

THE ASSOCIATION ON TASMANIA
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Games & Activities

Fun, Training & The Boomerangs





*"One of the objectives of Scouting
is to supply games and activities
which can promote a boy's health and strength
and help to develop his character.*

*These games have to be made attractive
for it is through them that we can inculcate the elements
of pluck, obedience to rules, discipline, self-control
keenness, fortitude, leadership
and unselfish team play."*

*Baden-Powell
"Aids to Scoutsmanship."*

INTRODUCTION

Games are the most flexible tool in the Cub Scout Leader's kit, as they can be adapted to fit most circumstances and, with a little imagination, nearly any particular theme. Above all they should be fun and promote a great deal of enjoyment.

Games should develop:

- sportsmanship - training - unselfishness - development of mind - perseverance - fair play - discipline - good nature - character - etc.

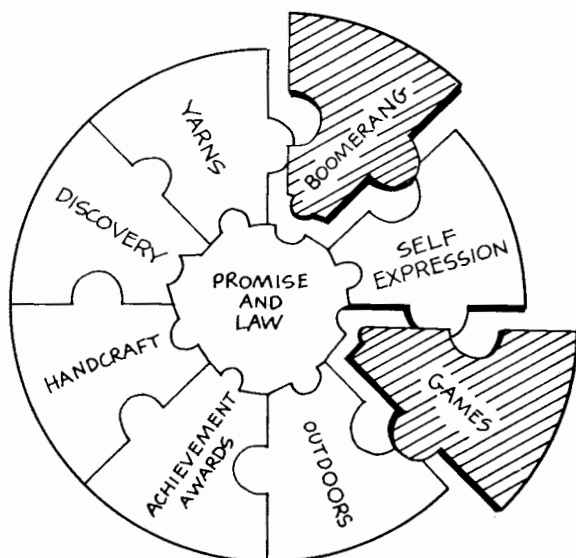
Games are used to:

- teach - vary the tempo - let off steam - revise training - break the ice - check on training

There are nearly 200 test games and activities in this book and the Leader with a little imagination can double or treble that number. The games have been listed under boomerang test headings. The best way for a Cub Scout to pass a test is by participation in an enjoyable game or activity.

If you are not having fun with your Cub Scouts then look closely at your program. Fun is the nucleus about which all other parts of the program are grouped — leave one single element out and the program collapses.

Games are elements of the overall program and this book brings two elements into the program.



FEAT OF SKILL PHYSICAL DEVELOPMENT FITNESS



These activities offered in this section are geared more to help the Cub Scout become aware that there are a lot of fun things that can be done when their co-ordination is under control and of course to be very confident that if they can be successful with these activities, passing the required tests is no problem at all.

PERSONAL INFORMATION

A Leader (and/or Parents) per Six, more if you wish.

Each Cub Scout has a card on which various statistics will be recorded.

Have the cards already prepared with headings.

Height

weight

chest... in and out

waist

hips

length of feet

width of hand span

width of arms outstretched

height reached on tip-toe

with arm stretching as

high as possible

*anything else you can
think of*

Keep all the cards at the Den and after a period of months do it all again and see how they have grown, as they leave the Pack, present them with the card.

SKIPPING

Cub Scouts love to skip, skipping with the big rope is a favourite, great for a coming in game. Unfortunately, few Cub Scouts seem to have the rhythm needed, try the following and see how you go.

Sit down in a circle and begin clapping ... big clap and then a small clap. Begin to count aloud ... one and two and three and one and two and three

etc. Make the big clap on the word *number*. Make the small clap on the word *and*. Keep practising for a while.

Following week ...

Now bounce ... big bounce on the word *number* and a small bounce on the word *and*.

Practise for a while and then try with skipping ropes.

HAT EXCHANGE

Cub Scouts form a circle, all facing in, Cub Scout hat on head. The numbers 1, 2, 3 and 4 will be called in sequence.

1. Each person takes the hat off the person on their right.
2. places the hat on their own head.
3. takes the hat from the person on their right
4. places the hat on their own head.

Keep going until it appears to be continuous movement around the circle. When they have got themselves organised with that way, reverse the hat taking.

OBSTACLE COURSE

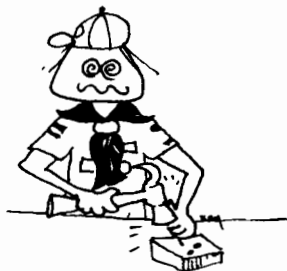
Indoor and outdoor obstacle courses can be a lot of fun. You can go to a lot of trouble to set up elaborate courses, but more often than not the Pack is quite happy with any thing that is around. Be sure to state the ground rules and discourage any short cuts.

Include the course as a part of your theme for the night, be it a normal Pack Meeting, Special Pack Meeting or better yet a Pack Holiday.

NAIL HITTING COMPETITION

Plenty of pieces of wool, hammers and nails.

Let the Cub Scouts hammer in nails at their own pace for a while and then run a relay. Be sure to show the Cub Scouts how to hold a hammer correctly and how to hammer a nail correctly.



AFRICAN PORTERS

Spin a yarn about the African men who worked as porters, carrying all sorts of things through the jungle.

Stress the fact that they carried these large loads on their heads and their

posture had to be good to cope with it.

Devise a game in which the Pack carries something on their heads.

TYRE BALL

Hang a tyre from a tree, allow to swing from side to side, the Pack, in turns are to throw a ball through the swinging tyre, which is to be caught by a Cub Scout on the other side.

SKILLORAMA

This activity is so easy to organise and the Cub Scouts enjoy it immensely. Try it with your Pack, it is also worth considering for a District Day.

A Skillorama consists of a large number of bases, each base to be organised by a Leader or Parent. If it is made the responsibility of the base person to provide all the materials required, you won't have the problem of gathering the materials.

Each Cub Scout receives a piece of cardboard 12cm x 18cm with name on the top. As each person completes each base they receive a star or a dot and then proceed to another base. Cub Scouts should be encouraged to attempt as many bases as possible. The more bases you provide, the more exciting the Cub Scouts will find the activity.

Below you will find a list of possibilities, I am sure you can add more to the list. Have fun.

1. *Arrange ropes as a river, add some snakes and sharks to make it dangerous. The river has to be leaped with the aid of a very strong pole.*
2. *Prepare a circle with blocks depicting the points of the compass, mix the points up, must be incorrect each time a Cub Scout attempts it. Place in the ground a stick with a weather van. Use a compass to depict the blocks in the correct position and then tell where the wind is coming from.*
3. *Try to write your name while looking into a mirror.*
4. *Drop pegs into a wide necked jar.*
5. *Kite flying*
6. *Throwing balls at an arrangement of empty cans.*
7. *Climb a knotted rope hanging from a tree.*
8. *Tray with a bottle and a ball, the Cub Scout walks a distance whilst dribbling a soccer ball and balancing the tray.*
9. *Stilts, either the wooden ones or try the tin can with rope ones.*
10. *Cutting wood with a bush saw or a big cross cut saw.*
11. *Tie string to one end of a scarf, hold the end of the string and drop free end of scarf into a milk bottle.*
12. *Erect a tripod, tennis ball in the toe of a stocking and tied to the apex of the tripod. Place a bottle on the ground under the tripod.*

Cub Scouts are to attempt to knock over the bottle with the ball.

13. *Set up an obstacle course.*
14. *Sew buttons on a piece of material.*
15. *Walk on a plank balancing a tray of cans on your head.*
16. *Walk a certain distance with a ball between your knees.*
17. *Pillow fight, stand on tyres and a pillow full stockings.*
18. *Cook a sausage or pikelet, use either a fire or an electric frypan.*
19. *Walk a certain distance on round four gallon drums.*
20. *Lasso a set of bull horns.*
21. *Throw horse shoes around a post.*
22. *Tell a joke or sing a song by yourself.*
23. *Put out a candle with a water pistol.*
24. *Mini-golf course.*
25. *Walk a plank blindfolded.*

LIE DOWN, GET UP

Lie flat on your back on the floor, fold your arms on your chest and then get up without any aid from hands, elbows or from falling sideways.

HOPPING

Hop on your toes, not on the flat of your feet.

B.P. said *You should hop like a bird, not like an elephant.*



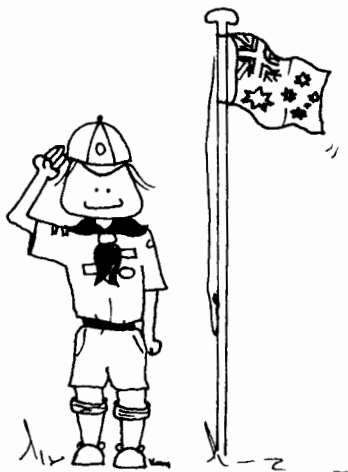
SOMERSAULT

Place the back of your head on the floor and roll forward. Try to roll and stand up in one motion.

KNEE BENDS AND TOUCH

Put the right foot behind the left knee and grasp the foot with your left hand. Try and touch the right knee to the ground without losing your balance.

AUSTRALIAN FLAG EMBLEMS COAT OF ARMS



The activities offered below can be adapted to cover the State Flag.

FLAG QUIZ

Prepare a quiz, either a written or oral. Include all aspects of the flag including our loyalty towards it.

1. *What flags make up the Union Jack?*
2. *How much of the Australian flag is taken up by the Union Jack?*
3. *How many stars are on our flag?*
4. *What are their names? The correct Greek names please.*
5. *What is the name of the constellation on our flag called?*
6. *When a flag is flown upside down, what does that mean?*
7. *What does a flag at half mast mean?*
8. *What colours are on the Australian Flag?*
9. *What is the right side of the flag called?*
10. *What is the left side of the flag called?*
11. *Why do you think they are called those names?*
12. *What is the very big star called?*
13. *What is it supposed to represent?*

PLASTER FLAG

Mould the flag from plasticene onto a flat board. Surround by a strip of cardboard fastened with staples. Pour the plaster, allow to set. When dry you will have a negative mould.

Place your negative mould onto a flat board and surround with a strip of cardboard fastened with staples. Pour your plaster into the mould, allow to set. When dry you will have a positive mould which you can paint and then varnish.

SCATTERED FLAGS

Scatter flags with their country written on them. Leader gives each Cub Scout a card with a country written on. The Cub Scout searches until the correct card is found, brings it to the Leader who gives the Cub Scout a bean or similar and a new card. The Cub Scout returns the flag to where it was and searches for the next card.

Continue game for a set period of time.

FLAG SNAP

This activity is very time consuming to prepare, however the end result is worth the effort and it helps the Pack to identify the various parts of the flag very quickly. The following list will make up 4 packs of cards.

Play the game as you would play *Snap*, however instead of the Cub Scouts saying '*Snap*' they should say whatever the matching flag part is.

4 packs of playing cards (one for each Six)

16 drawings of St. George flag with St. George and England written on it.

16 drawings of St. Andrew with St. Andrew and Scotland written on it.

16 drawings of St. Patrick with St. Patrick and Ireland written on it.

16 drawings of a star with Alpha written on it.

16 drawings of a star with Beta written on it.

16 drawings of a star with Gamma written on it.

16 drawings of a star with Delta written on it.

16 drawings of a star with Epsilon written on it.

16 drawings of a star with Commonwealth written on it.

16 drawings of a flag emphasising .. hoist

16 drawings of a flag emphasising .. fly

16 stickers of the Australian flag

16 stickers of the Southern Cross (cut from extra stickers)

16 stickers of the Union Jack (cut from the above stickers)

Cover the top and bottom of the suits on the cards with coloured insulation tape, this saves the boys getting confused. It may seem simpler just to use cardboard, however ordinary cardboard does not slip as well as playing cards when shuffling and playing.

Place the drawing or sticker in the centre of the card. Finally cover the drawing side of the cards in clear contact paper and trim. As already mentioned a lot of effort, but the Cub Scouts think it the most wonderful game and cheer when they see it come out to be used.

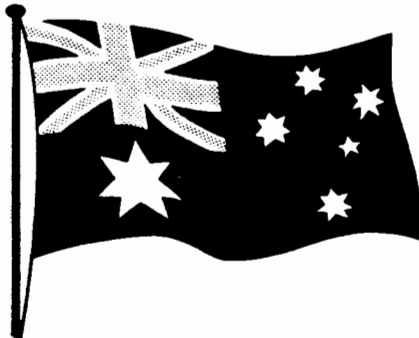
RIGHT OR WRONG FLAG BLOCKS

Form Cub Scouts into two teams on opposite sides of the Den, number off 1 - 12. Two blocks of different colours are in the middle. One colour is *right* and the other colour is *wrong*.

Leader states a fact relevant to the flag and a number. The Cub Scouts with that number run out and pick up the block they think is correct. If correct a point for the side.

MAKE THE FLAG

1. Prepare a series of charts showing the different parts of the Australian flag. e.g. first chart the St. George's Cross, second chart St. Andrew's Cross, etc., place the charts on the wall, supply the Cub Scouts with cardboard, scissors, glue, coloured pencils, ruler and in their own time make a flag by following the charts.
2. Supply Cub Scouts with red, white and blue crepe paper, scissors and glue to make the Australian flag, (try with the State flag)
3. Try red white and blue material, headcloth or felt.
4. Try plasticene.
5. Try a potato print flag.
6. Try a crepe ball flag, give the Cub Scouts a sheet of paper with the outline of the flag, suitable coloured crepe paper, the paper is rolled into tiny little balls and glued into their appropriate position.
7. Ask the Cub Scouts to make a braille flag, perhaps they could be passed onto a school for the blind.
8. Make flags from different textured material, red velvet, white nylon and blue felt. Either for own sense training or again pass onto a school for the blind where touch is so important.
9. Try a flag from natural materials.
10. Try a flag from the different seeds available.



UNION JACK ... SAINT LEGENDS

Give each Cub Scout a set of cards of the three crosses of the Union Flag. Read the legends of the Saints to the Pack. After the stories have been told the Leader selects different words from the legends, e.g. princess, snakes, dragon, etc. Each Cub Scout holds up the card thought to be correct.

FLAG RACE

Place in front of each Six a set of cards, each showing the following ...
England, Scotland, Ireland and Australia
Each Cub Scout is given a number.

The Leader says something to do with one of the flags then calls a number. Those four Cub Scouts run out and choose the card they think is correct and takes it to the Leader. Those who are correct score a point for their Six.

IDEA FOR SCORING IN A GAME

Use pieces of a flag for scoring a game points.

Prepare two flags and as each team scores a point they receive a part of the flag.

The team with their flag put together first wins.

Game played need not have anything to do with the flag.

FLAG AND SAINTS DICE BINGO

For each Six ... a chart of 24 blank squares (four lines of six squares, the size of the cards) one dice and one cup.

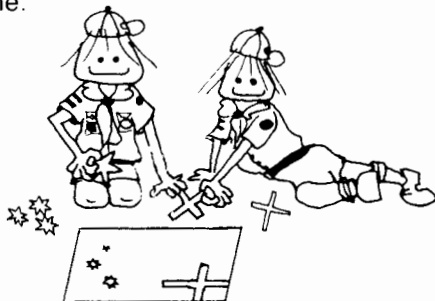
For the Pack ... cards, to fit the squares above, classified under six headings as follows ... 1. flag, 2. country, 3. saint, 4. stars, 5. Union Jack emblems, 6. Australian emblems. One of each card for each Six playing.

The cards are placed in five piles (combine 5 and 6), in the centre of the hall. Each Six to play at their own pace in their corners. The Cub Scouts take turn to throw the dice and collect a card from the number of the pile that they throw. The Six cooperates in arranging the cards on their chart.

The game finishes when one Six has a complete and correct line and shout *bingo* and the country they have completed. All stop while the line is checked. When all the cards from the middle pile have been taken, the Sixes return duplicates so that the game may continue.

JIGSAW FLAG

1. Glue a large picture of the Australian flag onto heavy cardboard, cover with clear contact paper and cut into odd shapes.
2. Glue a large picture of the Australian flag onto heavy cardboard and cut into inch wide strips, cover with clear contact paper, much harder than number 1.
3. Paint the Australian flag onto a sheet of wood, cut into jigsaw pieces. If possible, have it set into a tray, keeps it tidier.
4. Make flags in layers, use cardboard, material or felt, glue sandpaper onto the back of the pieces and use a blanket to attach them to.
5. Postcard sized cardboard, draw the flag on one side and colour the reverse with the Six colours on the back. Cut into pieces, mix all the colours together on the floor, each Six to find their colour and then make up the flag.
6. Ask the Cub Scouts to draw individual flags on their postcards and on the other side print the Promise and Law, and cut into pieces. The puzzle should be attempted on a sheet of paper, when complete place another sheet of paper on top of the flag and turn completely over, remove the other sheet of paper and the Promise and Law should also be correctly done.



FIND THE WORDS

Southern Cross

alpha

beta

gamma

delta

epsilon

Union Jack

St. Andrew

St George

St. Patrick

St. David

Federal Star

AUSTRALIAN FLAG

England

Ireland

Australia

duty to the Queen

upside down flag distress

half mast means a death

Federal Star has seven points

four large stars have seven points are equal

tiny star has five points

fly

hoist

Wales

Scotland

salute

W	A	U	S	T	R	A	L	I	A	E	T	R	Q	S
A	A	E	G	R	O	E	G	T	S	E	T	S	U	T
L	L	A	E	J	S	N	A	R	E	Q	O	O	E	A
E	M	F	F	L	A	H	M	Q	Y	U	T	H	E	R
S	A	I	D	D	L	A	M	L	T	A	R	Z	N	F
T	S	V	I	E	U	V	A	H	P	L	A	B	L	B
A	T	E	S	L	T	E	E	D	S	S	T	Y	O	T
R	P	N	T	T	E	R	H	E	E	T	E	N	S	D
S	A	G	R	A	N	Y	A	A	V	D	B	I	C	U
P	T	L	E	D	R	C	S	T	E	A	S	T	O	T
O	R	A	S	E	H	N	R	H	N	V	E	E	T	Y
I	I	N	S	N	A	E	M	O	F	I	V	P	L	F
N	C	D	N	A	S	B	N	S	S	D	E	S	A	O
T	K	L	W	E	R	D	N	A	T	S	N	I	N	U
D	N	A	L	E	R	I	F	N	S	L	H	L	D	R
S	U	P	S	I	D	E	P	H	T	P	O	O	A	Y
T	T	N	W	O	D	K	O	J	N	O	I	N	U	D
D	A	A	T	E	N	O	I	A	I	I	S	A	N	J
J	E	G	R	A	L	R	N	C	O	N	T	L	H	Y
F	L	A	Q	R	O	O	T	K	P	T	N	I	G	L

(The words may be found in all directions)

NATIONAL FLAG BLOCKS

Obtain 12 wooden cubes 4 cm square (or childrens building blocks). Place the cubes together in three rows of four and either draw or glue the following pictures on each of the four sides.

1. *Australian flag*
2. *State flag*
3. *Union flag*
4. *St. George, England*
5. *St. Patrick, Ireland*
6. *St. Andrew, Scotland)*

FLAG NOUGHTS AND CROSSES

Place the Pack into two teams, a hat on the noughts and bare heads for the crosses. Each person in turn is asked a question of the flag, if answered correctly the Cub Scout chooses a square, if incorrect moves to the end of the line.

Game to be played exactly as you would on paper. The rest of the Cub Scouts may not tell the successful Cub Scout where to stand.

THE SOUTHERN CROSS

Each wall is to be named the Greek names of the Southern Cross, Epsilon to be in the middle. As a star is called the Cub Scouts choose which wall they consider correct. Those who are wrong become shooting stars and flame out in a safe place.

FLAG BINGO

Obtain the free sheets of international flags from a supplier (check with other Leaders) and make enough bingo cards for each Cub Scout, make sure they are slightly different.

Play as you would normal bingo.

FLAG, A LA RUSSIA

Make the flag on 24 large pieces of cardboard. Each Six has one level of four levels, each Cub Scout has one piece.

The Sixer organises the Six into the correct position for their level.

Bottom row sits on the floor

Second row kneels on the floor

Third row stands on the floor

Fourth row stands on chairs.

Cub Scouts hold up their flag pieces in front of themselves.

FLOOR FLAG

Draw a very large flag of Australia on the floor, Cub Scouts scatter and as the Leader calls a part of the flag, Cub Scouts run to that part.

Variation ... hang different parts of the flag on the wall, Leader calls the part and the Cub Scouts run to the correct spot.



PICTURE LEGEND

Prepare a suitable picture that can be coloured with the flag colours, as per paint by numbers.

1. Background of the Australian Flag (blue)
2. Colour of the Southern Cross (white)
3. England ... St. George (red)
4. Background of St. George and St. Patrick (white)
5. St. Andrew's background (blue)
6. Scotland's Cross (white)
7. Ireland's Cross (red)

FLAG CONCENTRATION

Prepare cards with the following ... draw or use pictures glued onto cardboard.

*Australia ... Union Flag ... Southern Cross ... Commonwealth Star
England ... Union Flag ... St. George Cross ... St. George
Ireland ... Union Flag ... St. Patrick Cross ... St. Patrick
Scotland ... Union Flag ... St. Andrew Cross ... St. Andrew*

Place all the cards upside down in the middle of a circle. Select a Cub Scout to go first. Turns over two cards, if they match leaves them upturned, if they do not match places one face down again. The cards must be returned to the position they came from. The next Cub Scout may turn over one card, if it matches the card left face up, leaves it up, if not turns it down again. If a Cub Scout having a turn remembers where there is a card that will match one of the cards turned up, the Cub Scout chooses it to turn over when playing. The whole point is for the Cub Scouts to try and remember where all the cards are.

STARS ON OUR FLAG

Make a blue background, cut out white stars, write names of the stars on smaller pieces of cardboard. Ask the Cub Scouts to place the stars of the Southern Cross in their correct position and then add their names on top of the stars.

HISTORY OF THE FLAG

Tell the story of how our Australian Flag came about, mentioning the competition held to choose it. Perhaps you may be able to obtain pictures of some of the other flags that were entered.

Give the Cub Scouts paper and coloured pencils and ask them to design a flag for Australia that they would have entered in the competition.

STATE FLAG AND EMBLEM

Many of the activities for the Australian Flag can be adapted for the State flag.

STATE TERRITORY	COAT OF ARMS	FLAG	SHIELD BADGE	EMBLEMS	
				FLORAL	FAUNAL
NEW SOUTH WALES	Yes	Yes	Yes	Waratah	Platypus Kookaburra
AUSTRALIAN CAPITAL TERRITORY	Yes	No	No	No	No
NORTHERN TERRITORY	Yes	Yes	No	Sturt's Desert Rose	Red Kangaroo Wedge-Tailed Eagle
QUEENSLAND	Yes	Yes	Yes	Cooktown Orchid	Koala
SOUTH AUSTRALIA	Yes	Yes	Yes	Sturt's Desert Pea	Hairy Nosed Wombat Piping Crow-Shrike
TASMANIA	Yes	Yes	Yes	Tasmania Blue Gum	No
VICTORIA	Yes	Yes	Yes	Pink Heath	Leadbeaters Possum Helmeted Honeyeater
WESTERN AUSTRALIA	Yes	Yes	Yes	Mangles' Kangaroo Paw	Numbat (or Banded Anteater) Black Swan

STATE SNAP

Prepare playing cards as suggested in *flag snap* and use the following ...
State name ... State emblem ... State flower ... State animal

STATE STENCILS

Either buy plastic stencils (or make your own from heavy cardboard) ask the Cub Scouts to make stencils of each State and draw in the flora and fauna emblems.

Draw another lot and draw in the State emblems.

Place the project sheet available from newsagents on the wall so the Cub Scouts will be able to draw them correctly.

EMBLEM COLLECTION

Ask the Cub Scouts to help you with a State emblem collection, pictures, stickers, stamps, beer coasters, etc., it is surprising what a wide variety can be collected. Place onto a large sheet of heavy cardboard, when full, cover with clear contact paper and place on the wall of your Den.

EMBLEM RUN AROUND

Prepare a list of questions about the emblem, ask the Cub Scouts to answer the questions, every time you ask a question with a cross or star mentioned everyone runs around the circle and back to their place.

STATE FLAGS

Draw 4 large maps of Australia and mark in the State borders, cut the State flags from a flag sheet and glue onto heavy cardboard, cut into separate flags, cover the lot with clear contact paper.

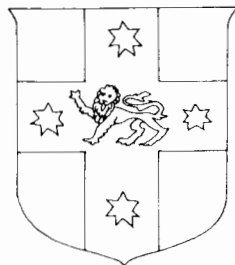
Ask the Cub Scouts to place the State flags onto the correct States. If you can find similar sized pictures of the flowers and animals add them to the task.



New South Wales



Flag



Shield

South Australia



Flag



Shield

Tasmania



Flag

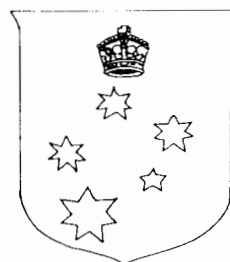


Shield

Victoria



Flag



Shield

Western Australia

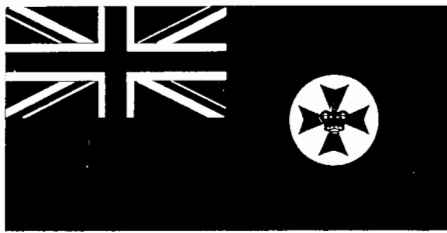


Flag

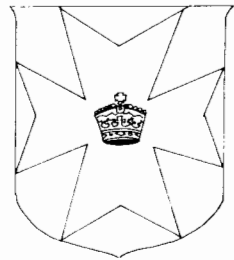


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Queensland

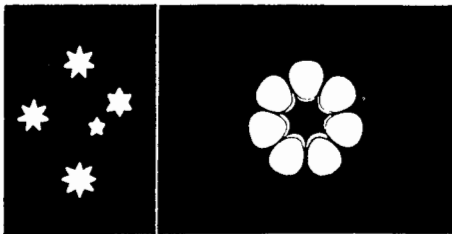


Flag



Shield

Northern Territory



Flag

STATE COAT OF ARMS

The Post Office has prepaid envelopes for sale, these have pictures of each State coat of arms as their stamp and a brief story on the subject on the back of the envelope. It is interesting to add to your collection of items for the Pack to look at from time to time.

EMBLEM MIX UP

On separate pieces of cardboard (make 4 sets) write each State's name, floral and animal emblem. Mix up thoroughly and ask Cub Scouts to sort into their correct position.

NUMBERED EMBLEMS

Leaders place around the walls of the Den drawings and/or pictures of State emblems, flora and fauna, each picture has a number. Cub Scouts are given a list of questions which should be answered with a number. e.g. ... what is the floral emblem of N.S.W. ... answer ... 6 ... (assume that the waratah has been given the number 6). The questions and numbers can be interchangeable.

EMBLEM PUZZLE

Prepare a quiz by drawing in order something whose first letter when placed in order will make up the word you want.

- e.g.
- | | | |
|----|---|--------|
| 1. | W | whale |
| 2. | A | apple |
| 3. | R | rocket |
| 4. | A | arrow |
| 5. | T | tap |
| 6. | A | anchor |
| 7. | H | house |

EMBLEM PIECES

Draw the State emblem onto heavy cardboard, colour and cut into separate pieces, ask Cub Scouts to piece together.

COLLECTORS COAT OF ARMS

Ask the Cub Scouts to collect as many different pictures of the coat of arms as possible and make a large chart, this will show them that there is a reason for the Government to have it.

COAT OF ARMS

Ask your Cub Scouts to reproduce the coat of arms for their test, save them and glue into a scrap book, be sure to have their name and the date on the bottom, will become a real treasure.

FIND THE CARD

Make 4 sets of cards each card to have part of the coat of arms on it. Make as many as you can. Place the cards face down at one end of the Den. Cub Scouts are lined up 2 metres away, one from each Six comes forward, the Leader tells them which card to look for. They turn them over one at a time, the Cub Scout who turns over the correct card makes a run for it to a safe area and the other 3 may chase him.

JIGSAW COAT OF ARMS

1. Glue pictures of coat of arms onto heavy cardboard, cover with clear contact paper, cut into jagged pieces.
2. Prepare as above then cut into narrow strips.
3. Prepare as above and then cut into each individual part so it may be pieced back to a whole.

FLASH COAT OF ARMS

Prepare the coat of arms on a series of flash cards, flash to the Cub Scouts and they should be able to recognise the cards.

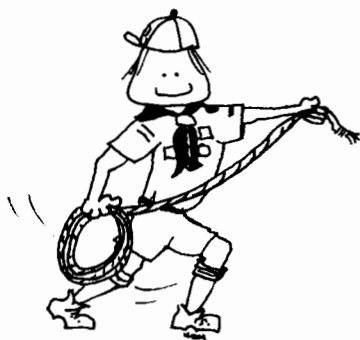
TRACE THE PATH

Trace the sentence below around the maze either up, down or sideways. Use each letter only once and do not cross your path.

The kangaroo and the emu are on the Australian Coat of Arm.

T	A	N	D	T	H	E
H	O	O	R	A	D	E
E	K	A	N	G	S	M
T	O	F	A	R	M	U
A	O	R	T	E	R	A
N	C	A	S	O	N	T
A	I	L	U	A	E	H

HOME SAFETY ROAD SAFETY WATER SAFETY



TRACE THE EMERGENCY PATH

Trace the sentence below, around the path maze. Move one letter at a time either up, down or sideways. Use each letter once, do not cross your path.

In an emergency ring 000 for police, ambulance, fire brigade.

start here ...

I	C	Y	R	I	N	G
N	N	E	G	R	E	O
A	N	E	M	E	D	O
E	B	R	I	G	A	O
R	I	U	B	R	O	F
E	F	L	M	P	O	L
C	N	A	A	E	C	I

I	C	Y	R	I	N	G
N	N	E	G	R	E	O
A	N	E	M	E	D	O
E	B	R	I	G	A	O
R	I	U	B	R	O	F
E	F	L	M	P	O	L
C	N	A	A	E	C	I

FIRE, POLICE, AMBULANCE

Three corners of the Den are named Fire Station, Police Station, Ambulance Station. The Leader will call out a situation and the Cub Scouts must run to the correct corner. Last three Cub Scouts there are out.

example ... smoke coming from under the door Fire station
 neighbour falls off the roof Ambulance station
 vandals wrecking phone box Police station

SAFETY PAINTING

A large sheet of paper for each Six, paints, magazines, glue, scissors, all sorts of bits and pieces (wool, coloured paper, foil, etc.).

Ask each Six to make a collage to draw attention to the various accidents that can occur. Give the Cub Scouts a free choice or select their subject for them. Suggest road, bush, water, home safety, electrical equipment, toys, animals, any other dangers they can think of.

HOW FAR CAN YOU BE SEEN?

Check the luminosity of various types of clothing in the dark, make a graph of the findings, showing at what distance the following are visible: a white jumper, reflective arm bands, black shoes, raincoat, face, hands, etc.

SAFETY RHYMES WITH ACTIONS

Cub Scouts stand in a circle and mime the actions as the Leader reads the rhymes.

1. Jane thought the bleach was ginger pop ... she's been sick all night and cannot stop.
2. Is it a pill or is it a sweet? Martin thought he'd have a treat.
3. Toys, toys, everywhere, in the hall and on the stair. Grandad came down with such a jolt, and did a double somersault.
4. Someone polished under the mat, poor Grandma, she'll limp forever after that.
5. The garden shears were bright and shiny, Pat's fingers are sore and sorry.
6. My name is John, but now alas, I'm known to all as four fingered Jack.
7. Mum used a stool to reach up high, she tumbled down and broke her thigh.
8. I was playing in my night attire, there was no guard in front of the fire.
9. Jim played with matches the other day, he did not know it was dangerous play.
10. Bob scored a goal in the road, it's too late to learn the Highway Code.

RESCUE

Be sure that your Pack knows what to do in the event of a fire in your Den. Do you have a fire extinguisher?

QUOTATIONS

Give each Cub Scout a quotation, i.e. *Don't fiddle with power ... It's stronger than you think ...* and ask them to illustrate it.

CHOICE OF SAFETY

Allow Cub Scouts to choose their own aspect of safety and draw a picture, the results are usually quite surprising.

SAFETY RELAY

Prepare four sets of cards featuring a variety of safe and non safe items, simple diagrams will be sufficient.

Each Cub Scout in turn picks up a card and places it on either the yes or no pile.

JEANS FOR SAFETY

Tie a knot in the bottom of each leg, float the jeans over your head to fill them with air, then tie the waist tightly to trap the air. Throw the inflated jeans to the person needing rescuing. That person should hold the inflated legs firmly in front under the chin, this is sufficient flotation to keep the head above water.

SAFETY MINES

Allot each Six an accident situation. In turn each Six will mime the situation before the remainder of the Pack. The Pack is to judge what has happened and how it could have been prevented and/or what action should now be taken.

DOUGH MAN

Make a little man from plasticine or play dough, adjust him to float in water. Add an extra lump of dough, the *man* has eaten a meal, the extra weight has upset his balance and he will sink. *Don't swim after a meal.*

RESCUE PRACTICE

Plastic bottles with lid on and rope attached to handles.

Use these to practice throwing life saving equipment to a person needing help in the water. The bottle is to be thrown into a clearly defined area, then dragged back in.

Practice forming a human chain, see which Six can form the chain and rescue someone in shortest time.

WHICH WILL HELP?

Place a pile of assorted equipment in the corner of the Den, include a telephone, rubber ring, swimming trunks, rake, rope, 20 cents, towel etc. Cub Scouts are told that someone is in trouble in the water, what equipment are they going to use.

SAFETY FLIP CHART

Make a cartoon flip chart, try with all forms of safety ...

Water

Keep within your depth

Don't swim after a heavy meal

Don't go out on the water on an air bed

Don't dive into strange water

Leave the water before you are tired

Swim between flags at the beach

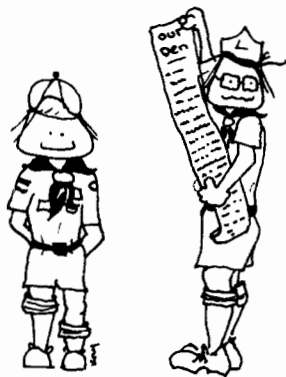
Always tell your parents where you are going

HAZARD TRAIL

Before the meeting begins, prepare a trail of hazards, include broken glass, faulty wiring, saucepan handle poking outwards, pills lying around, sharp knives, etc. Cub Scouts to have a look and list all the hazards, compare after everyone has looked and discuss why.

CHECK YOUR DEN

This works surprisingly well, ask the Cub Scouts to go all over the Den, inside and out and list everything that needs repairing and replacing. Collect all the lists and pass on to the Group Committee, they are both amused and horrified at all the hazards and will have something to think about for their working bees.



SAFETY JIGSAWS

Collect posters of all aspects of safety and paste to heavy cardboard, cover with clear contact paper and then cut into all sorts of shapes. Use for individuals as a Six activity.

Perhaps you could paste the posters on to 3 ply and ask a father to cut into shapes with a fret-saw.

SAFETY QUIZ

Prepare a series of questions ...

1. Name accidents that can happen in the following places ... bedroom, kitchen, garage, garden, out playing
2. What do you do if you find uncovered electrical wires?
3. Should you pull a plug out when the switch is on?

4. *Can you plug electrical appliances in with wet hands?*
5. *Which side of the road do you ride your bike on?*
6. *What happens at a zebra crossing?*
7. *What colour is best to wear at night?*
8. *What should you wear when in a car?*
9. *What side of the road should you walk on if you have to?*
10. *What will you do if your friend is hurt?*

SAFETY FEATURE JIGSAW

Prepare a jigsaw for each Six featuring a separate hazard for each piece of the jigsaw. Place pieces face down in front of each Six. Cub Scouts in turn select a piece, tell the Leader what the danger is, if correct takes it back to the Six. The Six with the jigsaw completed first wins.

HANDCRAFT

Make an emergency phone number board to put beside the bed at home.

HOME HAZARDS

During the week the Cub Scouts are to make a list of all the hazards they spotted in and around their home. Did they do anything to correct it? Six with the most named *Watchdogs of the Week*.

SAFETY RUN

Prepare several pictures/drawings of safe and dangerous objects you can find around the home.

Pack are in a circle and each Cub Scout numbered. Place the pictures in the centre of the circle, face down. Leader calls 2 numbers, Cub Scouts clockwise around the outside of the circle, back in through their places to the centre, the first Cub Scouts there selects a picture. The Pack discuss the picture and decide if it is safe or dangerous.

TRAFFIC SIGNALS

Three large cardboard discs, red, orange, green.

No words are allowed, Cub Scouts watch the signals and act accordingly. Leader holds up whichever signal is to be obeyed.

red ... freeze

green ... run around

orange ... touch any wall and keep still

ROAD SYSTEMS

For each Six ... large sheet of cardboard, crayon, plasticine, small boxes, assorted cardboard, sticks etc.

Each Six is to mark out a road system and make bridges, crossings, signs, cars. This will take time so may be of use on a Pack holiday.

CYCLE RODEO

Organise a Cycle rodeo, have Parents as bicycle inspectors, referees, judges. Lay out a suitable track with all sorts of complicated manoeuvres. Run in age groups, make prizes and ask some one special to come and present the prizes at a sausage sizzle after the rodeo.

Snail Ride

The object is to see which rider can travel the slowest. The last rider to cross the line is the winner.

Relay ride

Contestants form equal teams and line up standing beside their bikes. At the starting signal the first rider from each team mounts the bike and rides to a clearly marked point 100 metres away and then returns to the starting line. Dismounts and the next rider mounts and takes off. First team with all the riders finished wins.

Newspaper race

On a 100 metres course place six barrels about 5 metres apart. Place the first barrel 3 metres from the starting line. Each contestant rides the bike about 3 metres from barrel and passing each barrel tosses in a folded newspaper. The contestant who gets the most papers in the barrel wins.

Hitting the target

Set up four large fruit tins in a row about 5 metres apart along a 35 metre course. Give each rider a supply of bottle caps, same number each. Rides along the course and drops a cap in each tin. Rider who drops the most caps in successfully wins.

Slalom race

Set up poles or blocks of wood slalom style. The first pole 7 metres from the starting line and three subsequent poles about 3 metres apart. Contestants must follow a course that zigzags from the right of one pole to the left of the next pole. The rider who completes the course in the least time wins.

Pursuit race

This is a speed race, all contestants line up around a circular course about 3 metres apart. At a signal they all ride in the same direction around the circle. The idea is for each rider to pass the rider in front. As a rider is passed, they must retire from the race. This continues until only one rider is left.

Coasting race

The object of this race is to determine which contestant can coast the longest distance. Each contestant pedals as hard as possible for a distance of 5 metres. This is where the race really begins, at this point they must stop pedalling and coast as far as possible. Mark where each person stops so the next lot of contestants can attempt to beat the mark.

SAFETY ZONES

On a road map or ordinance map of your area ask the Pack to help you mark the danger zones of your area, also where they consider it would be safe to cross roads when walking.

ROAD SURVEYS

Count the number of cars which pass the Den in a quarter of an hour. Note how many people were wearing seat belts, how many were nursing children, how many were sitting in a proper car seat etc.

SAFETY SIGNS

Obtain a poster of the road signs from the Traffic Department. Ask the Cub Scouts to make large traffic signs from hard cardboard. This could be used through games or perhaps at your bicycle rodeo.

ROAD SENSE

1. Why shouldn't you run across the road?
2. Which side of the road do you walk on?
3. What colour should you wear at night?
4. What colour light means go?
5. When do you cross the road at traffic lights?
6. What does a red light mean?
7. Before crossing a road, what should you do?
8. How many bikes may ride side by side?
9. What signal do you make to turn right on a bike?
10. What is the best colour to wear when you have to walk on the road?

SPOT THE MISTAKES

A Leader tells a story about children on the road, purposely making mistakes. When the story is complete, the Cub Scouts go to their corner and list all the mistakes they can remember. The Six who notice the most mistakes wins.

KNOW YOUR ROAD SIGNS

Cub Scouts numbered in Sixes. A large number of beans in front of each Six. The Leader calls out a number and a road sign. The Cub Scouts with that number run out and make the road sign with some of the beans. A point for the Six which completes the correct sign first.



HIGHWAY CODE PAIRS

Prepare two sets of cards, paste pictures/drawings of traffic signs on one set, description on the other set.

Both sets of cards are mixed up and placed face down. The first Cub Scout turns up two cards which probably do not pair up. Everyone remembers what they are, and he turns them down again. Should they be a pair, he keeps them and has another turn. As the game progresses memory plays a bigger part, so it is important that none of the positions should be changed.

SAFETY BOARD GAME

Prepare a board game on a firm sheet of project paper, cover with clear contact, include all sorts of safety situations and play with counters and dice.

ROAD MARKINGS

Make a large chart showing the line markings that are made on the road for vehicles to take note of. Once the Cub Scouts are familiar with the line markings make a set of cards and play as Highway pairs.

SIGN MIME

Give each Six a picture of a sign and allow them sufficient time to make up a mime describing the sign.

STREET MAP SIGNS

Give each Six a large scale map and various signs on matchsticks. Ask them to place the signs onto the map with plasticine where they think they should be.



PEDESTRIAN CROSSING

Mark a pedestrian crossing on the floor. The Leader has balloons the colour of the traffic lights. Cub Scouts run round the room and obey the various signals as raised. When the orange balloon is raised whoever is on the crossing is out.

TRAFFIC SIGN-LINE BINGO

Prepare a bingo game for the Pack using the traffic signs and the line markings. Cub Scouts get very excited playing this one.

PLASTIC SAFETY

For each Six have a very large sheet of heavy plastic and felt pen colour (the type that may be wiped off), a variety of small cars. Ask each Six to draw the roads and organise safety features.

WATER ACTIVITIES

Organise a day out at the Scout Water Activities Centre, the Cub Scouts will have a wonderful time and will learn what is expected of them as far as boating is concerned.

WATER SAFETY CHARTS

Make a series of water safety charts and use in a yarn on water safety. Invite a life saver to come along.

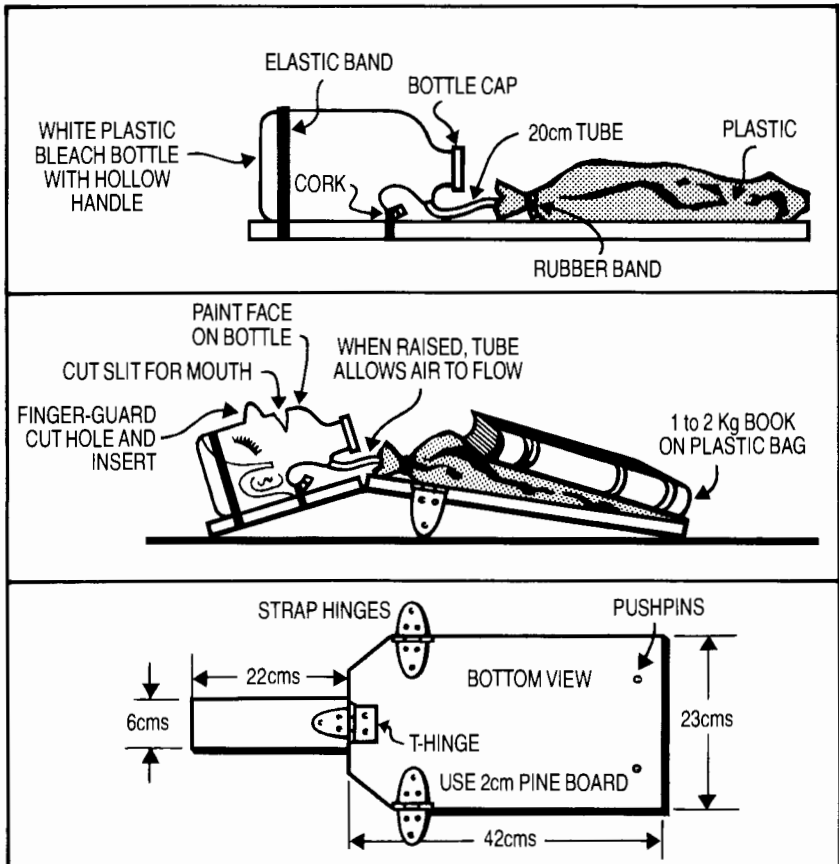
WATER SAFETY POSTER

Organise a poster competition before the summer begins, ask the Pack to do a poster each at home, organise a safety night where they can be placed on the wall. Some one special to come in and talk on safety and to judge the posters. Every one wins the prize by being taken to the Water Works the next Pack meeting.

RESUSITATION

Make a resuscitation model as shown, allow Cub Scouts to practise constantly, use as something to do before the Pack meeting begins.

- 3 rubber bands
- 3 strap hinges (15 cms)
- 1 cork (1 cm diameter)
- 1 wood strip (2 x 6 x 22 cms)
- 1 wood board (23 x 42 cms)
- 2 nails (2 cms) or pushpins
- 1 box or roll of flexible plastic food wrap or plastic food bags. (To provide changeable sanitary surface for mouth)
- 1 book (1 to 2 kgs)



RESCUES

Ask the Pack to suggest ideas on how they would save one in difficulties in the water. Take each suggestion seriously and discuss the merits.

PLAYACTING

Prepare a series of cards with water situations written on, give one to each Six, allow a certain amount of time, each Six then presents their play.

LIFE LINE

Draw two lines to represent a river. One Cub Scout each Six is drowning in the river, the rest of the Six is to save the Cub Scout. Have a short rope for person, they are to tie the ropes together to make a long rope (reef knot), the line is thrown to the drowning Cub Scout who ties a bowline around the waist and is then pulled to safety by the Six.

SURF CARNIVAL

Organise a special pack meeting as a surf carnival. Wear swimming costumes, lifesaver hats and suncream.

1. *March past, each Six is a team, Leaders could be a team too.*
2. *Surfboard relay ... skateboard*
3. *Belt race ... use long rope with bowline*
4. *Beach sprint*
5. *Beach relay*
6. *Flag race, diving for pegs, use heats then a final*
7. *Shark alarm ... last out of the water is dead*
8. *Rescue ... Leaders are drowning ... which Six can save their Leader first?*
9. *Iron man event ... obstacle course*
10. *Water fight ... use either water or shaving cream*

DANGEROUS CONCENTRATION

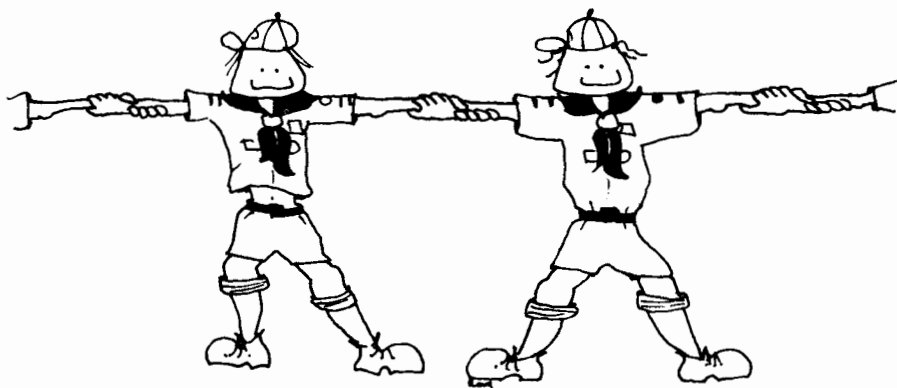
Prepare one set of cards, the set to have names of various dangerous animals etc. on each (i.e. red backed spider, funnel web spider, black snake, brown snake, blue ringed octopus, etc.). The second set should have either a picture or an accurate drawing of the animals etc. Cover each card with clear contact.

The Cub Scouts sit around in Sixes in a circle. The set of cards is placed in the centre of the circle, face down. One Cub Scout turns over four cards so the others may see them and picks up any matching cards (name and picture). All mismatches are then turned face down. The matching pairs are taken back to the Six. Another Cub Scout from the next Six has

a turn, turning over four cards and endeavouring to remember which cards shown might match the ones being turned over, any matching pairs are taken back to the Six and the exposed cards are again turned face down. It is very important the cards are not moved around. Continue in this manner until all cards have been exposed and matched or when your time limit has been reached. The Six with the most matches wins.

HUMAN CHAIN

The last Cub Scout in each Six touches the wall with outstretched hand. All the members of each Six clasp hands and stretch out as far as they can with the Sixer stretching out the freehand as far as possible. The Six with the longest reach wins.



BUSH HIKE

Arrange to go on a hike with a well organised bush walking club whose members are prepared to take the time to show dangers to the Pack.

FIRE SAFETY

At your Den or in a suitable place on an outing ask the Pack to practise their fire making, lighting and dowsing. Be very strict, those Cub Scouts fooling or careless should receive careful instruction.

MOCK RESCUE

Before an outing to a suitable place, practise what should be done in a lost person situation, be sure that each person knows their role. On the outing a Leader should pretend to become lost and the rescue force swing into operation. Again, be strict, you don't need to really lose any Cub Scouts.



SHELTERS

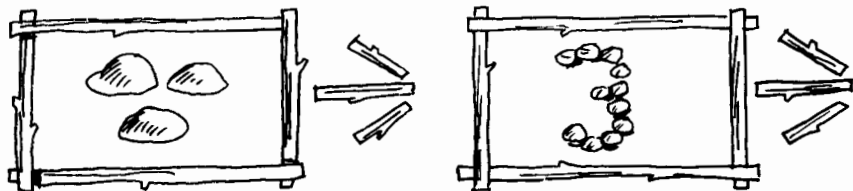
In a suitable bush area ask your Cub Scouts to make a shelter that they could use if they were lost overnight. Remember that they would probably be lost with little or no equipment, so don't allow any to be used in the building, see how ingenious they can be.

THREES FOR RESCUE

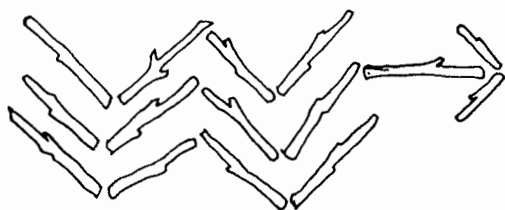
Practise calling *Cooee* three times, lighting three small smoky fires (pile green leaves on the fire), setting out patterns in three in rocks to be seen from the air. Add anything else you might think of.

TRACKING SIGNS

Teach the Cub Scouts five trail signs. Lay a trail using a series of these 5 trail signs for each group to follow.



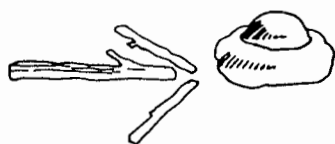
MESSAGE HIDDEN THREE PACES IN DIRECTION OF ARROW



THIS WAY OVER WATER



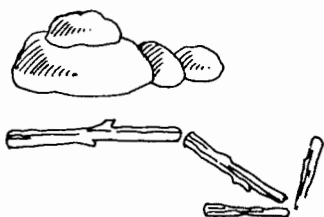
TURN LEFT



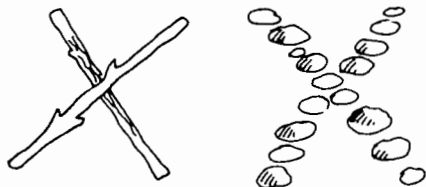
THIS WAY



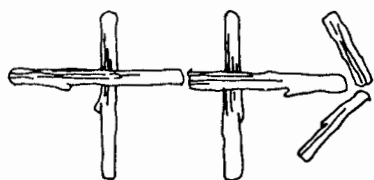
DANGER



TURN RIGHT



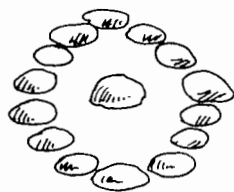
NOT THIS WAY



THIS WAY OVER
OBSTACLES



GONE HOME





HELP AT HOME TELEPHONE AND MESSAGE

CLOTHES RELAY

Place a pile of jumbled up clothing in front of each Six. On the word *Go* a Cub Scout in each Six folds one piece of clothing neatly and places it in a spot beside the pile. Next Cub Scout does the same and so on until complete, Leader checks each pile and removes a point from each score for an untidily folded garment, Six left with the most points wins.

PEG THE CLOTHES

Each Six has a clothes line, pegs and clothes. On *Go* the Cub Scouts, one at a time from each Six, run forward and peg an item of clothing on the line. The neatest line of clothes wins.

SEWING RELAY

Each Cub Scout has to run to Leader, pick up needle, thread, then pick up button, sew it on to the material correctly - return to place. First team finished at the alert will have sewing checked etc.

SHOE CLEANING

Make a collection of leather shoes, Cub Scouts to be wearing sneakers or desert boots. Show the Cub Scouts how to clean shoes properly without getting into a mess. Do as individuals or run as a relay game.

SHOE STUFFING

Shoes and newspapers needed, show the Cub Scouts how to stuff wet shoes with newspaper and explain why we do this.

Run as a relay or as individuals.

BEDMAKING

Use a dolls cot or a sheet of foam, supply sheets, blankets and pillow slip and see how they go, make a game out of it and the Cub Scouts will have a good time getting the hang of it all.

Explain that men in the Armed Services have to make their beds a special way and if they are not done correctly the bed is pulled apart and they have to begin all over again.

TIDY DEN

Encourage the Cub Scouts to be very tidy around and in their Den. Try and instil pride in its appearance.

TELEPHONES

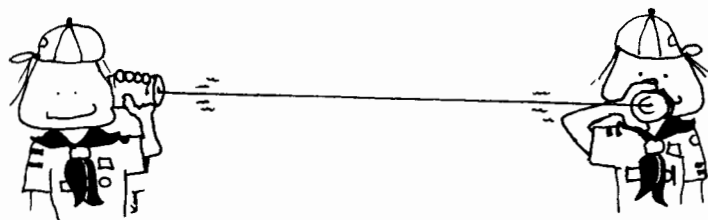
Try to obtain old telephone to use in games and for practising upon.

EMERGENCY TELEPHONE

Cub Scouts in a large circle, telephone in the centre of the circle. Number the Cub Scouts from one to six. The Leader reads out an emergency message requiring one of the emergency services (e.g. police, fire, ambulance) and calls a number. The first Cub Scout with that number to run around the circle back through the gap and pick up the telephone dials the correct number and asks for the correct emergency service. If correct a point for the Six.

STRING PHONES

Make a string phone by punching a hole in the bottom of two tin cans or yoghurt cups or match boxes. Put a long piece of string through both holes. Knot both ends, so the string will not slip through the holes. Pull the string tight and speak into one can while a friend holds the other can near his ear to listen.



PUBLIC TELEPHONES

Most Cub Scouts these days know how to use a private telephone, so be sure to encourage them to learn to use a public phone. Arrange with one of your Parents to be ready to answer a number of phone calls, take your Cub Scouts to your public phone box near the Den and ask them to contact this person with a particular message.

MYSTERY PHONE CALL

For a Cub Scout who is ringing you from a public phone to pass the test, when the Cub Scout repeats the message, you give the Cub Scout a reply in code and ask for it to be worked out and bring it to Cub Scouts next week.

TELEPHONE TONES

Instruct your Cub Scouts with the help of a tape recorder, the different tones used for dialling information, e.g. dial tone ... continuous burr, ringing tone ... burr-burr ... burr-burr, busy tone ... regular short beep, number unobtainable ... prolonged beep.

DARK DIALLING

Instruct your Cub Scouts in dialling an emergency call in the dark, in the event that they may have to dial from a public phone box without a light.

DIRECTORY HUNT

Collect old phone books until you have one for each Cub Scout. A friend is coming and needs the following information to help his stay go smoothly. Connect the following requirements into a story and ask the Cub Scouts to find the information you are seeking.

1. *The name, address and telephone number of a motel.*
2. *The number of a garage for car repairs to be carried out.*
3. *The name of a car hire firm.*
4. *The address and phone number of Westpac bank.*
5. *The name, address and phone number of a hairdresser or barber.*
6. *The name and address of a dentist.*
7. *The name, address and phone number of an antique dealer.*

AREA CODE

List ten different places in Australia, ask the Cub Scouts to write the area dialling code beside the names.

COMMON/UNCOMMON NAMES

Each Six to list the surname of each Cub Scout. With the phone directory find out how many people with that surname are listed, count them. The surname with the least number is uncommon.

HOW DO YOU SOUND?

Use a tape recorder to make Cub Scouts aware of how they sound when speaking. Ask them to use an old phone, tape them and play it back so if they need correction with their telephone courtesy this may be done.

REPEAT YOUR MESSAGE

Give each Cub Scout a message, one at a time they should run around the Den and then repeat the message to you (tape it if possible). This can help Cub Scouts realise how important it is to remember the correct message while running for help.

SPECIAL GOOD TURN

It is important for this test that the Cub Scout is made aware of the fact that a reward should not be expected, the good turn should be one of the Cub Scout's choosing, this way it has more meaning than if performing a good turn arranged by a Leader.



CLEANLINESS HEALTH FIRST AID



GERM AWARENESS

Create awareness of how germs look by seeking out pictures or drawings of germs and show them to the Pack.

Ask the Cub Scouts to draw the germs on their hands and play the following relay game.

GERM RELAY

For each Six have a basin of warm water, soap, nail brush and towel. In turn, each Cub Scout washes and dries hands, runs back to the Six and the Cub Scout's hands are checked by the Sixer, if they have been washed and dried correctly, the next person may go.

CLEAN AND DIRTY HANDS

Ask the Pack to draw two hands. One dirty and one clean. One should be dirty with long fingernails, the other clean with suitable cut fingernails.

IMAGINATION

Germs are highway men, waiting for people who are insufficiently armed to fight.

Make this statement to the Pack and ask them to prepare either of the following ...

- a. Each Six is to prepare and present a short play
- b. Each Cub Scout to make a poster of their personal understanding of the statement.

MICROSCOPE

Invite a scientist to bring along a microscope or if possible visit the laboratory.

DENTAL DECAY

Show the Pack an enamel bowl that has been chipped away. Explain that this is similar to tooth decay. Imagination ... germs are road workmen with pick axes and drills and are chipping away at our teeth.

BIG MOUTH

Two pieces of cardboard (10cm x 5cm).

On one piece draw a large mouth with lots of white teeth showing. The lips should be red for contrast.

On the other piece of cardboard and in the centre, draw the head of a toothbrush. When both pieces of cardboard are placed back to back, the toothbrush should be in the centre of the mouth position.

Place a thin piece of dowel in between the pieces of cardboard. Staple both pieces together, close to the dowel so it will be firm. Twist the dowel backwards and forwards as quickly as possible. The toothbrush appears to be cleaning the teeth.

ARE YOUR TEETH CLEAN?

1. One new toothbrush per Cub Scouts (Cub Scouts may take home)
2. Disclosing rinse or tablets (chemist)
3. Mirror
4. Toothpaste

The Pack will be very positive they cleaned their teeth before they came to Cub Scouts.

Leaders administer the rinse or tablet to each Cub Scout. The Cub Scout looks in the mirror, if teeth are clean, there will be no sign of the rinse or tablet.

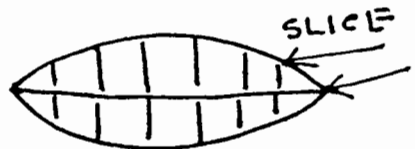
If dirty, there will be a definite build up on the teeth. Cub Scouts to clean teeth and Leaders administer more rinse or tablets. Cub Scouts again look in the mirror to see the difference clean teeth make.

TWO MINUTE TEETH

Ask the Pack to clean their teeth for what they think is two minutes

ORANGE PEEL TEETH

Cut an orange into quarters to eat the flesh. With a one-edged razor blade Cub Scouts are to carefully make a set of teeth.



LIFT EACH TOOTH CAREFULLY

FALSE TEETH

See if you can obtain an old set of false teeth to show the Pack. Ask Dentist if he has any old plaster casts of teeth.

PLASTER CASTS OF TEETH

Imprint the Cub Scout's bite in a smooth pad of plasticine. Place the plasticine in a greased lid. Make up a mixture of plaster and pour slowly into the lid taking care to tap the lid so the plaster spreads evenly. Allow to dry then remove from the lid. Be sure to name the teeth, so the correct owner receives them.

FOOT GALLERY

Make a wooden frame 30 x 45 cm. Glaze with a sheet of thick polythene. Coat the underside of the polythene with duplicator ink, use a roller to get an even finish. Place the frame over a sheet of paper beneath it. Carefully press the foot onto the polythene.



BIG FEET

Which Six has the biggest feet?

A long sheet of paper, each member of the Six draws around the right foot, each toe touching the heel of the foot in front. Measure the total length, the Six with the longest feet to be named *big foot* of the Pack.

FEET WHO HELP US

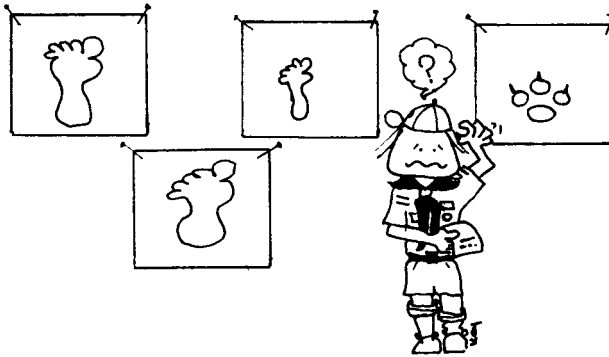
Each Six to make up a list of people whose feet help them. e.g. Mum, Dad, teacher, baker, etc.

SHOES FOR FEET

Make shoes from newspaper and string. Choose best shoe feet.

WHOSE FEET?

Leaders draw around their feet, hang them up on the wall, ask Cub Scouts to guess who owns which foot.



PICTURE FEET

Paint the sole of the Cub Scout's feet (use washable paint) and ask them to make a picture.

Try as a Six or try as individuals.

Have plenty of newspaper around to lessen the mess.

FOOT GAME

Cut out a lot of large feet from newspaper, spread around the Den. Cub Scouts run around, when whistle blows, they stand on a foot. Keep removing feet each time, if they can't stand on a foot they are out.

FOOT INSPECTION

Cub Scouts to remove shoes and socks for a foot inspection, discuss the different shapes of feet. Why do we have toes? Why toe nails should be cut correctly? Try a foot washing relay, to see if they dry between their toes.

SKELETONS

Cub Scouts are often unaware that they have a skeleton inside their bodies. After their first shock, they are usually delighted and love to do anything on the subject.

SKULL MASK

Large white paper plate, drawing of a skull that will fit onto the bottom of the plate, thick black textra, glue and one sided razor blade. Cut the shape of the skull and glue onto the back of the bottom of the paper plate. Go around all the lines with black textra (teeth, cheek, bones, etc.) Cut out the eyes.

The face of the Cub Scout will fit better into the curve of the plate and will give a better effect. If you wish, glue a paddle pop stick onto the bottom to hold onto.

MATCHBOX SKELETON

Coloured paper cut into pieces 20 x 14 cm, hobby matchsticks, white circle of paper 3 cm, clear contact paper 19 x 13 cm. Have a large picture of a skeleton and ask the Cub Scouts to make their own skeleton with the match sticks. The match sticks are placed in position on the sticky side of the clear contact paper. When complete place the head in position and carefully lower onto the sheet of coloured paper, rub with hand to get any air bubbles out.

BONES CHART

Place on the wall a large picture or drawing of a skeleton with all the bones named.

Do this activity in pairs, a large sheet of paper for each pair and crayons or black felt pen.

One Cub Scout lies on the sheet of paper and the other draws around the body. Both Cub Scouts then proceed to draw in the bones. On the outside of the body print the name of the bones and have an arrow going from the name to the bone.

COLLECT BONES

Ask the Pack to help you make a bone collection.

HEALTH CHECK

Prepare 4 large sheets of paper by drawing a long ladder on each sheet.

Make one set of cards with a health statement on each card.

- a. Teeth brushed before coming to Cub Scouts ... up three steps.*
- b. I didn't have a bath or shower before Cub Scouts ... down four steps.*

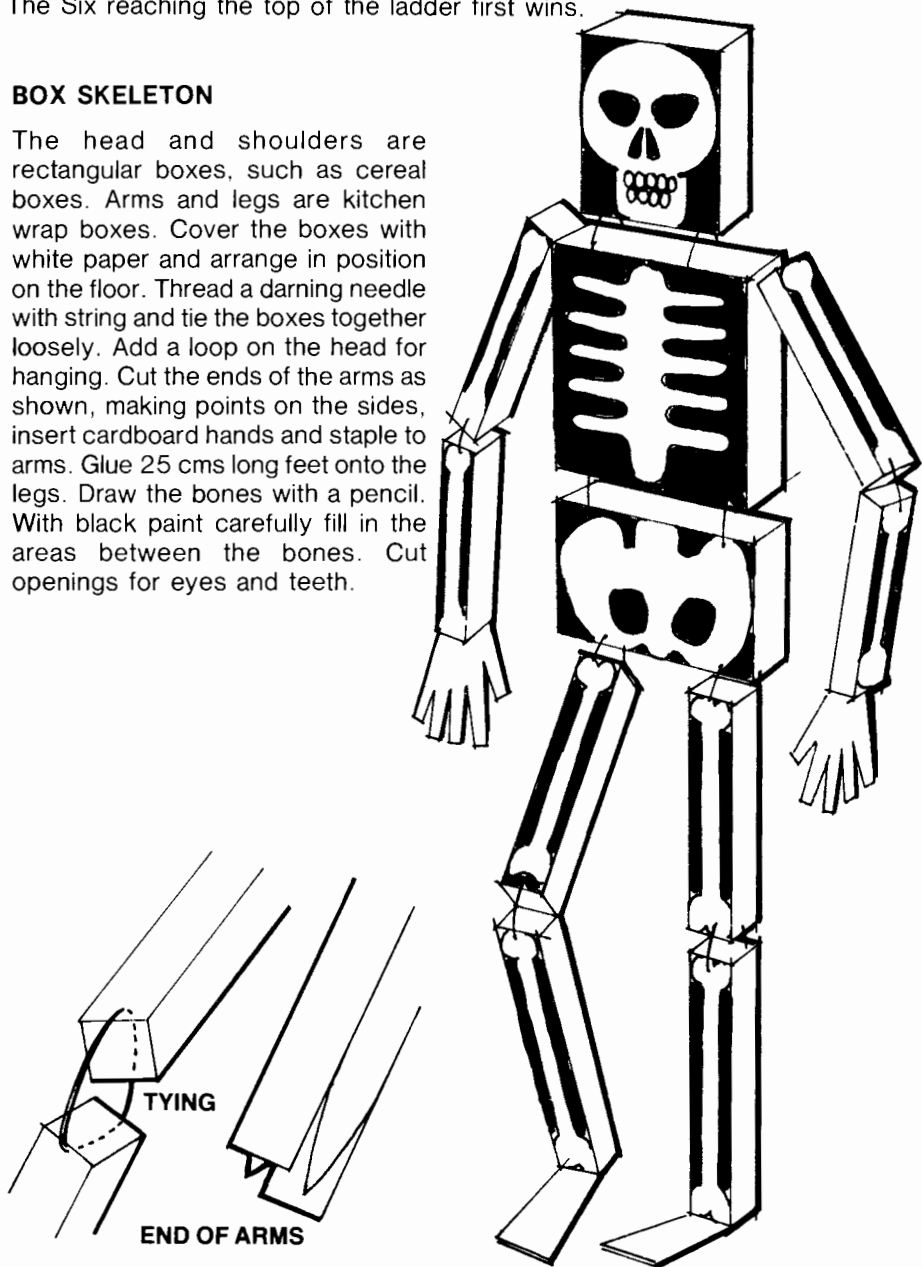
Make as many cards as you wish.

Number off each Six and call a number. The Cub Scout with that number comes out and chooses a card then reads out the statement and moves

the marker on the Six's ladder accordingly.
Shuffle the cards after each turn.
The Six reaching the top of the ladder first wins.

BOX SKELETON

The head and shoulders are rectangular boxes, such as cereal boxes. Arms and legs are kitchen wrap boxes. Cover the boxes with white paper and arrange in position on the floor. Thread a darning needle with string and tie the boxes together loosely. Add a loop on the head for hanging. Cut the ends of the arms as shown, making points on the sides, insert cardboard hands and staple to arms. Glue 25 cms long feet onto the legs. Draw the bones with a pencil. With black paint carefully fill in the areas between the bones. Cut openings for eyes and teeth.



HEALTH SONG

Each Six chooses a simple tune and makes up a song about health. This could be presented at a parent's night.

ILLUSTRATIONS

Make a health statement ... Coughs and sneezes spread diseases. Cub Scouts are to draw a poster using their imagination. Can be used for any statement.

HEALTH ACTION

Cub Scouts sit in a circle, each Cub Scout is given an action ... clean teeth, wash hands, wipe between toes, etc.

The Leader tells a story incorporating the actions. When their action is mentioned the Cub Scouts with that action stand up, perform the action then sit down.



HEALTH BINGO

Prepare sets of bingo cards either draw pictures of answers or print the answer in the squares. Mix where you place the answers on each card so everyone won't win at once.

Give one sheet per Cub Scout plus counters (or small squares of paper). Prepare a list of questions, either read off, or to make it more exciting cut them into strips and draw from a hat.

State clearly what wins, is it a line across ... whole card or line going up and down.

HEALTH BODY

Large sheet of paper ... do this in pairs.

Crayon or textra

One Cub Scout lies on the floor and the other draws around the body. Both Cub Scouts then write in the health rules.

- a. *wash hands*
- b. *cut fingernails*
- c. *wipe between toes*

Ask a parent to choose which is the best.

FIND THE WORDS OF HEALTH

Find the following words, they will be up, down, diagonal and backwards.

clean teeth

good food

dry toes

property cut nails

breath right

wash hands

sneeze in a hanky

cover cuts

get adult help

plenty of sleep

S	N	E	E	Z	E	A	I	G	L	O	P	K	P	L	U	J	N
W	A	Y	O	Z	J	I	T	O	E	S	R	Y	Z	N	O	F	C
A	Z	H	C	Y	B	N	N	O	C	M	O	T	Q	A	M	R	U
S	H	E	L	P	F	O	O	D	R	Y	P	N	R	I	G	H	T
H	N	T	E	E	T	H	A	D	K	A	E	E	H	L	E	J	S
X	F	W	A	P	O	B	E	N	I	D	R	L	C	S	T	S	I
G	H	A	N	D	S	H	A	V	T	U	L	P	C	M	J	A	T
S	L	E	E	P	Q	H	C	U	T	L	Y	C	O	V	E	R	K
E	H	T	A	E	R	B	R	G	S	T	F	U	D	X	V	E	W

OUR BODIES

If you went into a beautiful church, or even a little old church, wouldn't you be shocked to see dirt and cobwebs everywhere? The people in charge wouldn't deserve such lovely buildings. Our bodies are like God's houses. He made them and He made us to live inside our bodies and look after them.

HEALTH JIGSAW

Paste pictures of healthy and unhealth things on heavy cardboard. Beside the picture print a suitable statement. Cover with clear contact paper and then cut into pieces to be made up as a jigsaw. Make one for each Six or just one or two and use as an activity for a Boomerang age group.

HEALTH AND HAZARD

Make a list of statements about correct and incorrect ways of keeping healthy.

Pack sits down in a circle in their Sixes.

Make a statement and each Cub Scout has to decide whether the statement is correct or incorrect.

If correct the Cub Scout remains seated, if incorrect the Cub Scout should stand. Correct a point gained for the Six, incorrect a point is removed from the Six.

RIVAL CHEFS

Cut a variety of food adds from magazines and give each Six a collection, paper, coloured pencils and glue.

Each Six is to decide on a name for their restaurant and prepare their *meal of the day* using the pictures and suitable wording. The Six with the most sensible and attractive meal is the winner. It may be an idea to prepare an example so that they know just what you want from them.



RIGHT AND WRONG FOODS

Pictures of all sorts of food.

Hide the pictures all over the place.

Cub Scouts line up in their Sixes and one at a time from each Six goes up and finds something to eat.

Cub Scouts bring it back and place it on one of three piles.

- Food that is good for us.*
- Food that makes us fat.*
- Food that is bad for our teeth.*

DARK FOOD

A sheet of paper and a pencil for each Cub Scout. A Leader at the light switch switching the light on and off (so eyes don't adjust to the dark). Cub Scouts to draw the item of food that is called out.

IDEA OF A GOOD DIET

Ask each person to make a list of food we should eat if we wish to be strong and healthy.

PLATES OF FOOD

Each Cub Scout to have 3 large paper plates, scissors and glue.

Each person to draw what they would like to have for breakfast, lunch and dinner, cut out and glue onto the plates.

MENU MAKERS

Make a list of food and number each item then hang it on the wall.

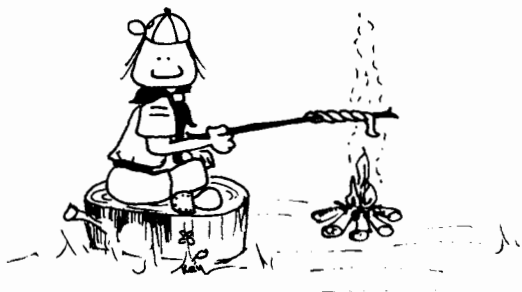
Give each Cub Scout a sheet of paper ruled into three columns headed -
I like it a lot ... I don't like it much ... I don't like it at all ...

Ask the Pack to place each number in whichever column they prefer. Perhaps you could do this before a Pack Holiday to find out which food is popular.

COOK OUT

Have a sausage sizzle and twists with butter and honey. The Cub Scouts to do all the cooking.

Make sausage cookers from a length of heavy wire inserted into a good sized handle. Kept in the Den these can be used time and again. Use lengths of dowel for your twists, contrary to expectations they do not catch on fire (under reasonable circumstances) and these also may be kept in the Den for future use.



COOK IN

Organise a base for each Six and ask for parent help if necessary.

- a. *Electric frypan, pikelet mixture*
- b. *Chocolate crackles*
- c. *Electric frypan, fry an egg each*
- d. *Electric frypan, cook a sausage*

Have sufficient ingredients for all members of the Pack to do all bases. Base should run 15 to 20 minutes then each Six moves onto the next base and so on until all bases have been attempted.

ANZAC BISCUITS

Include in your Anzac Day program the making of Anzac biscuits. Allow everyone to help make, cook and eat.

PAPER FIRST AID KIT

As individuals draw suitable items for a first aid kit, colour in and cut out. With light cardboard or paper make a box for the first aid kit and place items in the box, an interesting way to see what the Cub Scouts will choose.

FIRST AID KIT

The Cub Scouts sit in a circle with the Leader.

The Leader begins by saying, *In my first aid kit, I put in some bandaids*, the first Cub Scout says, *In my first aid kit I put in some bandaids and cotton wool*, the next Cub Scout says, *In my first aid kit I put in some bandaids, cotton wool and antiseptic*.

Keep going around the circle, Cub Scouts adding to the list but must also try to remember the other items.

FIRST AID WHISPERS

In Sixes. The Sixer comes to the Leader who whispers a message then Sixers run back and repeat the message, so on until the Cub Scout who is at the end of the line repeats the message and the Six must then act on the instruction and treat the emergency accordingly.

BANDAID RELAY

As a Six, run as a relay, Cub Scouts must undo and put a bandaid on their finger correctly.

MIMES

Each Six mimes an incident in which someone is hurt, the rest of the Pack must decide how to treat and how it could have been prevented.

LOST LIVES

Instead of losing lives in a game or wide game, set up a first aid station where Cub Scouts dropping out of a game lose their lives.

A Leader is in charge of the first aid station and the 10 year old Cub Scouts are helping.

The Cub Scout with the lost life reports to the station and receives a slip of paper stating a problem. The Cub Scout takes it to a 10 year old Cub Scout who does the treatment. Once treated correctly, the Cub Scout returns to the game.

FIRST AID PLAYACTING

Robin Hood and Little John are fighting with the quarter-staff, resulting in skinned knuckles. Friar Tuck implements first aid.

Nose bleed from a boxing match, first aid by a Second (boxing second).

An old lady falls crossing a street and twists her ankle, a Cub Scouts comes to her assistance.

Make up your own variations, Cub Scouts could pass their entertaining test at the same time.

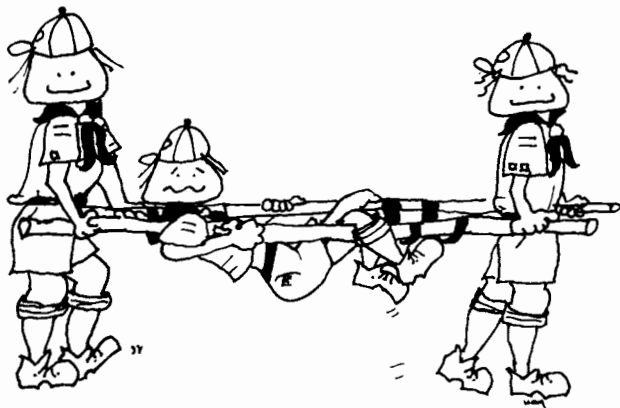
FIRST AID KIT RELAY

Assemble a variety of pictures or drawings for each Six.

Jumble them all together then run as a relay.

Cub Scouts to choose which items they would put into their Six first aid kit. Include pictures that have nothing to do with first aid.

When relay is completed, inspect each Six's efforts and discuss which items are correct and if not, why not?



STRETCHERS

Make a stretcher from long poles and the Cub Scouts' belts.

Make it a race, the Cub Scouts put the stretcher together and must reach a certain point where the injured member will receive first aid.

FIRST AID BADGE

Encourage your Cub Scouts to pass their First Aid Achievement badge by allowing those that have the badge to give first aid to any Cub Scout who is really hurt. Must be done with a Leader present.

ACCIDENTS

Simulate an accident, telephone in one corner and the ambulance in the other corner.

Use the Cub Scouts as victims, ambulance men, stretcher bearers etc.

One Cub Scout to use the telephone.

Stress the importance of adult help.

WHAT HAPPENED?

Arrange for your Leaders to be out of the room and while explaining the next activity to the Pack, faint.

Purpose of the exercise is to see what the Pack will do. Ideally of course some one should run and get the other Leaders.

If this does not happen, discuss the subject thoroughly.

FIND THE WORDS

accident

ambulance

bandage

blood

clean

cut

nurse

police

doctor

emergency

first aid

hospital

hurt

injury

splint

E	A	O	T	N	E	O	I	C	C	A	H
F	M	B	S	R	W	B	R	H	J	U	Y
A	B	E	A	C	U	S	P	L	I	N	T
B	U	I	R	N	L	H	E	L	P	Q	M
T	L	D	B	G	D	Z	B	D	P	R	L
K	A	O	C	L	E	A	N	J	O	F	A
D	N	A	O	T	O	N	G	T	L	Y	T
X	C	S	U	D	T	S	C	E	I	R	I
R	E	V	E	L	N	O	J	Y	C	U	P
S	M	L	K	F	D	K	Z	B	E	J	S
I	N	U	R	S	E	S	Y	Y	C	N	O
O	Y	D	I	A	T	S	R	I	F	I	H

SEE YOUR PULSE

You will need match, drawing pin.

Insert the drawing pin into the bottom of the match, place the end with the drawing pin on the pulse spot of the Cub Scout's wrist.

Do it standing still, remove it and ask him to run on the spot and then place it on the pulse spot again. Both will have different speeds of movement.

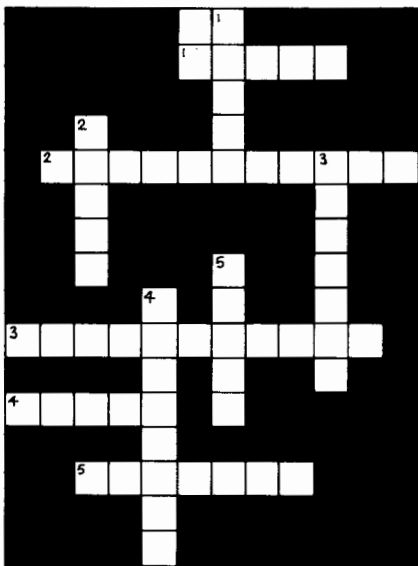
FIRST AID CROSSWORD

across

1. Don't PANIC when seeking help
2. Keep the patient warm and COMFORT
3. Keep your doctor's PHONE NUMBER
4. Use your SCARF for a knee bandage
5. Put a BANDAGE in your first aid kit

down

1. Burns need WATER
2. Use SOAPY WATER to clean grazes
3. Cover patient with a BLANKET
4. Use a REEF KNOT to tie a sling
5. Be sure to seek ADULT help



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