

## May 8, 2008 Roundtable Agenda

### Gathering Activity-Stretch 'em Out

It's very important to warm up and stretch before exercising. Let the den chiefs lead the boys and families in a game of Simon Says using stretching exercises. Provide the den chiefs with a list of stretching exercises as a guide.

### Den Advancement Ceremony

Many packs will advance boys as dens. The Tiger Cub den progresses to Wolf, The Wolf den becomes a Bear den, etc. Line the Cub Scouts up and present the neckerchief of their new rank. They could be plucked from a tree branch and tossed to the Cub master or attached to a piece of sporting equipment. Any special guest you have at this meeting can be involved.

Other suggestions to make this a meaningful step for Cub Scouts can be found in *Cub Scout Ceremonies for Dens and Packs*.

### Games-Tissue Sprint

**Equipment:** Tissues

On a signal, racers each throw an unfolded tissue out ahead of them, go to it, pick it up, and repeat until they have reached the finish line. A tissue may not be caught or touched after it is thrown before it hits the ground. If it is, the player must take two giant steps backwards. No one can move forward while holding the tissue or by letting it blow up against their body or clothing

### Good Turn for America

Consider conducting a bicycle rodeo in your area. Help youth learn safe bicycling skills by putting on a rodeo; youth and their parents bring bicycles. Set up a series of stations that focus on specific bicycle safety skills by doing fun activities. Bicycle clubs and/or bike shops can be useful resources. Many hospitals have outreach departments that emphasize bicycle safety and helmet use.

### Pack Leaders' Appreciation Certificate (No. 33755A).

Recognize all your leaders with impressive certificates that say "Thank you!" to all the den leaders, committee members, and parents for their support of the pack. Don't forget your den chiefs.

### Looking Ahead

If your pack and dens will be participating in water activities such as swimming or boating next month, be sure that you have adequate adult leadership trained in Safe Swim Defense, Safety Afloat, Youth Protection. Scouting Safety Begins with Leadership.

### Skateboard Sandwich Treats

**Materials:** Prepared sandwiches, prepared water paint, olives, carrot sticks

Start with an ordinary sandwich such as peanut butter and jelly, cheese, ham, turkey, or tuna. Cut the sandwich in half and remove the crust. Then trim the ends so they are rounded like a skateboard. Using separate containers for each color, mix 3 T. water with red, blue, green, and yellow food coloring. Each boy gets a clean paintbrush and a cup of water for rinsing. Cub Scouts can decorate their sandwiches by painting them. To add wheels and axles, use cut carrot sticks as axles (cut the ends to a point) and whole black olives as wheels. Place olives on the ends of

two carrot sticks and lay the sandwich on top of both carrots.

**Remember:** Before any den treats, check for food allergies.

## **Hot/Cold Pack**

Lots of good exercise sometimes leads to sore muscles. Boys can make a homemade hot pack to keep handy.

**Materials:** Cotton tube sock, rice

Fill a cotton tube sock with rice and sew the end shut.

**To use:** Microwave in 30-second increments until it reaches the desired temperature. Place on the sore muscles. For a cold pack, place your pack in the freezer to have it ready when a cold compress is needed.

**Note:** Use cold for bruises (stops bleeding from spreading); use hot for sore muscles.

## **Pebble Stretch**

**Materials:** One pebble or small object per player. A line placed on the ground (use a stick, or place string from left to right.)

Player puts toes to line, stoops forward with one hand on the ground, and places a pebble as far out as possible. He then springs back to a standing position without shifting the hand on the ground, moving feet across the line, or touching the ground with his knees. The furthest placed pebble is the winner.