

SPICES

Why do we use SPICES?

SPICES are a simple and effective way to identify growth and development in young people, gauging their progression based on daily life activities that would fall under the Social, Physical, Intellectual, Character, Emotional and Spiritual elements and areas of personal growth.

How do we use SPICES?

The SCOUT Method enables us to use SPICES as an easy way to identify those areas of personal growth for young people as they progress through Scouts and the various scouting activities that will all have an element of SPICES within them i.e. working in a small team and dealing with various challenges, each of the participants may have different learnings from different SPICES such as Social and Character development.

Hauora

Hauora and SPICES are similar with both recognising the different elements of a person's well-being and development.

Hauora is a Māori philosophy of health unique to Aotearoa. Te Whare Tapa Whā is a model of health and well-being created by Sir Mason Durie consisting of four components of a whare with a foundation of Ta Ao Tūroa Environment embracing the Māori world view:

- Taha tinana: Physical well-being
- Taha hinengaro: Mental and emotional well-being
- Taha whānau: Social well-being
- Taha wairua: Spiritual well-being
- Te Ao Tūroa: Environment

What are the different elements of SPICES?



Social Development

Young people will gain skills and have experiences that supports their development through participation in Scouting adventures including; communication and interaction with others, civic and global engagement, leadership and cooperation.



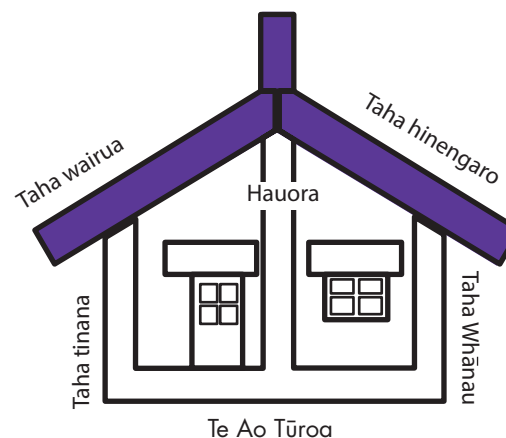
Physical & Mental Health Development

Young people will learn and develop an understanding for their total well-being of mind and body by keeping active, healthy and understanding their own capabilities.



Intellectual Development

Young people will develop their ability to think, analyse, shape and apply information and decisions that supports them in adapting to new situations and actions they take.



Character Development

Young people gain a better understanding of 'self' and learn about; values for life (Scout law and promise), personal and social identity and their aspirations.









Emotional Development

Young people will develop their emotional resilience through; exploring and understanding their emotions, learning to have a balanced life and an ability to empathise with others.



Spiritual Development

Young people are able to develop an understanding and reflect on; their own personal beliefs and explore others recognising diversity in their communities, whilst showing respect and gratitude for the people and world around them.

SPICES	PLAN	DO	REVIEW
 <p>Social Development Taha Whanau Te Ao Tūroa</p>	<ul style="list-style-type: none"> • Interpersonal development • Civic engagement • Leadership and co-operation • Global citizenship 	<ul style="list-style-type: none"> • Show your respect for others and other cultures i.e. run a cultural evening • Learn more about your community and how you can contribute to it • Take some responsibility for activities in your group 	<ul style="list-style-type: none"> • How did your team help each other? • How did your team communicate? • How well did your team do and what would you change? • What did you and the team learn from this activity?
 <p>Physical and Mental Health Development Taha Tinana Taha Hinengaro Te Ao Tūroa</p>	<ul style="list-style-type: none"> • Keeping healthy • Understanding my abilities 	<ul style="list-style-type: none"> • Being prepared to respond to a first aid incident • Knowing where to get help if you need advice and support • Having good personal hygiene habits 	<ul style="list-style-type: none"> • What health services are in your area that support young people? • What did you do in an emergency situation? • What does being healthy look and feel like?
 <p>Intellectual Development Taha Whānau Taha Hinengaro Te Ao Tūroa</p>	<ul style="list-style-type: none"> • Plan – finding and processing information • Do – applying the information • Review – reflecting critically 	<ul style="list-style-type: none"> • Challenge yourself to learn about something new • Share a skill you have that someone else wants to learn • Get feedback from others on something you've done and reflect on what you could improve on 	<ul style="list-style-type: none"> • What new skill did you learn and how will it benefit you? • How can you share your skills and interests with others? • What actions can you take to continue your skill development?
 <p>Character Development Taha Whanau Taha Hinengaro Te Ao Tūroa</p>	<ul style="list-style-type: none"> • Values for life (SCOUT Law and Promise) • Personal identity • Social identity 	<ul style="list-style-type: none"> • Live by the SCOUT Promise and Law • Be respectful of others and their differences • Value living things over material gain • Value yourself and follow your dreams 	<ul style="list-style-type: none"> • What does the Promise and Law mean to you? • How can you show your respect for others and their differences? • What is important to you and why?
 <p>Emotional Development Taha Hinengaro Te Ao Tūroa</p>	<ul style="list-style-type: none"> • Awareness • Expression • Empathy • Balance 	<ul style="list-style-type: none"> • Treat others as you wish to be treated • Learn to adapt your reactions based on where you are • Know how to express your emotions in the right places at the right time 	<ul style="list-style-type: none"> • What behaviours do you admire in others? • Is there anything about your behaviour that you would like to change? • How do you deal with difficult situations and upsetting times?
 <p>Spiritual Development Taha Wairua Te Ao Tūroa</p>	<ul style="list-style-type: none"> • Exploring beliefs • Respect for others • Reflection • Gratitude 	<ul style="list-style-type: none"> • Explore what you believe in • Learn about someone else's spiritual beliefs • Discover what is important to you and those around you • Show your gratitude for others 	<ul style="list-style-type: none"> • Do you have a belief and why? • What do you know about belief systems from around the world? • What people and things do you consider important to you?