

#SoundEffect

The Sound Effect campaign is about the importance of being sound to each other and ourselves. It is being run by A Lust for Life and Pieta House.

It is about:

- Being sound to ourselves ... self-compassion.
- Being sound to others ... living the scouting spirit
- Life is sound ... practicing gratitude everyday
- Be sound to our mind ... mindfulness in the day
- Getting involved and creating a sound atmosphere in your Crew.

We're asking each Venture Scout and Venture Scout Unit/Crew to look over the attached '*Little Book of Sound*' and to discuss the ideas in it. How can we 'be sound' in your lives, in scouting, and in the community?

You check out some websites which will help explore these issues:

- A Lust for Life: <http://www.alustforlife.com/>
- Spunout: spunout.ie/health/category/mental-health
- Jigsaw: jigsaw.ie/need-help/looking-after-your-mental-health/

Also, if you feel you need to talk more about these issues, you can discuss with a suitable adult, your GP, or contact any of the following:

- Pieta House: pieta.ie
- Samaritans: samaritans.org



Activities

Wellness Wall

Encourages Venture Scouts to think of ways to help their emotionally and mental health.

1. Put a poster or blank page on the wall,
2. The Venture Scouts writes on post-its a sentence or phrase that suggests a way of helping your mental health (i.e. go for a walk, talk with a friend, etc).
3. They then put these on the wellness wall.
4. Discuss the different options shared

Be Positive

Encouraging positivity in Venture Scouts and in the Unit

1. Explain the importance of seeing the positive in other people and themselves.
2. Have each Venture Scout write their name in a creative way big page
3. Around their name, they should write down of some their positive characteristics (i.e. kind, thoughtful, etc).
4. In Crews, the Venture Scouts should share their pages and then each one writes down strengths and positive characteristics about the others on their respective pages (She is always there to help me; he includes everyone).

Emojis

Encourage examination and positive expression of emotions

1. Explain that we all have emotions and they affect how we feel
2. Each Venture Scout designs some emojis, one per page, to describe a range of emotions, such as joy, friendship, anger, or apathy.
3. Have a conversation about ways you can positively express these emotions, and deal with the negative ones.

