

Cool Activities!

If you have any ideas, corrections, updates, or other suggestions, please feel free to contact me:

Steve Sarver
scouts@sarverman.org
815-751-5186

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Ambulance Pack Night

One day my two-year old fell down the stairs and was acting lethargic. We called the ambulance and he was taken to the E.R. and was fine. However my eight-year old was beside himself and it took a great deal of effort to get him calmed down. I asked if he knew what an EMT was and what they were doing and what happened in the ambulance and he said no. Then it dawned on me...when I was his age most boys watched cop shows and rescue shows and such on TV. We all wanted to be rescue people, but this apparently is no longer the case.

One of the Cub Scout requirements is to visit the fire station. The main focus for these visits is usually the fire trucks. I called up our local fire department and said that I wanted to bring our pack out, but not to see the fire trucks. I asked to focus on the ambulance, what is inside the ambulance, etc. Because Cub Scouts are very much hands on, I asked if they could talk about head injuries, strap a Scout to a backboard, and explain why that is necessary. I explained that Cub Scouts are not there to perfect technique, but to give an overview of these and other similar things. This was a huge success. The department went even further, and talked about mouth-to-mouth resuscitation (using mannequins) and also vacuum splints.

I highly recommend that all packs do something similar. It is best to divide into smaller groups (group A with the backboard, group B with the splint, etc.) Not only did the Scouts enjoy this, but it definitely helped to make things less scary for them.



Dozens of Cool Activities!



Backup Activities – Some Suggestions

- “What would you do?” scenarios
- Practice folding the flag
- Play “Tell it like it is”
- Start a sentence, then go around the room and have each Scout give another sentence to “Continue-the-Story”
- Kim’s Game
- Human Knot
- Minor first aid treatments (scrapes, abrasions, etc.)
- Have each Scout show how to “Stop, Drop, and Roll”
- Have each Scout show how to safely roll someone else in a blanket to put out a fire

Banker

- Take your Scouts to the bank for a tour. Alternatively, your local banker come to your meeting to address the following topics:
 - What does a “bank” do?
 - Banks keep our money safe for us
 - The vault...what it is, why it is necessary
 - What does the bank do with the money that people put in their accounts?
 - How does the bank use computers?
 - Investing, interest, etc.
- Be sure to tell the speaker to keep it simple, light, and gear their talk to the age of the Scouts

Color Guard at Event

- Work with your community, school, churches, American Legion, VFW, etc., and ask if your pack can be the color guard at an event.
- This could be a parade, sporting event, public event, etc.
- Our pack has had great success with Memorial Day, Veterans Day, and school basketball games.



Cookie Making / Frosting



Do Your Best

1. Tape a large piece of paper on a wall at your eye level
2. Ask two or three Scouts to come up and make a mark on the paper with a marker as high as they can reach
3. Thank them for their effort and allow them to return to their seats
4. Tell the Scouts that we can all usually do better than our first effort
5. Remind them that you asked the Scouts to reach as high as they could
6. Ask the same Scouts to come back up and see if they can do better than their first effort (it never fails that they will always reach two to three inches higher on the second try)
7. This is a good opportunity to emphasize doing one's very best, and to give every project one's BEST effort on the first try.

Dairy Farm Visit

Great learning experience, especially if you can get a photo of a Scout milking a cow.



Dentist Office Visit

Take your Scouts to the dentist office (after hours). We had the dentist talk about the various tools they use, the autoclave, and why brushing is important. She showed the Scouts an X-ray and what it tells them. She then had a hands-on activity where the Scouts could learn about the proper way to brush their teeth.

The whole experience also served to make “going to the dentist” less scary.

(Note: it would be impractical to bring your entire pack due to the number of people. This is probably best done at the den level).



Explore the “Ethics of Shoplifting (Stealing)”

The following is an excellent way for you – an adult leader – to interact with your youth Scouts. It involves a practical example with thought-provoking discussion.

- The Situation

Bobby is one of those boys who never quite fit in. He is not into sports, not a “brain,” and not in the band. He just goes to school, goes home on the bus, and goes about his business. So when his classmate, Martin, invited him to join the “group,” a sort of club that spends a lot of time playing paintball and video games, he is thrilled. For the first time since he started high school, he is going to belong.

Then Martin tells him that, in order to get in, he has to go on a little “adventure” at the store. He just has to lift a sweatshirt or something, which will not make any difference to a store that brings in a gazillion dollars every year. Bobby does not want to do this, but Martin assures him that it is “no big deal.”

That Friday night, Bobby goes to the store with Martin. He enters a dressing room with the cheapest sweatshirt he can find on the discount rack, puts it on under his jacket, and quickly heads for the parking lot, expecting every step of the way to be tackled by a security guard.

A guard does not see Bobby, but someone else does: his friend Archer. Now, Bobby’s crime has become a problem for Archer.

- Discuss these questions:

- What is shoplifting? Why is it a crime?
- Who are the victims of shoplifting?
- Does shoplifting affect you and me?
- What are the punishments for shoplifting? (fines, community service, possible jail time, would go on your criminal record)
- Do you know someone who has shoplifted?

Dozens of Cool Activities!

- What Could Archer Do?

Archer could take several actions, including those listed below.
To keep the discussion focused, talk about each action separately:

 - What if Archer does nothing?
 - What is good or bad about doing nothing?
 - Is Archer legally required to do anything?
Is he morally required to do anything?
Is there a difference?
 - What if Archer confronts Bobby
 - What is good or bad about confronting Bobby?
 - What should Archer say?
 - What should he do if Bobby denies the crime?
 - What should he do if Bobby explains that the crime is part of an initiation and that he will never steal again?
 - What should he do if Bobby promises to make amends by anonymously leaving \$10 (the cost of the sweatshirt) at the store's service desk?
 - What should he do if Bobby agrees to put the sweatshirt back on the rack?
 - What if Archer reports the crime to the store
 - What is good or bad about reporting the crime?
 - What should Archer say?
 - What should he do if the store manager is unconcerned (an unlikely prospect) or if Bobby leaves the store before anything can be done?
 - Is there a way to report the crime yet keep Bobby out of legal trouble?
Should that be a concern for Archer?
 - What other possible actions Archer could take?
 - What Do You Think Archer Should Do?
 - Should Archer report Martin? To whom?
 - Is Martin guilty of a crime because of what he encouraged Bobby to do?
 - Ask the Scouts how this relates to the Scout Oath and Scout Law.
 - Point out that the Scout Law begins with Trustworthiness.

Face Painting

- Kids LOVE face painting! This works out especially well if it is part of another event.
- There are stores that sell face-painting and supplies; this is recommended as getting the “wrong” items could do harm to skin, etc.


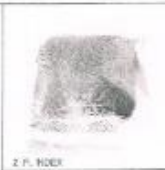





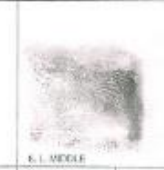








Fingerprinting

- We worked with our local police department to talk about fingerprinting...what it is, why it is helpful, etc.
- They took fingerprints of each Scout



CHILD SAFETY FINGERPRINT IDENTIFICATION CARD

Subject's Last Name		First Name		Middle Name / Suffix			
<input type="text"/>		<input type="text"/>		<input type="text"/>			
Date of Birth	Place of Birth	Sex	Race	Height	Weight	Hair	Eye
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fingerprint Images							
 1. R. THUMB	 2. R. INDEX	 3. R. MIDDLE	 4. R. RING	 5. R. LITTLE			
 6. L. THUMB	 7. L. INDEX	 8. L. MIDDLE	 9. L. RING	 10. L. LITTLE			
 11. FOUR FINGERS TAKEN SIMULTANEOUSLY		 12. THUMB	 13. MIDDLE	 14. FOUR FINGERS TAKEN SIMULTANEOUSLY			

Fire Building

- Young people like to DO things, not just hear about them. They are curious and want to be involved.
- One year our pack participated in a Cub Scout campout with our district, and one of the stations was fire building.
- It was stressed to the Cub Scouts that they are not allowed to start fires (including playing with matches, lighters, etc.) However the Scouts BSA troop running the station gave them hands-on instruction and let them practice building the various types of fires. The Cub Scouts LOVED this!
- The troop then lit the fire.



- But the REAL fun was that the Cub Scouts got to do some cooking.
- The troop had wooden dowel rods and had the Scouts put dough over the end and then roast it like a marshmallow.
- The rods had vegetable oil on the end to keep the wood from burning, and also to ease in removing the dough.
- Once cooked, the dough was carefully removed, the troop helped the Scouts fill the resulting “pocket” of dough with pudding.
- This made for a tasty treat. It was even better than s’mores!
- Summary of skills learned:
 1. Cub Scouts gained practical skills of fire building – a skill that most did not know
 2. Cub Scouts cooked a tasty treat and got to eat it
 3. It was an excellent way for a Scouts BSA troop to lead by example
 4. It was an excellent way for Cub Scouts and their parent partner to work together

Dozens of Cool Activities!



Fishing (or Fishing Derby)

- Some packs go fishing just for fun, and that is fine.
- Other packs have a “fishing derby”, complete with prizes. Suggestions:
 - Most fish caught within a certain time limit
 - Biggest fish
 - Smallest fish (the kids really like to compete for this one!)
- This is another excellent way for adults to work alongside youth
- This provides many great photo opportunities!
- Lack of knowledge or equipment could become an issue; group people without knowledge or equipment with those who have same



Grocery Shopping

- Talk to the Scouts about the things they like to eat and have them make a list
- Talk about what needs to be bought to make these things and make a list
- Talk about the various departments and what is located in each:
 - Produce (fruit and vegetables)
 - Deli
 - Seafood / Meat
 - Cereal / Coffee
 - Pasta / Condiments
 - Dry Goods
 - Baby / Pet
 - Paper Goods
 - Dairy
 - Frozen
- Help them group the items on their list together by department
- Talk about quantities and prices and give them a ballpark figure as to what you think the cost per item might be
- Take them to the grocery store and purchase the items
- Show them the receipt and the items on it along with the prices. How accurate was your estimate?
- Talk about sales tax



Ice Cream Fun #1

Build your own sundaes with this game!

1. Everyone brings container of ice cream
2. Have a bunch of toppings on table
3. For “dice,” print the instructions on paper and glue and tape them to some wooden blocks.
4. Each person takes turn rolling “dice” and then follow instructions on dice
 - a. Examples: get a scoop of ice cream, a topping, pass their bowl, etc.



Ice Cream Fun #2

Fill a bowl with cotton balls

1. Blindfold a Scout who then has to try to scoop up the cotton balls with an ice cream scoop and transfer to a smaller bowl
2. This is pretty tricky because the cotton balls feel like nothing



Ice Cream Fun #3

1. One person lies on ground with ice cream cone in mouth
2. Person above tries to fill up cone by dropping mini marshmallows into cone
3. Have PARENTS lie on ground!
4. Try (outside) with ice cream!
5. Great summertime fun!



Ice Cream Fun #4

1. Take a plastic rain gutter and line with aluminum foil
2. Fill with ice cream and toppings to make “raingutter sundaes”



Karate Expert

1. Contact your local park district or area karate club and ask them to give a demonstration at your Scout meeting.
2. Explain that you would like to have them show the Scouts how to break wood and ask if they can make that happen
3. The Scouts will end up “competing” with one another to see who has the biggest kick 😊



Mad Libs

- For a “just for fun” activity, why not do a “Mad Lib?”
- You will have to explain to them what a noun, adjective, etc., is.

THANKSGIVING {MAD LIB}

FROM A KID'S POINT OF VIEW....

Today we are celebrating _____ dinner
at _____ 's house. When we arrived, my
_____ greeted us with a big, _____
kiss. Kisses are so _____! Now we're just
waiting for the _____ to come out of the oven.
My dad is watching _____ on TV. He always
shouts, " _____ " when his team scores
a _____. Yesss!! Only _____ more minutes
until the _____ will be ready to eat. I wonder
if my mom will let me try the _____ first. My
grandma makes the best _____ pie! It smells
like _____. {Much better than my _____,
He/she smells like _____!}
Happy _____!



WWW.SISTERSUITCASEBLOG.COM

Model Train Club

1. Find a model train club in your area and ask them to host a tour for your Scouts
2. If they have any hands-on things the Scouts can do, so much the better 😊
3. There was a McDonald's with a playland near the club we visited, so we went there afterwards and the Cub Scouts had a lot of fun there as well.



Penny Boats

1. Give each Scout one piece of aluminum foil and have them create a “boat” that will support pennies
2. See which Scout can create a design that holds the most pennies without sinking!
 - a. (Hint: the flattest and widest boat will hold the most because the weight is more evenly distributed)



Police Officer Visit

1. We had a police officer come and talk about public safety, etc.
2. The officer brought handouts, coloring pages, etc.
3. But the REAL “draw” for the Scouts – which we did not reveal to them in advance – was when the officer asked, “Do you want to see my cop car?”
4. There were lights and sirens and the Scouts got to run each. They went wild over this!



Rhubarb Derby

1. Take Rhubarb stalks and Pinewood Derby wheels/axles and race on a Pinewood Derby track
2. Have toothpicks and other “props” on hand (e.g., cut up hot dogs) to allow for creativity
3. Since there are no “winners” or “losers”, this is just for fun
4. This is an excellent way to involve younger children who are not yet old enough to join

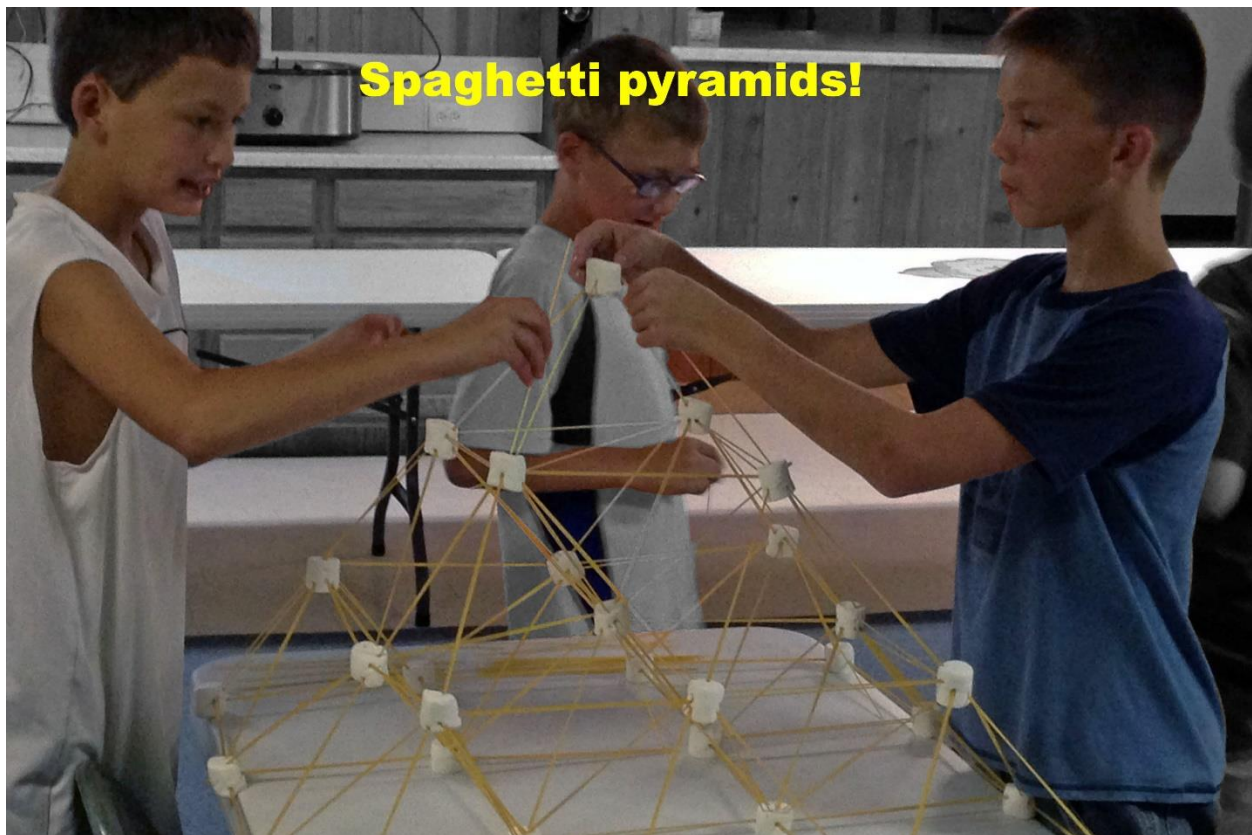


Dozens of Cool Activities!



Spaghetti Pyramids

- Challenge your Scouts to see what they can build out of uncooked spaghetti and large marshmallows. They may surprise you!
- The spaghetti breaks pretty easily, so we doubled them up
- Regular-size marshmallows and toothpicks also work well for this and are less breakable
- We first did this with our Tigers, but then our AOL Scouts got wind of this and had an even better time doing it!



Starved Rock Trip (or similar park)

- Starved Rock State Park is one of Illinois' most beautiful destinations
- There are 18 canyons, 13 miles of trails, and numerous waterfalls and overlooks offering extraordinary views of the Illinois River
- This is an excellent place to take your Scouts for a hike and picnic.
- It is not possible to do everything in one day, so more than one trip could be planned
- The fall colors at this park are extraordinary!
- Due to its popularity, the park can fill to capacity during the summer
- Bring plenty of water!
- Best of all, the cost is FREE!
- Nearby Matthiessen State Park is an excellent (and less crowded) alternative



Dozens of Cool Activities!



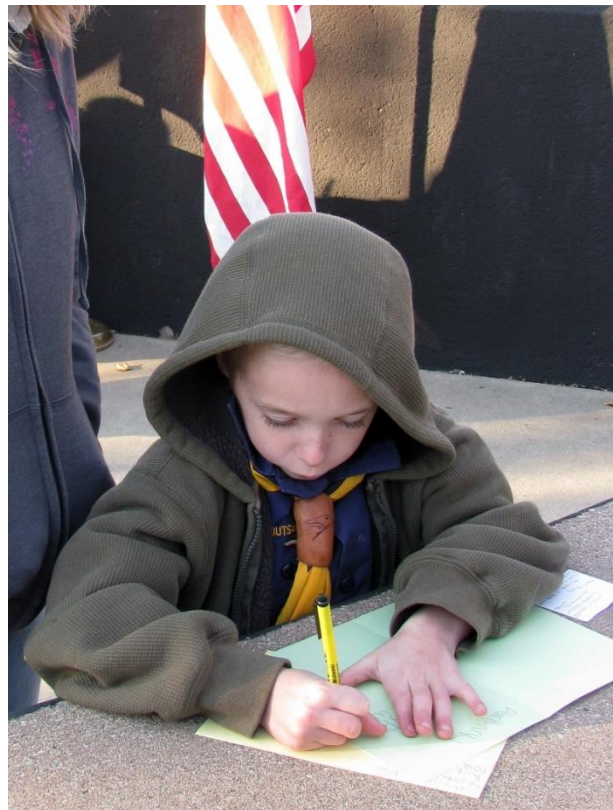
Train Trip

- Take your Scouts on a train trip!
- Research Metra (or “L”) routes in advance and find the station nearest to you
- Show the Scouts the schedule and explain how the train timetable works
- We took a brief 30-minute trip to another station
- The Scouts got off and played at a park for an hour or so
- There was an outdoor festival going on so we were able to get something to eat
 - (Alternatively, there was an ice cream shop nearby)
- We then took the return train back
- The Scouts loved it, especially when they were able to sit on the “upper deck” of the train



Veterans Memorial

- Our town has a “veterans memorial” listing those who served in action.
- A couple weeks before Veterans Day, we were able to get the names and addresses of area veterans listed on the wall who are still alive
- We gave a brief explanation of the wall and what it is, then did the following:
 1. We gave each Scout one or two names and had them find the names on the wall
 2. We took pictures of the Scouts pointing to the name that they found
 3. We then had the Scouts write (or draw) a nice “thank you for serving our country” card and mailed it to the veteran. We also explained how to address an envelope and the Scouts did that as well in their own handwriting.
- 4. The response was incredible. Many Scouts heard back from the person they wrote to and said that they were very touched to be remembered. Many said they had never been thanked before.



“What would you do?” scenarios

- You found a purse with \$10 in it. What would you do?
- Your baseball broke a window. What would you do?
- You saw a house on fire. What would you do?

“Would you Rather...”

- Below are some random “either or” type of questions that you can ask your Scouts.
- It is important to emphasize that there are no “right” or “wrong” answers.
- The purpose is to get the Scouts to explain why they chose one or the other.
- It makes absolutely no difference whatsoever what they choose.
- Examples: Would you rather...
 - Be able to fly - OR - be able to turn invisible?
 - Be good at sports - OR - be a good student?
 - Be a pencil - OR - be a rubber band?
 - Have a head the size of an orange - OR - have a head the size of a watermelon?
 - Be allowed to shower everyday but never be allowed to wash your clothes - OR - never be allowed to shower but have clean clothes each day?
 - Jump into a pool of marshmallows - OR - jump into a pool of Jell-O?
 - Have hands that could stretch out to five feet long - OR - have retractable wheels on the bottoms of your feet?

Ziploc Fudge

- This is a tasty treat where Scouts can be involved in the process
- It can be done at meetings, on outings, or anytime
- Have all ingredients on hand, measuring cup, measuring spoon, Ziploc bag, plate, knife, napkins
- Have other options on hand in a small cooler for anyone who cannot have chocolate
- Message to Scouts is as follows:
 - The food we eat does not always come in cans.
 - Sometimes we have to mix different ingredients together to get the final product.
 - But while the ingredients might not taste good by themselves, but when mixed with other things, that is the answer.
 - We are all going to work together to make a special treat



Recipe: Ziploc Fudge

Ingredients

½ stick butter
½ C. unsweetened cocoa
1 lb. powdered sugar
3 oz. cream cheese
1 tsp. vanilla
1 gallon size freezer
Ziploc bag

Directions

Combine all ingredients in Ziploc bag. Do not allow throwing; carefully hand from person to person to smush ingredients thoroughly. Cut open corner of bag and squeeze into individual portions onto wax paper.
30 pieces.

30 More Ideas

1. See what you can build with toothpicks and mini marshmallows.
2. Write a sentence using only words that begin with a chosen letter.
3. Experiment with herbs and spices to create a new flavor to sprinkle on popcorn.
4. Write your own lyrics to simple melodies, such as "The Alphabet Song."
5. Make an aluminum-foil boat. How much can it hold and still float?
6. Paint a still life with your nondominant hand.
7. Make something in 5 minutes from five pipe cleaners.
8. On a pad of sticky notes, draw a flip book of a popping balloon.
9. Write a poem about the smell of vanilla.
10. Create a new dance move, name it, and teach it to a friend.
11. Make a magic wand by wrapping a stick with yarn and tape.
12. Draw your house as it would look if you were floating in the air 100 feet above it.
13. Invent a game you play with checkers but without the board.
14. Design the wrapper and write a jingle for an imaginary candy bar.
15. Trace your feet on cardboard and try making wearable slippers.
16. Write a letter to your pet, then write its response.
17. Collage a monster from old magazine pages, then come up with a story about her.
18. Craft a tiny picture by gluing dry rice to card stock.
19. Create a giant picture by placing lines of yarn on a rug.
20. Draw up plans for a flying car.
21. Tap your pots and pans with a chopstick; assemble the best ones into a drum set.
22. Write a plot description for a sequel to your favorite movie.
23. Draw a person using only triangles, circles, and squares.
24. Try lacing your shoes in a new, unique way.
25. Choose a spice and stir a dash into a spoonful of vanilla ice cream; taste.
26. Make space goggles using an egg carton.
27. Draw a still life of your three favorite possessions.
28. Trace your hand. How many things (besides a turkey) can the shape become?
29. Come up with a new jump rope rhyme.
30. Draw the place you think creativity comes from.