

SCOUTS

# Canadian Path Section Demo Kit



[Canadianpath.ca](http://Canadianpath.ca)



It starts with Scouts.



# How to host this

The goal is to showcase The Canadian Path in action, with actual youth.

The emphasis will be on Youth-led and Plan-Do-Review and how the two will support Adventures and SPICES.

## REMEMBER:

- Have the Scouters participate.
- Some of the youth will need re-programming. Your enthusiasm will help them get motivated to try it out.
- Attention spans can be short. Keep your presentation concise.

## SCHEDULING:

- 15 minutes: Do the **Post-it** note activity
- Tip 1: Have the youth lead it.
- Tip 2: Some ideas may lend themselves to being combined as a single activity.
- 5 minutes to Plan what they selected
- 10-15 minutes to Do
- 2 minutes to Review

## NEW CYCLE:

- 1 minute to select new Post-it note
- 5 minutes to Plan
- 10-15 minutes to Do

Use the Post-it note activity to start a discussion. It can be for an existing activity or camp that the Troop is already planning, or the Scouts may want to plan a whole new Adventure. Plan it, do it and review it.

## THINGS THAT HAVE BEEN THOUGHT UP BEFORE:

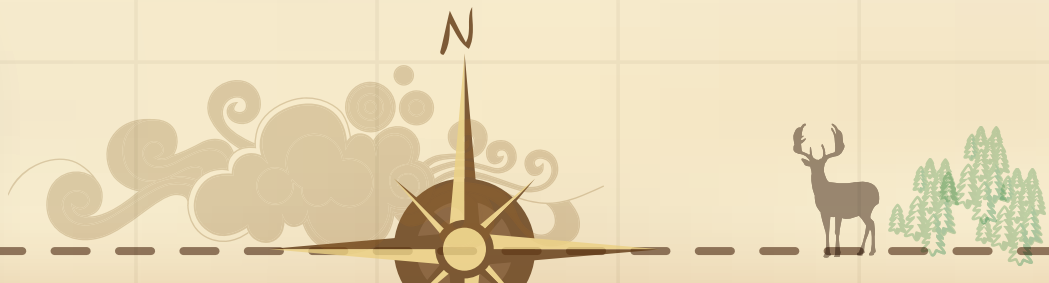
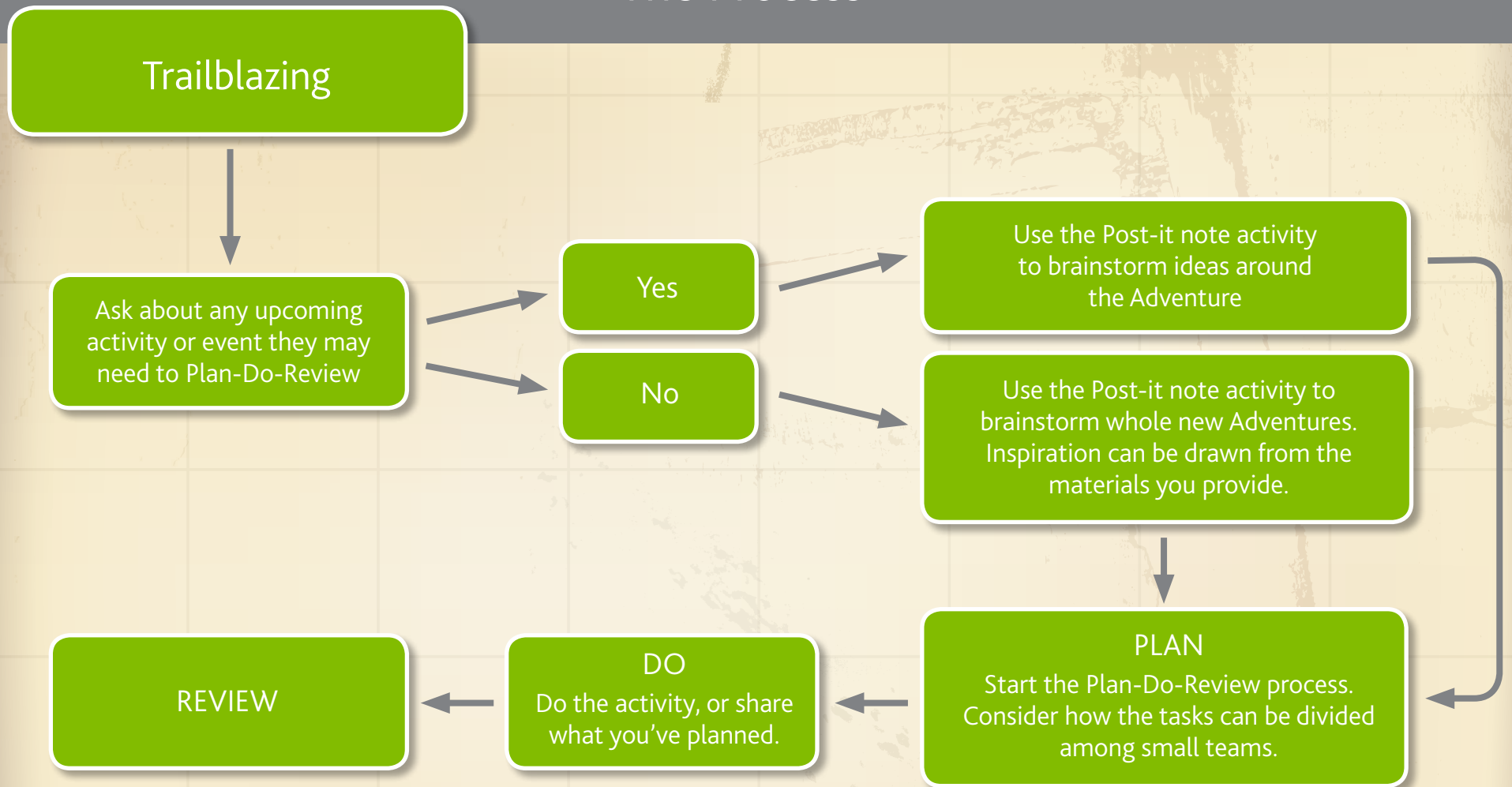
- Making a flag pole with bamboo sticks
- Hockey game with cardboard tubes
- Build a scale model of a campsite with newspaper
- Build the tallest tower out of newspaper
- Indoor tarp shelters



## GEAR LIST:

- Post-it notes, pens, pencils, markers
- Junk pile ideas: bamboo, rope, elastics, balloons, small balls, tarps, tape, small hockey sticks, 2 bins, cones, newspaper, writing paper and much more. Check the meeting hall—you may find everything you need.

# The Process



# Post it, Plan it

Gathering ideas and planning the months ahead with your Section can be tricky or it can be great fun! The goal is to have everyone share what they would like to experience.

A Scouting year is divided by program periods that typically follow the four seasons. Use the following activity to help your Section see what opportunities can be used to help everyone live their own Scouting adventure.

Let's make a plan! Gather ideas from the troop to help build your next couple of camps or events. Post-it notes can help make it a reality. Dream BIG!

- Give each Scout 3 post-it notes where they can write down the activities they want to experience in Scouting this cycle. As people write their ideas down, stick them to the wall, and then the group can work on sorting the ideas into categories.
- If some ideas are similar, stick them together.

- If some ideas work well together, place them beside each other.
- Categorize ideas according to whether they are best suited for a meeting, a camp, or another event. Place them in the order that you would like to do them.

Once the ideas are collected, the troop Senior youth can work on deciding which activities will take priority, share with the troop, and start using Plan-Do-Review to make these new adventures become reality.

## Resources

- Post-it notes
- A wall or surface
- Markers or pens



There's an app for that:

[Post-it Note App](#)

Post-it came out with a fun app to capture your ideas and sort them on your smartphone.



**Safety Note**  
Beware of paper cuts



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Canadianpath.ca





# Plan-Do-Review

## PLAN:

- How can you make sure everyone participates?
- What materials do you need?
- Does everyone know what they need to do?
- What new skills are required?
- Has every Scout agreed on all the details?

## DO:

- Learn any new skills needed
- Test out skills
- Take part in your Adventure

## REVIEW:

The Troop Leadership Team receives the review reflections to help with future planning. Here are some review questions to get you started:

- What did you see or hear or notice?
- What did you enjoy about this activity?
- What was a challenge for you in this activity?
- What do you know now that you did not know before?
- What might you do differently if you do this activity again?



# SPICES—Questions to Ask the Youth as the Activities are Reviewed

## Which of the SPICES have you touched on in this Adventure?

☐ Social    ☐ Physical    ☐ Intellectual    ☐ Character    ☐ Emotional    ☐ Spiritual

**Remember:** Not every one of the six SPICES will be part of every Adventure, but over the course of the year, all the SPICES will be engaged many times.

**Scouters:** Avoid questions that can be answered with “yes” or “no”; pose questions in a way that encourages Scouts to reflect sincerely and share their thoughts.



### I work with others as part of a team, sometimes leading and sometimes participating.

- What did you learn about leading and following?
- How did you get along with others?
- How did you work with those who had different skills and abilities?
- How did you make your community a better place to live?
- What did you learn about working with others?



### I take care of my body and keep it healthy with good food and exercise.

- How did you physically challenge yourself?
- How did you overcome a physical challenge?
- How did you improve my physical health and fitness?
- What did you do to improve my capabilities in a physical activity?
- What did you learn from exploring a new environment?
- How did you improve my nutrition?



### I love learning, creating, imagining and discovering.

- How did you blaze your own trail?
- What did you discover about how you learn?
- What do you know now that you did not know before?
- What skills did you improve?
- What skills would you like to further develop?



### I am true to myself and I treat others with kindness and respect.

- What did you learn about myself?
- What good turns did you complete?
- How did you give meaningful service?
- What meaningful experiences did you have?
- How did you set a good example for others?



### I talk about my feelings and share them in helpful ways.

- How did you deal with a difficult situation?
- What did you learn about leadership?
- Who are some good people you can turn to when you need help?



### I'm part of something bigger than myself: my family, my community, the world and God. I respect what others believe.

- What are your personal principles, beliefs and values?
- How have your values evolved?
- What did I learn about others' beliefs and values?
- How did you improve your understanding of others?
- What do you have in common with those whose beliefs are different from your own?



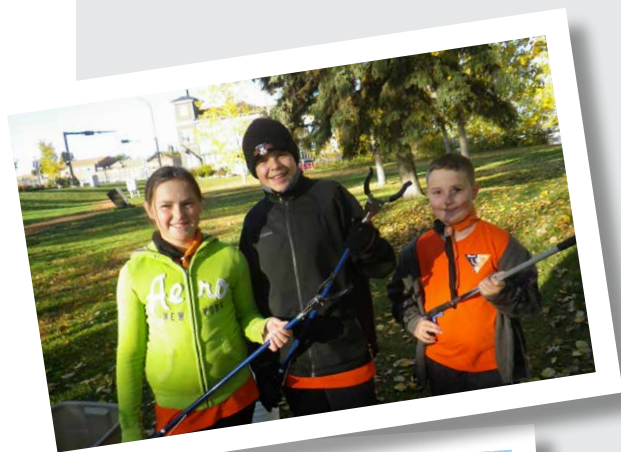
# CANADIAN TRAILS MAP



# The Scout Journey (continued on next page)

In Scouts, Adventures are connected to the Canadian landscape. The Canadian Trails Map is based on real Canadian trails of historic and cultural significance. Scouts will explore the trails as a symbolic framework supporting their personal progression—though, of course, they may be inspired to actually visit and explore some of the trails as well!

The selected trails correspond with the six Program Areas: Environment & Outdoors, Leadership, Active & Healthy Living, Citizenship, Creative Expression and Beliefs & Values. The Program Areas ensure that the personal progression of Scouts is measurable and balanced.



## THE MACKENZIE RIVER

The Mackenzie River represents the Program Area of Environment & Outdoors. This river runs from Great Slave Lake in the Northwest Territories to the Beaufort Sea in the Arctic Ocean.

The life that can be found along the river is vulnerable to the effects of climate change. For example, polar bears depend on a long season of reliable ice on the ocean to hunt for food. Their home on mainland tundra at the delta of the Mackenzie River in the summer can only be a temporary one.

Program activities for the Mackenzie River will include shoreline, park, and roadside clean-ups; and developing outdoor skills, such as methods for lighting campfires and being able to identify wild edible foods.

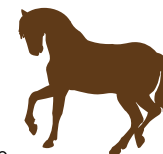


## RED COAT TRAIL

The Red Coat Trail represents the Program Area of Leadership.

In 1874, the Northwest Mounted Police set out on the March West from Fort Dufferin, Manitoba for Fort Whoop-up in Alberta with the aim of bringing law and order to the Prairies. Sam Steele, the famous Northwest Mounted Police commissioner, can be regarded as the embodiment of strong leadership. He was one of the officers on the March West, and later managed customs at the Chilkoot Pass during the Klondike Gold Rush.

The Red Coat Trail will require planning and leading Adventures for other members of the Troop, for Cub Scouts or for Beaver Scouts.





# The Scout Journey (continued on next page)



## BRUCE TRAIL

The Bruce Trail represents the Program Area of Active & Healthy Living.

The Bruce Trail runs across the Niagara Escarpment. The trail passes through a variety of ecosystems over a 900 kilometre path across Southwestern Ontario, from Tobermorey on the shores of Lake Huron to Queenston near Niagara Falls. The trail and its surrounding wilderness offer opportunities for dozens of activities in all seasons: hiking, mountain biking, climbing, snowshoeing, skiing, sailing, kayaking and canoeing—just to name a few! In short, the Bruce Trail is the perfect symbol of the healthy activities that Scouts love!



## CABOT TRAIL

The Cabot Trail represents the Program Area of Creative Expression.

The East Coast of Canada was a new frontier for European explorers. Cape Breton Island is a place that has a rich history of gifted artists and creative thinkers.

Adventures on this trail emphasize creativity. Activities include exploring the creative work of others and expressing oneself through performance, writing, or visual art.



# The Scout Journey (continued)

## RIDEAU TRAIL

The Rideau Trail represents the Program Area of Citizenship.

The Rideau Trail parallels the Rideau Canal, which runs from Kingston to the Ottawa River and Parliament Hill. In the war of 1812, the canal was part of a safe travel route between Montreal and Kingston, helping to secure trade and communication during a turbulent period in our nation's history.

Today, the Rideau Trail is a hiking and cycling trail, and the canal is widely used for canoeing and boating.

Adventures for the Rideau Trail will focus on Citizenship and may include getting to know the public servants and services in the local community through visits and guest speakers. A Troop may visit a library or a fire hall, or invite a local politician to talk about the community's redevelopment plans for a local park. Scouts can also roll up their sleeves to contribute to their community in a variety of ways, such as painting park benches or performing trail maintenance at a conservation area.



## WEST COAST TRAIL

The West Coast Trail represents the Program Area of Beliefs & Values.

This trail was chosen because of the strong cultural traditions of the West Coast aboriginal peoples and the tenacious environmental activism of many Vancouver Islanders. Just as the East Coast once represented a new frontier for Europeans, the setting sun and the Pacific Ocean are symbols of distant horizons and vast potential.

This Trail will be made up of Adventures that can foster social awareness, such as exploring one's faith, encountering other faiths and wrestling with political issues that are relevant to Scouts. Activities may include visiting a church, planning a Scouts' Own, or inviting a guest speaker to a meeting.

