



**Rover
Scouts**
VICTORIA

Programming for Virtual Rovers

For the foreseeable future Rovers is happening virtually.

This is an opportunity for us to be creative with our programming and to try activities we may not have tried in the past.

This document focuses on ideas that can be used for virtual programming and includes activities from all the Challenge Areas. It's important to make sure your Unit is still Rovering, but just not face to face.

OUTDOORS



Night Hike

Take each other around your neighbourhood virtually, walk your pets and share anything of notice along the way; maybe a teddy bear or a rainbow on someone's house. If you have some chalk, it would be lovely to leave some messages on the footpath for others.



Gardening

- Make a herb garden and watch it grow.
- Create a short video showing your plants growing each day over a period of time
- Use QuestaGame to learn about your garden and contribute to scientific distribution mapping. <https://questagame.com/>

Build a Bee Hotel in your Outside Area

You could start with a kit, or help Rovers make one with what they have at home.

- Kit from a small business: <https://littleecoshop.com.au/collections/bug-houses/products/solitary-native-bee-home-diy-kit>



Backyard camp

Set up camp in your backyard and share your set-up; then spend some time with your fellow Rovers remotely.

Where safe, some Rovers may be able to have a campfire for everyone to 'sit around', or have an online campfire. <https://www.youtube.com/watch?v=iz7wtTO7roQ>



A-Z Scavenger Hunt

An outdoor time trial scavenger hunt: give 3 minutes per letter for Rovers to retrieve an item and bring it back to the Unit. Set up your video streaming in the outdoors to make this an outdoor adventure.

Tip: don't do the letters in order; the element of surprise takes away the ability to plan.

A	B	C	D	E	F	G	H	I
-	-	-	-	-	-	-	-	-
1	1	1	1	1	1	2	1	1
J	K	L	M	N	O	P	Q	R
-	-	-	-	-	-	-	-	-
2	2	1	1	1	2	2	3	2
S	T	U	V	W	X	Y	Z	
-	-	-	-	-	-	-	-	
1	1	2	3	2	3	3	5	

For every 15 seconds you are late to return to the Unit, .25 is deducted from your score (i.e. 1 point per minute).

Outdoor Yoga

<http://Instagram.com/YogaWithKimmy> will be doing live-streamed Yoga each night at 8PM, but you can also use pre-recorded Yoga videos, or your Unit Yogis.

Plan

- Where will you do your Yoga session? Choose a peaceful and relaxing area
- What poses do you want to try?
- What sort of music, if any, do you want playing in the background?

Do

- Enjoy what you are doing
- Think calm and peaceful thoughts while you do your stretches
- Focus on your breathing to reduce your stress, quieten your mind and connect to your inner self

Review

- Which stretches felt great?
- Which stretches did you not enjoy and why?
- Were any of the stretches and movements tricky or complicated?
- What was your body telling you?
- Did you enjoy yoga, why/why not?
- What stretches would you like to try next time?
- Would you do this activity again?

Visit the Zoo

Hang out at the Victorian Zoos and see what the animals are getting up to without any humans in their way.

<https://www.zoo.org.au/animal-house?fbclid=IwAR0wbDwOFf2XWddJuSmRJQFi3tiS4LTmUlqEzXJaqF64KCvz-Vgk7euWqll>

OR try a new zoo; one a little less easy to visit normally.

search those here: <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

PERSONAL GROWTH



New Skill Discussion

Select an eLearning module and discuss it as a Unit: The Electives, 'Personal Skill Development' and 'Better Scouting' are good modules to look at.

<http://training.scouts.com.au/curriculums/electives>

Book Club

Set a book to read (or listen to on Audible) over the next month, and then hold a virtual book club.

Book recommendations:

- 1984 - George Orwell
- Two Sisters - Asne Seienstad
- I am Malala - Malala Yousafzai
- Jasper Jones - Craig Silvey
- Who Will Catch Us When We Fall - Iran Berger



Movie Night

Focus on a documentary or docu-series and follow this up with a discussion or a debate night. For Netflix films you can use Netflix Party for those who don't have a subscription.

Movie recommendations:

- The Game Changers
- The Final Quarter
- Knock Down the House
- Period. End of Sentence
- Active Shooter: America Under Fire
- The Goop Lab

Debating

Based on structured debating, the Unit can easily debate online.

Use these resources to learn how to do a structured debate: <https://dav.com.au/resources/>

Cooking

Have your best chef (or chefs) do a live demonstration and then have the Unit make the meal as well.

Alternatively, have a look through Instagram and the internet for a video demonstration that you like.

Skill Saga

Teach each other small skills you have.

From juggling, to craft, to super star budgeting; your Unit is full of skilled people.

Scouts Own

While talking about COVID-19 all the time might not be helpful for Rovers, it is important to think about how we are supporting each other through what will be a tough time for many different reasons.

This is an example of some questions that you could ask every couple of weeks as a way to check in with each other at times when COVID-19 news is particularly overwhelming and stressful, but your Scouts Own can be focused on anything- maybe your Unit is a bit down and needs a grounding gratitude focused Scouts Own.

- What has the Coronavirus taken away from you today? [grief]
- What has the Coronavirus NOT taken away from you today? [awareness]
- What has the Coronavirus given you today? [blessing]

Learn AUSLAN

If you don't have a Unit member/friend of the Unit who knows AUSLAN, this is a great resource (but there are plenty around so have a look online).

https://helloasphyxia.wordpress.com/blog/learn-auslan-australian-sign-language-online-course/?fbclid=IwAR2wrQMUSb4Zhdeh_1BHetoClmpyac71EUOZf2EkT6JNw_Sa927IYcwlXpU

Learn to Dance

Using online dance classes learn to dance as a Unit.

<https://www.skillshare.com/browse/dance>

COMMUNITY



- Send letters to each other
- Send letters to friends or family who may be struggling
- Write a note for those still working in essential services: medical, supermarket, delivery etc.
- Do a letter drop for all your neighbours, including this card for them

HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

<input type="checkbox"/> Picking up shopping	<input type="checkbox"/> Posting mail
<input type="checkbox"/> A friendly phone call	<input type="checkbox"/> Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

Care Packages

- Put together care packages for those in your neighbourhood in need, including for essential workers
- Donate sanitary items through the Share the Dignity drive in Supermarkets

Around the World through the Internet

Focus on learning about other cultures and places!

- 'Travel' there through the internet
- Food activities based on the places you visit
- Craft activities based on the places you visit

Small Business Night

- See what items the Unit needs and source them from a small business
- Help any Unit members looking for items find them at a small business
- Write reviews for small businesses, bars, restaurants, and cafes that you have visited #sharethelove

Sustainable Development Goals

Have a night focused on the Sustainable Development Goals or focus on a different goal each week.

Some ideas and resources can be found here:

https://betterworld.ie/bw/category/scoutingathome/?fbclid=IwAR3_9d6mPZWt88pTwi-Z-4_w-7iPjWhAUK14JbG_fmUYRyjldj-NV1wwm6w

Donate Blood

While not virtual, blood donors are still needed. Centres are following social distancing guidelines and are still operating and in need of donors.

<https://www.donateblood.com.au/>

ANZAC Day

- Bake ANZAC biscuits
- Read a book or story about an ANZAC and share with the Unit
- Write poems about the ANZACs and share with the Unit
- Stand at the end of your driveway at dawn on ANZAC day and listen to the ABC broadcast of the ANZAC day service.

CREATIVE



Merch and Marketing Night

- Update Unit logo and merchandise
- Create merchandise as a future fundraiser
- Assess the Unit's marketing, and think about how you can continue this throughout this period of virtual Rovering
- Discuss how you will engage new Rovers with the Unit under current circumstances.

Blanket Fort Competition

Have a blanket fort competition: from the structural integrity, to the Instagram post, to the snacks inside; there is a lot to judge.

<https://www.youtube.com/watch?v=4HPnf15i-Ls>

Bob Ross painting

Paint along with Bob Ross and share your creations at the end of the night.

<https://www.facebook.com/BuzzFeedVideo/videos/640065063461961/>

Rube Goldberg

Create a Rube Goldberg and see who has the best machine at the end. Split into teams while creating to help each other out.

<https://www.connectionsacademy.com/support/resources/article/build-your-own-rube-goldberg-machine>

Project Pitching

Use Patently Stupid on Jackbox Games.

https://jackboxgames.com/party-pack-five/?fbclid=IwAR08kb1_Mx1qtuxUYdm-y0TVvmpKLjY1KjRxjngS817gbVu-B7Civpf8mQ

Box of Lies

Play box of lies with the Unit: who can craft a believable story and fool you by what they have in-front of them?

<https://www.youtube.com/watch?v=8G9leHPnJUg>

Karaoke

Unit Karaoke, BYO your best 'microphone'.

<https://karaoke.camp/>



Embroidery

An amazing small business, Slow Evenings Embroidery, has created mini-IG courses on embroidering with items you'll have at home. See the saved stories on their profile as well as some other free patterns:

https://www.instagram.com/slow_evenings_embroidery/

Make a Flip-Book

See this great one about self-isolation:

<https://www.facebook.com/TheFlippist/videos/241105003592239/>

And then go and create your own.

Pottery

Hold a virtual pottery night and compare your creations. You can support local businesses to fire your creations and use them to drink/eat out of while in isolation.

https://crockd.com.au/?fbclid=IwAR3SaRs-GyJLz7T62mBobphprcPLpR_BOcqbD9kmmwccuXQiZlevru1R1M

OR

<https://www.ceramiques.com.au/new-products/home-delivery-clay-and-tool-kit>

Spa Night

Make spa products from what's at home and test them out; maybe while doing some group meditation.

<https://www.facebook.com/buzzfeednifty/videos/329680164658551/>

Dolls house

Make a toy, such as a dolls house with what's around your house and leave them out for a family to take home or give to a family you know.

<https://www.facebook.com/buzzfeednifty/videos/1120459461653724/>

'Go' to a Museum or Art Gallery

<https://artsandculture.google.com/partner?hl=en>

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Colouring

Colour or draw as a Unit. Some relaxing down time as a Unit can be great in stressful times.

Minecraft

You don't want to have your virtual program just turn into virtual gaming for months on end, but this is an opportunity to try these things out as a Unit.

scoutwired.org

Participate - Assist - Lead

Units still need to be recording participates, assists, and leads during this time.

Participates, assists, and leads may look a little different when doing a virtual program, but ensure that it is not just the Unit Leader running every night. Share the load around, get people to assist and record what you are doing.

Check out the 'Participate-Assist-Lead guide', as well as the other program resources available to you.

<https://www.vicrovers.com.au/resources/program-transition-resources>

Software

Discord

<https://discordapp.com/>

Facebook Messenger

Google Meets

Comes with business GSuite

Skype

<https://www.skype.com/en/>

Webex

<https://www.webex.com/>

Zoom

<https://zoom.us/>

Article: OK, Zoomer! How to Become a Videoconferencing Power User

https://www.wired.com/story/tips-for-using-zoom/?fbclid=IwAR0AZZaaUFnlqLTucL_3dyUEvhTK0oERg7XMG1D7qqwuaji-_NzV34Y-eI0