I count as success, to be happy. ...

But we are given arms and legs and brains and ambitions with which to be active: and it the active that counts more than the passive in gaining true Happiness."

ROVERING TO SUCCESS BY B.P. pages 15 and 16

I HOPE THAT YOU FOUND THE INFORMATION AND PROGRAMMING SUGGESTIONS BENEFICIAL AND THAT YOUR CREW HAS A VERY ENJOYABLE TIME IMPLEMENTING IT'S OWN IDEAS AND BECOMING SUCCESSFUL.

*Happy Rovering Bob Kershaw*

ANY SUGGESTIONS ARE WELCOMED BY THE AUTHOR TO IMPROVE THIS KIT. PLEASE WRITE TO 7 - 26A HOPETOUN ST. BULLI. 2516