

A MILLION HANDS

Disability resource pack

In partnership with

**Leonard
Cheshire**



scouts.org.uk/join
#SkillsForLife



Disability resource pack

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A Million Hands Big Moment

Calendar

September 2018	October 2018 Understand the issue Inclusive Games Activity	November 2018 Plan Action Inclusive Fun Event Planning	December 2018	January 2019	February 2019
March 2019 Take action Inclusive Fun Event	April 2019 Take action Inclusive Fun Event	May 2019 Tell the world Inclusion Poster	June 2019 Learn and do more Stay Connected	July 2019	August 2019

Understand the issue

With Leonard Cheshire

Inclusive games activity

Overview: This activity encourages Cubs to understand inclusion and how to make the games we play fun for everyone, through games that explore non-verbal communication.

Outcome: Cubs will have gained a better understanding of disability and how to include everyone through fun, inclusive activities and games.

Time: 50 minutes

Equipment: Balloons, chairs, paper and pens (or emotions/emojis written or drawn on pieces of paper).

Linked badges:

Teamwork Challenge Award (req. 1)

My Skills Challenge Award (req. 3)

Disability Awareness Activity Badge (req. 2 or 3)

Community Impact Stage Activity Badge



Activity instructions:

- You could invite a Leonard Cheshire speaker to talk about inclusion and help with the games. Email Speakers@leonardcheshire.org with your group's postcode, the size of your group, and the day and time of your meetings.
- Discuss with your Pack what they understand the term disability to mean. Explain that it could mean a learning disability, where it takes people a bit longer to learn or understand some things. It could mean a physical impairment, which means that some people's bodies don't work as well as others and they may use a wheelchair, or may have difficulty walking or using their arms. It could also mean a sensory impairment, such as sight loss or being deaf.
- Explain that disabled people are often excluded from activities and experiences because the activities haven't been adapted to include them. We are going to explore some ways to make games inclusive by playing the games outlined below. You can download more inclusive games ideas from [Leonard Cheshire](https://www.leonardcheshire.org).

Emoji charades, 15-20 minutes

A non-verbal game where Cubs will learn about the importance of non-verbal communication such as gestures and facial expressions for people who are unable to communicate through spoken language. Cubs will understand that communication is about much more than speaking.

Instructions:

- 1 Divide your Pack into two teams.
- 2 Ask the teams to write or draw emotions and actions onto pieces of paper (waving, smiling, walking a dog, eating dinner). You could print out emojis in advance for this.
- 3 The teams swap pieces of paper (not looking at them) and take turns to act out, without talking, one of the emotions or actions for their team to guess (like charades).
- 4 The team to guess the most emotions or actions wins.
- 5 Afterwards, talk about how easy or hard some of the cards were to act out. Hopefully, they found it quite easy to act out some emotions and can reflect on the importance of non-verbal communication.
- 6 We can always try and communicate with someone, even if they struggle to communicate because they are deaf, cannot speak or have a visual impairment.
- 7 We all communicate in different ways. Our facial expressions, gestures and actions can be very important. Remember to check how someone best communicates so you can make sure they are included.

Balloon volleyball

This follows the same rules as regular volleyball except the balloon helps to slow the game down. This makes it more accessible.

- 1 Set up a net using string or rope across the middle of the room.
- 2 Split the Pack into two teams and position them either side of the net.
- 3 Choose a few players who must sit on the floor throughout the duration of the game. They must not move from the spot they are in.
- 4 Choose a few players who must sit on chairs throughout the game and the chairs must not move.
- 5 All other players can be standing and move around.
- 6 Now begin the game of volleyball. Play a few rounds and then swap round who is in the different positions.
- 7 You can make the game more challenging by draping a sheet over the rope so the other team can't see the balloon coming.
- 8 Once the young people have played a few rounds, gather the teams together and ask them to think about the following questions:
 - Did they feel like they were equally involved in the game when they were sat on the chair or on the floor?
 - Did they find it frustrating when they were in different positions?
 - Did they try to include everyone in the team?
- 9 Ask the group to think of a way they could try to make the game more inclusive for those on the floor and chairs. Maybe each time the ball comes to your team at least one person standing, on a chair and on the floor must touch the ball before it goes back over the net. Or maybe everyone has to sit on the floor or on a chair?
- 10 After the games, talk about how important it is for us all to feel included and think about what else you could do to adapt your meeting place and activities to ensure that everyone can take part.
- 11 Be aware that some of these discussions might cause young people to reflect on a time when they might have

been excluded – ensure you allow young people to reflect in a positive and supportive environment whilst following guidance on the [Yellow Card](#) at all times.

- 12 You could end your meeting by saying [thank you](#) and [goodbye](#) to everyone using Makaton. Makaton is a method of communication using signs and symbols and is often used as a way to communicate for people with learning difficulties. Makaton is used in more than 40 countries.

Plan action

Inclusive fun event planning

Overview: Plan a fun, inclusive, and accessible activity in partnership with a group of disabled people in your community. If you would like to plan a Leonard Cheshire Give and Bake event with the disability group you have linked up with, you can order a resource pack [here](#) which includes posters, invitations, balloons and bunting.

Outcome: Cubs will have learned more about how to include disabled people, and reduce isolation and loneliness. Working in partnership with a group of disabled people, Cubs will understand more about disability and be confident communicating with disabled people.

Time: 1 hour

Equipment: Paper, pens, and a planning template (included in the resource pack).

Linked badges:

Our World Challenge Award (req. 2)
Community Impact Staged Activity Badge



Leaders planning

- 1 Identify a disability group in your area to work with; you could research this online or contact a group you already know of. Email scouts@leonardcheshire.org with your postcode to see if there is a Leonard Cheshire group in your area.
- 2 Make contact with the disability group and ask them if they would like to do some activities together with your Cub Pack. Consider:
 - What sorts of activities do the people in the group enjoy? Could you do a Scouting activity, like a campfire? Some activity ideas can be found [here](#).
 - How can they ensure that the event is inclusive for all those attending?
 - When is the best time to run an activity?
 - Would the group like to be involved in planning and/or delivering the activity?
 - Would they want your group to go to them, or would it be better to find an external accessible venue?
 - Could you do any fundraising at the event?
- 3 Ensure the Cubs understand how the event is inclusive and what to expect.

Activity instructions:

- 1 Talk to your Cubs about the group that is coming to visit and what activities you will do together. Ask the Beavers if they have any ideas of inclusive activities they could do at your event.
- 2 Discuss with Cubs what the word 'loneliness' means. Explain that research by Scope has shown that loneliness and isolation amongst disabled people is high. This will help the Cubs to understand the difference they can make by ensuring everyone is included in activities.

- a. Two-thirds (67%) of disabled people have felt lonely in the past year.
 - b. A shocking 85% of young disabled adults - 18-34 year olds - feel lonely.
- 3 In groups, ask Cubs to create invitations to the disability group they are inviting, telling them a few things they are interested in.
 - 4 Cubs could get creative by making welcome signs or signs to show people where important parts of the building are, such as toilets. This will help to ensure all visitors feel included and welcomed to the event.

Take action

Inclusive fun event

Overview: Run an inclusive joint activity with a group of disabled people in your community

Outcome: Cubs will have learned about how to include disabled people, and reduce isolation and loneliness. They will better understand disability and feel more confident communicating with disabled people.

Time: 1 hour (dependent on activity)

Equipment: Welcome signs, signposting, invitations, any other equipment required for your chosen event (food refreshments, cakes/biscuits to sell). A pack of resources for hosting a Leonard Cheshire Give and Bake event can be requested [here](#) (includes bunting, flags and balloons).

Linked badges:

Disability Awareness Activity Badge
Our World Challenge Award (req.2)
Community Impact Staged Activity Badge
Photographers Activity Badge (req.3)



Activity instructions:

- 1 The Cubs should take part in the games and activities that have been designed in the Plan Action stage.
- 2 Cubs should be split into small groups and assigned specific tasks to help the smooth running of the event. For example, you may have some of the Cubson a welcoming committee, as photographers or supporting activities.
- 3 After checking it is appropriate for the specific group that is visiting, Cubs could be buddied up with different members from the visiting group.
- 4 The Cubs could find out three things they have in common with that person, such as listening to music or enjoying being outdoors.
- 5 The Cubs and the visiting group can then share what they have found out about their buddy with the rest of the group at the beginning of the event. This shows that there are lots of things that people have in common and will help the group to integrate.
- 6 The buddies can stick together for the rest of the event and support each other through the activities.

Learn and do more

Inclusion poster

Overview: Reflect on your event and create a poster about it that can be displayed in your meeting place.

Outcome: Your Pack will have reflected on what they have learned about accessibility and inclusion through previous activities such as the inclusion games and doing activities with disabled people.

Time: 30 to 45 minutes

Equipment: Very large piece of card, board, sheet, or canvas for mounting pictures, words etc. Coloured paper, card, colour pens, pencils, craft items, glue, scissors, paint, and photos from the inclusive event (if you have them).

Linked badges:

World Challenge Award

Community Impact Staged Activity Badge

Photographers Activity Badge (req. 3)



Activity instructions:

- 1 Discuss the following questions with your Pack about the inclusive event to start to reflect on what they learnt.
 - What did they enjoy about the activities?
 - Were there any challenges?
 - Was there anything they would change next time?
 - How did they feel after the activity?
 - How do they think others felt after the activity?
 - What did the Cubs have in common with the visiting group?
 - Can they see how their experience is related to their Cub Promise?
 - What more could they do to help people that feel excluded?
- 2 Give each Cub a postcard size piece of paper or card and ask them to think of what their favourite part of the event was. It could be a specific game or a person they made friends with.
 - 3 They can they represent their favourite thing on the card by decorating it. They could use words, pictures, photos or collages.
 - 4 As a group, using each Cub's card, create a large collage together. As the young people add their card to the collage, ask them to say what it is and why they choose that as their favourite memory, activity, or thing that they learned.
 - 5 If possible, you can display this collage in your meeting place or a community area to show others. You could also post a picture of this collage on social media, using the hashtag #AMillionHands.

Tell the world

Stay connected

Overview: Work with the local disability group and develop a long term connection through a regular activity, annual event or regular communications. Promote your long term connection locally, and encourage your District or County to open up more events for the wider community and ensure they are inclusive.

Outcome: Your Pack will have a long term connection with the group of disabled people, helping to increase Cubs' understanding and potentially reduce the loneliness and isolation of the group whilst promoting inclusion in the wider community.

Time: 45 minutes

Equipment: Cub programme for the next year and list of District events, access to a laptop or tablet.

Linked badges:

Communicator Activity Badge (req. 3 and 5)
Our Skills Challenge Award (req. 3)



Activity instructions:

- 1 Speak to your Pack about what they enjoyed about exploring inclusion and meeting people. Discuss what activities are coming up in your programme over the next year and develop a list of events you could invite your local disability group along to (this could be fireworks night, campfire, end of term party).
- 2 Once you have got a list of events some Cubs could have a go at writing and sending an email to the group with the list of upcoming events in. (this would be best done in a supervised small group).
- 3 Ensure you follow the rules on the [Yellow Card](#) at all times and support young people to be safe online, using the [Cub Stay Safe leaflet](#). You could support Cubs to use a Group email account, for which the leadership team hold the log-in details. Make sure you have parental controls set up on the laptop or tablet you are using. Emails could also be written whilst the device is offline, to reduce any risk of Scouts accessing inappropriate information or sending emails in error. [NSPCC](#) also have some useful guidance supporting children to stay safe online.
- 4 Other Cubs could send an email to your District Commissioner or County Team to promote what you are doing and encourage more Scouting events to be made inclusive for the wider community to attend, Cubs could select some photographs they took at the inclusive event and attach them to the email to show how positive it was.
- 5 Whilst small groups are writing and sending emails the rest of your Pack could play a game of Badge Charades (act out Cub Badges) for them to remember how important non-verbal communication is in including everyone

and also to revisit some of the badges they can achieve in Cubs.

- 6 Explain to the group that it's important we think about including people all the time not just only at special events. That's why it's important we talk to people about what we do and send emails like we have done today.