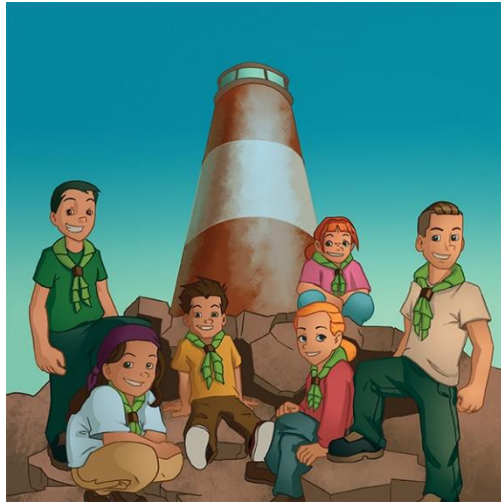


A resource for Cub Scout Packs



THE IDEAL CUB SCOUT WEEKLY MEETING

The weekly meeting should be fun and interesting for the Cub Scouts; focusing on programme, learning new skills and organizing future adventures or activities. A well-organized meeting should have a definitive structure.

The Opening (10 minutes)

- Start on time for best practice and to promote punctuality
- Line up in Sixes
- Flag ceremony, Promise or Law
- Attendance register & collection of subs/dues

Energy Release Game (10 minutes)

- Fast paced, energetic, noisy game

Skills Instruction (20 minutes)

- Divide into Sixes
- Skill is explained, then demonstrated, then practiced by all.

Skills Game (10 minutes)

- Play a game to reinforce the learning of the skill just practiced. (Relays usually work best).

Programme (20 minutes)

- Divide into Turas, Taisteal and Tagann Cubs
- Plan an upcoming adventure using the Spice Cards and Adventure Quest handbook and or reviewing a recent activity

Team Game (10 minutes)

- Sixes game to promote teamwork

Closing (10 minutes)

- Clean up
- Announcements re upcoming events or activities
- Finish on time.

EASY TO MAKE BIRD FEEDERS

During this cold time of the year, it is important not to forget our feathered friends in our gardens. At this week's meeting have the Cub Scouts make their own bird feeder to bring home. Remember that different feeds will attract different



easy
CHEERIOS
birdfeeders

birds. Research which feeds suit which birds.

CAMPFIRE BROWNIE ORANGES

Going on a camp? Providing the ingredients for this campfire treat will make you the favourite Scouter on camp.

You can cheat on the cake mix by buying prepared Brownie Mix, which usually only requires the addition of an egg.

Cub Scouts to follow the simple directions below for the tastiest treat they'll ever have eaten from a campfire



Cut the tops off of oranges and scoop out the segments with a spoon



Fill each orange up a little past halfway with the brownie mix



Put the tops back on and wrap the oranges with tin foil





Set the oranges in the campfire coals for about 20 minutes



The cake bakes in the orange and is very moist with a tinge of orange flavour

BUG BINGO

Go on a bug hunt. Play Bug Bingo using the Bingo Card.

B	I	N	G	O
<p>Firefly</p> 	<p>Beetle</p> 	<p>Praying Mantis</p> 	<p>Red Ant</p> 	<p>Pillbug</p> 
<p>Grasshopper</p> 	<p>Ladybug</p> 	<p>Bee</p> 	<p>Fly</p> 	<p>Spider</p> 
<p>Caterpillar</p> 	<p>Butterfly</p> 	<p>Mosquito</p> 	<p>Tick</p> 	<p>Yellow Jacket</p> 
<p>Centipede</p> 	<p>Worm</p> 	<p>Katydid</p> 	<p>Aphid</p> 	<p>Moth</p> 
<p>Cricket</p> 	<p>Snail</p> 	<p>Black Ant</p> 	<p>Slug</p> 	<p>Dragonfly</p> 

Chain of Good Deeds

Give each Cub Scout 7 strips of different coloured paper. They should write their good deed for each day on the strips and return them at the weekly meeting to form a Chain of Good Deeds which can be hung across the Scout Den ceiling. Each Cub Scout will clearly be able to see for themselves the extent of the kindness that they have achieved as a Pack.



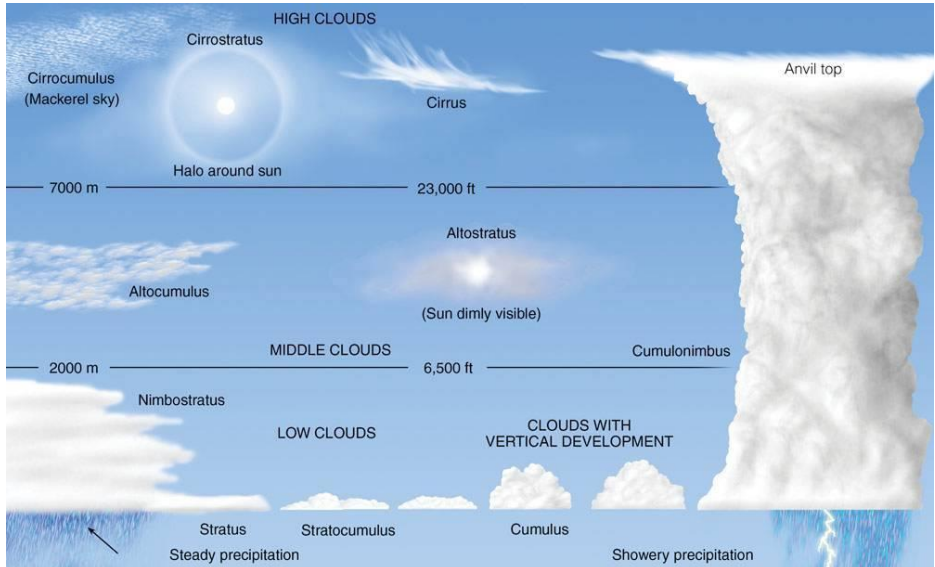
CHRISTMAS DECORATIONS

Cub Scouts to make their own Christmas decorations. There's no need to buy expensive craft materials. Keep it simple and keep it fun.



CLOUDS

We see clouds all the time, but have you really thought about them? Learn to identify cloud formations. You can estimate how high a plane is flying if you know what type of clouds the plane is passing.



Colour Quest

Collect some paint cards from your local hardware shop. Go on a short hike. Distribute the cards to the Cub Scouts and ask them to find the closest match they can to the colour samples. Obviously green and brown will predominate but add some vibrant colours to provide a challenge.

After the activity, discuss their findings. Did they realize how many variations there are on the colour green for example?



HOW TO PLAY CONKERS

Conkers is a traditional children's game in Ireland played using the seeds of horse chestnut trees.

Two players, each with a conker threaded on a piece of string or a shoelace, take it in turns to hit each other's conker, until there is one conker left. The first player holds out their conker at arm's length, hanging down, ready to be hit. The string should be wrapped around his or her hand to stop it being dropped.

The Cub Pack could go on a hike to collect their conkers. They could select their preferred conkers at the following meeting and thread them up for playing. Sixes could play this against one another. The winner from each Six could go forward to play the winners from the other Sixes. The ultimate victor would remain Conker Champion until the following year. Lots of old-fashioned fun!



CUB PACK SMART GOAL PLANNER

S	SPECIFIC	What exactly do we want to happen?	
M	MEASUREABLE	How will we know when we have reached our goal?	
A	ACHIEVEABLE	What steps or plan should we follow?	
R	REALISTIC	Do we have everything we need to reach our goal?	
T	TIMELY	How long will it take? What date will we reach our goal by?	

CUB SCOUT PACK GOOD DEED JAR

Choosing a collective good deed by your Cub Pack for the community may present a challenge. A litter pick will always be the first idea to be suggested, but we always engage with An Taisce for the National Spring Clean in April. Ask the Pack Forum to come up with alternative or more imaginative proposals.

Perhaps the suggestions from the Sixes may not be agreed upon. The Sixers could write their proposals on coloured paper/post its/lollipop sticks and place all suggestions into a large jar or container. Each Sixer could select a good deed for their Six or come to an agreement for Cub Pack good deed at the Sixer Council.

The remaining good deeds should be kept and reintroduced throughout the year to continue living the Cub Scout Promise or as part of the Scout Method – Service & Commitment.



FORAGING

Foraging is the oldest human method of gathering food. There are many benefits to collecting and eating wild food. Foraged food is healthy, ecological, tastes great, and is fun to collect!

When something grows in a natural environment – without being artificially fertilized and watered – it must battle for its place in an ecosystem and so it usually produces much more micro-nutrients than farmed produce.

Cub Scouts to go on a foraging hike.

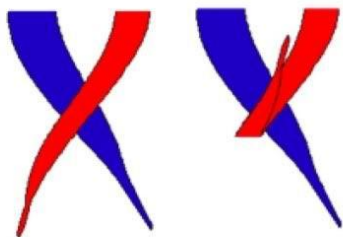


FRIENDSHIP KNOT

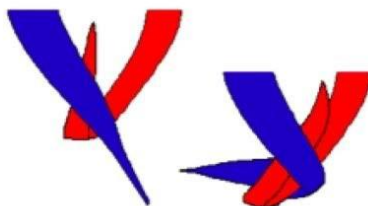
New Cub Scouts may be feeling a little apprehensive about being a new member of the Cub Pack. Make them feel more comfortable by having the members of their Six tie a friendship knot in their neckerchief. The new Cubs can practice on one another until they have it perfected and have made new friends in the process.

How to tie a Friendship Knot in your necker

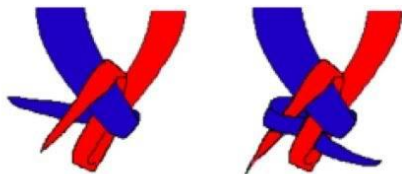
1. Roll the long edge of your necker first, to give neat ends to tie (looks particularly effective with bordered neckers)



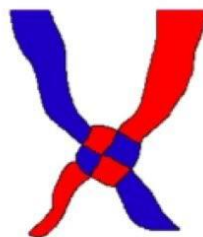
2. Cross one end over the other then fold it back up on itself



3. Bring the second end over the folded (first) end and take it round behind.



4. Bring end 1 down over end 2, then take end 2 round and over end 1 and tuck it through the loop formed by end 1

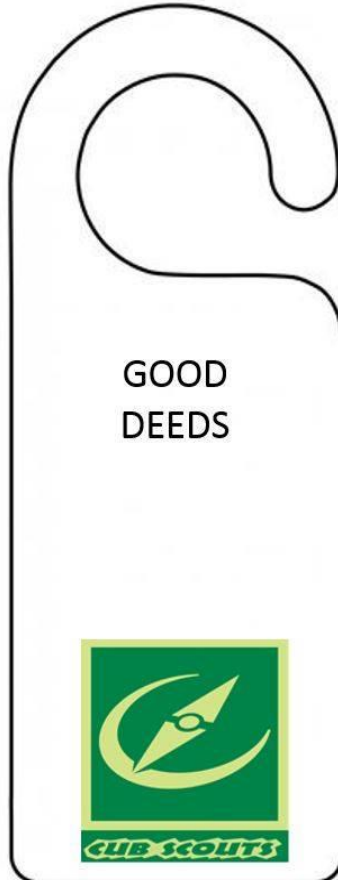


5. Adjust the knot until the ends are even and the knot flat and square, tighten gently until it is the size you want

Traditionally, this knot should be tied in your necker by a friend, and you should never untie that knot in case undoing it "undoes" the friendship.

Good Deeds Door Hanger

Instead of a Good Deeds Diary, use the template provided to make a door hanger for the Cub to bring home to hang on their bedroom door. Good deeds to be written on the rear of the hanger. Use light card instead of paper for best results.



HALLOWEEN

Pumpkins are costly and difficult for small hands to carve. Consider recycling plastic milk cartons to achieve the same effect for less effort and expense.

Cut a hole in the bottom of the carton to allow for tea lights or battery-operated lights to be inserted.



HERBS

Most people in Medieval Times never saw a doctor but were treated by Herbalists for ailments. Today we mainly use herbs in cooking, but they have never lost their healing power and are still found in many homemade remedies. Cub Scouts to plant herbs which should be mature enough to bring along on Cub Camp to use in salads and dinner or to try out some herbal remedies. Suggest a sniff test experiment and recognise various common dried herbs.



Basil: An annual used in Italian and Mediterranean cooking. Easy to grow, very aromatic.



Dill: A self seeding annual, grows up to four feet tall. Dwarf varieties are available for tabletops.



Marjoram: A smaller sweeter member of the Oregano works great in tabletop gardens.



Thyme: A small perennial good for both indoor and outdoor gardens. Many varieties available.

Common Herbs For Beginners



Chives: The smallest member of the onion family. Easy to grow, attractive purple flowers.



Rosemary: A perennial, grown as an annual in cooler zones. Great for patio containers.



Oregano: A fast growing perennial used in Italian and Mediterranean cooking.



Mint: Easy to grow, but be careful it can be aggressive if you don't keep it under control.

HOME FIRE ESCAPE PLAN

Draw a map of your home as best as you can. Draw 2 floor plans if your house has 2 storeys. Show all doors and windows.

Visit each room. Find two ways out.


Draw a circle where there are smoke alarms.

Write "EXIT" on each way out of the house.

Draw an "X" for a safe meeting place outside. It should be in front of your house.

Talk about your plan with everyone in your family.

Practice your home fire escape drill.



INSECT REPELLENT

For outdoor activities, insect bites can be a real nuisance. As part of their gear for the outdoors, ideally the Cubs should have a small bottle of insect repellent. This can be a simple organic homemade liquid and can be made as part of their Cub programme for the 'Staying Safe' aspect of their Physical Travel Card.

Formula:

2 fluid ounces (approx 60ml) Witch Hazel

2 fluid ounces (approx 60ml) Distilled Water

20 drops of Lavender Oil

20 drops of Citronella Oil

Combine in a bottle and shake well to blend. Pour into a small plastic spray bottle.

Sixer should ensure that their Six is wearing repellent before engaging in outdoor activities.

(Packs of bottles are available in Chemists, Dealz or any discount store. Ingredients are available in Chemists or any health food store).

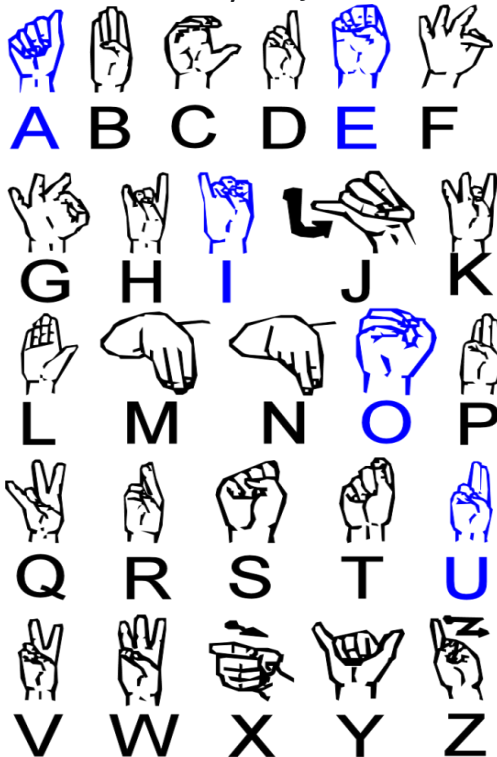


IRISH SIGN LANGUAGE

Irish Sign Language, or ISL, is used by 5,000 members of the deaf community and thousands of others to communicate with them.

Learn some basic ISL phrases as part of your Communications programme. Take a photo or make a video of your Cub Pack saying hello to our friends in the 191st *Dublin Deaf Scout Group*. Send it to their Facebook page at <https://www.facebook.com/DeafScoutGroup>

This hard-working Group was founded in 1994 and caters for Deaf children and is run by Deaf Scouters.



How to make an orange oil lamp.

Step 1: Materials & Tools

- 1) Orange, Grapefruit, Lemon
- 2) Sharp Knife
- 3) Vegetable or Olive oil



Step 2: Remove the Middle

Remove and eat the middle portion of the orange being careful to leave the middle stem like portion intact. Removal is easiest by using a sharp knife and digging out the middle starting with the edge closest to the outside of the orange.



Step 3: Fill & Light

Fill the cavity with vegetable or olive oil to just below the centre stem like wick. Light the centre stem like wick. This may take a little while to catch. The orange oil lamp should burn for about 6 hours.



The other half can also be used as a cover by similarly hollowing the centre and cutting a circle in the top.



PILGRIM PATHS

Would you like to take the Cub Pack on a hike with a difference?

Pilgrim Paths Week is based on Ireland's network of pilgrim walking routes, most of which predate the Camino. Why not explore the ancient tracks imprinted with the footsteps of penitents past?

Check out <http://www.pilgrimpath.ie>

Social, Physical, Intellectual, Character, Emotional & Spiritual



SUSTAINABLE DEVELOPMENT GOAL 6: CLEAN WATER AND SANITATION

Can you imagine a life without water? 1 in 9 people live without access to safe water, and even worse 1 in 3 do not have access to a toilet. Providing access to clean water and proper sanitation services can save millions of lives a year by preventing water-borne diseases, dehydration, and contamination.

SDG 6 TO DO LIST:

1. Every single drop of water counts. Check every tap in your house and Scout Den and report the leaks.
2. Protect and restore your local water sources. Take your Cub Pack or Scout Group to do a clean-up of your local river or stream.
3. Raise awareness of washing your hands properly. Put up a poster in the toilets of your Scout Den. Discuss keeping clean on camp.
4. Reduce the amount of water you use daily. Calculate your water footprint and challenge the Cub Scouts to measure how much water they could save each day?
5. 750 million people do not have access to safe and clean drinking water. Learn how to make water filters.
6. Have the Cub Pack pay a visit to their local reservoir to find out where their home water supply comes from.

SUSTAINABLE DEVELOPMENT GOAL 7 AFFORDABLE AND CLEAN ENERGY

Our reliance on unclean energy to fuel our lives means that climate change is speeding up and millions suffer from unnecessary health conditions. But it's not only about switching to clean and renewable energy, over 1 billion people do not have electricity in the first place.

SDG 7 TO DO LIST:

1. For your next Cub Scout camp, try to cut down on your energy use or try using renewable energy sources.
2. Have the Cub Scouts come up with ideas to save energy at home.
3. Ask the Cub Scouts to look at their home energy bill and see if their efforts to save energy can make a difference to the bill.
4. Stop using one-use batteries and switch to reusable rechargeable batteries.
5. Ask the Group Council if the Scout Group save energy by insulating the Scout Den to a higher standard?
6. Try making a solar powered pizza box oven.

SUSTAINABLE DEVELOPMENT GOAL 12 RESPONSIBLE CONSUMPTION AND PRODUCTION

Humans consume a lot, whether water, food or energy, it also means that we produce a large amount of waste.

Achieving Goal 12 requires all of us to consume single-use plastics, recycle and reuse what we can, and consider buying only sustainably-sourced products.

SDG 12 TO DO LIST:

1. Refuse all single-use disposable plastics.
2. Discuss Fairtrade at your weekly Cub Scout meeting.
3. Watch this video about Fairtrade hot chocolate from the Dominican Republic
<https://www.youtube.com/watch?v=VeUGvhINwHw>
4. Or this shorter video about Fairtrade bananas from Colombia
<https://schools.fairtrade.org.uk/resource/make-bananas-fair-a-film-for-schools/>
5. Shop locally.
6. Donate leftover foodstuffs from your Cub camp to a local charity.
7. Calculate your Cub Camp's ecological footprint and commit to improving it next time.
<https://www.footprintnetwork.org/resources/footprint-calculator/>
8. Change all the light bulbs in the Scout Den to energy efficient bulbs.

SUSTAINABLE DEVELOPMENT GOAL 13 CLIMATE ACTION

The negative effects of climate change are already visible in so many aspects of life. Offsetting the impact of climate change starts with education, awareness and individual action. We can all do something small to offset our footprint on this planet that we call home.

SDG 13 TO DO LIST:

1. Learn about composting and set up a compost bin at your Scout Den or at home.
2. The meat production industry has a big impact on our environment. Plan, do and review a vegetarian menu for your next Cub camp.
3. Recycle everything you can! Separate your paper, glass, plastic, metal, and electronic waste.
4. Make Recycling posters for your Scout Den.
5. Switch off your lights for Earth Hour and do an outdoor activity with your Cub Pack instead.
6. Raise your voice! Write letters to your Scout Group Council, your school, and local authority holding them accountable for their commitments to taking action for the climate.

SUSTAINABLE DEVELOPMENT GOAL 14

LIFE BELOW WATER

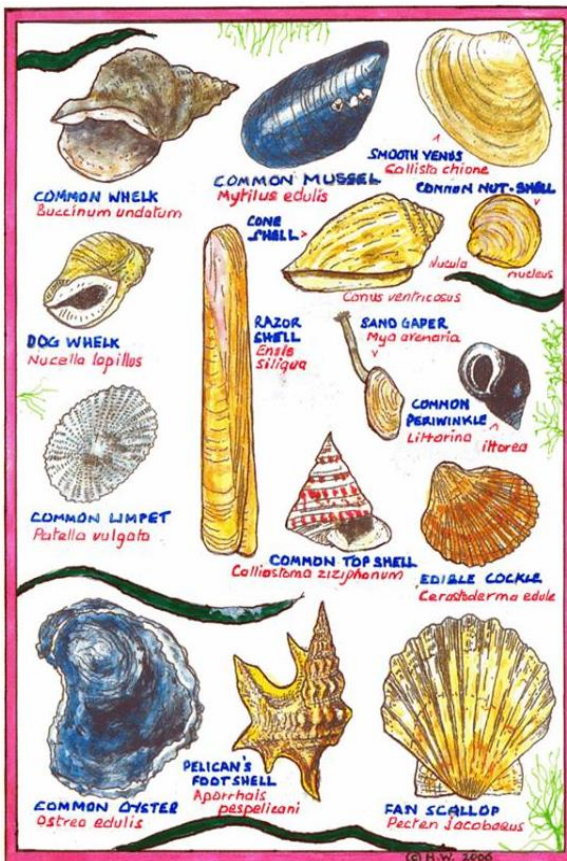
Oceans and seas cover over 70% of our planet. Our existence depends on them for food, water, energy and more, yet they are suffering from over-fishing and plastic pollution. By keeping our oceans clean and our fish stocks healthy, we will ensure that the earth will remain habitable for humankind for centuries to come.

SDG 14 TO DO LIST:

1. By 2050, there will be more plastic in the oceans than fish. Stop using plastic bags, plastic straws and other single-use plastics, and convince all your friends and family to do the same.
2. Take your Cub Pack or the entire Scout Group to a local river, lake shore or seashore to run a clean-up project.
3. Run an awareness campaign in your Scout Group or community, about how plastic use affects the oceans, rivers, seas and their entire eco system.
4. Learn more about invasive species in our lakes and rivers.
5. Use a shrimp net or make your own nets (long stick, wire coat hanger, a pair of ladies tights, duct tape) and go pond dipping.
6. Contact Inland Fisheries to arrange for an environmental scientist or marine biologist to give a talk on clean water and fish stocks.
7. Visit a fish farm or shellfish nursery.

Seashell Identification Chart

With so many of us going to the beach during lovely sunny weather, collecting seashells will always be a must for any stroll along the beach. But can you identify the shell? Keep this small identification chart handy and impress your Cub Scouts with your knowledge of “Conchology” (that’s the study of mollusc shells to you and me!)

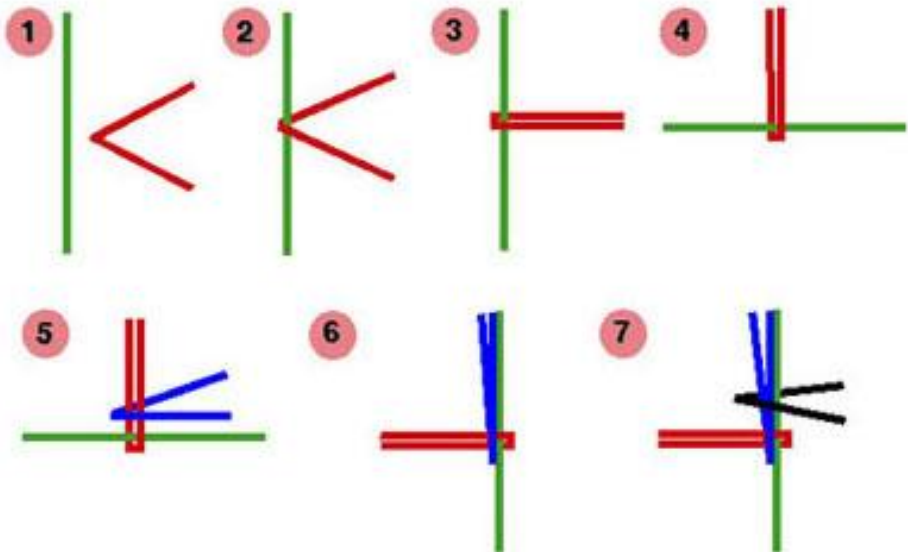


St. Bridgid's Cross

The 1st of February is the Feast of Saint Brigid, one of the patron saints of Ireland. It's a tradition to make a **St. Bridgid's Cross** from rushes on the eve of the feast day.



Show your Cubs how to make this beautiful simple cross and they'll never forget it. If you cannot access fresh rushes, try making it out of pipe cleaners for a more colourful modern look.



View this tutorial for directions.

<https://www.youtube.com/watch?v=bq0ci42PnLc>

TRAIL MIX

Trail Mix – Is a combination of ingredients such as nuts, seeds, fruit and sometimes chocolate, developed as a food to be taken along on hikes. It's considered an ideal snack food for hikes, because it is lightweight, easy to store, and nutritious, providing a quick energy boost from the carbohydrates in the dried fruit and sustained energy from fats in nuts.

Provide the Cub Scouts with a list of suggested ingredients to make their own trail mix at home. They should bring a sample in a Ziploc bag to the next meeting to compare and share. *(Ensure that none of the Cub Scouts have food or nut allergies)*



SWALLOWS

At the start of autumn, Swallows gather on telephone and electricity wires each day in preparation for their six week migration.

Where do these tiny birds go? How far can they fly?
Cubs to use an atlas to track the route of these summer visitors.

Watch this cute video to see the flight pattern they use, bearing in mind that Irish swallows use the same route.
<https://tinyurl.com/ycpm9p77>



Making a water filter

Making a water filter is a vital part of the Cub Scout Backwoods programme. Follow the simple instructions in this video below. You can substitute the charcoal for clean sand, pea gravel and coarse gravel.

<https://www.youtube.com/watch?v=ICYNtiU7r6I>

