



Summer Meeting Plan – Week 7

Note: Please do not let anyone open or take any of the items from the 6 essentials bag. For the second activity I have included a few sheets with pictures of Florida animals. Also, if you need further shirt sizes please email me the list of what you need. Make sure you specify youth or adult sizes.

Opening - 3 minutes

Have the Scouts stand up around the tables.

- Instruct them to hold up the Cub Scout sign. Read out the Scout Oath one line at a time and have them repeat it.
- Read out the Scout Law one point at a time and have them repeat it.
- When you are done, say the word “Two” and instruct them to put their hands down.

Have them take a seat at the tables.

Talk Time - Explain Activity/Goal 2 mins

This week we will be talking about hiking. We will be learning about the “Cub Scout 6 Essentials”, and the “buddy system. These two things are very important in helping to keep you all safe while in the outdoors. In Scouts we use the buddy system for everything we do. You should never find yourself alone as a scout.

Activity 1 - 30 mins - The Buddy System/6 Essentials

Scouting’s buddy system calls for Scouts to pair up with a friend or two for all activities. This helps ensure safety, accountability, and teaches Scouts to have responsibility for others. Buddies should be the same gender, or in groups of three in mixed company. No boy-girl buddy pairs. Looking out for one another anywhere and everywhere is the keystone to the buddy system. Just because you’re in a populous place doesn’t mean you can’t get overlooked by those around you. Buddies are there to watch you when others may not. They stay nearby to monitor you, alerting a safety team if help is needed.

Here are some Buddy system guidelines:

- *The buddy system should be used at all times. Horseback riding, cycling, canvassing the neighborhood during a fundraiser...you name it, you need a buddy.*
- *It’s recommended that buddies know and be comfortable with each other. No youth should be forced into or made to feel uncomfortable by a buddy assignment.*
- *It is strongly encouraged to pair Scouts of similar abilities, ages and maturity. Self-selection with no more than two years age or significant differences in maturity is recommended.*
- *A buddy team may consist of three Scouts when necessary, like an odd number in a group.*

If you do find yourself lost and alone Cub Scouts need to remember the S.T.O.P. method.

S.T.O.P. stands for:



- *Stay put – It is easier for rescuers to find a stationary person than one who is moving. Find a place which is not hazardous and stay there. Have some water and a snack if possible. Rest.*
- *Think – Consider what resources you have should the situation extend into overnight. Develop confidence by considering your situation and being prepared.*
- *Observe – Take note of your surroundings. Is there shelter from the cold or storms? Is it getting dark? Are there hazards in the area?*
- *Plan – Determine what you can do to conserve energy and be as comfortable as possible. Don't panic. Rely on your knowledge and observations.*

When you are out hiking or camping it is very important you try and keep the Cub Scout 6 essentials with you. Can you guess what they are? What do you think is an important item to have with you on a hike? Let them answer. Use the additional page as a reference. If they don't guess them all, tell them the answers. Let them explore the bags and ask why they think these items are important.

Activity 2 - 20 mins - The "Hike"

Now we are going to explore outside. Make sure you all have your buddies, and stay together at all times. While we are outside I challenge you to try and find two things you've never seen. These can be anything, a bird feather, a plant, a seed, anything. Lets go! Stay outside for about 10 minutes.

Once you're back inside ask them about what they saw.

Now, a new challenge. Who can name any type of bird that lives in Florida? How can you tell that's what it is? Allow them to answer, help them if needed with ideas, what does it smell like, sound like, what color is it, etc. What about a Florida insect? Allow them to answer, help them if needed with ideas. How about a Florida mammal? Allow them to answer, help them if needed with ideas.

Choose a game:

Whole Group Activity – Optional – Time Permitting

Cub Scout Red Light/Green Light

This is a basic game of Red Light/Green Light where the Scouts go if you hold up the Cub Scout Sign (2 fingers on the right hand) and stop if you hold up anything else. If they move when you have a different number of fingers up, they go back to the starting line. The winner of the round becomes the next person to be the traffic light.

Optional - Whole Group Activity – Cub Scout Says

Play Simon Says with the Cub Scout skills we just learned.

Optional - Whole Group Activity – Animal Races

Put out cones or mark a start and finish line. Ask the Scouts to pick an animal and show you how it walks. Then have the Scouts race between the two lines with the winner picking the next animal. Some examples are hopping like a frog, hopping like a bird, jumping like a frog or walking on hands and feet like a bear.



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Whole Group Activity – Free time Outside

Announcements 2 mins

Next week is our last week of Cub Scouts for the summer. We will all be talking about communication and everyone will be performing a skit. It should be great. You also should be finishing up your Wolf Ranks. Congratulations.

Closing 2 mins

Get them to stand up.

Say: *Cub Scouts - Cub Scout Sign* (put up the Cub Scout Sign and wait for them to follow).

Let's do the Scout Oath. (Say each line and then have them repeat it)

Ready – Two (put their hands down)

(now in an energetic voice say the following)

*What's the Cub Scout Motto? - **Do Your Best***

*Did you do your best? – **Yes!***

*Did you learn something new? – **Yes!***

*Did you have fun? – **Yes!***

Dismissed!

*If help is needed contact Trisha Winscott at 813-460-3646 or trisha.winscott@scouting.org