

JUMP



S T A R T

for Beavers



Theme: FOOD

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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Ideas For Building Spiritual Fellowship Into Your Meeting

Leaders often regard spiritual fellowship as the most difficult activity to build into the program. “A thought for the day” perhaps best describes our meaning for spiritual fellowship. A short, but meaningful talk at every meeting about how to put our various faiths into daily action helps promote the development of positive moral values in children.

Talks can centre around the Golden Rule, manners, sharing, ideas of community, and seasonal messages tied to religious and civic holidays. Your most important role as a leader is to provide guidance. Let the Beavers know you care about their feelings and are willing to listen to them.

If you need help finding a spiritual fellowship topic or creating your talk, ask your own spiritual or religious advisor for assistance. Other resources might include: religious sponsor reps, clergy, parents, community leaders, Leader magazine, moral fable stories (e.g. Aesop’s Fables or aboriginal stories), and general religious stories with a moral. Keep your talk short; allow for questions and discussion. You’ll find the Beavers will appreciate talking and listening to ideas which they themselves are just starting to think about in depth.



Beaver Meeting - Detail Planning

Theme: Food

Games

Cookie Jar Guess - Fill a large, clear container with cookies in a variety of shapes. Ask the Beavers to guess how many cookies are in the jar. Let them write down their 'guesstimate' on paper cut out in the shape of cookies. At the end of the meeting, count the cookies together and divide the cookies among the Beavers.

Cookie Swap - Ask Beavers at the previous meeting to bring four or six cookies wrapped up on a plate. Collect the cookies and put in a pile. During the lodge meeting, share the cookies in all lodges. If leaders feel their Beavers have eaten enough cookies that night, the children can take home a special treat for their family.

Animal Crackers - Fill a basket with a variety of animal-shaped cookies wrapped in coloured tissue paper. Seat the Beavers in a semi-circle. One at a time, each draws a package from the basket and takes it into a far corner to open. The Beaver then returns to the others and acts like the animal while everyone tries to guess what kind of animal it is. When all have guessed, the next Beaver picks a cookie. Eat the cookies after everyone has had a turn.

Good Eggs - Choose one Beaver as an Egg Tester. The others are the Eggs. Eggs should sit in a circle with feet flat on the ground, knees tucked up to their chins, and hands clasped tightly around their knees. The Egg Tester must 'test' each Egg by pushing against the Egg's knees so that the Egg rocks onto his back. If the Egg can rock back up without letting go of his knees, he's a Good Egg. If not, the player becomes the Egg Tester.

Taste & Smell - Bring a variety of different spices and foods in small containers for the Beavers to smell and taste. Can they identify them? You might try peanut butter, vinegar, lemon, orange, pepperoni, vanilla, cloves, chocolate, onion, and smoked fish.

Pizza Game - Here's a different version of *Hit the Deck*. Name each wall of the meeting hall a pizza ingredient, e.g. salami, cheese, pineapple, ham. As a leader calls out an ingredient, the Beavers race to touch the appropriate wall. When the leader calls, "Pizza!", the Beavers race to the centre of the hall and fall flat on their tummies.



Cookie Catch - Tie cookies to a string and suspend them. Using only their mouths, your Beavers must catch their own cookies. After they catch it, they get to eat it!

Cookie Jar Game - Each Beaver will require one construction paper "cookie". Number each cookie (starting with "1") up to however many Beavers are in the colony. Everyone sits in a circle. Place a cookie jar full of animal crackers in the middle. A leader calls out two numbers (e.g. Cookie # 4 and Cookie #12). These two cookies jump up and race around the outside of the circle, back to their place and in to the cookie jar. At the cookie jar, they make the Beaver sign to each other, take one cookie each, and return to their seat. The game continues until everyone has had a treat.



Beaver Meeting - Detail Planning

Theme: Food

Crafts

Spoon People - Make people and animal creatures from old wooden spoons and popsicle sticks. Simply decorate with yarn (hair), pipe cleaner (arms), and paper (ears). Draw faces with magic markers.

Potato Print - Cut several potatoes in half and carve a shape on each flat surface before the meeting. The Beavers can create their own wrapping paper by dipping the potato in poster paint, then stamping it on a piece of paper.

Decorate Cookies - Provide the Beavers with cupcakes, shortbread or gingerbread cookies. Give each Beaver a small yogurt container with white icing in it. Also provide food colouring so they can tint their icing and make decorations on their cookies. Provide some candies and licorice as well. After the children have admired all the cookies (feasting their eyes) let them feast their stomachs.

Make Pizza - Give each Beaver pita bread (cut in half), or half of an English muffin. Provide pizza ingredients such as sauce, cheese, tomatoes, peppers, salami, pepperoni and mushrooms so your Beavers can create their own pizzas. Bake the pizzas in an oven at 350°F for 10 minutes, then enjoy.

Cookie Monster - Give each Beaver two blue pom-poms and googly eyes. To make a cookie monster, they must glue the pom-poms onto a straw, popsicle stick or stir stick. Glue the eyes to the top pom-pom. Next, give each Beaver a toilet paper roll (or half of a paper towel roll) and ask them to decorate it like a cookie jar. They can draw cookies or cut out chocolate chip cookies from brown construction paper. Glue these onto the tube. Help them spell out the word "COOKIES" around the top of the tube. Poke the cookie monster up through the tube. He's now peeking out of the cookie jar!



Beaver Meeting - Detail Planning



Theme: Food

Songs

Cookie Song

(Tune: Three Blind Mice)

Chocolate chip cookies
Peanut butter cookies
We love them all
We love them all

We eat them up with a yum, yum, yum
They feel so good in the tum, tum, tum
They're even better than bubble gum.
Hooray for cookies!!

Ham & Eggs

(Gently tap knees rapidly to imitate frying.)

Ham and eggs (Sung by one group)
Ham and eggs (Sung by another group)
I like mine fried nice and brown (Sung together)
I like mine fried upside down (Echoed)
Ham and eggs (Sung together)
Ham and eggs (Yelled by one group)
Flip 'em (Yelled by another group)
Flop 'em (Yelled by one group)
Flop 'em (Yelled by another group)
Flip 'em (Yelled by one group)
Ham and eggs (All sing together)





Pizza Song

(Tune: *Camptown Races*)

I know something Beavers like,
Pizza! Pizza!
Let's all cook some up tonight,
Yummy pizza pie.

Chorus

Goey pizza pie
Chewy pizza pie
We're gonna eat it up tonight
Yummy pizza pie.

I know something leaders like, etc..

(Substitute other names to continue
the song, such as Keeo, Bubbles,
Rainbow, or each Beaver's name.)

Beaver Meeting - Detail Planning



Theme: Food

Stories

Mr. Jones Bakes a Cake

Organize the Beavers into two lines of equal numbers. Player one in each line is Mr. Jones and player two is the string bag. Each additional pair of players are various other items: cake, eggs, shortening, sugar, recipe, wallet, money, etc.. All the possibilities have been italicized in the story.

Read the story. Each time they hear their “name”, the appropriate Beavers run to a mark to tag a leader before running back to the line again. When they hear “everything”, all the Beavers run up to tag the leaders before returning to their lines.

One day *Mr. Jones* decided to make a *cake*. He needed *eggs*, *shortening* and *sugar*. He looked in the refrigerator for *eggs* and *shortening*, but could not find any. He looked in the cupboard, but didn't see any *sugar*.

So, *Mr. Jones* decided to go to the *store*. He put the *recipe* in his *wallet*, checked to see he had some *money*, picked up a *string bag*, and walked to the corner *store*.

“Hi there,” *Mr. Jones* said to the *grocer*. “I want to bake this *cake*.” He took the *recipe* out of his *wallet*. “I need a dozen *eggs*, 250 grams of *shortening*, and a bag of *sugar*.”

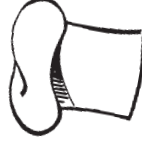
The *grocer* helped him find the things he needed for the *cake*. *Mr. Jones* took some *money* out of his *wallet*, and paid for *everything*. He picked up the *string bag*, put in the *eggs*, the *sugar*, and the *shortening*, and walked home.

Back in the kitchen, *Mr. Jones* took the *recipe* out of his *wallet*, took the *eggs*, the *shortening*, and the *sugar* out of the *string bag*, and baked up the biggest chocolate *cake* with gooey icing you could ever imagine.

Wow! Was Mrs. Jones ever surprised when she came home! *Mr. Jones* and Mrs. Jones enjoyed the wonderful *cake* for dessert after supper.

Beaver Meeting Schedule: One Month

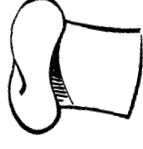
Theme: Food



Activity	Date: Week One	Date: Week Two	Date: Week Three	Date: Week Four
Gathering Activity 10 mins.	- Guess how many cookies are in the jar - Cookie Swap Collection	Make Spoon People	Taste & Smell game	Cookie Catch
Opening Ceremony 5 mins.				
Game 10 mins.	Animal Crackers	Good Eggs	Pizza Game	Cookie Jar Game
Theme Activity 20 mins.	Decorate cookies	Potato Print wrapping paper	Make & eat pizzas	Cookie Monster craft
Song/Story 10 mins.	Cookie song	Ham & Eggs song	Pizza Song	Cake story
Lodge Meeting 10 mins.	Share the Cookie Swap Collection			
Spiritual Fellowship 5 mins.	- Recite law - Prayer	- Recite promise - Prayer	- Recite law - Prayer	- Recite promise - Prayer
Closing Ceremony 5 mins.				
Leader Discussion Time 15 mins.	Review meeting & discuss next week's plans	Review meeting & discuss next week's plans	Review meeting & discuss next week's plans	Review meeting & discuss next week's plans

Beaver Meeting Schedule: One Week

Theme: Food



Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	<ul style="list-style-type: none"> - Guess how many cookies are in the jar - Cookie Swap Collection (See detail planning sheet) 	
5 mins.	Opening Ceremony	(Details can be found in the Beaver Leader's Handbook)	
10 mins.	Game	Animal Crackers (See detail planning sheet)	
20 mins.	Theme Activity	Decorate & eat cookies (See detail planning sheet)	
10 mins.	Song/Story	Cookie song (See detail planning sheet)	
10 mins.	Lodge Meeting	Share the Cookie Swap Collection	
5 mins.	Spiritual Fellowship	<ul style="list-style-type: none"> - Recite law - Prayer/talk 	
5 mins.	Closing Ceremony	(Details can be found in the Beaver Leader's Handbook)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Meeting Notes:			

Beaver Meeting Schedule: One Week

Theme: Food



Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Make Spoon People (See detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the Beaver Leader's Handbook)	
10 mins.	Game	Good Eggs (See detail planning sheet)	
20 mins.	Theme Activity	Potato Print wrapping paper (See detail planning sheet)	
10 mins.	Song/Story	Ham & Eggs song (See detail planning sheet)	
10 mins.	Lodge Meeting	Beaver talk, reminders	
5 mins.	Spiritual Fellowship	- Recite promise - Prayer/talk	
5 mins.	Closing Ceremony	(Details can be found in the Beaver Leader's Handbook)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Meeting Notes:			

Beaver Meeting Schedule: One Week

Theme: Food



Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Taste & Smell game (See detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the Beaver Leader's Handbook)	
10 mins.	Game	Pizza Game (See detail planning sheet)	
30 mins.	Theme Activity	Make & cook pizzas (See detail planning sheet)	
10 mins.	Song/Story	Pizza Song (See detail planning sheet)	
10 mins.	Lodge Meeting	Eat pizzas	
5 mins.	Spiritual Fellowship	- Recite law - Prayer/talk	
5 mins.	Closing Ceremony	(Details can be found in the Beaver Leader's Handbook)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Meeting Notes:			

Beaver Meeting Schedule: One Week

Theme: Food



Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Cookie Catch (See detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the Beaver Leader's Handbook)	
10 mins.	Game	Cookie Jar game (See detail planning sheet)	
20 mins.	Theme Activity	Cookie Monster craft (See detail planning sheet)	
10 mins.	Song/Story	Cake story (See detail planning sheet)	
10 mins.	Lodge Meeting	Beaver talk, reminders	
5 mins.	Spiritual Fellowship	- Recite promise - Prayer/talk	
5 mins.	Closing Ceremony	(Details can be found in the Beaver Leader's Handbook)	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Meeting Notes:			

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 Keo. A Keo is an older Cub who becomes part of your leadership team. Keo'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 Keo Book* — written for Keo, it will give you ideas on how a Keo can help out in your Colony. If you have a Keo, 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!