

Cub Scout Milestones

Supporting Personal Reflections



The purpose of the Milestone Personal Reflection is to assist Scouts and their mentors to identify personal development that has occurred by participating, assisting and leading activities as part of an Achievement Pathways Milestone.

The following questions provide some starting points for a discussion during a Milestone Personal Reflection. Feel free to use these, add to them, or change them to suit the needs of the individual in their reflection.

Personal reflection discussions should be quite short, can be conducted by youth and adults, and be as natural as practical. In addition to these questions, the SPICES cards and Scout Method Flash cards may be useful.

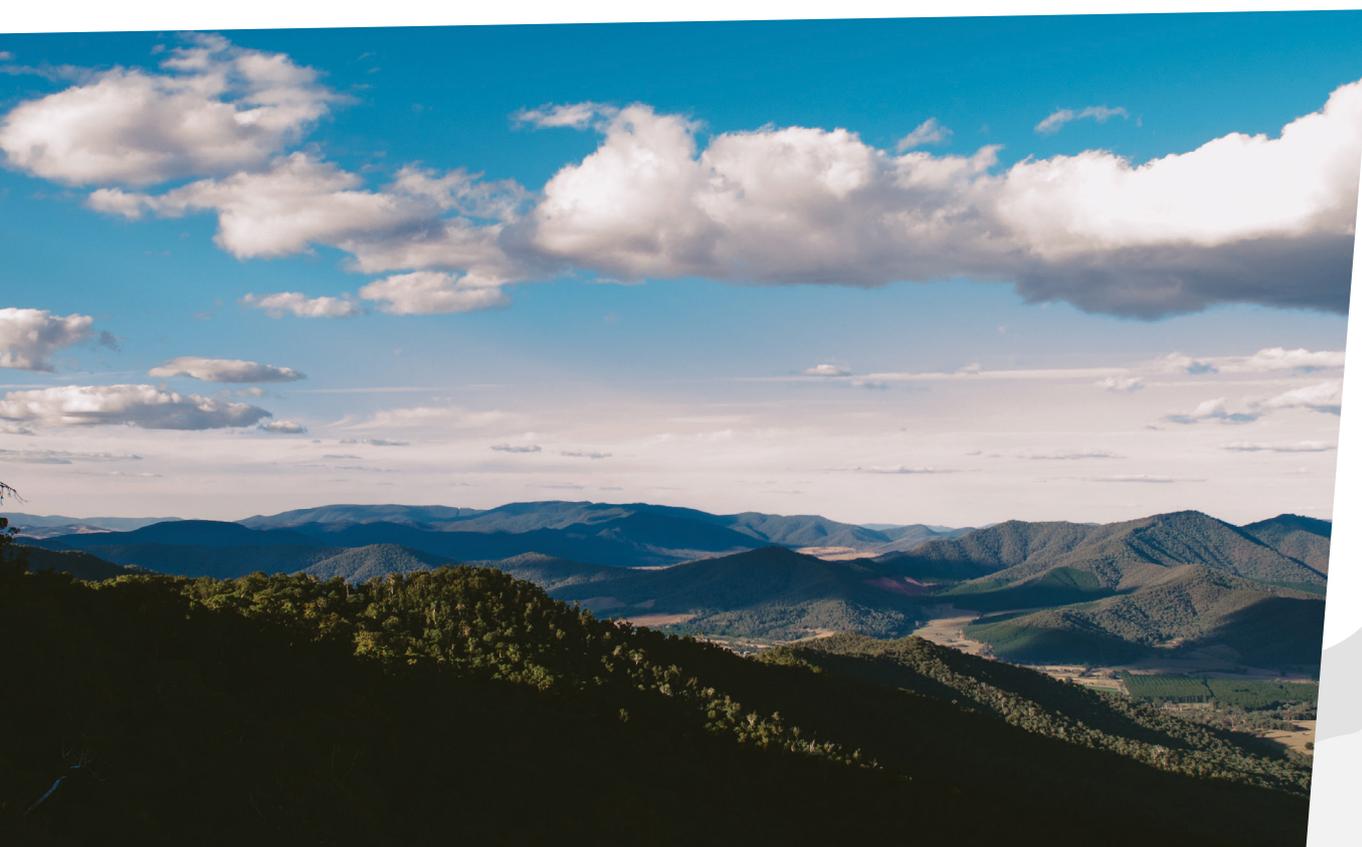
These questions should not be thought of as a tick list where all questions must be answered in order for a Scout to achieve Milestones. Instead, these question prompts are designed for you to select ones that will help the Scout think about their experiences in Scouting and how they have developed. You are encouraged to adapt and change these questions, rephrase them, ask follow-up questions, and develop your own, to suit the situation and individual Scout.

It is useful for discussions to be held based on a recent game or activity, rather than a hypothetical event or experience. Encourage Scouts to give examples.

Some Cub Scout Question Prompts:

- What were some of the things you enjoyed in Cub Scouts from the last few months?
- The Australian Scout Law says Be Respectful, Do what is Right, Believe in Myself. What do these mean to you?
- What was your favourite [Community, Creative, Personal Growth, Outdoor] Challenge? Why? Tell me what you did. What did you learn from this?
- What did you learn from being a leader [at an activity or game]? If you led both, how do these differ?
- Is there anything on the Unit Code you find hard to do? How can we work on this together?
- How do you do your duty to others? Can you tell me an example?
- How have you contributed to your community recently?
- What have you done that has helped others?

On the next pages you will find some questions that relate to the Educational Objectives (SPICES) of Scouting that may be used in reflections.



Cub Scout Question Prompts



Social Development

Social development refers to belonging to a group, one's relationships with others, and understanding differences between people in small groups of peers, as well issues of diversity and inclusion in larger communities.

Becoming Aware	I respect and encourage myself	What does showing respect mean to you? How do you show respect? How do others show respect to you?
	I consider my influence and impact on others	What does encouragement look like, or sound like, to you? How do you use these to encourage yourself or others in our activities?
Interacting with Others	I show respect to others	How did you contribute to supporting other Scouts that needed help during the activity?
	I have an awareness of the needs of others in the group and can undertake activities in teams	Tell me about the jobs that people in the community have that can help out you, your friends, and your family. How did you contribute to your Patrol's efforts in the activity? What would you do differently next time?
Developing Relationships and Networks	I am aware of other members of the local community, and the role they play.	How do you help out others who have different interests or backgrounds than you? What do you do to help others feel welcome in your group?
	I have an awareness of my personal safety and support	How do you know when you need help? How do you ask or show that you need it?

Cub Scout Question Prompts



Physical Development

Physical development refers to one's understanding of their body, including active care for health, wellbeing, and the pursuit of physical skills and fitness.

Being Healthy and Fit	I care for my body and have good personal habits	What habits have you developed that are good for the health of your body? How did you show your good habits on our last weekend away?
	I can explain why it is important to eat healthy foods and be active	In what way was the food we ate on our last adventure healthy? How do you know? Why is it important that our trips away include healthy food? What were some of the things we did that helped keep our bodies healthy on the weekend adventure we just had?
	I can describe the major illnesses which could affect my health, their cause and prevention	What steps did we take on our last weekend adventure that helped prevent the spread of diseases? What can you tell me about illnesses we might suffer from?? When you participate in new or challenging activities, what steps do you take to make sure you stay safe? When you plan an activity with other Scouts, what sorts of safety problems do you think about?
Being Adventurous	I participate in and help to plan new and active activities, and give feedback about activities I participate in.	When we head outdoors, what do we do as a patrol or unit to reduce the impact on the environment? Why do we do these things? When have you stopped to help others who are struggling on an activity?
	I recognise the risks in my activities and local environment I identify environmental impacts in my local environment	Tell me about some times when you have given feedback to the organisers of a game or activity or adventure. What did you say? Why?

Cub Scout Question Prompts



Intellectual Development

Intellectual development refers to one's ability to think, plan, innovate, review and be creative, applying information, knowledge, and skills in new and different circumstances.

Acquiring new information	I express interest when undertaking new and unknown experiences	How do you normally feel when the Cub Scout Unit tries a new or unknown adventure or activity? How do you go about participating in these new experiences?
Showing Initiative	I discuss possible solutions and use available resources to situations, stories or problems	How do you feel when an activity has to be changed or cancelled? What do you do when this happens? What roles have you taken in planning activities for your Cub Scout Unit? How do you often contribute?
Being Adaptable	I continue to participate and problem solve in activities when plans are changed	How do you feel when ideas that are different to yours are suggested? How do you help others if you need to change ideas or plans? How do you go about using the Plan>Do>Review> process? What is important about the Review> stage? In what ways is it important to you?
Planning and Reviewing	I participate in planning of activities I can constructively reflect on an activity using the Plan>Do>Review> cycle	Can you think of a problem you had on a Cub Scout activity that you had to be a part of solving? What did you use to solve the problem with your Patrol or Unit?

Cub Scout Question Prompts



Character Development

Character development refers to the pursuit of personal best. It includes positive attitude, responsibility, respect, and making an effort beyond what benefits the self. It encapsulates personal growth in the five other SPICES.

Developing Identity	I can identify my strengths and opportunities for growth. I consistently seek new challenges and experiences	What sorts of things do you want to improve about yourself? What sorts of things do you need to improve about yourself? What things are you really good at? Could you help others be good at these as well?
	I recognise the need to do my best	What are some ways that you have set a goal to improve yourself? How do you know these were successful?
Showing Autonomy	I address and overcome difficulties conscientiously I believe in my ability to set and complete personal goals	What does it mean to do your best? How do you live your best every day? On Cub Scout adventures, when you have jobs to do, describe your efforts. Do you always try your best? What can sometimes change your effort?
Demonstrating Commitment	I show consistent efforts to fulfil tasks	



Emotional Development

Emotional development refers to the need for understanding of one's own emotions and the emotions of others. It includes awareness of how a person is feeling, expressing emotions in a positive manner, as well as respecting and supporting the emotional needs of others.

Being Emotionally Aware	I show that I am aware of my feelings and how they impact people around me	Describe how you feel after doing something different or trying something new? When do you feel really great? Why?
Expressing One's Feelings	I can express how I am feeling and try to do this without hurting the feelings of others	What do you do to make yourself feel better than you did before? How does the way you react to how you are feeling about an activity affect other Scouts? Can you think of an example? This could be both positive and negative feelings.
Showing Respect	I respect and accept different people and I am aware of their feelings	In what ways do you accept others' feelings about an activity? How can you respect and support their feelings? What if they have a different opinion or feeling to yourself?

Cub Scout Question Prompts



Spiritual Development

Spiritual Development

Spiritual development refers to the development of a person's beliefs regarding their purpose in life, connection to others, place in the world around them, while respecting the spiritual choices of others.

	I understand that people have different beliefs, and express thanks to others	What do you know about different religious beliefs that people have? How do you feel about this?
Exploring beliefs	I experience religious and/or non-religious belief systems through family and community activities I know that there are many ways that I may choose to find meaning in my life	In Cub Scouts, what have we done that helps you stop and think about your place in the world? Or helps you think about the world you live in? What does the Australian Scout Promise mean to you? Why is it important to make a promise on your honour?
Stopping for reflection	I know the Australian 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 I know that there are right and wrong ways of doing things and I should use my spiritual beliefs to guide my actions I appreciate that I am connected with others and the world	How does the Australian Scout Law help you in your life? Describe what it might be like to be a Cub Scout in a different country, or even a different part of Australia? What might it be like if you were growing up in a jungle area in Africa? Why should people do the right thing? What guides you to do the right thing or make good choices? How do your spiritual beliefs guide you? In what ways do the beliefs of other Scouts guide their decisions?
Respect for others	I know something of the beliefs of my peers I know something of the social and cultural backgrounds of my peers I know something of the societies and cultures in my community	What have you found out about the different backgrounds and cultures in our community and in our Cub Scout Unit? When we were outdoors on our last adventure, what did you find amazing? In what ways is the outdoors a beautiful place to be?
Being thankful	I experience and appreciate some of the world's beauty I express thanks to my family and other people in my life for the things they do for me I am thankful for the many opportunities that have been, are, and will be, available to me	Why is it important to thank people when they do things for you? Can you think of different ways to thank people?