

<b>week 81:</b>	<b>yes i can!</b>
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**This program is all about remembering the Cub skills they have previously been shown and taught. The 'Yes I Can' comes in when they remember how to tie a knot or what to do in an emergency. Even remembering their Promise and Law...**

**Games:**

1. **Steam release:** What's the message?

**(As Cubs we need to be able to carry a message politely and correctly to an adult. Can you do this? Also, the importance of getting adult help as well as their behaviour in an emergency situation should be emphasised.)**

Prepare messages on pieces of paper and fold them up and scatter around a designated area. The Cubs must run around and find a message and read it. Once they have memorised the message they need to run to a Leader and relay the message. They must show the Leader the piece of paper to ensure they have relayed it correctly. For the younger Cubs, have pictures of something happening instead of a written message. You can colour code the different messages – e.g. yellow paper for the younger Cubs (pictures) and blue paper for the older Cubs (written message). An example of a message would be: *An accident has happened on the corner of First Street and Tree Avenue and it looks like someone has been injured.*

2. **Circle:** Emergency Telephone Numbers

*Games module: page 48*

3. **Quiet:** Emergency Kit

**(As Cubs we should always have items handy which we can use if there is an emergency. What do you think should be kept in an emergency kit?)**

*Games module: page 24*

4. **Relay:** 'Yes I can' remember the Cub Promise and Law!

Cubs line up in their Sixes. Have the words from the Cub promise and/or Law scattered at one end of the hall/playing area – one set for each Six. Cubs run up one at a time to collect a word. Once all the words have been collected, in Sixes they need to put the words in the right order. You can have more than one word on a piece of paper.

5. **Revision:** Compass Trail

*Games module: page 39*

**Sense Training:**

1. **Sound:** All sit in silence for one minute. At the end of that time each Cub writes down what sounds he/she heard. To vary the game the Cubs may draw what they think produced the sounds that they have heard.
2. **Sight:** Six similar articles are placed in two bags, such as a stone, safety pin, cotton reel, a button, etc... The Cubs sit in two lines. Akela throws the bags to two Cubs and calls out an article. The one who finds it first (without looking in the bag) and holds it up scores a point.

## **Yarn:**

### **A Pencil**

Let us think for a few moments of all the things we could do with a brand new, sharp pointed, black lead pencil.

We could put it away carefully in a very safe place, so that no one would use it, or drop it and break the lead. But if we did that then it wouldn't be of use to anyone.

Alternatively we could use that pencil to write a letter to someone to cheer them up. Everyone likes to get letters from family and friends.

We could even write a list of all the things we need to do, and tick them off as we do them. We could use it to write out mum's shopping list for her, or we could draw a picture, perhaps even mark out the outline of some handcraft project we wanted to work on.

In doing all these things the pencil would be very useful indeed. But we must look after it and keep the point nice and sharp, ready for use, for when the lead is blunt the lines become thick and ugly, and our work is untidy.

If, by misuse, we break the lead, we can't make any sort of mark at all. The pencil is quite useless till we take the care to sharpen it again.

Our Law and Promise is just like that pencil. We can learn it when we first come into Cubs, so that we can be invested. We then put it aside, not thinking about it, or using it, even perhaps forgetting some of the words. That would be like the pencil we carefully put away, of no use to us or anybody else.

Our Law and Promise needs to be something we use and think about every day, so that it becomes very much a part of our lives. If a boy/girl says "Cubs Honour" just to get something, and really doesn't mean what he/she says, he/she is like the pencil with the broken lead.

His/her words mean nothing. So when we put our Law and Promise into action it's like sharpening the lead of the pencil. We are always useful, and we make ourselves and those around us, very happy.

### **Craft/Activity:**

1. **Activity:** The Cubs working on their Gold Wolf can do this activity. The requirement is to make a home safety fire plan for the family. Some items for discussion before they draw up the plan:

#### *Make an escape plan:*

Would you and your family know what to do if you had a fire in your home at night? It can be difficult to think clearly in an emergency. Having, and practicing, an escape plan will help you act quickly if there is a fire in your home. One day it could save your life.

#### *Making your escape plan:*

- when making your escape plan involve everyone who lives in your home.
- when you have made your plan make sure everyone understands it.
- practice your plan with everyone in your household.
- you could put up a reminder of what to do in a fire somewhere where it will be seen regularly.

Choosing your escape route:

- your usual way in and out of your home is the best escape route.
- always choose a second escape route in case your first choice is blocked.
- keep all exits clear of obstructions.
- think about any difficulties you may have getting out, for example you may need to use a torch at night.
- if there are children, older or disabled people or pets, plan how you will get them out.

Be key smart:

- make sure everyone knows where the door and window keys are kept.
- keep the keys in the correct place at all times.

Let the Cubs draw their plan at home and bring it back next week.

2. **Activity:** Emergency Kit

**After you have played the Quiet Game, let the Cubs put together their own emergency kit. Explain that because they will be carrying these around with them every day (in case of an emergency!), it cannot be too big. So what do they think needs to be kept in the kit?**

<https://lobestir.com/2013/01/25/milk-carton-wallets/> OR  
<http://snaddersnadder.blogspot.co.za/2012/06/diy-lag-din-egen-melkekartonglommebok.html>

Use a folded up milk carton (the box cartons, not the plastic ones). Instead of using velcro, you can staple the middle section together. To keep the container closed, use an elastic band as this can also be used in an emergency! Some ideas to place in the wallet once it has been made: plastic bag (use as a glove if there is blood or as a container to carry water), list of emergency telephone numbers including Mom and Dad, safety pins, string (can be used as a shoelace), tissue, small pencil and a notebook (which you can make by stapling some paper together – this is so they can make notes to help them remember what has happened).

3. **Handcraft:** Make a sliding bracelet using the Fisherman's Knot

<https://www.youtube.com/watch?v=bgNV9ImCeCw> or

[http://www.wikihow.com/Make-a-Double-Fisherman's-Knot-Paracord-Bracelet?utm\\_source=Make-a-Double-Fisherman's-Knot-Paracord-Bracelet&utm\\_medium=Pinterest%2BArticle&utm\\_campaign=Pinterest\\_DropDown](http://www.wikihow.com/Make-a-Double-Fisherman's-Knot-Paracord-Bracelet?utm_source=Make-a-Double-Fisherman's-Knot-Paracord-Bracelet&utm_medium=Pinterest%2BArticle&utm_campaign=Pinterest_DropDown)

The Fisherman's Knot is an easy knot which the Cubs have already been taught – this is a nice revision exercise to show the Cubs 'Yes I Can' do knots! The younger Cubs may need some help. Does not have to be a double Fisherman's Knot – the bracelet will work with a single knot – just make sure the rope/string you are using allows the knots to slide easily.

**Singing/Play Acting:**

1. **Singing:** If you're happy and you know it

*Singing module: page 19*

## 2. **Playacting:** Miming

In Sixes, Cubs can act out scenarios for the rest of the Six to guess; e.g. pretend you are at the dentist and having a sore tooth repaired; pretend you are chopping firewood on a chopping block and then stacking it in a heap; pretend you are lighting a match, lighting a candle and then blowing out the match.

### **Advancements covered:**

#### **Silver Wolf:**

##### **Aptitude Challenge:**

*Home Safety:* Carry a message and deliver it politely and correctly.

*First Aid:* Make a simple emergency kit and know how to use it.

*First Aid:* Know the importance of sumoning adult help in the case of accidents. Revision.

#### **Gold Wolf:**

##### **Aptitude Challenge:**

*Home Safety:* Make a home fire safety plan for your family.

*First Aid:* Know how to activate the emergency services in your neighbourhood (list of numbers in emergency kit).

