

JUMP



S T A R T

for Beavers



Theme: WINTER HOLIDAYS

- Christmas
- Hanukah
- kwanzaa
- Chinese New Year

A full month of FUN filled theme based activities, plustips on working with Beaver-age children andprogram 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

...Continued on back cover

Beaver Meeting - Detail Planning

Theme: WINTER HOLIDAYS

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: Christmas

Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Christmas Tree Decorations (See detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
10 mins.	Game	Gift Wrapping (See detail planning sheet)	
20 mins.	Theme Activity	Gingerbread Houses (See detail planning sheet)	
10 mins.	Story	The Peace Child	
10 mins.	Lodge Meeting	Talk about the spirit of giving all year round.	
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: Christmas

Ideas for Christmas

Christmas!

Is there a happier (or busier) time of year? Today Christians around the world share in the magical joy of gift-giving at Christmas. But what *is* Christmas and how did the traditions we now enjoy start?

Christmas is a festival of worship celebrated on December 25 to commemorate the birth of Jesus. In effect, it's a birthday party! The word "Christmas" comes from the Old English *Cristes maesse*, meaning "Christ's mass." This day is one of the greatest holidays in the Christian religious calendar because it reminds us of God's enduring love for humanity. Sometimes called "the Peace Child," Christians believe Jesus came to mediate between God and man, and recognize him as the Messiah, the sacrificial lamb of God.

tells us that a bright star announced the birth of Jesus into a lowly Jewish family in a stable almost 2,000 years ago. Angels first proclaimed his arrival not to rich princes and worldly leaders, but to a handful of lowly shepherds looking after sheep on a hilltop near Bethlehem. Later, a group of Magi (wise men) came with gifts of gold (representing royalty), frankincense (an incense representing deity) and myrrh (a burial herb that points to Easter).

As Christianity spread throughout the world, the story of the gift-giving Magi and later the legend of Santa Claus added to the attraction of exchanging gifts. Giving simple presents to God's Christ child eventually developed into the whirlwind rush of our late 20th century Christmas shopping spree — a far cry from the wise men's original intent.

Today the "Spirit of Christmas" refers to the joy of giving to others, and sharing our own gifts with those we love. Around the world, Christians stop and reflect on the value of peace, and renew their faith and commitment to bringing love into the world as they believe Jesus did so many years ago.

Santa Claus Traditions

Santa Claus is a familiar figure in North America. We know him as a round, cheery fellow with a long white beard, a red suit and a big sack who arrives on a sleigh pulled by reindeer. Somehow he drops into our homes through a chimney to deliver presents to all.

In Holland, the traditional St. Nicholas (the patron saint of children), dressed in his bishop's robes, distributes presents on December 5 (St. Nicholas'

Eve) after he has checked that the children have been good all year.

British children call him Father Christmas — an old man swathed in robes and furs who distributes presents on Christmas Eve. He leaves them in stockings or under the tree.



Santa Claus



St. Nicholas

Christmas Parties

Plan a Christmas party for your Beavers

at the last meeting before the holidays. Try to add something different — perhaps some customs from other countries. Form a heavenly angelic choir and get several children to sing several Christmas carols to some shepherd-Beavers who are watching over their sheep. Tie in as many fun scenes from the Christmas story as possible.

As a quiet closing, let your Beavers tell each other what Christmas means to them. To help them think beyond materialistic things, you might ask them: What do you like most about Christmas? Are there special presents you can give a friend right now that costs nothing? (Smile, hug, etc.) Though you can't buy them, are these still valuable?

From this sharing, develop a simple closing prayer. It might go something like this:

Father God, thank you for Jesus, the Christ child born in Bethlehem so long ago. Help us to find ways to help others and give them the gifts that even we have — just like the wise men. Help us to watch for unusual ways you might speak to us, like the shepherds who were startled by the singing angels. Teach us about the true spirit of Christmas. It's not about getting presents and Santa Claus; it's really about giving to others, peace and your love.

Crafts

Gingerbread House

We'll make our gingerbread house from graham crackers. You'll need extra parent help for this activity. Gather together a large assortment of candies (jelly beans, chocolate chips, gum drops, etc.), graham crackers, Royal Icing (see recipe below), popsicle sticks, aluminum foil, and one piece of heavy cardboard (8½ x 11") for each child.

Give each child a piece of cardboard covered in aluminum foil — a base for the gingerbread house. Start by spreading a little icing on the bottom of a graham cracker with the popsicle stick, then push (glue) the cracker down on the cardboard. Spread more icing on the bottom of a second cracker and stick it down on the cardboard leaving only a small space for a third cracker — this one placed on end. Take the third cracker and after putting icing on one end, push this side into the crack between the other two crackers. You've just erected one inside wall. Make the house as large as you want by putting up more walls and making a roof. This part might require adult help.

Leave the houses to harden for several minutes then return and spread more icing on the sides and top. Push the candies into the icing as you work.

Royal Icing

2 L icing sugar
5 mL cream of tartar
6 egg whites

Before your meeting, mix icing sugar and cream of tartar in a bowl. Using an electric mixer, beat in egg whites for 7-10 minutes or until icing is thick enough to hold its shape. This makes about 1.3 L of icing. Because it hardens quickly when exposed to the air, keep the icing well covered until ready to use.

Christmas Tree Decorations

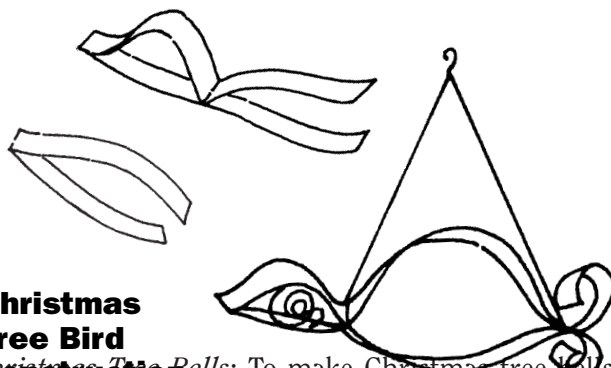
Modern Christmas trees originated in Germany during the Middle Ages. People hung large wafers

(representing the bread distributed at Communion) from the branches. This helped them remember that Christmas joy is closely tied to the death and resurrection of Jesus on Easter morning. Later, German and English Christians hung candles on their trees to remind them that Jesus is the light of the world.

Christmas Tree Birds: To make Christmas tree birds, you need coloured construction paper cut into 2 mm widths, scissors, staplers and thread.

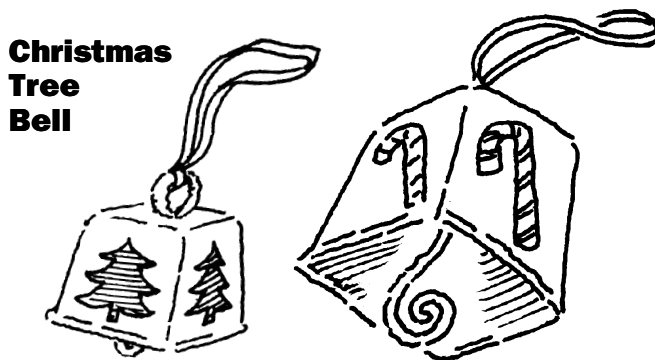
Attach two 20 cm strips at the top to start the bird. Form a small loop from the top strip for the head; staple it. Form a larger loop from the bottom strip, staple and curl the tail. Tightly curl a short strip of paper by pulling the strip against the edge of your scissors. Then glue it into place to make an eye.

Loop the thread through the neck and tail, then staple or secure with tape. These Christmas birds can decorate a tree or hang from the ceiling in a seasonal mobile.



Christmas Tree Bird Construction

Christmas Tree Bells: To make Christmas tree bells, Beavers will paint individual egg carton sections and make clappers by attaching pipe cleaners through the middle. Tie on a loop of narrow ribbon or coloured string for hanging on the tree.



Games

Gift Wrapping

For this game you need a roll of toilet tissue for each team and a large garbage bag to put the tissue in after the game.

Form teams with one person from each team standing at the other end of the hall. On a signal, the first player from each team takes a roll of toilet tissue with him and runs to the player at the other end of the hall. He must wrap the player in tissue, starting with the feet.

At the command “Change!”, he tears off the tissue where he has finished wrapping and tucks the end in so it won’t unwrap. He runs back to his team and passes the tissue to the next player.

Repeat until everyone has had a turn. The last player should finish the roll of tissue. Players should fix gaps and repair tears as they go along.

Note: Leave the face unwrapped.

Song



Your Beavers will love this comical “Twelve Days of Christmas” adaptation. What *are* the twelve days of Christmas? Well...

For several centuries after the birth of Jesus, the Christian church didn’t commemorate Christmas, only Easter. Then, around 336 AD, the Roman church began celebrating Christmas on December 25. The Eastern Orthodox churches chose January 6 (Epiphany) as their day to celebrate his birth. Twelve days separate December 25 and January 6. Others believe the wise men brought their gifts to the child twelve days after his birth.

Christmas Beavers

Tune: “The Twelve Days of Christmas”

On the first day of Christmas,
A Beaver gave to me,
A star over Bethlehem.

2nd... two smelly socks	8th... eight prancing reindeer
3rd... three wise men	9th... nine Santa’s elves
4th... four candy canes	10th... ten grinning faces
5th... five slushy snowmen	11th... eleven singing angels
6th... six scared shepherds	12th... twelve sleigh rides
7th... seven teddy bears	

Stories

The Peace Child

Decades ago a husband and wife visited a primitive, head-hunting, cannibal tribe in New Guinea. Within this tribe treachery was not just a way of life, but an ideal that all strived to master. Culturally, they couldn’t understand the Christmas story.

Their hero was Judas, a greedy man who eventually betrayed Jesus. The cannibals cheered and sought to emulate Judas’ evil ways.

Then one day the cannibals called a truce with a neighbouring tribe. They wanted war to end but didn’t know how to seal the peace. Finally they exchanged little babies — one from each tribe.

The husband and wife expected the child held by the cannibals to soon die a terrible death. It didn’t. The head-hunters looked after it, treating the child as the most valued tribal member.

Puzzled, the husband and wife asked for an explanation.

“That’s easy,” said the chief. “The child brings prosperity and peace to us. To harm it, or plot some treachery against it, would be a most horrific crime.”

Suddenly these cannibals understood the Christmas story. God sent His “peace child” (Jesus) to bring reconciliation between Him and mankind. Jesus was His sacrificial lamb. No other way exists except through this gentle, vulnerable, yet perfect child.

Wise men still seek Him.

— Adapted from D. Richardson’s book entitled, *Peace Child*.

Suggested Stories

A Christmas Carol, Charles Dickens.
(Find a children’s version.)

Holly, Reindeer and Coloured Lights: The Story of the Christmas Symbols, Edna Barth

The Christmas Day Kitten, by James Herriot

The Christmas Miracle of Jonathan Toomey,
Susan Wojciechowski.

The Innkeeper’s Daughter, Jill Briscoe

The Night Before Christmas, by Clement C. Moore

The Polar Express, by Chris Van Allsburg

The Story of Christmas, Paul Fehlner

Beaver Meeting Schedule

Theme: Hanukkah

Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Personalized Bookmark/ Recycled Dreidel (See detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
10 mins.	Game	Dreidel (See detail planning sheet)	
20 mins.	Theme Activity	Paper Chain Menorah (See detail planning sheet)	
10 mins.	Song/Story	Arielle and the Hanukkah Surprise Story/The Latkes Song	
10 mins.	Lodge Meeting	Taste Hanukkah foods or talk about being free to worship God in your own way	
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: Hanukkah

Ideas for Hanukkah

Jewish families celebrate Hanukkah (also spelled Chanukah) during the winter months. Arrange a visit of parents or a rabbi to tell the Hanukkah story, teach the Beavers the dreidel game and perhaps bring in some special Hanukkah food to taste.

Hanukkah, also called the Festival of Lights of the Feast of Dedication, is an eight day holiday that begins on the 25th of the Hebrew month of Kislev (November or December). It commemorates the successful fight for religious freedom by a small army of Jews more than 2,100 years ago. Judah Maccabee was their leader against the mighty Syrian-Greek army of Antiochus IV.

After their victory in the hills of Judea, the small Maccabean army recaptured Jerusalem. There they rededicated the desecrated Temple to the worship of God. When it came time to light the Temple's great lamp, the seven-branched menorah, the Maccabees could find only a single jar of sacred oil — enough to last just one day. Miraculously, this oil burned for eight days until new oil could be prepared.

To remember the miracle of the Maccabees' victory and the jar of oil that burned for eight days, Jews everywhere light menorahs during Hanukkah. Each of these special lamps (more accurately called a Hanukkah) holds eight candles in addition to the shamash, or helper, candle. This special candle, which is used to light the others, is separate and often higher than the rest.

On the first night of the holiday, the shamash is used to light one candle. On the second night, the shamash lights two candles, and so on for the eight nights. To proclaim the miracles, it is customary to place the lamps on a windowsill for all to see.

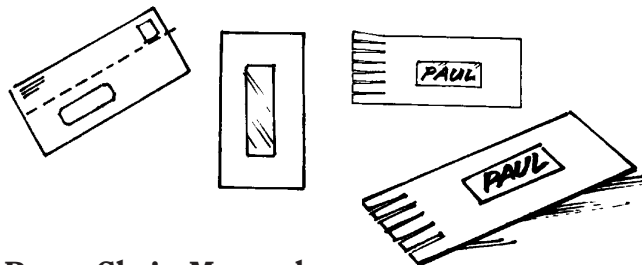
A traditional food eaten on Hanukkah is latkes (small potato pancakes) and sufganiyot (donuts). This food is fried in oil — another reminder of the miracle of the oil in the Temple.

Children especially enjoy Hanukkah. They receive candy money called Hanukkah gelt, and receive gifts from parents and relatives each night. During the day they play games with a four-sided top called a dreidel (pronounced "dráy-d'l"). (The games detail planning sheet has directions how your Beavers can play with a dreidel.)

Crafts

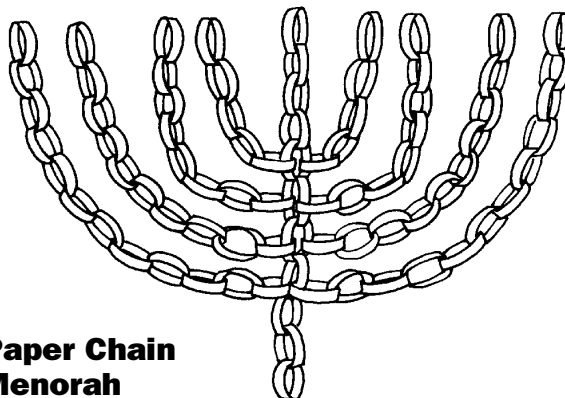
Personalized Bookmark

Using an envelope with the window in the middle, cut the front and other side off. Cut a piece of coloured paper a little larger than the window. Stencil and cut out letters for a name your Beavers want to put on the bookmark. Glue the letters onto the coloured paper. Put glue around the edges of the window and fasten it to the coloured paper. Make a fringe on one end.



Paper Chain Menorah

Staple or glue coloured strips of paper together to form a ring. Put another strip through the ring and fasten it to make another ring. Make a large chain of rings for the outer part of your menorah. Make smaller chains for each branch. Use masking tape to attach your menorah to a window or a wall, or pin it to a curtain.



Paper Chain Menorah

A Finger Hanukkah

Have the Beavers place their left hand on the left side of a sheet of coloured paper so that their wrist is even with the bottom. Spread their fingers. Trace around four fingers, starting at the bottom. Don't trace

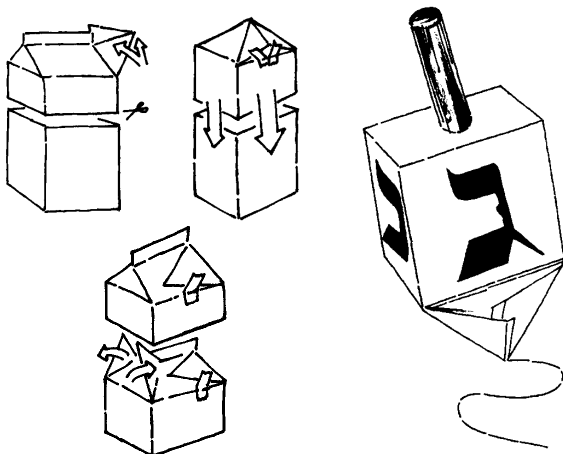
the thumb! Put their right hand on the right side of the paper and trace around their four right fingers. Draw a large “candle” in the middle and connect it to their “candle” fingers. Colour the Hanukkah and each of the candles. Glue bits of yellow or orange tissue paper for the flames.



Recycled Dreidel

To make a recycled dreidel you will need the following:

- a clean, dry milk carton
 - pictures from old magazines or junk mail
 - dried out thick marker, or pieces of dowel
 - scissors
 - glue
 - strong tape
 - marker.
1. Cut the milk carton about 7.5 cm from the spout. Bend the open spout backwards (flat against the carton) and tape down.
 2. Open the other side of the spout and tape those pieces down as well. This will leave a point in the middle.
 3. Slide the spout end of the carton over the bottom half.
 4. Glue a collage of pictures on the dreidel, and write one of the Hebrew letters on each side: nun, gimmel, hey and shin. (See diagram)
 5. Make a hole in the bottom and poke a marker through for a handle. Spin the dreidel and see which letter lands on top.



Game

Spin the Dreidel

Each child should take an equal number of raisins or chocolate pieces, and place the rest in a central pile or “pot”. Beavers must take turns spinning the dreidel. If it lands on the Hebrew letter “Nun”, the child takes nothing from the pot. If it lands on “Gimmel”, the Beaver takes everything from the pot. “Hay” means the player takes half, and “Shin” means the player shares or puts one from his pile into the pot. The letters “Nun”, “Gimmel”, “Hay” and “Shin” are the first letters of the Hebrew words that mean “A Great Miracle Happened There.” At the end of the game, divide the pot equally amongst the Beavers for everyone to enjoy.



Songs

The Latkes

As you sing, hop around as if you were being fried in a pan!

Look at me I'm a Hanukkah latke
Look at me, I dance and sing
Yes, oh yes, I'm a Hanukkah latke
Yes, oh yes, I dance and sing.

Take some potatoes and you grate them
Add some salt and flour too
Yes, oh yes, I'm a Hanukkah latke
Yes, oh yes, I'm good for you.

The Hanukkah

How many candles,
How many candles,
How many candles do we light?
On our Hanukkah,
On our Hanukkah,
The first Hanukkah night?
One, one, one, one, one, one,
One candle burning
One candle burning
The first Hanukkah night.

How many candles,
 How many candles,
 How many candles do we light?
 On our Hanukkah,
 On our Hanukkah,
 The second Hanukkah night?
 Two, two, two, two, two, two
 Two candles burning
 Two candles burning
 The second Hanukkah night.

Repeat for third, fourth, fifth, sixth, seventh, eighth Hanukkah nights.

Hanukkah Foods

Potato Latkes

(Eat with applesauce, sour cream or just “as is.”)

6 medium potatoes	30 mL flour
1 onion	5 mL salt
2 eggs	oil for frying

Peel potatoes and grate them on the large holes of a hand grater or in a food processor. (Supervise children carefully with the grater. This method can take a long time and their attention may drop just long enough for an accident to happen.) Dump the potato shreds into a colander and squeeze out all the excess liquid. (It's essential to get it all.) Transfer the potato to a mixing bowl. Grate the onion and add it to the potatoes along with eggs, flour and salt. Mix well.

Heat about 2 cm of oil in a large frying pan and drop large spoonfuls of the batter into the hot oil. Fry one side until golden, then turn them over and fry the other side. Lift out and drain on paper towels. A 4 kg bag of potatoes makes approximately 24 latkes. Serve warm.

Sufganiyot —

Orange Flavoured Doughnuts

(a traditional treat in Israel)

190 mL orange juice	2 eggs (beaten)
100 grams margarine	pinch salt
125 mL sugar	vegetable oil
750 mL flour	powdered sugar
1 cake of compressed yeast	

Mix together juice, margarine and sugar. Heat until margarine melts. Cool to lukewarm. Sprinkle

yeast into mixture and stir until dissolved. Add flour, eggs and salt, then mix to form a smooth dough. Knead until springy. If dough is sticky, add flour. Put dough in a greased bowl; let the dough rise for 30 minutes. Punch down and shape into doughnuts. Let rise for another 30 minutes. Fry in 5 cm of hot oil until golden brown. Drain on paper towels. Put powdered sugar in a paper bag with doughnuts and shake.

Apple Fritters

Serve these warm and sprinkled with icing sugar. Try adding pineapple rings or chunks of banana to the batter.

250 mL flour	30 mL sugar
75 mL milk	3-4 apples
10 mL baking powder	1 egg
30 mL vegetable oil	cooking oil

Stir together the flour, baking powder and sugar until mixed. In a separate bowl, beat the egg with the milk and oil, then add this to the flour mixture and blend well. Don't beat it too much! The batter should be thick enough to coat the apple slice. If it seems too thick, add a little more milk to thin it.

Peel and core the apples and slice them into rings. Dip slices into the batter, then deep-fry until brown on both sides, turning once. Drain on paper towels and sprinkle with icing sugar.

If you run out of fruit before all the batter is used up, try dropping globs of batter into the oil and see what weird shapes you can create.

Suggested Stories

Hanukkah!, by Roni Schotter

Latkes and Applesauce, A Hanukkah Story, by Fran Manushkin

Happy Hanukkah Rebus, by David A. Adler

Arielle and the Hanukkah Surprise, by Devra Speregen and Shirley Newberger

A Hanukkah Tale: Just Enough Is Plenty, by Barbara Diamond Goldin

Tapes

Candies, Snow & Mistletoe, by Sharon, Lois & Bram

Latkes and Hamentashen, by Fran Avni

Beaver Meeting Schedule

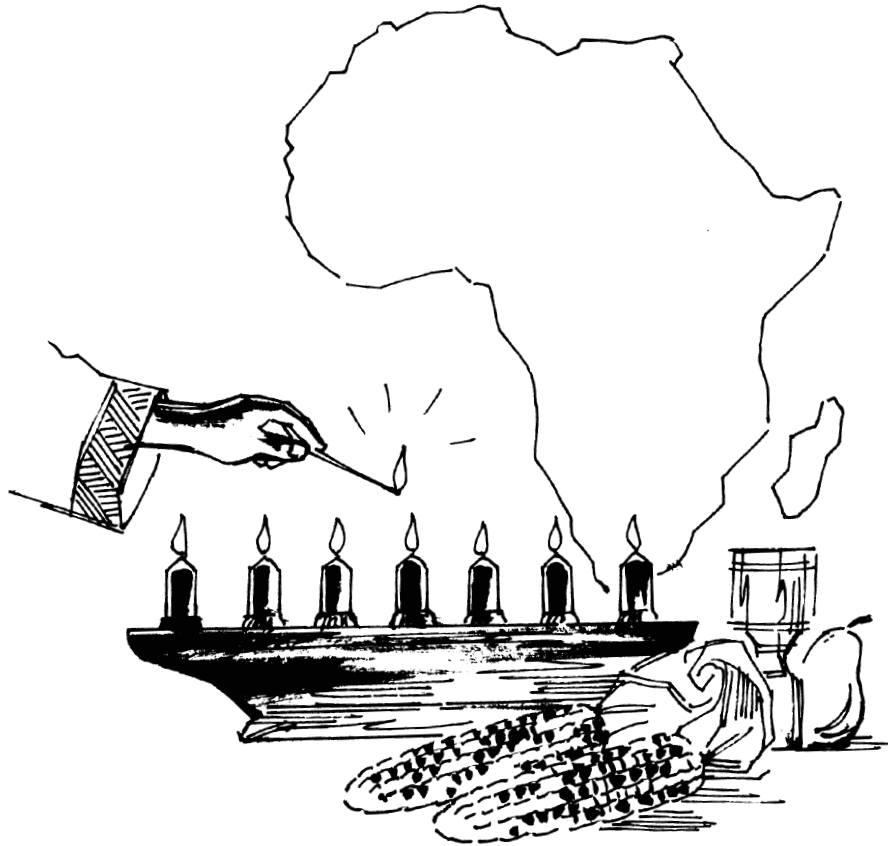
Theme: Kwanzaa

Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Make a Colony Mkeka and decorations (See detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
30 mins.	Theme Activity	Kinara making (See detail planning sheet)	
10 mins.	Song/Story	Kwanzaa story/Wade in the Water song	
10 mins.	Lodge Meeting	Discuss each of the seven principles and what they mean to Beavers. Have a colony Karamu.	
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: Have each Beaver bring a snack for the feast.			

Beaver Meeting - Detail Planning

Theme: Kwanzaa



Background Information

Kwanzaa (K-WAHN-zah) is a holiday rite that was created to honour black people and their history. In 1965, Dr. Mauland Karenga, an African-American teacher, wanted to focus on the richness of the African culture and remind his people of their African beginnings. At the heart of Kwanzaa is the “Nguzo Saba” or seven principles of daily living that Dr. Karenga had found in the African harvest festivals he had studied. The name was taken from the Kiswahili phrase, “Matunda ye kwanzaa”, meaning first fruits. Kwanzaa is celebrated from December 26th to January 1st. Each night a candle is lit and a principle discussed. The last night a Karamu (feast) is held. Zawadi (gifts) may be exchanged at any time during the week but are given to children for commitments made and kept.

Seven Principles of the Nguzo Saba

(Nn-GOO-zoh SAH-bah)

1. Umoja (oo-MOH-jah) means “unity.” We must stand together.
2. Kujichagulia (koo-ji-chah-goo-LEE-ah) means “self-determination.” We must decide and speak for ourselves.
3. Ujima (oo-JEE-mah) means “cooperation.” We must work together.
4. Ujamaa (oo-jah-MAH) means “sharing by all.” We must share what we have.
5. Nia (NEE-ah) means “purpose.” We must have a purpose in life to make a better world.
6. Kuumba (koo-OOM-bah) means “creativity.” We need to use creativity in making our world more beautiful.
7. Imani (ee-MAH-nee) means “faith.” We need to have faith which will result in works and action.

Kwanzaa Customs and Symbols

1. Mkeka (mm-KEH-kah) is an African mat placed on a low table. It's a symbol of history.
2. A kinara (kee-NAH-rah) is a candle holder. Symbolic of their African parenthood, it's placed on the mkeka.
3. Mishumaa Saba (mee-shoo-MAH SAH-bah): Seven candles are placed in the kinara for the seven principles of Nguzo Saba. The centre candle is black, with three green candles on one side and three red candles on the other side.
4. Muhindi (moo-HIN-dee): Ears of corn represent children — one for each child in the family. These are placed on the mkeka or a mantel. Even if there are no children, muhindi are still placed on the mkeka. Use corn saved from Thanksgiving.
5. Mazao (mah-ZAH-oh): Fruit and vegetables, the rewards of working together, are placed on the mkeka.
6. Zawadi (zah-WAH-dee): Gifts which might include books and handmade items are usually given to children on the last night.
7. Kikombe cha umoja (kee-KOM-beh cha oo-MOH-jah): A unity cup is a symbol of staying together. Everyone sips juice or wine from the Kikombe at Kwanzaa time.

When all of the symbols are together, it's decoration time. Kwanzaa decorations are mostly black, red and green: black for black people staying together, red for the long struggle for fairness and freedom, and green for the future.

Kwanzaa is especially for children. On the first day of Kwanzaa, a child lights the black candle in the centre of the Kinara. One more candle is lit each day, starting with the red candle, then the green candle closest to the centre. After the candle is lit, everyone sips from the kikombe, starting with the oldest person. Then a child talks about one of the seven principles of Kwanzaa.

The Karamu (car-ah-MOO) or feast is held on December 31, the sixth day of Kwanzaa. Food is arranged on a big Mkeka in the middle of the floor. Everyone brings food to share, no matter how little. Everyone is welcome. On the last day of Kwanzaa, each child is given zawadi. After opening the gifts, everyone says “Harambee” (ha-RAM-bee), seven times, which means “Pull together.”

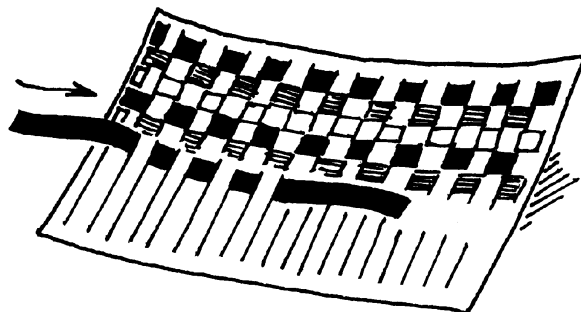
At the end, everyone says, “Kwanzaa yenu iwe na heri” (k-WAN-zuh YEH-noo EE-weh nah HEH-ree), meaning, “May your Kwanzaa be happy!”

Crafts

Colony Mkeka

A mkeka is a traditional African mat (often hand-made) made by weaving paper or cloth. Your Beavers will make a mat that will be used at the end of the meeting for the whole colony to use in their karamu, or feast. Find a large piece of craft or packing paper and cut long parallel slits from side to side leaving about 5 cm for a margin and 5 cm between slits. Give each Beaver long strips of black, green and red paper cut 5 cm wide. Each Beaver should work on a section of the Mkeka, weaving the paper in and out of the slits. The end result should be a giant woven mkeka which the colony will use to set food on for the feast.

If time permits, have Beavers tape up green and red streamers in the meeting area, and hang signs that say Happy Kwanzaa. The signs should be written in the traditional colours of black, green and red.

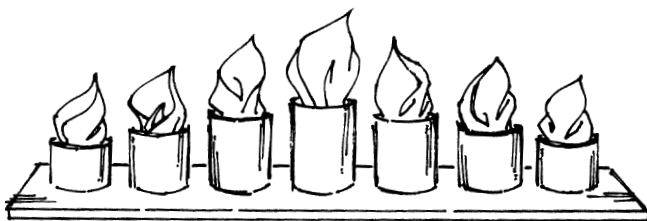


Kinara

Each Beaver needs seven toilet paper tubes, a piece of cardboard 10 cm x 45 cm, masking tape, black, green and red poster paint, and yellow and orange tissue paper scraps. Leave one tube uncut. Make two tubes 9 cm long, two 7 cm long, and two 5 cm long. Tape the tubes to the cardboard with the tallest tube in the middle and the smallest at either end.

Paint the middle tube black, the three on one side green and the three on the other side red (the colour scheme of the kinara). Stuff tissue paper in the top of each tube to resemble flames.

Kinara Construction



Recipes

The following recipe is a traditional African treat. It's associated with John Canoeing, the celebration that African slaves held at Christmas time. It also can be enjoyed by children during Kwanzaa.

Sweet Potato Candy

450 grams sweet potatoes
500 mL sugar (1/2 brown, 1/2 white)
15 mL lemon or orange juice
250 mL marshmallows (optional)
Add pineapple juice, vanilla or
cinnamon for flavouring.

1. Wash and boil the sweet potatoes.
2. Cool, peel and mash the potatoes in a colander.
3. Place in a pan and add lemon juice, sugar and marshmallows.
4. Cook over low flame, stirring constantly until very thick.
5. Set aside to cool.
6. Add vanilla and/or other flavouring.
7. Spoon out candy into paper cups.
8. Dust with powdered sugar, or sprinkle with sugar candies such as candy beads.

Song

Wade in the Water

Many traditional spirituals stem from the songs black slaves sung while trying to escape to freedom. One such song told slaves to head for water in order to hide their trail and scent from trackers and their dogs. You can clap as you slowly sing this simple song.

Wade in the water,
Wade in the water, children
Wade in the water,
God's going to trouble the water.

Suggested Stories

My First Kwanzaa Book, by Deborah M. Newton
Chocolate

Celebrating Kwanzaa, by Diane Hout-Goldsmith

Kwanzaa, by A.H. Porter

Beaver Meeting Schedule

Theme: Sun Nin (Chinese New Year)

Date: _____

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Chinese Lanterns (See detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Beaver Leader's Handbook</i>)	
10 mins.	Game	Cross the Rice Field (See detail planning sheet)	
20 mins.	Theme Activity	Chinese Face Masks/ Chinese Dragon Puppets (See detail planning sheet)	
10 mins.	Song/Story	Lunar Calender Animals	
10 mins.	Lodge Meeting	Giving Laisee (Lucky Money)	
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: Sun Nin (Chinese New Year)

Introduction

Almost all cultures celebrate the end of the old year and the hope-filled start of the next. In Western countries, New Year festivities take place at midnight on December 31, but in other cultures they take place on different days.

Chinese people celebrate the New Year for one month. It begins in mid-late January or early February and is marked by colourful outdoor parades and fireworks displays. The date varies, depending on the cycles of the sun and moon.

Chinese New Year actually combines two celebrations into one: a New Year and a huge birthday party. According to Chinese tradition, everyone's birthday is celebrated on New Year's Day.

Chinese people gather together on New Year's Eve to take part in dragon dances and exchange red envelopes containing "lucky money." At this assembly they share a huge family feast. They bid farewell to the old year quietly, then welcome the new. The oldest child makes the first New Year's greeting at midnight, then the other children join in and stay up all night making as much noise as possible. Chinese people believe that the longer children stay awake, the longer their parents will live!

Crafts

Chinese Lanterns

For each lantern, gather together coloured construction paper, one gold foil liner from packaged coffee per lantern (to give illusion of light), scissors and several staplers. Cut 4 cm strips widthwise from each piece of construction paper (for lantern handle). Fold the construction paper sheet lengthwise in half. Draw and then cut on lines as shown in diagram 1. Do not cut closer than 3 cm to the paper edge.

Trim each gold foil liner so it will fit in the lantern, cutting it approximately 5 cm shorter than the construction paper. Forming a liner, staple it to the inside of the construction paper. Staple the 21.5 cm (8½")

edges together, standing the lantern upright (diagram 2). Push down on the top so the sides bow out slightly and "flames" are clearly visible. Add the handle (diagram 3). Beavers may want to string the lanterns together on a line for the meeting or walk with them for a parade.

Diagram 1

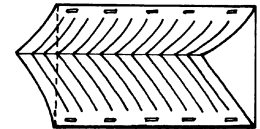
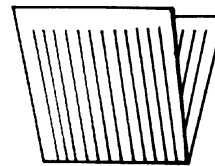


Diagram 2

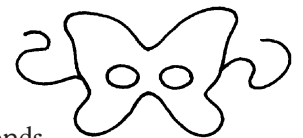
Chinese Lantern Construction



Diagram 3

Chinese Face Masks

Provide each Beaver with a pre-cut face mask from black bristle board. Help your Beavers staple heavy rubber bands to the side (to hold the mask on). Supply decorative feathers, colourful sparkles and crêpe paper streamers to create exciting face masks.

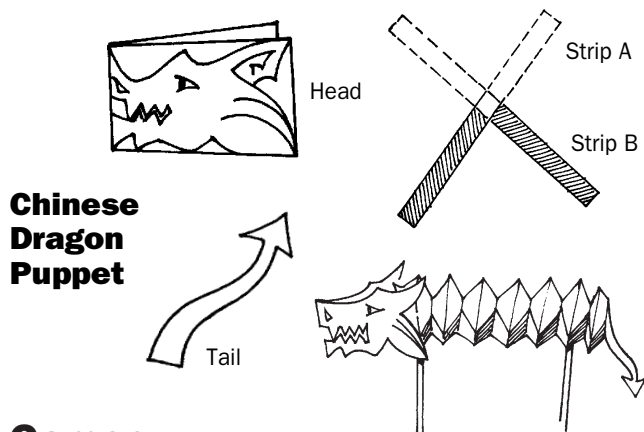


Chinese Dragon Puppet

To make a dragon puppet you will need stiff paper or cardboard, green construction paper, stapler, glue, tape, crêpe paper, and drinking straws (two for each puppet).

Fold a piece of card in half. Draw a dragon's head on one side with the nose end at the fold. Cut it out but keep the fold, and decorate both sides. Cut two long strips of green paper and staple or tape them together at right angles (strip "B" on top). Fold strip "A" over strip "B", then fold strip "B" over strip "A". Continue alternately folding one over the other until you use up all the paper. Tape together the ends. Glue the head to

the body as shown and attach a crêpe paper tail. Glue on two drinking straws front and back for manipulating the puppet.



Chinese Dragon Puppet

Games

Cross the Rice Field

Line the Beavers up in teams of two, forming two or more columns in relay formation. On the word “rice”, the first team in each column forms a wheelbarrow and races across the rice fields to the river (two parallel ropes or masking tape) marked out on the floor. At the edge of the river, player “A” climbs onto the back of player “B” and is carried across the river. On the bank, they change places for the return journey across the water and then wheelbarrow home again to start the next pair in the relay. Play continues until everyone has crossed the rice fields. This game really gets the adrenaline pumping!

Story

Lunar Calender Animals

Looking for ways to mark the 12 years in the Chinese zodiac, the gods decided to name them after 12 different animals. Of course, the animals argued endlessly about who was the most important and should come first. Fed up with their quarrelling, the gods decided the best way to end the arguments was to hold a swimming race from one bank of the river to the other. The winner would give his name to the first year.

All the animals lined up at the river bank, raring to go. The gods counted to three and the animals jumped into the water. The rat was the most determined to be first and, seeing the ox doing well, quickly climbed on the ox’s back. Then, when they got close to the opposite bank, the rat jumped off, made a quick dash and reached land first.

The rat won the race and gave his name to the first year. After him came the ox, the tiger, the rabbit, the dragon, the snake, the horse, the sheep, the monkey,

the rooster, the dog and finally the pig. And that’s the order the gods used to name the 12 years. Ask the Beavers what they think of the rat’s actions. Is this where rats first got their bad name?

To discover what calendar animal you are, find the date you were born. For fun read the personality traits that someone born in that year might share with others.

Rat: Born in 1948, 1960, 1972, 1984.

Traits: Thrift, intellectual skill, charisma, meddling

Ox: Born in 1949, 1961, 1973, 1985.

Traits: Integrity, diligence, eloquence, stubborn.

Tiger: Born in 1950, 1962, 1974, 1986.

Traits: Bravery, good luck, magnetism, sometimes disobedient.

Rabbit: Born in 1951, 1963, 1975, 1987.

Traits: Artistic, refined, gracious, cunning.

Dragon: Born in 1952, 1964, 1976, 1988.

Traits: Strength, success, enthusiasm, good health.

Snake: Born in 1953, 1965, 1977, 1989.

Traits: Compassion, intuition, discretion, extravagance.

Horse: Born in 1954, 1966, 1978, 1990.

Traits: Popularity, style, persuasive, haste.

Sheep: Born in 1955, 1967, 1979, 1991.

Traits: Serenity, sincere, gentleness, extravagance.

Monkey: Born in 1944, 1956, 1968, 1980.

Traits: Stability, leadership, cunning, wit, silliness.

Rooster: Born in 1945, 1957, 1969, 1981.

Traits: Enthusiasm, humour, conservatism, bossiness.

Dog: Born in 1946, 1958, 1970, 1982.

Traits: Heroism, dependability, morality, intelligence.

Pig: Born in 1947, 1959, 1971, 1983.

Traits: Gallantry, sincerity, culture, hesitation.

Activities

Giving Laisee (Lucky Money)

During the visits to family and friends that are such an important part of the Chinese New Year, people often give children oranges to wish them much happiness. They may also give them “lucky money” (laisee) wrapped in red paper or special red envelopes. Treat your Beavers to some chocolate coins in a red package. Red is considered a lucky colour in Chinese tradition. It’s used everywhere at New Year.

“Kung hey fah choy.” — I wish you a prosperous New Year.

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