

Beaver “Code of Conduct” JUMPSTART

Theme: Let’s All Get Along!

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	The Happy Spider Web	
5 mins.	Opening Ceremony	(Details can be found in <i>Beaver Leader’s Handbook</i>)	
10 mins.	Cooperative Game	Blob	
20 mins.	Theme Activity	Drawing Cooperation	
15 mins.	Song/Story	Manners Rhyme/Red Poison Darts	
5 mins.	Lodge Meeting	Ballooning/Draining	
5 mins.	Spiritual Fellowship	<ul style="list-style-type: none">• Recite Law/Promise• Prayer – Golden Light	
5 mins.	Closing Ceremony	(Details can be found in <i>Beaver Leader’s Handbook</i>)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plan.	

Gathering Activities

The Happy Spider Web

The goal during this activity is to encourage youth to work together and share positive feelings amongst each other.

Materials: a ball of thick, white yarn.

Directions:

Ask the Beavers if they think people can spin webs like spiders. This will get their attention. Suggest that you cooperate together and try to spin a web as a group. Have everyone sit in a big circle and show them the white yarn. Explain that you will begin spinning the web by holding the end of the yarn ball tightly in your lap and then picking a friend to toss the remaining ball to... "I pick (name) to help spin our web". When the youth catches it, share something you like about him or her (i.e., "I like how (name) shares with his friends"). Remind the youth with the ball to hold the yarn string tight in their lap, as they toss the ball of yarn to the next friend. Make sure everyone gets a chance to have the ball of yarn (you can offer your assistance so that no one is left out by saying: "I think Sally would like to join our web", etc.). It's fun to see how huge your cooperation web can become. For some giggles, have everyone try to stand up without becoming tangled!

Game

Blob

This is a classic game where youth have to work together and cooperate in order to maneuver their “Blobs” successfully. Introduce the activity by saying that cooperation and working as a team is needed in the game.

Two players join hands to form the "Blob". The Blob grows by chasing other players and touching them. Note: Only the free hands at the end of the Blob can be used to touch players. The Blob continues to grow until everyone is caught by the Blob!

Version for older youth (older Cubs and Scouts): Once Blobs become as big as four people, they should split off into Blobs of two, which will then grow again to four and split again.

Theme Activity

Drawing Cooperation

Materials: paper, markers or crayons.

Directions:

Sit the Beavers in a circle. Give each Beaver a piece of paper and markers or crayons. Talk to them about what cooperation means (i.e., getting along, helping one another, sharing). Ask them to draw what "Cooperation" means to them. After the youth have completed their drawings, go around the circle and have them explain what they drew. Ask them how they plan to be cooperative with the other Beavers and leaders at their meetings.

Rhymes/Prayers

Manners Rhyme:

We say, "Thank you."
We say, "Please."
We don't interrupt or tease.
We don't argue. We don't fuss.
We listen when folks talk to us.
We share our toys and take our turn.
Good manners aren't too hard to learn.
It's really easy, when you find.
Good manners means
JUST BEING KIND!

Golden Light Prayer:

Golden Light, shining bright,
Always teach me what is right.
Teach me to speak with kindness and care.
Teach me to be willing to share.
Teach me to remember, when playing with others,
That all of us are world sisters and brothers.
Golden Light, shining bright,
Keep our world family safe in Your sight.

Story

Red Poison Darts

An Interactive Story

This story will explain the hazards of name-calling to your youth. It does so in a visual way, by showing that put-downs and name calling are like “red poison”.

Materials: red marker or red chalk, chart paper or a black board with 7 circles drawn on, with dots for eyes, using black marker or white chalk. Label the circles, in order, Roger, Maria, Natasha, Boy 1, Boy 2, Joey, leaders.

Directions:

Start by discussing with the youth what put-downs and insults are, and how they can make people feel bad, hurt or like they are not worthwhile. Have them list some examples like, “dissing”, making fun of appearances etc. Explain you will be reading a story about put-downs and how they hurt others. As you read the following story, you or another leader use the red marker/chalk to show how the red poison is spreading. Colour in the drawings at the appropriate time in the story.

Red Poison Darts

One day Roger was doing a knot-tying exercise at his meeting and he was having a lot of trouble tying a butterfly knot. [Point to first circle]. He was getting really frustrated and started to put himself down. “I’m so stupid”, he said to himself. “I never get anything right.” [Colour in circle red.] He was so mad at himself it was as if he had filled up with red poison. Maria, who was sitting next to him, asked “Hey Roger, can I borrow some of your rope to practice with?”

Roger snapped, “Shut your big mouth!” at her, “I am trying to work.” It was as if Roger had shot a poison red dart at Maria. [Draw a line from Roger to Maria.] Maria felt hurt and felt like she had been filled up with red poison. [Colour in circle.] “You shut up!” she said. [Draw a line back to Roger].

Natasha came over at that time and asked Maria, “Can you help me set up for our next game?” Maria shot a red poison dart at Natasha. [Draw a line from Maria to Natasha.] “You are so stupid, you always need help setting up,” she said. “Do it yourself.” [Colour in circle.]

Natasha sat down. Two boys near her were talking. She gave them a dirty sneer and shot poison darts at them too. [Draw a line from Natasha to the two boy circles.] They filled up with red poison [colour in circles] and when Joey ran by them, they called him names and said unkind things about how he ran. [Draw a line from the two boys to Joey.] Joey filled up with poison too. [Colour in circle.]

Soon the whole section, even the leaders, was filled with red poison and shooting poison darts at each other over and over again. [Draw more circles and colour them in.] They had created a poisonous atmosphere.

After you have read the story ask your youth if they ever been in a poisonous atmosphere and how it felt to be there. Ask them how to prevent others and an atmosphere from becoming poisoned.

Lodge Meeting

Ballooning and Draining

This introduces two simple techniques to youth which will help them cool off when they feel really angry.

Ballooning is deep breathing. Have the Beavers stand and tell them to take slow (but not deep) breaths, filling themselves up with air as if they were balloons. Now pretend that someone has popped them and they are slowly letting the air out. Repeat this a few times, then ask the Beavers how they feel. Do they feel more calm and relaxed?

Draining involves consciously tensing all the muscles in the body. Have the Beavers stand. Ask them to tighten all the muscles in their bodies and hold them tightly until you say let go. After a few seconds say, "Now relax and let all the anger drain out of you. Imagine a puddle of anger at your feet."

Talk to the Beavers how they felt after those activities. Ask them when they might use ballooning and draining and how it is good for everyone.