

# **HEALTH AND FITNESS**

## **May Theme**

### **DEN LEADER SECTION**

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

Health and fitness is not just about keeping our body healthy and fit; it is also about our mental health and fitness and how to avoid the negative influences that surround us every day. We all must learn to make the right choices in everything we do. By participating in the Cub Scout Academics & Sports program, Cubs & their families develop an understanding of the benefits of being fit & healthy.

### **EDGE**

**(Explain, Demonstrate, Guide, Enable)**

**FIELD TRIPS AND TOUR PLANS.** Discuss the current policy on what constitutes a local outing and when tour plans are required. Keep in mind that your local council may have additional policies for processing these forms. Be sure to include both hard copy and online resources and the method of completing each. Encourage leaders to share some of the best field trips or outings they have taken with their dens and packs.

Demonstrate the Cub Scout motto (Do Your Best) using American Sign Language (ASL). Have your leaders teach it to each other. There are several free resources to help you, including websites such as the online dictionary found at [www.aslpro.com](http://www.aslpro.com).

Some Belt Loops such as Good Manners and some patches such as Good Turn for America can also help teach Compassion.

### **WOLF ACHIEVEMENTS**

**Ach. #1** – Do any of the Feats of Skill as a way to practice fitness.

**Ach. #3a, b, c** – Make a chart and keep track of good health habits for two weeks; Tell four ways to stop the spread of colds; Show what to do about a small cut on your finger

**Ach. #4f** - Wide Area or Group Game with Den or Pack

**Ach. #8a, b** – Study the Food Guide Pyramid and name some foods from each food group; Plan the meals your family should have for one day, using foods from at least three of the food groups at each meal.

**Ach. #9e** – Know the rules of bike safety – always wear a bicycle helmet!

**Ach. #10c** – Plan a walk with your family. Physical outdoor activities are great for health and fitness

### **WOLF ELECTIVES**

**Elect. #2** – Help to plan and put on a skit about how to be fit and healthy.

**Elect. #4f** – Get moving outdoors – play a wide area or large group game with your den or pack. Check for ideas under Games.

**Elect. #5a, b, c, d** – Have some active fun outdoors – make and fly a kite – be sure to read and know the safety rules for flying a kite first!

**Elect. #7a, b, c** – Learn to walk on a pair of stilts; Make a pair of puddle jumpers and walk with them; Make a pair of “foot racers” and use them with a friend – each activity could be part of a physical relay game.

**Elect. #11f** – Sing a song about Health & Fitness with your den at the Pack Meeting.

**Elect. #18a, b** – Help plan and hold a picnic with your family or den; With an adult, help plan and run a family or den outing; (a kite flying activity, hike, bike ride)

**Elect. #18d** - help plan and lay out an obstacle race; you could use the requirements of

**Elect. #7** – Foot Power, the stilts, puddle jumpers and foot racers as part of an obstacle course.

**Elect. #20** – Do any of the suggested activities to improve your fitness by getting physically active – but be sure to go over Sportsmanship and any Safety Rules for the activity FIRST! Many sports are represented in this section – check it out!

**Elect. #23b, c, d** - In order to stay healthy, make sure you are prepared for outdoor activities and camping by doing these requirements

### **BEAR ACHIEVEMENTS**

**Ach. #8b** – If you talk with a long-ago scout, find out what kind of fitness activities they did – you might be surprised!

**Ach. #9b, d, e, f** – With an adult, make snacks for the next den meeting – choose a healthy one! Check the ideas in Cub Grub; make a list of junk foods you eat – then do the “Take Five” Challenge to make better choices; make healthy trail food for a hike; with an adult, make a healthy dessert for your family

**Ach. #12b, e** – Go on a hike with your family, after you make sure you are prepared; Plan an outdoor family day that includes some physical activity

**Ach. #13a, g** – Go grocery shopping with an adult member of your family and compare prices of different brands and at different stores, and also compare prices based on nutritional value; With an adult, figure out how much it costs for each person in your home to eat one meal – choose a meal that has good nutrition value based on the Food Pyramid.

**Ach. #14f, g** – Ride a bike for 1 mile without rest – be sure to obey traffic and safety rules; Plan and take a family bike ride.

**Ach. #15a, b, c** – Set up equipment and play two outdoor games with family or friends; Play two organized games with your den; Select an (active) game that your den has never played, explain it and play it with them.

**Ach. #16** – Do any or all of the activities – they will help you Build Muscles!

**Ach. #18c** – Keep a daily record of your activities for 2 weeks – look to see if you were following the rules for being healthy and fit.

**Ach. #23c** – Take part in one team and one individual sport to improve your fitness.

**Ach. #24c** – Plan and conduct a den activity with the approval of your leader – choose an activity that involves becoming fit or learning about being healthy.

### **BEAR ELECTIVES**

**Elect. #5e** - With an adult on board, and both wearing PFDs, row a boat around a 100-yard course that has at least two turns. Demonstrate forward strokes, turns to both sides, and backstrokes. Review Boating Safety Rules BEFORE you start!

**Elect. #18a, d** – Build and use an outdoor gym with at least three items from the list on page 250; Hold an open house so everyone can enjoy your gym!

**Elect. #19** – Do any or all of the Swimming requirements – make sure you have an adult with you who can swim.

**Elect. #20** – Choose any or all the requirements to help improve your fitness by physical activity. Read and follow the Safety Rules for any of the activities!

**Elect. #25b** – Go on a short hike with your den, following the buddy system and telling what to do if you become lost.

## **DEN ACTIVITIES**

### **HIKING**

- 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.

Here is a list of things you should always have with you when you go exploring outdoors. They will help you to stay safe and help you to be prepared for an emergency.

- An adult (they can help you carry all this stuff!)
- A map of the area
- A compass
- Extra food and water
- Extra clothes, especially rain gear
- First Aid kit
- Sunscreen and sunglasses
- Flashlight with extra batteries and bulbs
- Pocket knife (carried by your adult)
- Waterproof matches or lighter for emergencies (carried by your adult)

### **DIFFERENT TYPES OF HIKES**

NATURE HIKE- to look and listen

TREASURE HIKE- a trail laid out with treasures at the end

HISTORICAL HIKE- to learn about historical landmarks

SNOOP HIKES- to explore and check out oddities

BABY HIKE- look for "baby signs" in nature...make a list

DETECTIVE HIKE- to spot and list all signs of man in nature

HEADS OR TAILS TRAIL HIKE- Flip a coin each time you come to a crossroad

BREAKFAST HIKE- Reach your destination in time to see sunrise

RAIN HIKE- To get out in the liquid sunshine to see nature in the rain

PIONEER HIKE- Go without equipment, improvising along the way

COLLECTING HIKE- collect rocks or other items of interest

TREE HIKE: See how many different kinds of trees you can find. Get descriptions of bark, seeds, leaves, etc.

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.

INDIAN HIKE: Practice walking like Indians, as quietly as possible, in a single file.

SOUND HIKE: Hear and identify all sounds heard along the way.

WATER HIKE: Follow a stream or brook. Look for all sorts of water life such as 'skater' bugs, tadpoles, fish, etc.

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.)

MAP HIKE: Make a sketch of your route as you proceed.

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.

RAINBOW HIKE: Find and list as many colors in nature as possible. Especially good after a rain.

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.

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.)

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. STOP

AND SPOT HIKE: While hiking the leader stops and says, "I spot a \_\_\_\_\_," naming a

familiar object. Everyone in the group who sees the object raises his hand. This is a good observation game.

**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.

**SEALED ORDERS HIKE:** Group lays trail using notes that give directions of how to go and what to do on the way.

**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?

**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.

**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.

### **HUG A TREE – WHAT TO DO IF LOST**

Have the boys learn the follow five steps that are recommended by the National Association for Search and Rescue. They could save a life.

- Hug a tree – as soon as you realize you are lost, stop walking and “hug” a tree. That is, stay put. Searchers will look for you first at the spot where you were last seen. The closer you are to that place, the faster you will be found.
- Take shelter – it’s easy to carry along a shelter that folds up and fits into your pocket. It’s a big plastic leaf bag. Cut or tear a hole in the closed end for your head to fit through. Then slip the bag on like a poncho. Be sure to keep you face uncovered so that you can breathe.
- Save body energy – if the weather starts to cool off, curl up like an animal in the cold. That will help reserve body heat and energy. Snuggle against a rock, a log, a hill, or anything that will shield you from the wind.
- Make yourself “big” – always carry a whistle when you go hiking. If you hear or see rescuers, make a BIG noise. Blow your whistle, shout, or pound rocks together. If you spot a search plane, stretch out on the ground face up and make slow, sweeping motions with your arms as if you are making a snow angel.
- Remember that people are searching for you – the longer you are lost, the more people will join the search. If you hear people yelling, don’t be frightened, they are exchanging information over wide areas, doing their best to find you. Remember, the searchers won’t give up. They will find you.

### **QUOTES**

“Take only pictures; Leave only footprints; Waste only time.” - Unknown

"It was like lying in a great solemn cathedral, far vaster and more beautiful than any built by the hand of man." - Theodore Roosevelt, on camping in Yosemite

“The open-air is the real objective of Scouting and the key to success.” Lord Baden-Powell”

## PRE-OPENERS

### NATIONAL PARKS MATCH-UP

Match these National Parks to the state in which they belong.

- |                                    |                 |
|------------------------------------|-----------------|
| 1. _____ Badlands NP               | A. Alaska       |
| 2. _____ Crater Lake NP            | B. Arizona      |
| 3. _____ Denali NP                 | C. Colorado     |
| 4. _____ Everglades NP             | D. Florida      |
| 5. _____ Glacier NP                | E. Montana      |
| 6. _____ Grand Canyon NP           | F. Oregon       |
| 7. _____ Great Smokey Mountains NP | G. South Dakota |
| 8. _____ Olympic NP                | H. Tennessee    |
| 9. _____ Rocky Mountain NP         | I. Utah         |
| 10. _____ Yellowstone NP           | J. Washington   |
| 11. _____ Zion NP                  | K. Wyoming      |

Solution: 1-G, 2-F, 3-A, 4-D, 5-E, 6-B, 7-H, 8-J, 9-C, 10-K, 11-I

### TREE CHANGERS

Change one letter in each of these words to find the names of trees:

- |         |           |           |
|---------|-----------|-----------|
| 1. MINE | 2. FIT    | 3. MARCH  |
| 4. YES  | 5. PILLOW | 6. BENCH  |
| 7. OAR  | 8. HATE   | 9. ELK    |
| 10. ASP | 11. PALS  | 12. JOLLY |

### NATIONAL PARKS WORD SEARCH

Find the names of some of our National Parks printed in the word search below. They can be upside down, backwards, forwards or diagonal.

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

ACADIA	BIG BEND	CAPE COD
GETTYSBURG	GLACIER	ICE AGE
MT RAINIER	PRESIDIO	NATCHEZ
SHILOH	TUZIGOOT	WUPATKI,
YELLOWSTONE	YOSEMITE	YUKON
	ZION.	

## ANIMAL TRACKS MATCH

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.)

### OPENING/CLOSING & FLAG CEREMONIES

#### **SMOKEY THE BEAR**

**Props:** Signs for the Cub Scouts to hold. Their speaking part should be on the back in LARGE print.

**Cub # 1:** *(Holds up picture of Smokey the Bear)* In 1944, the National Forest Service, in conjunction with the Advertising Council, originated and authorized a poster, by Rudolph Wendelin, of Smokey Bear as the symbol for fire prevention.

**Cub # 2:** *(Holds up picture of fire)* In May of 1950, during a large New Mexico forest fire, a tiny bear cub found his way up a tree. With badly burned feet and back, the cub clung tenaciously to the side of that pine tree.

**Cub # 3:** *(Holds up picture of a fireman's hat)* He was found by one of the fire crews who had been fighting the fire. The cub was briefly named "Hotfoot" but those involved quickly called him Smokey Bear and he became the living symbol for the poster.

**Cub # 4:** *(Holds up a map of Washington DC)* Once healed he was flown to the National Zoo in Washington, D.C. where he quickly became a "star." In July of 1950, New Mexico, presented Smokey Bear to the school children of America.

**Cub # 5:** *(Holds up a card with the number 20252)* By 1964, Smokey Bear was given his own ZIP code because of the large amount of mail he was receiving. It is said that Smokey received more mail at that time than anyone living in Washington D.C., including the president.

**Cub # 6:** *(Holds up a picture of a stamped envelope)* In 1984, Smokey was honored with a postage stamp that pictured a baby bear hanging onto a burned tree. This is the only time in history that the U.S. postal service created a stamp in honor of a real individual animal.

**Cub # 7:** *(Holds up a picture of a birthday cake)* So, Happy 60th Birthday, Smokey! This summer, as we travel to parks and forests all across this great land of ours, please remember, that,

**ALL: "Only You Can Prevent Forest Fires!"**

**Leader** Please join us in the Pledge of Allegiance to our flag.

## **OUTDOOR ADVENTURE**

**Cub # 1:** America and Cub Scouting are just one big outdoor adventure.

**Cub # 2:** This is my country. I will use my eyes to see the beauty of this land.

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

**Cub # 4:** I will use my hands to serve it and care for it.

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

**Cub # 6:** Many immigrants to America had a really big adventure getting here.

**Cub # 7:** And on their adventure in this country they became loyal Americans.

**Cub # 8:** Let us be like them, loyal Americans. Please join me in the Pledge of Allegiance.

### **I Will**

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.

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

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

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

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

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

## **THE OUTDOOR CODE-**

**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.

### AUDIENCE PARTICIPATION

#### **THE HIKE**

Divide group into five parts.

Assign each a different key word and response

Practice as you assign parts

HIKE: Sing "We're on the upward trail"

BOY(S): Sing "We're happy when we're hiking"

FOOD: Sing "Food, Glorious Food"

BEAR(S): Sing "The other day I met a bear"

LEADER(S): Sing "I've got the Cub Scout Spirit"

The BOYS in Pack \_\_\_\_ were all excited about the big HIKE. All month they learned about the proper FOOD to take and what to wear, especially the importance of good hiking boots. The BOYS were ready. They even knew what to do if they met a BEAR.

Saturday was the big day. Each BOY knew what FOOD he was to bring. On Saturday, the LEADERS and all the BOYS were up early because the HIKE was to start at dawn. The BOYS would HIKE for a couple of hours, then stop to fix their FOOD for breakfast, then HIKE on to the lake where they would fish for their lunch. Everyone arrived on time and soon the LEADERS and the BOYS were hiking up the trail. The sun rose quietly in the east as the BOYS and LEADERS sang as they HIKED.

Soon it was time to stop and fix FOOD for breakfast. The group stopped in a beautiful clearing and the BOYS opened their packs while the LEADERS lit the stoves. But no one had remembered to pack the FOOD for breakfast except Joe, and he had been assigned the salt and pepper! Oh well, at least they could salt and pepper the fish they would catch for lunch.

On up the trail they HIKED. They were getting deeper into the woods and the BOYS began peering deep into the trees, just in case their might be a BEAR. One BOY was sure he had seen a BEAR, but the LEADERS said it was just shadows. Soon they reached the lake. Oh BOY! They could hardly wait to catch their FOOD and cook it for lunch. But when the packs were opened, they made a sad discovery. No one had remembered to pack the fishing gear! Oh No! All the BOYS and LEADERS were as hungry as BEARS!!

What could they do? That's when the LEADERS broke out the granola bars they had been saving for dessert. It wasn't much, but at least it gave them enough energy to make it back down the trail to the cars. It was lucky they didn't see any BEARS, because the LEADERS and the BOYS needed all their energy for the HIKE home. And the first thing they all did when they got back to town was to stop for FOOD at the first burger place they came to. But the next time Pack \_\_\_\_ planned a HIKE, all the BOYS and LEADERS remembered the FOOD.

### SKITS

#### **THE ANTS**

Characters: 6 to 8 Cub Scouts

Props: Paper Sacks

Setting: Skit opens with the boys standing together in a backyard. Cardboard cutout

trees and bushes could be used.

Cub 1: Gee, there's nothing to do.

Cub 2: Yeah, I know.

Cub 3: Hey, let's have a backyard picnic.

All: Yeah!

Cub 4: But it's going to rain.

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

Cub 2: I'll bring the potato chips.

Cub 3: I'll bring the hot dogs.

Cub 4: I'll bring the hot dog buns.

Cub 5: I'll bring the drinks.

Cub 6: I'll bring something special!

(All walk offstage and come back carrying sacks)

Cub 2: Here are the chips.

Cub 3: Here are the hot dogs.

Cub 4: Here are the hot dog buns.

Cub 5: Here are the drinks.

Cub 6: (Drops the sack) Oh, no!

Cub 5: What's wrong?

Cub 6: I brought the ants!

## HOW FAR ??

**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!

## TRACKS

**Setting:** A Cub Scout happens across a set of tracks on the ground and tries to identify them.

Cub 1 enters and notices a set of tracks on the ground. He scratches his head.

**CUB 1:** Hmmm, a set of tracks. I wonder what kind of tracks these are.

(Cub 2 enters and looks down at the ground.)

**CUB 2:** What are you looking at?

**CUB 1:** I found this set of tracks here and I am trying to figure out what kind they are. I think they are wolf tracks.

**CUB 2:** Nope, you're wrong. They look like bear tracks to me.

**CUB 1:** No, they're wolf tracks!

**CUB 2:** No, they're bear tracks!

**If you have more Scouts – add Webelos Tracks, Tiger tracks, maybe Lion Tracks**

Have the Scouts begin to argue about what kind of tracks they are.

A train enters (use 3 or more scouts to be the train) and runs over the two scouts.)

**All:** Hmph! I guess they were railroad tracks!

## CRAFTS

### **GREENHOUSE IN A BAG**

Supplies: Small plastic Ziploc bag, 3 wet cotton balls, 2-3 large seeds (Beans work well), Clear tape

Directions:

1. Place the wet cotton balls in the Ziploc bag with the seeds placed against them,
2. Seal the plastic bag and tape it to a window where there will be lots of sunlight. Your seeds should begin to sprout in about 3-5 days.
3. After your sprouts grow to at least 1 inch, they can be transplanted to soil, so the plant can continue to grow.
4. Make several Greenhouses in a Bag, using different kinds of seeds. Watch the seeds and record, which ones sprout first, and how fast they grow.

### **FRUIT TOTEM POLE**

Supplies: Honeydew Melon; Other fruit (such as Apples, Oranges, Lemons, Pears, etc.); ¼" dowel; 2' long Cord; construction paper, Felt-tip markers, toothpicks

Directions:

1. Put honeydew melon on bottom of totem pole. Coil cord snugly around bottom of melon to keep it from rolling.
2. Insert dowel into middle of melon.
3. Push other fruit onto dowel.
4. Use markers and paper faces, arms, wings to decorate fruit.  
(Use toothpicks to attach paper to fruit)

### **LEAF PLACEMAT CRAFT**

Use real leaves and clear contact paper to make this easy placemat.

#### **Materials:**

Clear contact paper

Leaves

- Go for a walk and collect a wide variety of leaves - as many different colors and shapes as you can find.
- Cut 2 pieces of clear contact paper about 2' long. Remove the backing from one piece.
- Stick the leaves randomly onto the sticky side of the contact paper.
- Once you are satisfied with the design, peel the backing off the second piece of contact paper and cover the leaves with it to seal them in between the contact paper sheets.
- Trim around the edges; use pinking shears or other fancy edged scissors if you like!

### **PINE CONE BIRD FEEDER**

A easy-to-make Pine Cone Bird Feeder. This is a simple project that even young children can help make.

#### **For each Pine Cone Bird Feeder you will need:**

A large, open pine cone

Vegetable shortening, lard or suet

Oats or corn meal

Bird seed

3 feet of string

Tie the string to the pine cone.

Cover the pine cone with the mixture below.

Roll the pinecone in birdseed and then suspend it from a tree branch outside.

**Food mixture:**

Mix ½ cup vegetable shortening, lard or suet with 2½ cups cornmeal or uncooked oats until well blended.

Optional: Add dried fruit (chopped up), chopped nuts, seeds (especially sunflower and millet), and/or suet, which are high-energy bird foods.

**SONGS**

**TAKE ME OUT TO THE FOREST**

(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**

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

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.

## GAMES

### **POPCORN RACE**

This is an outdoor game that can be played at a park picnic with your den or Pack. Prepare a plastic cup for each player by poking a hole in the center of the bottom of each cup and pushing a sturdy rubber band through the hole. Snag a large paper clip so it doesn't slip back through the hole. Give each player 2 prepared cups, and have the players attach the cups on top of their feet, secured by the rubber band around their shoes. Divide the players into two teams. Set up two buckets about ten yards away, side by side and five feet apart. Fill each player's two cups with popcorn. Players race to the bucket and without using their hands, try to empty as much popcorn from each cup on their feet into the bucket, without spilling any of the popcorn on the way to the bucket. After depositing the popcorn, players race back to the start and the next players in the line repeat. The team with the most popcorn in the bucket wins.

### **NATURE HUNT**

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 pinecone
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.

### **CENTIPEDE RACE**

It is best to run this race outdoors on soft ground. If you try it on a hard floor, it will be hard on hands and knees. Divide the group into two teams. The players on each team get down on their hands and knees, one behind the other. The one in back grasps both ankles of his partner in front of him, so that each team forms something resembling a centipede. On signal, the centipedes move away from the starting line, and creep toward the finish line.

### **SNOWFIGHT 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.)

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.

### **RUN-ONS/ JOKES/ RIDDLES**

#### **RUN-ONS**

What would you have if Mount Rushmore threw a football to Pike's Peak?- A mountain pass.

What's the wettest mountain in the world?- Mount Rainier.

Why wouldn't the skeleton climb the mountain? - He didn't have the guts to do it.

Where is Smokey Bear's hat?- On top of old Smokey.

#### **Bee Sting Run-on**

1st Scout: "OOOOOUCH , OOOOOH , OOOUCH."

2nd Scout: "What's the matter with you?"

1st Scout: "A bee's stung my thumb."

2nd Scout: "Try putting some cream on it then."

1st Scout: "But the bee will be miles away by this time."

#### **DEN CHIEF RUN-ONS**

1. Why do mountain climbers rope themselves together? It prevents the smart ones from going home.
2. What did the bug say when it hit the windshield? I sure don't have the guts to do that again
3. Why are mountain climbers curious? They always want to take another peak.
4. What can move trees but not a stone? The wind.
5. Who is the most generous animal in the wild? The skunk—he will give his scent to anyone.
6. What keeps the forest from being quiet? The bark of the trees.
7. What is the best way to start a fire with two sticks? Make sure one of them is a match

#### **JOKES & RIDDLES**

##### **Brain Teasers**

##### **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?

##### **Smoke Screen**

An electric train is moving at the speed of 60 miles per hour against a very strong head wind of 57 miles per hour. Which direction will the smoke blow, backwards or forwards?

##### **The Broken Window**

Becky and Michael were playing in the house and accidentally smashed the picture window. "Oh, Mother will be so angry when she finds out," said Becky. "I know what to do," said Michael. He went outside and found a large rock and put it in the middle of the room. When Mother came home from shopping the children told her that someone threw a rock from outside and smashed the window. Mother was very angry, not because the window was broken, but because the children lied. How did Mother know the children were not telling the truth?

##### **Leftovers**

Mother made twenty-four sandwiches for a picnic. All but seven were eaten. How many were left?

**Answers to Brain Teasers The Post Office** - Twelve - because a dozen is always a dozen.

**Good Ewes** - Three sheep.

**Smoke Screen** - Electric trains don't have any smoke.

**The Broken Window** - If the window had been broken from the outside, there would have been glass all over the floor.

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

## **CHEERS & APPLAUSES**

**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."

**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."

**Mount Rushmore Cheer -**

WASHINGTON, JEFFERSON, LINCOLN, ROOSEVELT !

**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.

**George Washington Cheer**

That was great. I cannot tell a lie.

## **CUB GRUB**

**TOASTED TRAIL MIX**

Supplies: A large frying pan, spoon, large bowl

Ingredients:

1 Tblsp. Vegetable oil

1 cup spoon-sized shredded wheat

1 cup toasted "O" cereal, such as Cheerios

½ tsp. seasoned salt

1 cup short pretzel sticks

¾ cup toasted peanuts or soybeans (optional: Check for allergies)

Directions:

1. Pour the vegetable oil into the frying pan and heat at the lowest setting. Add the two cereals and stir until lightly toasted.

2. Sprinkle with salt.

3. Remove the frying pan from the heat and add pretzels and peanuts or soybeans (if desired).

4. Stir the mixture thoroughly and let cool. Pour into a large bowl and serve, or pack into plastic bags for the trail.

**MOOSE LIPS**

Ingredients:

Apple with red skin (do not peel)

Peanut butter

Mini-marshmallows

Directions:

1. Carefully cut apple into eight pieces.
2. Remove the core from each piece by cutting out the center area that contains the seeds.
3. Spread one side of each apple slice with peanut butter.
4. Push a row of mini-marshmallows into the peanut butter of 4 apple slices.
5. Top each slice with another apple slice, peanut butter side down, matching top and bottom shapes. You should have something that looks like a moose mouth staring back at you!

**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.

#### WEB SITES

National Park Service: [www.nps.gov](http://www.nps.gov)

Official Website of the National Park Service.

□□U.S. National Parks: [www.us-national-parks.net](http://www.us-national-parks.net)

Another site on the National Parks, although not affiliated with the U.S. Parks service. Lots of good information on all the National Parks.

<http://www.us-parks.com/>

<http://usparks.about.com/od/stateparksus/>

<http://usparks.about.com/od/nationalparksus/>

<http://www.us-national-parks.net/>

<http://parks.state.ut.us/>

<http://parks.state.ut.us/kids/default.htm>

<http://www.onlineutah.com/parks.shtml>

<http://www.utah.com/>

[http://www.grandcanyonnorthrim.com/galleries/img\\_utah\\_map\\_g.htm](http://www.grandcanyonnorthrim.com/galleries/img_utah_map_g.htm)

<http://www.us-national-parks.net/state/ut.htm>

<http://search.looksmart.com/p/browse/us1/us317837/us317922/us161146/us528138/us10187822/>

<http://www.gocampingamerica.com/kidspages/states/utah.html>

## **CLOSING DEN LEADER MINUTE**

### **BIRD NEST**

**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.

## **ONE LAST THING**

These are real answers given by children.

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Filtration makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: How can you delay milk turning sour?

A: Keep it in the cow.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and nature hates a vacuum. I forget where the sun joins in this fight.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental.

Q: Name a major disease associated with cigarettes.

A: Premature death.

Q: How are the main parts of the body categorized? (e.g., abdomen.)

A: The body is consisted into three parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain; the borax contains the heart and lungs, and the abdominal cavity contains the five bowels, A, E, I, O, and U.

Q: What is the fibula?

A: A small lie.

Q: What does "varicose" mean?

A: Nearby. (I do love this one...)

Q: Give the meaning of the term "Caesarean Section"

A: The Caesarean Section is a district in Rome.

Q: What does the word "benign" mean?

A: Benign is what you will be after you be eight.