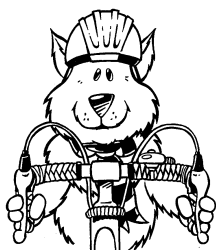




# JUMP

S T A R T

## for Cubs



## Theme: KNIGHTS OF OLDE

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





## READ ME FIRST !!

### JUMPSTART Introduction

Welcome to the jungle world of Cubs! 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 Cub pack. As you read through the material, you will find answers to many of the program-related questions most Cub leaders ask.

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

This is normal. We all experience 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 Cubs.

### 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 pack 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 Cubs All About?

Before planning a program, you need to know something about this age group. Your program should be fun and within the average Cub's abilities to participate. Cub-age children are at a special time in their lives. Full of curiosity and adventure, they love to be creative and explore nature; they are learning to work as a team and develop important social and leadership skills.

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

- express and respond to God's love in their daily lives
- do their best
- keep fit
- satisfy their curiosity and need for adventure and new experiences
- be creative and develop a sense of accomplishment
- make choices
- develop a sense of fair play, trust and caring
- work together in small groups and experience being a leader
- participate in outdoor activities
- learn about the natural world and their part in it.

The essence: We want Cubs to have 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 Cub to acquire personal feelings of self-worth through doing their best. For a Cub, a good program includes the fun of trying new experiences where every child is appreciated and considered a member of the team. As a leader, you will be helping Cubs 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 Cubs, 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 Cub-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 Cub 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 Cubs 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, 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.

*...Continued on back cover*



# **Wolf Cub Meeting - Detail Planning**

## **Theme: Knights of Olde**



### **Games**

#### ***Attack the Castle***

Divide the pack into two teams, each with a large cardboard box and three tennis balls. The box is the “castle”, which must be defended from being hit by “catapult” balls. Divide the meeting hall in half, and place one box in the middle of each half. This placement will allow the Cubs to attack the other team’s box from all sides. The object is to kick the tennis balls at the box, with each hit scoring one point. Have the Cubs decide who will be attackers and who will be castle defenders. Teams can steal balls from the other team for attacking.

#### ***Crown the Royal***

Have one player, the “Royal”, sit on a stool in the centre of a 3 metre circle on the ground or floor. Designate another player as the “guard” and have him stay inside the circle to protect the Royal. The others are outside of the circle. They try to crown the Royal by hitting him below the waist with a volleyball. When a player crowns the Royal, he becomes the guard and the former guard becomes the Royal. The former Royal joins the group outside the circle and the game continues.

#### ***Toothpick Castle Game***

Supply each six with an empty open bottle (juice, pop) and enough flat toothpicks for each Cub to have 10. They take turns placing one toothpick at a time on the top of the mouth of the bottle. The Cub whose toothpick causes the “Castle” to fall gives the rest of his toothpicks to the Cub behind him. The Cub with the most toothpicks left, after several turns, is the King/Queen of the Castle.



## ***Royals, Knights & Dragons***

Divide the pack into three groups of Royals, Knights & Dragons. Dragons chase and capture Royals and Knights. Knights chase and capture Royals and Dragons. Royals chase and capture Dragons and Knights. Establish safe bases to run to. Have all the Cubs mingle together. Leader calls out one of three names. Those called must then chase and capture others before they reach the safe base. Captured Cubs become part of the group that captured them.

## ***Knight's Agility Challenges***

These challenges can be done in a round robin format. Different stations could consist of water pistol shooting at dragon targets; rubber band shooting at cups; paper plate frisbee toss through hoops; hoop and stick rolling; balancing on logs while catching balls or sticks thrown to them by other Cubs. What other agility challenges would they like?

## ***Medieval Kim's Game***

Test the Knight's memory by playing Kim's game with medieval household items. Gather items such as candles, wool, piece of glass, woven cloth, metal cups or plates, wooden objects, horse-shoe, thread, needlework pictures, etc. After playing the game, discuss the items and how life was different during the Knight's times. For instance, everything had to be hand made or carved, and glass was so rare that families would take their glass with them when they moved.

## ***Dragon Flyer Races***

After constructing the Dragon Flyers (see Craft detail sheet), hold a Dragon Flyer Race. In an open area, have each Cub come to a base line, twirl the Dragon by its string (it makes a great flapping sound), and let it go! Record each Cub's distance and see whose Dragon flies the furthest.

## ***Stalk the Dragon Wide Game***

This game is played in two parts and is best played where there is some cover for the stalkers. It will involve some preparation of the playing area. Before the Cubs start to play, locate an area where the Dragon will be hiding and guarding his treasure (the Dragon can be a leader, parent or Kim). Hide clues to the Dragon's lair in the area, and mark the compass directions down on pieces of paper. If the group is very large, divide the Cubs into their sixes and have more than one Dragon, so that each Cub may participate fully. Tell the Knights that the treasure has been stolen by the Dragon, and he is hiding somewhere. In order for them to find out where the Dragon is hiding, they must first follow the compass directions until they have collected all the clues. After they have gathered all the clues, they return to the castle to piece together the Dragon's hiding spot. Now comes



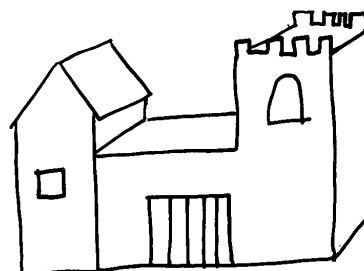
the tricky part! The Dragon is very near-sighted, so he can't see. BUT, he can hear very well, so they must be very quiet while they sneak up on him and attempt to steal the treasure back. If the Dragon catches them, then they must quietly stay with him until the treasure is recovered. The treasure, of course, will be quite jingly: coins in a mesh bag, or small bells in a bag. After the treasure is recovered, everyone, including the Dragon, goes back to the Castle for the next activity.



## Crafts

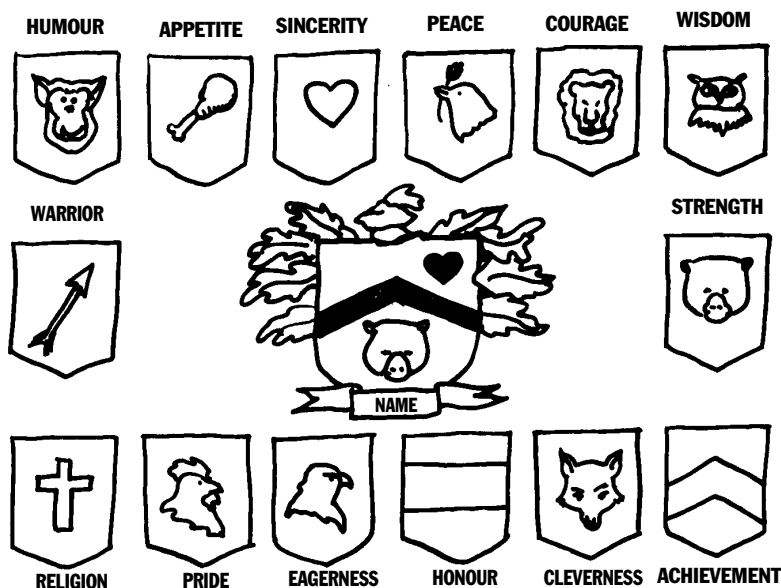
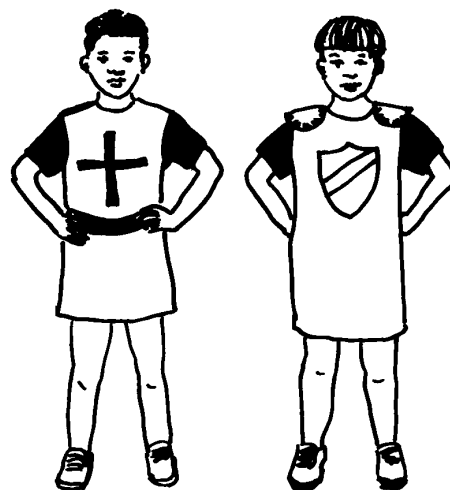
### Castle Building

Before the Cubs arrive, set out boxes of different sizes, construction paper, glue, scissors, markers, rulers, string, tacks, and other items useful for castle building. If possible have books, or pictures of castles for the Cubs to look at. The Cubs can construct their own castles, or one for each six.



### Tunics

Have each Cub bring in a plain white pillowcase, or provide them with one. Cut holes for the Cub's head and arms in the pillowcase. Supply wax crayons and samples of heraldic symbols, and have a hot iron and brown paper bags available. Ask the Cubs to design their own crest (see below for heraldic symbols) and draw it on the pillowcase with the crayons. After



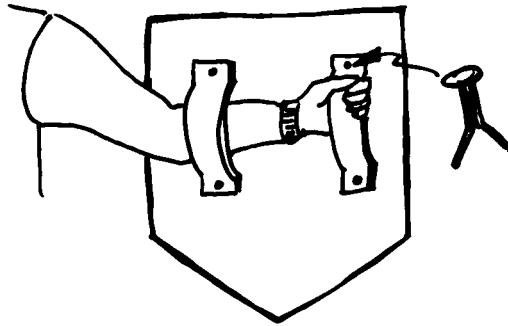
it's completed, put the brown paper over and under the design. Iron it on. The iron's heat melts the crayon and seals the design onto their tunic. Fabric paint can be also used, but it is expensive.



## ***Shields and Banners***

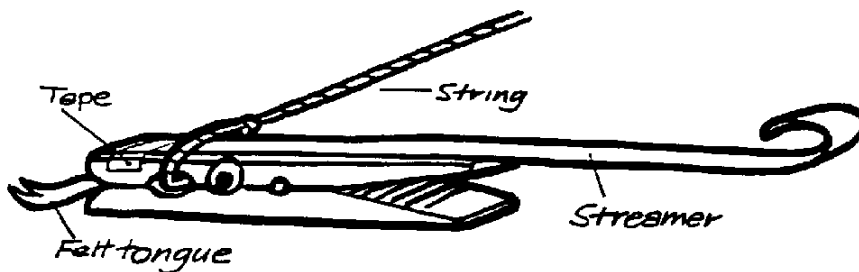
**Banners** - Banners can be made from computer paper, or cloth. Supply markers. The banner should have the six's name on it and either a symbol or word that represents what the six believes is its best characteristic. Decorate the banners with the Cubs' names, and other symbols.

**Shields** - Supply stiff cardboard, markers, scissors, butterfly paper fasteners, strips of cloth, and decorative items such as stars, small coloured stones or jewels. Cut out the shield shape as illustrated from cardboard. The same heraldic crest or a different one can be used to decorate the shield. Glue on the decorative items. Cut out two cloth straps and fasten with butterfly paper clasps, so that the Knight can hold onto his shield comfortably.



## ***Dragon Flyer***

For each Dragon Flyer supply one wooden clothes pin, glue, tape, craft eyes (optional, as eyes can be drawn on), red felt, 46cm crepe paper streamer, and 76cm of string. To make the Dragon, tape the streamer to the open end of the clothes pin. Decorate the streamer as desired, and glue or mark eyes. Cut out a felt tongue and glue between the closed ends of the clothespin. Tie the string on tightly, as shown.





## Songs



### ***The Grand Old Duke of York***

*Tune: A-Hunting We Will Go*

The grand old Duke of York  
He had ten thousand men.  
He marched them up the hill,  
*(Everyone stands up)*  
And marched them down again.  
*(Everyone sits down)*  
And when you're up, you're up;  
*(Everyone stands up)*  
And when you're down, you're down.  
*(Everyone sits down)*  
And when you're only halfway up,  
*(Everyone stands halfway up)*  
You're neither up nor down.  
*(Everyone stands up and sits down quickly)*

*(Repeat several times, getting faster each time.)*

### ***The Knight's Song***

*Tune: Yankee Doodle*

These weeks we've learned of Knights of old,  
And we would like to shout it;  
That Knights and Wolf Cubs are alike,  
And don't you ever doubt it.

*Chorus:*

Knights of old and Wolf Cubs, too,  
Both promise they will live right.  
If they do the things they should,  
Their presence makes the day bright.

So now you see that as Wolf Cubs,  
Our code is much the same,  
As that of Knights long years ago;  
It's just the name that's changed.  
*(Repeat chorus)*





## Related activities

### ***Similarities Between Knights & Cubs***

Knights were not just soldiers, but peacekeepers and well educated individuals. Knights swore allegiance to their King and promised to defend the weak. Discuss with the Cubs how their promise, law and motto reflect many of a Knight's characteristics.



### ***Knight's Code of Honour***

Either as a pack or in sixes, discuss how the Knight's Code of Honour stressed such qualities as bravery, honesty, loyalty and helpfulness. Help Cubs design their own Code of Honour. Print it on a large piece of paper and post up for the rest of the meetings with this theme. A sample one appears below.



# The Knight's Code

- Be always ready with your armour on, except when you are taking your rest at night.
- Defend the poor and help them that cannot defend themselves.
- Do nothing to hurt or offend anyone else.
- Be prepared to fight in the defense of your country.
- At whatever you are working, try to win honour and a name for honesty.
- Never break your Cub promise.
- Chivalry requires that youth should be trained to perform the most laborious and humble jobs with cheerfulness and grace; and Do Good Unto Others.







## ***Feeding Time for Knights***

After the Stalk the Dragon wide game, have the Knights come back to the castle and prepare their feast. Have a sufficient supply of sticks available so that Cubs can be in pairs to make their small fires. After the fire is burning, they can come to a table to pick up their Dragon shish-ka-bob ingredients. Supply chunks of meat and a selection of vegetables such as carrots, mushroom, onions and potato (pre-cook vegetables for 2 minutes beforehand). All of these foods were available during Medieval times. Give the Cubs time to cook and eat their Dragon shish-ka-bobs. Discuss fire safety while cooking.



## **Tournament**



### ***Opening (15 mins.)***

As the Cubs arrive, give them their tunics and shields. Hang up their banners and Code of Honour. To the strains of Medieval music (flutes, marches, Robin Hood soundtrack) form your opening circle. After opening, have someone (either a Cub or a leader) read out the Code of Honour and invite everyone to participate in the Grand Tournament.

### ***Tournament Challenges (45 mins.)***

Set up stations around the room. Divide the Cubs into groups and rotate through the stations. Individual and group prizes can be won, and presented in a grand ceremony at the end of the evening.

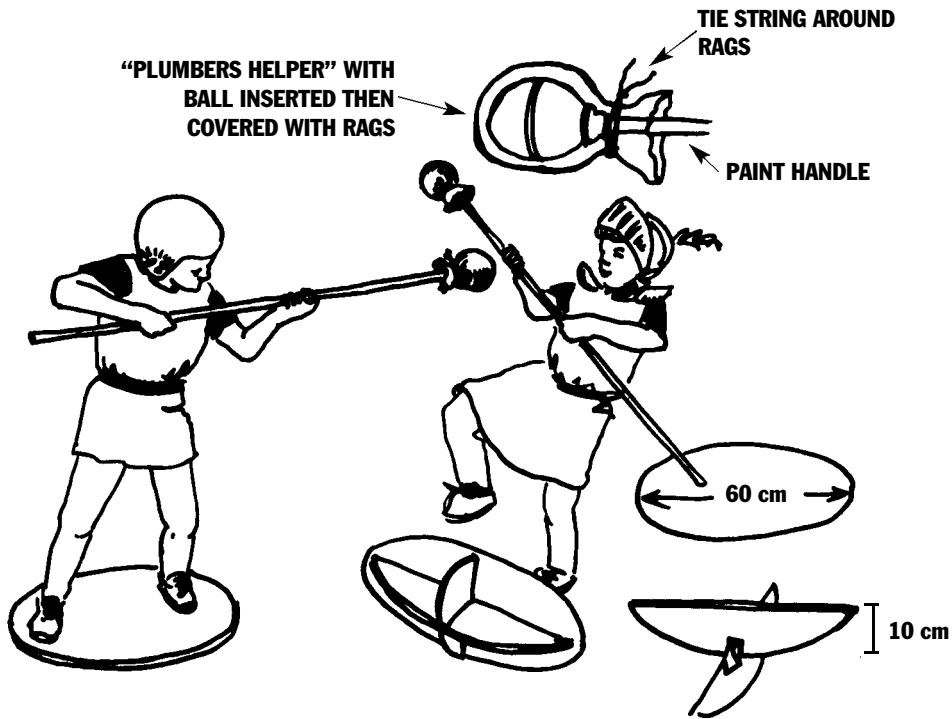
### ***Spoon Jousting***

Give each player 2 tablespoons and a small potato. They carry the potato on one spoon in one hand. With the second spoon in their other hand, they try to knock the potato off another player's spoon while trying to protect their own potato.



## **Teeterboard Jousting**

The equipment for this competition will need to be made before the tournament. (See the diagram below.) Each Knight stands on a teeterboard and holds a padded lance. They use the lance to attempt to push their opponent off the board. When any part of a Knight's body touches the floor, they are defeated. Do not permit swinging the lance. Only pushing is allowed.



## **Stick Pull**

Two Knights sit on the ground, each pressing the soles of their feet against those of their opponent. They grasp a pole (broom stick, or dowel), and hold it cross-wise above their toes. On signal, each tries to pull the other to a standing position. The person who is pulled up or over, or who releases the stick, is the loser.

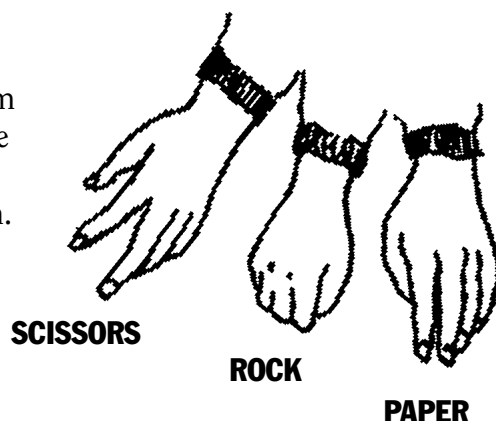
## **Harlequin Wrestler**

Two players stand facing each other, grasping right hands and clasping their left foot in back with their left hand. Players try to upset their opponent by pushing or pulling, without either losing their own balance or losing grasp of their own foot. Change, using the other foot for a balancer.



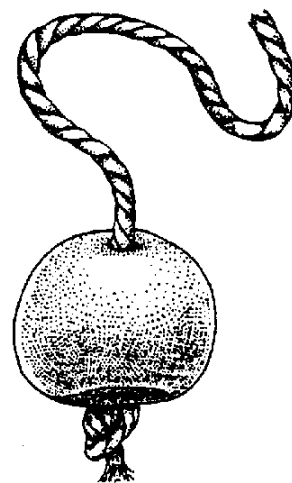
## **Paper, Scissors, Rock**

Two Cubs face each other with their hands behind their back. On a signal, they bring one hand in front of them as either paper, scissor or rock. (See diagram at right for the symbols.) Rock breaks scissors, so Rock wins; Paper covers Rock, so Paper wins; and Scissors cut Paper, so Scissors win. Play the best out of 11 to determine the winner.



## **Conkers**

This game involves two players, one of whom tries to crack the conker of the other with his own conker, thereby conquering it. Walnuts, shells or hazelnuts may be used, but a chestnut is the traditional conker. To save time, prepare the conkers before the tournament. Using a nail, or screw-nail, bore a hole through a hard, smoothly rounded chestnut making sure not to crack the edges of the hole. Cut lengths of strong cord into 60 cm. sections. Allow Knights to select their own chestnuts and thread the cord through, tying a knot on one end. (See diagram) Each player wraps the cord securely around his hand twice. The first one to call out "First!", gets to be the striker or have the first shot. The challenged player holds his arm out to the side, allowing his conker to dangle about 20 cm. from his fist. This conker must be still before the action can be started. The challenger, standing at an agreed distance, holds his conker between his thumb and forefinger. He takes aim and then throws his conker at the target conker. If he misses, he has two additional turns. If he strikes, and neither conker is cracked or broken, the roles are reversed. When one player's conker is cracked or broken, the other player is the winner.



If the strings tangle when a shot is made, the player who calls out "Strings!" first, wins an additional turn. An accidentally dropped conker may be jumped upon by an opponent if he shouts "Stamps!" before the owner shouts "No Stamps!". A conker legally stamped on counts as one victory, which is conferred to the conker of the player who did the stamping.

## **Trophy Presentations (10 mins.)**

Amid much fanfare, present the winning Knights with their trophies or ribbons. Usually a fair maiden or the King would present these trophies.



### ***Victory Drinks (10 mins.)***

Because tournaments create thirsty Knights, offer them some mulled cider (hot apple juice with a cinnamon stick) or Dragon's blood (red fruit punch).

### ***Merlin's Magic Show (15 mins)***

Merlin's Magic show can be hosted by a budding magician, a professional or a brave leader. One trick is suggested below. Get ideas from other resources for more tricks.

#### ***Black Magic***

Merlin the Magician and assistant will astound the Cubs. With the assistant's help, the Cubs pick an object without Merlin seeing it. Merlin is brought in and asked if a series of objects is the one chosen. Merlin successfully identifies the object. The trick is that the assistant chooses an object that is black just before identifying the chosen object, hence the name of the game.



# Cub Meeting Schedule: One Month

## Theme: Knights of Olde

Activity	Date: _____ Week 1: Castles & Knights	Date: _____ Week 2: Knights	Date: _____ Week 3: Of Dragons & Knights	Date: _____ Week 4: Tournament
Gathering Activity 10 mins.	Building Castles craft	Toothpick Castle game	Dragon Flyer craft	Decorate for Tournament
Opening Ceremony 5 mins.				Welcome to all Knights
Game 10 mins.	Attack the Castle	Kings, Knights & Dragons	Dragon Flyer Races	Activity stations – Teeterboard Jousting – Spoon Jousting – Stick Pull – Harlequin Wrestler – Paper, Scissors, Rock – Conkers
Theme Activity 20 mins.	– Finish Castle building – Start Tunics	Knight's agility chal- lenges	Stalk the Dragon wide game using stalking and compass skills	Trophy Presentations
Game 10 mins.	Crown the Royal	Medieval Kim's Game		Victory Drinks
Theme Activity 20 mins.	– Finish tunics – Create Shields and banners	Knight's Code of Honour	Feeding Time for Knights – lighting small fires – cooking	Merlin's Magic show
Song/Story 10 mins.	The Grand Old Duke of York song	Knight's Song	Remind of tournament next week.	
Six Meeting 10 mins.	Discuss similarities between Knights and Cubs, letter home.	Remind to meet outside next meeting		– Recite promise – Prayer
Spiritual Fellowship 5 mins.	– Recite law – Prayer	– Recite promise – Prayer	– Recite law – Prayer	
Closing Ceremony 5 mins.				
Leader Discussion Time 15 mins.				

# **Cub Meeting Schedule: One Week**

## **Theme: Knights of Olde – Castles & Knights**

Date: \_\_\_\_\_



Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Building Castles craft (see detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i> )	
10 mins.	Game	Attack the Castle (see detail planning sheet)	
20 mins.	Theme Activity	Finish castle building. Start tunics. (see detail planning sheet)	
10 mins.	Game	Crown the Royal. (see detail planning sheet)	
20 mins.	Theme Activity	Finish tunics. Create shields or banners. (see detail planning sheet)	
10 mins.	Song/Story	The Grand Old Duke of York (see detail planning sheet)	
10 mins.	Six Meeting	Discuss similarities between Knights and Cubs. Send letter home outlining this month's meeting plans.	
5 mins.	Spiritual Fellowship	– Recite law/promise – Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i> )	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Badge Links:	Handicraft Badge		
Meeting Notes:			

# Cub Meeting Schedule: One Week

## Theme: Knights of Olde – Knights

Date: \_\_\_\_\_



Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Toothpick Castle game (see detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i> )	
10 mins.	Game	Kings, Knights & Dragons (see detail planning sheet)	
20 mins.	Theme Activity	Knight's agility challenges (see detail planning sheet)	
10 mins.	Game	Medieval Kim's game (see detail planning sheet)	
20 mins.	Theme Activity	Knight's Code of Honour (see detail planning sheet)	
10 mins.	Song/Story	Knight's Song (see detail planning sheet)	
10 mins.	Six Meeting	Remind to meet outside next meeting. Dress accordingly.	
5 mins.	Spiritual Fellowship	- Recite law/promise - Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i> )	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Badge Links:	Law Awareness (Knight's Code of Honour)		
Meeting Notes:			

# Cub Meeting Schedule: One Week

## Theme: Knights of Olde – Of Dragons & Knights

Date: \_\_\_\_\_



Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Dragon Flyer craft (see detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i> )	
10 mins.	Game	Dragon Flyer races	
30 mins.	Theme Activity	Stalk the Dragon wide game (using stalking and compass skills) (see detail planning sheet)	
30 mins.	Theme Activity	Feeding time for Knights – lighting small fires – cooking (see detail planning sheet)	
10 mins.	Six Meeting	Remind of tournament next week	
5 mins.	Spiritual Fellowship	- Recite law/promise - Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i> )	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Badge Links:	Green Star, Cooking Badge, Handicraft Badge		
Meeting Notes:			



# Cub Meeting Schedule: One Week

## Theme: Knights of Olde – Tournament

Date: \_\_\_\_\_



Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Decorate for Tournament (see detail planning sheet)	
5 mins.	Opening Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i> )	
45 mins.	Theme Activity	4 - 5 activity stations (8 - 10 mins. each one.) – Teeterboard Jousting – Spoon Jousting – Stick Pull – Harlequin Wrestler – Paper, Scissors, Rock – Conkers	
10 mins. 10 mins. 10 mins.		Trophy Presentations Victory Drinks Merlin's Magic Show	
5 mins.	Spiritual Fellowship	- Recite law/promise - Prayer	
5 mins.	Closing Ceremony	(Details can be found in the <i>Wolf Cub Leader's Handbook</i> )	
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	
Badge Links:			
Meeting Notes:			



## NOTES

[illegible]

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 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 funds 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 JUMP-START) to ensure variety in how activities are presented. These elements include: games, crafts, music, storytelling, playacting, 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 Cub program. These guidelines help you evaluate whether your program fulfils the needs of Cub-age children. If your Cubs are having fun, you can bet it meets their needs.

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

### **Discipline In The Pack: Helpful Tips**

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

1. Recognize that establishing discipline is different from being a disciplinarian. Try to help Cubs develop self-control, not blind obedience to authority.
2. Set and explain to your Cubs pack rules and routines; then follow them consistently. Help Cubs draw up a list of behaviour rules that they think are necessary to make the pack more fair for everyone; create a Pack Code of Conduct. Apply this Code to everyone.
3. Set a personal example for Cubs to see and learn from. Your attitude sets the tone and limits for acceptable pack behaviour.

4. Give ample warning when routines and activities are about to change. This will prevent Cubs from feeling rushed and allow time to make the activity switch mentally.
5. Watch for warning signals that Cubs are losing interest; at this point, change activities.
6. Use praise to reinforce positive behaviour. Let Cubs know you notice and appreciate their efforts to be good or improve.
7. Deal with problems calmly, quietly, and without causing embarrassment to the Cub. 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 Cubs what is going wrong and what is needed to correct their behaviour. Give the Cubs 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 you meetings in advance so you can show confidence in what you are doing. Have backup activities ready when Cubs 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 Kim. A Kim is an older Scout who becomes part of your leadership team. Kim's role is to help find out what Cubs 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 Wolf Cub Leader's Handbook** — tells you everything you need to know about Cubs and the Cub section, ceremonies, working with children, nature, planning, etc.
- **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** — to help spark the fun in your campfire programs.
- **Scouts Canada's Song Book** — full of both traditional and fun songs for all occasions and theme programs.
- **The Pack Resource Book** — more program ideas.
- **The Kim Book** — written for Kim, it will give you ideas on how a Kim can help out in your Pack. If you have a Kim make sure she or he has a copy of this book.
- **Campfire Program CD/Cassette** — two actual campfire programs to use as is, or to help learn some great campfire songs.
- **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.
- **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 Cub Woodbadge Training and JUMPSTART sharing sessions.
- ☛ Resources that help include the outdoors in the Cub program through theme programming.
- ☛ Other Beaver information such as basic ceremonies.

This video highlights the planning process and uses an “Emergency Preparedness” theme to cover a month’s program in detail: gathering activities, opening ceremony, games, theme activity explanations, and the closing ceremony.

The video also highlights a variety of other themes.



“A Howling Success!” — *Akela*



“The Jungle Law is JUMPSTART!” — *Baloo*

**Running Time: 30 minutes.**    Video Cat. # 20-215

## Videos Available at Your Local Scout Shop!