



# #GOODFORTWO

## example programme

**So you've got a friend who'd like to come along and try volunteering at Scouts? Great!**

Provide a fun, balanced programme with the activities below. These have all been chosen to touch on the many benefits of volunteering, from getting outdoors to improving wellbeing.

You can adapt the activities for the age and physical ability of your section, any government coronavirus restrictions, and the preferences of your friend (if they're particularly clumsy, for example, they might prefer to skip the three-legged race).

The most important thing is that they're **#GoodForTwo** – good for you, and good for your friend.

1. Start with a warm up game, like **Two sides of the same pair**
2. To get everyone outdoors, you could organise a **scavenger hunt** in your local area. A nice bonus is that these often require extra volunteers, which you'd have!
3. For a quiet craft that encourages people to get to know each other (and to come back to see how the birds have got on at a later date), you could make a **bird feeder**
4. As a quick energy burner, try a traditional three-legged race
5. Finally, to calm everyone down for home time, go for a wellbeing-focused activity like **Breathe like Buddha**

