



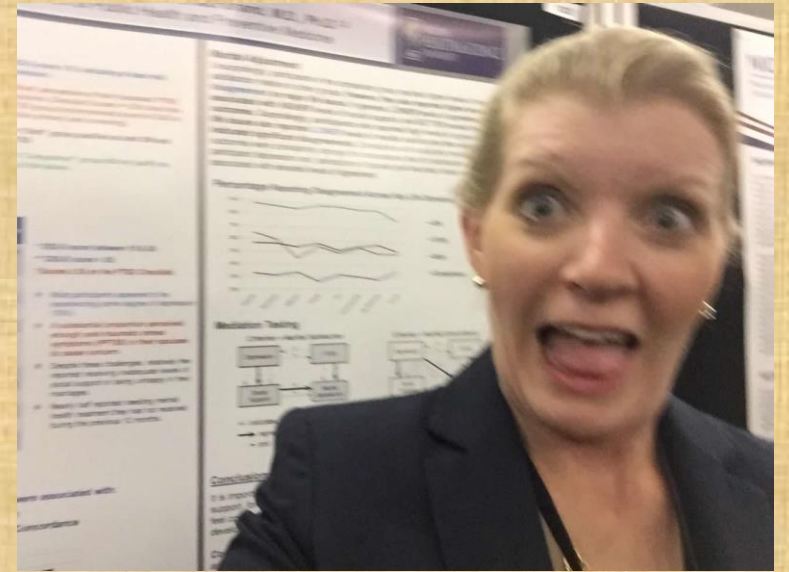
Scout Engagement – COVID Style

Colleen Lewy, ASM, Ph.D. (lewyc@comcast.net)

Troop 376, Milwaukie, OR



Who Am I?





Loss

- Loss of Security – economic, housing, food
- Loss of Safety
- Loss of Learning
- Loss of Significant Life Events
- Loss of Social/Family Relationships
- Loss of Routine
 - Sports
 - Clubs
 - Hobbies
 - Day to Day Habits



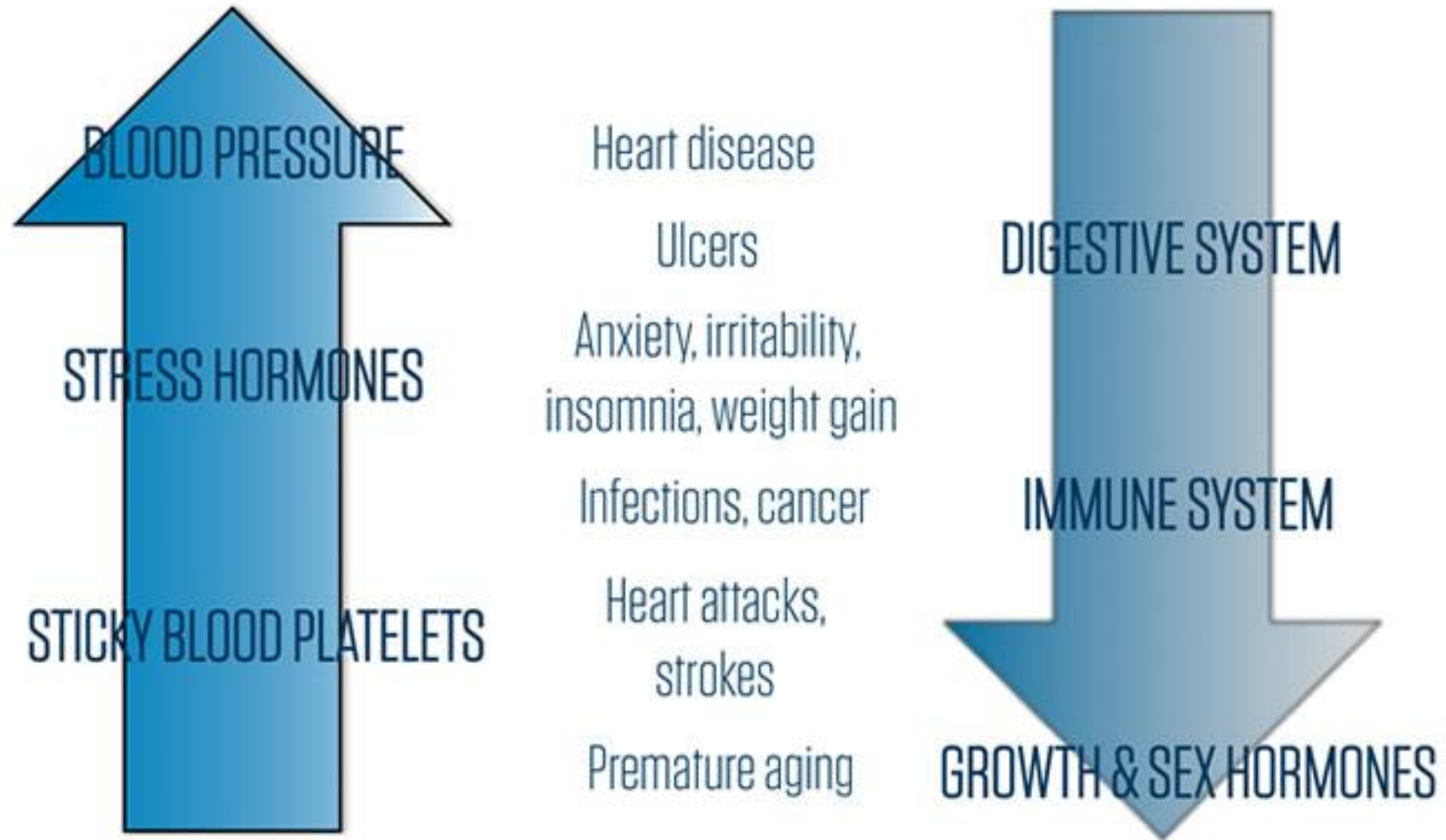
Fight or Flight Stress Response



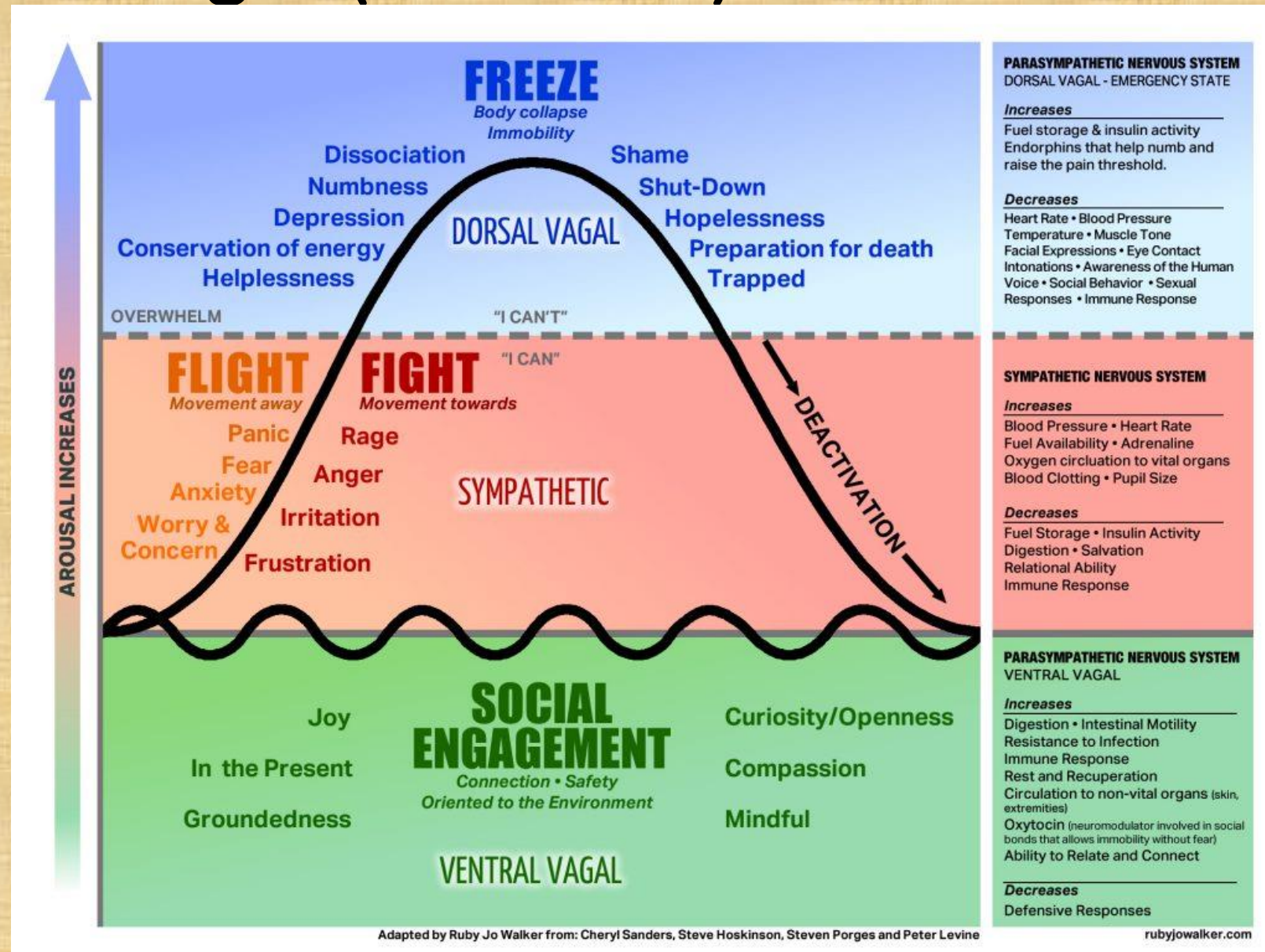
Fantastic for short-term threats



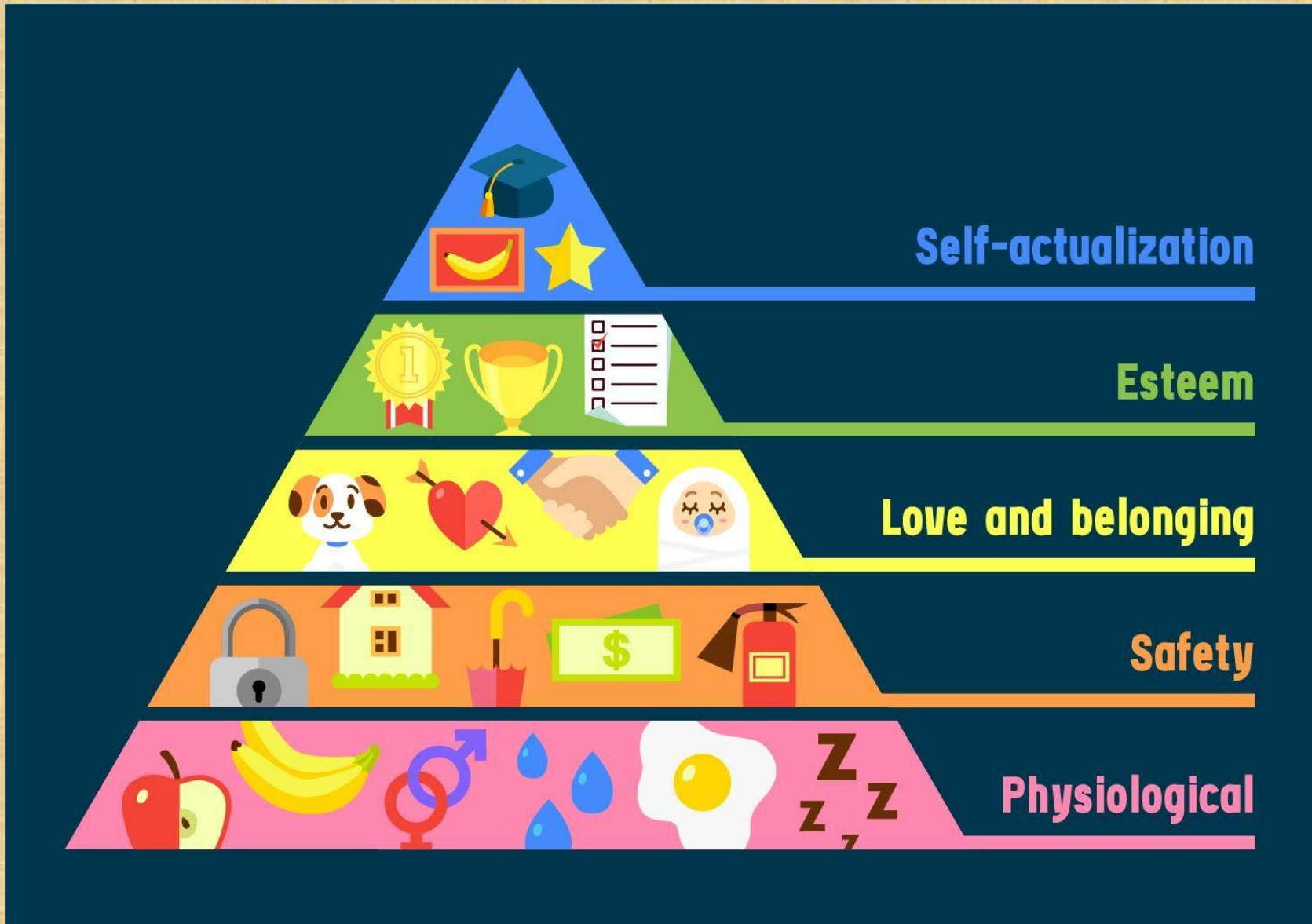
THE IMPACT OF CHRONIC FIGHT OR FLIGHT



Fight or Flight (or Freeze) and Chronic Stress



A Hierarchy of Needs



Our Search for Safety



Loneliness

A person is sitting on a wooden pier that extends into a large body of water. The person is seen from behind, looking out towards the horizon. The sky is a mix of soft orange and blue, suggesting a sunset or sunrise. The water is calm and reflects the light from the sky. In the distance, there are faint outlines of mountains or hills. The overall mood is quiet and contemplative.

“Loneliness is the subjective feeling that you’re lacking the social connections you need — the feeling of closeness, trust and affection of genuine friends, loved ones and community.”

Not just Youth...



"You may have noticed that through stay at home orders and social distancing regulations, organizing daily tasks has become increasingly difficult. You may find yourself missing calls or meeting times, forgetting to respond to emails or misplacing items that are usually easy to track. You are not alone."

NESCA

Neuropsychology & Education Services
for Children & Adolescents

Parent Engagement?

- Parents may be overwhelmed
- Parents may be dealing with issues of safety and security



Transportation





**Self-care is whatever
recharges your
physical, mental,
and spiritual battery**

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

TYPES OF SELF-CARE



PHYSICAL

Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL

Stress management
Emotional maturity
Forgiveness
Compassion
Kindness



SOCIAL

Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help



SPIRITUAL

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space

COVID and Childhood Trauma

- Short-term: Mental Health/Physical Health
- Long-term: Mental Health/Physical Health
- ACE's Study



Adverse Childhood Experiences Study

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce



Types of Experiences that were tracked. Note: This is not an all-inclusive list.

Adverse Childhood Experiences and their Long-term Effects

Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and well-being.



People with 6+ ACEs can die

20 yrs

earlier than those who have none.



1/8 of the population have more than 4 ACEs

4 or more ACEs

3x the levels of lung disease and adult smoking



11x the level of intravenous drug abuse



14x the number of suicide attempts



4x as likely to have begun intercourse by age 15

4.5x

more likely to develop depression



2x

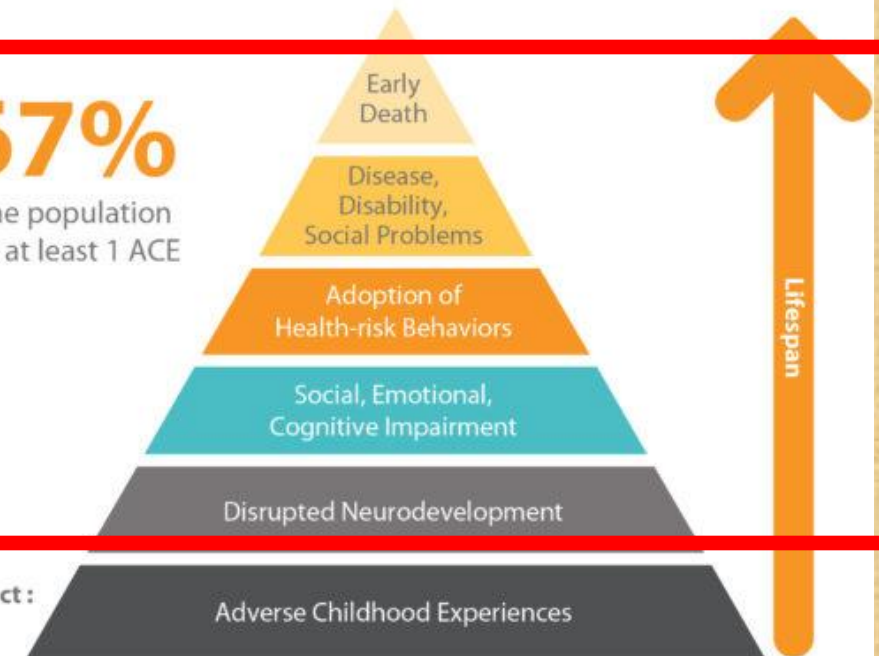
the level of liver disease



“ Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today. ”

Dr. Robert Block, the former President of the American Academy of Pediatrics

67%
of the population have at least 1 ACE



ANNE MARIE PROJECT

For more info or to schedule a class, contact :
Julie Gramlich, Founder
annemarieproject.org@gmail.com
573-644-4965 • annmarieproject.org



www.70-30.org.uk © 7030Campaign

The story of Pandora's Box...



Maybe, there's an opportunity here...



**WE DON'T GROW WHEN
THINGS ARE EASY; WE
GROW WHEN WE FACE
CHALLENGES.**



Resilience – Handling Stress Positively



resilience:

“an ability to recover from or adjust easily to misfortune or change.”

—Merriam-Webster Dictionary

RESILIENCE Questionnaire: Part 1

(Definitely true Probably true Not sure Probably Not True Definitely Not True)

1. I believe that my mother loved me when I was little.
2. I believe that my father loved me when I was little.
3. When I was little, other people helped my mother and father take care of me and they seemed to love me.
4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.
5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.
6. When I was a child, neighbors or my friends' parents seemed to like me.
7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.

RESILIENCE Questionnaire: Part 2

(Definitely true Probably true Not sure Probably Not True Definitely Not True)

8. Someone in my family) cared about how I was doing in school.

9. My family, neighbors and friends talked often about making our lives better.

10. We had rules in our house and were expected to keep them.

11. When I felt really bad, I could almost always find someone I trusted to talk to.

12. As a youth, people noticed that I was capable and could get things done.

13. I was independent and a go-getter.

14. I believed that life is what you make it.

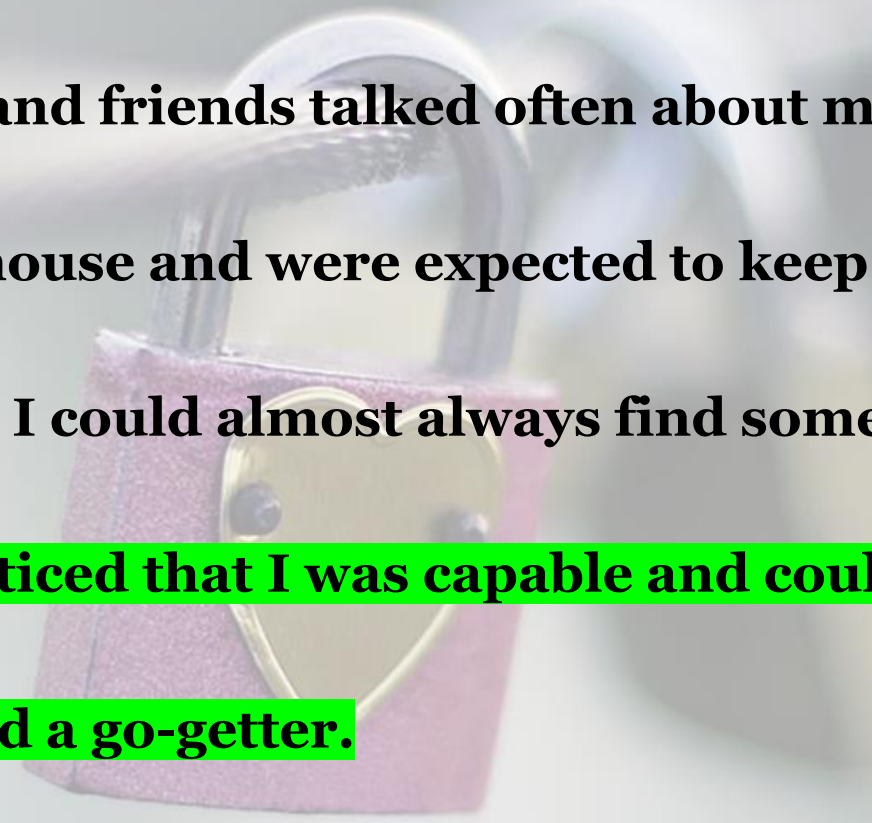
**EVERY KID IS
ONE CARING
ADULT AWAY
FROM BEING
A SUCCESS
STORY.**

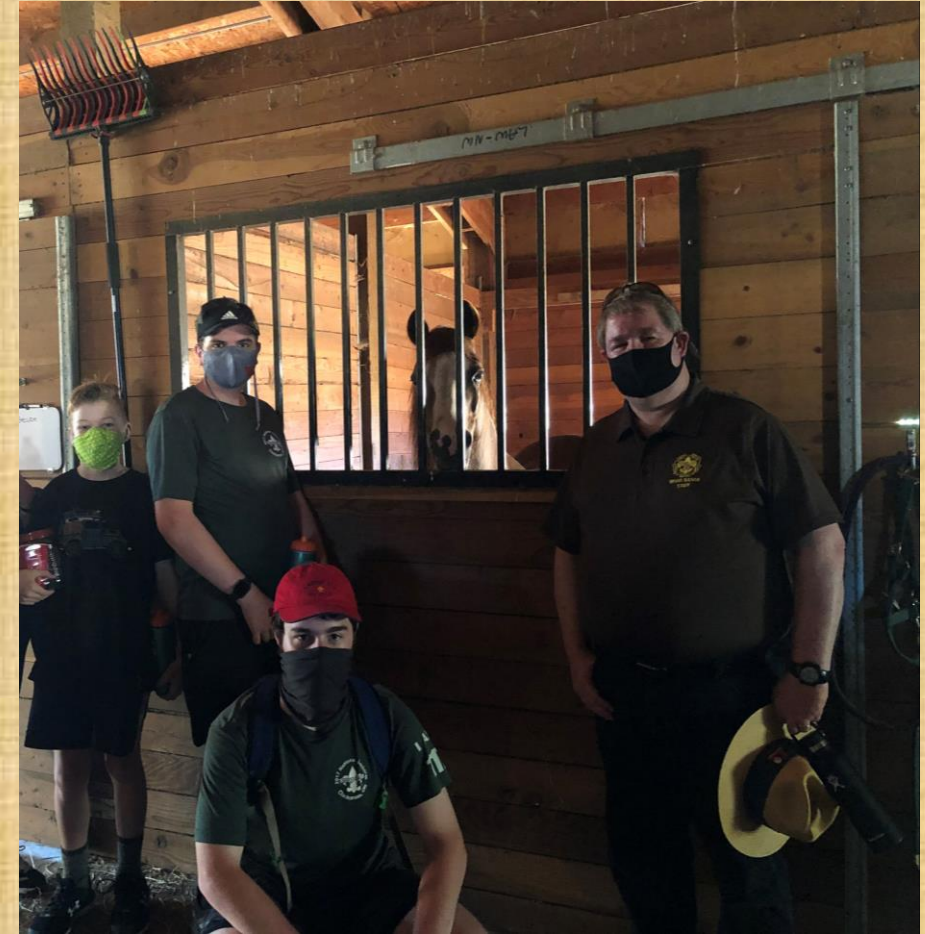
— Josh Shipp



RESILIENCE Questionnaire: Part 2

(Definitely true Probably true Not sure Probably Not True Definitely Not True)

- 
8. **Someone in my family) cared about how I was doing in school.**
 9. **My family, neighbors and friends talked often about making our lives better.**
 10. **We had rules in our house and were expected to keep them.**
 11. **When I felt really bad, I could almost always find someone I trusted to talk to.**
 12. **As a youth, people noticed that I was capable and could get things done.**
 13. **I was independent and a go-getter.**
 14. **I believed that life is what you make it.**



**IF YOU THINK YOU'RE TOO SMALL
TO HAVE AN IMPACT,
TRY GOING TO BED
WITH A MOSQUITO IN THE ROOM.**



Swedish National
Commission for UNICEF

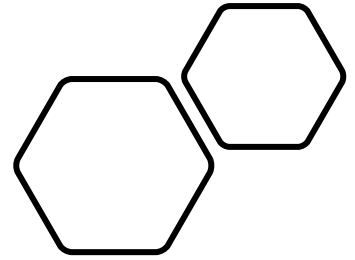


sweden
building global citizenship



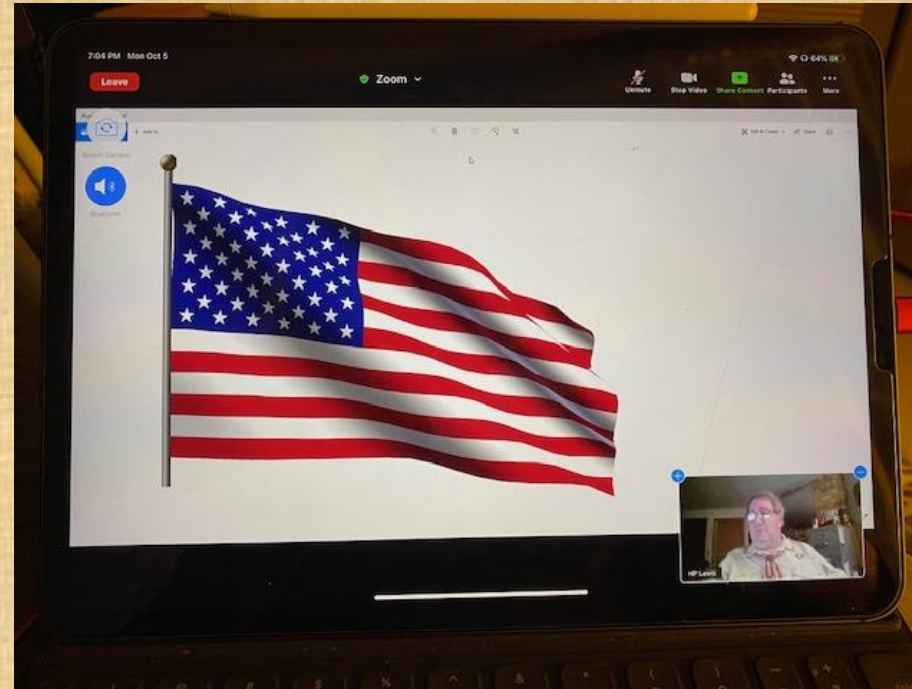


**KEEP
CALM
CAUSE
I HAVE A
PLAN**



Routines and Rituals

- Our brain wants predictable activity so we can relax our Fight or Flight nervous system.
- What's this mean for scouting?



Steps to Help Provide Stability and Support to Adolescents

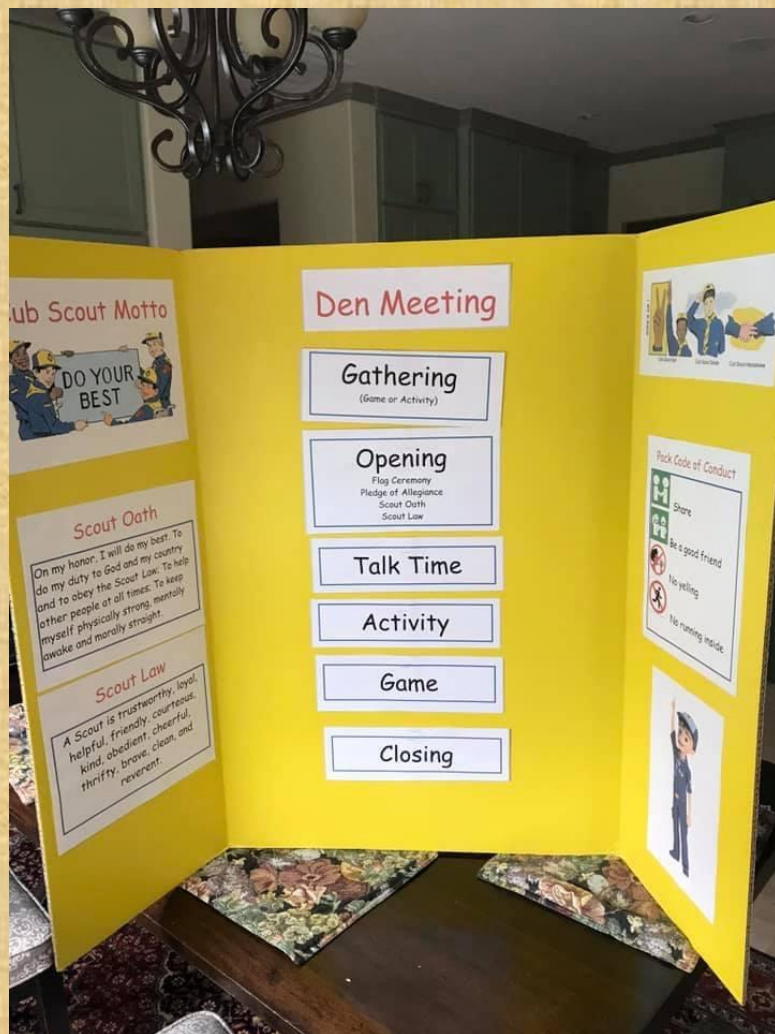
- Maintain a normal routine
- Talk, listen, and encourage expression
- Give honest and accurate information
- Teach simple steps to stay healthy
- Be alert for any change in behavior.
- Reassure adolescents about their safety and

Monthly Plan - Troop

- **1st Monday – Troop Zoom**
 - Flag/Oath/Law
 - Announcements
 - Reveal of the new theme
 - Cohort Reports
 - Cohort Competition based on old theme
 - SM Minute/Closing
 - Vespers
- **2nd/4th Monday – Cohort Meeting**
(In Person/Socially Distanced if allowed)
 - PLC to come up with agenda based on theme
 - Additional agenda created by the cohort for camping/activities as needed
- **3rd Monday – Troop Zoom for MB and Scout Skills**
 - Across cohorts
- **5th Monday – Cohort Meeting**
 - Invite a friend/Weblo night



Monthly Plan - Pack



2018-2020 Cub Scout Monthly Themes

	2018-2019		2019-2020	
Month	Scout Law	Theme	Scout Law	Theme
September	Clean	Cubservation	Helpful	To The Rescue
October	Brave	Super Cub	Kind	Creepy Crawlers
November	Helpful	Cubs in Action	Courteous	Cubs in Shining Armor
December	Reverent	Winter Wonderland	Cheerful	Celebrate
January	Trustworthy	The Great Race	Obedient	Cub Scout City Council
February	Friendly	Friends Near and Far	Reverent	Passport to Other Lands
March	Thrifty	Cubstruction	Loyal	Our National Treasures
April	Cheerful	Strike Up The Band	Thrifty	Power Up!
May	Kind	My Animal Friends	Clean	A Picnic With Pizzazz
June	Obedient	It's a Hit	Brave	Roaming Reptile Alert
July	Loyal	Scout Salute	Trustworthy	Let The Games Begin
August	Courteous	S'More Cub Scout Fun	Friendly	#CUBSCOUTS

Akelascouncil.blogspot.com

Monitor the plan

- Are you getting regular attendance at zoom/in person meetings?
- Are certain nights associated with lower attendance?
- What needs to change?
- Get feedback



Why Do Scouts Scout?

- **Parent Push**— “My kid the Eagle,”
Something for my kid to do, gain skills
- **Advancement aspirations**- Motivation to learn skills/Eagle
- **Self Esteem** – helping others
- **Social relationships** – I go to scouts to see/do things with my friends
- **Fun** – I like the activities, competitions, and/or the outdoors.



Fun and Social Connections

- It doesn't take away the work of learning
- It is a necessary first step to real learning
- It makes the information more meaningful

IT KEEPS THEM COMING BACK



Social Connections

- Youth to Youth



Social Connections

- Adult to Youth



Check in

- Merit badges
- SM Conferences
- Just hanging out

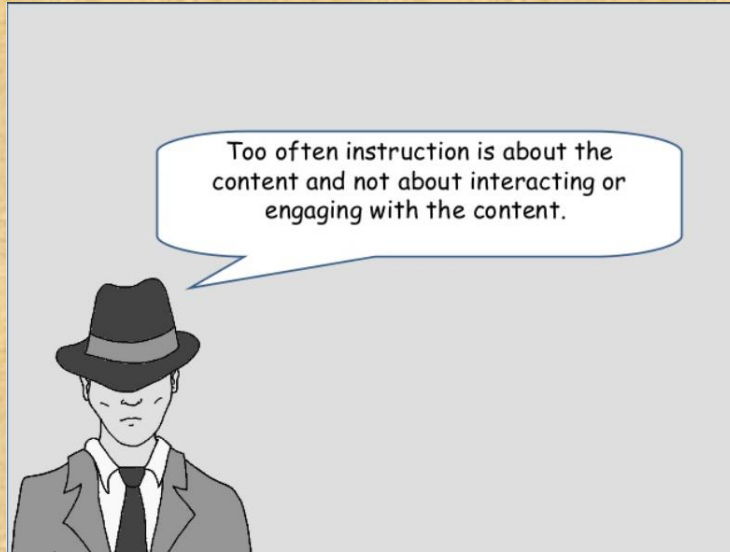
INFORMAL CHECK IN BEST

4 S's

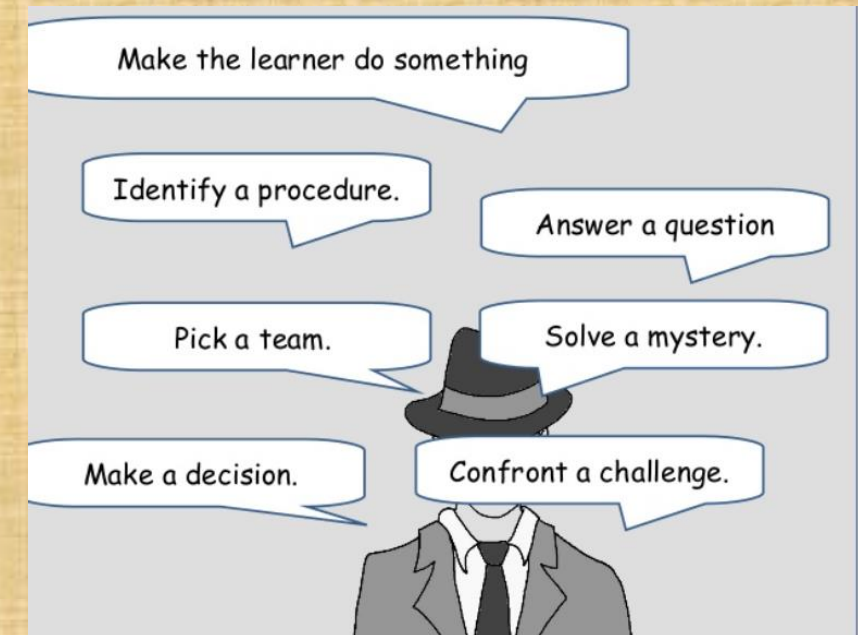
- Sit down with a scout and ask to understand their "Four S's":
 - **1. Sparks** - These are the things that get a person up in the morning, their passions.
 - **2. Strengths** - These are the abilities or values that a person loves about themselves
 - **3. Struggles** - These are the challenges, the things that keep us up at night. They could be typical growing up things or more substantial trauma a student may be dealing with.
 - **4. Supports** - These are the people and environments that make a person feel accepted and like they can be themselves.



Active Versus Passive



Thumbs up if you understand
Chat comments
Hold up a red piece of paper versus a green one
Break-out rooms (you want groups of 8 or less to get a real conversation going)
Do something –Lego Pioneer Derby cars, knots, tallest structure with spaghetti, etc.



Youth and stress...

many different ways...

The desire to
control people
and events



Difficulty
getting to
sleep



Feeling
agitated
or angry



Defiance and
other
challenging
behaviors



Having high
expectations
for self,
including school
work & sports



Avoiding
activities
or events
(including
school)

Pain like
stomachaches
and
headaches



Struggling
to pay
attention
and focus



Intolerance
of
uncertainty



Crying and
difficulty
managing
emotions



Over-
planning for
situations
and events



Feeling
worried about
situations or
events

Coping (per the experts)

- Social contact
- Productive or meaningful activities
- Physical activity
- Fun activities that are intentional and have enjoyment as their only purpose



Help your teen commit to taking these actions even though she or he may lack motivation or energy. “We stay stuck in depression if we delay action until the day we feel motivated,” Dr. Lewandowski says. “To feel better later, action must come first.”

<https://nyulangone.org/news/using-behavior-activation-fight-covid-19-blues>

Meet in person as much as you can

- Challenges

- COVID Rules (13 heartbeats, socially distanced, masked)
- Location (Weather, Temperature/Lighting/Moisture)
 - Go see'ems
 - More options if you're outside: Open garages, backyards, park shelters, outdoor school spaces, meet during the day



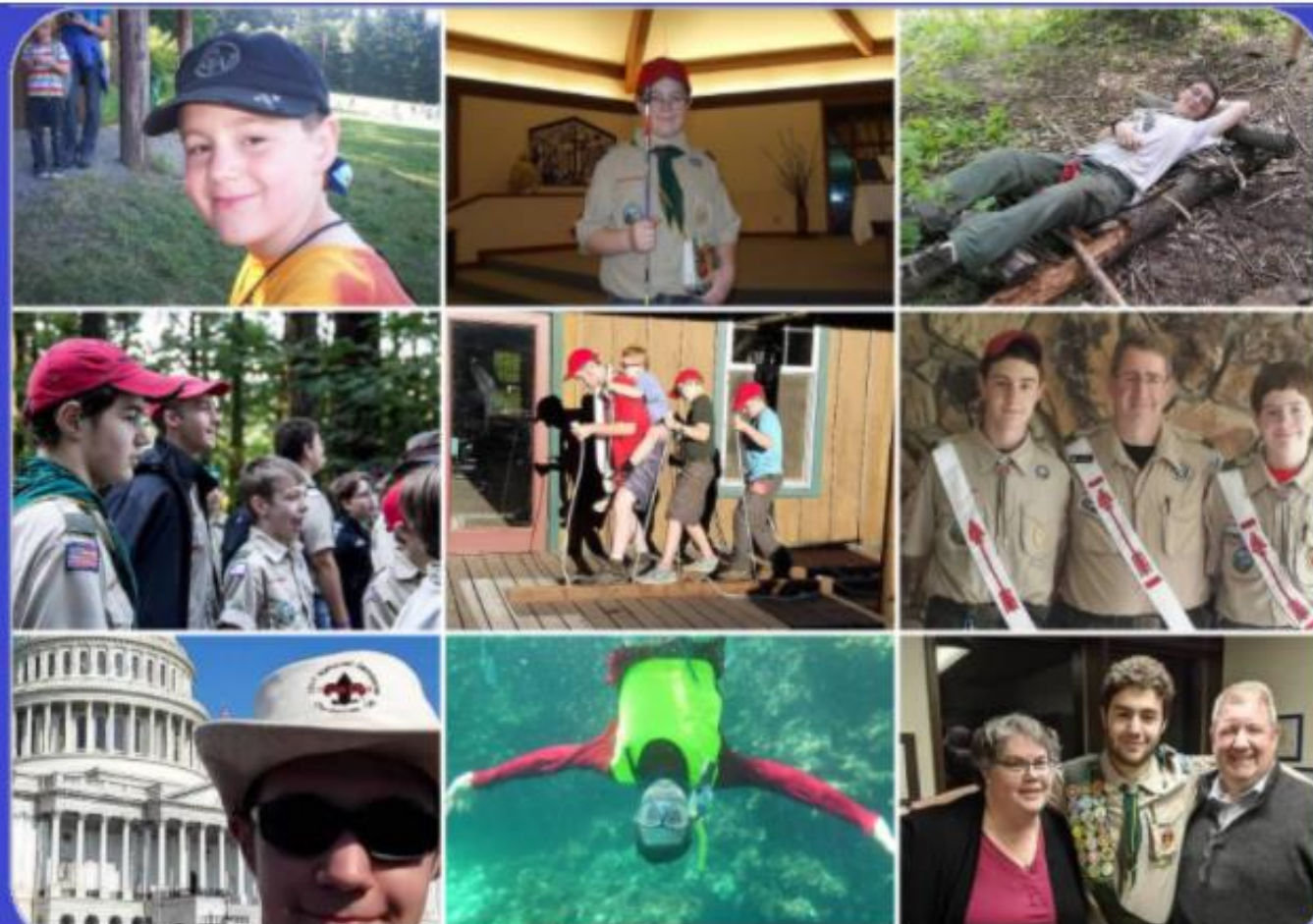
What to do?



Advancement



8



SUNDAY, NOVEMBER 8, 2020 AT 2 PM PST

Justin Lewis' Eagle Court of Honor

Online Event

The role of Service



Operation Gratitude

The screenshot shows the Operation Gratitude website with a navigation bar at the top containing links for 'WHO WE SERVE', 'GET INVOLVED', and 'ABOUT', along with 'DONATE' and 'AMAZONSMILE' buttons. The main content area features three campaign cards:

- Virtual Volunteerism:** Describes a campaign allowing Americans to support Military & First Responders despite COVID-19. Includes a 'VOLUNTEER WITH US' link.
- Vehicles for Veterans:** Promotes donating vehicles to disabled veterans. Includes a 'LEARN MORE' link.
- Halloween Candy Give-Back:** Describes a program connecting communities with Military and First Responder Heroes each fall since 2008. Includes a 'LEARN MORE' link.

The website is displayed in a browser window with a Windows taskbar at the bottom showing the date as 10/28/2020 and time as 2:33 PM.

https://www.operationgratitude.com/?gclid=Cj0KCQjwreT8BRDTARIsAJLI0KKeSZ2jbuUKkcohmddczbHZV6j-Pwh-svgqjFJJU3wnkhAzGwWRI29MaAu4IEALw_wcB

Portland Backpack

Scouting for Food



COMMUNITY CARE CARD PARTY

A great way to build community that can be done while social distancing! We are always in need of more care cards: little love notes that go into both our food sacks and our gift card envelopes. A perfect arts and crafts activity that can be done by all ages. We love all the different kinds of handmade care cards we receive, both notes and pictures. We especially love receiving them in both English and Spanish. Making care cards can also be done on an individual basis. We cherish all the cards we get, whether that's in bundles of 2 or 200.

https://www.portlandbackpack.com/new-index?fbclid=IwAR0QOk2XhE_NfnOKQSPoUtJYhrBhtB2TZJk42jnnJ9A9qeoU18spLusT_mQ

Conservation Hours

- <https://friendsoftrees.org/event-calendar/>
- <https://www.solveoregon.org/solvecalendar>

As we plant trees together in the midst of the Covid-19 pandemic, the health and safety of our volunteers, staff and partners is our highest priority. **The following rules for our events are in place until further notice:**

- * All events are limited to 25 people.
- * Everyone in attendance MUST bring and wear a fabric face mask for the entirety of the event, including children.
- * 6' or more of physical distance from anyone not in the same household will be required.
- * Registration in advance is absolutely required, we will need to turn away anyone who hasn't registered.

Please use the link below to register.

THANK YOU for doing your part to make community tree planting safe this season!

Visit our website for registration, directions & event details: [Friendsoftrees.org/volunteer](https://friendsoftrees.org/volunteer)

Covid-19 Procedures & Precautions: [Friendsoftrees.org/volunteer-faq](https://friendsoftrees.org/volunteer-faq)

 **Neighborhood Trees event.** Planting larger trees in neighborhoods.

 **Green Space event.** Planting seedlings & native plants in natural areas.

Green Space events currently confirmed through Dec. 2020

Date	Event	Sponsored by
Oct 3	 Jackson Bottom Wetlands (Hillsboro)	
Oct 10	 Ibach Park (Tualatin)	
Oct 17	 Jackson Bottom Wetlands (Hillsboro)	Epson Portland Inc.
Oct 24	 Wilsonville Neighborhoods  Ghost Creek - Sunset Terrace (North Plains)	
Oct 31	 Montavilla, Mount Tabor, South Tabor (SE Portland)  Happy Valley Heights (Happy Valley)	Oregon Soap Company
Nov 7	 SE Vancouver Neighborhoods  Saum Creek Trail (Tualatin)  Sandy River Delta (Troutdale)	
Nov 14	 Brentwood Darlington, Woodstock, Eastmoreland, Sellwood-Westmoreland (SE Portland)  Kings Bend (Cornelius)  McKee City Park (Salem)	

Meeting Online...



Vs.



Advantages of Being On-Line

- Available to everyone regardless of location, or health concerns
- A way to expose scouts to things that would be difficult to do in person
 - Guest speakers, virtual tours, etc.
- Some merit badges and scout skills work well with merit badges
- YouTube videos are easily shared!



Online Rules...

- Encourage cameras on*
- Go over scout-appropriate behavioral expectations (no inappropriate chat, appropriate names, background pictures, etc).
- Take advantage of break-out rooms



Online Challenges

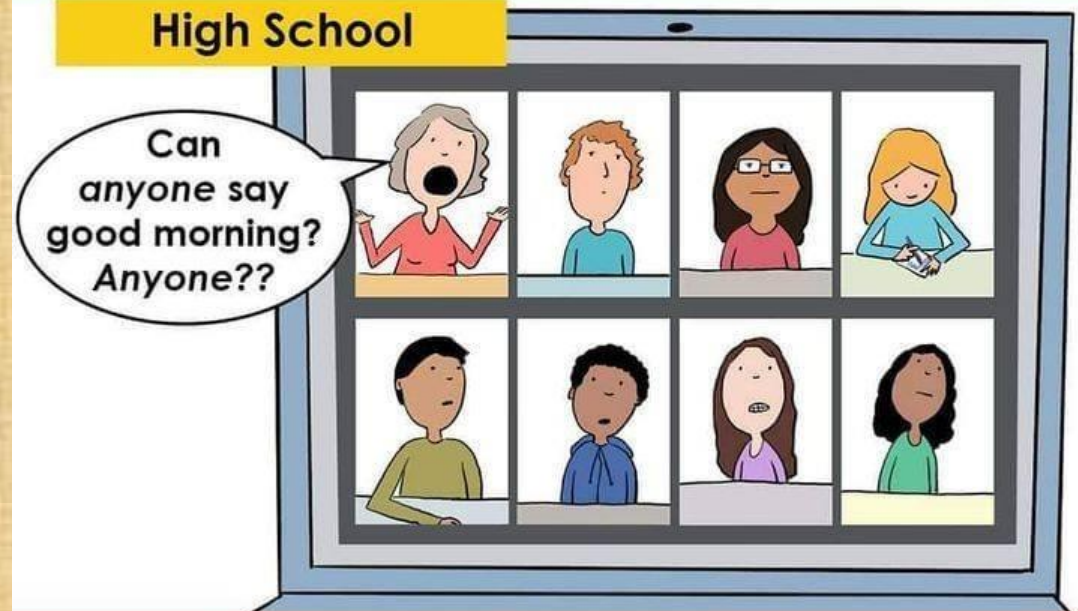
- Over participation
- Under participation

Online Class: Elementary vs. High School

Elementary School

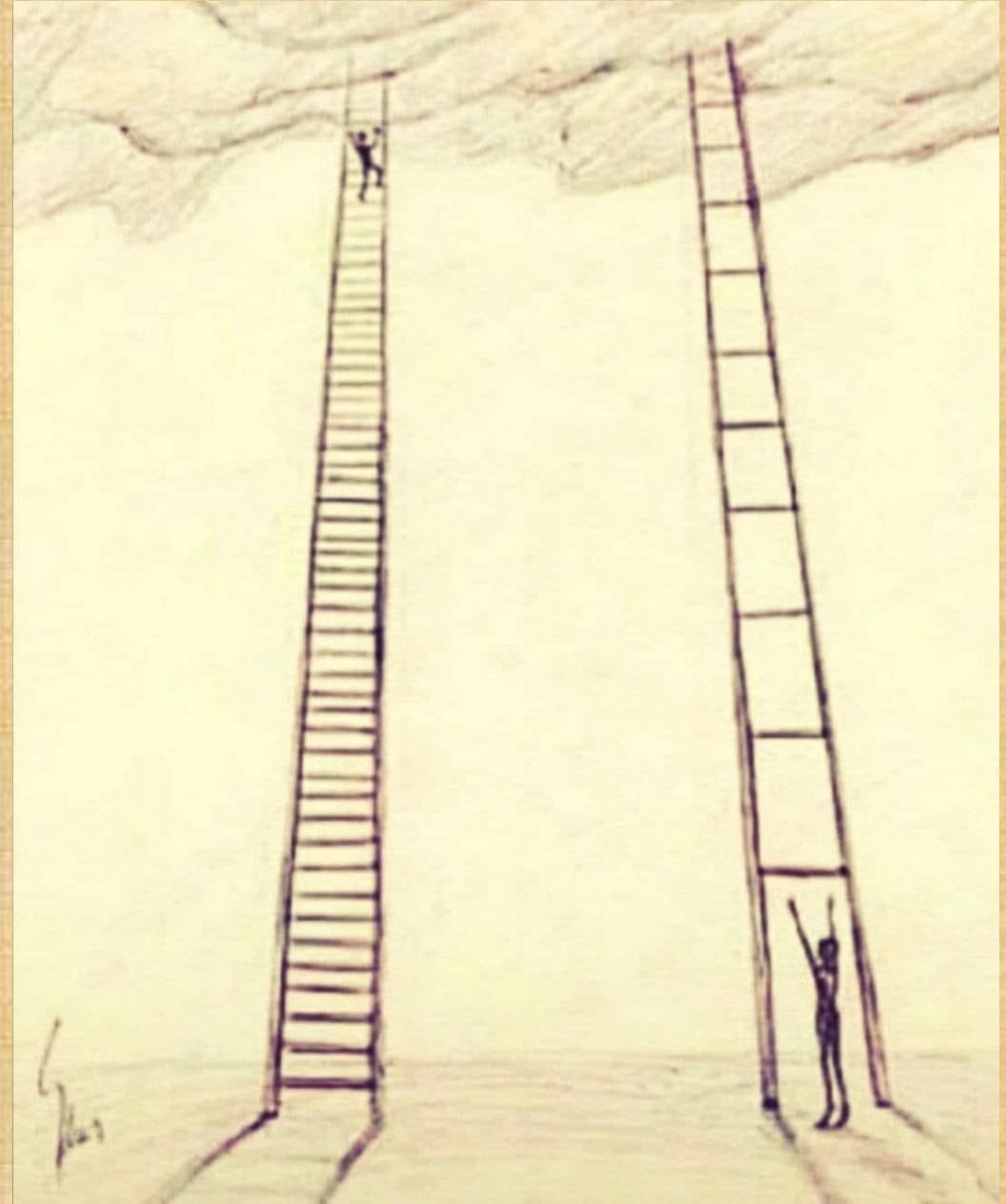


High School



TEENAGER

noun 1. Someone who is ready for the zombie apocalypse but not ready for the math test tomorrow.



Blank Unresponsive Faces

- Youth-led (adults can give some ideas)
- Start with a “small ask”
 - Easy Check-In question
- Sometimes participation or engagement looks different
- Can they vote on an activity (everyone gets a vote?)?
- Do they need to have more physical movement?
 - Have a plan for this- thumbs up/down
- Know when its time to finish early
- Is it time to have a conversation? (individually – with YP)



How are you feeling today???



1. Lullaby



2. Elevator Music



3. Disco/Groovy



4. Country



5. Pop



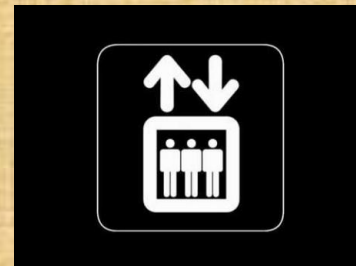
6. Hip Hop



7. 90's Dance



8. Heavy Metal



I Have NEVER...

- Thumbs up if you've done it
- Thumbs down if you haven't



Scavenger Hunts

- Find something meaningful to you that starts with an “R”
- You have five minutes to find your scout book, merit badge sash, mess kit, and...
- You have one minute to bring back the weirdest thing you can find.
- The more creative challenges are the most fun to share.



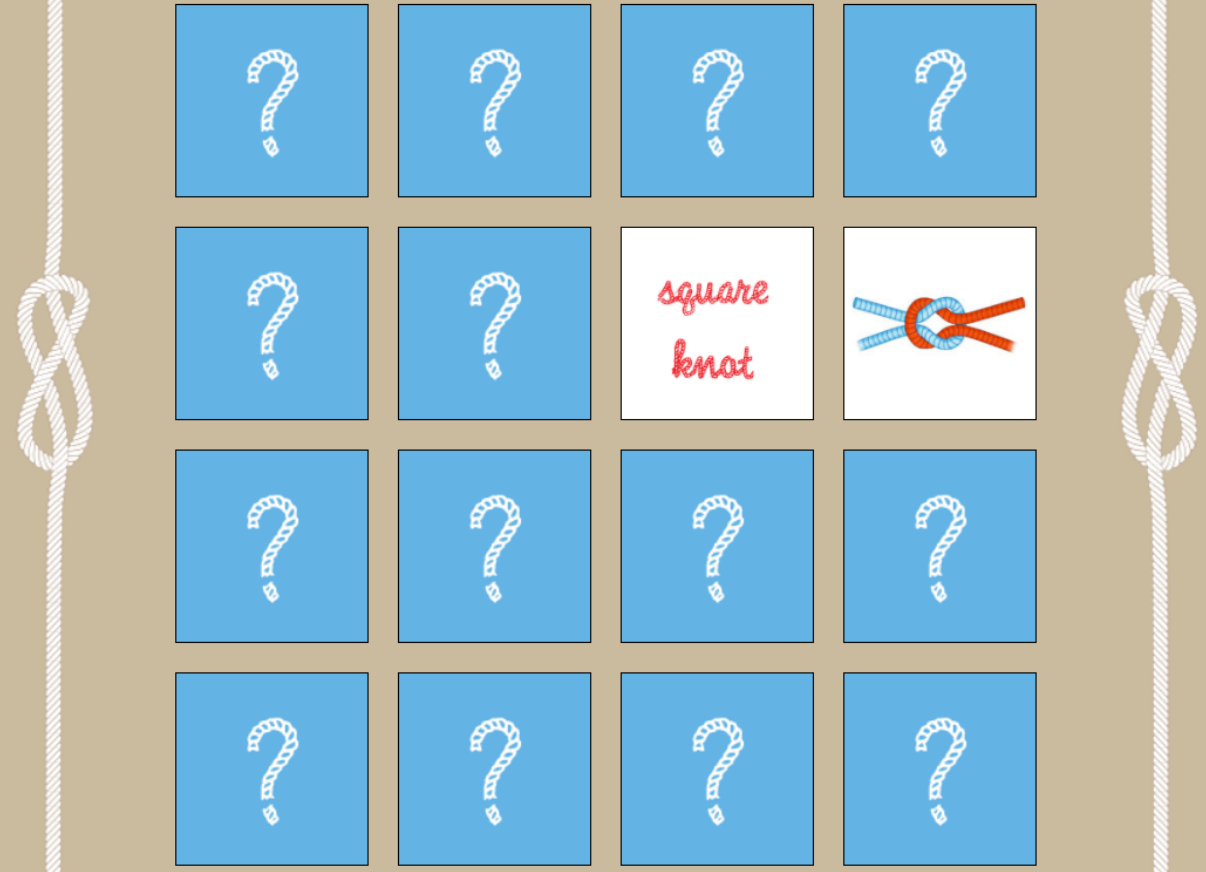
Younger Scouts

The **Cub Scout Six Essentials** are the tools that Cub Scouts need for hiking and other outdoor activities. Do you know what's included? Click on the item to find out!

Sun Protection – A hat or sunglasses can protect you from the sun. You should also use sunscreen, even if it is cloudy! Sunscreen should be at least SPF 30.

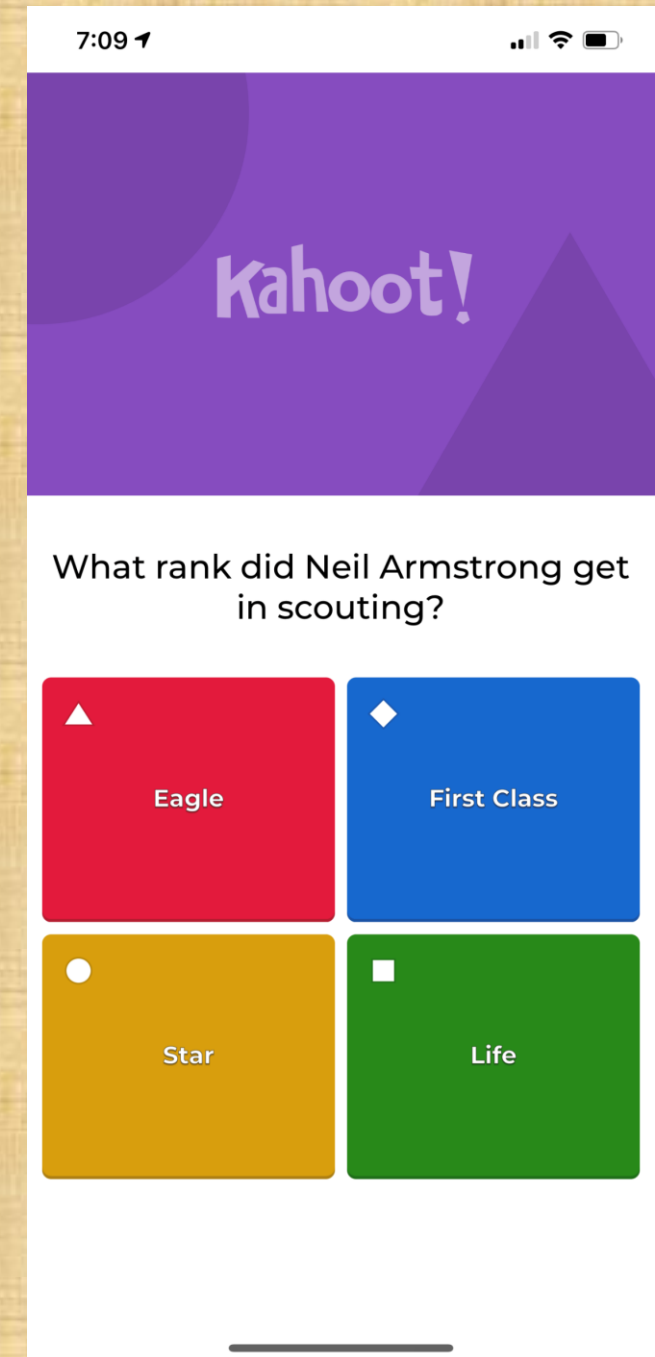
<https://www.ocbsa.org/resourcehub/>

knot so fast!



Kahoot!

- App available on your phone
<https://kahoot.com/>
- Trivia multiple choice
- Points for right answer and timing
- Immediate feedback and rankings



Situation: The Zombie Apocalypse

Groups of scouts are sent to breakout rooms to rank order supplies from most to least useful and create a plan for rescue. Results are shared in the main session



Bracket Games

- Best Halloween Candy
- Best song
- Best camp song/skit
- Best MB
- Worst MB
- Best Camp Meal

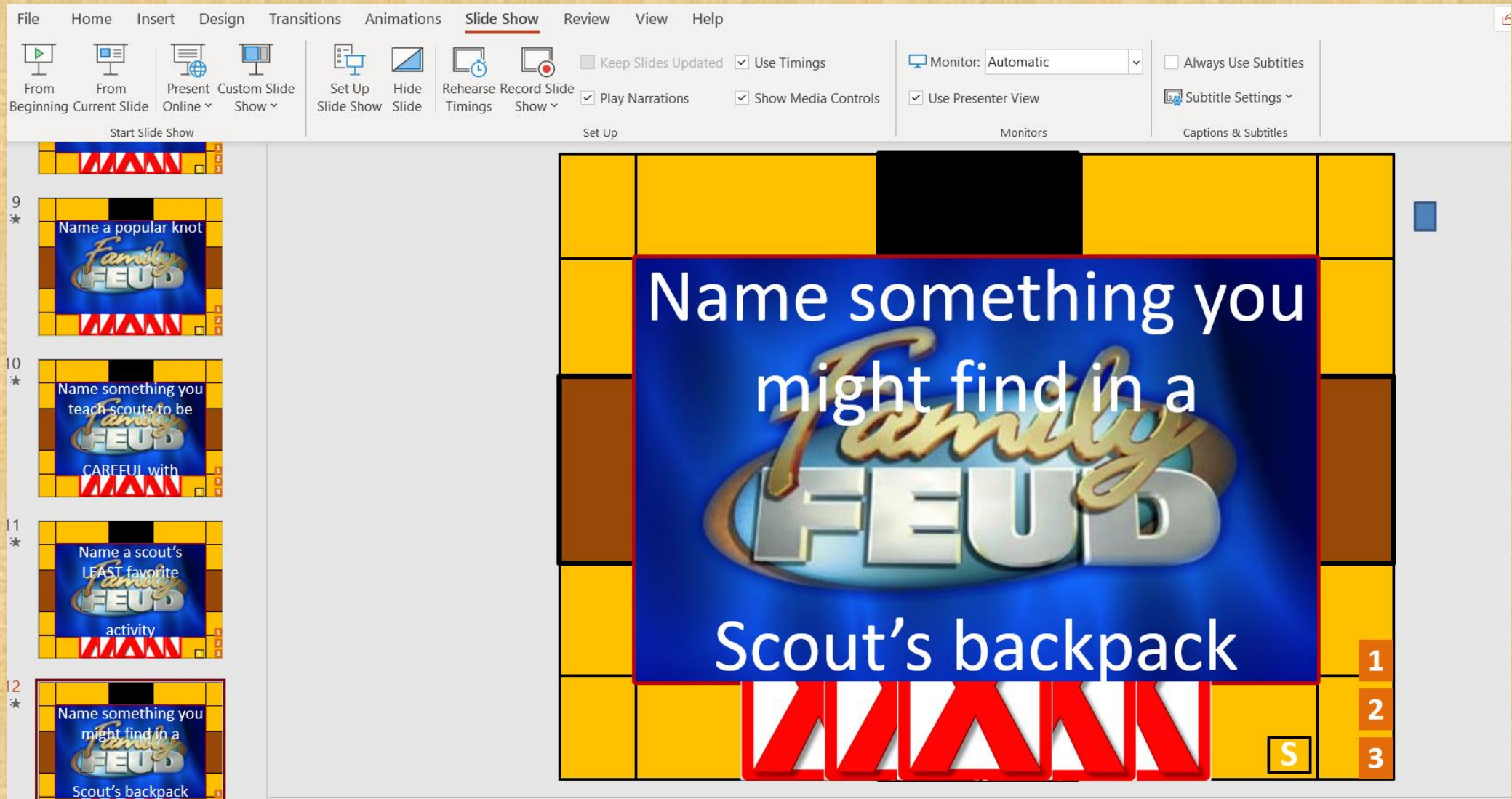


Scout Jeopardy

Scout History	Scout Skills	Scout Uniform	Scout Knowledge	Merit Badges
This man was the founder of Scouting.	These are the three types of fuel in a campfire.	The rank patch is worn on this pocket.	This is the 6th point of the Scout Law.	This merit badge has the Liberty Bell on it.
This is the year that scouting came to America.	This knot is considered the rescue knot.	These two patches can be earned in cub scouts but still worn as a boy scout.	This is the third rank in boy scouts.	This merit badge is the alternative for Lifesaving.
The First Scout Camp took place on this island.	This is used to treat blisters.	This is the knot used on all knot patches.	This is the only President of the United States to achieve the Eagle Scout rank.	This merit badge has a moccasin on it.
This man brought Scouting to America.	These are the 4 steps for attempting a water rescue.	The patrol patch is worn on this shoulder.	This is the Scout Slogan.	This merit badge is the alternative for Swimming and Hiking.
This is the first person to earn the Eagle Scout Rank.	This is used to orient a map.	This is the shoulder that den chief cords are worn on.	List 5 required merit badges for eagle.	This merit badge patch has a cross on it, but isn't the First Aid merit badge.

- <https://jeopardylabs.com/browse/> (there are many already created for scouts)

Scouting (Family) Feud



Escape Rooms (online/free)



- <https://www.escaperoomherndon.com/backtothepresent>

**Fun making videos/
or watching them!**

TV Games

- **The Price is Right:** The four contestants bid in order from left to right and must bid as close as they can to the actual retail price without going over.
- **Who Wants to Be a Millionaire (Who wants to be an Eagle Scout?)** Multiple Choice, Phone a Friend, Ask the Audience, etc.
- **Name that Tune!** I can name that tune in 10 seconds... Variation: I can tie that knot in 10 seconds





BOY SCOUTS OF AMERICA
CASCADE PACIFIC COUNCIL

ADVENTURES v PROGRAMS v TOOLS v EVENTS v ABOUT v MEMBERS v WAYS TO GIVE v

JOIN & GET GRIT



SCOUTING AT HOME IN THE CPC

CHECK OUT OUR NEW PLUG & PLAY PROGRAMS!

FOR CUB SCOUTS

CUB SCOUT DIGITAL ACTIVITIES & ADVANCEMENT

All Cub Scouts (and parents) are welcome to join us Wednesday nights for fun during council-wide digital den meetings! ([Watch our first Digital Den Meeting here.](#))

FACEBOOK GROUP

DIGITAL DEN MEETINGS

DOWNLOAD ACTIVITIES

FOR SCOUTS BSA

SCOUTS BSA DIGITAL ACTIVITIES & ADVANCEMENT

ADVENTURE CLUB

PATROL LEADER TOOLS

DIGITAL PLC

Merit Badges/Advancement

- Online Merit Badge Classes-Scouts BSA (Facebook page) or Merit Badge Counselor (Facebook page)
 - Many online, self-paced google classroom set-ups – your mileage may vary...
 - https://epicmeritbadges.com/?gclid=Cj0KCQjwit_8BRCoARIsAlx3Rj7Rv_mYDpnrl8_Y0l801ud_VEMJXyTCp13T0WYdKcQNcgfrBxFy-IfAaAvNuEALw_wcB (there can be costs \$20/badge here)
 - <https://www.edmondhistory.org/for-children/merit-badge-programs-for-scouts-bsa/> (\$10/badge with scholarships available)
 - Weavil's Virtual Merit Badge (on facebook)
 - <https://meritbadgevideos.wordpress.com/> merit badge videos
 - Cascade Pacific Council

Virtual Tours

- <https://www.nps.gov/gett/learn/photosmultimedia/virtualtour.htm>
Gettysburg
- <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours> famous museums
- <https://scholasticatravel.com/2014/02/24/washington-dc-virtual-tour/> WADC museums/ National Monuments
- <https://www.youtube.com/watch?v=KyOBdhMstps> (Marin Co. Humane Society tour)
- <https://artsandculture.google.com/> (Many museum tours here)

Other Games

- **Cooking**
 - Top Chef (mystery ingredient) then everyone eats together online sharing recipes/ideas.
 - Everyone brings a random ingredient to the screen and shares. Then cohorts go to breakout rooms to plan a meal. Everyone comes back to vote on best menu.
- **Music**
 - Name that Tune
 - Play music while you're waiting to start the meeting (vote on the best songs)
- **Talent Show**
- **Show and Tell:** Bring your pet to the zoom meeting day
- **Pioneering:** Yarn and chopsticks!
- **Cohort Challenges:** Have each cohort propose a different challenge to the other groups (one/month).
- **First Aid** – demo on parents/siblings/pets. Can still do First Aid Baseball or Jeopardy

Other Games cont.

- **Board Games** – Yahtzee, Pictionary,
- **Crafts**- can you have everyone start with the same basic items and see who can create a structure that is the tallest?
 - Pinewood Derby car made of items found around your house?
 - Apps for radar guns available. Would they work for Pinewood derby cars? Everyone submits their speeds?
- **Google Classroom** – you can have a shared document that multiple scouts can edit.
- **Photo competitions** with a theme
 - **Photo ID:** ID baby pictures, pictures of prior events, or pictures of types of trees, etc.)
- **Holiday Themed games** –
 - Halloween: Have everyone keep their cameras off and offer three clues in the chat about what their costume is. Have a big reveal.
 - Everyone share their carved pumpkins
 - Everyone shares their Christmas trees.
 - Dreidel Game
- **Monster Drawing** – One person describes the drawing of their monster but doesn't let others see it. At the end everyone shows off their drawings and sees who comes closest.
- **Two Truths and a Lie** – each cohort comes up with two truths and a lie about their group. Each cohort presents their three statements to the rest of the participants and the other cohorts try to determine which statement is false.

Conclusion(s)

- Keep it fun
- Keep the human connections
- Keep it going

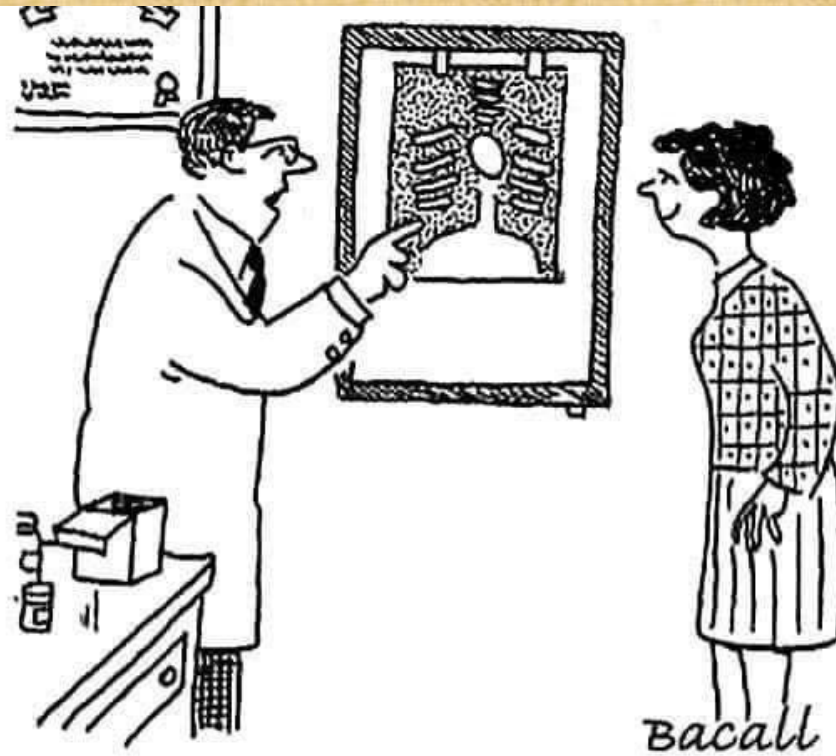


We are the difference

"There are going to be a lot more frustrations, disappointments, and irritations that children are going to cope with. See this as a chance to teach healthy coping mechanisms and acceptance of the things we can't control."

**Eli Lebowitz, PhD, Associate Professor and Director,
Program for Anxiety Disorders, Yale Child Study Center**

"Be the reason someone feels welcomed, seen, heard, valued, loved and supported."



"Your heart is slightly larger than the average human heart, but that's because you're a Scout Leader"

