

COURAGE: JULY 2013 CUB THEME FOR DEN LEADERS

Cubs in Shining Armour

Core Values & Character Connections (know-commit-practice):

Courage: Being brave & doing what is right regardless of our fears, the difficulties, or the consequences. Cubs will learn that courage means making the right choice & doing what is right no matter what their friends are doing.

Tiger	Requirements/Electives	With Family *A.= Achievement & *E.= Elective
	*A. (#?) Visit police or fire station, ask how they help the community?	
	*E. 41 visit train or bus station/or boat dock	

Wolf	Requirements/Electives	*A. = Achievement & *E. = Elective
Making Choices [a+4 more]	*A. 12A (Character Connection for Courage), *A. 5B-K ("What if...? situations-read from book),	
It's a Secret	*E. 1D (use 12 American Indian signs to tell a story)	
American Indian Lore	*E.10A (read a book or tell a story about American Indians, past or present), *E. 10B (make a musical instrument American Indians used) *E. 10C (make traditional American Indian clothing), *E.10D (make a traditional item/ instrument American Indians used to make life easier) *E.10E (make a model of a traditional American Indian house) *E.10F (learn 12 American Indian word pictures & write a story with them)	
Sports	*E. 20B (know boating safety rules)	

Home Work-given at beginning/verify at end of month:

Bear	Requirements/Electives	*A. = Achievement & *E. = Elective
Space	*E. 1A (identify 2 constellations & the North Star in the night sky), *E. 1B (make pinhole planetarium, show 3 constellations), *E. 1C (visit a planetarium), *E.1D (build a model rocket or space satellite), *E.1E (read & talk about 1 man-made & 1 natural satellite) *E.1F (find picture of another planet, explain differences from Earth)	
Boats	*E. 5A (with adult, rig & sail a real boat), *E. 5B (with adult, help repair a real boat or canoe), *E. 5C (know flag signals for storm warnings), *E. 5D (with adult, help repair a boat dock), *E. 5E (with adult, both wearing PFDs, row a boat around a 100 yard course that has at least 2 turns, demonstrate=forward stroke, turns to both sides, & back stroke) ***Leader(s) require completion of Safety Afloat Training. (See http://olc.scouting.org/)***	
American Indian Life	*E. 24A (name American Indian nation that lives(d) where you do, learn about these people), *E. 24B (learn, make equipment, & play 2 native American games with den. Tell the rules, who won, & the score) *E. 24C (learn about American Indian shelter (past & present), make a model of one kind, compare yours with the kinds others in your den made),	

Home Work-given at beginning/verify at end of month:

Patches: *U of U Observatory

Belt Loops: Astronomy

FUN FOR THE FAMILY

1. Shaping Your Family Identity	C-Family Ancestors, F-Family Reunion, N-Milestone Celebration
2. Developing Personal Skills	Q-Talent Show
3. Building a Family Team	I-Follow the Leader
4. Connecting with your Community	I-Fire Hydrant Care

Courage -Talk about using the “Courage steps” when they find themselves in a difficult situation - Be brave, be calm, be clear, be careful. Learn some first aid skills while you are doing this. There are emergency/first aid requirements at every Cub Scout level.

Talk about the courage people need when things don’t go as planned.

Talk about the courage needed to serve our country. If possible, visit a military base.

Make your own Indian Vest vest:

Cut the bag down the middle on one side for the vest opening. Cut the sides for armopenings. Trim the bottom of the bag to fit the Childs height and the top to fit around the Childs neck. Then on the side that hangs down make it fringe. Have the boys color designs on the front.

From other pieces of the paper bag cut out a headband. Have them color it.

Make a loincloth with a paper bag. Just make it have a fringe and color it. It should stick in their jeans.

CUB GRUB

Watermelon Pop Stars (Catalina Council)

Ingredients: Watermelon Popsicle sticks Star-shaped cookie cutter

Instructions: Use a cookie cutter to cut juicy star shapes from 1-inchthick slices of seedless watermelon. Insert a Popsicle stick into each star, then set the pops on an aluminum foil-lined baking sheet. Cover the stars with another sheet of foil and freeze for 1 hour or until firm.

Frozen Grapes

Ingredients: Grapes

Instructions: Rinse grapes well. Dry as much as possible. Pull off grapes and lay on wax paper lined cookie sheet. Place in freezer and freeze. Take off of wax paper and put into baggie(s). Eat! Yum!

Mini Indian Corn

- Rectangular Graham Crackers (we used the kind that break into 3 crackers)
- Chocolate icing
- Reece's Pieces (one pack will make about 4 corn)
- Yellow muffin liners (one for each corn)
- Glue

Here's how you make them...



1. Spread chocolate icing on the graham cracker.



2. Press your Reese's Pieces into the icing, cover the graham cracker.



3. Flatten your muffin cup, then fold it in half.

4. Place your corn in the center of the folded muffin cup (folded side down), fold over one side...

5. ...then fold the other side, and put a dab of glue to hold the muffin cup together.

If you're doing this craft with young children, you may choose to let the icing and Reese's Pieces "set" before you place them into the muffin cups. If the icing and candy haven't hardened into place they may shuffle around a bit if they are handled roughly.

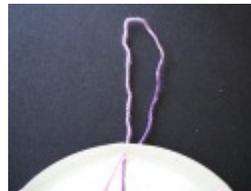
Yarn Dream Catcher

Here's what you'll need...

- Sturdy paper plate OR cardboard
- Yarn
- Scissors
- Beads
- Tape or glue

Here's how you make it...

1. Cut your paper plate or cardboard into a ring. It's important that the material you are using for your ring is sturdy, otherwise it will just buckle when you begin to wrap the yarn around it.



2. Cut slits all around your paper plate, make at least 8 slits around.

3. Glue or tape the end of the yarn to the back of your ring. Begin to string your yarn through the slits all around the ring, making an uneven criss-cross pattern.

4. When you are happy with your pattern cut the yarn, leaving a little extra. Glue or tape the extra yarn to the back of the ring, making it into a loop shape to hang your dream catcher.

5. Cut 3 lengths of yarn, tie a knot at the end of each. String beads onto the yarn and glue or tape them to the back of your dream catcher.

Other options for this craft include, gluing feathers onto the ends of the beads and, stringing beads on your yarn before you start threading through the slits in the ring, the beads will show up in the middle of your dream catcher.

We used variegated yarn for our dream catcher, this is yarn that is made with more than one color. This type of yarn makes for a really colorful dream catcher!



Supplies for making your own Paint Stick Sword (in case the picture was not self explanatory enough):

- JUMBO Paint Sticks stirrers. I get from Lowe's or Home Depot. They give me a few for free, but when I've asked for more than five they charge like 25 cents a pop.
 - Something to sand with. I love me some power tools.
 - Spray Paint. I used primer first. Splurged on some serious metallic paint.
 - Black Electrical tape.
 - 2 Jumbo Popsicle Sticks per sword. Also not pictured, but very important if you want to make a sword, not just a shiny paint stick.
 - Get Papa Murphy's pizza baking trays are for shields. Painted gold with designs on the front in any color.
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- ◆ Got everything? Ok we are ready to roll.
 - ◆ Knights in Shining Armour
 - ◆ Get Paint can stirrers
 - ◆ {Step One}
 - ◆ Sand paint sticks. Round the corners off. Get rid of all those pointy corners.
 - ◆ {Step Two}
 - ◆ Spray paint a primer base coat. Let dry. Paint with your metallic paint. Let dry.
 - ◆ {Step Three}
 - ◆ it's called a guard. Use two Jumbo Popsicle Sticks for each sword. Use a little bit of hot glue. Glue one stick on the top and one on the bottom.
 - ◆ {Step Four}
 - ◆ Get your Electrical Tape. Wrap it all around the guard. Give it a good couple layers. Cover it all over.
 - ◆ {Step Five}
 - ◆ Paint the Shield any color. Every Good sword fight needs a shield.

Hikes: Meet the challenges of the hike. Plan ahead for situations that will challenge the boy's courage, including hug a tree if "lost."

Nature Activities: Study a certain species and how it reacts to danger, paying

attention to how adults are courageous when guarding their young.

Service Projects: Arrange for a safe visit to a food kitchen or homeless shelter and talk about how it takes courage to ask for help from others and courage to help those who are different us.

Games and Sports: Play a game in which a boy has to ask for help from someone else. For some people, admitting they need help takes courage.

Ceremonies: Award the "Lion's Heart" to a boy who shows real courage in any appropriate situation. Get all Leader's involved - two eyes are better than one.

Cheers:

Knight Applause: Kneel and place your right hand on your left shoulder, then on your right shoulder, while saying "I dub thee Sir Knight!"

Maid Marion Applause: Tell the audience they are going to cheer until the handkerchief touches the ground. Hold the handkerchief in the center, hold your head up, point your nose in the air, put the other hand on your hip, then drop the handkerchief.

Crusader' Shout Shout: "For God and King!"

Courage: Sung to the tune of "I've been working on the railroad."

I've been working on my courage, I can do anything

I've been working on my courage, If problem comes along I'll sing.

I can even handle darkness; Dentists, Doctors, More...

I can even handle bullies and strangers at my door.

Run ons: I cannot tell a lie, I chopped your announcements in half. (Cut some papers in half.)

Boy comes in jogging, then jogs in place in front of the speaker.

Someone asks: What are you doing?

Boy says: Waiting for the light to change. Then he runs off.

1st person: "Excuse me, but is that the sun or the moon?"

2nd person: "I don't know. I'm new to these parts too."

Big Chief: Bring in 10 scalps, kill 5 buffalo bare handed and go into desert without water for a moon.

Then I will pronounce you Big Brave. You understand?

Indian Brave: Yes. What do I do to get pronounced Little Brave.

First Scout: I bet I can jump higher than a house.

Second Scout: I bet you can't.

First Scout: Yes I can. Did you ever see a house jump.

Leader: I can make everyone in the audience into an old fashioned Indian.

Audience: How?

Leader: (Leader raises right hand and then says, "How!")