

A Picnic with Pizzazz Point of the Scout Law: Clean Cub Scout Interest Topic: Cub Scout Hiking

How does "A Picnic with Pizzazz" relate to this point of the scout law?

A scout keeps his body and mind fit and clean. He helps keep his home and community clean. Cub Scouts love being outside, but what they like more is eating outside. Help the boys plan simple nutritious meals and snacks that they can prepare and consume outdoors. We can emphasize healthier choices, thus reinforcing our commitment to care for our bodies. Follow the Leave NO Trace guidelines to keep our community clean.

The Outdoor Code

(The breakdown of the Outdoor Code is the one from the Webelos Handbook)

As an American I will do my best to

Be clean in my outdoor manners

- ✓ I will treat the outdoors as a heritage.
- ✓ I will take care of it for myself and others.
- ✓ I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

Be careful with fire

- ✓ I will prevent wildfire.
- ✓ I will build my fires only where they are appropriate.
- ✓ When I have finished using a fire, I will make sure it is cold out.
- ✓ I will leave a clean fire ring, or remove all evidence of my fire.

Be considerate in the outdoors

- ✓ I will treat public and private property with respect.
- ✓ I will use low-impact methods of hiking and camping.

Be conservation minded

- ✓ I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy.
- ✓ I will urge others to do the same.







OUTDOOR CODE

As an American, I will do my best to –
Be clean in my outdoor manners
Be careful with fire,
Be considerate in the outdoors, and
Be conservation minded

LEAVE NO TRACE PRICIPLES FOR KIDS

Know before you go.
Choose the right path.
Trash your trash.
Leave what you find.
Be careful with fire.
Respect wildlife.
Be kind to other visitors

Cub Scout Six Essentials

- | | |
|---|--|
|  First-aid Kit |  Trail Food |
|  Flashlight |  Sun protection |
|  Filled water bottle |  Whistle |

Water Balloon Volleyball

Materials:

Water balloons; water source and method of filling balloons (nozzle); one towel per pair of participants; a volleyball net and court.

Directions:

Split participants into two teams. Each pair of people on a team has a towel to share between them. Each person holds two adjacent corners so that the long side of the towel separates them. A referee puts a water balloon on one such towel and those holding it must launch the water balloon over the net to the other side. This is best done by having the towel holders go towards each other, then spring back which straightens the towel rather fast, and launches the balloon. A pair on the other side of the net must catch the airborne water balloon with their towel. This is best done by standing apart to make the towel taught, then as the balloon lands in the towel, quickly getting closer together to minimize the impact the balloon as on the towel. The water balloon is then returned to the other side

NOTE: Water Balloon Volleyball is difficult and takes much cooperation. Participants will get wet. It is suggested that there be no scoring system, as even getting a balloon over the net is difficult.

You may also want to ignore out - of - bounds. However, you may find other rules that you may want to invent and enforce so that it's fun (like, not launching water balloons horizontally at the other team).

Submission Credit: Northridge Stake

Graham Cracker Fort

Materials:

A small pan; 16 square graham crackers; small mixing bowl; 1 tsp. vanilla; 1 C. powdered sugar; 1 tbsp. water; 1 tbsp. butter or margarine (makes 8 cookies); wax paper; serving plate; napkins.

Directions:

- 1) Pour powdered sugar in the small mixing bowl.
- 2) Melt butter or margarine in the small pan then add to powdered sugar.
- 3) Put more than 1 tbsp. water into the pan that had melted the butter and boil it.
- 4) Scoop out 1 tbsp. boiling water and add to the powdered sugar mixture.
- 5) Stir the mixture until smooth and creamy. If it's too stiff, add bits of water till it's soft. This is the frosting.
- 6) Spread the frosting on a graham cracker.
- 7) Sandwich another graham cracker on top.
- 8) Wrap the finished cracker sandwiches until ready to serve.
- 9) To serve, unwrap sandwiches from the wax paper and stack them like a fort, structure, castle, house, wall, tower, etc. You can also decorate with toothpick flags

Credit: Cub Scout Fun Book , Boy Scouts of America, 1956, p. 28 - 29

Hot Dog Cheer

Directions: Pretend to put a hot dog on a stick and roast it over the fire. When it's done, say,
"HAWT
DAWG!"

Nature Hike Themes

Alphabet Hike: Look for objects in nature that start with each letter of the alphabet

Five Senses Hike: At prearranged stations, set up activities that use the five senses.

Flashlight Hike: Head out at night to discover nature after dark, If possible, hike the same trail during the day and again at night

Blindfold Hike: Lead blindfolded Scouts along the trail hand in hand, or using a string. Ask them to share their experienced about what they sensed while blindfolded

Sense of Touch Hike – Identify things in nature that feel a certain way: sharp, smooth, soft, furry, rough or bumpy, cold, warm, wet, dry, brittle, spongy, hard, flaky, etc.

Shadow Walk: Walk only in the shadows. This may require some jumping. (Don't plan this walk at noon since that is when shadows are the shortest!)

Sealed Note Hike: Prepare notes for stations along the way, which direct boys to perform some activity such as identify a certain tree, do an action, look for animal tracks, etc. Notes could also guide the boys to the next station

Leave No Trace Hike/Skit

This can be done in a park, around your Pack Meeting building, etc.

Materials:

Map, scooter or bicycle, statue/stick/flower, clean (recyclable) trash (like empty water bottles), plaque or poster with Leave No Trace guidelines written on it (with a place at the bottom for the boys to sign)

Personnel:

Three Den Leaders, Two Den Chiefs, Cubmaster

Den Leader 1: For our activity tonight, we will all be going on a short hike to enjoy the outdoors. But first I need some other Cub Scout leaders to help me out.

Den Leader 2: I'll help — where are we going?

Den Leader 3: I'll help, too! Let's go! [Act like you are ready to leave right away.]

Den Leader 1: Wait...We need to go over our plans first and look at our trail. It would be a good idea to pack a water bottle, snack, a small first aid kit, and a trail map.

Den Leader 2: We should let people know where we are going, too, and when we plan to be back.

Den Leader 3: Looks like the weather will be good, so no problems there. (Show a map/trail and invite all the cubs, kids and parents to come along the trail. It will only take about 10 minutes to walk and we'll meet right back here for refreshments.)

Den Leader 1: I need 4 volunteers to hold our trash bags and if anyone sees trash along the way, put it in these bags. (At the beginning of the trail,

Den Chief(s) come along on bikes/scooters.

Den Leaders encourage everyone to move to the right side so the bikes can pass, and bikes carefully go by.)

Den Leader 1: It is fun to ride bikes/scooters on some trails, but they should go slow and always watch for others. As hikers, we should pass them on the right and let them pass on the left. That is the same with passing other hikers. (Farther down the trail we come upon Den Chief walking his "dog" (another Den Chief) without a leash. The dog goes crazy and runs up to kids and jumps on them and runs off. The Den Chief chases after him.)

Den Leader 2: When we want to bring pets on an outing, we need to be sure pets are allowed on the trails and take care of them. They should be on a leash and you should clean up after them. (Continue walking.)

Den Chief: Hey — what's that over there? Way beyond the hill?!

Den Leader 1: We should always stick to the trail so please stay here.

Den Chief: I'm gonna go check that out. I'll be right back. Go on without me. I'll catch up.

Den Leader 1: I really don't want you to leave the trail or go out alone. Besides it can ruin the surrounding vegetation if you go tromping off over there. Then other visitors can't enjoy the trail.

Den Chief: It'll be fine, it's just me going. I'll be ok. (He runs off up the hill. As he gets close to the top, a bear (Den Chief) comes running after him and he runs off screaming)

Den Leader 1: It's important to stay on the trail and never go out alone. (As we are near the end of the trail, the lost Den Chief comes running back to the group.)

Den Chief: Wow! I'm so glad I found you guys. That bear had me up in a tree for a while. Then I couldn't find my way back. I've been lost for a long time and I'm so thirsty and tired. I didn't bring anything with me. I shouldn't have left the trail.

Den Leader 3: You are lucky to be alive and that you found us. Here, have some of my water. (As we round the next corner, we pass a statue/stick/flower)

Den Chief: Hey, this statue (stick/flower) is really cool! I want one. I'm going to take it home with me! (He runs over to the statue and pretends to try to pick it up and take it.)

Den Leader 3: Den Chief, don't you remember the Leave No Trace rules? We should always leave what we find. We don't take cool items along the trail like rocks or sticks, or statues, or pick the flowers. We need to leave everything as we find it so that the next time we come, or the next visitors that come through, can enjoy the trail. Okay? Now leave the statue (stick/flower) where it is and stay with us.

Den Chief: Ok, I didn't know we shouldn't take things with us. (Coming up along the trail there will be lots of trash planted on the trail — like recycling bottles, etc.)

Den Leader 1: Hey, what's up ahead? It looks like a bunch of garbage left behind. We should always take our trash out with us and make it look like we were never here. Can everyone help gather up this trash? (Everyone picks up trash.)

(As we round the last corner, a "ranger" (Cubmaster) stops everyone to see how they liked the trail and if they know the Leave No Trace rules. He should ask everyone what the rules are before letting them pass and see if they can come up with the six things they learned)

1. Plan ahead
2. Respect other visitors
3. Manage your pets
4. Stick to trails
5. Leave what you find
6. Trash your trash (Have all the boys sign their name on the wedge/plaque of wood/poster with the Leave No Trace pledge written on there, signing their commitment to follow the Leave No Trace guidelines.)

Submission Credit: Laura Rytting

Cub Scout Six Essentials Game

cubscoutideas.com/5172/cub-scout-six-essentials-game/

9/28/2016

www.CubScoutIdeas.com

It's important for our boys to know the [Cub Scout Six Essentials for Hiking](#). This is one of the first steps in teaching them how to **enjoy the outdoors safely**.

Just telling the boys about them is too passive—our Cub Scouts need to [stay active](#). So Laura, our Wolf and Bear den leader, came up with this **fun game to learn about and assemble the six essentials**.

The boys in Laura's dens **accomplished three things** with the game. They:

- Reviewed Bobcat requirements
- Learned about and assembled the Cub Scout Six Essentials
- Worked on the Wolf Adventure, Running with the Pack.

But the boys never knew they were “working on advancement.” What they knew was that they were having tons of fun!

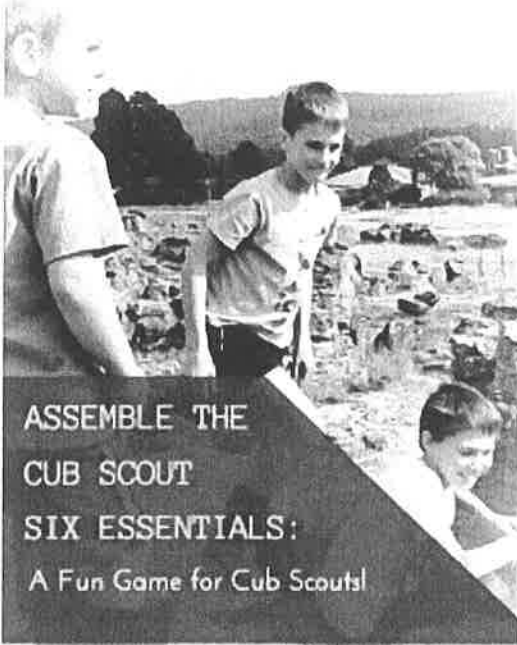
Supplies for the Cub Scout Six Essentials Game

Here is the supply list for the Six Essentials activity and where Laura got them. To make it easy for you to order these, I've included my affiliate links for some of them.

1. **Plastic gallon bag with a zipper top.** You can buy these almost anywhere from [Amazon](#) to your grocery store to [Target](#).
2. **Sharpie** for writing boys' names onto bags. You can write their names on the bags before the meeting.
3. **First aid kit supplies.** For a simple kit, Laura used 1 large [bandage](#), 2 small bandages, 1 [alcohol wipe](#) and 1 [travel packet of antibiotic ointment](#). If you want a container, use an empty pill bottle or a travel soap dish. [Target](#) has small pre-assembled kits in a plastic box for less than a dollar.
4. **Whistles.** You can get these at local party supply stores, or you can order them online from companies such as [Shindigz](#).
5. **Bottled water** for each boy.
6. **Sun protection.** These [single-use sunscreen packets](#) are great for this activity. A locally owned drug store gave Laura free lip balm with SPF, so she opted to use those instead.
7. **Flashlights.** Laura found promotional item flashlights that a company was giving away, and they offered to give her enough for the dens. You can also order these [flashlight keychains from Shindigz](#).
8. **Trail food.** The boys can make their own, or you can purchase these [individual serving packs](#).

You've probably realized that some of the items I mentioned earlier are **not adequate for a hike—especially a long one**. You can explain this to the boys as you're talking about them.

If you want to make a Cub Scout Six Essentials kit that is a bit more functional than this one, consider having **each parent bring the supplies** for their son so that the den doesn't have to spend too much money.



ASSEMBLE THE
CUB SCOUT
SIX ESSENTIALS:
A Fun Game for Cub Scouts!

