

Cub Scout Leaders Roundtable

Zephyr District

May, 2020

RESOURCES

THE VIRTUAL DEN MEETING

MEETING PARTS AND LINKS TO IDEAS

Conducting the Meeting

Try to keep your meeting as close to the structure of a normal meeting. There isn't anything to physically set up or teardown, but you can conduct most of the rest of the meeting as normal.

Cub Scout Meeting

Before the Meeting: Make sure that you set up the meeting using your virtual platform so that all the meeting participants know how to log in. It is a good idea to establish a 'Code of Conduct' for the meeting to make sure that all of the Scouts and their parents know what is expected during the course of the meeting.

Use the Program Helps, available on our Resource Site: Ritch.net

Gathering: Have a fun activity that Scouts can participate as in as they log in.

Opening: Have Scouts recite the Pledge of Allegiance, Scout Oath and Law. If your pack or den has something special that you regularly like a song still do it!

Activity: This is the time that you work on the regular Scouting skills. You may have to look at your plans to make sure that you choose activities that lend themselves to be done in front of a computer. Make sure if it is an activity that requires supplies, make sure you communicate it before the meeting so that they have it on hand. You may want to consider incorporating some of the activities in the 'Fun Activities for Kids' file from our Zephyr District April Roundtable as well.

Closing: Hold a fun or inspirational opening. Some ideas are available from a number of different sources at: <http://usscouts.org/usscouts/ceremony/close3.asp>

Free Online Meeting Software

Zoom.us

Free software and use. Limits meeting to 40 minutes. Not a bad idea, huh?

Skype.com

No Signups, No downloads, No time limits!

Meet.google.com

Brand new meeting resource. Just went online 1 May!
Free for all! 60 minute limit.

Be Safe — and Nice — Online

The Internet can be lots of fun. Just be sure to use it right.

By Valerie Van Kooten

TEN-YEAR-OLD David was having a great time playing videogames online. He liked that he could play with kids from other states. Sometimes his cousin, who lived 500 miles away, would play against him. Once, David played against someone named Bruce. While they were playing, David got a message from Bruce. When David opened it, he saw that Bruce had sent him an inappropriate picture. This upset David, and he told his parents about it. They helped him block Bruce so he couldn't bother David anymore.

Be Safe

Here are a few tips to help you stay safe and comfortable online: Remember, you can't trust everyone online— just because you have played games with someone or friended them on Facebook, Instagram and Twitter, it does not mean they are really your friend. If they have access to what you post, it is very easy for them to use the sharing options on social media sites to send it to others. Do not share your personal information. Avoid giving your last name, address, phone number, email address or your school information. Be suspicious of strange questions and conversations. If someone you don't know well asks for your personal information or asks questions that make you uncomfortable, stop the conversation and tell a parent. Don't be afraid to tell an adult what is going on. "The No. 1 fear of kids is that Mom and Dad will go ballistic and take away their computer," Michael Ferjak, a criminal investigator, says. "You're not doing anything wrong by being on these sites, and you need to let a trusted adult know if something weird is happening."

Be Nice

The Internet can be a great tool to help with homework, keep in touch with friends and family, and play games.

But it also is a place where you can be bullied or you can bully someone else. And that is not only unkind, it can also be against the law. What should you do about it?

If You Are Being Bullied:

Talk to a trusted adult. Tell your parent, a Scout leader or a teacher at school.

You haven't done anything wrong, and you need help to stop it.

Don't respond

Usually the bully is trying to get a reaction from you. If you don't respond, he or she will move on. It's hard not to want to get back at the bully, but this will just make it worse. Stay offline for a while. Don't go to websites where people are talking about you. Turn off your cellphone for a while. Let adults do their job in taking care of it.

If You Are the Bully:

Look at your friends. Some-times people do things in a group that they would not do alone. Look at your group of friends. Are your friends bullying someone? Are you part of it? Can you help stop it? Don't think you can get away with it. What you say and do online can be tracked and can be traced back to you. Put yourself in the other person's shoes. How would you feel if this were being said about you or done to you? Just stop doing it.

If someone you know is being bullied, be a good friend

Do not forward mean messages about them or embarrassing pictures of them. Tell the bully to stop. Sometimes someone who is being bullied cannot think clearly enough to report it. Help the person who is being bullied report it to a trusted adult.

How to Tie a Heart Knot for Mother's Day

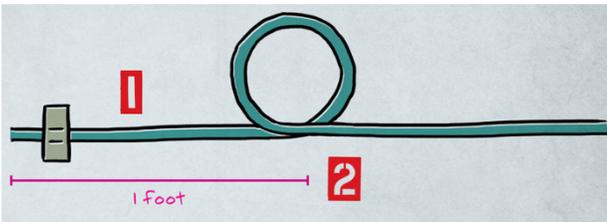
Illustrations by Peter O'Toole

The heart knot is easy to tie, and you can use it to make a necklace, bracelet or keychain. It makes a great gift for Valentine's Day, Mother's Day or birthdays.

WHAT YOU'LL NEED TO MAKE A HEART KNOT

- 3 feet of rope, paracord or leather lacing
- Tape measure
- Tape
- Scissors

WHAT YOU'LL DO TO TIE A HEART KNOT

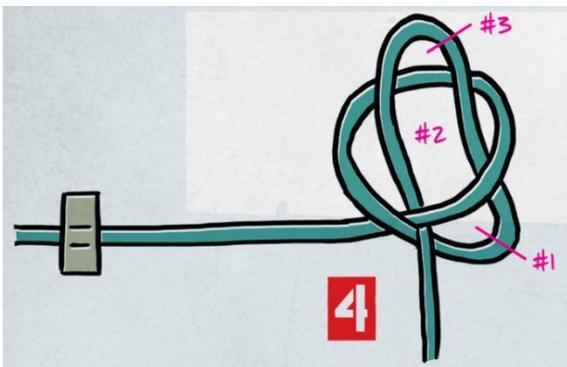


1. Tape the left end down. Work only with the right end.

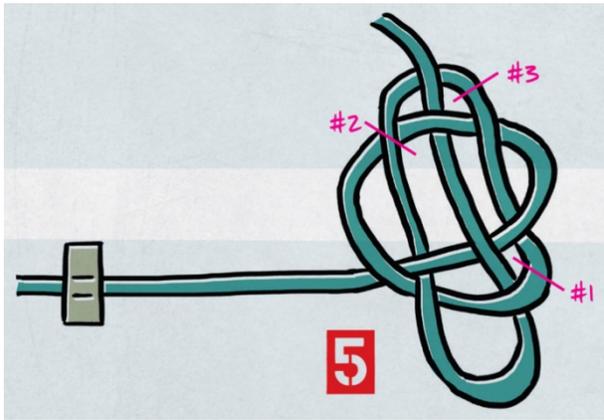
2. Measure in 1 foot from the left end and make this loop.



3. Go under and then up and out of the loop, leaving extra on the bottom to form loop No. 1.



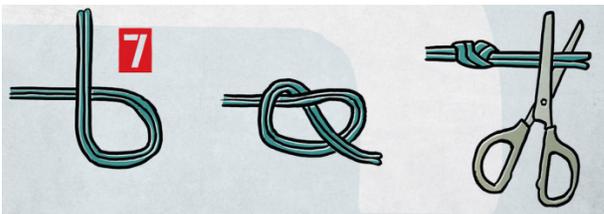
4. Go up over loop No. 2, and then back down, leaving small loop No. 3 on top. Keep going down under big loop No. 2, then down on top of loop No. 1.



5. Go up and under loop No. 1. Thread over, and then under center loop No. 2, and then over top loop No. 3.



6. Untape the left end. Pull on both ends, and then work inside the heart with your fingers to tighten it. Form the heart little by little. Pinch the bottom into a V.



7. Hold the two ends, make a loop and pull them through the loop to knot. Trim off excess.

COMPLETED HEART KNOT



Activities to Do at Home With The Kids



Paper Mache

It has been many years since we have made and I don't think the younger three have ever made it. This creation

from [Playing By The](#)

[Book](#) is amazing, but I will not be aiming that high. More like a balloon for each child and they can decide what they would like to turn it into.



Construction and Experimentation

Our Scout has been very much into cars of late and we have been using wooden planks to drive cars up and down on. I also think my older boys will be able to set up some elaborate experiments with balls to journey along these gutters.



Collage

These types of collages are also an activity which we have done in autumn before. I have found though it is important to make sure the leaves are dried first, so they don't turn yucky when they have been stuck on the window for a while.



Play Dough

I have to admit to going through phases with play dough and we are certainly well over due to make some new play dough. This time I will try the idea as shown by [Good + Happy Day](#), breaking the batch up into smaller amounts and adding glitter to the mix. I already add essential oils to make it smell nicer and I might even

add rice to one lot as well for more texture.



Tower Construction

Now I don't think I have 400 cups to work with like they did at [It's A Boy's Life](#), but I know that I have a collection of cups from parties over the years that would be perfect for this activity. Check out the post to see what other fabulous creations the boys made.



Scavenger Hunt

I love the idea of a scavenger hunt and this one from [The Activity Mom](#) looks like it would be a lot of fun. Although it would take a little time to set up, you could reuse the cards over and over again, in varying orders to create more scavenger hunts.

Making Your Own Playing Cards

[Squiggle Mum](#) has many great ideas and I loved this one about recycling a catalogue to make your own set of playing cards. So many learning opportunities in this one from cutting and pasting to memory recall and language development.



Shadow Tracing

This can be a lot of fun. Add to it as the day progresses

