

# PACK RESOURCE SHEET

March 2011

## CORE VALUE FOR MARCH

**Compassion:** Being kind and considerate, and showing concern for the well-being of others. Cub Scouts will develop care and concern for the well-being of others by learning about simple first-aid and preparation for emergencies.

### Preopening Activity:

#### What's in Your First-Aid Kit?

**Materials:** 10 small paper sacks marked 1-10, tape, items that might be found in a first-aid kit (e.g., adhesive bandages, cotton swabs, rolled bandages, disposable gloves, scissors, tweezers, cold pack, roll of tape, tube of ointment, notepad, and pencil), sheet of paper with the numbers one through 10 down one side and lines to the right, pencils.

Place one item in each bag and tape it shut. Have people feel the item without opening the bag. Ask them to write on their paper what they think is inside.

### Opening Ceremony: Helping Other People

**Materials:** U.S. flag, script written on cards.

**Arrangements:** Color guard brings in the U.S. flag and posts it in front of the room. Before saying the Pledge of Allegiance, narrators read the following script.

**NARRATOR 1:** Helping other people might be picking up a pencil or a book that a classmate has dropped.

**NARRATOR 2:** Helping other people might be playing with a younger brother or sister while mom is busy.

**NARRATOR 3:** Helping other people might be telling a friend he did a great job when he did his best.

**NARRATOR 4:** Helping other people might be carrying groceries for an elderly neighbor.

**NARRATOR 5:** Helping other people may be doing simple everyday things. It can be as easy as giving a smile. It could be doing difficult things like fighting for our country.

**NARRATOR 6:** Every day, there are people all around us who help other people, including you and me. As we pledge our allegiance to the flag, let us be glad that as Cub Scouts, we also know how important it is to help other people. Please join me in the Pledge of Allegiance.



#### HELPING OTHER PEOPLE

**Character Connection:** Compassion

Talk about how showing kindness and compassion helps demonstrate who you are as a Cub Scout. Are there times when being kind is difficult? How do you feel when people are

kind to you? How can you practice compassion in the week ahead?

See Fun for the Family, No. 33012, for family activities related to this month's Core Value, compassion.

### Cheer: DYB

Leader chants, "DYB, DYB, DYB, Do Your Best." The group responds with, "We'll DOB, DOB, DOB, Do Our Best." Repeat two times.

### Recognition Ceremony: Be Safe

**Materials:** Awards might be placed in a large first-aid kit. Print each character quality on a small card and attach a recognition item to the card. If a uniformed EMT or other emergency official attends the meeting, have him or her help hand out the awards.

**CUBMASTER:** Being safe and helping others to be safe requires a lot of things. Mostly, being safe is about how we treat ourselves and those around us. Here are some important things that will help you and others stay safe.

**Honesty:** Being honest in all we say and do is the right way to live and the best way to stay safe. We have some boys here who have honestly worked hard to earn their Bobcat badge. Will the following boys, with their parents, please come forward? (*Name each boy and have his parent present his award. Have the boy present his parent with a parent pin.*)

**Awareness:** We need to be aware of our surroundings. Tiger Cubs are also aware of how to keep themselves healthy and safe. Will the following Tiger Cubs, with their parents, please come forward? (*Name each boy. When presenting his award, say each boy's name and what he has earned.*)

**Respect:** It's important to respect everybody around us. Our Wolf Cub Scouts show respect for each other as they work together in their den. Will the following boys, with their parents, please come forward to be recognized? (*Continue as before.*)

**Knowledge:** We need to be knowledgeable of safety rules and what we can do in an emergency. The Bear Cub Scouts have gained a lot of knowledge while working on their achievements. Will the following boys please come forward with their parents? (*Continue as before.*)

**Experience:** By using what you learn, you gain experience. Webelos Scouts are our most experienced Cub Scouts. They have learned by practicing many important skills. They are close to using their experience in Boy Scouting. Let's recognize the following boys, with their parents, for their accomplishments. (*Continue as before.*)

For all the boys who have shown that they have these great qualities, congratulations. You will use them to help yourself and others be safe.

### Cubmaster's Minute: Planning Ahead

"When you go on a hike, you plan ahead. You take water to keep yourself hydrated. You have learned today that you also take a first-aid kit to be ready for emergencies.

In life, there is another kind of planning that is even more important than planning for a hike. It is planning your character—the type of person you will become as you learn and grow. Your character is being formed right now by what you do and what you don't do. When you choose to live by the Cub Scout Promise, you are planning ahead for the kind of person you will become. Will this person—YOU—keep your promise, to do your best, to do your duty to God and your country? Will this person—YOU—help other people? Only you can answer these questions. It's time to plan ahead."

## Closing Ceremony: How to Do More

**Materials:** Script written on cards for each Cub Scout.

CUB SCOUT 1: Caring for others is how we show compassion.

CUB SCOUT 2: Listen carefully to these ways to do a little more for others every day.

CUB SCOUT 3: Do more than care. Help.

CUB SCOUT 4: Do more than be fair. Be kind.

CUB SCOUT 5: Do more than forgive. Forget.

CUB SCOUT 6: Do more than think. Do.

CUB SCOUT 7: Do more than plan. Work.

CUB SCOUT 8: Do more than be friendly. Be a friend.

## Game: Who Do You Call?

**Materials:** Emergency situations written on cards, signs for each: 911, Police Department (nonemergency), Fire Department (nonemergency).

Label three areas of a room with 911, Police Department (nonemergency), and Fire Department (nonemergency). Prepare cards with emergency and nonemergency situations. Read each situation aloud. Give boys three seconds to decide which corner to visit. Give a point for each correct decision.

### Example of Situations:

Your den would like a paramedic to teach basic first aid.

Your uncle collapses at a family gathering.

Your friend falls from his bike and cannot move his leg.

Your den would like a tour of the local police station.

Flames are coming from your neighbor's garage.

A car in front of your house hits a young child.

Your baby sister drinks from a bottle of cleaning fluid.

You find someone's wallet on the sidewalk.

Someone falls from a ladder while washing windows.

Your bicycle is stolen.

## Game: First-Aid Run

**Preparation:** Prepare materials and cards for each station.

**Station 1:** Cards with names of the runner's den members (one name per card).

**Station 2:** Adhesive bandages and cards with bodily locations of minor cuts.

**Station 3:** No equipment required; have the runner pinch his nose and lean forward, and count to five.

**Station 4:** Small cups of water (so that the boys won't drink too much water too quickly).

**Station 5:** Toy telephone and an actor.

Before you run this race, go over each skill with the boys. Adjust scenarios according to the boys' knowledge and skills.

Set up five situations. Have adequate supplies at each station. Judge for speed and efficiency.

**Station 1:** "Find your buddy (boy whose name is on the card. From here on, the race is run by two buddies.)"

**Station 2:** "Oops! Your buddy fell and cut his (name of the body part)."

**Station 3:** "You have a nosebleed."

**Station 4:** "It's hot. Drink plenty of water."

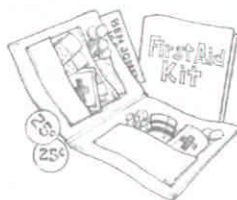
**Station 5:** "Oh no. Someone is badly hurt. (Have a person on the ground.) Call 911. (Use a toy telephone. Adult leader will be a

dispatcher answering a call. Have a list of questions likely to be asked by the dispatcher.)"

## Game: First-Aid Kit Race

**Materials:** Two sets of 20 to 25 first-aid items (adhesive bandages in different shapes and sizes, gauze pads, disposable gloves, bandages, antiseptic wipes, first-aid creams, splints, adhesive tape, soap, scissors, pencils, small notepad, etc.), two trays or box lids, thick cloth or towel, table. The 20 to 25 first-aid items do not have to be all different.

This is a type of Kim's Game, in which boys are asked to duplicate what they saw. Divide the boys into teams. At one end of the room, place a table with one set of first-aid items and a tray. Arrange 12 to 15 of the first-aid items on a tray, and keep the tray covered until the game begins. Uncover the tray and have the first team study the items silently for one minute. Then cover the tray again. Boys run to the table, find the items they have observed, and place them in a tray. Judge for accuracy. Change the items and challenge the next team. Before or after the game, talk with the boys about the first-aid items and when and how to use them.



## Project: Wallet First-Aid Kit

**Materials:** Inexpensive nylon wallet; red permanent marker; first-aid items such as different adhesive bandages, gauze pads, antiseptic swabs, safety pins, cotton swabs, and first-aid cream packets; card stock; thin marker or pen.

With a red marker, draw a red cross on the wallet or write "First-Aid Kit." Place first-aid items into the wallet. Cut a credit-card shaped piece out of card stock. On it, write your name, address, emergency contact number, and personal information. Place this in the wallet along with 50 cents for an emergency phone call. (You do not have to pay for a 911 call.) Check your first-aid kit regularly for expiration dates, and replace out-of-date items.

## Snack: Basic Trail Mix

**Common Ingredients:** Raisins or other dried fruit, peanuts or other nuts, sunflower seeds, chocolate chips or candy-coated chocolate pieces or fruit-flavored candies, dried coconut, small pretzels or party mix, and breakfast cereal.

Mix equal parts of three or more favorite salty and sweet ingredients in a bowl. Store the trail mix in an air-tight container in a cool, dry place.

**Note:** Be aware of food allergies and diet restrictions.

## Did You Know?

**Kim's Game.** Named by Robert Baden-Powell and based on *Kim*, a book written by his friend Rudyard Kipling, this game helps enhance memory and observation skills. In the book *Scouting Games*, Baden-Powell wrote, "The Scoutmaster should collect on a tray a number of articles—knives, spoons, pencil, pen, stones, book, and so on—not more than about 15 for the first few games, and cover the whole over with a cloth. He then makes the others sit round, where they can see the tray, and uncovers it for one minute. Then each of them must make a list on a piece of paper of all the articles he can remember or the Scoutmaster can make a list of the things, with a column of names opposite the list, and let the boys come in, turn and whisper to him, and he must mark off each of the things they remember. The one who remembers most wins the game."