

# AUSTRALIAN SCOUTING'S INTERNAL COMPASS



## CUB SCOUTS



# SPIRITUALITY AND SPIRITUAL DEVELOPMENT

The Scout program develops youth of all ages in the six (SPICES) areas. Those areas are Spiritual, Physical, Intellectual, Character, Emotional, and Social development. Spiritual development is an area for which many find challenging to create rich developmental programs. The Internal Compass offers a framework for youth and adults to understand spirituality and Spiritual Development in Scouting, and to create interesting programs that encourage personal growth in this area.

Before looking at the Compass itself, it's important to understand spirituality. While there are many different definitions and understandings, Scouts Australia defines spirituality in the following way:

*“Spirituality refers to the feelings or beliefs of a person regarding their purpose in life, connection to others and place in the world around them. These spiritual feelings or beliefs may change as a person develops and guide their actions throughout their life.”*

The diagram below demonstrates how Spirituality, Spiritual Development, and

the worldwide Scouting principle of Duty to God, are interconnected in the youth program.

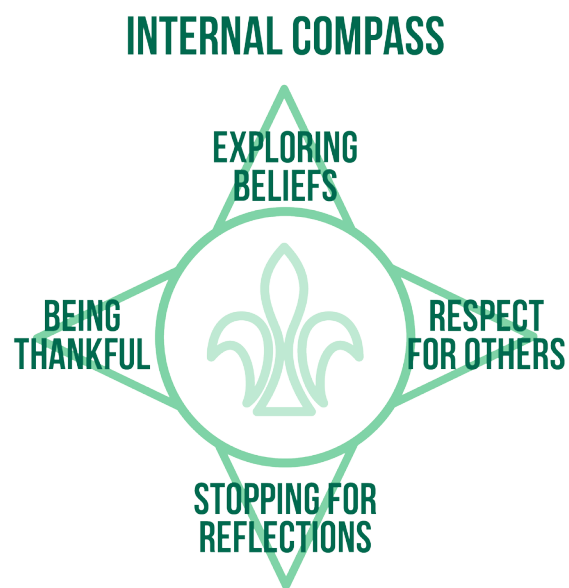
The Internal Compass points to four different aspects of spiritual development that programs can focus on. Like a navigational compass, the Internal Compass can help us to set our direction in life.

The Internal Compass has four ordinal points: exploring beliefs, stopping for reflection, respect for others, and being thankful. A summary of these points is provided in this resource, along with some ideas for activities that might be undertaken with your section.

Don't forget, the Internal Compass should be used in conjunction with the Scout Method when designing your Scouting programs! Refer to the back page for a quick summary of the Scout Method.

Promise, Law, Spiritual Development, resources can be found online:

- [resource.scouts.com.au](http://resource.scouts.com.au)
- [ypr.scouts.com.au](http://ypr.scouts.com.au)



**This allows young people to develop, question and refine their spirituality.**

**Through making the Scout Promise, members commit to 'being true to' their spiritual beliefs (Duty to God)**

### Spiritual Development occurs in Scouting through:

- Exploring a connection with nature and the world around us
- Searching for meaning in life's experiences
- Learning about different religions and non-religious belief systems
- Learning about and respecting others spiritual beliefs
- Participating in Scouts' Owns, reflections or other activities

# A GUIDE FOR CUB SCOUTS

## “I UNDERSTANDING THAT PEOPLE HAVE DIFFERENT BELIEFS, AND EXPRESS THANKS TO OTHERS”

This guide aims to support leaders and older Cubs Scouts to understand spiritual development in Scouting using the “Internal Compass” model, and to be able to plan, do, and review spiritual development activities to help youth achieve the program objectives and Purpose of Scouting.

Each point of the Internal Compass has learning objectives. These objectives are written as “I statements”, to help youth members understand the objective and when they may have achieved them.

Each learning objective is accompanied by activity suggestions.

### EXPLORING BELIEFS

#### **I experience religious and/or non-religious beliefs systems through family and community activities**

- Visit a place of worship that you are unfamiliar with,
- Take someone on a guided tour of a place of worship you are familiar with
- Participate in community and family activities, such as religious festivals or events, including some that you are not familiar with
- Participate in a cultural night where you explore food, faith, and traditions

#### **I know that there are many ways that I may choose to find meaning in my life**

- Participate in a discussion with your Six, or with your Leaders, about your place in the world
- Participate in, or help plan and lead, a spiritual Scouts’ Own
- Participate in community and family activities, such as religious festivals or events

### RESPECT FOR OTHERS

#### **I know something of the belief of my peers**

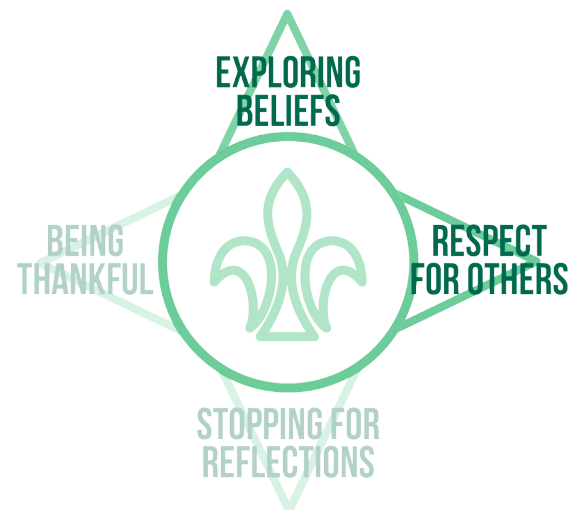
- Have a discussion with your Six about the differences between faiths
- Role play activities demonstrating different spiritual beliefs

#### **I know something of the social and cultural backgrounds of my peers**

- Have a respectful discussion with your Six about the different social and cultural backgrounds of members of the pack.
- Research the social and cultural traditions of another culture and plan a cultural night for your pack based on your findings.

#### **I know something of the societies and cultures in my communities**

- Organise a visit by a community leader or social worker, or visit a community facility, to learn about what they do.
- Attend a community cultural event.
- Complete a local Messengers of Peace project with your Six or Pack.





## BEING THANKFUL

**I experience and appreciate some of the world's beauty**

- Participate, assist, or lead activities in nature and the outdoors – camps and day hikes, for instance
- Go on a nature walk and take photos of unique and interesting plants and animals. Share these with your pack.
- Keep a scrapbook of your adventures in nature and the outdoors

**I express thanks to my family and other people in my life for the things they do for me**

- Create gifts for family members or other important people in your life
- Make a habit of showing appreciation for the things people do for you
- Find opportunities to do “good turns” for others. Pay forward the good turns others do for you.

**I am thankful for the many opportunities that have been, are and will be available to me**

- Identify things you are thankful for as part of a Scout's Own
- Do a “good turn” for someone less fortunate than yourself
- Reflect on a weekend of opportunities around a campfire

## STOPPING FOR REFLECTION

**I know the Scout Promise and Law, am able to express in basic terms what they mean to me, and know that my spiritual beliefs are influenced by my family and community**

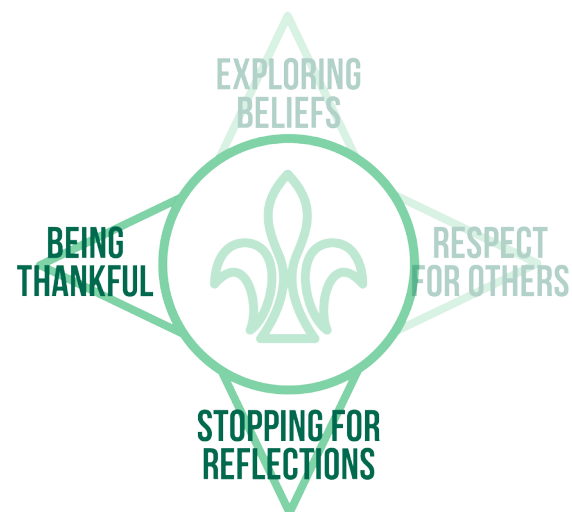
- Chat with a Leader or Sixer about what you understand the Promise and Law mean to you.
- Share your thoughts about the Promise and Law with younger Cubs, or your Six.
- Identify situations where family and community could influence spiritual beliefs

**I know that there are right and wrong ways of doing things and I should use my spiritual beliefs to guide my actions**

- Role-play different situations related to the Scout Law, and ask your Six or Pack to discuss the actions taken by the characters. Did they take the right action?

**I appreciate that I am connected with others and the world**

- Participate, assist, or lead a Scouts' Own
- Participate in group meditation or mindfulness session in natural surroundings
- Correspond with a Cub Scout from another country or culture, and reflect on the cultural similarities and differences
- Enjoy a night around a campfire with your fellow Cub Scouts and leaders



# THE PURPOSE AND METHOD OF SCOUTING

Scouting uses a particular educational method through which youth develop and learn in order to achieve the **Purpose of Scouting**. It is the Scout Method that makes Scouting truly unique.

*The purpose of the Scout Movement is to contribute to the education of young people in achieving their full physical, intellectual, emotional, social and spiritual potentials as individuals, as responsible citizens and as members of their local, national and international communities.*

The Scout Method is made up of 8 elements. Not one element of the Method is more important than another, and different elements will feature more prominently through different activities and experiences. The Method should be featured in all that we do, and its use should be made apparent to both adults and youth. It's important that Scouts are aware of how Scouting is contributing to their development.



## COMMUNITY INVOLVEMENT

Active exploration of an individual's commitment and responsibility to their community and the wider world.

## LEARNING BY DOING

Learning through practical experiences and activities.

## NATURE AND THE OUTDOORS

The outdoors is the primary setting for learning and encourages a two-way relationship between the individual and the natural world.

## PATROL SYSTEM

A way to develop interpersonal and leadership skills through teamwork, responsibility and belonging.

## PERSONAL PROGRESSION

A learning journey focused on challenging the individual to do their best through a range of experiences.

## PROMISE AND LAW

Scouting values and ideals that underpin all activities and interactions.

## SYMBOLIC FRAMEWORK

A unifying structure of themes and symbols that facilitates the awareness and development of an individual's personal journey.

## YOUTH LEADING, ADULTS SUPPORTING

A youth movement, guided by adults, where youth are increasingly self-managing.