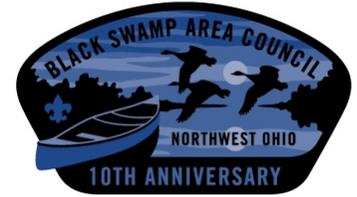




CubRoundtable.com



Volume 9, Issue 1  
Jan., 2009

Welcome to www.CubRoundtable.com  
RT Newsletter  
Webelos activity badges Fitness and Scientist

Theme: "A-M-A-Z-I-N-G" Games

PRE OPENING ACTIVITIES

January: "A-Maze-Ing" Games

**Tigers** – Ach at Den Meeting 3G, 4D –

Ach at Home 4F

Elect. 3, 19, 47

**Wolf** - Ach at Den Meeting 2B, 10B

Ach at Home 5A-E, 10A-E, 10G

Elect. 1B, 22A

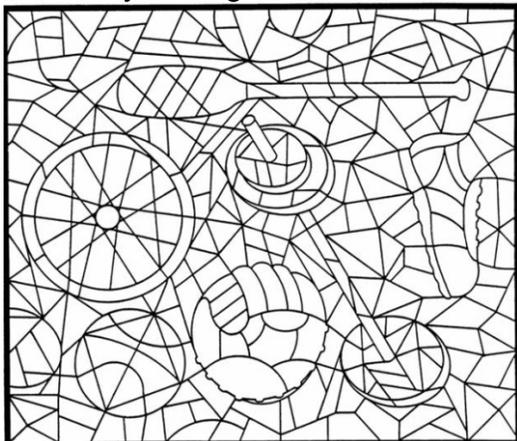
**Bear** – Ach at Den Meeting– 10B, 13F, 15B,  
15C

Ach at Home 8D, 10B, 11A, B, D, E, 13F, 17B

Sports Hunt

[Http://www.scoutxing.com](http://www.scoutxing.com)

You can't play baseball without a bat! And you can't play certain Olympic sports without the right equipment. It takes a **wheel**, a **ball**, a **paddle**, a **sneaker**, a **barbell**, and a **glove** to play these Olympic sports: Basketball; Canoe racing; Long-distance running; Weight lifting; Bicycling; and Baseball. Can you find and color in all six things hidden here? Which sports do they belong to?



### A-MAZING GAMES PUZZLE

B	R	K	G	P	L	Y	D	Q	Y	K	X	Q	E	H
X	T	X	D	R	L	Y	Z	D	E	C	O	B	V	V
F	O	B	Y	P	A	U	R	E	O	H	F	Y	C	T
Y	U	T	A	L	B	G	S	U	C	Q	F	K	A	S
O	Z	X	R	S	T	N	A	V	Y	B	U	X	S	Z
F	S	K	G	I	E	T	I	C	T	A	C	T	O	E
O	D	L	P	D	K	B	E	R	D	B	F	Y	S	H
O	R	W	I	I	S	B	A	O	E	B	A	E	T	X
T	A	H	M	O	A	E	M	L	G	C	Y	L	Y	U
B	C	F	Q	F	B	I	Z	P	L	V	C	D	L	Y
A	H	N	P	B	N	V	P	W	F	T	R	O	Z	N
L	A	E	C	O	X	V	I	J	M	A	M	Q	S	A
L	V	S	E	L	B	R	A	M	O	M	O	R	W	S
M	G	S	Q	G	W	S	R	B	C	P	B	F	Y	J
G	H	W	C	S	M	A	G	I	C	K	E	J	O	C

### WORDS FOR THE A-MAZING GAMES PUZZLE

BALL  
FOOTBALL  
BASKETBALL  
MAGIC  
HIDE-N-SEEK  
BASEBALL

BOARD  
CARDS  
DOMINOES  
TIC-TAC-TOE  
SOCCER  
MARBLES

Most of this edition came from Heart of America Council  
except the ones labeled [Http://www.scoutxing.com](http://www.scoutxing.com)

**ANSWERS TO A MAZING GAMES PUZZLE**

B	R	K	G	P	L	Y	D	Q	Y	R	X	Q	E	H
X	T	X	D	R	L	Y	Z	D	E	C	O	B	V	V
F	O	B	Y	P	A	U	R	E	O	H	F	Y	C	T
Y	U	T	A	L	B	G	S	U	C	Q	F	K	A	S
O	Z	X	R	S	T	N	A	V	Y	B	U	X	S	Z
F	S	K	G	I	E	T	I	C	T	A	C	T	O	E
O	D	L	P	D	K	B	E	R	D	B	F	Y	S	H
O	R	W	I	I	S	B	A	O	E	B	A	E	T	X
T	A	H	M	O	A	E	M	L	G	C	Y	L	Y	U
B	C	F	Q	F	B	I	Z	P	L	V	C	D	L	Y
A	H	N	P	B	N	V	P	W	F	T	R	O	Z	N
L	A	E	C	O	X	V	I	J	M	A	M	Q	S	A
L	V	S	E	L	B	R	A	M	O	M	O	R	W	S
M	G	S	Q	G	W	S	R	B	C	P	B	F	Y	J
G	H	W	C	S	M	A	G	I	C	K	E	J	O	C

the back of each one.

**Narrator:** Welcome to our night of All-Stars! Cub Scouts truly are All Stars because of their attitude, their determination, and their keeping the Cub Scout motto.

(Each boy comes forward in turn, displaying his letter star while saying his part.)

- D Doing for others in need
- O One country, allegiance and creed
- Y Yes, a response we give
- O Oath that we pledge to live
- U Under one flag we all stand
- R Ready to defend our great land.
- B Beauty, we see it each day
- E Eagerness we all should display
- S Service, and love toward others
- T Thankfulness for making us brothers.

(Present the flag and invite the audience to join in the Pledge of Allegiance.)

**Young Athlete's Bill Of Rights Closing**

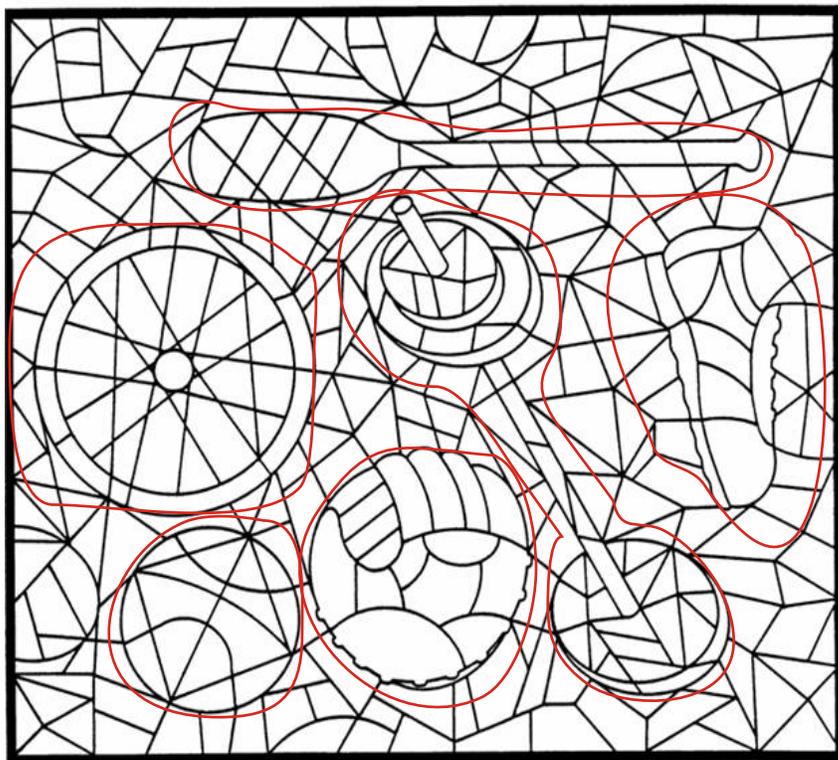
This ceremony can be read by the Cubmaster, by various boys assigned to present the points, or by parents and leaders.

**Cubmaster:** Thank you for coming to our Sports Extravaganza! Before the games get underway, I would like to share with you the Young Athlete's Bill of Rights.

Cub Scout athletes are all protected by this Bill of Rights, which has been prepared by physical education experts and should be an integral part of every pack program. The Bill of Rights was created to insure that all Cub Scout athletes have a positive experience while learning new skills and doing their best in some of our nation's favorite sports activities.

Each Cub has:

1. The right to participate in sports.
2. The right to participate at his own ability.
3. The right to qualified adult leadership.
4. The right to a safe and healthy environment.
5. The right to share in leadership and decision-making.
6. The right to play as a child, not as an adult.
7. The right to proper preparation.
8. The right to equal opportunity to strive for success.
9. The right to be treated with dignity.
10. The right to have fun.



**All-Star Opening**

[Http://www.scoutxing.com](http://www.scoutxing.com)

**Materials needed:** 10 stars, each with a letter that spells out "Do Your Best." The part to be read can be written on

## Audience Participation

### A Scouting Story

History "Way Back Then" (Index finger points in different directions)

Scout and Scouting "Be Prepared!" (Give the Boy Scout sign)

Cub Scout "Do Your Best" (Give the Cub Scout sign)

This is a story you won't find in a **HISTORY** book, but no doubt it will bring back memories to many of you who have had a similar experience. The story is about a **CUB SCOUT** named Johnny, and his first experience with hiking and camping. This is how it all started. It was approaching the birthday of **SCOUTING** which is celebrated in February of every year, and Johnny's **CUB SCOUT** Den Leader had read a story about the **HISTORY** of **SCOUTING** and how it all got started. Johnny could hardly wait until he was old enough to be a **SCOUT** so he asked his Mother if he could plan a day of hiking around the neighborhood and park, and a night of camping in their backyard with some of his friends. Mom consented, that means she said O. K. So Johnny **CUB SCOUT** called his friends and they planned it for the next weekend.

When the day arrived, Johnny **CUB SCOUT** was so proud of himself He thought he would someday be a **SCOUT** who would go down in, you guessed it, **HISTORY** because he was so well prepared. At least, he thought he was prepared when the day began. The lunches had all been packed and put in the backyard tents. When Johnny went out to the tent to get the lunches, he was shocked to find paper bags and torn paper scattered all over the backyard. Johnny **CUB SCOUT** saw his dog, Scampy, munching on the last bit of sandwiches, and looking very content.

"Oh boy" thought Johnny **CUB SCOUT**, "I thought I would make a well prepared **SCOUT**, but I wasn't prepared for this!"

After new lunches were made, the boys took their hike. It was a great success and Johnny **CUB SCOUT** felt sure that **HISTORY** had been made by the record time in which they had accomplished everything that day. But alas! When bedtime arrived, the tent slumped down in a heap because it had not been put up right, and the sleeping bags were muddy from Scampy's dirty feet and the batteries in the flashlight were dead. Johnny **CUB SCOUT** hung his head and said: "Boy, have I got a lot to learn about the **SCOUTS**. Gosh, I sure hope today's

events aren't recorded in **HISTORY**. So Johnny **CUB SCOUT** learned in one day how much he still needed to learn about being a **SCOUT** before he could perform in a manner which would let him go down in **HISTORY**. Later his Den Leader told him that, that is what **CUB SCOUTING** is for - to teach boys to do their best.

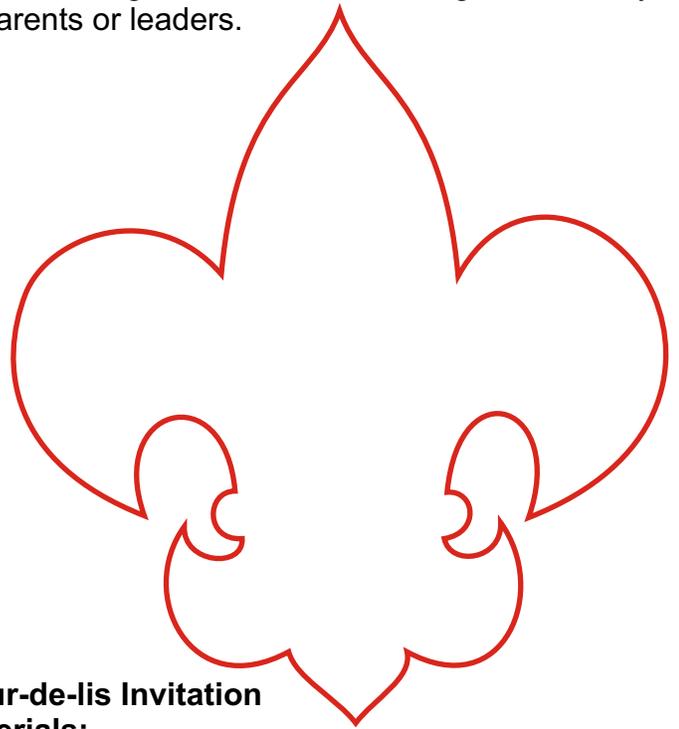
## Advancements

### Neckerchief Arch Ceremony

**Personnel:** Cubmaster & Cubs

**Equipment:** Neckerchiefs

Boys form a line facing each other, (remove their neckerchiefs and hold them in their right hands.) At a signal, they hand the loose end of the neckerchief to the boy facing them. All neckerchiefs are raised to form the arch. Inductee passes under the arch. This may be used for a ceremony to: induct new boys into the Pack; welcome Webelos into a Troop; honor boys receiving awards, or other recognition for boys or parents or leaders.



## Fleur-de-lis Invitation

### Materials:

Blue construction paper 12 x 18", Marker, Scissors, Scout Emblem (pattern), Pencil

1. Enlarge the Scout emblem to desired size. Fold construction paper to desired size to fit the emblem. Place emblem on the left fold and trace around the pattern and cut out, making sure the fold is NOT cut.
2. The invitation is now ready to write all needed information on front and inside.
3. Add decoration such as; glitter, stickers etc.

### Follows, Helps, Gives

This ceremonial prop can be used for induction, advancements, or special recognition.

**Personnel:** 3 Den Leaders and Cubmaster

**Equipment:** Split wood log, Wooden Letters, 3

**Candles:** white, blue & gold

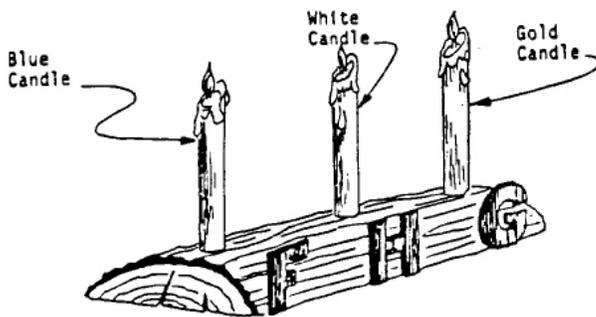
**Leader 1:** (Cub lights WHITE candle first) A Cub Scout "Follows" Akela.

**Leader 2:** (Cub lights BLUE candle second)

A Cub Scout helps the pack go The pack helps a Cub Scout grow.

**Leader 2:** (Cub lights the GOLD candle third) A Cub Scout gives Goodwill.

**Cubmaster:** The Cub is then charged to follow, help, and give and is awarded his badge with parents involved to receive card, book and the parent supplement.



### Rainbow Fire

You can make your campfire burn in rainbow colors by throwing various chemicals into the fire in powdered form, which can be purchased from pharmaceutical suppliers or drug stores in small quantities. Only adults should work with the chemicals.

**Borax:** burns Green

**Barium nitrate:** burns Apple Green

**Lithium chloride:** burns Purple

**Potassium permanganate:** burns Purple

**Copper sulphate:** burns Blue

**Sodium chloride (common salt):** burns yellow

**Calcium chloride:** burns orange

**Strontium nitrate:** burns red

### Magic Candle Opening

**Arrangement:** On head table are arranged magic candles (instructions below) which should be lighted as ceremony begins.

**Narrator:** Our candle stands tall, straight and white. It burns and gives forth inspiring light. As its light shines forth, you will see our colors blue and gold are real as can be. As the blue appears, think of truth and loyalty, the sky so blue, steadfastness and spirituality.

When the gold shines forth, be of good cheer and think of happiness and sunlight so clear. As our candle's flame reaches toward the sky so blue, let us ask the Lord to give us wisdom to lead each boy straight and true. Mold each of us to be like our candles, straight and tall and be inspired to give to God and our Country our all.

**CANDLES\*** Use a tall white candle. Drill 1/4" diameter holes every 2" down opposite side of the candle. Place scrapplings of blue and gold crayons in the holes. Melt paraffin and whip with egg beater. Cover the candle with whipped paraffin using a fork to give the candle a rough decoration. As the white candle burns, it will drip blue and gold decoratively down the side of the candle.

### CLOSING CEREMONIES

#### Meaning of Blue and Gold

As we close our meeting today (or tonight) let's give a thought to what the blue and gold colors of our Cub Scouting mean. Did you know that the blue and gold you see on the Cub Scout uniform was not selected merely because it was attractive? You see each color has a definite meaning. Blue stands for truth and spirituality, for steadfastness and loyalty,, and for the sky above. Gold stands for the warm sunlight, good cheer, and happiness. So may the meaning of these two colors shine forth in our lives as we bring the Scouting program into the lives of our Boys.

#### Cub Scout Prayer

O Lord that I will do my best  
I come to thee in prayer  
Help me to help others everyday  
And teach me to be fair.  
To honor Mother and Father  
And to obey the Cub Scout Law, too.  
This I ask that I may be a loyal Cub  
Scout true.



## Hawaiian games

[http://www.hawaii.com/includes/modules/display\\_article\\_iframe.php?articleID=40](http://www.hawaii.com/includes/modules/display_article_iframe.php?articleID=40)

### Konane

(similar to checkers & chess)

One of the culture's more strategic games was konane, similar to a blend of chess and checkers. The game included a pitted stone checkerboard (called a papamu), with black and white pebbles made of lava and coral (known respectively as 'ili 'ele and 'ili kea). The number of holes on the papamu, set in even rows, varied from 64 to 250 — depending on how long participants wanted the game to last.

**To play:** If you don't have black lava and white coral pebbles, beachcomb for suitable substitutes. If you don't live near a beach, check craft or hobby stores for polished or unpolished stones.

As far as crafting a game board, your imagination is the only limit. Chiseling an authentic papamu is time-intensive, but if you're up to the challenge, look for a large flat rock in which to carve holes. (Note that the holes, especially the indent in the center, were traditionally inset with human teeth.) The rules are similar to checkers. All holes on the papamu are filled with stones, alternating dark and light. The game starts by removing an 'ili 'ele (dark stone) from either the center of the board or one of the board's corners. The next move is to take away an 'ili kea (light stone) adjacent to the newly removed dark stone.

**The game progresses from here much like checkers:** Players take turns trying to capture their opponent's 'ili by jumping the stones horizontally or vertically. As in checkers, you can make more than one jump during a move if there's an empty hole between jumps and the stones being jumped are in the same row or column. You can't move diagonally, or switch directions within a move.

**A strategy note:** The winner is the last person who can make a legal move, not the person who has captured the most 'ili or has the most remaining pieces on the board.

### 'Ulumaika

(similar to lawn bowling)

The Hawaiians also played 'ulumaika, a game that resembles contemporary lawn bowling.

**Descriptions of the game vary, but following are the essential elements:** A round rock about

two short wooden stakes. A point is gained each time the rock passes through the stakes. The stakes can be as close together as five or six inches or as far apart as two feet, depending on how challenging you want the game to be. Similarly, participants can stand as close to the posts as a yard away, or further back. It's best to play one person at a time unless you have a large yard and can set up stakes far apart from each other (and from the rest of the party — think of it as a horseshoe pit).



Photo from <http://www.correetimes.com/games.htm> - there's also more info on both of these games and another photo of Konane.

Want to learn about more Hawaiian games go to <http://gamesmuseum.uwaterloo.ca/Archives/Culin/Hawaii1899/games/index.html> There's 91 games with commentary about the games.

How about making Kapa cloth printing or Lau (leaf) printing or Lauhala weaving for your Blue and Gold decorations. Check out <http://library.thinkquest.org/J0110077/crafts.htm>

Another game called "ulu maika is interesting for all ages. You roll a stone through 2 stakes. See <http://library.thinkquest.org/J0110077/ulumaika.htm>

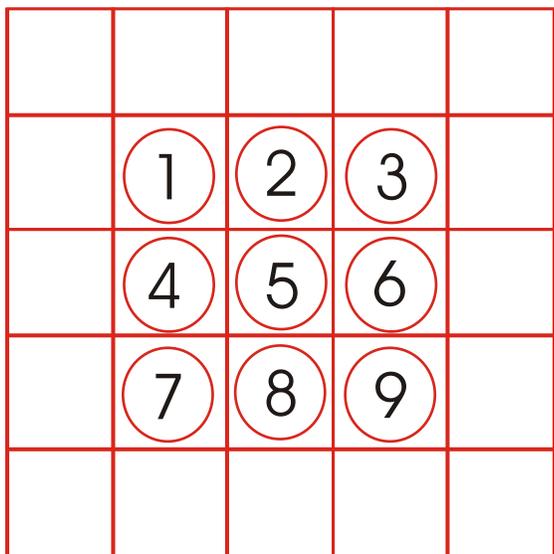
Want to make a lei? This site makes it easy for children. <http://parenting.leehansen.com/crafts/hawaiian-lei-craft.htm>

Check out <http://www.hisurf.com/hawaiian/dictionary.html> if you'd like to find out the translation of an English word to Hawaiian or check out <http://www.hisurf.com/hawaiian/names.html> know you Hawaiian name.

### Cap in the Center

Materials Needed: 1 7 1/2" square piece of paper, a pencil, a ruler, 9 bottlecaps, buttons, or coins(playing pieces). This is a checker game. It can be played by one or more. If there are several players, each player should have his own gameboard and 9 bottlecaps, buttons, or coins(playing pieces).

1. With the pencil and ruler, measure and mark 1 1/2" spaces along all four sides of the paper square.
2. Use the pencil and the ruler to draw lines to the marks on opposite sides of the paper. The paper will be divided into twenty-five 1 1/2" squares.
3. Place the 9 playing pieces in the squares as shown.
4. The purpose of the game is to get rid of all the playing pieces in the squares except the one in the center of the board.
5. A playing piece can be removed from the board only by jumping over it with another playing piece.
6. The playing pieces may be jumped to the right, to the left, up, down, or across.
7. If there are several players, each person plays on his or her own game board.
8. The one to finish first wins the game.
9. To win Cap In The Center, do the following:
  - a. Jump piece 5 over 8, 9, 3 and 1.
  - b. Remove pieces 8, 9, 3 and 1 from the board.
  - c. Jump piece 7 over 4.
  - d. Remove piece 4.
  - e. Jump piece 6 over 2 and 7.
  - f. Remove piece 2 and 7.
  - g. Jump piece 5 over 6.
  - b. Remove piece 6.
1. Piece 5 will be In the center of the square.



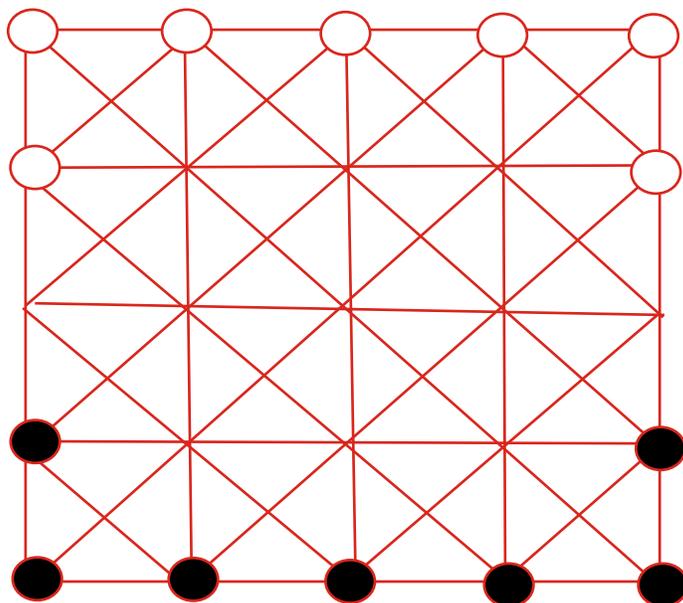
### Kono

This is a game of maneuver, hide-and-seek, and deception, played in Korea and the Orient.

Materials needed: 14 counters (7 for each player) and a field.

This game is for 2 players. Each player uses 7 counters. Arrange the counters on the field as shown (see diagram). Each player at his turn moves 1 counter to any next empty space in any direction, up, back, across, or diagonally. He may also jump his own or his opponent's counters by the short jump or by the multiple short jump. But no counters are captured or removed from the field at any time. The object of this game is to be the first to occupy the opponent's home base with all counters - in a reversal of the starting position of the game.

### Kono Board



**WEBELOS****Fitness****Facts On Cigarette Smoking**

1. Cigarette smoking is addictive. It fulfills these three criteria:

- a. Smokers develop a tolerance to nicotine (they need to smoke more and more for an effect.)
- b. Smokers become dependent on it (they need it to feel comfortable.)
- c. Smokers suffer withdrawal symptoms (physical and psychological discomfort) when they try to stop smoking.

2. There are hundreds of chemicals in cigarette smoke. Three of the most damaging ones are:

- a. Tars - damage delicate lung tissue and are considered the main cancer causing agent in cigarette smoke.
- b. Nicotine - a poison found only in tobacco leaves. One drop of pure nicotine can be fatal to humans. It is a powerful stimulant to the brain and central nervous system that "hits" the brain within four seconds. But then it has a depressant effect on the cardiovascular system. It narrows the blood vessels cutting down the flow of blood and oxygen throughout your body. The heart has to pump harder, thus increasing the chance of heart disease. It raises the blood pressure and narrows air passages in the lungs, depriving the body of some oxygen.
- c. Carbon Monoxide - replaces needed oxygen in your red blood cells. Even after one stops smoking, carbon monoxide stays in the bloodstream for days depriving the body of oxygen until the oxygen level in the blood returns to normal. Carbon monoxide is a product of cigarette smoking and also of gasoline engines.

3. Some of the diseases caused by cigarette smoking are:

- a. Chronic Bronchitis - an inflammation of the bronchi which are the breathing tubes in the lungs.
- b. Laryngitis - an inflammation of the throat
- c. Emphysema - a degenerative lung disease that destroys breathing capacity.
- d. It is a contributing factor in cancer of the lungs, mouth and esophagus.

Activities That Will Help The Boys Understand The

**Harmful Effects Of Cigarette Smoking**

1. Define 'pollution.' ("Pol-lu-tion: to make unclean, impure, or corrupt; desecrate; defile; contaminate; dirty." Webster's New World Dictionary of the American Language)

2. Discuss pollutants in the air in the outside environment. Use pictures from magazines or

newspapers. Include: factory smoke, car exhausts, rocket launches, smoke from someone else's burning cigarette and so on.

3. Explain how all living things need air to breathe.

- a. Put a plant under an airtight container. What begins to happen?
- b. Put ants or other insects in an airtight jar. Give them everything else they need to survive. What happens? Why? (When the ants' activity begins to decrease, open the jar and set them free.)

4. Talk about the fact that smoking cigarettes is harmful to our health and how it "pollutes" the internal environment of our body (the lungs).

- a. Blow smoke from a cigarette through a tissue. What did you observe? Wouldn't that also make your lungs "dirty?"
- b. Hold your breath and have someone check the time. Did you have to breathe very soon after you started holding your breath?

Demonstrate the effects of sick or injured lungs:

(1) Light a candle. Ask a boy to stand a reasonable distance from the candle. Instruct the boy to take a deep breath, and then blow out the candle.

(2) Relight the candle. Ask the boy to stand at the same distance from the candle. Instruct him to take a deep breath and blow out at least half of the breath before attempting to blow out the candle. With the breath that is left, ask the boy to blow out the candle. What happened?

**Prescription Drugs**

Ask the boys to define "drugs - (any substance, liquid, powder, or solid taken by mouth, inhaled, injected, or rubbed into the skin, that affects the way the body or the mind naturally works.)

Define "prescription drugs" - (medicines that, legally, can be purchased only on the order of a doctor or a dentist, a) for specific reasons, b) for a specific person, and c) prepared by a specially trained person called a pharmacist.) Have the boys talk about the last time they went to the doctor or dentist and were given medicine. What was the problem? What medicine was given? Did it make them feel better? Bring in empty, clean bottles that once contained prescription medicines.

**Note:**

- the label,
- the name of the one particular person,
- the name of the medicine,
- the amount and the time to be given,
- the name of the doctor, the date
- the prescription number,
- the number of refills, if needed, and
- the pharmacy name, address and phone number.

Discuss some of the considerations the doctor must make before he can order your medication: (1) age, (2) weight, (3) general health of the person, and (4) severity of the condition.

A drug may affect different people in different ways! Have the boys make reports on the discovery of drugs/medicines that have helped mankind. (Ex. measles vaccine, polio vaccine, penicillin, and so forth.)

Stress that medicine may be taken only under the supervision of a parent, physician, nurse, or specifically designated adult.

Have the boys list safety rules to be followed when taking medicine. Put these on a large poster to be displayed at the Pack meeting.

Be sure they include the following rules:

1. Take medicine as directed.
2. Finish the entire prescription.
3. Discard any unused medicines.
4. Never share your medicines with anyone else.
5. Keep medicine in a safe place, out of the reach of children.
6. Keep medicines in their original container.
7. Do not take several medicines at the same time unless the doctor is aware of all of them.
8. Mixing drugs and alcohol can be fatal.
9. Never describe medicine as "candy."
10. Never give medicines in the dark.
11. Never give medicine from an unlabeled container. When in doubt - throw it out.

### **Non-prescription drugs**

Define the term "non-prescription drug" (Medicines that do not require a doctor's order or the assistance of a pharmacist. They can be found on open shelves in a drug store or supermarket.)

Take the boys to the local supermarket and have the boys make a survey of the drugs they find there. Ask them to read the labels and list:

1. The name of the product.
2. The condition for which it is to be used.
3. Is it a liquid, tablet, capsule, cream, or spray.
4. Any warnings or cautions listed on the container.

Was there more than one product that could be used for the same condition?

Locate and list 3 substances which are socially acceptable, contain a drug and can be bought in supermarkets.

1. Cigarettes (tobacco contains nicotine)
2. Coffee, tea, cocoa, cola (all contain caffeine)
3. Beer, wine, whiskey (all contain alcohol)

Have the boys report on two TV commercials

dealing with non-prescription medication (aspirin, cold preparations, etc.) In the report answer the following questions:

1. Does the medicine always seem to make the people better and happier?
2. Can that be true always?
3. Why would the manufacturer want people to believe that?
4. Are they always completely honest?
5. Compare ads for brands of aspirin.
6. Can they all be the best?

### **Facts on alcohol**

1. Alcohol is a drug which affects the way the body naturally functions. It is a depressant which slows the body processes.

2. It is the oldest and most abused drug in the world.

3. There are predictable, though varying physical effects upon everyone who drinks alcohol. (This is why the law has set a specific blood alcohol level for defining drunkenness while driving.)

The brain is the control center of the body.

a. The brain is the organ most affected by the presence of alcohol.

b. Alcohol is a drug that depresses the central nervous system, thus reducing the activity of the brain.

c. Alcohol arrives in the brain almost as soon as it is consumed.

d. The bloodstream carries alcohol to the brain.

e. It keeps circulating through the brain until the liver has had time to change all of the alcohol into carbon dioxide and water for release from the body.

f. It affects the higher functions of the brain judgment, learning, and behavioral control. It then affects vision, coordination, and speech. Too much alcohol in the bloodstream kills by depressing the breathing center.

This means that a person who drinks too much alcohol in one day can die. This is called "acute alcohol poisoning."

### **Related Activities**

- Have a dietitian come talk to the den.
- Visit a dentist office.

Gathering Activity: As the Scouts arrive, ask them to complete the following table, fill in the name of the food they ate. Scout with most balanced chart wins (an ice cream sundae???) Last column doesn't count. **(Chart on next page)**

Day/Meal	Meat Group	Milk Group	Veg./Fruit Group	Bread/Cereal Group	Junk
<b>Yesterday</b>					
Breakfast					
Lunch					
Supper					
<b>Today</b>					
Breakfast					
Lunch					
Supper					

**Russian Hop:** Scouts squatting, ready to move around the circle, feet together, hands folded around chest. Move around circle, leaping upward and forward off both feet. As hop is complete, Scout returns to squat position with arms folded across chest.

**Tortoise and Hare:** Scouts stand at attention, then they start jogging slowly in place. When you say "Hare", the tempo doubles, knees lifting high, arms pumping vigorously. When you say "Tortoise", the tempo slows to an easy jog. Vary the commands for some fun.

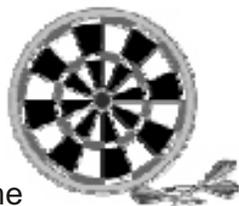
**Inchworm:** Scouts assume push-up position, body extended, face down, arms extended fully, hands on floor, fingers spread, pointed forward. Hold hands stationary and walk feet up as close to hands as possible. Then feet stationary, walk hands forward to starting position. Repeat the sequence.

**Gorilla Walk:** Scouts' feet are spread apart, same width as their shoulders. Bend at the waist, grasp ankles, legs straight. Walk forward holding firmly to ankles. Keep legs straight. Conduct a race for speed.

**Sawing Wood:** Scouts pair off facing each other. Grasp hands at shoulder height, fingers interlaced. With a vigorous action, Scouts pump arms alternatively as though sawing wood.

**Scout Law Dart Board**

Using a dart board with the numbers one through twelve have each boy, in turn throw a dart at the dart board and score a point if he can recite the point of the Scout law that relates to that number. If he is correct he gets one point and may continue throwing. The first boy to score 12 points wins.



**Webelos Scientist**

**METRIC WORDS:** Figure out these well-known sayings and quotes. The original includes an English measurement inch, mile, or cup. They have been updated to metric terms.

- 1 . Just 4.8061 milliliters of sugar helps the medicine go down.
2. 28.4 grams of prevention is worth .454 kilograms of cure.
3. Give them 2.54 centimeters and they will take 1.61 kilometers.
4. My .236 liters runneth over.
5. 2.54 centimeter worm.
6. Boy is it hot! It must be 37.
7. Celsius in the shade!

**Answers:** 1. Just a teaspoonful of sugar helps the medicine go down; 2. An ounce of prevented is worth a pound of cure; 3. Give them an inch and they'll take a mile; 4. My cup runneth over, 5. Inchworm; 6. 100 Degrees Fahrenheit.

**Eyes Right...Or Left:** Ask the Scouts if they are right-eyed or left-eyed. Check by having the Scout extend a finger toward a distant object and keep both eyes open.

Then tell them to close their right eye. If their finger appears to jump means that they are right-eyed. If it doesn't they are left-eyed.

**Boiling Water With Ice:** Boiling point of liquids depend on atmospheric pressure. Boil a half inch of water it heat proof glass container with a stopper. When some of the steam has escaped, stop the container and turn it upside. Put an ice cube or two on top of the inverted container. The water will begin boiling again because the cold of the ice lowered the tar pressure by condensing the water

vapor left in the container. As the air pressure is reduced, the boiling point of the still hot water drops and the water boils.

**Geyser**~ Fill shallow pan nearly full of water. Put an inverted glass funnel in the water with a nail under one side 1 raise it. Heat the water. As steam is generated, air bubbles force water out of the neck because the water pressure bet higher than the atmospheric pressure.

**Barometer** - Measures atmospheric pressure. Fill glass or plastic quart bottle with water. Put a saucer over the t flip it over quickly. Allow a little water to escape into saucer. With felt-tip draw eight to ten scale marks 3/8" apart. Middle mark should be even with the wider level. If wider level is higher, the atmospheric pressure is higher and fail weather is coming. If it's lower, look for unsettled weather.

**Welding Glasses:** Use 2 matching glasses. Light candle in bosom glass and place over it a piece of thick, dam paper. Put other glass on top. When candle name goes out for lack of oxygen the glasses will be welded together. Heat drives out enough air so that atmospheric pressure holds the glasses together.

### Spinning Egg Puzzle

You'll need: 1 Egg - uncooked, 1 Egg- hard-boiled, 1 plate

Spin each egg in turn on the plate. Whichever egg kept spinning the longest is the cooked one. Spin the eggs again, separately, but this time, quickly let go of them. The cooked egg will remain still but the raw egg will start spinning again.

Can you tell the difference between a hard-boiled egg and a raw egg just by looking at them? You can - with an understanding of inertia.

**What Happened:** This demonstrates Pascal's Law. The contents of the egg have MORE inertia when they are liquid (the raw egg) than while solid (the cooked egg).

This slows the raw egg down so it stops spinning sooner than the cooked one. However, when you spun the eggs, stopped them, and immediately let them do, the liquid in the raw egg was still moving. This movement illustrates the law of inertia, i.e., an object which is in motion tends to remain in motion and, conversely, that an object at rest tends to remain at rest.

### Two Eyes

You'll need: 1 Clear Glass of Water, 1 Pencil  
Place the glass of water on the table. Stand a pencil upright on the table about 1 foot behind the glass. Look through the glass and you will see the

image of two, not one, pencils in it. If you dose your led eye, the right hand pencil will disappear. If you dose your right eye, the left hand pencil will disappear.

**What Happened:** The water works as a lens to produce the images. Because the water is held in a cylinder shape, each eye is looking through the water at a slightly different angle. So, with both eyes open you see two images but with one eye open you see only one.

### Optical Illusions:

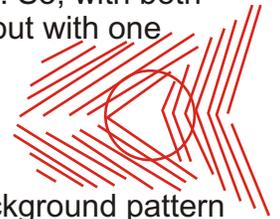
You'll need: This Picture

Is the circle round?

Yes, the circle IS round. The background pattern confuses your eye and makes you think it isn't.

Which of the straight lines is longer?

The horizontal lines are the SAME length, but the angle of the arrows makes one look longer than the other.



### Make A Simple Microscope

You can make a simple microscope and the use it stop study tiny insects, animals, plants, crystals, markings on rocks or fossils and much more. For each microscope, you will need: one 4" x 12" plate of dean glass, several books, a strip of metal 1" wide and about 6" long, and a small pocket mirror. You'll also need a hammer, small nail, silicone automobile polish, an eyedropper, water, and an eraser or small piece of wood. - First, make two equal stacks of books about 4" or 5" high. Make a bridge between the two stacks with the plate glass. Next, use a nail to punch a very small hole in the center of the metal strip. Slightly bend the last inch of the metal on each end of the strip, and polish the metal with silicon automobile polish Place a specimen of hair, (for example) on the glass plate and stand the metal strip over it. Make sure the hole in the metal strip is directly over the specimen.

Lean the mirror against either an eraser or a small block of wood under the glass plate, and adjust it to reflect light up through the specimen. Place a drop of water over the hole in the metal with an eyedropper. Look down through the water drop, and bring the specimen into focus by pressing on the metal strip with one finger. This type of water-droplet microscope can magnify up to 100 times if the hold is the right size. Remember that the water drop will evaporate, so you will have to replace it with another drop of water from time to time.

**A Scouter's Golden Opportunity**

I took a piece of plastic clay  
 And idly fashioned it one day;  
 And as I pressed it, still  
 It bent and yielded to my will.

I came again when day was past  
 That bit of clay was hard at last;  
 My early impress still it bore,  
 And I could change it's form no more.

You take a piece of living clay  
 And gently form it day by day;  
 Molding with your power and art,  
 A young Boy's soft and yielding heart.

You come again when days are gone  
 It is a man you look upon;  
 Your early impress still it bore,  
 You could change him never more.

You are dealing with a boy  
 That must be guided unaware;  
 Must be shown, but oh so gently,  
 How to live upon the square.

Pins and badges aren't the object,  
 Character building is the goal;  
 Do not loose your courage sir,  
 You are piloting a soul.

**WEB SITES**

These sites are current as of 12-17-08

<http://www.hawaiiancollectibles.com/stones/game.html>

<http://www.coffeetimes.com/games.htm>

<Http://pbskids.org/zoom/activities/games/ulumaika.html?print>

<Http://disney.go.com/disneyinteractivestudios/games.html>

<Http://www.kidsgames.org/>

<Http://www.playkidsgames.com/>

<Http://pbskids.org/games/>

<Http://kids.nationalgeographic.com/Games/>

<Http://family.go.com/entertainment/article-mm-77587-10-fun-outdoor-games-for-kids-t/>

<Http://www.indianchild.com/outdoorgames3.htm>

<Http://www.gameskidsplay.net/>

[Http://kids-outdoor-activities.suite101.com/article.cfm/outdoor\\_games\\_for\\_kids\\_to\\_play](Http://kids-outdoor-activities.suite101.com/article.cfm/outdoor_games_for_kids_to_play)

<Http://childparenting.about.com/cs/kidsgames/a/gamesindex.htm>

<Http://fun.familyeducation.com/play/outdoor-activities/33394.html>

<Http://family-fun.kaboose.com/>

<Http://familyfun.go.com/games/indoor-outdoor-games/>

<Http://familyfun.go.com/games/indoor-outdoor-games/specialfeature/cabin-fever-games/>

<Http://www.kids-fun-and-games.com/indoor-child-games.html>

[Http://kids.lovetoknow.com/wiki/Indoor\\_Games\\_for\\_Kids](Http://kids.lovetoknow.com/wiki/Indoor_Games_for_Kids)

<Http://www.funandgames.org/>

<Http://home.howstuffworks.com/easy-indoor-games-for-kids.htm>

<Http://ezinearticles.com/?Indoor-Games-For-Kids---Enjoying-The-Dull-Rainy-Day!&id=1197079>