

## Webelos Aware and Care

Complete the following requirements.

1. Develop an awareness of the challenges of the blind or visually impaired through participation in an activity that simulates blindness or visual impairment. Alternatively, participate in an activity that simulates the challenges of being deaf or hard of hearing.
2. Engage in an activity that simulates mobility impairment. Alternatively, take part in an activity that simulates dexterity impairment.
3. With your den, participate in an activity that focuses on the acceptance of differences in general.
4. Do two of the following:
  - A. Do a Good Turn for residents at a skilled nursing facility or retirement community.
  - B. Invite an individual with a disability to visit your den, and discuss what activities he or she currently finds challenging or found challenging in the past.
  - C. Attend a disabilities event such as a Special Olympics competition, an adaptive sport event, a performance with sign language interpretation, or an activity with service dogs. Tell your den what you thought about the experience.
  - D. Talk to someone who works with people who have disabilities. Ask what the person does and how he or she helps people with disabilities.
  - E. Using American Sign Language, sign the Scout Oath.
  - F. With help of an adult, contact a service dog organization, and learn the entire process from pup training to assignment to a client.
  - G. Participate in an activity with an organization whose members are disabled.

### Note to parents/ guardians

Because of the COVID- 19 pandemic there are some of the requirements that can not be done in its entirety. In this learning plan for Aware and Care we will be completing this Webelos Adventure without risk of disease transmission.

This adventure typically takes 2-3 den meetings to complete.

Requirement 1. Develop and awareness of the challenges of the blind or visually impaired through participation in an activity that simulates blindness or visual impairment. Alternatively, participate in an activity that simulates the challenges of being deaf or hard of hearing.

You will need your Webelos handbook, a pair of sunglasses or swim goggles, white petroleum jelly (like Vaseline), a blindfold, a cup for water, items to make a sandwich or snack and a family member who you live with who can act as a spotter so you do not hurt yourself. You will also need internet access and a TV set.

. Read pages 225-226 in your Webelos handbook.

. Let's pretend you have low vision. Put some white petroleum jelly (Vaseline) on the glasses/ goggles. Now put them on and try again to read pages 225- 226 in your Webelos handbook. Can you walk about? Can you see across the room? Can you read? Tell your parent/ guardian how you would feel if you had low vision.

. Now let's pretend you are blind. Put on the blindfold and with your "spotter" try to walk to the rooms in your home. What did you have to do to keep from tripping and falling? Now have your "spotter" guide you by having them offer you their elbow to get about to the rooms again.

Was it faster or easier? Were there some narrow areas? Did your "spotter" provide you with verbal clues like, "There are two steps up" or "We are now going to be walking on carpet"?

Stop off in the kitchen. Try pouring yourself a glass of water. Make a snack or a cold sandwich. Did you have to move more cautiously? When you washed your glass or plate, how did you determine that it was clean? Tell you parent/ guardian how you would feel if you lost your sight.

. Learn what it is like to be deaf or hard of hearing. Here are a couple of link to You Tube videos that can give you and idea of what it is like.

<https://www.youtube.com/watch?v=Bcz7AeBMLSc>

<https://www.youtube.com/watch?v=n1jLkYyODsc>

Now you try to feel what it is like to be hard of hearing or deaf. Start watching your favorite TV show. Now turn off the volume. How much did you understand?

How would you feel if all of your TV shows were without sound?

Requirement 2 Engage in an activity that simulates mobility impairment. Alternatively, take part in an activity that simulates dexterity impairment.

You will need your Webelos book, a sturdy stick or firm piece of cardboard about 2 feet long, a couple of neckerchiefs or pieces of rope, a thick pair of gloves like garden gloves or gloves for the snow, a T shirt, some of your toys that require building such as Legos. If you do not have building toys, a deck of cards will do. Gather things you might need to make yourself a cold snack or lunch. Internet access will be helpful. You will need a spotter to keep you safe.

. Read Requirement 2 on page 257 of your Webelos Handbook.

. Let's pretend that you have an impairment of the motion and sensation of your hands. Put on the gloves. Now try to pick up the toy building pieces/ Legos or cards. Now try to build something with your building pieces or shuffle the deck of cards. Was it slower and more difficult to do? Were you able to figure out a different way to do things? People with disabilities may have different ways of accomplishing the same things you can do.

. Now put on the T shirt but only put one arm out into the sleeve. Leave the other arm inside the T shirt. Now with one hand try preparing your snack or lunch with one hand. Again, this was difficult but did you find another way to do things? People with a loss of the use of a limb from a stroke or injury might need adaptive equipment to get the same job done. See the following photo of a special kind of knife that someone with the use of only one arm can use to cut food with. On your internet look up "knives for stroke victims". They have photos of different kinds of knives that people with the use of only one hand can use.

. Let's pretend you can not bend your knee because of a disease like arthritis. With your neckerchiefs or ropes strap the yardstick or cardboard to the outside of the leg. Have your spotter with you. Try sitting on the floor and getting up to a standing position. Did you need to first get up to a chair or sofa before you were able to stand up? With your spotter try walking to the rooms of your home. Did you need to hold onto furniture or your spotter or at least lean on a wall? Did you

find that you were a little tired after trying to walk without being able to bend your knee?

Now with your family tell them about what you did and how you felt doing these exercises.

Now is a good time to take a break.

Requirement 3 With your den, participate in an activity that focuses on the acceptance of differences in general.

You will need your den members on a video chat, a piece of paper, a clipboard and pen or pencil. When getting together with your den, even if it on a video chat format, you need to have your parent/ adult guardian with you if there are not two other BSA registered adults on the line with you.

. Take turns to read these statements from your Webelos handbook: “We are all different. Some of us wear glasses. Some of us have freckles or dimples. Some of us are really good at math or reading or sports, while others of us struggle in those areas.

Some people have disabilities that others can see, while other people might have disabilities that can’t be seen. Those disabilities are often called “invisible” disabilities. “

. As a group, take a look at the next three pages and discuss what you learned. Do the “Snowman” exercise with your den members.

Most children have more  
ideas than they are  
supposed to see. So  
when words look like  
this, they assume  
everyone sees the same  
way they do. Imagine  
how frustrating that  
would be.

What is it like to have **Dyslexia**?

Would it be hard to read?



Try to understand what it is like to be **Dyslexic** . While holding a clipboard with a piece of paper on top of your head, try to copy this Snowman.

How did you do? How did you feel if you did not do so well? People with **Dyslexia** have trouble every day with processing information like you just did trying to draw the snowman. It may take them longer to do or learn new things. Scouts are Kind and Friendly, so be patient with your friend with **Dyslexia** !

**THERE ARE TWO FORMS OF DYSLEXIA:  
VISUAL DYSLEXIA OR PHONOLOGICAL DYSLEXIA**

**Visual dyslexia or  
Scotopic sensitivity -  
basically the words on  
the page are moving  
that's why it makes  
it hard for your child  
to read but fairly  
straightforward  
to help.**

**Phonological dyslexia -  
this is a classic dyslexia  
where the words are  
not moving on the page  
but they have difficulty  
in retaining words or  
texts in their brains and  
transforming it into  
written words.**



People with **Dyslexia** learn in other ways besides just reading. They can be talented, smart and fun to be with!

Requirement 4E Using American Sign Language, sign the Scout Oath.

You will need your Webelos handbook. It might be helpful to have internet access.

. Look at your Webelos book on pages 262-264. Can you sign the Scout Oath and Law as it is done in the photos? You might find it is helpful to look at the following You Tube video and see if you can follow along.

[https://www.youtube.com/watch?v=Tdt\\_4f1Tcs0](https://www.youtube.com/watch?v=Tdt_4f1Tcs0)

<https://www.youtube.com/watch?v=w6Tr8g0Nr4>

American Sign Language is its own language with its own rules of grammar. You will notice that not every word in English is translated into ASL.

**\*A note to parents, guardians and den leaders\***

Requirements 4f, 4g and 4h might call for you and the Webelos Scout to be with people who are not members of your co-hort group/ household family members.

For this reason, we are not including these in this lesson plan. However, after reading the requirements, if in your area and personal circumstance these requirements can be done safely, we encourage you to continue to explore “Aware and Care” with you Scout.

A Scout is Kind. A Scout is Helpful. We hope that your Scout has gained some valuable experience with this module!