

**Ideas for Connecting Core Values with Outdoor Activities**

	Citizenship	Compassion	Cooperation	Courage	Faith	Health and Fitness	Honesty	Perseverance	Positive Attitude	Resourcefulness	Respect	Responsibility
 <p>Hikes</p>	<p>Hike to a polling place during an election. Hike to a museum or historical building and learn about the history of your community. Take a historical hike.</p>	<p>Take turns carrying items for each other on the hike. Do an "Inch hike" to become aware of small animals we may harm if walking quickly.</p>	<p>Plan a hike, which involves opportunities for problem solving by teams (set these up ahead of time). Discuss how following the leader can help the team.</p>	<p>Meet the challenges of the trail. Plan ahead for situations to challenge the boy's courage. Hug a tree if lost.</p>	<p>Conduct a Scouts Own hike. Hike to a pace of worship.</p>	<p>Go on an exercise hike with stations to do specific exercises (many local parks have these already set up). Learn to take your pulse when walking to see how your body is exercising.</p>	<p>Follow the Outdoor Code when hiking. After a hike, report accurately, what was observed or done.</p>	<p>Plan a hike where boys encounter obstacles similar to an early explorer. Talk about how pioneers or early explorers persevered to reach their destinations.</p>	<p>Have fun even when it is hard. If possible, plan a hike that is challenging (lengthy or difficult terrain). Have boys explore how to make this a good experience with positive attitudes.</p>	<p>Take a "Search and Find" hike. Look for different animal homes and discuss how resourceful they are in finding shelter.</p>	<p>Involve boys in getting permission to hike in a city, State, or National park. Work with park rangers in planning hike on the public lands. Don't pick plants or harm wildlife.</p>	<p>Pair up with a buddy and be responsible for him throughout the hike. Stay on the trail. Leave no trace.</p>
 <p>Nature Activities</p>	<p>Clean up trash in a designated area. Observe a certain species to see how its citizens live together and what nature laws they obey.</p>	<p>Make bird feeders and keep them filled for at least one winter season. Play the Camera Game (<i>How to Book</i>).</p>	<p>Watch an anthill and point out cooperative behavior Pair boys when doing an activity and have them work together.</p>	<p>Study a certain species and how it reacts to danger- paying attention to how adults are often courageous when they are guarding their young.</p>	<p>Identify divinity in the big and small things of nature.</p>	<p>Study what a certain species eats and how it lives. Discuss how eating right relates to the health of the individuals. "Pick" or harvest healthy food (with permission) or plant an edible crop.</p>	<p>Listen to boys when they are participating in an activity and praise honesty when you hear it.</p>	<p>Study plants that survive difficult environment. Encourage boys to "keep trying" when an activity is difficult.</p>	<p>Visit a herpetologist or entomologist to talk about how insects and snakes contribute to world ecology. Relate this to having a positive attitude about everyone's place in the world.</p>	<p>Find nature everywhere- in a backyard, a puddle of water, a vacant lot, a flowerpot. Examine different bird's nests and discuss how resourceful birds are in finding materials to use.</p>	<p>Watch nature at work, but do not disturb it. Talk about respect for life.</p>	<p>Each boy brings a specific nature time to the meeting- demonstrating he is responsible to remember his assignment. Also, each boy is responsible in bringing items that are allowed and not disturbing any nature preserve or ecology site.</p>
 <p>Service Projects</p>	<p>Raise the flag at the local school every morning for a specific period of time. Do some community clean up projects.</p>	<p>Give service to elderly or disabled, such as helping with trash, filling bird feeders, planting flowers, sweeping, watering, bringing in newspaper, etc.</p>	<p>Have den or pack collect recyclable materials to earn money for a good cause.</p>	<p>Arrange for a safe visit to a food kitchen or homeless shelter. Talk about courage in asking for help from others and to help those who may be different from us.</p>	<p>Help clean up a local place of worship or help with one of their activities (feeding the homeless or conducting a blanket drive).</p>	<p>Make gifts using recycled materials. Make exercise equipment for a local shelter.</p>	<p>Make posters which address being honest with parents about offers of drugs. Make posters, discouraging shoplifting. Aim posters at peer group.</p>	<p>Institute tutoring program. Boys can plan rewards for their "students" who persevere until they finish.</p>	<p>Make cheery cards of others. Mail these to an "adopted" elderly or shut in on a regular basis. Look for opportunities to serve friends or family members who are having a tough time.</p>	<p>Have the boys make a quilt from materials they clean from their closets (with parent's permission) or family materials stash. Donate quilt to local shelter.</p>	<p>Demonstrate respect for family by offering to help family member(s) with a task <i>before</i> they are asked.</p>	<p>Mow the grass for elderly neighbor for a specified duration, Make a duty roster.</p>
 <p>Games and Sports</p>	<p>Play a team sport and discuss how the whole is greater than the individuals, relating this to society.</p>	<p>Experience a disability in a game or sport. Show understanding when others have trouble with a game. Never tease. Show how winning is doing one's best.</p>	<p>Play some team games that involve cooperation of team members. There are many outdoor games involving cooperation in the <i>How to Book</i>.</p>	<p>Play a game where a boy has to ask for help from someone else. For some people admitting they need help is having courage.</p>	<p>Remind boys that their physical abilities are a gift from their Creator and reinforce that they should be thankful that they are so wondrously created.</p>	<p>Challenge each boy to compete against himself to become "Fit Youth." Record initial abilities and record again at end of a specific period to see improvement. Most outdoor games and sports help to make bodies more fit.</p>	<p>Use a game where each player must apply the rules to himself. Discuss how honesty makes playing games more fun. Discuss how winning feels when you are dishonest.</p>	<p>Play a game related to pioneers and discuss their perseverance to complete their journey. Tell boys that those who persevere improve their skills.</p>	<p>Bowling and golf are good games that bring the importance of positive attitude to mind. Might design a game where boys have to run "Don'ts &amp; Can'ts into "Dos &amp; Cans". Always have a good attitude whether you win or lose.</p>	<p>Play some problem solving games. Have boys make their own game- perhaps pioneer type games or games from another culture.</p>	<p>Play croquet, which is a good game that requires respect for other players- waiting to take turns, conducting oneself in a courteous manner, etc.</p>	<p>Each boy brings certain piece of equipment to play a game (bat, ball, glove for baseball).</p>

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 Ceremonies	Hold a ceremony to inaugurate the Denner or to graduate Wolves to Bears or Bears to Webelos, complete with "tux", "top hat", and "judge".	Have a ceremony to recognize compassionate behavior, especially from peers.	Demonstrate cooperation in a ceremony One boy cannot light a candle with a match if the wind is blowing, but two or more can when one shields the wick from the wind.	Award the "Lion's Heart" to a boy who shows real courage in any appropriate situation Place flags at a cemetery on Memorial Day.	Hold trail devotion. Hold recognition ceremonies and pack celebrations outdoors in the beauty of nature.	Incorporate exercise equipment (real or prop) into ceremony The Cubmaster could jump rope across room or lifting "barbells" to find awards for boys.	In a ceremony, tell the George Washington-cherry tree story or one about Abraham Lincoln.	Lewis & Clark could conduct an awards ceremony. George Washington could also after "crossing the Delaware." Pioneers could deliver awards from covered wagon.	Discuss the positive attitude shown by the recipient of the recognition, especially when it is advancement.	Point out resourcefulness of boy in accomplishing advancement. Could talk about prehistoric man and how he made his tools from what he had- boy must work with what he has also.	In a ceremony, show respect for parents or leaders who helped teach the requirements for the award.	Do a den ceremony where each boy is responsible to act or say his part. Adults model responsibility by having advancement.
 Campfires	Re-enact the signing of the Declaration of Independence or other historic event. The boys could even be in costume with a huge feather pen.	Do a skit showing opportunities for compassionate behavior, Don't laugh if someone makes a mistake. Clap for everyone.	Do a skit showing cooperative behavior. Boys show cooperation by joining in with songs and other campfire elements.	Give each boy a speaking part in the campfire. Some people fear speaking in public. Do a skit about a hero.	Include an item related to Duty to God. Sing a song, which incorporate faith. The opening or closing ceremony might include it. Could tell a story which incorporates faith items.	Plan an entire campfire around this theme. Songs with physical movements, Openings, closing and skits can all use health and fitness themes.	Incorporate some good stories about the benefits of honest behavior.	Pioneers & frontiersmen are good themes to incorporate.	Use a story about positive attitude. Clap, and join in when others are performing. Don't grumble or complain about your part.	Have boys build "indoor" campfire for those times when they want to have a campfire setting, but cannot get to outdoors.	Involve boys in planning appropriate activities for campfire. Discuss importance of respecting others' feelings while having fun- no put downs or negative cheers.	Boys could help set up and clean up campfire area, making sure fire is completely out.
 Den Trips	Visit a local governing body- city council, county commission, school board- to see government in action. Have lunch with the mayor or chief of police.	Visit shut-ins or elderly people at times other than holidays. Be patient and compassion when waiting for others who need to rest or who are slower.	Visit a grocery store (or other business) and talk about how the employees cooperate to make the whole enterprise work smoothly .	Visit a dentist's office. Many people are afraid of dentists. Visit with a firefighter, or EMT.	Take a field trip to a place of worship. Visit an early church or mission and learn about the history and faith of people who lived earlier.	Visit a local water treatment plant to see how this vital liquid is made safe for the population. Visit farm or place where healthy food is grown or processed. Attend a sporting event.	Visit a local bank or courthouse and include a discussion of honesty. Visit a local retail store and talk about security and shoplifting. Turn something in to "Lost and Found."	Visit a local gym and talk with a personal trainer. Visit with a doctor and talk about education. Visit a local outdoor track facility and talk with a long distance runner. All of these demonstrate perseverance.	Visit with some people who have overcome an adverse situation through positive attitudes. Thank others who show a positive attitude when they have to wait in line, or take second choice of something.	Visit a recycling center. Visit a quilt shop and talk about the history of quilts- how early Americans used everything they had. Discuss how early Americans had to raise and grow all of their own food.	Visit a local courthouse, Talk about jury system in America and how it respects each citizen by presuming innocence until guilt is proven. Possibly conduct mock trial during visit or in den.	Visit a local bank or credit union and talk about how these institutions are responsible for safeguarding other people's money.
 Pack Overnighter	Boys make up "laws" to govern their "tent city", discussing why it's important to understand how good law benefits all citizens	Bring someone who needs friends. Share belongings with others who may have forgotten something. Be kind to those who may feel uncomfortable being away overnight.	Every boy brings one item for a special dessert or breakfast treat or craft project. Careful planning is necessary to ensure the project will not work if all the parts aren't there.	Have a sharing hour around a campfire where adults share experiences of being afraid or uncertain, and how they handled it. Plan a camp at	Conduct a Scouts Own, even if the overnighter does not take place on a traditional day of worship. An after- dark or sunrise Scouts Own could also be planned.	Boys plan the meals, discussing good nutrition. Discuss about the need for lots of water.	If campground is "honor system" type, have boys fill out fee envelopes, Set up a camp "store" with goodies which operates on "honor system". Have boys involved in counting money. Discuss what this will mean on future overnighters.	Plan some Dutch oven cooking and open campfire cooking so boys experience pioneer life.	Present boys with different obstacles to overcome for overnighter to happen and talk about a "Plan B." Guide them to a resolution emphasizing positive attitude.	Have an indoor overnight- playing board games, cards, or games the boys have made themselves.	Involve boys in setting rules for overnighter (quiet hours, duty roster, who eats first). Discuss how many of these relate to respect for others.	Have boys help to plan one of the overnighter activities. Be sure to evaluate afterwards to discuss how success is related to responsible behavior.