

JUMP

S T A R T

for Beavers



Theme: BEACH PARTY

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

...Continued on back cover



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: Beach Party

Games

Beach Blanket Toss - Use a beach blanket and beach ball for every 8 - 10 Beavers. The groups should stand around the blanket holding the edges. Place the ball into the centre of the blanket and tell them to make it “hop”. The children must work together to make the ball hop and catch it on the blanket again. After they get good at it, add variations such as rolling the ball around the outside edge of the blanket, or from side to side.

Beach Ball Cooperation - Let Beavers choose partners, then leaders should give each pair a beach ball. Ask the pairs to move around the room carrying the ball between them, but *without* using their hands. Challenge Beavers to try as many different ways to carry the ball (without hands) as possible: head-to-head; side-to-side; belly-to-belly. For variation, ask your Beavers to form a circle and pass the ball around the circle without using their hands.

Frisbee Toss - Form the Beavers into a circle. Let them toss a frisbee back and forth, trying to keep it in the air as long as possible.

In the Pool, On the Sand - Beavers gather in a circle and a leader begins the game by calling, “In the Pool!” — a signal for everyone to jump into the centre of the circle. The call, “On the sand!”, is the signal to jump out of the centre of the circle again, or stay put if you were already on the sand. The faster and more mixed up the calls, the more fun.

Raise the Water - Leaders hold the end of a rope while Beavers line up in front of it. At first the water is low because the tide is out (rope lies on the floor); Beavers jump over it one by one. As the water rises, the Beavers keep jumping until no one can successfully jump over the rope. Another variation is to jump over the rope and swim back under it to tag the next Beaver to start.



Shake the Snake - Organize the colony into two groups: shakers and stompers. Give each shaker a length of rope. He holds one end between thumb and first finger and dangles the other end on the floor. On a signal, shakers run around the room squiggling their ropes along the floor, and stompers try to step on a rope to pull it out of the shaker's fingers. When a stomper successfully liberates a rope from the shaker, the two change places.

Dodgeball - Beavers gather in a circle around one Beaver with a beach ball in the middle. The Beaver in the middle rolls the ball along the floor to try to hit someone in the circle. When a Beaver is hit, he replaces the person in the centre.

Fish on a String - This combines a craft and game. From heavy paper or card, each Beaver cuts out a fish shape about 15cm long. With a paper punch, make a hole in the fish's head. (Provide a fish pattern for younger Beavers.) Fish can be as decorative as they wish.

Line up a row of chairs (one for each Beaver), and attach one end of a 3m length of string to each. A member of the Beaver's family can sit on the chair to hold it steady. Stretch out each string to meet a Beaver, who threads the loose end of the string through the hole in his fish and pushes the fish up the string to the chair. The Beavers then return to the far ends of the string and, on a signal, jiggle their lines to make the fish move towards them. How many Beavers can land their fish?



Beaver Meeting - Detail Planning

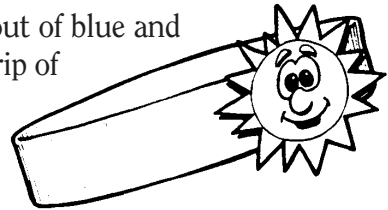
Theme: Beach Party

Activities

Sand Castle Building - Depending on what arrangements can be made for permission and clean up, bring in a child's wading pool filled with sand for making sand castles. Provide various-sized containers and create a sand village!

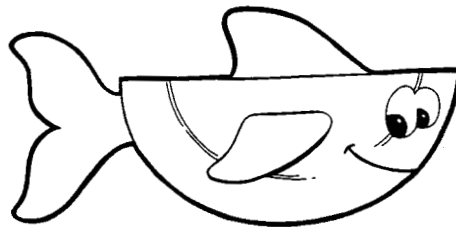
If you cannot use real sand, create a seaside village using different shapes of boxes and cardboard tubes. The Beavers can colour doors, flowers and windows on their houses, if they wish.

Sun Hats and Headbands - Create sunny headbands out of blue and yellow construction paper. Have the Beavers cut out a strip of blue paper. After stapling together the ends of their band to fit their head, they cut out a big yellow sun, give it a happy face, and glue it over the staple. Make paper hats from newspaper.



Paper Plate Whales - Each Beaver requires: half a paper plate; a selection of black, white and coloured construction paper, along with ideas for fin and tail shapes (or patterns for the youngest Beavers to trace); scissors; glue; and a black or red marker. Using the straight side of the half plate as the top of the whale, the Beavers should cut out and glue on big eyes (white and black), tail, and side and top fin. To finish the whale, let them draw on a big happy smile.

**Paper
Plate
Whale**



Palm Trees and Sea Shore - Hang a huge smiling sun from the ceiling. Decorate one wall with sea wave-shaped coloured cardboard pieces. Spread beach blankets on the floor and play "summer" music from a tape recorder.

You can make palm trees from tall cardboard boxes and newspaper. The boxes are the trunks, and strips of newspaper can be attached for leaves. If there is time, the Beavers can paint the trunks brown.

Beaver Meeting - Detail Planning



Theme: Beach Party

Stories & Songs

Down by the Bay

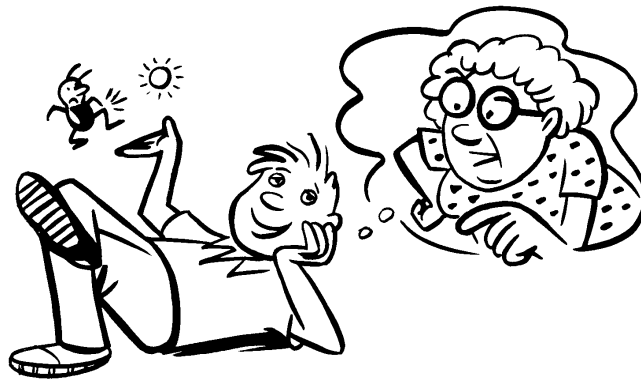
Chorus:

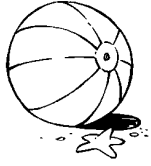
Down by the bay, where the watermelons grow,
Back to my home, I dare not go,
For if I do, my mother will say:

Did you ever see a flea with a sunburnt knee?
Down by the bay.

Repeat the chorus, each time substituting a different line.

Did you ever see a bear wearing purple underwear?
Did you ever see a moose with a front tooth loose?
Did you ever see a goose wearing yellow boots?





The Swimming Hole

Swimming, swimming, in the swimming hole.
When days are hot, when days are cold, in the swimming hole.
Sidestroke, breaststroke, fancy diving too,
Don't you wish you never had anything else to do?
Oh!

Actions:

Swimming (*make motions with arms as if swimming*)

In the swimming hole (*draw a square in the air in front of you with your fingers*)

When days are hot (*brush hand across forehead*)

When days are cold (*cross arms across chest and shiver*)

In the swimming hole (*repeat action from above*)

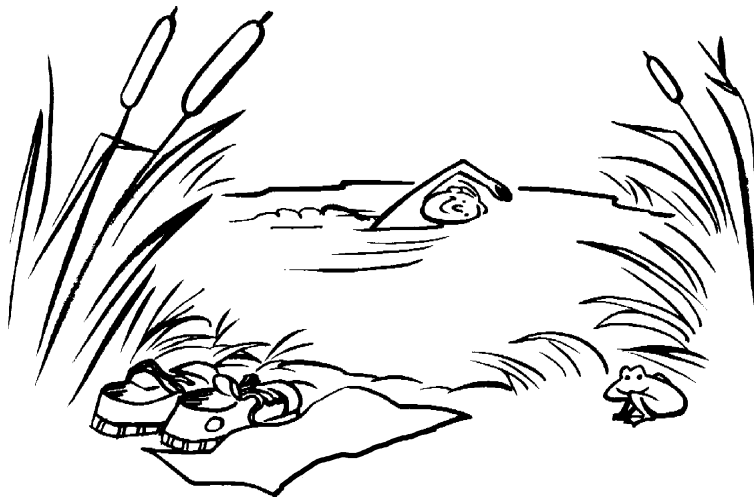
Sidestroke (*sidestroke swimming motion*)

Breaststroke (*breaststroke swimming motion*)

Fancy diving too (*using both arms make diving motions*)

Don't you wish you never had anything else to do? (*wag one finger in time to the music*)

Sing the song with actions once. Then do the motions for each phrase of the song and omit the words until the entire song is pantomimed except for the word Oh!



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!