



# pack chat

December 2019

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## think about it:

“This is a new year.  
A new beginning.  
And things will  
change!”

Taylor Swift



## new beginnings (Ralph Marston)

As the New Year begins, take the opportunity to create a new beginning of your own. This is the perfect time to let go of what’s not working and to more fully embrace all that truly matters to you.

If there’s anything you’ve been doing, or failing to do, that’s holding you back, now is the time to change. Beginning today, free yourself to move quickly forward and to live life according to your highest vision.

The past has had its ups and downs, and now it is over. Now, as a new year begins, you can take the best of what you’ve learned and experienced, and make new, positive use of it all.

Give yourself permission to be a new, more purposeful, more effective, more loving, compassionate, curious and creative version of the you that you’ve always been. Allow yourself to let go of the limitations you’ve imagined and supported, and to soar higher than ever. There’s no need to abandon what you love about your life. Yet there’s every opportunity to bring new richness into the world.

## did you know?

- ◆ David Bowie was a member of the 18th Bromley Scout Troop in the late 1950’s. He performed two songs with his friend at the Troop summer camp in 1958.
- ◆ Vasilopita is a cake served in Greece and cut at midnight on New Year’s Eve. The cake contains a hidden coin and the family member who finds it is said to have luck for the following year.
- ◆ James Marr and Norman Mooney were the two boy Scouts chosen to accompany Ernest Shackleton aboard the Quest, on Shackleton’s final trip to the Antarctic.

Acknowledgements: [www.pawprintbadges.co.uk](http://www.pawprintbadges.co.uk); <https://www.gizmodo.co.uk/2014/04/13-things-you-didnt-know-about-scouting/>

## the seeds

Once upon a time there were four seeds who were good friends of each other. Taken up by the wind they finally landed in a jungle clearing. There they remained, hidden on the ground, hoping they would be able to grow up and become beautiful trees.

But when the first seed began germinating, they realised it wouldn’t be such an easy task. In that clearing there lived a group of monkeys, and the smallest monkeys would amuse themselves by throwing bananas at any plant they noticed was starting to grow. Using this game, the monkeys learnt how to throw bananas and they also kept the clearing free of vegetation.

They threw so many bananas at that first seed that it was almost split in two. When it told the other seeds what happened, they all agreed it would be better to wait for that group of monkeys to move on, before they attempted to grow.

Well, they all thought that, apart from one, who thought she should at least attempt it. When she tried she was pelted with bananas, and was left folded over in two. The other seeds got together and asked her to stop trying, but that little seed was completely determined to become a tree, and time and again she would try and try. On each new occasion the little monkeys had slightly improved their aim, and so the little seed ended up doubled over yet again.

But the seed didn’t give up. Every time they pelted her with bananas, she tried even harder, despite her friends begging her to stop, and telling her to wait until the monkeys left. And so, for days, weeks and months the little plant was attacked by the monkeys, and she always ended stooped and doubled over. For a few days she would manage to avoid the bananas, but then the next day some monkey would hit her, and it would all start over again.

And then, one day, she didn’t double over. She was hit by a banana, and then another, but none of them managed to make her stoop. She had taken so many blows, and been doubled over so many times, that she was full of hard knots and scars that helped her to grow more strongly than the other seeds. So, her slim trunk got thicker and more resistant, until it could withstand the impact of a banana. And she was already so well developed that the little monkeys could not uproot her from the ground. And there she stayed, growing, growing and growing.

Thanks to the extraordinary strength of her trunk she could continue overcoming all difficulties, until she became the most majestic tree in the jungle. Meanwhile her friends remained hidden in the ground, and they continued as ever, hoping that those horrible monkeys would abandon the clearing, never realising that those very same monkeys were the only ones capable of strengthening the seeds trunks by their method of throwing bananas, something that would prepare the seeds for all the problems they would confront during their growth.

On the way to achieving our goals, and in the difficulties we overcome, we often develop that which we needed to succeed.

Acknowledgement: <https://freestoriesforkids.com/children/stories-and-tales/seeds>

# Ideas for pack meetings

## 20 new ideas for 2020

### 1. Jungle Book Games:

#### Silent animals:

The Cubs are broken into four groups, one in each corner of the playing area. Within each group each Cub is assigned an animal name. When the game starts, all four groups need to make their way into the middle of the playing area acting out their animal (SILENTLY). The Cubs have to form into a group of three (if you've got uneven numbers) or four (if your total is perfectly divisible by four) of the same animal.

#### Jungle names: (circle game)

Cubs stand in a large circle with one Cub in the middle. The game starts when the Cub in the middle throws the ball to any Cub on the outside circle - and then runs towards them. The Cub who catches it must say a name from the Jungle Book before the Cub in the middle gets to them. If they successfully say a name, then they're safe and can throw the ball to anyone else on the outside circle. They can't throw the ball until after they've said the name. If they're touched before they say the name, then they must become the Cub in the middle. The Jungle Book name they say can't be the same as the previous one. You might find it helpful to go through a list of Jungle Book names before you begin.

Variations:

You can put restrictions on the name - e.g. you can't say any of the last two names used; you can't say the names of any leaders in your Group.

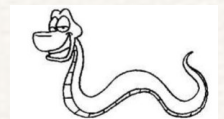
#### Jungle tag:

This is set up like a normal game of tag with two "safe" ends. One Cub, who is in the middle, is Shere Khan the Tiger. The remaining Cubs are divided into two or four teams depending on numbers. They are named after Jungle Book characters.

For example, the first Cub in each team may be Akela, the second could be Baloo and so on. Shere Khan calls out a name (e.g. Bagheera) and all of the Bagheera's have to run to the other side. If they make it, then they are "safe". If any are tagged (clawed) by Shere Khan, then they have to stop and sit on the floor (indoors) or stand (outdoors) exactly where they were tagged. This presents obstacles for the other Jungle Book characters and also gives them something to hide behind. The game ends when all but one Jungle Book character is tagged - the last untagged Cub is the winner.

Variations:

If Shere Khan is too effective, then you could make him crawl on all fours.



### 2. Suggestions to increase Pack numbers:

- ⇒ **Set your expectations:** tell all new families (and remind the current ones) that Scouting is a family event. It is run by volunteers, and we need every family to participate in order to make it successful.
- ⇒ **Ask personally:** while talking/ emailing to your entire Pack is efficient, it's pretty easy for everyone to have the "someone else will volunteer" attitude. Personal appeals usually work better. Asking an individual to do a specific job makes it a lot harder for them to say no! Start with the Pack approach, then talk to parents individually for any jobs that aren't filled yet.
- ⇒ **Splitting up responsibilities:** could allow some parents to get involved who might not otherwise be able to.
- ⇒ **Know your parents:** if a parent is reserved and introverted, don't ask that person to lead a meeting or head up a committee. Instead, ask them if they would be responsible for keeping track of your Pack records. Jobs that are more "behind-the-scenes" will be better suited for this type of parent. Leading songs are good jobs for the parents who are outgoing. Matching the job with the parent's personality will make them feel more comfortable accepting the role.

### 3. Healthy Eating:

Start by getting five large envelopes and label them with each food group: fruit, vegetables, dairy, grains and protein. Then, get a pile of coloured cards. Each Six will need its own colour cards, and you'll need about fifteen cards of each colour. Write the name of one



food item on each card. You can use the same foods for each team or you can also use different foods. Pick at least three foods from each group. Cubs line up in their Sixes with the pile of cards at their feet. On "go", the Cub picks up a card and places it in the envelope of that food group. The Cub goes back to the Six and tags the next Cub. Continue the process until all the teams have placed all the cards. The first team to finish isn't necessarily the winner—their foods must all be placed in the proper groups. Gather the Cubs together to check the results. Take one food group envelope at a time, and pull out the cards. Hold up a card and ask the Cubs if it's with the right

group. If a food is with the wrong group, you'll know which team made the mistake because each team has its own colour. If the first team to finish made a mistake, declare the second team the winner!

### tribute to a volunteer

The more you give, the more you get.  
The more you laugh, the less you fret.  
The more you do unselfishly, the more you live abundantly.  
The more of everything you share, the more you find that others care.  
The more you love, the more you'll find.  
That life is good and friends are kind.  
For only what we give away,  
enriches us from day to day.

Robin Mallow

Acknowledgement: Baloo's Bugle, volume 5, issue 1—August 1998

"Every new beginning comes from some other beginning's end" - Seneca

# ideas for pack meetings

## 4. Personal skills:

Be honest with yourself and decide if any of your Scouting skills could do with a little refresher. You may feel that your knotting skills could do with a make-over or find that your existing first aid qualification needs renewing. Challenge everyone in your Pack or District to learn a new skill or brush up on an existing one.

## 5. Healthy yoghurt treat (something to make on camp if there is a freezer available):

Ingredients:

- ◇ 175ml granadilla yoghurt
- ◇ 175ml fruit cocktail yoghurt
- ◇ 170g can passion fruit pulp in syrup
- ◇ 12,5ml icing sugar
- ◇ 25ml melted chocolate



Put both flavours of yoghurt and passion fruit pulp into a mixing bowl. Add icing sugar and mix well. Spoon mixture into six ice-cream moulds or muffin cups. Put into the freezer for one hour. It is helpful to spray the cups with 'Spray and Cook' before filling. Press a wooden ice-cream stick in the centre of each cup. Put back into the freezer for two hours. Drizzle over melted chocolate before eating.

## 6. Two minute madness games:

**Lost sheep:** blindfold all the Cubs and then give each Cub a number (include the number 0). The Six must now get themselves into line, in number order, without speaking. Check which Six is the first to finish and if correct.

**Have a seat:** for this game you will need at least 18 Cubs. Standing up, the Cubs must make a tight circle, all with their left shoulders facing the centre of the circle. This means you are facing someone's back. Hold the shoulders of the Cub in front of you and then sit down on the knees of the Cub behind you. For this to work effectively (and it does) the circle must be tight before you start and everyone must sit down at the same time.

## 7. Invite the principal from your feeder schools or church leaders along to a Pack meeting and involve them in an activity unconnected to their usual role. Help them to see Scouting in a different light.

## 8. Mini Olympics (fun theme for a Pack meeting or even for a camp)

The 2020 Olympics are taking place in Japan. Have the Cubs draw flags of the country they have chosen to represent or make up a fictional country and design a flag beforehand. Medals can be made easily with ribbon and chocolate coins to add some extra fun, with a presentation ceremony at the end.



**Wrestling:** in pairs, lie face down on stomach. With elbows on the floor, grip hands and arm wrestle. Three occasions of getting the opponent's arm flat on the floor wins.

**Javelin:** mark lines on the floor and step back about 10 paces. Throw straws/sticks as javelins, the longest throw wins.

**Discus:** using the same chalk lines, throw paper plates as the discus. Throw horizontally for the best chance to travel a realistic distance. Furthest throw wins.

**Relay race:** form teams, one Cub behind the other facing the front. A rolled up newspaper is the baton. While always facing the front, Cub one passes the baton to Cub two and so on until the baton reaches the back Cub, who then passes the baton back to the Cub in the front. The first baton back to Cub number one is the winner. At all times the team members must be facing forward.

**Kruwiwa Stoot:** also known as wheelbarrow races, kruwiwa stoot is a fun and energetic team building exercise. Two Cubs compete in a race, where one crawls on their hands, while the other Cub lifts their ankles. Once the specified distance has been completed, the next pair continue the relay race.

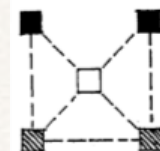
## 9. Have a hobbies meeting where you invite Cubs, Scouts and Parents to bring along their hobby.

## 10. Cake walk:

Tape as many numbers to the floor as you have children in the Pack. Write those numbers on strips of paper and put them in a bag. Turn on the music and walk in a circle. After a few seconds, stop the music and have the Cubs stop on the number closest to their foot. Pick a number from the bag, and the Cub standing on that number is out. Repeat until you have one Cub left, the winner!

## 11. Games with chairs:

**Corner them:** arrange five chairs as shown in the sketch. Draw lines on the floor only as shown. Two Cubs of two Sixes sit in the corner chairs as shown. Taking it in turns, the Cubs move along a line to sit on the spare chair. The game ends when one side is unable to move. Note that one side of the square is missing and the Cubs cannot cross between these two chairs. You can also play this game on a board, using draughtsmen.



**Noughts and crosses:** arrange nine chairs in three rows of three. The Cubs form two teams and come out to sit in the chairs one at a time from alternate teams. The game is played in the same way as noughts and crosses, so the aim is to get three members of the same team in a line.

## 12. First Aider:

To help Cubs practise for their First Aid requirements, try a system of 'casualties' instead of 'losing lives' when you next play an active game or wide game. Set up a 'field hospital' on the edge of the playing area, with one Scouter in charge, and a few Cubs who need the advancement. Have the items required for the advancement (triangular bandage, plasters, etc.).



Let the game proceed but as a Cub 'loses a life' they are counted as wounded and must go the hospital. As they enter, they take a note which describes their 'wound'. Maybe it is treatment for a broken arm or a grazed knee. After being treated by the Cubs, they can return to the game. Allow for enough time for the patients to be treated and return to the game.

## 13. Different approach to advertise Scouting.

Try to encourage all people linked to your Group; Scouters and Parents to, on a chosen day of every week, wear an article of clothing or an accessory which represents Scouting. Wear an article that shows you are a member of the World Wide Scouting Family. This will generate interest and discussion. Be proud of what you are doing!

## 14. Variations to Kim's game:

**Kim chase:** a number of items are laid out on a tray and the Cubs inspect them to memorise. The Cubs must then form up in relay formation and are numbered. The leader then calls a number and those Cubs must run to the end of the playing area and back to their teams, at the same time shouting the name of an article on the tray. The Cub to shout first gets a point, and two points if they are back first to their place.

## 15. Strike a pose (playacting):

Cubs form a circle and each Cub chooses one other Cub in the circle to secretly watch. Everyone closes their eyes and strikes a pose. On 'go' everyone opens their eyes and begins to copy the person they chose to watch (in posture, pose, stance, etc.). Watch as the whole group morphs into the same pose!



# ideas for pack meetings

## 16. Relaxation/Stimulation:

Ask the Cubs to relax and explore their five senses by pretending to:

### TOUCH:

- \* A hot stove
- \* Icicles
- \* Drawing pin
- \* Velvet

### TASTE:

- \* A sour lemon
- \* Their favourite sweet
- \* Spinach

### HEAR:

- \* A gentle wind
- \* Under water sounds
- \* A whistle

### SEE:

- \* A car coming from far away towards you.
- \* A giant
- \* An ant
- \* A big black spider

### SMELL:

- \* Freshly baked bread
- \* Perfume
- \* Onions

## 17. Simple paper-fold kite:

You will need for each kite: sheet of copier paper; sewing thread; stapler and punch.

Fold the sheet of paper in half. Mark two points, A and B, on the folded edge of the paper. Point 'A' should be 6.35 cms (2 1/2 inches) from the end, and point 'B' the same. Fold the top corners of the page to point 'A' and staple them in place. Do not crease the paper. Just bend it back. Punch a hole at point 'B' and attach your flying thread. That's all!



## 18. Know your Cubs:

As leaders it is helpful to have an understanding of the needs and aspirations of Cubs. How different they all are. How different they are at age 7 and age 11. How we need to cater for their varying individual development.

Here are some general characteristics which apply to most children of Cub age:

- **They are full of energy:** Cubs enjoy noisy boisterous games. Physical exertion, running, jumping, chasing, wrestling, exhilarates them. Note their sparkling eyes and lively expression after a game which has demanded every ounce of their energy. This is also the age when the brain learns to control the body. Cubs need activities which require accuracy of hand and foot – ball games – balancing games – quickness of thought.
- **They are extremely curious:** Their world is constantly enlarging – meeting new experiences every day. Curiosity is never satisfied. They have a boundless desire to ferret things out. Exploration and discovery, both actual and mental, are vital to our programmes. The advancement requirements stimulate the minds of the Cubs.
- **They are gregarious:** They like the company of others, it is the age for "gangs and mates". A typical group at that age – chattering, laughing, tumbling over each other or earnestly engaged in some project of their own. Social differences are of no importance, common interest is the bond. Children can be cruel to the "odd man out". The Sixer Council is the place where the Pack Scouter can talk this over with older members. It can be the moment when the Cubs first learn tolerance and compassion.
- **They are acquisitive:** Cubs are avid collectors. Collections often appear valueless to us, but important to them. We can guide this interest and add to mere collecting, real discovery and interest.
- **They are naturally creative:** Cubs enjoy making things. In 7 year olds the creating is often rough and unfinished, but represents great effort and thought. Imaginative play is creative. Opportunity for creative expression is vital.
- **They are unselfconscious:** Their frank and open approach is one of their most engaging qualities. This ties up with their desire to explore new situations. They talk freely and spontaneously. We must provide opportunities for them to meet people who will enlarge their experience and interest. Be ready to use the friend or acquaintance who has some special skill or background.

Whenever considering Cubs and their activities, always keep in mind that they are individuals with a wide range of personalities and capabilities.

## 19. Setting a good example:

A small boy was asked: "What do you want to be when you grow up?" Without a moment's hesitation he replied: "Just like my dad!" How fortunate for that dad. The little boy was so proud of his father that he wanted to follow his example. That's what real leadership is all about. And that's why Scouting is important in setting a good example.

Not all Cubs have dads, and some of those who do would not want to follow their examples. The way Pack Scouters live speaks so loudly we can't hear what they're saying. Cubs will do as we do far more quickly than they will do as we say.

## 20. How?

In a circle, Cub 1 says, "Hi John!", Cub 2 says "Yes John?", Cub 1 says "Tell John"; Cub 2 then turns to Cub 3 and repeats. If a Cub makes a mistake they become 'One Spot' (spots can be stickers). The conversation then goes, "Hi 1 Spot!", "Yes John?", "Tell John". More mistakes mean more spots, more confusion and more fun!

### Acknowledgements:

<https://sites.google.com/site/1stbalcombeheightscubs/home/games/games-jungle-tag>; <https://www.kidactivities.net/drama-games-and-activities>; UK Scout Association: Let's Pretend; Transvaal Scouter; UK Scouting Magazines; <http://www.gombergkites.com/nkm.fold.jpg>; Baloo's Bugle, volume 5, issue 3—October 1998; [www.pawprintbadges.co.uk](http://www.pawprintbadges.co.uk); [youthgroupgames.com.au](http://youthgroupgames.com.au)

A New Year brings a chance to reflect on everything we've achieved and look forward to the new challenges we may face.

**happy new year!**



More tips, games and crafts in the next edition of

**pack chat**—Stay tuned!

Your **pack chat** Team, Jeanette and Jill