

JUMP

S T A R T

for Beavers



Theme: FAMILY

A full month of FUN filled theme based activities, plustips on working with Beaver-age children and program planning how-to's!!



READ ME FIRST !!

JUMPSTART INTRODUCTION

Welcome to the magical world of Beavers! You have joined more than 46,000 other adults serving young people as leaders. This resource is designed to help you through the early stages of program planning for a Beaver colony. As you read through the material, you will find answers to many of the program-related questions most Beaver leaders ask.

Do you feel a bit unsure or overwhelmed with the task of thinking up interesting Beaver programs?

This is normal. We all experienced those same feelings.

The JUMPSTART program resource will give you enough background information, ideas, and confidence to “jumpstart” your planning so you can begin having FUN with your Beavers.

HOW TO USE JUMPSTART

Scouts Canada developed JUMPSTART to help get you off and running with a fun-filled program as quickly as possible. Remember these tips:

- Be flexible when planning and delivering your programs. While this package gives you a starting point, unforeseen events can alter the basic plan. Flexibility will make the meeting more enjoyable and easier for both you and the children. Times found in JUMPSTART's weekly planning schedules are approximate only; change them to suit your needs.
- Shared leadership means sharing the workload. When every leader accepts a job, no one feels over-burdened with all the work. This makes running a colony more fun. JUMPSTART's weekly planning schedules provide space to record which leaders have responsibility for various activities.
- Keep notes. Was the program a success? What worked? What didn't work? At the bottom of every weekly meeting schedule, JUMPSTART provides space to record these details. Plan to stay after the meeting to discuss the program with your fellow leaders. Not only will this save time, but future programs will run smoother and you won't have to schedule a separate leader meeting to discuss program planning.
- Be creative. JUMPSTART material sets out a basic plan; don't feel tied to it. Your own creativity will add even more fun and excitement to your program. Use the extra planning sheets to put your own ideas into the theme.

WHAT IS BEAVERS ALL ABOUT?

Before planning a program, you need to know something about this age group. Your program should be fun and within the average Beaver's abilities to participate. Beaver-age children are at a special time in their lives. Full of wonder and imagination, they love to start new projects and explore nature; they are learning to make new friends and develop important social skills.

Scouts Canada sets out more formal guidelines for the Beaver program. In Beavers, we emphasize activities which encourage the children to:

- find examples of God's love for them and the world
- experience and express love and joy
- be healthy and have good feelings about themselves
- develop a sense of belonging and sharing in small group activities
- develop a sense of cooperation through noncompetitive activities
- express themselves
- appreciate nature.

The essence: We want Beavers to begin life having lots of fun, while feeling good about themselves, their friends and God, and the environment. At this stage in a child's development, it is extremely important for each Beaver to acquire basic social skills and personal feelings of

self-worth. For a Beaver, a good program includes the fun and challenge of trying new experiences where every child is appreciated and considered a member of the team. As a leader, you will be helping Beavers to develop the social skills and self-confidence necessary for them to try even more exciting experiences later on in life.

The simplest way for you to develop a program that creates these opportunities is through the use of imaginative, theme-based activities.

Before we get into the actual workings of some popular program themes, let's review how to plan a program. Once you know the process and how to involve Beavers, it won't be long until you are putting your own great ideas into action!

PROGRAM PLANNING

Effective planning is the key to providing a program which meets the needs of Beaver-age children. The time spent planning and preparing is reflected in the quality of the program and the experience that the youth receive.

Use the Beaver program guidelines as an initial gauge for measuring whether a particular activity idea is appropriate for the program. The guidelines are also the tool for evaluating the design of the section program.

Planning makes all leaders fully aware of their commitments; it helps them equip themselves for the job ahead.

What else is important?

Plan more activities than you need. If one part of the program does not seem to be working, be flexible and switch to a backup activity. This will also help reduce discipline problems caused by boredom during lag times between activities.

WHO PLANS?

Although group decision-making may sometimes be slow, when the leadership team shares planning responsibility, individual burdens are greatly lessened.

Before getting too carried away with planning, don't forget an excellent resource — the Beavers themselves! Ask them about their interests. Give the children an opportunity to brainstorm ideas and themes. Write these suggestions down for later use in picking programs.

Meet with your leadership team and develop common themes. They will more easily accept ideas that are generated by the children and packaged into themes. The team will see a purpose in their work; this will generate enthusiasm.

JUMPSTART plans break down into specific themes and meetings.

LONG, MEDIUM AND SHORT RANGE PLANNING

Long Range

Choose about 10 themes offering a good variety of interests, when planning for the entire year. Estimate how many meetings each theme requires.

On a calendar (the Scouts Canada calendar works well), mark down the following:

- regular meeting dates
- school vacation periods
- special holidays
- district events (e.g. Apple Day)
- special community events
- special weeks (Scout/Guide Week)
- hiking/camping activities
- dates when the meeting hall is not available.

Now add other special dates, e.g. religious celebrations that might provide themes for your planning. (See your leader's handbook for further details.)

Write in the themes you want to do with your section, keeping in mind

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Beaver Meeting - Detail Planning

Theme: FAMILY

JUMPSTART Forward!

This JUMPSTART package contains four separate weekly meeting plans collected around a general topic. You can schedule these one week programs around holidays or use them to mix and match with other theme packages. These programs are examples how you, your fellow leaders and Beavers can choose a common interest topic, and then go on to pick theme activities that suit Beaver interests.

Have fun and enjoy your next Beaver meeting!

Beaver Meeting Schedule

Theme: Family Day

Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Noah's Ark (See detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
10 mins.	Game	Lap Sit — lodges & colony (See detail planning sheet)	
20 mins.	Theme Activity	Family Tree (See detail planning sheet)	
10 mins.	Song/Story	Father Abraham song	
10 mins.	Lodge Meeting	Working together as a family.	
5 mins.	Spiritual Fellowship	— Recite Law/Promise — Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Meeting Notes:			

Beaver Meeting - Detail Planning

Theme: Family Day



Craft

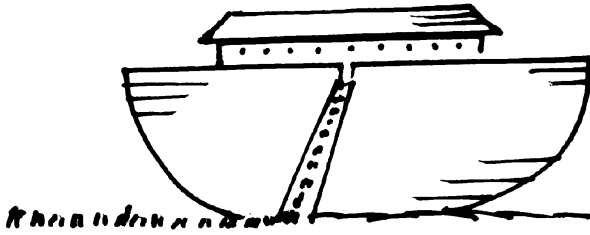
Family Tree

Each Beaver will need the following materials:

- green felt circle 20 cm in diameter
- brown felt rectangle
- 3 cm felt circles (5-8) of different colours for faces
- yarn/doll hair, googly eyes, fabric scraps
for decorating faces
- glue sticks and large construction paper.

Have Beavers glue the green felt circle onto a large piece of construction paper. Trim the brown felt to resemble a tree trunk, and glue under the tree top. Glue face felt circles on the tree for every member of the Beaver's family and decorate as appropriate.

Games



Noah's Ark

This is an active game. If you play inside, use the four corners of the room. If you play it outside, a leader should stand as a marker for each corner. Name the corners People, Birds, Fish, and Animals.

Gather the Beavers in the Ark — the centre of the playing area. When you call out one of the names, the Beavers must all move toward the correct corner in the appropriate way: running for “People!”, flapping their wings for “Birds!”, making swimming motions for “Fish!”, and scrambling on all fours for “Animals!”. When you call out “Flood!” the Beavers race back to the Ark. When they’re all safe, start again.

Lap Sit

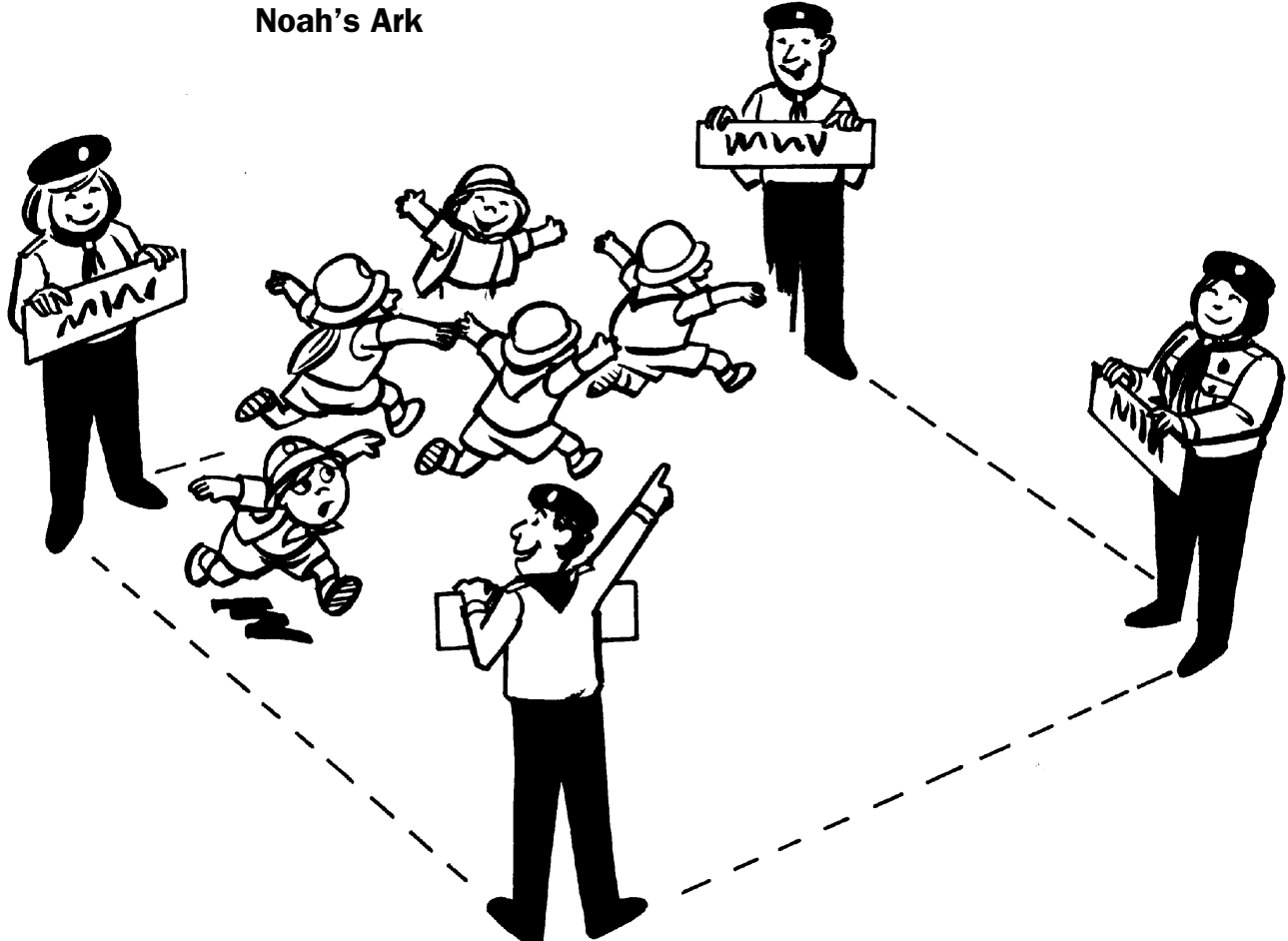
A group of people form a tight circle by standing shoulder to shoulder, and then all turn to their right (or left). Each person grasps the waist of the one directly in front and takes one side step toward the centre of the circle to tighten it. The Beavers should then attempt to sit on the knees (not the thighs) of the person behind them, creating a sitting circle.

The real fun begins *after* the sitting circle has been formed when the Beavers attempt a variety of collective actions called out by a leader. Here are some actions to try:

- hold arms out to the side
- clap hands three times
- touch the floor outside the circle
- take three steps forward
(all together — left, right, left)
- take three steps backwards.

This last manoeuvre usually leaves the entire group in a cheerful heap on the floor.

Noah's Ark



Song

Father Abraham

March around together as you sing. Each time you sing a verse, add different parts of the body at the end.

Father Abraham, had seven sons, sir (*Salute*)
Seven sons sir, had Father Abraham
And they never laughed (*Mimic laughing*)
And they never cried (*Wipe eyes*)
All they did was go like this:

With a left (*Circle left arm and start song again*)

...With a left and a right (*Circle both arms, sing again adding indicated actions for each new verse*)

...With a left and a right and a foot

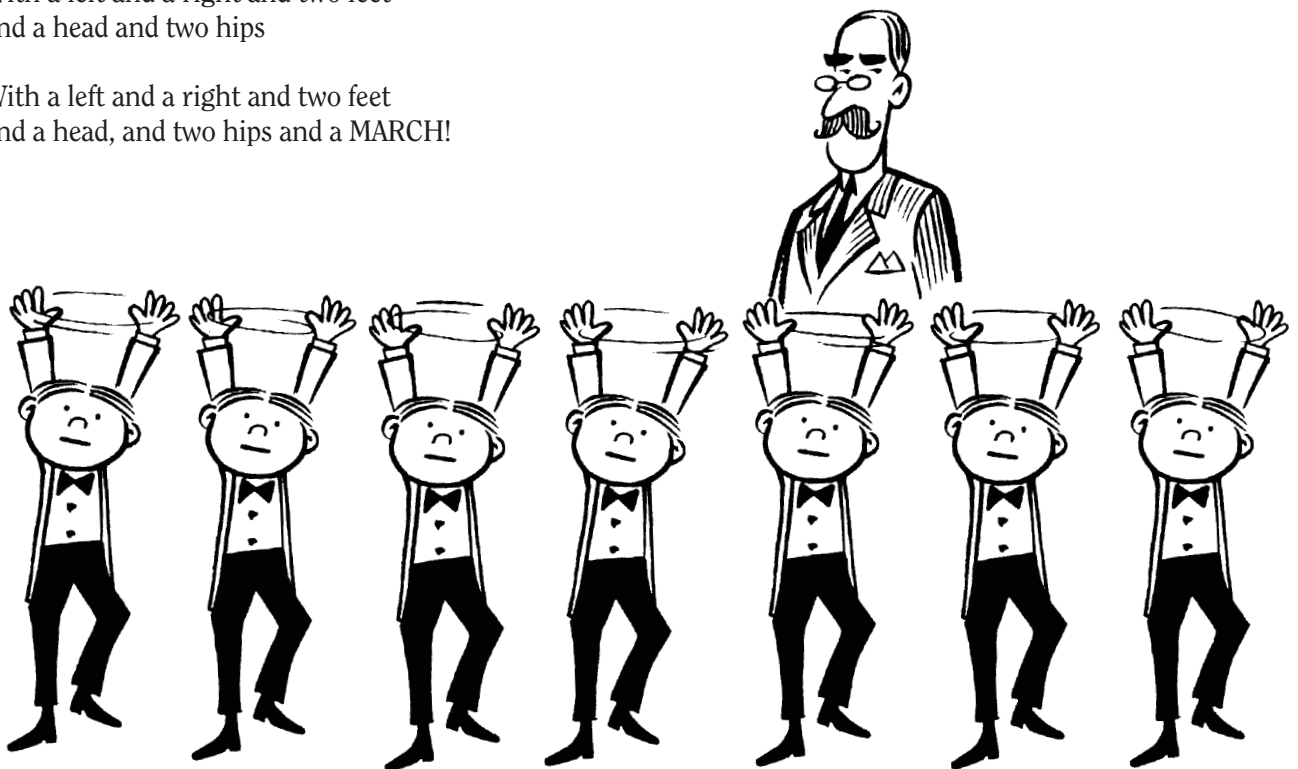
...With a left and a right and two feet

...With a left and a right and two feet
and a head

...With a left and a right and two feet
and a head and a hip

...With a left and a right and two feet
and a head and two hips

...With a left and a right and two feet
and a head, and two hips and a MARCH!



Beaver Meeting Schedule

Theme: Mother's Day

Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Mother's Day Card (See detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
10 mins.	Game	"My Mommy Says" (A variation of "Simon Says") (See detail planning sheet)	
20 mins.	Theme Activity	Mother's Day Tulips (See detail planning sheet)	
10 mins.	Song/Story	Just Grandma and Me story (See detail planning sheet)	
10 mins.	Lodge Meeting	Talk about what Beavers do with their Moms and Grandmas, or other female adult family members.	
5 mins.	Spiritual Fellowship	— Recite Law/Promise — Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Meeting Notes:			

Beaver Meeting - Detail Planning

Theme: Mother's Day



Ideas for Mother's Day

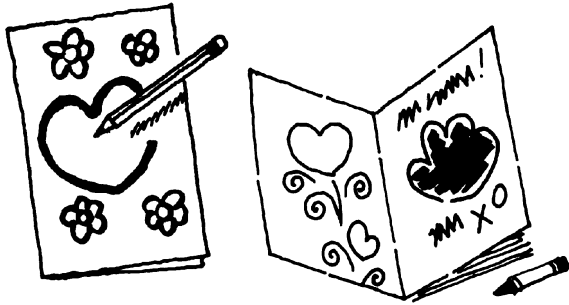
In today's extended families, other female figures are often important to Beavers (e.g. aunts, grandmothers or neighbours). Leaders should support the child's choice of this female figure.

Talks can centre around the involvement and role this person plays in the Beaver's daily life. As a leader, your most important function is to provide guidance. Let the Beavers know you care about their feelings and are willing to listen closely to them.

Other Mother's Days

The last Sunday in May is Mother's Day in Sweden and France. In South Africa it is held on the first Sunday in May. Native Peoples, as part of a spring powwow, have a special ceremonial dance in honour of Mother's Day.

Crafts



Mother's Day Cards

Have various colours of construction paper sheets on hand so your Beavers can choose from an interesting variety. Fold the paper in half. On the inside, make up a lovely saying to the female of their choice. You will have to write this for younger children, but let them sign their own names. Older children can do this themselves.

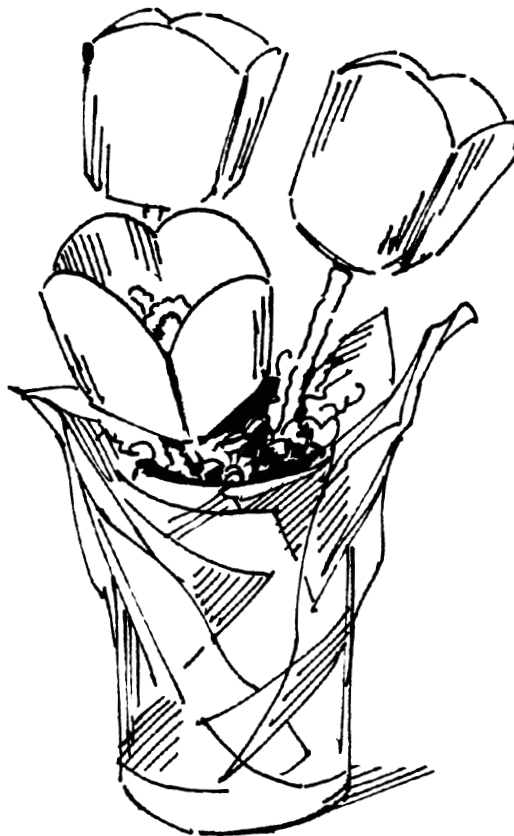
Here is an example of the wording you might choose: "To my favourite _____ in all the world." Love, _____ (the child's name)

As an alternative, on the inside of the card some Beavers might want to trace their hand, then colour it.

Mother's Day Tulips

This pot of everlasting tulips is a nice gift for Mom or Grandma on Mother's Day. Your Beavers can make it easily with a few simple materials: cardboard tubes from toilet rolls, egg carton cups of different colours, green and yellow pipe cleaners, coloured tissue paper, sharp pencils, scissors and glue. It saves time if leaders or Keo and the White Tails separate the egg cups from the cartons beforehand and pre-cut tissue paper squares to the right size.

To make the tulip pot, the Beavers simply choose the colour of tissue they like and glue it around a toilet paper tube. As the glue dries, they should begin making three or four tulips by cutting around the edges of the egg cups to make petal shapes. To finish off, they punch a hole through the bottom of each egg cup with a sharp pencil, push in a pipe cleaner stem, and bend over the pipe cleaner in the cup to make a "knot" to hold it in place. Finally, let them arrange their tulips in the pot. If you have some paper grass left over from Easter crafts, your Beavers can stuff some of that around the tulips to keep the arrangement in place before taking home their gift to deliver with a big kiss.



Mother's Day Tulips

Games

My Mommy Says

This game is a variation of the old favourite, “Simon Says”. One person leads the action and the others follow only when the leader starts the action with the words, “My Mommy Says.” Let Beavers take turns being leaders. Those who make mistakes should remain in the game — this isn’t a contest. It’s for FUN.

Suggested Stories

Just Grandma and Me, by Mercer Mayer

Just For You, by Mercer Mayer

The Not-So-Wicked Stepmother, by Lizi Boyd

I Love My Mother, by Paul Zindel

The Berenstain Bears and Mama’s New Job, by Stan and Jan Berenstain

The Berenstain Bears and The Week at Grandma’s, by Stan and Jan Berenstain



Beaver Meeting Schedule

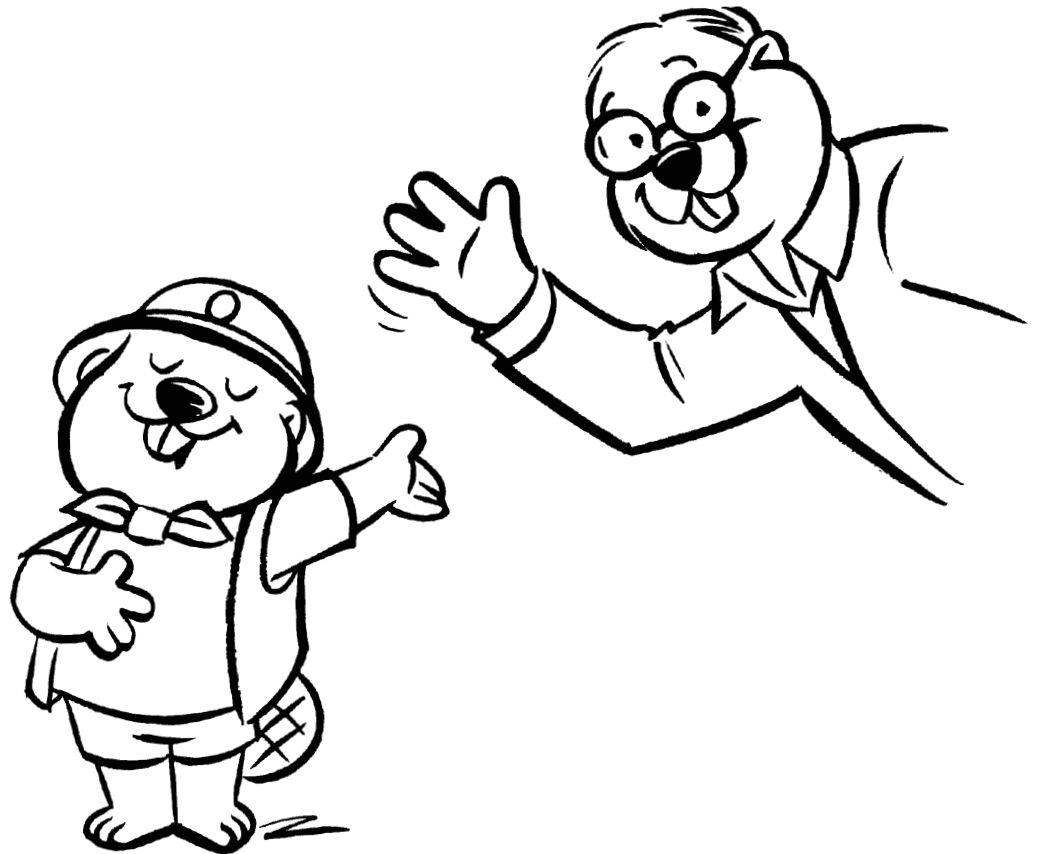
Theme: Father's Day

Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Father's Day Coupons (See detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
10 mins.	Game	Follow the Daddy (See detail planning sheet)	
20 mins.	Theme Activity	Beaver/Airplane Note Clips (See detail planning sheet)	
10 mins.	Song/Story	Just Me and My Dad story (See detail planning sheet)	
10 mins.	Lodge Meeting	Discuss what Beavers do with their Dads, Grandpas or other adult, male family members.	
5 mins.	Spiritual Fellowship	— Recite Law/Promise — Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Meeting Notes:			

Beaver Meeting - Detail Planning

Theme: Father's Day



Ideas for Father's Day

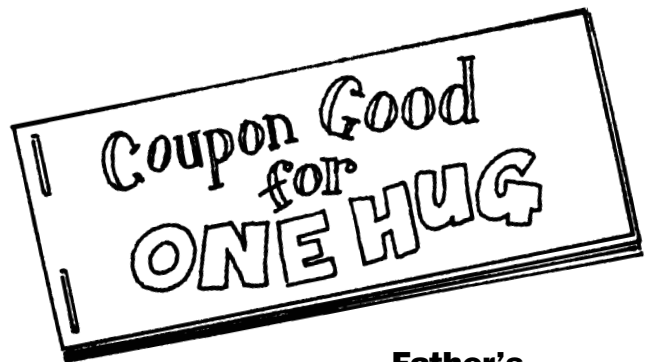
In today's extended families, other male figures are often important to Beavers (e.g. uncles, grandfathers or neighbours). Leaders should show support of the child's choice of this male figure.

Talks can centre around the involvement and role this person plays in the Beaver's daily life. As a leader, your most important function is to provide guidance. Let the Beavers know you care about their feelings and are willing to listen to them.

Crafts

Father's Day Coupons

Give each Beaver four pieces of paper, each cut to 6 cm x 15 cm. Have the Beaver write or draw something they can do for their father. Staple the paper together to make a "coupon book" — just for Dad. Some ideas for the coupons might include: back rubs, cleaning up their room, telling funny jokes or hugs.

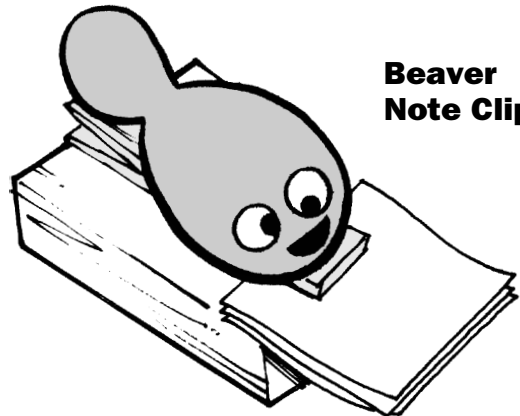


**Father's
Day
Coupons**

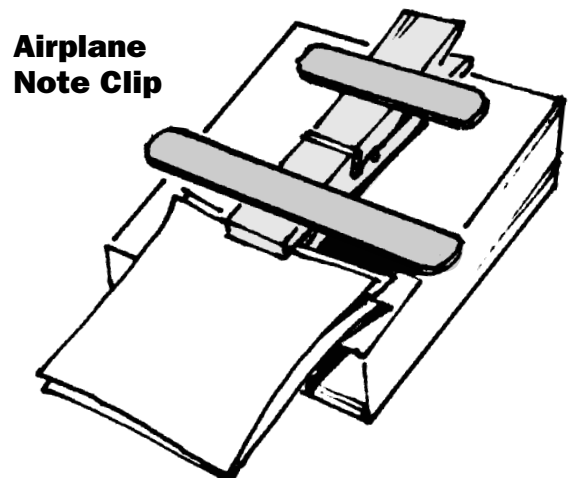
Beaver/Airplane Note Clips

To make this handy craft you will need wood scraps (8-15 cm, any shape), sandpaper, clothespins, brown felt, googly eyes for the Beaver note clip, and popsicle sticks for the airplane note clip. Start by letting your Beavers sand the rough edges of a piece of wood. Next, glue the clothespin to the wood base. While the glue dries, your kids should cut a beaver shape from brown felt (you might want to provide a pattern) and stick on the eyes. Glue the beaver to the clothespin.

If your Beavers prefer an airplane note clip, glue a popsicle across the clothespin for wings. Sand half a popsicle stick and glue it on the end of the clothespin for the tail.



**Beaver
Note Clip**



**Airplane
Note Clip**

Games

Follow the Daddy

Select a Beaver to be the leader. Children all follow the leader, doing as he or she does. Make alternate suggestions if a child can't think of an idea.

You might want to try this variation. Set up a maze to allow your Beavers to crawl under a table, up and over a chair, and walk around a pole. You may also make it more complex by getting the Beavers to follow the actions of a leader (changing arms, head, leg position) as they follow.

Together, Together

This game is similar to "Follow the Daddy", but is played sitting down. The leader says, "Together, together, let's all (do an action, clapping hands, snapping fingers, etc.) together."

Suggested Stories

Just Me and My Dad, by Mercer Mayer

Just Grandpa and Me, by Mercer Mayer

Follow the Daddy



Beaver Meeting Schedule

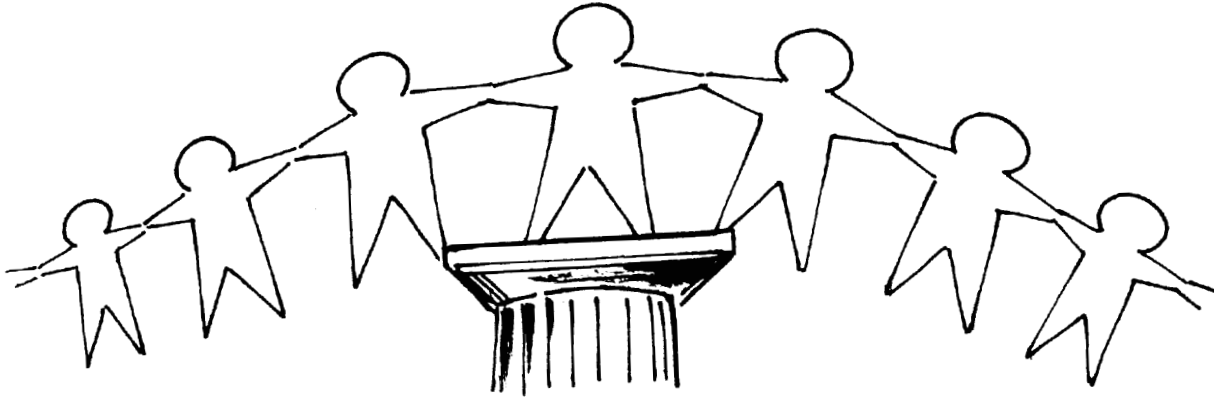
Theme: National Child Day (November 20)

Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Beaver Bookmaking (See detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
30 mins.	Theme Activity	All About Me (See detail planning sheet)	
10 mins.	Song/Story	One Finger/One Thumb song	
10 mins.	Lodge Meeting	Respect others for who they are.	
5 mins.	Spiritual Fellowship	— Recite Law/Promise — Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Meeting Notes:			

Beaver Meeting - Detail Planning

Theme: National Child Day (November 20)



Background

On November 20, 1959, the United Nations adopted the Declaration on the Rights of the Child.

On November 20, 1989, the Convention on the Rights of the Child was adopted by the United Nations' General Assembly. The Convention, which addresses the rights of children and youth under the age of 18 years, recognizes their basic human rights and gives them additional rights to protect them from harm. The Convention also recognizes the important role of the family in the upbringing of children.

To commemorate those momentous occasions, on March 19, 1993, the Government of Canada designated November 20 as National Child Day. The enactment of National Child Day was the culmination of efforts by Our Kids Foundation in Ottawa, and Results Canada. Their action was also supported by other individuals and community groups, including the Canadian Coalition for the Rights of Children.

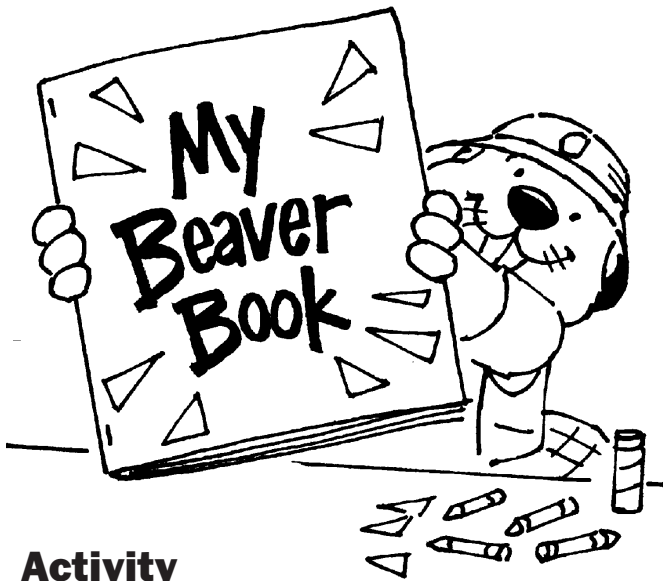
To mark National Child Day, numerous communities across the country hold special activities and events on November 20. Some include:

- community days for children and their families
- launching special initiatives and programs to protect children's rights
- special workshops and public exhibits to promote National Child Day and children's issues.

Craft

Beaver Bookmaking

Give each Beaver a book of paper stapled together that leaders have prepared before the meeting. The words, "My Beaver Book", should be written on the cover. Beavers may write their name and begin colouring and decorating the book cover before the meeting starts. Write the meeting date on it.



Activity

All About Me

These activities are done by lodges. Beavers can help one another gather the following information:

- height
- weight
- hand print (trace hand on one of the book pages)
- length of arm, leg, foot, ear, big toe
- circumference of head, arm, leg
- physical skills (including how far the Beaver can hop, throw, step) how high the Beaver can jump
- how many push-ups the Beaver can do
- how fast the Beaver can run from one spot to another
- picture (e.g. from a Polaroid instamatic camera)
- silhouette. Make it by laying the Beaver's head sideways on a piece of paper and tracing an outline of the face. Have Beaver cut out and glue it into the book.

For physically challenged children, encourage them to do their best and look for other attributes to record.

Song

One Finger, One Thumb

Words are accompanied by motions with finger, thumb, hand, raising arms, stamping feet, standing up and sitting down.

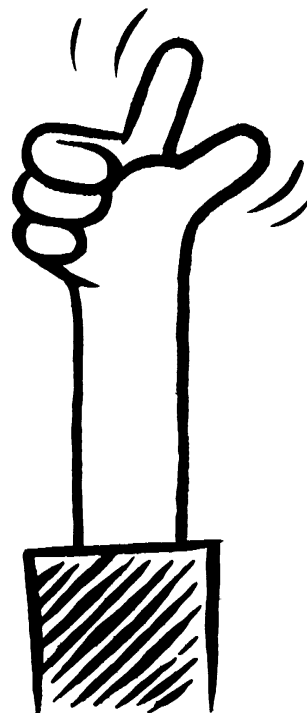
One finger, one thumb, one hand, keep moving,
One finger, one thumb, one hand, keep moving.
One finger, one thumb, one hand, keep moving,
And we'll all be happy and smile.

2nd verse

One finger, one thumb, one hand, two hands,
Keep moving.
One finger, one thumb, one hand, two hands,
Keep moving.
One finger, one thumb, one hand, two hands,
Keep moving.
And we'll all be happy and smile.

Add in turn:

3rd verse: One arm
4th verse: Two arms
5th verse: One leg
6th verse: Two legs
7th verse: Stand up/sit down



the need for flexibility. You may need to change some things to suit others.

Be realistic when you estimate budget costs. The group will have to raise whatever your section needs. Prioritize your list in case you cannot do some things. Keep in mind, the budget is subject to the group committee's approval.

Now that you have a long term plan, use it as the basis for a medium and short term plan.

Medium Range

A medium range plan covers a period of two or three months. Its purpose is to:

- decide on community resources you need, and make necessary contacts
- gather necessary equipment
- set goals related to themes
- determine needs/interests of youth members
- designate specific program responsibilities to all leaders
- communicate with parents
- evaluate past programs and make necessary changes
- brainstorm so as many activities as possible occur outside.

When developing your monthly programs, use a combination of program elements (the kind of combinations you will discover in JUMPSTART) to ensure variety in how activities are presented. These elements include: music, storytelling, playacting, crafts, games, outdoors, and spiritual fellowship. Use these elements to avoid a boring program and to hold your children's interest.

Short Range

You are now ready to prepare detailed plans for a specific time period — a month or a weekend event. Sit down with the entire team to prepare the meeting plan. During this meeting the team may want to “preview” the theme by doing such things as:

- making the crafts
- practising ceremonies
- learning new songs.

This “practice” prepares the whole team to help implement the activity and ensures any of them are ready to fill in if needed. After the meeting, check back to see if your program activities met the guidelines for the Beaver program. These guidelines help you evaluate whether your program fulfils the needs of Beaver-age children. If your Beavers are having fun, you can bet it meets their needs.

Remember... plan your work, then work your plan, and HAVE FUN!!!!

DISCIPLINE IN THE COLONY: HELPFUL TIPS

Discipline is a topic Beaver leaders are always considering. Here are some tips to help you establish and maintain the necessary degree of control while encouraging acceptable behaviour.

1. First, recognize that establishing discipline is different from being a disciplinarian. Try to help Beavers develop self-control, not blind obedience to authority.
2. Set and explain to your Beavers colony rules and routines; then follow them consistently. Help Beavers draw up a list of behaviour rules that they think are necessary to make the colony more fair for everyone; create a Colony Code of Conduct. Apply this Code to everyone.
3. Set a personal example for Beavers to see and learn from. Your attitude sets the tone and limits for acceptable colony behaviour.
4. Give ample warning when routines and activities are about to change. This will prevent Beavers from feeling rushed and allow time to make the activity switch mentally.

5. Watch for warning signals that Beavers are losing interest; at this point, change activities.
6. Use praise to reinforce positive behaviour. Let Beavers know you notice and appreciate their efforts to be good or improve.
7. Deal with problems calmly, quietly, and without causing embarrassment to the Beaver. Never use humiliation or name-calling.
8. If things seem to be getting out of hand, call a “time out”, stop the activity and sit everyone down until order is restored. Explain to the Beavers what is going wrong and what is needed to correct their behaviour. Give the Beavers a chance to air their feelings. They may tell you something that was overlooked in the planning. Too often we assume children are aware or capable of knowing what we want, when in reality no one has ever told them.
9. Prepare your meetings in advance so you can show confidence in what you are doing. Have backup activities ready when Beavers get restless. Lag time between activities invites boredom and mischief.
10. Talk with other leaders and parents about discipline concerns that need special attention.
11. Have a Keعو. A Keعو is an older Cub who becomes part of your leadership team. Keعو's role is to help find out what Beavers like to do, assist in planning and leading activities, and serve as a role model.

FURTHER PROGRAM HELP

Theme Program Resources

If you would like more ideas and information on theme activities and program planning, look for these resources.

- *The Beaver Leader's Handbook* — tells you everything you need to know about Beavers and the Beaver section, ceremonies, working with children, nature, planning, etc. . .
- *Fun At The Pond resource book* — 12 years of the most popular Beaver column featured in Scouts Canada's Leader magazine. Full of theme-based ideas and practical how-to information.
- *The Leader magazine* — published 10 times a year, features program-related stories, tips and resource information.
- *Games from A to Z* — jam-packed full of games.
- *Best of the Leader Cut Out Pages* — more tips and program ideas from the Leader magazine.
- *The Campfire Book* — for helping spark the fun in your campfire programs.
- *Scouts Canada's Song Book* — full of traditional and fun songs for all occasions and theme programs.
- *The Colony Resource Book* — more program ideas.
- *The Keعو Book* — written for Keعو, it will give you ideas on how a Keعو can help out in your Colony. If you have a Keعو, make sure he has a copy of this book.
- *Fieldbook for Canadian Scouting* — looking for adventure? This is where it begins. Lots of great tips and information on how to safely enjoy the outdoors.
- *Camping/Outdoor Activity Guide* — helpful information, outdoor policies, Scouts Canada's “Accepted Practices”, forms and applications required to plan outdoor activities.
- *Campfire Program CD/Cassette* — two actual campfire programs to use as is, or to help learn some great campfire songs.
- *www.scouts.ca* — visit our website to keep current with program changes, tips and new information.

Scout Councils offer many training courses. Find out when they plan to run the next course. Call your local Service Scouter or Field Executive for assistance and information.

JUMPSTART Video Now Available!



Video for use with JUMPSTART theme packages.

This video provides:

- ☛ Self-help, how-to information on program planning and using the packages.
- ☛ A program planning resource for Beaver Woodbadge Training and JUMPSTART sharing sessions.
- ☛ Resources that help include the outdoors in the Beaver program through theme programming.
- ☛ Other Beaver information such as basic ceremonies.

This video highlights the planning process and uses a “Trees and Nature” theme to cover a month’s program in detail: gathering activities, opening ceremony, actual craft, game, song and story explanations and the closing ceremony.

The video also highlights a variety of other themes.



“Two Paws Up!” — *Big Brown Beaver*



“A Wise Choice!” — *Malak*

Running Time: 30 minutes. Video Cat. # 20-115

Videos Available at Your Local Scout Shop!