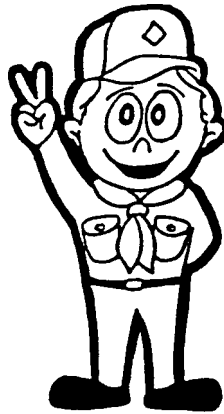


THE CUB CHRONICLES



APRIL 2011

CORE VALUE OF THE MONTH: Health and Fitness

HEALTH AND FITNESS: BEING PERSONALLY COMMITTED TO KEEPING OUR MINDS AND BODIES CLEAN AND FIT. BY PARTICIPATING IN THE CUB SCOUT ACADEMICS AND SPORTS PROGRAM, CUB SCOUTS AND THEIR FAMILIES DEVELOP AN UNDERSTANDING OF THE BENEFITS OF BEING FIT AND HEALTHY.

UPCOMING DATES:

APRIL 22-- EARTH DAY
MAY 2-- DEADLINE FOR DAYCAMP
MAY 6-8-- FAM CAMP WEEK 2
MAY 21-- LEADER SPECIFIC TRAINING
MAY 20-22-- FAM CAMP WEEK 3
JUNE 6-10-- DAYCAMP

CONNECTING CORE VALUES WITH OUTDOOR ACTIVITIES

HIKES – GO ON AN EXERCISE HIKE WITH STATIONS TO DO SPECIFIC EXERCISES. MANY LOCAL PARKS ALREADY HAVE THESE SET UP. LEARN TO TAKE YOUR PULSE WHEN WALKING TO SEE HOW YOUR BODY IS REACTING TO THE EXERCISE.

NATURE ACTIVITIES – STUDY WHAT A CERTAIN SPECIES EATS AND HOW IT LIVES; DISCUSS HOW EATING RIGHT RELATES TO HEALTH. HARVEST HEALTHY FOOD, WITH PERMISSION, AT A PICK-YOUROWN FARM OR PLANT AN EDIBLE CROP.

SERVICE PROJECTS – MAKE GIFTS USING RECYCLED MATERIALS. MAKE EXERCISE EQUIPMENT FOR A LOCAL SHELTER.

GAMES & SPORTS – CHALLENGE EACH BOY TO COMPETE AGAINST HIMSELF TO BECOME MORE FIT. RECORD INITIAL ABILITIES AND RECORD AGAIN AT THE END OF A SPECIFIC TIME PERIOD TO SEE IMPROVEMENT. GIVE A FIT YOUTH AWARD TO ALL WHO IMPROVE. MOST OUTDOOR GAMES AND SPORTS HELP TO MAKE BODIES MORE FIT.

CEREMONIES – INCORPORATE EXERCISE EQUIPMENT, REAL OR PROP, INTO A CEREMONY. THE CUBMASTER COULD JUMP ROPE ACROSS THE ROOM OR LIFT 'BARBELLS' TO FIND AWARDS FOR THE BOYS.

CAMPFIRES – PLAN AN ENTIRE CAMPFIRE AROUND THIS THEME. USE SONGS WITH PHYSICAL MOVEMENTS. THE OPENING AND CLOSING CEREMONIES COULD ALL USE HEALTH AND FITNESS THEMES.

DEN TRIPS – VISIT A LOCAL WATER TREATMENT FACILITY TO SEE HOW THIS VITAL FLUID IS MADE SAFE FOR DRINKING BY THE POPULATION. VISIT A FARM OR OTHER PLACE WHERE HEALTHY FOOD IS PROCESSED. VISIT A SPORTING EVENT.

PACK OVERNIGHTER – BOYS PLAN THE MEALS DISCUSSING GOOD NUTRITION. DISCUSS THE NEED FOR LOTS OF WATER.

CUB WEBSITES

BALOO'S BUGLE: [HTTP://USSCOOTS.ORG/USSCOOTS/BBUGLE2007-2008.ASP](http://USSCOOTS.ORG/USSCOOTS/BBUGLE2007-2008.ASP)

PROGRAM HELPS: [HTTP://WWW.Scouting.org/filestore/pdf/2009-02.pdf](http://WWW.Scouting.org/filestore/pdf/2009-02.pdf)

FAST TRACKS: [HTTP://WWW.Scouting.org/scoutsorce/CUBSCOUTS/FASTTRACKS.ASPX](http://WWW.Scouting.org/scoutsorce/CUBSCOUTS/FASTTRACKS.ASPX)

KISMIF: [HTTP://KISMIF.ORG/](http://KISMIF.ORG/)

BELT LOOP WORKSHEETS:

[HTTP://MERITBADGE.ORG/WIKI/INDEX.PHP/CUB_SCOUT_WORKSHEETS](http://MERITBADGE.ORG/WIKI/INDEX.PHP/CUB_SCOUT_WORKSHEETS)

WEBELOS ACTIVITY BADGE WORKSHEETS

[HTTP://MERITBADGE.ORG/WIKI/INDEX.PHP/WEBELOS_ACTIVITY_BADGE_WORKSHEETS](http://MERITBADGE.ORG/WIKI/INDEX.PHP/WEBELOS_ACTIVITY_BADGE_WORKSHEETS)

WEBELOS ACTIVITY BADGE REQUIREMENT WORKSHEETS:

[HTTP://WWW.USSCOOTS.ORG/ADVANCE/CUBSCOUT/WEBBADGES.ASP](http://WWW.USSCOOTS.ORG/ADVANCE/CUBSCOUT/WEBBADGES.ASP)

WEBSITES RELATING TO THE THEME OF THE MONTH

[HTTP://WWW.FITNESS.GOV/](http://www.fitness.gov/)

[HTTP://KIDHEALTH.ORG/TEEN/FOOD_FITNESS/](http://kidshealth.org/teen/food_fitness/)

[HTTP://WWW.NOURISHINTERACTIVE.COM/PARENTS_AREA/RESOURCES](http://www.nourishinteractive.com/parents_area/resources)

[WWW.PBS.ORG/PARENTS](http://www.pbs.org/parents)

[WWW.KIDHEALTH.ORG](http://www.kidshealth.org)

[WWW.HEALTHIERGENERATION.ORG](http://www.healthiergeneration.org)

BELT LOOPS



COMPLETE THESE THREE REQUIREMENTS:

1. MAKE A POSTER OF FOODS THAT ARE GOOD FOR YOU. SHARE THE POSTER WITH YOUR DEN.
2. EXPLAIN THE DIFFERENCE BETWEEN A FRUIT AND A VEGETABLE. EAT ONE OF EACH.
3. HELP PREPARE AND EAT A HEALTHY MEAL OF FOODS THAT ARE INCLUDED IN A FOOD PYRAMID.



COMPLETE THESE THREE REQUIREMENTS:

1. EXPLAIN THE RULES OF KICKBALL TO YOUR LEADER OR ADULT PARTNER.
2. SPEND 30 MINUTES PRACTICING THE SKILLS OF KICKBALL (PITCHING, KICKING, BASE RUNNING, CATCHING, THROWING). THIS MAY BE OVER TWO DIFFERENT PRACTICE PERIODS.
3. PLAY A GAME OF KICKBALL.

OPENING CEREMONY

FITNESS CHECK OPENING

MATERIALS: BEFORE THE MEETING, PREPARE A LIST OF HEALTH & FITNESS ESSENTIALS – EITHER AS WALL-MOUNTED LIST IN LARGE LETTERS, OR AS SEPARATE STRIPS THAT THE SCOUT CAN ADD TO THE WALL. HAVE READY A MARKER, CHALK OR WHITEBOARD MARKER TO MAKE A CHECKMARK, DEPENDING ON YOUR BACKDROP.

NARRATOR OR CUBMASTER: HEALTH AND FITNESS HAS BEEN OUR GOAL THIS MONTH. (POINT TO THE SIGN OR THE TITLE OF HEALTH & FITNESS) LET'S SEE HOW WE DID.

CUB #1: (EITHER READING FROM THE LIST OR ADDING HIS WORD STRIP UNDER THE TITLE) STRIVE FOR FIVE SERVINGS OF FRUITS AND VEGETABLES EACH DAY.

(MAKES A CHECK MARK BY THE PHRASE) "CHECK!"

CUB #2: (READING FROM LIST OR ADDING HIS STRIP) DRINK PLENTY OF WATER EACH DAY!

(MAKES A CHECK MARK BY THE PHRASE) "CHECK!"

CUB #3: (FOLLOWING SAME PROCEDURE) GET EIGHT HOURS SLEEP EACH NIGHT!

(MAKES A CHECK MARK) "CHECK!"

CUB #4: (FOLLOWING SAME PROCEDURE) TAKE A REGULAR BATH OR SHOWER AND BRUSH YOUR TEETH!

(MAKES A CHECK MARK) "CHECK!"

CUB #5: (FOLLOWING SAME PROCEDURE) ENJOY THE OUTDOORS – BUT KEEP SAFE IN THE SUN!

(MAKES A CHECK MARK) "CHECK!"

CUB #6: (FOLLOWING SAME PROCEDURE) GET LOTS OF EXERCISE.

(MAKES A CHECK MARK) "CHECK!"

NARRATOR OR CUBMASTER: WELL BOYS, I SEE YOU KNOW HOW TO BE HEALTHY AND STRONG. NOW I WANT YOU TO EXERCISE YOUR RIGHT AS A CITIZEN OF OUR GREAT COUNTRY, AND PREPARE TO PRESENT THE FLAG!

CHEERS AND APPLAUSES.

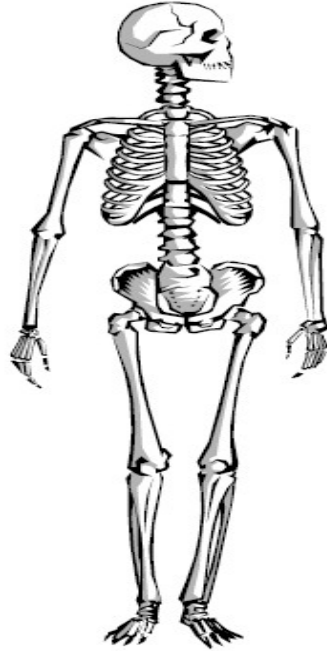
AM I HEALTHY? APPLAUSE: EVERYONE STICKS OUT THEIR TONGUE AND POINTS TO IT WHILE SAYING "AAAHH." THEN SAY "AM I HEALTHY?"

CUB CRAFT CORNER

FLOWER MOTHER'S DAY CARD: SEPARATE A SILK FLOWER INTO THE VARIOUS LAYERS. LAY 2 OR 3 DIFFERENT SIZED FLOWERS ON A CARDSTOCK CARD. USING A PENCIL, PUNCH A HOLE IN THE CARD WHERE THE CENTER OF THE FLOWER IS. USING A BRAD, ATTACH THE FLOWER TO THE FRONT OF THE CARD. COLOR THE BRAD WITH PERMANENT MARKERS, IF DESIRED.

GATHERING ACTIVITY/ICEBREAKER

NAME 10 PARTS OF THE HUMAN BODY
THAT HAVE ONLY THREE LETTERS.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

SONGS

EXERCISE & HEALTHY FOOD

TUNE: SUPERCALIFRAGILISTICEXPIALLIDOCIOUS

EXERCISE AND HEALTHY FOOD
WILL MAKE YOU VERY STRONG,
IF YOU EAT JUST AS YOU SHOULD,
YOUR LIFE CAN BE QUITE LONG
WHEN YOU FEEL LIKE SITTING,
YOU SHOULD REALLY GET IN GEAR
AND FIND A WAY TO EXERCISE
EACH DAY, THROUGHOUT THE YEAR!

EXERCISE IS MOVING, BUT IT ALSO CAN BE FUN –
SOME MAY FIND A SPORT TO PLAY,
AND SOME WILL WALK OR RUN
BUT ANY WAY THAT YOU MIGHT CHOOSE
IS SURE TO BE FOR YOU
SOME EXERCISE THAT YOU ENJOY –
SOME ACTION YOU WILL DO!

GAMES

PYRAMID CHALLENGE

BEFORE THE MEETING, PREPARE A LIST OF FOODS.

TO PLAY THE GAME, SPREAD SEVERAL HULA HOOPS OUT AROUND THE PLAYING AREA. (OR USE MASKING TAPE TO SET OFF AN AREA) LABEL EACH ONE – FRUITS, VEGETABLES, GRAINS, DAIRY, AND PROTEIN.

EXPLAIN TO THE BOYS THAT WHEN THEY HEAR YOU SHOUT A FOOD ITEM, THEY SHOULD RUN AND STAND IN THE APPROPRIATE HULA HOOP.

IF THE ITEM YOU CALL OUT DOESN'T FIT ANY CATEGORY, OR WOULD FIT IN MORE THAN ONE CATEGORY, BOYS SHOULD STAND IN PLACE.

HERE ARE SOME SUGGESTIONS FOR YOUR LIST:

APPLES, APRICOTS, BANANAS, KIWI, ASPARAGUS, BROCCOLI, GREEN BEANS, CEREAL, FLOUR, MILK, CHEDDAR CHEESE, COTTAGE CHEESE, HAMBURGER, PASTA, SPAGHETTI, OATMEAL, TORTILLAS, YOGURT.

SOME TRICKY ONES TO USE: BUTTER, POTATO CHIPS, BROWNIES, WALNUTS, REFRIED BEANS, ICE CREAM

IF BOYS DISAGREE ABOUT WHERE SOMETHING FITS, MAKE A QUICK NOTE SO YOU CAN TALK ABOUT IT LATER!

**"A BOY IS NOT A SITTING-DOWN ANIMAL."
LORD ROBERT BADEN-POWELL**

ANSWERS TO HUMAN BODY PUZZLE

Eye, lip, ear, rib, hip, toe, arm, leg, jaw, gum