

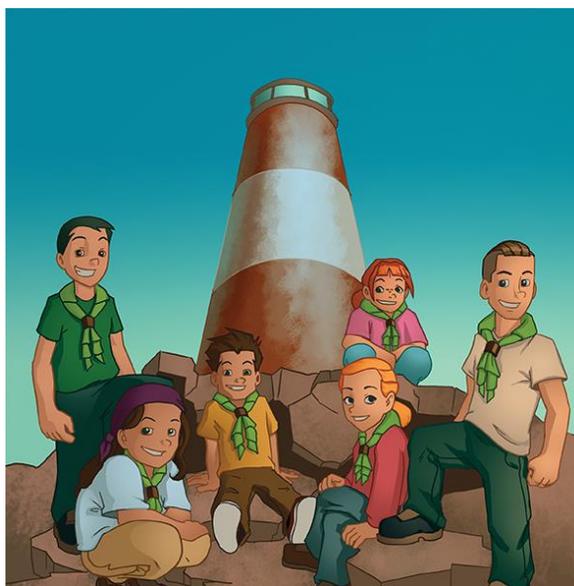
First Six Weeks

The first six week's back can be a busy time for a Cub Scout Pack. This year members of the Atlantic Six are here to give advice on how you can get things up and running!

In this resource, the Atlantic Six help you with:

- Saying Goodbye to the Cub Scouts moving to Scouts
- Welcoming new Cub Scouts
- Making Sixes
- Making a Cub Scout Pack Code of Conduct
- Exploring the SPICES
- Running lots of fun games!

Let's start an exciting new year filled with adventures for your Six.



The Activity:
Saying Goodbye



Which SPICES will we use?
Emotional and Spiritual

Which travel cards could we use?

Sean's Spiritual Orange travel card. - - ✓

Friendship.

Turas- Help plan a moving up ceremony for the Cubs. Think of some memories that you had with these cubs.

Taisteal- Plan the moving up ceremony. Help set up the room. Put together some memories of your time with these cubs.

Tagann- Prepare yourself for moving on. Thank the scouters who have helped you this far on your journey and remember that they will be sad to see you go but also happy to see you start the next stage.



Hi I'm Sean and I like to take part in ceremonies especially ones that connect with others, nature and the community around me. It is nice to run a special ceremony for the Cub Scouts leaving. We can say tell stories and say goodbye!

Plan

- Plan the moving-on ceremony.
- Plan the location. In your den or maybe outside. Sean, from the Atlantic Six, likes outdoor activities, he'd suggest by a river, or in a park, or on a hilltop.
- Decide whether you are inviting parents. If you are, then ask your scouters if it's possible to have teas/coffee and biscuits to serve them.
- Ask your Cub Scouters to invite a member of the Scout section to be a part of the ceremony. They can officially welcome the Cubs moving up into the Scout Troop.
- Come up with a way to share your memories during the ceremony, like a poem, a song or a skit.
- Ask the Scouters to prepare a speech

Do

- Set out the room or area for the ceremony and also tea/coffee and food if needed.
- Start the ceremony with a Cub Scout Promise.
- Invite Group leader and/or Cub section leader to say a few words.
- Sixes can perform, recite or show their memories and say goodbye.
- Section leader then calls each cub moving up to scouts to come and get their link badge, shakes their hand and wishes them well on their trail..
- Cub makes his way over to the Scout section leader to become a new Scout.
- Time for tea!

Review.



Eva's Purple Emotions card. ✓ My potential.
Show feelings. Others feelings. Life's challenges.



Sean's Orange Spiritual card. ✓ Spiritual Beliefs.

Turas- Did we support our friends?. Did we have fun?

Taisteal- Did the ceremony run as planned?. What would we like to do next year when its our turn?. How are we feeling now ?

Tagann- Are we ready to face our next challenge ? How do we feel about leaving our Leaders and Cub friends?

The Activity:
Saying Hello.



Which SPICES will we use?

Social



Which travel cards could we use?

Sarahs Red Travel Card - ✓ Friendship.
Other people. Communication.

Turas- play a game, and choose the SPICE that a game belongs to

Taisteal- figure out a second SPICE for the game to belong to

Tagann- organise a game

Hi I'm Sarah! And, I want to help you welcome your new Cub scouts into your Six and Cub pack. I like to be a friend. I like to make sure everybody is included.

Plan:

It can be pretty scary when a Cub first joins the Cub pack. After all, new friends must be made, a new routine learned, and above all, most other Cubs will probably be older.

You can do a lot to help new Cubs settle in. Think back to when you first came to a meeting night. What were you looking for? Most Cubs want to be included quickly, and to get involved. Simple icebreaker games are ideal to play on new cubs first night.

Two truths and a lie.

Get the group to sit in a circle and ask one person to say two truths and a lie about themselves. After they have finished you, as a compere, must get the group to vote on which statement they think is a lie. If the majority get it wrong, the player goes again, but if they get it right, play moves on to the next player.

Coat of arms

You will need: paper, colouring pens/pencils, flag template.

Get the group to divide their template into quarters. They should have descriptions of their favourite things in each quarter; these could be their pets, favourite food, sports team, activity and so on. After the time is up, ask each Cub to stand up and talk everyone through their flag. This can also be a way to introduce the Land of Adventure. Leads to identity.

No See Em's Game.

Have two adults hold a tarp or blanket up and split the group into two teams, one on each side of the tarp (or blanket). Ideally, each team will also have at least one adult helping it (or the adults holding the tarp will help). Each team sends a team member to stand next to the tarp. On the count of three, the tarp is lowed and each Cub at the tarp (without any help from others) must name the other Cub at the tarp. The Cub who is identified first joins the other team. The game is played until the adult leader decides to stop or until all Cubs are on the same team.

This is a great way to help Cubs (and Scouter's) to learn Cub's names.

DO

What can I do to help new Cubs.?

- Remember to explain the simple things: What do I do? How to fall in?
- Where do I pay the dues? What is the new promise?
- Explain the rules of games and activities. Play the icebreaker games.
- Involve them in the Six.
- Protect the new member from any form of bullying, including name-calling.
- Be the person's friend. You might also ask another member of the Six, perhaps someone nearer to the new Cub's own age to help take care of them.

Review.

What travel cards can we use?

Social. ✓ Friendship. Duty to others. Communication.

Emotional. ✓ Lifes challenges. My Emotions. My potential.

Sarahs Red Travel Card - .

Turas- Did I make new Friends?

Taisteal- Did I fulfil the Cub scout promise during the meeting by looking after others?

Tagann- Did I communicate properly so that all members of my Six knew each other

Eva's Purple Emotional card.

Turas- Moving to cubs can be scary. How did you feel about this new challenge? Do you miss your Beaver friends and Scouters

Taisteal- Were we considerate to the new Cubs feelings? How are you feeling now ?

Tagann- Did I do my best to make sure our Six starts to work together?

The Activity:

You and your role in a Six



What SPICES will we use?

Character



Which travel cards could we use?

Conors Grey travel card ✓ What I stand for. Self belief. Respect. Live the Law.

Turas - You are a new Cub Scout ready to start your journey with a new group of friends. They are here to help you through your first year. Listen and ask questions about how the six works. This shows that you treat others with respect.

Taisteal- This is your second year in Cubs. You now know more about how a six runs and you also may know what role you want to fill. Don't be afraid to put yourself forward and also if you don't get the role you'd like remember that every role is important for the six to work well.

Tagann- This is your final year in cubs. You have learned a lot in the last couple of years and now it's your time to help and share with the younger cubs and also to be more responsible in your six.

Hi my name is Conor and I'm the Sixer of the Atlantic six. That means I'm the leader of the Six. A Six is a group of six cub scouts. I have a helper called a seconder. Everybody in the six can have a role. In mine we also have a Quartermaster, a First aider, Scribe and a researcher.

Plan.

A Six is -

- A group of friends
- A group where everybody is important.
- A group of up to six people.
- A group which plans and does everything together.
- A group that has lots of fun and Adventures.

Jobs in a Six:

Sixer- The Sixer will take responsibility for 'looking after' their Six. They will attend Sixer Councils and help the scouters to design the programme. It's always a good idea to make a decision with other Scouters and existing Sixers when choosing a Sixer.

Secunder- The secunder is there to help the Sixer and the Six and to stand in for the Sixer if needed. Sometimes the Secunder has another job, such as one from the list below. The Secunder can also attend the Sixer and Secunder Council and help to shape the programme during the year. They keep scouters informed of how cubs are getting on.

Scribe - The scribe is the one who likes to write and looks after the logbook. It's very important as the logbooks are a way to look back on memories and also helpful when reviewing. Scribes take notes during den meetings and activities, and help the PRO to present ideas from the six to the pack. They can have the duty of keeping the SPICES progress up to date in their sixes as well by punching travel cards.

First Aider - The first aider is responsible for the First Aid Kit. They are the go to person if someone gets injured. They need to have some understanding of first aid and also to know that if they don't know how to treat it themselves to go to a Scouter.

Quartermaster - The Quartermaster job is to look after the equipment and gear belonging to the Six. If your six has a Patrol/Journey box it's up to you to make sure that at the end of each night it's tidied and put away.

Researcher.- If your six needs information for any activity or badge they will ask you to research it. Ask your parents/Scouters if you need to access the Internet. During programme planning, the researcher will be able to guide younger cubs through the activities needed to earn a badge.

Photographer/Public Relations Officer (PRO) – The PRO job is to help advertise the activities of the six and the pack. During activities, the PRO will take photos to make a record of what cubs are doing, working with the scribe. Some of the photos can go into the log book, and on social media. The PRO can help decide on photos to include and write up something to post, which the scouters then post for the pack. NB Cubs don't use social media by themselves!

When the new Sixer is picked by Scouters and existing Sixers. It's a good idea for them to shadow a meeting with the existing Sixer before that Sixer moves up. So he/she can learn the ropes.

Make sure that the brand new cubs understand the role of a Six and why it's important in the Cub pack.

Talk about the different roles and see who fits what and make sure that everybody is listened to.

Do.

As a six decide on who gets what roles. Everybody should agree to try and do their best and respect each other and their roles. Your Six may already have a name like we do. In our pack our Sixers are named after seas, Pacific, Arctic, Caribbean, Indian, Baltic, China and my Six is the Atlantic six. What's your six called. Does your Six have a badge? Have a Six meeting and get to know each other.

Now it's time for some Fun!!! It's important when starting out to work on some team-building exercises. Why not try some of these? These games involve you all working together and listening to each other.

The human pyramid

How quickly can you get the smallest patrol member to the top? Challenge other patrols.

Blindfold tent pitching

One member of your patrol can see, but is not actually allowed to do anything except instruct everyone else. Other patrol members are blindfolded. Can you successfully pitch a patrol tent? Can you take it down again and pack it with somebody else in charge?

Lighting the candle

Your patrol is stuck on one side of a river (marked on the floor). They have to light a candle placed on the far side. You are provided with several garden canes, some string, matches and a match box. Can your patrol solve the problem?

Crossing the chasm

Provided with four chairs, can your patrol get themselves across the meeting room without anyone touching the floor? Challenge another patrol. Who can do it faster? Can you do it with fewer chairs?

Review.

Talk in your Sixes about your new Six. Are you excited to be a part of it? Do you know how you fit into it?

Which travel cards can we use?

Conor's Grey Travel card ✓ Doing my best, Respect, Justice, Personal visions.



Turas.- Did I treat others with respect? Did I have fun during the team building exercises

Taisteal- Was everybody given a chance to speak about the roles they wanted to try for and was the final decisions fair? Did I try my best to help the new Cubs?

Tagann - Was I brave enough to put myself forward for a role that I wanted? Did I help the Sixer and respect his/her decisions and help carry them out with the younger Cubs during the exercise. Did everybody have Fun?

Isobel's Blue Travel Card. ✓ Decisions, Plan-Do-Review, Teamwork.



Turas.- Was I involved in the Plan, Do Review? Did I like being part of the new Six?

Taisteal- Did I try my best to work as a Team?

Tagann - Was I able to make Decisions fairly ? Did we have fun as a Six?

The Activity:

Cub Code of Conduct



What SPICES will we use?
Character



Which travel cards could we use?

Conor's Grey Travel Card – Conor likes to ?
Turas- make a suggestion for a rule in the code.

Taisteal- use the promise or law to think of a rule.

Tagann- support younger cubs in making a suggestion.

Hi I'm **Conor**. I love to keep things fair. I like to watch for younger Cubs, and I've found a way for us to get on well with each other for the year. Medieval Knights used to have code of chivalry that helped them remember when they acted with honour, and when they were breaking the rules. Let's make our own code of honour!

Top Tips:

- Use the Cub Promise and Law to come with up some suggestions.
- Remember to make positive rules: the 'Dos' and not the 'Don'ts'

Plan

Talk about what rules can help you get along in Cubs during the year. In your Sixes find out what rules each cub thinks would be the most important to include in a code of conduct.

Ask the Scribe for each six to record suggestions for the code.

Do

Each six tells the main group the rules they thought were important.

Scouters/Cub scribes write each rule up on an A1 sheet.

Ask the other sixes what they think of your ideas.

Ask the Scouters to make one contribution each as well!

Everyone signs or uses handprints to agree to these rules, including the adults!

Remember: The first rule is *Fun!*

Review

Talk in your sixes about how these rules will help to make the year more fun and run better.

Use Conor's travel card to find something to punch.

Review how this activity went (Facts, feelings, findings, future)

Talk about an adventure you can test this code of conduct on a camp or overnight – that can be the main activity for a programme cycle.

The A1 sheet with the Code of Conduct can be displayed in the den with everyone's signature/handprint!

Each Cub at the different level (Turas, Taisteal, Tagann) can take a different job to help them earn their individual 'tick'.

OPTIONAL: Do up a copy to bring home to your parents/ guardians to discuss, and have them sign too.

Suggested Travel Cards

Conor's Grey Travel Card ✓ Respect and Justice



Turas- did we discuss how to have a fun year?

Taisteal- do I see how the promise and law can be a part of our code?

Tagann- did I support younger cubs in making a suggestion?

Sarah's Red Travel Card ✓ Community



Turas: did we discuss how to have a fun year together?

Taisteal: do I see how the promise and law can be a part of our code to work well together?

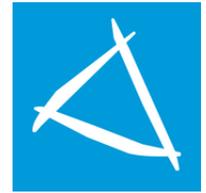
Tagann: did I support younger cubs in making a suggestion?

Resources:

- A1 Sheet
- A4 sheets (one for each six)
- Pens
- Marker
- Poster paint (if using hand prints)

The Activity:

Introducing SPICES through games

**Which SPICES will we use?**

Isobel – Intellectual

**Which travel cards could we use?**

Isobel's Blue Travel Card - Isobel likes to find out about fun new ways of learning.

Turas- play a game, and choose the SPICE that a game belongs to

Taisteal- figure out a second SPICE for the game to belong to

Tagann- organise a game

Hi I'm Isobel. I love to play games with my six and my cub pack. I love to work as part of a team and I'm also creative. I've found a fun way for us to find out more about how we can use the SPICES in everything we do at Cubs and meet the Atlantic Six.

Plan:

Each sixer picks a different Atlantic Six character, stands on a chair around the room and calls out who the character is and what they are interested in (each SPICE). They also say what the characters' interests are

Discuss in your sixes what each quality means.

Do:

Play a game for 5-10 minutes.

After each game, the sixers get back on the chairs, and everyone decides themselves which SPICE that game is most connected to, by standing around that chair.

Make sure the scribes make a note of how many people go to each chair.

Then everyone can decide if the game has more than one SPICE connected to it, and everyone goes to another SPICE if you want.

**Review:**

As a Cub pack sit down and look at the results. Discuss what games cubs liked or disliked and why? Make sure to ask if everyone had fun!

Turas- Write down why they picked the SPICE according to the game.

Taisteal- Suggest any improvements and introduce new ideas for games.

Tagann- Bring the reasons and suggestions to the Sixer Council and help plan for the coming year.

Top Tip: Do not play these games in order, otherwise it will be too easy to guess which game is connected with each of the SPICES

Suggested Games:

Social Game

2-cub reef knots

- A simple task for most cubs - normally, but this game involves the use of only ONE hand per cub. In pairs, the game involves simply tying a reef knot, with one cub using his left hand and the other using only his right hand. This is an exercise in co-operation! Each cub has a rope and the six ties all the ropes together in this way

Resources: ropes or sisal for every cub

Physical Game

NORTH-SOUTH-EAST-WEST

A sixer locates magnetic north in the room with a compass, and then calls out compass directions for the cub pack to run towards. Use other directions (north-west, south-east) as well.

Intellectual Game

Wink-Wink Murder

One cub is picked as the detective and leaves the room. 3 murderers are picked. Everyone stands in a circle facing in. The detective stands in the centre of the circle and has to guess who the murderers are. As s/he does this, the murderers wink at other cubs, without being seen by the detective. Anyone who is winked at falls down 'dead'. The detective has five guesses

Character Game

Arm Sling Relay

Teams line up in relay formation with one cub acting as victim and standing in front of his team 30 feet away. All other people have their neckerchiefs on properly. The first cub on each team runs to the victim, asks what is wrong, and applies an arm sling to the arm indicated.

When the judge sees that the sling is correct, he calls out "Cured!". The scout removes the sling and becomes the victim. The previous victim runs back to touch the next member of his team. This continues until all on the team have been victim and rescuer.

Emotional Game

We like...we don't like

Someone starts by thinking of a rule to follow, such as [We like everything that does not start with the letter 'S']. Then, he says "We like Winter but we don't like Summer." "We like Mars but we don't like Saturn." "We like Acting but we don't like Skits." S/he keeps coming up with more statements until someone wants to come up with a statement they believe follows the rule. If the statement is correct, the cub tells them it is and they can continue to come up with more.

It's possible that they were just lucky or are thinking of a different rule, so the cub has to verify every statement made by others. When everyone has guessed the rule or has given up, have the six do a round with a different rule (e.g. not liking anything that ends in a particular letter).

Spiritual Game

Cat and Mouse

A "game master" is selected and all cubs walk around the room slowly. Each cub will choose one cub to 'protect' and another cub to fear, without saying anything to the others. Whilst walking, each cub will get closer to the one they wish to protect and walk away from the one they fear. This will be done with great concentration, in honesty and without a word. The important thing is that all members of the group carefully listen to each other. You can't change the people you've chosen during the game. The "game master" has to observe everyone and find out who is feared and who is protected by whom. After 5 minutes, the game master guesses as many cats and mice as they can.