

Superhero - Me

20 Oct 17:00

Duty six : Purple

Start	Time	Activity	Requirements	Instructions	Scouter
Every one of us can be a hero so this week we are thinking about what we are good at					
20 Oct 17:00	5	Activities : Opening	Register, beans, flag, totem and skin	Grand Howl Flag Break Register Inspection - belts and shoes	Akela
Lets pretend to be superheros					
20 Oct 17:05	10	Game : Super heroes		When each Super Hero is called, Cubs perform the given action. Superman Fly in classic Superman pose, one arm outstretched. Spiderman Move about the area on finger and toe tips like a spider. Batman Run with arms outstretched like a bat. Incredible Hulk Stand flexing muscles, making an angry roar. Wonder Woman Spin slowly with arms outstretched. Lara Croft Run, jump and crouch on one knee. Elastica Incredible Stand still and stretch arms and legs as far as possible. Scooby Doo Huddle together in 2's saying "I'm scared Shaggy."	Akela
We all have something we are good at. Imagine yourself as a superhero and design a costume					
20 Oct 17:15	20	Crafts : Me as a Superhero	Worksheet per Cub Crayons	Hand out a worksheet to each Cub. Help them identify their strengths (and use these in the description box). They can make up a name and choose a superpower and colour in their outfit.	Akela
Good Turn Hand and Room Tidy Comic are to help you sign off these advancements. Lets hear about one Scout's good turn					
20 Oct 17:35	5	Yarn : Story of a Good Turn - How boy scouts got to America		See attached	Akela
Lets have a quick break					
20 Oct 17:40	5	Activities : Juice and biscuits		Juice and biscuit break	Akela
As a team, we also can be even better heroes. Working together, get an injured Cub from one side of the Hall to the other					
20 Oct 17:45	20	Activities : Fireman Carry	Staves Ropes	Each team to build a simple A-frame Then, using the A-frame, transport all of your Cubs (one at a time) over the line.	Akela
20 Oct 18:05	20	Crafts : Superhero organiser	Tins Modge Podge (or 170ml white glue to 1/3 cup water Brushes	Cut your comic book into the panels that you want to use and lay them out on the can to plan the look you want. Once you have all the panels planned for the look you want, use the Mod Podge to glue the comic panels down onto the can or container. The metal can we used had ridges so we were	Akela

			<p>Old comic books or print superhero images</p> <p>Scissors</p>	<p>careful to take the time to smooth the comic book paper carefully onto the can. Once you have the entire can or container covered with comic book panels be sure to seal all the paper with a top coat of Mod Podge. Since the comic book paper is so delicate, you'll want to make sure you seal it down well. Allow the can to dry 20-30 minutes. You have a cool comic book can that's perfect for storing toys, pens and pencils or really cool action figures.</p>	
20 Oct 18:25	5	Activities : Closing	<p>Totem, Skin</p> <p>Badges, certificates</p>	<p>Announcements</p> <p>Badge handouts</p> <p>Grand Howl</p> <p>Flag Down</p> <p>Prayer</p> <p>Dismiss</p>	Akela

Programme prepared on 09 May 01:30

Me as a Superhero

Category	Crafts
Time to allocate (mins)	20
Outcome	Cubs to identify their strengths
Resources	Worksheet per Cub Crayons
Instructions	Hand out a worksheet to each Cub. Help them identify their strengths (and use these in the description box). They can make up a name and choose a superpower and colour in their outfit.

Entry written by Sharon Venn of 1st Randburg

Documents

[superhero.png](#)

Story of a Good Turn - How boy scouts got to America

Category	Yarn
Time to allocate (mins)	5
	The History of the Boy Scouts of America The Story of a Good Turn Taken from the Boy Scout Handbook
Story	<p>One day in 1909 in London, England, an American visitor, William D. Boyce, lost his way in a dense fog. He stopped under a street lamp and tried to figure out where he was. A boy approached him and asked if he could be of help.</p> <p>"You certainly can," said Boyce. He told the boy that he wanted to find a certain business office in the center of the city.</p> <p>"I'll take you there," said the boy.</p> <p>When they got to the destination, Mr. Boyce reached into his pocket for a tip. But the boy stopped him.</p> <p>"No thank you, sir. I am a Scout. I won't take anything for helping."</p> <p>"A Scout? And what might that be?" asked Boyce.</p> <p>The boy told the American about himself and his brother Scouts. Boyce became very interested. After finishing his errand, he had the boy take him to the British Scouting office.</p> <p>At the office, Boyce met Lord Robert Baden-Powell, the famous British general who had founded the Scouting movement in Great Britain. Boyce was so impressed with what he learned that he decided to bring Scouting home with him.</p> <p>On February 8, 1910, Boyce and a group of outstanding leaders founded the Boy Scouts of America. From that day forth, Scouts have celebrated February 8 as the birthday of Scouting in the United States.</p> <p>What happened to the boy who helped Mr. Boyce find his way in the fog? No one knows. He had neither asked for money nor given his name, but he will never be forgotten. His Good Turn helped bring the Scouting movement to our country.</p> <p>In the British Scout Training Center at Gilwell Park, England, Scouts from the United States erected a statue of an American buffalo in honor of this unknown Scout. One Good Turn to one man became a Good Turn to millions of American boys. Such is the power of a Good Turn.</p>

Entry written by Katy Young of 1st Bedfordview