



# VIRTUAL SCOUTING



Section	SCOUTS		
Week	One	Date	22/04/2020
<b>Zoom Meeting Recap:</b>			
Catch up on what we've been doing during Isolation. St George's Day Quiz. Name Treasure Hunt.			
<b>Scouting from home task:</b>			
Badge/Activity	'I love me'		
Requirements	N/A		
Your Task	<p>On the Scout section of our website, under the, supporting documents of the virtual scouting heading there will be a document titled <b>'I love me – Zoom Activity 1 22/04/2020'</b></p> <p>This is a word document we would like you to use over the next week and includes various ways to look after yourself while you are Isolating at home.</p>		
Useful Resources	<p><b>'I love me – Zoom Activity 1 22/04/2020'</b></p> <p>You can read up on more ways to be kind to yourself here: <a href="#">'How to be kind to yourself'</a></p>		
Next Step	<p><i>Keep the completed worksheet for yourself and keep looking back at it, you can also update it every week if you feel it helps you.</i></p>		