



EMOTIONAL



Your emotions influence you every minute of every day. Some days this influence will be positive, and sometimes it will be negative. Your challenge is to know how to deal with both. You should also recognise that every other person will have different emotions. Being able to deal with the emotions of others is just as important as being able to deal with your own.

Sample Challenge Sheet 1

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**DON'T TELL ME TO 'RELAX' ...
IT DOESN'T WORK!**

Emotion T-Shirts

Try a bit of homemade screen printing. As a theme for the t-shirts, try producing a series of emotion t-shirts. These could be worn by members of the Unit to show when they are happy, excited or when they would rather not talk to anyone!

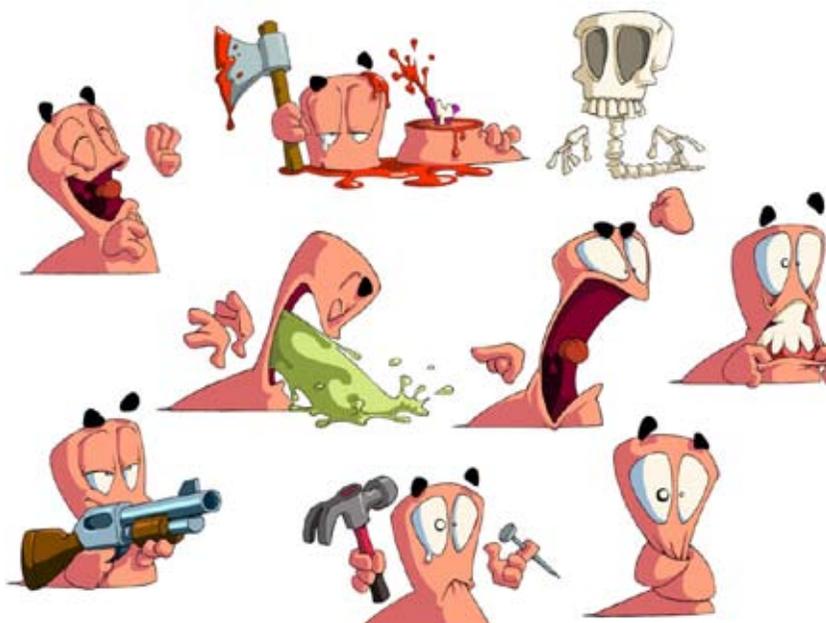
Video Diary

Set up a video diary room in the Den to be available before, during and after the Unit meeting. Ventures should be encouraged to pop in and leave a recording about how they feel about things that the Unit are up to.



Listening Game
Did you ever get the impression that you weren't being listened to? Try the Listening Game on the following link.

**I'm a Venture Scout,
Get me Out of Here!**
Most of us are familiar with the 'I'm a celebrity get me out of here' TV series. Create your own Venture version by setting up a series of Venture Bushtucker Trials. Check out http://www.chillisauce.co.uk/corporate-entertainment/activity-days/team-building-activities/product_8965/ for some ideas.



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Surviving a Disaster!

Imagine you survived a disaster, first you would be elated, then you would realise that others have not been so lucky. If you then had to survive for a longtime before help arrived, how would you handle such a situation?. What, if you were trapped under a pile of rubble. It's easy to imagine using all your backwoods skills but what if you couldn't.



Group Company

Come up with a business idea and try to make some money for the Unit. Assign different jobs to each member of the Unit. You will obviously need some people to produce the product or carry out the service, but don't forget to appoint some administrators also, such as a manager, a sales team, etc.



Trust Activities

Try an evening of trust activities with the Unit. Check out <http://wilderdom.com/games/TrustActivities.html> for some good examples of trust games.

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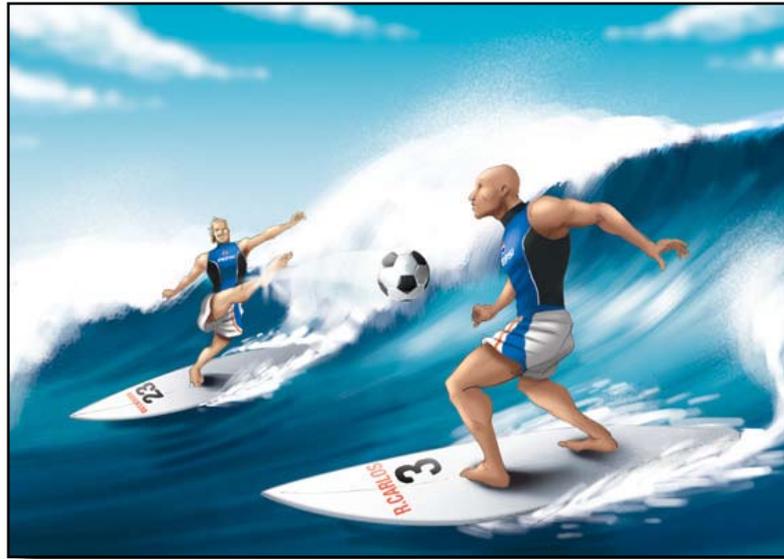
Dancing

Get the music on and let's see those hips and feet moving. Dance can take many different forms from traditional and tribal based community dancing to modern club steps. Dancing is deeply rooted in the inner soul and emotions and often used in celebration events.



Special Interest Badges

Have each member in the Unit undertake a SIB in an area where they believe they have a special talent. Agree a period of time for the badges to be completed. At the end of that time each Venture should show how they developed their talent while completing the badge.

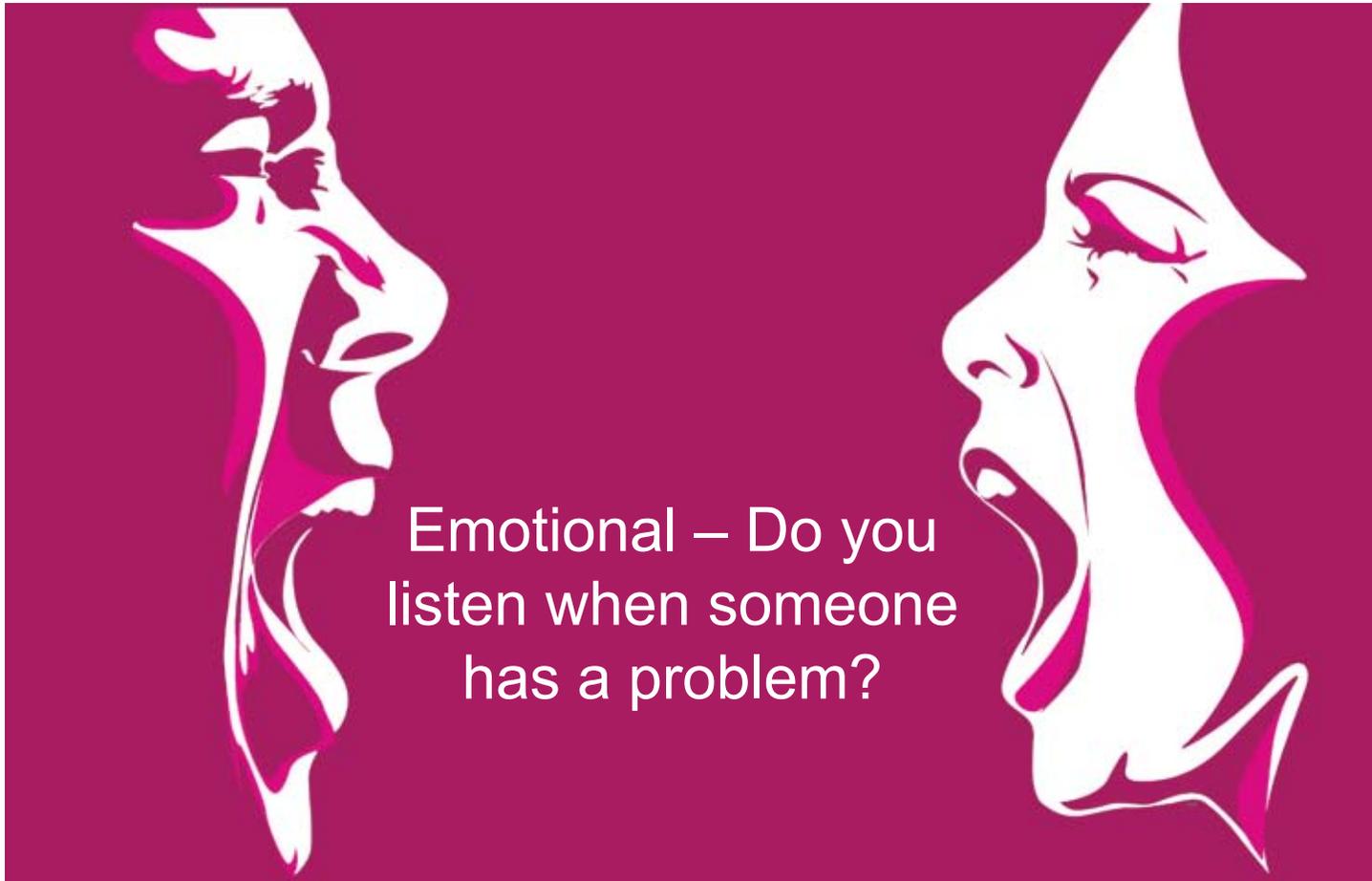


Yoga

Try some basic Yoga sessions. Maybe one of the Unit members already practices Yoga. If not, check out <http://www.yogapoint.com/info/basicmovement.htm#K> to get you started.



VENTURESCOUTS



Emotional – Do you
listen when someone
has a problem?

Your Challenge ...

Try the Listening Game ... and discuss the lessons you learn while playing it!



VENTURESCOUTS



The Listening Game

This game is for an unlimited even number of people.

Equipment:

Chair per participant.
Pen and paper for every second participant.

Instructions:

Divide the Unit in two by counting off into twos. Take all the 'ones' outside the room. (This listening game will work well when you have a co-facilitator.)

The co-facilitator steps out of the room with the 'ones', while you stay in the room with the 'twos'. Instructions to the 'ones': "Take a few moments and reflect on something which is important to you. After a while you'll go back to the room. There you'll find the other members of the Unit sitting in different parts of the room with an empty chair in front of them. You can take the empty chair before anyone you choose. Once you are seated begin to tell that person about something that is important to you. After you have finished, your partner will summarise what you told him/her."

Room arrangement with the 'twos' during this listening game: Get the twos to spread out in the room (not huddle around one area of the room) and sit on a chair. Other than their own chair they should have an empty chair facing them. Instructions for the 'twos': "After a while the ones will come into the room and each one will occupy one of the empty chairs. So that means each one of you will have another member of the Unit sitting in front of you. They will begin to tell you

Intro ...

There is a difference between hearing and listening. Hearing is simply the act of perceiving sound by the ear. If you are not hearing-impaired, hearing simply happens.

Listening, however, is something you consciously choose to do. Listening requires concentration so that your brain processes meaning from words and sentences. Listening leads to learning.

Activity type ...

This activity is an evening activity.

What's involved ...

Create two Crews of even numbers.
Undertake the Listening Game.
At the end of the game discuss what feelings you had while playing the game.

about something that is very important to them. Your task is to ignore them as unobtrusively as possible. Your body language will involve sitting back, not meeting their eyes, twiddling with something in your hand like pen or a pencil and possibly doodling. You'll continue this 'non-listening' behaviour until the leader gives you a signal like knocking on the table with a marker. As soon as you hear the sound, transform your body language to one of listening. Lean forward, meet the speaker's eyes, stop twiddling and doodling. Once your partner has finished relating his/her piece, summarise to him/her what you heard."

Notes:

Play this listening game exactly as per your instructions above. You'll find that when the 'ones' walk in there is a momentary hesitation in choosing a partner. Then they briskly walk up and sit down in front of one person.





Some behaviours that you will notice in this listening game.

Some of them start to speak immediately, in spite of the fact their partners are not listening. Out of these some will stop talking on noticing that they are not being heard, while others will plough on. The ones who stop speaking, you'll notice will either look offended or will try and attract the attention of the listeners.

Some of them will just sit down and wait for the listeners to look up and start listening.

There's also a certain tension you'll sense because of the non-listening behaviour. The listeners you'll find are squirming in their seats because they have to keep themselves from listening to their partners. They can partially hear the speakers talking about the thing that is important to them, but they are not expected to listen. As the listening game reaches this point and you give the prearranged signal, there's a marked change in the emotional content of the room. There's interaction, good listening behaviour from the listeners and almost a relieved continuation of the conversation by the speakers. Some other behaviours you will notice in the room during this listening game: Anger among some of the speakers, so much so that they refuse to speak. Disinterest among the speakers, who are now completing the activity very mechanically. Consequently the listeners are trying their best to gain control of the situation once again.

Review:

Before you begin the review ask the listeners and speakers to sit in a row facing each other, the listeners in one row and the speakers in the other.

Ask both sets, listeners and talkers, to respond to the following questions:

How do you feel?
What are you learning?

