



# Health & Fitness

## Destination Parks

### Cubmaster Section



Boy Scouts of America Monthly Pack Meeting Plans: May Supplemental pack meeting plan:  
Destination Parks

**Why Destinations Parks for Health and Fitness.** Destination Parks is a natural theme partner to health and fitness. May is a great time to get outdoors and explore nature while improving our health by walking, hiking, bicycling, and playing games and sports. Scouts keep fit by doing outdoor activities that keep them physically active as they earn Scouting awards. Local parks provide that opportunity close to home.

Being personally committed to keeping our minds and bodies clean and fit.

## TRAINING

Boy Scouts of America Roundtable Planning Guide 2012-2013

**Pack Gathering Activities.** It is important to have something for arriving Cub Scouts and their families to do at the beginning of a pack meeting. Discuss the value of gathering activities. Mention to the leaders that a planned gathering activity helps prevent confusion and noise. Refer to the *Cub Scout Leader How-To Book* and the *Den Chief Handbook* for ideas. Ask the participants to share their favorite gathering activities. Practice and play a gathering activity such as Balloon Kangaroo Jumping, found on page 3-25 of the *Cub Scout Leader How-To Book*.

## PACK IDEAS

### Bug Amplifier

Greater St. Louis Area Council

To magnify the sounds of insects, put a bug or two in a paper cup and stretch a piece of wax paper over the top and hold in place with a rubber band.

Now put the amplifier to your ear.

Sounds like a lion in there, right?

### Sundial

Greater St. Louis Area Council

#### Materials:

Piece of wood – 11” x 11”

Compass

Drill

Glue

Long, thin stick (or dowel rod)



#### Directions:

1. Cut a piece of wood about 11 inches square.
2. Take a drafting compass and draw the largest circle that can fit inside the square.
3. Mark the center of the circle with a dot.
4. Drill a hole and glue a long, thin stick into the center.
5. Draw a line straight from the center of the circle to the “top” of the sundial.
6. Set the sundial so this line points North. (Use a compass to find North).
7. Attach the sundial to the top of a flat object or post and put it in a place that gets full sunlight.
8. From 6:00 am to 6:00 pm, make a dot each hour where the shadow hits the outside of the circle.
9. Decorate your sundial.

## PRAYER

BSA Monthly Pack Meeting Plans: May ...: Destination Parks

“Thank you for the wonders of our world, its changing seasons, and daily joys. Help us to keep ourselves healthy and strong while we enjoy these wonders.”

## SITED WORKS

BSA Pack Meeting Plans: Download Monthly Pack Meeting Plans [Character Connection and three supplemental plans for each month]

<http://www.scouting.org/scoutsource/CubScouts/Leaders/DenLeaderResources/DenandPackMeetingResourceGuide/PackMeetingPlans.aspx>

BSA Roundtable guide 2012-2013

[http://www.scouting.org/filestore/training/pdf/511-410\\_WB.pdf](http://www.scouting.org/filestore/training/pdf/511-410_WB.pdf)

BSA Destination Parks

[http://www.scouting.org/filestore/CubScoutMeetingGuide/pack/May\\_2013.pdf](http://www.scouting.org/filestore/CubScoutMeetingGuide/pack/May_2013.pdf)

BALOO'S BUGLE

<HTTP://USSCOOTS.ORG/BBUGLE.ASP>

May 2005 Destination Parks

# GATHERING ACTIVITIES (PRE-OPENERS)

## Indoor Gathering Game: Kim's Game

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

This game uses items you should always take on a hike such as a whistle, flashlight, trail mix, candy, plastic water bottle, trash bag, pocket knife, adhesive bandage, moleskin, antibiotic ointment, safety pins, sunscreen, and matches. These are also the "outdoor essentials" for hiking. Have the items covered (a sheet or large towel should do) when Scouts arrive. For the game, have Scouts gather around the table. Lift the cover and give Scouts 30 seconds to study the items. Replace the cover over the objects and have the Scouts return to their seats. Then have them raise their hands and identify one object they saw until all of the items have been identified.

## Outdoor Gathering Game: Nature Ramble

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

If the pack will be doing the Nature Ramble, prepare a list of nature objects that can be easily located. Make a copy of the list for each den. Send the dens on a treasure hunt with the list you prepared earlier. When they find an item, they are to check it off their list and note where they found it, leaving the item there for others to find.

### Our National Parks:

Here is a list of six National Parks with their descriptions. See if you can match them with their correct state from the multiple choice names given.

1. Chaco Culture National Park contains many ancient stone structures of the Anaxazi Indians and is located in: a: Utah b: New Mexico c: Colorado
2. Which national park is located in the state of Washington and contains and a mountain peak almost 8,000 feet high as well as a seacoast shore? a: Olympic b: Isle Royale c: Saguaro
3. In this national park you might see caribou, moose, grizzly bears and golden eagles.  
a: Bryce Canyon b: Death Valley c: Denali
4. The Everglades National Park is located in Florida and its most famous resident is:

- a: the wolf b: the alligator c: the cougar  
Which national park is located in Utah? a: Bryce Canyon  
b: Arches c: Both a and b  
Isle Royale National Park contains no roads. You can only get to it by boat or seaplane. Which state is it located in?  
a: Washington b: Massachusetts c: Michigan

(answers..1:b...2:a...3:c...4:b...5:c...6:c

## Grass-Blade Whistle

Baltimore Area Council

Some people can do this, and others simply cannot, but everyone will enjoy giving it a try. Pluck a long, flat blade of grass and hold it tight and taut between the edges of both thumbs. The blade of grass should be in the middle of the gap between your thumbs.



Put your lips up against your thumbs and blow hard through the gap. If you do it just right, the noise will sound like anything from a noisy mouse to a squawking elephant.

## Animal Tracks Match

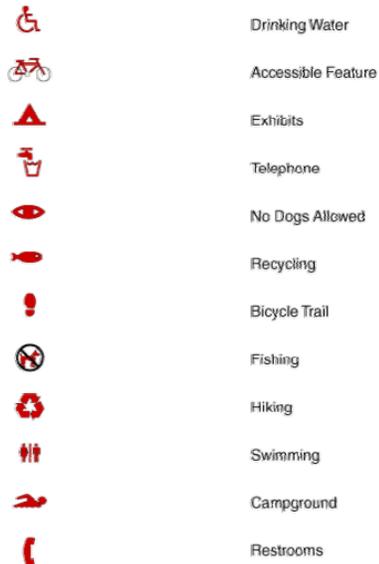
*San Gabriel Valley, Long Beach & Verdugo Hills Councils*  
Each animal that lives in our state parks has a unique set of tracks all its own. As you hike or camp with your family and friends, you might come across some of these tracks. Would you be able to tell which belong to the animals listed? Draw a line from the animal name to the print.

## State Parks Symbols Match

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*  
Because we don't all speak the same language, symbols or pictures are a way to communicate with each other. Using symbols to communicate ideas is considered a "universal language" - we all know how to read pictures! Great idea, don't you think?



Draw a line from the symbol to its meaning



# SNACKS

**NOTE: Be aware of food allergies and diet restrictions.**

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

If you are planning refreshments, consider having ingredients for trail mix that each Scout and family can put together in baggies as they enter.

Since this is the month for healthy bodies...begin with this idea:  
Fudge Fun

Prepare the following for each Cub...

In a ziplock bag put in: 1 T. butter  
2 t. cream cheese  
2 t. cocoa  
1/2c. pd. Sugar  
dash of vanilla if desired

Close bag and mix until all ingredients are smooth and mixed together. Put name of Cub on their bag and put in the frig. At the end of your Meeting, each boy has their own treat.

Yummy Fossils:

Give each Cub a chocolate chip cookie and a toothpick and have them "dig" out the chips without breaking them and then they can eat them and the cookie!

## Smokey the Bear's Breakfast Sausage Balls-

*Greater St. Louis Area Council*

### Ingredients:

- ✓ 1 lb ground sausage meat
- ✓ □ 3 cups Bisquik
- ✓ □ 1 – 8 ounce jar Cheese Whiz or shredded cheese

### Directions:

1. Cook sausage
2. Combine sausage (cooked), Bisquik and cheese
3. Shape into balls.
4. Bake in preheated 300 degree oven for 25 minutes or until lightly browned.

**NOTE: This is a great recipe to use with a cardboard box-style oven.**

## Rocky Road Candy

*Piedmont Council*

### Ingredients:

16 oz milk chocolate  
3 cups mini marshmallows  
1 cup chopped walnuts or pecans  
½ cup semi-sweet chocolate chips

### Directions:

1. In a double boiler, melt milk chocolate. (**Adult help needed!**)
2. Remove from heat.
3. Stir in remaining ingredients.
4. Drop spoonfuls onto waxed paper.
5. Let cool until firm.

## Trail Foods

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

Trail foods are simple to make and carry, do not spoil easily, and provide energy without a lot of empty calories.

**M&M Mix:** A simple trail mix can be created by mixing equal parts of: M&Ms, Peanuts, Raisins, Chex Cereal, Small pretzels, Mixed nuts (optional). Mix ingredients in a large plastic bag. Divide the mixture into sandwich bags for each Scout.

**Apple Sandwiches:** Slices of apples with slices of cheese between them. Dip the apple slices in lemon juice to keep them fresh looking.

**GORP "Good Old Raisins and Peanuts" Mix:** Equal handfuls of raisins, nuts and other bite-sized ingredients such as small crackers, non-sugary cereal, other dried fruits, coconut chunks, etc. Avoid chocolate, sugars, excess salt.

**Hikers Nosebag:** Sort of a sack lunch for the trail. In a plastic bag put an apple, ½ cup raisins, ¼ lb. chunk of cheese, ½ cup of M&M's or other chocolate. Nibble as you go. Use dried apples for more portability.

**Honey Bars:** Try this as a den activity. Combine ½ cup each of raisins, figs, dried apricots and peanuts or almonds. Grind, chop or blend them together. Add ½ teaspoon lemon juice and just enough honey to bind it all together. Form into bars and wrap in aluminum foil. Carry in plastic bags. (These are quite sticky if they leak, so double wrap them!) Substitute ingredients at will.

**Healthy Snacks:** Look in your grocery or health food store for dried fruits (banana chips, papayas, etc.), yogurt-covered nuts or fruit and other treats. Some carry bags of mixed treats perfect for trails.

**Trail Lunches:** Not as cheap as other options, but a fun meal. Combine at least one thing from several categories:

- ✓ Meat/cheese: Meat jerky, hard sausages, pepperoni, hard cheese, protein bars (health food stores).
- ✓ Breads: Melba toast, pilot biscuits, granola bars with lots of grains, hardtack, other hard/dried breads (not the ones that would mold or go stale).
- ✓ Fruit candy, fruit leather or snacks (make sure they have lots of real fruit in them).
- ✓ Dairy: Yogurt-coated nuts or fruit, hard cheese.
- ✓ Sweets: M&M's, hard candy, most granola or fruit snacks, etc.

## Hikers Delight

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

### Ingredients:

6 oz. semisweet chocolate chips  
6 oz. butterscotch chips  
2 cup granola  
7½ oz. salted peanuts  
1 cup raisins

### Directions:

Mix chips together in top of double boiler. Cook stirring over hot water or melt on low in microwave. (**Adult Help needed**) Makes about 4 dozen. Stir in remaining ingredients, mixing well. Drop by teaspoonfuls onto cookie sheet or waxed paper. Chill.

## OPENING / FLAG CEREMONIES

### Four Directions

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

**CUBMASTER:** Finding our way to our destination in the park is aided by the use of a compass, which show the four directions—north, south, east, and west.

(Each Cub Scout enters from his directional side of the room or outdoor area, holding one of four posters. with a large letter for his direction on it. On the back, the following is written for each boy to read.)

**CUB SCOUT 1 (“E”):** I represent the East. From me comes the sun each day, giving light to all living things to help them to be strong and healthy.

**CUB SCOUT 2 (“S”):** I represent the South. From me comes heat and rain, so all living things have warmth and water to drink.

**CUB SCOUT 3 (“N”):** I represent the North. From me comes cold and snow, so all living things can experience coolness and the beauty of winter.

**CUB SCOUT 4 (“W”):** I represent the West. To me, the sun comes at the end of each day, giving the world darkness, so all living things can rest.

**CUBMASTER:** We gather from all directions, joined together in the Law of the Pack. Will everyone please stand, give the Cub Scout sign and join me in reciting the Law of the Pack.

### The Outdoor Code-

*Greater St. Louis Area Council*

**Equipment:** Poster with the Outdoor Code on it. Have Cubs and parents repeat The Outdoor Code. The Cubmaster (or other leader) explains its meaning.

**PACK:** As an American, I will do my best to be clean in my outdoor manners.

**CUBMASTER:** I will treat the outdoors as a heritage to be improved for our greater enjoyment. I will keep my trash and garbage out of America’s waterways, fields, and roadways.

**PACK:** Be careful with fire.

**CUBMASTER:** I will prevent wildfire. I will build my fire in a safe place and be sure it is out before I leave.

**PACK:** Be considerate of the outdoors.

**CUBMASTER:** I will treat public and private property with respect. I will remember that use of the outdoors is a privilege I can lose by abuse.

**PACK:** And be conservation minded.

**CUBMASTER:** I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, and wildlife; I will urge others to do the same. I will use sportsman-like methods in all my outdoor activities.

Utah has more National and State parks than any other state. It is truly a beautiful place. Here is a flag ceremony about our state flag.

**Cub 1:** In 1896, when Utah became a state, the Daughters of the Utah Pioneers presented a flag to the governor. It had a light blue background and the State seal on it.

**Cub 2:** It was displayed at the World’s Fair in St. Louis and at the celebration for the Louisiana Purchase.

**Cub 3:** In 1903 someone discovered that there was a mistake in the state seal so they contacted the governor and it was decided that the legislature should implement a new flag for the state. The old flag became the official regimental flag of the governor.

**Cub 4:** The legislature got H.L.A. Culmer, an artist, to design a new flag and it is the one we use today.

**Cub 5:** In 1913 the state gave a flag to the new battleship Utah to fly from its masthead.

**Cub 6:** How grateful we are to live in such a beautiful state in the United States of America where it is such a privilege and blessing to live in the land of the free. Let us all pledge.....

### Outdoor Adventure

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

- America and Cub Scouting are just one big outdoor adventure.
- This is my country. I will use my eyes to see the beauty of this land.
- I will use my mind to think what I can do to make it more beautiful.
- I will use my hands to serve it and care for it.
- And with my heart, I will honor it.
- Many immigrants to America had a really big adventure getting here.
- And on their adventure in this country they became loyal Americans.
- Let us be like them, loyal Americans. Please join me in the Pledge of Allegiance.

### Den Hike

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

The ceremony could be used just before taking the boys on a hike or other outdoor adventure or to open a Pack Meeting.

**ARRANGEMENT:** Den leader passes out one candle and numbered slip of paper to each Cub Scout. He/she then asks each boy to come forward to light his candle and read his phrase.

**Cub # 1:** We are going to see nature's treasures.

**Cub # 2:** We will help to maintain nature's balance.

**Cub # 3:** We will observe and learn from nature's animals.

**Cub # 4:** We will help maintain nature's resources.

**Cub # 5:** We will protect them from harm.

**Cub # 6:** We will follow the Laws of Nature.

## AUDIENCE PARTICIPATION

### *Goin' on a Scout Hike*

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

(Have the audience repeat each line after the leader.)

We're goin' on a Scout hike. (Feet marching)

We're getting to the tall grass. (Rub palms of hands back and forth)

Up ahead there's a bridge. Here we go across the bridge. (Hit chest with alternating fists)

We're across the bridge. (Resume marching)

We're going up a big hill. (Slow march, heavy breathing)

We're on the top now, here we go down the other side. (Speed up march)

Now we're on level ground. (Regular marching)

More tall grass. (Rub palms together)

Shh! Looks like wolf country! (Stop)

I hear a howl. (Hand to ear)

Let's go!

At a fast tempo, repeat all actions and gestures in reverse order (hand to ear, stop, rub palms together, regular marching, speed marching, slow marching and heavy breathing, resume marching, hit chest, rub palms back and forth, marching) until everyone is back home. It sure is a good thing we are all healthy and fit—sometimes a good walk can become a quick run!

### The Picnic

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

From the table below, write each phrase on a separate card. Pass a card out to each participant. Have participants stand in a circle. As the story is read, each participant reads the phrase on his card at the blank spaces. Proceed in the order of the circle, do not skip around. Sometimes the story will make sense, but mostly it will not – but everyone will have a good time on the Picnic! Only 30 of the 44 phrases will be used.

A loose tooth	An orange ghost	A tall pine	A short purple pencil	A red bedspread
Three boiled eggs	A Juicy watermelon	A swarm of bees	A used airmail stamp	A fat onion
A green crayon	Some soapy dishwater	A bald eagle	A limping dinosaur	Two snowballs
A can of worms	A complaining lion	A green tomato	An ice-cream stick	A cake of soap
2 cups spaghetti sauce	A used firecracker	One large rattlesnake	Three raisins	Four hot rocks
A chicken plucker	Some Dominoes	Driver's license	A tail light	7 pounds of feathers
16 paper plates	Four sour pickles	Six plump skeletons	Two cans of dog food	A can of tar
Three petunias	A dog's footprint	A cat's meow	A pink steam engine	A windy day
A plaid kite	A princess phone	A butterfly net	A beautiful earring	

One fine day, two little old ladies decided to drive out of town for a picnic. Miss Bingley loaded a basket with \_\_\_\_\_, and \_\_\_\_\_ and other tasty things. Then, they drove off with their lunch in an old car that belonged to Miss Arbuckle. The cap on the radiator was decorated with \_\_\_\_\_ and the holes in the roof had been patched with \_\_\_\_\_ and \_\_\_\_\_.

As they drove along, Miss Bingley pointed to the side of the road. "Oh, look at that bush with the \_\_\_\_\_ and the \_\_\_\_\_ growing on it." "Let's stop here," said Miss Arbuckle. They carried the basket to some shade cast by \_\_\_\_\_ and spread \_\_\_\_\_ to sit upon. Nearby, \_\_\_\_\_ sang merrily in a tree and some low bushes had \_\_\_\_\_ and \_\_\_\_\_ growing on them.

The two friends were having a wonderful time. "There's nothing so delicious as \_\_\_\_\_ with mustard and relish," said Miss Arbuckle, as she brushed the crumbs off her lap with \_\_\_\_\_. "Yes," sighed Miss Bingley. "However, it is getting late. Maybe we'd best start for home now."

But their car refused to go. The motor made a noise like \_\_\_\_\_ and then stopped. "Oh, dear!" said Miss Arbuckle, looking under the hood, "I think I see \_\_\_\_\_ and \_\_\_\_\_ caught in the gears." "Impossible," said Miss Bingley. "Are you sure the tank isn't empty? Are you sure you put enough \_\_\_\_\_ before we left home?" "Of course I did," said Miss Arbuckle. It must be the wheels. We'll jack them up with \_\_\_\_\_ and \_\_\_\_\_ and then replace them with \_\_\_\_\_ and \_\_\_\_\_. She covered her dress with \_\_\_\_\_ and took \_\_\_\_\_ to loosen the bolts. Just then a farmer drove up and asked if he could help the ladies.

"Looks like \_\_\_\_\_ in the engines," he said, tightening a bolt with \_\_\_\_\_. Then he stepped back and the car started. "I just connected the \_\_\_\_\_ to the \_\_\_\_\_ which had rattled loose." The two old ladies gave him the rest of their \_\_\_\_\_ and \_\_\_\_\_ to

show their appreciation, and drove happily home again.

## CHEERS / RUN-ONS / JOKES

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

### **Big Bear Hug**

Put your arms around your shoulders and give yourself a Big Bear Hug.

### **Clap and Stamp Feet**

Have the group stand and clap hands three times, then stamp feet three times, then repeat, faster and faster.

### **Jump for Nature**

Perform a jumping jack, clapping hands three times and calling out, "It's naturally great!"

**Mt. Rushmore Cheer:** WASHINGTON, JEFFERSON, LINCOLN, ROOSEVELT!

**Beehive Cheer:** (tell the group to buzz like a bee. When your hand goes up...they get louder, when your hand goes down, they get softer...do it at various levels.)

**Bear Hug a Tree Cheer:** when lost in the forest you hug a tree...put your arms around yourself and give yourself a big bear hug just like that tree.

**Long Hike Cheer:** stomp your feet loudly six times, shuffle your feet softly six times then whine...are we there yet!

**Foil Dinner Cheer:** raw...raw...raw!

*Piedmont Council*

**Clean Air Applause:** Take in as much air as you can through your nose, hold it, then exhale and say, "Ahhhhhhh!"

**Hike the Mountain Applause:** March in place. Begin with head erect, shoulders back and a steady step. As mountain becomes steeper, slow down the march and bend forward as if straining to continue the hike. At the top, collapse back in your seat, wipe your brow with sleeve, and sigh, "We made it."

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

**Give A Hoot:** Divide the audience into two sections. Have one section yell, "Give A Hoot!" and the other section yell, "Don't Pollute!" Alternate pointing at each section, pointing faster and faster.

**Good Citizen:** "Give yourself a pat on the back."

*Great Salt Lake Council*

### **Giant Beehive Cheer**

Tell the group to buzz like a bee. When your hand is raised, the volume should increase. When you lower your hand the volume should decrease. Practice this at various levels.

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

### **Jump Higher**

CUB SCOUT 1: I bet I can jump higher than a house!

CUB SCOUT 2: I bet you can't.

CUB SCOUT 1: Yes, I can. Did you ever see a house jump?

### **The Botanist**

CUB SCOUT 1: What did the botanist get when he crossed poison ivy with a four-leaf clover?

CUB SCOUT 2: I don't know. What did the botanist get?

CUB SCOUT 1: A rash of good luck!

### **The Geologist**

CUB SCOUT 1: What do you call a geologist?

CUB SCOUT 2: I don't know. What do you call a geologist?

CUB SCOUT 1: A fault finder.

### **A Visit to the Camp Health Officer**

CUB SCOUT 1: Hi, doctor. (Holding up a bandaged finger) Do you think I will be able to play the piano when my finger heals?

DOCTOR (looking at finger): Of course you will.

CUB SCOUT 2: Good! I've never been able to play before!

1: Why do mountain climbers rope themselves together?

2: I don't know why...why do they?

1: To prevent the smart ones from going home!

1: What did the bug say when it hit the windshield?

2: I don't know...what did the bug say when he hit the windshield?

1: I sure don't have the guts to do that again!

1: Why are mountain climbers curious?

2: I don't know why mountain climbers are curious?

1: They always want to take another peak!

1: What can move trees but not a stone?

2: I don't know...what can move trees but not a stone?

1: The wind!

1: What keeps the forest from being quiet?

2: I don't know...what keeps the forest from being quiet?

1: The bark of the trees!

1: What is the best way to start a fire with two sticks?

2: I don't know...tell me.

1: Make sure one of them is a match.

## DEN CHIEF RUN-ONS

*Great Salt Lake Council*

1. Why do mountain climbers rope themselves together?

2. Why are mountain climbers curious?

3. What can move trees but not a stone?

4. Who is the most generous animal in the wild?

5. What keeps the forest from being quiet?

6. What is the best way to start a fire with two sticks?

### ANSWERS

1. It prevents the smart ones from going home.

2. They always want to take another peak.

3. The wind.

4. The skunk—he will give his scent to anyone.

5. The bark of the trees.

6. Make sure one of them is a match.

## Brain Teasers

From Pack 114's Library via San Gabriel Valley Council

### Good Ewes

If you were walking down a country road and there was a sheep in front of two sheep and a sheep behind two sheep and a sheep between two sheep, how many sheep would you see?

**Good Ewes** - Three sheep.

### Leftovers

Mother made twenty-four sandwiches for a picnic. All but seven

were eaten. How many were left?

**Leftovers** - If all but seven were eaten, then there were seven left.

### The Farmer and the Squirrel

Farmer Brown had nine ears of corn in his barn. A squirrel went into the farmer's barn and walked out with three ears each day. It took the squirrel nine days to take all the corn from the farmer's barn. Why?

**The Farmer and the Squirrel** - Two of the three ears were on the squirrel's head.

## SKITS

Props: one chair on stage.

Cast: A tree (a boy with "tree" sign pinned on him stands with his arms up like the branches of a tree) and five scouts.

Cub1: (standing at center stage to portray the tree. Close by is the chair.)

Cub2: (walks on stage, chewing gum very obviously. He pretends to remove it from his mouth and stick it to the tree. He walks off stage.)

Cub#: (walks on stage, leans against tree and pretends the chewing gum is stuck to his elbow. He pulls it off and sticks it to the chair. He walks off stage.)

Cub4: (enters and sits on chair. He stands up and pretends to pull gum off the seat of his pants. He throws it on the ground and walks off the stage.)

Cub 5: (walks on stage and steps on the gum. Pretends to remove it from his shoe and sticks it on the tree. He walks off the stage.)

Cub6: (enters, sees the gum on the tree, removes it, and puts it in his mouth. He chews loudly as he walks off the stage.)

### The Ants

Props and Materials: 6-8 Cub Scouts. 5 paper bags...option-cardboard trees or bushes.

Setting: skit opens with boys standing together in the backyard.

Cub1: Gee, there's nothing to do.

Cub2: Yeah, I know.

Cub3: Hey, let's have a backyard picnic.

All: Yeah!

Cub4: But it's going to rain.

Cub 1: I don't think so. If it does, we can eat in the house.

Cub2: I'll bring the potato chips.

Cub 3: I'll bring the hot dogs.

Cub4: I'll bring the hot dog buns.

Cub5: I'll bring the drinks.

Cub 6: And I'll bring something special!

(All walk offstage and come back carrying sacks.)

Cub 2: Here are the chips.

Cub3: Here are the hot dogs.

Cub4: Here are the hot dog buns.

Cub5: Here are the drinks.

Cub6: Looks in his sack and drops it...oh, no!

Cub 5: What's wrong?

CUB 6: I BROUGHT THE ANTS!

### Hiking - The Scouting Way Piedmont Council

Boys are on stage. They don't look ready for anything.

Den Chief: Okay, guys. Is everybody ready to go hiking?

*(Boys start hiking up their socks.)*

Den Chief: What are you doing? I said HIKING! Are you ready to go HIKING?

Boys: Yes, we're hiking up our socks, our shorts, you know...

Den Chief: NO, NO, NO! Hiking, Hiking, don't you know HIKING!

Boys: Oh, yes.

1st Boy: *(Takes football from behind his back; boys line up to begin to play.)*

Hike one...hike two...hike three.

Den Chief: NO, NO, NO, HI-KING, HI-KING. Come on guys. Get with it!

2nd Boy: *(Walks with crown on head)*

Boys: Hi, King!

Den Chief: NO, NO, NO!, Hiking, walking, Scout stuff - You know - hiking!

Boys: Oh why didn't you say so? (Walk off stage hiking.)

All Boys: sing - "A Hiking we will go. A Hiking we will go." Then lots of conversation about fresh air, color of trees, blue sky, what a great time they will have hiking, etc.

### Dad comes along in car, stops and leans out window

Boys: Oh hi, Mr. \_\_\_\_\_. What are you doing out here?

Dad: Any one for ice cream?

All boys pile into the car acting wildly excited.

### How Far ?? Piedmont Council

**Personnel:** Any number of boys

**Equipment:** Pedometer (can be an oversized prop for effect)

**Setting:** Boys are heaped in a pile - looking worn out after a long hike.

**Cub # 1:** Wow, that was a long hike.

**Cub # 2:** We sure walked a long time!!

**Cub # 3:** Did you see all those trees?

**Cub # 4:** The bear sure was neat!!

*Continue on until all boys have added an experience until you get to the last boy.*

**Last Cub:** How far did we walk?

**Den Chief:** (checks pedometer) It looks like about 2 blocks

# GAMES & ACTIVITIES

## **Park Ranger:**

(materials needed: 80 feet of string. Mark off a playing field roughly 20 feet square with string. One person serves as the Park Ranger and stands in the middle of the field. Everyone else lines up on one side of the square...facing the Park Ranger. When the Park Ranger calls out, "Park Ranger—Park Ranger"...everybody starts running and tries to get to the other side without getting touched by the Park Ranger. If caught, they become Park Ranger and join the Park Ranger in the middle. Now everyone is on the opposite side of the square. The park Rangers simultaneously call out "Park Ranger-Park Ranger" and the players run towards the opposite side, trying to evade the Park Rangers. The last person remaining untouched becomes the new Park Ranger.

## **Building a Monument:**

(materials needed: paper towels, paper plates, paper cups and water.)

How to play: Divide the players into teams with three in each team. One is the Foundation. The other two are the Builders. The Foundation lies on the ground face up. The Builders put about an inch of water in the first cup and gently place the cup on the forehead of the Foundation. The Foundation may hold onto the cup with his hands. On top of that, the Builders place a paper plate and then another cup with water and so on and so on. The team with the highest cup tower full of water is the winner!

## **Twig Matching**

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

- ✓ Obtain several twigs 8" to 12" long from different types of trees.
- ✓ Cut each twig in half (approximately).
- ✓ Mount one half of each twig on a board.
- ✓ Scatter the other halves on a table.
- ✓ When called a player observes closely the twig on the board being pointed to by the leader.
- ✓ He then runs to the twigs on the table to get the other half.
- ✓ If the wrong half is brought back he tries again.
- ✓ When he is done, the leader selects a different twig for the next player to retrieve.
- ✓ This game requires close observation.
- ✓ Leaves may be used in the same way.
- ✓ Vary the game by using flowers with stems cut in half or petals removed.

## **Spot Spy**

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

- ✓ This game is great fun when resting on a hike or when loitering along the way. The leader says, for example, "I can see 5 white oaks."
- ✓ The group is given one or two minutes to spot the 5 white oaks.
- ✓ All those who see them may indicate it by sitting down, taking off their hat or by some other agreed signal.
- ✓ All those who see the object get a point.

## **Nature Hunt**

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

First, make up a list of nature objects for which your den can search.

The objects should not be any live plants. They should not pick live flowers or grass or leaves etc.

Here are a few ideas; you will have many more of your own:

Fallen Leaf	Seed of any type
A smooth rock	A jagged rock
A colorful rock	A pine cone
Seashells	Twigs
Dead blade of grass	

In this game, you name only the first item to be found. As soon as the Scout finds the first item and brings it to you, you can give him the name of the next item.

The first one to find all the items is the winner.

## **Memory Game**

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

Have boys gather in a circle.

This game begins with the first Cub Scout describing something that he would experience in the park or forest.

I went to the park and ....

I saw ... or	I did .... or
I heard... or	I noticed... or
I felt....	

The game continues with the person to the right, repeating the response of the first Scout and then adding: "I went to the park and ...I saw , heard, noticed, felt

The next Scout repeats the first two responses and adds his own, continuing around the circle until the list becomes too long to remember.

The game provides a good opportunity to reinforce values about what can be done at a park, both positive and negative, and to stimulate discussion about our responsibilities to the environment.

## **Snow-fight at Denali National Park**

(Denali is the National Park in Alaska that has Mt. McKinley, the tallest peak in North America. Denali is the native name for the area.)

*Greater St. Louis Area Council*

This one creates quite a mess, but it's worth it.

Divide into two teams and put a divider down the center of the room (like a couple of rows of chairs, back-to-back).

The two teams are on opposite sides of the divider. Give each team a large stack of old newspapers, then give them five to ten minutes to prepare their "snow" by wadding the paper into balls – the more, the better.

When the signal to begin is given, players start tossing their snow at the opposing team (which really does look like a snowstorm).

When the whistle blows a second time, everyone must stop throwing. Judges determine the winner by deciding which team has the least amount of snow on its side of the divider.

With larger groups, watch out for players who lose their eyeglasses or other personal belongings in the snow, which gets pretty deep.

After the game is over, provide plastic garbage bags and have a race to see which side can stuff the snow into the bags first.

## **Frogs, Insects, and Flowers**

*Greater St. Louis Area Council*

Divide the group into three circles, one inside the next.

The boys in the outer circle are flowers and stand still.

The boys in the inner circle are insects and begin the game with one knee on the ground.

The boys in the middle circle are frogs and begin the game standing.

When the whistle sounds, the insects have ten seconds to run and tag a flower. They may avoid capture (being tagged by a frog) by 'flying' (touching one knee to the ground).

Frogs chase the insects and can 'follow' an insect by turning 360 degrees during which the insect can fly off.

After each round, successful frogs or insects remain as that creature for the next game. A captured insect becomes a frog.

An insect that is not captured, but does not touch a flower, becomes a flower.

Each round creates changes in relationships.

A balanced game can go on indefinitely, but if frogs are too successful, the insects are wiped out, which causes the frogs ultimately to die. If the frogs are not successful, they may be wiped out and large uncontrolled numbers of insects may result.

## **Bird, Beast Or Fish**

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

Boys sit in a circle except the one who is "IT".

"IT" throws a knotted handkerchief at a player and calls out "BEAST" or "BIRD" or "FISH" and quickly counts to ten.

If the player cannot think of a name for whatever was called out in that time, he is "IT."

Once the name of a bird, beast or fish is used, it cannot be used again.

Continue the game for as long as everyone decides.

## ***Our Park***

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

"She'll Be Comin' Round the Mountain."

There are lots of places in our park for fun.

There are lots of places in our park for fun.

There are bike paths, playgrounds, trail ways.

There are bike paths, playgrounds, trail ways.

There are lots of places in our park for fun.

Utah...My Home State

(Twinkle, Twinkle Little Star)

We have mountains...we have sand.

We have crops...from fertile land.

We have streams...our rivers flow.

Parks to play in...as we grow.

I'm so happy...I can't wait.

To say Utah's...my home state.

**My State** (Tune: Doe a Deer)

## **Keep America Beautiful**

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

The players are told that a tree will be planted, and through the magic of Cub Scouting, it will grow and blossom.

Make two teams of four (or whatever half of your den is OR FOR A pack Meeting game – each den is a team and the Denner is the Captain) and each team selects a captain.

The captains are given signs to wear which say "sapling." Each captain stands in the middle of his team.

Others on the team are handed a paper bag that contains a roll of scotch tape, 20 or 30 green construction paper pieces (leaves), a bird's nest (grass or straw) and a few small real branches.

At the signal, each team begins to make their "sapling" grow by handing him the branches to hold and taping the contents of the bag to him. The first team to finish is the winner.

## **That's My Leaf**

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

Each boy takes a leaf from the same kind of tree and looks at it carefully for one minute.

Then, put all the leaves in a pile and stir them up together. Can you find your one-of-a-kind leaf? What makes it special or different from all the other leaves? Press the leaf carefully. Send pressed leaves to one of your kind friends, and tell them how they are like the leaves. Another option is uncooked potato instead of leaves.

*Reflection. Lead a discussion about everyone being unique and how good leaders know and appreciate the special qualities and abilities of all members of the group. Use open-ended questions until the teaching points are all brought out. Introduction to Leadership Skills for Crews, No. 511-013 (2011) Page 47*

<http://www.scouting.org/filestore/training/pdf/511-013WB.pdf>

## **SONGS**

My home state is very big...My home state is lots of fun. It's a place where I can hike...Ride my bike and play and run.

There are places I can see...Places I just love to be.

I feel safe and I feel free...Because my home state's for me!

## **To The Woods**

*Greater St. Louis Area Council*

Tune - "It's Off to Work We Go"

Hi ho, Hi ho, it's to the woods we go.

To catch some snails on backwoods trails.

Hi ho, hi ho, hi ho.

Hi ho, Hi ho, it's in the woods we go.

To gaze at stars, won't hear no cars.

Hi ho, hi ho, hi ho.

Hi ho, Hi ho, it's through the woods we go.

To search the skies for butterflies.

Hi ho, hi ho, hi ho.

Hi ho, Hi ho, out of the woods we go.

We'll pitch our tent, our legs are spent.

Hi ho, hi ho, hi ho.

## **Take Me Out To The Forest**

*Piedmont Council*

(Tune: Take Me Out To The Ball Game)

Take me out to the forest.  
Let me hike in the wild.  
Show me a skunk and a few bear tracks.  
I won't care if I never come back.  
But it's look, look, look, at your compass.  
If it rains, then it pours.  
And it's ouch, slap, sting and you're bit  
In the great outdoors!

## **A HIKING WE DID GO**

*Piedmont Council*

Tune: Old MacDonald

Our leaders took us on a hike,  
A hiking we did go.  
And on this hike we saw an Owl,  
A hiking we did go.  
With a who, who here  
and a who, who there.  
Here a who, there a who  
Everywhere a who, who.  
Our leaders took us on a hike,  
A hiking we did go.  
2. Cougar - roar, roar  
3. Hawk - uh-ah uh-ah  
4. Fox - yip, yip  
5. Snake - sss, sss  
Our leaders took us on a hike  
A hiking we did go.  
And on this hike we saw the end of the trail,  
So we all went home.

## **Happy Trails**

By Dale Evans

*Piedmont Council*

Happy trails to you  
Until we meet again;  
Happy trails to you  
Keep smilin' until then.  
Who cares about the clouds if we're together?  
Just sing a song and bring the sunny weather.  
Happy trails to you  
Till we meet again.

## **Up the Cub Scout Mountain**

*San Gabriel Valley, Long Beach & Verdugo Hills  
Councils*

(Tune: Clementine)

Rocky Mountains, Appalachians,  
And Sierra reaching high.  
Cub Scouts climbing up the mountain,  
Striving hard to reach the sky.  
First the Tigers, with their parents,  
Learning as they climb along.  
Then the Wolf den hits the Cub trail,  
Hear them as they sing their song.  
Now the Bears are climbing upward,  
Heading up the trail they chose.  
As they climb their hearts are set on  
The next hike as Webelos.  
Webelos set their mark higher  
Following the Arrow of Light.  
Now they dream of Scouting's Eagle,  
As they sleep at camp tonight.

# **ADVANCEMENT & RECOGNITION CEREMONIES**

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

On a large sheet of butcher paper, draw a hiking trail.  
Mark the trail with a sign for Bobcat, then  
move down the trail and make a sign for Tiger Cubs, then  
further on for Wolf, Bear, and Webelos  
Scouts. Decorate the trail with sketches of trees, bushes,  
and rocks. Add photos of the Cub Scouts  
doing activities in their den and pack. Attach awards to  
cutouts of boots or large paper footprints,  
and place the cutouts at appropriate places along the trail.  
Lay out the prepared paper trail. When presenting awards,  
the Cubmaster can add statements such as:  
"You put your best foot forward and showed your fitness  
to earn your \_\_\_\_\_ Award."  
"You've made great strides in Scouting! Congratulations  
on earning your \_\_\_\_\_ Award."  
"We'd walk a mile to shout out how proud we are that you  
earned your \_\_\_\_\_ Award."

## **Advancement Tree Ceremony**

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

Equipment: A 3-foot high tree limb with several branches  
placed upright in a flowerpot or plaster of Paris holder.  
Paper leaves with the name of each Scout earning an  
award along with his badge are attached to each leaf.  
CUBMASTER: This little tree would be very comfortable  
in our local park, where it would receive the nutrients,  
water, and sun to thrive and grow healthy and strong.  
Tonight, it symbolizes those Scouts who have grown  
strong and healthy in Scouting. Just as it takes time and  
nurturing for this tree to grow, it takes time and nurturing  
for our Cub Scouts to earn their ranks by showing their  
fitness in Cub Scouting. (The Cubmaster calls up Cub  
Scouts and families for recognition.)

## **Slice of a Tree**

Idea: Cut a branch from a tree and “Plant” it in a bucket or pot...hanging the awards from the tree. Have a large slice of a tree that shows the rings.

**Cubmaster:** Look at the rings on this piece of tree. You can tell the age of the tree by the number of rings. You can also tell how much water the tree received in each year by how far apart the rings are. The more water, the further apart the rings are. How about our Cub Scouts? Can we tell by how tall they are? Can we tell by how many ranks they have earned? What is the true measure of each boy? I feel it is in his heart and the growth in citizenship, character and physical fitness. We are all working towards the best of each boy....look at how hard they have been working this past month to earn their awards.....then proceed to call the boys up and take their awards off the tree and present them. (give each Cub a neckerchief slide made from a slice of a tree with each award....from a small branch of a tree.)

### **Let the Compass Guide You**

*Piedmont Council*

Props: Demonstration compass made of heavy cardboard. Parts can be done by same person or separated as shown.

**Cubmaster:** We look to the compass for our guide (Hold up Compass Prop), to point us in the right direction while hiking

**Tiger DL:** Similarly, we start guiding our Tiger Cubs onto the path of Cub Scouting. (Call boys and parents forward and present awards.) **Lead Cheer**

**Asst CM:** To the east, we find a Cub ready for his Bobcat Badge. (Call boy(s) and parents forward and present badge.) **Lead Cheer**

**Wolf DL:** To the South is the Wolf with his spirit of adventure. (Call boy(s) and parents forward and present awards.) **Lead Cheer**

**Bear DL:** To the West is the Bear hunting on the trail of Scouting. (Call boy(s) and parents forward and present awards.) **Lead Cheer**

**Webelos DL:** To the North is the Webelos about to realize his boyhood dreams, alive with Scout Actions. (Call boy(s) and parents forward and

present badge.) **Lead Cheer**

**Cubmaster:** Let the compass guide all of you on your trials and may you carry into your adult lives the ideals of Scouting. **Lead Cheer for all**

### **Planting a Tree-**

*Greater St. Louis Area Council*

#### **Setting:**

- A large tree, cut from cardboard and set firmly in a stand.
- A large green construction paper leaf for each boy who will receive an award. If desired, names can be written on the leaves.
- As each person receives his award, he tapes his leaf on the tree.

**CUBMASTER:** What do we plant when we plant a tree?  
A thousand things that we daily see!

The paper for books from which we learn,

Tools to help us do a good turn,

The wood for a Pinewood Derby car,

For model planes that we can fly far,

We plan the staff for the flag of the free,

Yes, we plant all these when we plant a tree.

But what do we plant when we plant a lad?

With the help of high mother and his dad,

We plant a Cub who'll become a Scout,

We plant ideas that will round him out,

The silk, the games, the joy to be had,

We plant a Scout when we plant a lad.

*(Cubmaster calls boys and parents forward to receive awards. As awards are presented, each boy tapes his leaf on the tree.)*

You have all helped make this tree more beautiful, and it is a part of you. Just as Mother Nature's trees endure for many years, you have learned many things from your achievements, electives, and activity badges that will last you a lifetime.

May you always stand straight and tall like a tree, and be a worthwhile resource of our country.

What do we do when we plant a lad?

We plant a Scout when we plant a lad.

## **CUBMASTER'S MINUTE**

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

As you walk through the park, have you thought about the information the trees have to tell us? Each ring in a tree trunk tells us about each year it has lived—how much water and food it received, what stressful situations it has survived, how much sunlight was available. Trees tell us how they managed through each stage in their life. People are a lot like trees. Each experience we have in our lives affects us in much the same way. We stay fit and healthy by making sure we take good care of ourselves to grow straight and tall like the trees we see in our parks, with all the food, water, and sunlight we require. Let's take care to stay fit and healthy so we, like the trees, grow strong and tall!

Did you ever pause to think about how helpful a tree is? It provides a nesting place for birds, shade from the sun and protection from the rain. It discards its dead branches providing wood for fires and cooking food. It adds beauty to the countryside. We must admit that a tree gives a lot more than it receives. We can learn a lesson from a tree...by doing our best to always be helpful to others by putting others first and ourselves second. Remember the lesson we learn from the tree...to give to others more than we receive.

### **Founding Fathers:**

I would like you to think for a moment about the 56 men who signed the Declaration of Independence over 200 years ago. These men were wealthy landowners, lawyers, doctors, judges, educators, merchants, and businessmen. In the war that followed, five were captured or imprisoned. Nine died of wounds or hardships. Twelve lost their homes. Seventeen lost everything they owned. Every one of them was hunted. Most of them went into hiding to escape the British. They were offered immunity, rewards, the return of their property or the freedom of loved ones if they would give up their cause. That cause was the fight for freedom and not one of them gave up the cause. Not one man broke his pledge. Because of men like that...men of dedication and purpose...we enjoy living in a free country today.

### **Bird Nest**

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

**Materials:** Picture or drawing of a bird's nest (or the real thing).

This nest might have been a home for baby birds. Those baby birds are much like the boys who are growing up in our Pack. As these baby birds grow, so does a boy. They will be fed and nurtured by their families. They will watch the example of other birds as they fly through the skies around them.

One day, the birds will leave their nest, just as birds have always done and will continue to do. They will have grown into adults and will play an important role in nature.

A boy will do the same as he grows and flies into adulthood. He will become an important member of his community and his country and will be a leading citizen for all to see and admire.

To grow into manhood, a boy must have nourishment for his body and his mind. He must be nurtured by his family and his community along the way, if his ideas and character are to develop. Our community and our country need this growing youth. Our pack will fly only if we, as families, continue to nourish our youth.

### **A Nature Minute**

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

I am part of Nature. I am part of everything that lives. I am bound together with all living things in air, in land, in water. My life depends upon Nature, upon its balance, upon its resources and upon the continuity of both. To destroy them is to destroy yourself. As a member of the human race, I am responsible for its survival. I am a part of Nature, and I will not destroy it.

### **A Naturalist Is... (Cubmaster Minute)**

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

No matter where you live, there is a world of undiscovered secrets of nature still waiting to be explored.

A naturalist is a student of natural history, which includes the many things found in nature such as plants and animals. This month, our dens have (briefly review some of the den activities and the theme)... There are many more interesting activities to help you Cub Scouts learn more about the world of nature and to develop an appreciation of it.

A naturalist stands like Columbus on the bow of his ship with a vast continent before him... except that the naturalist's world can be at his very feet... a world to be investigated and discovered. It is as near as your own backyard - a nearby park, the woods and fields or even a country road. These places are inhabited by many kinds of insects, birds, plants, animals, trees and other forms of life.

Continue exploring the world of nature and you will find many wonderful things that God has given us to enjoy.

## **CLOSING / FLAG CEREMONIES**

*BSA Monthly Pack Meeting Plans: May ...: Destination Parks*

CUB SCOUT 1: I go to the skateboard park a lot with my friends. It keeps me fit and healthy, with fun that never ends.

CUB SCOUT 2: I love the bike trail in my park; I exercise my muscles. As I get peddling stronger, my pace really hustles.

CUB SCOUT 3: My favorite thing is walking; I do it every day, to and from the park I go, with my best friend, Jay.

CUB SCOUT 4: A swimming pool is in my park, I love to take a swim. I often race my friends across, and very often win.

CUB SCOUT 5: We all enjoy our local parks and know for us it's good, to get outside and meet our friends, not just because we should.

**NATURE AND THE GOOD VISITOR**

*Piedmont Council*

**COMMITTEE CHAIRMAN:** Our pack meeting tonight brought us all together to think about nature. We can enjoy the great outdoors but we must think of others who will follow us. Wherever you go in the great wide world of nature, try to be a "good" visitor who will leave the plants and the creatures for others to enjoy after you leave.

The only shots I took were snapshots.

I tried to walk on pathways to keep off plants.

When I see animals or birds, I try to remember that I am a guest in their living place and I don't do anything to them but look at them.

The one big thing I always do when I am ready to go home is to look and see that all fires are out in nature's backyard.

**CUBMASTER:** With Cubs and Webelos like you to help keep our friends on the ball, I'm sure that the beauties of nature will be around for years to come. Thanks Cubs, Good night.

Cub # 1: May the silence of the hills,  
Cub # 2: The joy of the wind,  
Cub # 3: The music of the birds,  
Cub # 4: The fire of the sun,  
Cub # 5: The strength of the trees,  
Cub # 6: And the faith of youth,  
Cub # 7: In all of which is God,  
Cub # 8: Be in our hearts now and evermore.

### **I Will**

*Greater St. Louis Area Council*

***The San Gabriel Valley, Long Beach & Verdugo Hills Councils' Pow Wow Book listed this as an Opening Ceremony. Your choice. CD***

Have a Cub Scout read the narrative or pass out cards so the entire audience can read this pledge in unison or have 5 or 6 Cub Scouts repeat the lines from the cards.

Xuβ # 1: This is my country I will use my eyes to see the beauty of this land.

Xuβ # 2: I will use my ears to hear it's sounds.

Xuβ # 3: I will use my mind to think what I can do to make it more beautiful.

Xuβ # 4: I will use my hands to sere and care for it.

Xuβ # 5: And with my heart, I will honor it.

### **Benediction**

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

## **RESOURCES**

### **UTAH National Parks** [www.nps.gov](http://www.nps.gov)

Arches National Park

Bryce Canyon National Park

Canyonlands National Park

Capitol Reef National Park

Zion National Park

### **UTAH State Parks** [www.utah.com/stateparks](http://www.utah.com/stateparks)

Antelope Island State Park

Bear Lake State Park

East Canyon State Park

Coral Pink Sand Dunes

Dead Horse Point

Escalante Petrified Forest

Goblin Valley

Goosenecks of San Juan

Great Salt Lake State Marina

Historic Union Pacific Rail Trail

Jordanelle State Park

Kodachrome Basin

Monument Valley

Rockport State Park

Snow Canyon

This is the Place Heritage Park

Willard Bay State Park

Wasatch Mountain

### **Other Places to Visit**

Cedar Breaks National Monument

Dinosaur National Monument

Flaming Gorge National Recreation Area

Glen Canyon National Recreation Area  
Golden Spike National Historic Site  
Grand Staircase... Escalante National Monument  
Hovenweep National Monument  
Natural Bridges National Monument  
Rainbow Bridge National Monument  
Timpanogos Cave National Monument

This is the web page for Utah's National Parks Patch and Utah's National Monuments patch  
<http://www.utahscouts.org/camping-activities/activity-patches/23433>



The **Utah's National Parks** patch can be earned by completing 10 requirements such as visiting a National Park, describe what nature's role was in creating the park, etc. Select the requirements and application form you need: for Boy [Scout requirements](#), for [Cub Scout requirements](#).



**Utah's National Monuments** patch can be earned by completing 10 requirements such as visiting a National Monument, signing the register, touring the area and other interesting items. This award can be earned by Cub scouts also. Select the requirements and application form you need: for [Boy Scout requirements](#), for [Cub Scout requirements](#).

#### Things to Do –

*Greater St. Louis Area Council*

- Learn the rules of safe hiking and Leave No Trace.
  - Have each scout make a hiking backpack with first aid kit, food, water, sunscreen, bug spray, and poncho.
- Take your pack to a local state or national park in your area. Go on a hike and have a picnic.**

#### National Park Service

[www.nps.gov](http://www.nps.gov)

*San Gabriel Valley, Long Beach & Verdugo Hills Councils*

The National Park Service manages over 385 National Parks. They have a great website that lists all the Parks in the system. They also have a site dedicated to kids that includes the Junior Ranger Program, Web Ranger Program and fun activities.  
(<http://www.nps.gov/learn/juniorranger.htm>)

#### Junior Rangers

Many National Parks offer visitors the opportunity to join the National Park Service Family as Junior Rangers. Interested students complete a series of activities during their park visit, share their answers with a park ranger, and receive an official Junior Ranger badge or patch and Junior Ranger certificate. Scouts who complete this program also usually complete an achievement or elective for their rank. If you are planning to visit a National Park, check the website to see if that park offers a Junior Ranger Program.

<http://www.nps.gov/webrangers/>



#### Web Ranger Program

The website also offers a Web Ranger Program based on the Junior Ranger Program. If you cannot visit a National Park you can still explore the National Park system and become a Web Ranger. They have age appropriate activities for ages 6-9, 10-12 and 13 & up.

#### State Parks

Utah has more National and State parks than any other state. It is truly a beautiful place.

#### 12 Different ways to Hike-

*Greater St. Louis Area Council*

1. Nature Hike- to look and listen
2. Treasure hike- a trail laid out with treasures at the end
3. Historical hike- to learn about historical landmarks
4. Snoop hikes- to explore and check out oddities
5. Craft hike- Gather items for a craft project
6. Baby hike- look for "baby signs" in nature...make a list
7. Detective hike- to spot and list all signs of man in nature
8. Heads or tails trail hike- Flip a coin each time you come to a crossroad
9. Breakfast hike- Reach your destination in time to see sunrise
10. Rain hike- To get out in the liquid sunshine to see nature in the rain
11. Pioneer hike- Go without equipment, improvising along the way

12. Collecting hike- collect rocks or other items of interest

## **20 Plus Different Hikes**

### *Piedmont Council*

1. TREE HIKE: See how many different kinds of trees you can find. Get descriptions of bark, seeds, leaves, etc.
2. BIRD WATCHING HIKE: Describe the birds they see; size, coloring, beak type, where they are. Take a bird identification book or someone who knows birds.
3. INDIAN HIKE: Practice walking like Indians, as quietly as possible, in a single file.
4. SOUND HIKE: Hear and identify all sounds heard along the way.
5. WATER HIKE: Follow a stream or brook. Look for all sorts of water life such as 'skater' bugs, tadpoles, fish, etc.
6. HOMES HIKE: Look for nature's homes, like nests, holes, spider webs, etc. (Don't disturb them! Don't put your hand in a place you can't see, either.)
7. MAP HIKE: Make a sketch of your route as you proceed.
8. CURIOSITY HIKE: Find some odd or curious object along the way, such as bark, stone, stick, etc. By using your imagination, tell what the object represents.
9. RAINBOW HIKE: Find and list as many colors in nature as possible. Especially good after a rain.
10. COLORS HIKE: Give each boy a list of colors to try and locate on the hike. The items can be collected or simply noted, depending on the area you are in.
11. CRAFT HIKE: Collect nature items to work with later in crafts projects. Rocks can be turned into animals, leaves can be used for splatter painting, dried weeds, flowers, pods, seeds and the like can be glued into nature pictures. (Check with the park first to see if you can take anything out of the area.)
12. ONCE AROUND THE BLOCK: Hikers go "once around the block (or a short distance)" then their observations are tested. Who has seen the most round things? What kinds of trees were seen? What did you see that was orange? etc.
13. A WONDER-FULL HIKE: At each destination point or rest stop, each hiker tells of the "most wonderful" thing he saw on the way. Stops can be as frequent as you desire.
14. BLINDFOLD HIKE: Divide boys in pairs. Have one blindfolded. The other leads him a short distance, quietly and slowly. Encourage the blindfolded boy to listen, smell and feel the surroundings. Trade places.
15. SEALED ORDERS HIKE: Group lays trail using notes that give directions of how to go and what to do on the way.
16. ONCE AROUND THE BLOCK : Hikers go 'once around the block', then their observations are tested. Who has seen the most round things? What did you see that was orange? What are the names of the streets we were on? Did we pass and businesses, schools, gas stations? Name them. etc.
17. COME TO YOUR SENSES : Hike, stopping often to see, hear, feel, smell, and, with caution, taste things along the way. Feeling is a special delight. Touch the bark of trees, moss, flower petals. Sniff the air. Listen for special sounds. Document in a notebook, do the hike again, are the sounds and smells the same or different?
18. STOP AND SPOT : While hiking, the leader stops and says: "I spot a ??????" naming a familiar object. Everyone in the group who sees the object will raise his hand or sit down. This sharpens the skill of observation.
19. OBSTACLE COURSE : Some boys have never climbed a tree, walked a log, gone through a fence, or chinned themselves on a tree branch. To give them this experience: pick a trail which will provide something such an obstacle course. Don't destroy property or trespass.
20. EXPLORE A TREE : Blindfold the Cub Scouts, one at a time, and ask them to explore a tree. Ask them to think about how it feels, smells etc. Is the bark rough or smooth? Are the leaves damp or dry? What does it smell like? While one boy does this, the others observe, by sight, things about the tree such as color, height, etc. After all have explored let them compare the results. Help them identify the tree.