





# Cub Scout Meeting Schedule

## Theme: Personal Safety Meeting

*See detail planning sheets.*

Time	Activity	Additional Information	Run by
10 mins	Gathering Activity	Safety Circle Game	
5 mins	Opening Ceremony	See Cub Scout Leader Handbook	
15 mins	Theme Activity	What is safety? Why is it important?	
10 mins	Game	Safety Scramble	
10 mins	Game (Active)	Squirrels in a tree	
20 mins	Theme Activity	Stay Safe handout	
5 mins	Closing Ceremony	See Cub Scout Leader Handbook	

### Cub Scouts

Blue Star A #3

Guide Badge #1, 2

Law Awareness #1, 3e, 4

Distribute Stay Safe Handout to each Cub Scout before leaving.

Please review at future meetings - additional 10 minutes at least 2-4 more meetings.

**SUGGESTION: If not discussing as a whole group, it may be beneficial to discuss among grade levels rather than sixes. This will help keep discussion and examples relevant to the age group.**

Meeting Notes: \_\_\_\_\_

\_\_\_\_\_

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*Equipment:*

- Long rope
- Four large pieces of paper, markers
- Safety equipment (bicycle helmets, hockey protection equipment, knee pads, sunglasses, oven mitts, etc.) as well as some funny, non-safety equipment (halloween masks, funny hats, fake mustaches, etc.)
- Cub Scout STAY SAFE handouts

## **Gathering Activity – Safety Circle**

**PLAN:**

Cub Scouts join the rope circle as they arrive and join in the game. This game emphasizes cooperation and competition.

*Equipment: Long rope*

**DO:**

Tie the ends of a long rope together to make a large ring. Cub Scouts space themselves around the rope and hold onto it with both hands, at waist level. Draw a circle on the floor about half the size of the rope ring.

On signal, the Cub Scouts pull at the rope, trying to force other youth to step into the safety circle. Any player who does is out. They must run to a leader to answer a safety question (tied into the theme) and then rejoin the rope circle until it's time for the game to be over.

**Suggested Questions for Leaders**

- Tell me one thing you did today that you believe kept you safe while going to school (ie walked with a friend; looked both ways before crossing the street; kept my cell phone on, etc.)
- Who would you consider a trusted adult? (ie. parents, family members, teachers, leaders, police)
- Name another person in your life you would consider a trusted adult.
- Name one item of safety equipment. (ie bike helmet, hockey pads, bell on bike, life jacket).

**REVIEW:**

After the Opening Ceremony, ask the Cub Scouts what they thought about the game. How did they feel when they were pulled into the middle? Did their friends work together to save them from being dragged into the middle? How did that make them feel?

Introduce this meeting's theme of personal safety. Brainstorm with the Cub Scouts and ask them to call out the type of adults that they consider trustworthy (parents, family members, teachers, babysitters, religious leaders, police, etc.). Are these people that the Cub Scouts would feel comfortable going to if they were upset or scared?

## **Theme Activity – What is safety? Why is it important?**

**PLAN:**

This discussion is to get the Cub Scouts to think about keeping themselves and others safe. The word safety refers to freedom from danger, threat of harm, injury and damage, and personal safety. When you hear the word safety, think of it as a word that applies to the way you do everything in life.

For example: If you are riding your bike, you're wearing your safety equipment and obeying the rules; you are being safe. Can the Cub Scouts provide other examples of being safe? (in a boat, in a car, at school, hiking or swimming)

Being safe means following the rules even if they seem like they are silly or a waste of time. Being safe means making good decisions and listening to adults who love you. Being safe means never travelling alone, or doing something that makes you scared or unhappy. Being safe means keeping your parents informed about where you are at all times. Being safe means listening to your instincts and following them. Being safe means never relying on luck; always being prepared to cope with unexpected situations and being alert when following your daily routine. Actually, the Scout Motto, Be Prepared, has a lot to do with being safe.

**DO:**

Start the discussion by asking Cub Scouts the following questions:

- What is safety?

- Why is safety important?
- How do you keep safe?
- Who keeps you safe?

Use four pieces of paper (one for each question) and markers. Write all the answers down, accepting all ideas. The logical answers you will likely receive are:

- Safety keeps me from getting hurt.
- Safety means following the rules.
- Safety is listening to my parents or other adults who love or are responsible for me.
- Wearing safety equipment.
- Telling my parents where I will be going and who I will be with when I go out to play.
- Going places with a friend, never alone.
- Not getting into cars with strangers.
- Telling a trusted adult if I'm scared, hurt, bullied or unhappy.
- My parents, family, babysitter, teachers, police, etc. keep me safe.

#### **REVIEW:**

After recording all the Cub Scouts' answers, discuss any that don't apply and try to fit them into a better category. Add other ideas the Cub Scouts may not have considered.

## **Game – Safety Scramble**

#### **PLAN:**

Bring a variety of objects to the meeting. Ensure that most are safety related (bicycle helmets, hockey protection equipment, knee pads, sunglasses, oven mitts, etc.) as well as some funny, non-safety equipment (halloween masks, funny hats, fake mustaches, etc.). Ensure there are more than enough items for each Cub Scout. Pile all the items at one end of the meeting place.

#### **DO:**

Form into sixes, in relay fashion. On Go, the first member of each six races to the pile and picks up an item. Continue until everyone has an item.

#### **REVIEW:**

Now sit down in a circle and ask each child to describe how the item is a safety item. Cub Scouts who selected a funny item, can be creative as they do their best to describe how their item could be a safety item (i.e. a fake moustache could keep the sun off their lips preventing sunburn).

Introduce the concept that taking a friend with them every time they go somewhere is also a good safety practice. A friend can be someone their own age, a parent or a sibling.

## **Game – Squirrel in a Tree**

#### **Purpose of the Activity**

To experience feelings of vulnerability and responsibility and to think about:

- How we can assist people who are vulnerable.
- How we can seek the help of others when we need it.

#### **PLAN:**

**Object of the Game:** For each child to avoid being tagged and to protect others from being tagged.

#### **DO:**

1. Explain to the Cub Scouts that this game is similar to "Tag." Divide the group into teams of three. The Cub Scouts who are not in a team of three will be the foxes to start. If the total number of youth is a multiple of three, select one team (three people) to be the foxes.
2. In each of the teams, designate one squirrel and two trees.
3. Ask the trees to stand face to face, holding hands. Ask the squirrels to stand in between the two trees. Explain to the Cub Scouts that when the squirrels are in between the trees, they are safe from the foxes, but when they leave their hiding places to run into the forest, the foxes can tag them.
4. Explain to the trees that their role is to protect the squirrels, and therefore they can move around and work with the squirrels to protect them from the foxes.

- When you give the signal, the squirrels must move from one tree to another. Say, "The squirrels are going for a walk!" This will be your signal to let the Cub Scouts know that they have to switch trees.
- Explain to the foxes that they have to try to tag the squirrels as they move from one tree to another. If a fox succeeds in tagging a squirrel, the fox becomes a squirrel, and the tagged squirrel becomes a fox.
- When the squirrels have moved from one tree to another several times, switch the youth's roles and begin again.

**REVIEW:**

After the game, have the Cub Scouts reflect on the experience. You can use these questions as a guide:

- Did you like this game? Why or why not?
- Did you like being a tree and protecting the squirrels?
- How did you feel when you were a squirrel?
- Can you name some places where you feel safe?
- Do you like it when others help you or take care of you? Can you give an example of a situation in which someone took care of you or helped you?
- Can you give an example of a situation in which you helped someone else?
- What can we do when we think a member of our group is not feeling safe?

## Theme Activity – Cub Scouts Stay Safe Handout & Skits

**PLAN:**

Before the meeting, print out enough copies of the Cub Scout STAY SAFE handout to give to each youth.

<http://www.scouts.ca/sites/default/files/sc-cubs-stay-safe.pdf>

**DO:**

Give each Cub Scout The Cub Scouts STAY SAFE Handout. Read out each of the Stay Safe titles, and inform the youth that this is to be given to their parents. Point out that the Kids Help Phone number can be used if they are upset or want to talk.

Divide the Pack into four groups, one for each section of the Stay Safe Handout (Going Out, Cell Phone, Bullied and Online). Each group is to create a skit highlighting a safety concept within their category.

After ten minutes, gather together as a Pack, and perform the skits.

**REVIEW:**

Ask the Cub Scouts if they can think of any other ways to Stay Safe. Review the safety concepts discussed during this meeting.

## Closing Ceremony

Remind youth to give the Stay Safe handout to their parents.

Good Hunting!

## Resources

<http://www.childfun.com/index.php/activity-themes/people-house-home/229-feelings-activity-theme.html?start=4>

<http://yellodyno.com/html/songs/mybody.html>

[https://www.kidsintheknow.ca/app/en/boundaries\\_sheet\\_p8](https://www.kidsintheknow.ca/app/en/boundaries_sheet_p8)

<http://www.scholastic.com/teachers/article/ages-stages-boundaries>

<http://suite101.com/article/teaching-children-appropriate-touch-a89318>

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

Youtube videos with kids feelings songs:

<http://www.youtube.com/watch?v=lOiULzSwCQE>

Good Feelings song with Guitar Chords:

<http://anitamckone.wordpress.com/songs-of-nonviolence/lets-sing-a-feelings-song-for-kids/>

Kids Help Phone:

<http://kidshelpphone.ca/Kids/Home.aspx>