



# FEBRUARY ROUNDTABLE

## MARCH 2015 PACK RESOURCE SHEET

### CORE VALUE: COMPASSION /

### THEME: AWARE AND CARE



#### THE CORE VALUE HIGHLIGHTED THIS MONTH IS

##### COMPASSION

To have compassion means being kind and considerate, and showing concern for the well-being of others.

##### WHY “BE AWARE AND CARE” FOR COMPASSION?

A compassionate Scout imagines himself in the situation of others and feels sympathetic to the distress. As we become aware of the needs of all creatures on Earth, we gain compassion for everything that inhabits our world and the importance of understanding that we are all linked together. This is the reason Scouts are conservation-minded and understand the need to recycle, conserve energy, and follow the principles of Leave No Trace.

##### SCOUT LAW EQUIVALENTS TO COMPASSION ARE “FRIENDLY” AND “KIND.”

A Scout is a friend to all. He is a brother to other Scouts. He offers his friendship to people of all races and nations, and respects them even if their beliefs and customs are different from his own. A Scout knows the strength in being gentle. He treats others as he wants to be treated. Without good reason, he does not harm or kill any living thing.

### Pre-opening Activities

#### BOY SCOUT HANDSHAKE

No materials needed.

Upon arrival, each person is instructed to introduce themselves and shake hands with all the others with his left hand (the Boy Scout handshake), and then to place his or her right hand in a pocket until time for the opening.

#### LEAVE NO TRACE GAME

**Materials:** pictures and pamphlets.

Decorate the room with photos of local parks and nature centers/trails, as well as other nature and wildlife photos. Place cameras, day packs, walking sticks, hiking boots, and water bottles on display too. Have a display of pamphlets and brochures for the local parks and nature trails where Cub Scouts can go on a hike. Have a poster showing the “Leave No Trace Frontcountry Guidelines” (<http://www.scouting.org/scoutsources/CubScouts/resources/LeavenoTrace.aspx>). List ways that Cub Scouts practice Leave No Trace, and create a quiz for the participants to complete with questions like “Where could you go to see (something mentioned on a park brochure)?” or “Why are sturdy shoes needed for a hike?” Make sure some of the questions are pure fun. Leave some handbooks open to the pages related to Cub Scouting’s Leave No Trace Awareness Award and the award patch for the program.

### Opening Ceremonies

#### CUB SCOUT LEAVE NO TRACE PLEDGE

**Materials:** Put the poster of the LNT frontcountry guidelines in the front of the room (or make one for the opening). Consider a business card or letter-sized handout of the guidelines for each participant. Have an assistant roundtable commissioner lead the following with participants making the Cub Scout sign.

I, (first and last name), promise to practice the Leave No Trace frontcountry guidelines wherever I go:

1. Plan ahead.
2. Stick to the trails.
3. Manage your pet.
4. Leave what you find.
5. Respect other visitors.
6. Trash your trash.

Note: This could also be led by a Cubmaster and 6 Cub Scouts. Each Cub Scout would say one of the principles, and would hold up a poster with an appropriate picture on the front and the line he speaks written on the back in large print.

#### THE DEN HIKE

**Personnel:** 7 Cub Scouts, each holding a poster with an appropriate picture on the front and his lines written in large print on the back.

**Cub #1:** We are going to see nature’s treasures.

**Cub #2:** We will help to maintain nature’s balance.

**Cub #3:** We will observe and learn from nature’s animals.

**Cub #4:** We will help maintain nature’s resources.

**Cub #5:** We will protect those resources from harm.

**Cub #6:** We will follow the Laws of Nature.

**Cub #7:** We are going on a hike.

### Prayers

Dear Father, help us to be aware of our surroundings so that we may take care of the planet you provided us. Help us to care about those around us, at home, at school, at work, in our communities, and around the world. **Amen.**

We come together to honor nature. Lord, give us the ability to leave your creation as we find it so it can be enjoyed by others who will come after us. **Amen.**

### Songs

“ALIVE, AWAKE, ALERT, ENTHUSIASTIC”

Tune: “If You’re Happy and You Know It”

Alive, awake, alert, en-thu-si-as-tic.

Alive, awake, alert, en-thu-si-as-tic.

Alive, awake, alert,

Alert, awake, alive.

Alive, awake, alert, en-thu-si-as-tic.

As the Cub Scouts sing this song, have them perform these actions with each word:

**Alive:** Slap knees.

**Awake:** Clap hands.

**Alert:** Snap fingers over shoulders.

**Enthusiastic:** Raise arms over head and do the “twist.”

### “POLLUTION SONG”

Tune: “My Bonnie Lies Over the Ocean”

**The litter blows over the highway.  
The litter blows over the park.  
Unless we do something to stop it.  
The world will be litterly dark!**

**Chorus:**

**Pick up, pick up,  
Oh, pick up the litter you see, you see.  
Pick up, pick up,  
Oh, pick up the letter you see.**

**God gave us clean air for our breathing,  
But we just don’t keep it that way.  
Instead we pollute it from smokestacks  
And breathe in the garbage each day!**

**Chorus:**

**Bring back, bring back,  
Bring back a clean world to me, to me.  
Bring back, bring back,  
Bring back a clean world to me.**

## Cheer or Applause

### NECKERCHIEF APPLAUSE

**Materials:** neckerchief.

The audience claps and cheers as long the neckerchief is in the air. Throw it up several times—some short, some long—or play catch with someone. The audience keeps cheering until the neckerchief hits the floor.

### LEAVE NO TRACE

No materials needed.

**Clean it up, pick it up, and leave no trace.**

**Clean it up, pick it up, and leave no trace.**

**Clean it up, pick it up, and leave no trace.**

**Yay, Cub Scouts!**

## Advancement Ceremony: Let the Compass Guide You

**Materials:** large compass made of heavy cardboard, placed in the front of the room on the advancement table.

**Cubmaster:** We look to the compass for our guide. To the east, we find a Cub Scout ready for his Bobcat Badge. Will (name) and his parents please come forward? (Present award.) He brings his eagerness like the dawn of a new day. (Lead cheer.) To the west is the Tiger searching for new things to discover. Will (name) and his parents come forward? (Present award and lead cheer.) To the South is the Wolf and his spirit of adventure. Will (name) and his parents come forward? (Present award and lead cheer.) To the north is the Bear hunting on the trail of Scouting. Will (name) and his parents come forward? (Present award and lead cheer.) Looking to the West again, we see the Webelos Scout, about to realize his

boyhood dreams, rushing toward Boy Scouting like the setting sun. Will (name) and his parents come forward? (Present award and lead cheer.) Let the compass guide you on your trails, and may you all carry into your adult lives the ideals of Scouting.

## Cubmaster Minutes

- The Dali Lama wrote, “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”
- This month we talked about LNT, or Leave No Trace. LNT could also mean Love Nature Thoroughly. We all love our nature and we want to keep it from things that can destroy it. We take nothing but pictures and leave nothing but footprints. This way we can ensure that future Cub Scouts and their families will be able to enjoy the great outdoors. Boys, remember to love nature thoroughly and leave no trace!

## Closing Ceremonies

### C-O-M-P-A-S-S-I-O-N

**Materials:** 10 Cub Scouts holding signs with large block letters on the front and their script lines on the back, written in large print.

**Cub #1:** C - is for Caring for the needs of all the people and creatures on earth.

**Cub #2:** O - is for Others who may not be as fortunate as us.

**Cub #3:** M - is for Making sure we reduce, re-use and recycle.

**Cub #4:** P - is for Practicing Leave No Trace to protect the environment we all live in.

**Cub #5:** A - is for Always turning the lights off when we leave the room.

**Cub #6:** S - is for Sympathy we need to show to those in distress.

**Cub #7:** S - is for Standing up for what we know is right.

**Cub #8:** I - is for Impressions we leave.

**Cub #9:** O - is for Opening our heart to others in need.

**Cub #10:** N - is for Never forgetting to show compassion.

### I WENT HIKING

Seven Cub Scouts line up in the front of the room with props appropriate for their parts. Words can be memorized or written on cue cards.

**Cub #1:** I went hiking. I took a walking stick.

**Cub #2:** I went hiking. I took a camera.

**Cub #3:** I went hiking. I took some water.

**Cub #4:** I went hiking. I took a snack.

**Cub #5:** I went hiking, and enjoyed the journey.

**Cub #6:** I went hiking. Not a piece did I take.

**Cub #7:** I went hiking. Not a piece did I leave.

## Games

### OVEN MITT RELAY

**Materials:** for each team, 1 oven mitt and 1 shoelace for knot-tying.

Have teams line up at one end of the room and, at the other end, place the oven mitt and the shoelace. Each team member must run across, place the oven mitt on his dominant hand, and then tie a square knot in the shoe lace. Upon completing the knot, he races back to his team and hands off the oven mitt. The second person must untie the knot. Keep going, alternating tying and untying the knot until every member of the team has participated. The first team to finish wins.

## HELP TAG

**Materials:** 3 small items to be used as “bases.”

Pick two people to be “It” and hand out the bases. If someone is tagged, they get down on both knees and cannot talk or move at all. They become unfrozen if they receive help in the form of one of the base items.

## THROUGH THE FOREST

**Materials:** step stool; blindfold.

Have the Cub Scouts spread out over the playing area to become “trees.” A blindfolded “hiker” starts at one end of the playing area, while a “guide”—who stands elevated on the step stool at the other end—talks the hiker through the Cub Scout forest. The trees are not allowed to move. If the hiker collides with a tree: He becomes that tree, the tree becomes the guide, and the guide becomes the hiker. Then the trees rearrange themselves for the new hiker.

## NATURE BINGO

Take the Cub Scouts on a hike. Each Cub Scout should have a buddy (always use the buddy system when on a hike). Give each pair a “nature bingo” sheet and a pencil, and have them mark the squares as they find each item. The first pair to find 5 in a row wins! Before the hike, be sure to place along the trail some items not normally found in nature (for example, an umbrella) that are on the card.

Poison Ivy	Shoe	Maple Leaf	Cedar	Deer
Trash	Squirrel	Mud	Rough Rock	Pine Cone
Smooth Rock	Grass	FREE	Animal Track	Table Fork
Pine Tree	Snake	Bird Nest	Oak Tree	Acorn
Spider Web	Moss	Umbrella	Wild Flower	Rabbit

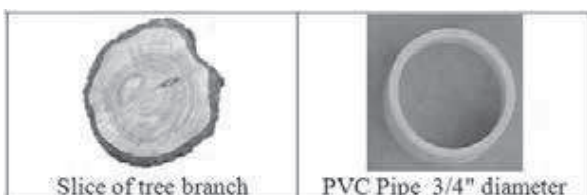
## Activity: Help your Charter Organization

**Materials:** trash bags.

- Organize a “how much trash can you pick up” time in the charter organization’s parking lot and around the property. Award the den that picks up the most trash.
- Weed the plantings around the building. (First, check with your charter representative.)

## Project: Tree Tie Slide

**Materials:** slices from a tree branch; glue; PVC pipe cut into small rings.



Cut slices (tree “cookies”) from a small tree branch. These cross-sections make great tie slides and can help us explore the history of a tree.

Discuss tree rings in general, and then give each Cub Scout his own tree “cookie” to explore. He can use it to assemble a tie slide using the glue and the PVC pipe rings. While the boys are making their tie slides, challenge them to find unusual rings in the tree “cookie” that may have been caused by:

- A time when the tree was stressed.
- Years when the supply of sunlight, water, or nutrients was just right.
- Damage from fire, insects, or other factors.

## Audience Participation: The Hike

Divide the audience into four groups. Assign each group to say the following lines when their word is spoken in the story. Practice as you make the assignments.

**HIKE:** “Leave No Trace.”

**BOYS:** “A-hiking we will go!”

**FOOD, BREAKFAST, LUNCH, FISH, BURGER:**  
“Food, glorious food!”

**LEADER:** “I’ve got that Cub Scout spirit.”

The BOYS on the outing were all excited about the big HIKE. All month long, the BOYS learned about what FOOD to take, how to cook it, and what to wear. On Saturday morning, the LEADERS and the BOYS were up early and ready to start the HIKE. The plan was to HIKE for a couple of hours and then stop so the BOYS could make BREAKFAST. Then the BOYS and the LEADERS would hike on to the lake where they would catch FISH for their LUNCH. The group arrived on time and soon began HIKING up the trail. When it was time to stop for BREAKFAST, the BOYS opened their packs while the LEADERS started the stoves. But no one had remembered to pack FOOD except for Joe—and he had been assigned the salt and pepper! Well, at least they could salt and pepper the FISH they caught for LUNCH.

On up the trail they HIKED, and soon they reached the lake. They were so hungry, they could hardly wait to catch and cook those FISH. But when the packs were opened, the LEADERS discovered that they had left the fishing gear behind in the cars. Oh, no! What could they do? That’s when the LEADERS broke out the GRANOLA BARS they had been saving for DESSERT. It wasn’t much, but it gave the BOYS enough energy to HIKE back to the cars. The first stop the LEADERS made on the way home was at the very first BURGER place they could find.

You can be sure that the next time the group went on a HIKE, all the BOYS and LEADERS remembered the FOOD.

## Skits

### TOOTHPASTE

**Personnel/Material:** a narrator and 4 or more Cub Scouts; 2 cups.

The Cub Scouts all line up in a row in front of the audience. Cub Scout #1 has water in his cup and the last one in line has an empty cup with some water hidden in his mouth.

The narrator announces this will be a demonstration of how a person can brush his teeth when there is a shortage of water. Cub Scout #1 takes a drink of water from his cup and proceeds to brush his teeth with his finger. After a few seconds, he stops and places his head against the ear of Cub Scout #2, whose cheeks begin to bulge as #1’s cheeks deflate. Cub Scout #2 brushes his teeth with his finger for a few seconds, and then puts his mouth against #3’s

ear with the same results, and so on down the line until the last Cub Scout is reached. When he finishes brushing his teeth, he releases the water from his mouth into the cup in his hand.

### HIKING—THE SCOUTING WAY

**Materials:** 1 football; a cardboard crown; **Personnel:** den chief and several Cub Scouts. The boys don't look prepared for ANYTHING!

**Den chief:** OK, guys. Is everybody ready to go hiking?

(The boys start hiking up their socks.)

**Den chief:** What are you doing? I said HIKING! Are you ready to go HIKING?

**Cub #1:** Yes, we're hiking up our socks and our shorts. YOU know....

**Den chief:** No, no, no! Hiking, HIKING. Don't you know HIKING?

**Cub #2:** Oh, sure. (Takes the football from behind his back as the boys line up, beginning to play.) Hike one ... hike two ... hike three.

**Den chief:** No, no, no! Hi-king, HI-KING. Come on guys. Get with it!

(Cub Scout #3 puts the crown on his head and walks around.)

**Cub Scouts (looking at Cub #3):** Hi, king!

**Den chief:** No, no, no! Hiking, walking, Scout stuff. You know—HIKING!

**Cub Scouts:** Oh, why didn't you say so?

(They walk away, hiking.)

### Run-On: Beam Me Aboard

**Personnel/Materials:** 2 Cub Scouts; 1 board of any type, not heavy.

One Cub Scout walks on stage while another hides with the board. Cub Scout #1 pretends to be using a Star Trek "communicator" and says, "Beam me aboard!" Cub Scout #2 tosses the board onto the stage and #1 says, "Thank you!" He then carries the board off stage.

### Activity: Braille Alphabet Name Card

**Materials:** Braille alphabet charts; card stock; pencils or markers; rulers; glue.



Explain that Braille is a system that enables blind and visually impaired people to read and write through touch. It was devised by Louis Braille in 1824 and consists of raised dots arranged in "cells." A cell is made up of six dots that fit under the fingertips, arranged in two columns of three dots each. Each cell represents a letter, a word, a combination of letters, a numeral, or a punctuation mark.

- Give each person a Braille sheet and a half sheet of card stock.
- Tell them to leave plenty of space between their letters. A ruler can be used to mark the spaces needed.
- Have each person write his or her name on the bottom of their piece of card stock. Remind them not to forget the spacing.
- They fold their card stocks over, creating a "tent."
- Then, using pencils, they mark the Braille letters for their names. A small dot of glue should be placed over each letter and allowed to dry.

