

## Aquaman

10 Nov 17:00

Duty six : Purple

Start	Time	Activity	Requirements	Instructions	Scouter
10 Nov 17:00	5	<b>Activities</b> : Opening	Register, beans, flag, totem and skin	Grand Howl Flag Break Register Inspection - belts and shoes	Akela
10 Nov 17:05	10	<b>Game</b> : Ship's Captain		<p>The captain calls out orders to the rest of the players who are the crew. If a Cub does not follow an order correctly, then they are out. This decision is made by the Captain who is always right! The game is played until only one Cub is left. Some command ideas:</p> <p><b>Port - run to the right side of the boat</b></p> <p><b>Starboard</b> - run to the left of the boat</p> <p><b>Bow</b> - run to the front of the boat</p> <p><b>Stern - run to the back of the boat</b></p> <p><b>Hit the deck</b> - lay down on your stomach</p> <p><b>Attention on deck</b> - salute and yell "Aye Aye Captain". Cubs must not move until the next command is given.</p> <p><b>Sick turtle</b> - everyone lies on their backs with their feet and hands in the air</p> <p><b>Shark</b> - everyone must run to a designated area and shout out SHARK! The last one there is out.</p> <p><b>Three men in a boat</b> - the crew must form groups of three and sing "row, row the boat"</p>	Akela
10 Nov 17:15	10	<b>Game</b> : A knot of protection		Cubs to stand in a circle with their rope. Each Cub wraps the rope around one wrist and then ties the end of his/her rope to the Cub standing on his/her left. They can use a sheet bend mainly but can use a reef, slip reef or fisherman's knot as well. Once all the knots are tied, the Cubs will all be joined together. Reminder of how all Cubs and Scouts around the world are brothers and sisters (one of the Scout laws).	Akela
10 Nov 17:25	10	<b>Game</b> : Save the Drowning Cub		<p>Required: 7/8 meter rope per Six</p> <p>Notes: Practice throwing rescues for water safety.</p> <p>Instructions: Teams line up single file at a starting line. One Cub from each team sits down facing his team about 7/8 meters in front of the</p>	Akela

				<p>line.  First Cub in each team has a rope. Each Cub makes one throw with the rope trying to reach the drowning Cub. The sitting Cub tries to reach the rope being thrown without moving from his spot. He can lean and reach, but can not stand up  Each Cub throws the rope once and then goes to the end of the line.  Teams score one point whenever the drowning Cub can reach the rope thrown to him and the rescuing Cub does not lose the rope. The team with the most points when all members have thrown is the winner.</p>	
10 Nov 17:35	10	<b>Activities</b> : Watersmart	Computer, internet connection	<p><a href="http://www.dhllifesaving.com">Watersmart - library (dhllifesaving.com)</a></p> <p>Let the Cubs work through one of the modules together in their Six and encourage them to do more at home/ share with others.</p> <p>Use the "find the safety issue" pictures as well for those who are not on the computer.</p>	Akela
10 Nov 17:45	5	<b>Activities</b> : Juice and biscuits		Juice and biscuit break	Akela
10 Nov 17:50	10	<b>Activities</b> : Promise and Law	<p>Colouring in pencils</p> <p>Printout of colouring in</p>	<p>Cub Law  Jump to navigationJump to search  The Cub Law is:</p> <p>"The Cub gives in to the Old Wolf  The Cub does not give in to himself."</p> <p>Explanation  From the story of Mowgli, you will learn that the young cubs obey the older wolves. In the jungle there may be several young wolf cubs, playing and tumbling over each other. One of them may wander off in search of adventure. The mother wolf, who has been lying nearby with her head resting on her forepaws will raise her head suddenly and stare hard at the wanderer. He will stop immediately and look at her, and in an instant come trotting back. Nothing is said, but the smart young cub understands what is wanted of him and does it at once. This is obedience – giving in to the Old Wolf.</p> <p>This is what human Cubs should do too – understand what is wanted of them and do it without waiting to be told. Cubs should always obey, whether or not their mother, father, teacher or Akela are there to see them. Older people know better because they have seen more and done more. They know what is right and try to keep you from harm by telling you the right way to behave and how to do tasks. So anyone you know who is older than you are, or is in charge of you, is an Old Wolf.</p> <p>When a young wolf is hunting a hare for food, he may get tired and want to stop, but he does not give in. He keeps after it and soon finds that the hare is just as tired – so he gets his dinner. Maybe you will start to do something which turns out to be much</p>	Akela

harder than you thought it would be. You may want to stop, but don't give in to yourself. Instead, keep on trying and DO YOUR BEST. A Cub is also giving in when he cheats, steals, lies, bullies, loses his temper, or is greedy. Surely you do not want to be like this?

#### Cub Promise

"I promise to do my best –  
To do my duty to God and my country;  
To keep the Law of the Wolf Cub Pack  
And to do a good turn to somebody every day."

In order to understand the Promise properly, it is perhaps better if we look at it step by step.

I PROMISE: When you say "I promise:" it means that you will do your best to do whatever you said you would do. When you make your Cub Promise it is for all the time – at home, at school, at play – not only when you are in uniform. There is no need for your mother or father or Akela, to check whether you are keeping your promise.

TO DO MY BEST: This means that you must try very hard, and be sure that what you do is truly your very best.

TO DO MY DUTY TO GOD: God will help you to do your duty to Him. When you remember Him, it will help you to do the right thing. Remember, too, what God has made – trees, flowers and animals of all kinds. A Cub takes care of God's creation. Thank God for everything you enjoy, thank Him at your place of worship and whenever you have a moment by yourself. God wants you to help others. Helping others, without thought for yourself, is part of your duty to God.

AND MY COUNTRY: Just as the wolves obey Akela, so the people of our country obey our leaders. Our country has laws for people to live by. A Cub is careful not to make fires which will burn the veld or trees. A Cub does not damage or hurt plants, animals or any wild thing. A Cub shows respect for flags and national anthems and does all they can to be a good citizen.

TO KEEP THE LAW OF THE WOLF CUB PACK: Every game has rules the players must follow, and in Cubs we have two rules. When you follow them you are keeping the Cub Law.

AND TO DO A GOOD TURN TO SOMEBODY EVERY DAY: A Cub does not only think of himself. A Cub is always looking for ways to help others, especially those at home. Cubs do their fair share of work and are cheerful while doing it. Cubs accept no reward because they WANT to make others happy. Be alert for a chance to help others by doing little jobs like carrying a parcel, or picking up rubbish. There are many things you can do to keep this part of your Promise.

10 Nov 18:00	25	Game : Who's Who		<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>- 6 to 8 White boards</li> <li>- 6 to 8 markers (different colours)</li> <li>- Tissues/wetwipes to clean boards</li> <li>- Name at top of each board (printed/cellotaped)</li> <li>- Card with Cub's screen name and name of all the others (up to 8) (laminated)</li> <li>- One Cub is instructed to be a bully on his/her card</li> <li>- One Cub is instructed to lie about himself/herself and pretend to be another Cub</li> <li>- Flipchart for rules and for discussion after</li> <li>- Helpers to assist younger Cubs with writing messages</li> </ul> <p><b>Instructions to Cubs (before we start) (5 minutes)</b></p> <p>Each Cub will get a card.</p> <ul style="list-style-type: none"> <li>· At the top is the Cub's "screen name" (Explain what a screen name is)</li> <li>· Below is all the other people who are online that you can chat to</li> <li>· Your job is to try and find out who each person actually is</li> <li>· Your board will have your screen name at the top</li> <li>· You first need to address your message (who are you sending to)</li> <li>· Then write your message/question.</li> <li>· If you receive a message, you write your answer below.</li> <li>· Hold your board above your head when ready and Akela will deliver it for you</li> <li>· Once you have received a reply, rub out the</li> </ul> <p><b>Note:</b> Each person can also be given a label on their back so that Akela/helpers know who is who.</p> <p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>· You can't ask or give your real name</li> <li>· You can't face each other</li> <li>· No talking</li> </ul> <p><b>How to Play (10 minutes):</b></p> <ul style="list-style-type: none"> <li>· Cubs sit in a circle (large so they can't see each other's boards), backs facing in so that they can't see each other</li> </ul>	Akela
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				<ul style="list-style-type: none"> <li>· They are each given the card with their screen name and that of the others that are online.</li> <li>· They are given a white board and marker for writing messages. Each board is marked with the person's name at the top so we know who it belongs to</li> <li>· Each Cub is given a marker to write with – each can be a different colour so it is easy to tell message and answer apart</li> <li>· They can wipe out messages once read and then write a new message – to the same person or someone else.</li> <li>· Keep sending messages until the time is up.</li> <li>· Cubs to fill in on the card who they think each person is</li> </ul> <p><b>Debrief (5 minutes):</b></p> <ul style="list-style-type: none"> <li>· Cubs to come back together and asked if they know who each person is.</li> <li>· Write up screen names on flipchart and then see if each can guess. See how many they got right. Did someone mislead them and make them think he/she was someone else?</li> <li>· Now discuss how easy it was for a stranger to have pretended to be a friend and look at the information he/she could have got – where you live, what you like to do, sports you play, where you go to school – all of this can be used to find you (use examples of the messages sent and received).</li> <li>· Relate back to social media, online gaming, Whats App, etc.</li> <li>· Now, ask if they found someone to be very rude/horrible.</li> <li>· What did they do?</li> <li>· What could they do?</li> </ul> <p>Share the safety tips on how to deal with being safe – same rules as how to deal with strangers in the real world but to be extra careful since you can't tell if the other person is lying or not about who they are.</p> <p>Share some tips on Cyber Bullying and what they can do.</p> <p><b>Handout:</b></p> <p>Safety Tips</p> <p>Cyber Bully Tips</p> <p>(See attached file for templates)</p>	
10 Nov 18:25	5	<b>Activities</b> : Closing	Totem, Skin Badges, certificates	Announcements Badge handouts Grand Howl Flag Down Prayer	Akela



## Promise and Law

<b>Category</b>	Activities
<b>Advancement</b>	Promise & Law
<b>Time to allocate (mins)</b>	10
<b>Outcome</b>	Understand the promise and law
<b>Resources</b>	<p>Colouring in pencils</p> <p>Printout of colouring in</p> <p><b>Cub Law</b></p> <p>Jump to navigationJump to search</p> <p>The Cub Law is:</p> <p>"The Cub gives in to the Old Wolf</p> <p>The Cub does not give in to himself."</p> <p>Explanation</p> <p>From the story of Mowgli, you will learn that the young cubs obey the older wolves. In the jungle there may be several young wolf cubs, playing and tumbling over each other. One of them may wander off in search of adventure. The mother wolf, who has been lying nearby with her head resting on her forepaws will raise her head suddenly and stare hard at the wanderer. He will stop immediately and look at her, and in an instant come trotting back. Nothing is said, but the smart young cub understands what is wanted of him and does it at once. This is obedience – giving in to the Old Wolf.</p> <p>This is what human Cubs should do too – understand what is wanted of them and do it without waiting to be told. Cubs should always obey, whether or not their mother, father, teacher or Akela are there to see them. Older people know better because they have seen more and done more. They know what is right and try to keep you from harm by telling you the right way to behave and how to do tasks. So anyone you know who is older than you are, or is in charge of you, is an Old Wolf.</p> <p>When a young wolf is hunting a hare for food, he may get tired and want to stop, but he does not give in. He keeps after it and soon finds that the hare is just as tired – so he gets his dinner. Maybe you will start to do something which turns out to be much harder than you thought it would be. You may want to stop, but don't give in to yourself. Instead, keep on trying and DO YOUR BEST. A Cub is also giving in when he cheats, steals, lies, bullies, loses his temper, or is greedy. Surely you do not want to be like this?</p> <p><b>Cub Promise</b></p> <p>"I promise to do my best –</p> <p>To do my duty to God and my country;</p> <p>To keep the Law of the Wolf Cub Pack</p> <p>And to do a good turn to somebody every day."</p> <p>In order to understand the Promise properly, it is perhaps better if we look at it step by step.</p> <p>I PROMISE: When you say "I promise:" it means that you will do your best to do whatever you said you would do. When you make your Cub Promise it is for all the time – at home, at school, at play – not only when you are in uniform. There is no need for your mother or father or Akela, to check whether you are keeping your promise.</p> <p>TO DO MY BEST: This means that you must try very hard, and be sure that what you do is truly your very best.</p> <p>TO DO MY DUTY TO GOD: God will help you to do your duty to Him. When you remember Him, it will help you to do the right thing. Remember, too, what God has made – trees, flowers and animals of all kinds. A Cub takes care of God's creation. Thank God for everything you enjoy, thank Him at your place of worship and whenever you have a moment by yourself. God wants you to help others. Helping others, without thought for yourself, is part of your duty to God.</p> <p>AND MY COUNTRY: Just as the wolves obey Akela, so the people of our country obey our leaders. Our country has laws for people to live by. A Cub is careful not to make fires which will burn the veld or trees. A Cub does not damage or hurt plants, animals or any wild thing. A Cub shows respect for flags and national anthems and does all they can to be a good</p>
<b>Instructions</b>	

citizen.

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AND TO DO A GOOD TURN TO SOMEBODY EVERY DAY: A Cub does not only think of himself. A Cub is always looking for ways to help others, especially those at home. Cubs do their fair share of work and are cheerful while doing it. Cubs accept no reward because they WANT to make others happy. Be alert for a chance to help others by doing little jobs like carrying a parcel, or picking up rubbish. There are many things you can do to keep this part of your Promise.

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Entry written by Sharon Venn of 1st Randburg

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## Documents

[Cub Promise colouring in.png](#)

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## Who's Who

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### Category

Game

### Type

Quiet game

### Time to allocate (mins)

20

### Equipment:

- 6 to 8 White boards
- 6 to 8 markers (different colours)
- Tissues/wetwipes to clean boards
- Name at top of each board (printed/cellotaped)
- Card with Cub's screen name and name of all the others (up to 8) (laminated)
- One Cub is instructed to be a bully on his/her card
- One Cub is instructed to lie about himself/herself and pretend to be another Cub
- Flipchart for rules and for discussion after
- Helpers to assist younger Cubs with writing messages

### Instructions to Cubs (before we start) (5 minutes)

Each Cub will get a card.

- At the top is the Cub's "screen name" (Explain what a screen name is)
- Below is all the other people who are online that you can chat to
- Your job is to try and find out who each person actually is
- Your board will have your screen name at the top
- You first need to address your message (who are you sending to)
- Then write your message/question.
- If you receive a message, you write your answer below.
- Hold your board above your head when ready and Akela will deliver it for you
- Once you have received a reply, rub out the

**Note:** Each person can also be given a label on their back so that Akela/helpers know who is who.

### Rules:

- You can't ask or give your real name
- You can't face each other
- No talking

### How to Play (10 minutes):

- Cubs sit in a circle (large so they can't see each other's boards), backs facing in so that they can't see each other
- They are each given the card with their screen name and that of the others that are online.
- They are given a white board and marker for writing messages. Each board is marked with the person's name at the top so we know who it belongs to
- Each Cub is given a marker to write with – each can be a different colour so it is easy to tell message and answer apart
- They can wipe out messages once read and then write a new message – to the same person or someone else.
- Keep sending messages until the time is up.

### Instructions

- Cubs to fill in on the card who they think each person is

**Debrief (5 minutes):**

- Cubs to come back together and asked if they know who each person is.
- Write up screen names on flipchart and then see if each can guess. See how many they got right. Did someone mislead them and make them think he/she was someone else?
- Now discuss how easy it was for a stranger to have pretended to be a friend and look at the information he/she could have got – where you live, what you like to do, sports you play, where you go to school – all of this can be used to find you (use examples of the messages sent and received).
- Relate back to social media, online gaming, Whats App, etc.
- Now, ask if they found someone to be very rude/horrible.
- What did they do?
- What could they do?

Share the safety tips on how to deal with being safe – same rules as how to deal with strangers in the real world but to be extra careful since you can't tell if the other person is lying or not about who they are.

Share some tips on Cyber Bullying and what they can do.

**Handout:**

Safety Tips

Cyber Bully Tips

(See attached file for templates)

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Entry written by Sharon Venn of 1st Randburg

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**Documents**

Templates [Game.pdf](#)

Internet Safety Handout [print.pdf](#)

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