



# THE ADVENTURE BEGINS



Taken directly from the purpose of Scouting, the areas of **social, physical, intellectual, emotional** and **spiritual** make up the fundamental basis of a person's character, making six areas in total!

This concept is called **SPICES**.

It's about fostering personal growth in all the key components of development. These are the outcomes that are achieved through Scouting, representative for each section.

## 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.

## 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.

## 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.

## 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.



SOCIAL



PHYSICAL



INTELLECTUAL



CHARACTER



EMOTIONAL



SPIRITUAL

# SPICES FACTSHEET

## 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.

## 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.

Ideally, these outcomes are used together to develop all aspects of the youth member in their Scouting journey. When reviewing the program cycle, youth members should be able to identify their personal development across all these areas.

The statements within each SPICES development area have been grouped according to similar statements. These are:

## Social Development



- Becoming aware
- Interacting with others
- Developing relationships and networks



## Physical Development

- Being healthy and fit
- Being adventurous



## Intellectual Development

- Acquiring new information
- Showing initiative
- Being adaptable
- Planning and reviewing



## Character Development

- Developing identity
- Showing autonomy
- Demonstrating commitment



## Emotional Development

- Being emotionally aware
- Expressing one's feelings
- Showing respect



## Spiritual Development

- Exploring beliefs
- Stopping for reflection
- Respect for others
- Being thankful

Each Section has different, developmental statements that are grouped under each heading. Through the Scouting program, you should be able to meet all these outcomes, and can reflect on your learning and development. The SPICES cards feature questions that can be used to facilitate reflection on achievements and development through the program, and across the Sections.

