KEEPING THE OUTING IN SCOUTING A GUIDE TO CUB SCOUT ACTIVITIES AND RESOURCES FOR CUB SCOUT LEADERS

TYPES OF ACTIVITIES

CAMPING AND CAMPS

GOSHEN SCOUT CAMPS

The National Capital Area Council offers a week long camping experience for Webelos Scouts at Camps Ross and PMI at Goshen Scout Reservation located in the Blue Ridge Mountains, four hours South of the Washington Metropolitan Area. Two adult leaders for every five scouts must accompany each Pack. Scouts will have an opportunity to master archery, learn how to shoot safely with a BB-rifle, swim, enjoy boating, learn campcraft skills and gain an appreciation for natural resources. Camp runs from the last week of June through the third week of August. Early site reservations are a must. Forms are available through your Unit Commissioner and the Scout Service Center, Almost all sites are reserved by January each year.

GEORGE WASHINGTON DISTRICT CUB SCOUT DAY CAMPS

Each summer the District operates Cub Scout Day Camps at three different sites simultaneously. Each camp provides an opportunity for scouts to participate in games, sports, archery, crafts, storytelling, and a wide variety of organized activities. Early reservations are a must. Watch for details at Cub Scout Roundtable meetings and in the *Scouter Digest*. Most sites are reserved by early March.

DISTRICT CAMPOREES

District Camporees are usually held twice a year. At at least one Camporee, second year Webelos Scouts may camp overnight with their Pack. Packs usually camp with or near the Troop that these Scouts will bridge into in the Spring. The Troop will help with tents and camping gear. First year Webelos Scouts are invited to attend day-time activities at the Webelos Midway. Watch for details at Cub Scout Roundtable meetings.

WEBELOS OVERNIGHT CAMPOUTS

Each Cub Scout Pack's Webelos Dens may participate in overnight camping trips, provided each scout is accompanied by an adult partner. The Pack must file a Local Tour Permit Application with the Council Office or Senior District Executive at least two weeks in advance. (Overnight camping is available only to Webelos Scouts). At least one of the participating leaders should have received Youth Protection Training!

DEN AND PACK MEETING ACTIVITIES

Each month you can find dozens of ideas for Den and Pack meetings in *Program Helps 1994-1995*. *Scouter Magazine*, *Boy's Life Magazine*, and handouts at Cub Scout Roundtable. Some popular activities you may want to consider are:

Activity Badge Projects Marbles Tournament
Backyard Star Watch Make Games

Balloon Popping Contest Make Gifts for Nursing Home, Retirement Center, etc.

Bike Repairs and Safety Inspections

Make Masks or Costumes

Bike Trip

Make Neckerchief Slides

Bowling

Miniature Golf

Camera Hunt Paper Airplane Building Carve Soap Picnic Cake Making **Puzzles** Cook Out Rain Hike Den Ceremonies Recycling Project Den Competitions Scavenger Hunt Den Cheers and Yells Skating - Ice Ethics in Action Skating - Indoor

Field Trips Sledding
Fishing Trip Songfest

First Aid Practice (Basic) Snow Shoveling Contest Games Special Treats Night

Glider/Paper Plane Contest Sports and Fitness
Hayride & Pumpkin Carving Stories

Hikes Stunts
International Customs Treasure Hunt
Kite Making/Flying Turtle Race

Magic Tricks Watermelon Seed Spitting Contest

SPECIAL ACTIVITIES

The Scouting Year is full of opportunities for special pack activities. Just a few are included here.

Anniversary Week Activities Parades; e.g.: Scottish Walk, Washington's Birthday

Bicycling Activity Pinewood Derby
Blue and Gold Banquet in February Raingutter Regatta

Bowlathon (Spring) Scouting for Food (November)
Christmas Caroling Scout Show/Extravaganza (May)

Conservation Projects Scouting Night (September) (Join Scouting Night)

Cub Scout Olympics Service Project Flying Circus - Scout Day Space Derby

Hikes and Trails Summer Camp - Day Camp & Goshen Camps

Pack Ceremonies Summertime Activities

Pack Fund Raising Activities Swim Party*
Pack Party Tours

Pack Picnic Webelos Overnight Experience

PLANNING AN ACTIVITY - POINTERS

GENERAL CONSIDERATIONS

- Use activities to achieve the aims of Scouting citizenship training, character development, and personal fitness.
- Remember the most important thing to Scouts is FUN!
- Variety Scouts enjoy all sorts of activities, but quickly become bored with a single type of activity.
- Safety must be a primary consideration
- Adult supervision is required

CRAFTS

- Don't overuse this one!
- Can be to help on achievements and electives or just for fun.
- Can be related to a monthly theme or in preparation for a special activity like the Blue and Gold Banquet.
- Usually started at a meeting and finished at home.
- Make sure the project is within the abilities and interests of your Scouts.
- Show how it is done.
- Offer encouragement, excite immagination and avoid criticism.
- Allow freedom for creativity and individuality.
- Use variety.
- Crafts should be practical. Learning to braid is fine, but it would be better to braid an item that can be use used as a gift, part of costume. etc.
- Use simple and safe tools. Remember that a dull tool is dangerous. Tools are replaceable boys are not.
- Power tools are dangerous, shouldn't be used by younger Scouts and never without one-to-one adult supervision.
- Remind scouts that clean-up is part of the job.

DEN CEREMONIES

- Keep 'em short; e.g., 3 4 minutes mzximum.
- Praise is important.
- Simple, but impressive ceremonies inspire and motivate.
- Types of Ceremonies include:

Closing Den Doodle Awards Opening

Conduct Candle Denner Installation Progress Towards Ranks
Den Chief Recognition Flag Special Recognition

GAMES

Den Chiefs can be very useful in leading games.

- Choose games based on space, time, and number of players.
- Some choose game types that best fit the situation some are good for letting off steam, while quiet games, requiring concentration, may help with a wild bunch.
- Games can involve families, Scouts only, multiple dens, etc.

SKITS

Praise is important.

* An aquatics activity can only be conducted when at least one adult present is trained in the 8 Point Safe Swim Defense Plan.

- Keep it short 3 to 5 minutes or less..
- Avoid long dialogue or memorized lines try pantomimes or adult narration.
- Use simple props and costumes, if any are needed.
- Make sure the audience can hear. Speak slowly, clearly and loudly.
- Fit the scout to the part. Some parts may be too difficult for a particular boy.
- Screen the skits before they are presented to the Pack for good taste and scouting values.
- Give a congratulatory cheer afterwards, but avoid negative cheers; e.g., watermelon cheer..

TOURS: PLANNING A DEN OR PACK TOUR

- Pick a tour that relates to Wolf or Bear Achievements:
 - ✓ Visit a zoo or nature area for Wolf Scouts
 - ✓ Visit a library and look at books and old newspapers for Bear Scouts
- Pick a tour that relates to a Webelos Activity Badge for Webelos Scouts;
 - ✓ A guided tour by a park ranger at a nature center would be a good bet for helping Webelos Scouts working on Naturalist or Forester Activity Badges.
 - ✓ Visiting a computer center, radio station, or TV studio would help Webelos Scouts working on their Showman and Communicator Activity Badges.
- Pick a tour that relates to the monthly theme:
 - ✓ Visit a a fire station for fire safety month.
 - ✓ Visit a working farm (e.g., Oxen Hill, MD) for themes related to Thanksgiving, pioneering, agriculture, etc.
 - ✓ Perform a service project for themes related to "helping others", citizenship, community, etc.
- Plan some tours close to home that can be accomplished in an evening:
 - ✓ Visit a local restaurant, police station, fire station, utility, or business.
 - ✓ Take the Scouts to a local manufacturer to see how things are made...
- Plan some tours for a weekend day:
 - ✓ Smithsonian Museums.
 - ✓ Federal Buildings.
 - ✓ Federal Monuments.
 - ✓ State and National Parks.
 - ✓ Federal, State, Local, Community, School and College Exhibits.
 - ✓ Festivals, Celebrations, Fairs, and Shows.
 - ✓ Sports Facilities.
 - ✓ Other out-of-doors outside activities.

TOURS: SUGGESTED GROUND RULES

- © Be sure to contact the place you intend to visit ahead of time so that they can prepare for you and give you necessary information before you arrive.
- © Consider distance how much travel time is involved?
- © Obtain a local tour permit at least 2 weeks in advance, if the trip will involve more than 50 miles.
- © Let parents/guardians know where you are going and when you will return.
- © Obtain a signed permission slip from each boy before the trip (take the medical release on the back of each Scout's application or obtain a medical release on the permission slip).
- Make sure there is sufficient adult supervision. Invite parents to come along. Don't go without enough adults.
- © Tell your Scouts the highlights of what they can expect to see.
- © Coach your Scouts in advance so that they are attentive, courteous and follow all of the necessary rules.
- © Remind your Scouts that they are guests and must follow the rules of thir host(s).
- © Point out to your Scouts that they are representatives of Scouting and that their behavior will determine whether other Cub Scouts will be welcome later.
- © Establish the Buddy System before starting the trip. Explain that the two Scout Buddies must remain together at all times.
- © Scouts and leaders should be in uniform on any tour or trip.
- © Decide on a meeting place, just in case someone gets misplaced.
- © Make sure that each Scout has money for an emergency telephone call.
- © Locate restrooms as soon as you arrive and let your Scouts know where they are.
- © Know where emergency care can be obtained.
- © After the trip is over, write your hosts and thank them for their courtesy, including notes from the Scouts too.

TOURS, PLACES TO SEE & THINGS TO DO - TELEPHONE NUMBERS

All About Town	202-393-3896
Alexandria Parks	703-838-4343
Andrews Air Force Base	301-981-4511
Antietam Battlefield Historical Trail	301-739-1212
Arboretum (National Arboretum)	202-475-4815
Armed Forces Medical Museum, Walter Reed Medical Center	202-576-2348
Art Museum of the Americas	202-857-6583
Arthurm M. Sackler Gallery	202-357-2020
Arts & Industries Building Museum	202-357-2020
Aquarium (Department of Commerce Building)	202-377-2825
Arlington House (Robert E. Lee house)	703-557-3154
Arlington Cemetery Botanic Garden	703-557-0613 703-225-7099
Bureau of Engraving and Printing	202-447-9709
Captial Building Tours	202-225-6827
Capital Children's Museum	202-543-8600
Chesapeake & Ohio Canal	202-299-3622
Christmas Candlelight White House Tour	202-472-3669
Clara Barton house	202-492-6245
Coca Cola Bottling Plant, Alexandria Tour	703-820-2323
Colonial Annapolis Historical Trail	704-289-1604
Colvin Run Mill	703-759-2771
Corcoran Gallery of Art	202-638-3211
Cox Farms Pumpkin Patch - Braddock Road	703-830-4121
CSX Railroad (Formerly C & O Railroad)	703-589-2241
Daughters of the American Revolution Museum	202-628-1776
Decatur House	202-673-4030
Dial Audubon	301-652-1088
Dial-A-Museum	202-357-2020
Dial-A-Park	202-619-7275
Dial-A-Phenomenon	202-737-8855
Dial-A-Weather Forcast	202-936-1212
Doll's House and Toy Museum	202-244-0024
Dulles Airport Tours	703-471-7838
Dumbarton Oaks (Starting Place of the United Nations)	202-338-8278
Fairfax County Parks - General Information	703-246-5700
Federal Aviation Administration Control Center, Leesburg	703-783-0745
Federal Buildings - Visitors Information	202-728-4422
Federal Bureau of Investigation (Reservations 9 to 12 months in advance)	202-324-3447
Folger Shakespeare Library Ford's Theater	202-544-7077 202-426-6924
Franciscan Monastery	202-426-6924
Freer Gallery of Art	202-357-2020
George Washington Masonic National Memorial	703-683-2007
Goddard Space Flight Center	301-286-8103
Great Falls Park, Virginia	703-759-2925
Great Falls Park, Maryland	301-299-2026
Gulf Branch Nature Center, Arlington (Gems and Indian Lore)	703-558-2340
Gunston Hall	703-550-9220
Hidden Oaks Nature Center, Annandale	703-930-9220
Hidden Pond Park Nature Center, West Springfield	703-451-9588
Hirshorn Museum	202-357-2700
Holocaust Museum	202-653-9219
International Visitors Information Service	202-033-9219
Intelsat Co.	703-488-2687
Interstate Van Lines (Donates \$3 per Adult to Pack)	703-569-2121
Islamic Center	202-332-8343
Jefferson Memorial	202-619-7222
Kennedy Center for the Performing Arts - Tours	202-254-3850

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Lake Accotink Park	703-569-3454
Lee's Boyhood Home, Alexandria	703-548-8454 202-707-5458
Library of Congress Lincoln Memorial	202-619-7222
Long Branch Nature Center, Arlington	703-558-2741
Main Post Office	202-523-2001
Marine Corps Evening Parades - Iwo Jima Memorial	202-422-4173
Marine Corps Museum, Washington Navy Yard (Weekdays)	202-433-3840
Marine Corps Museum, Washington Navy Yard (Weekends)	202-433-3534
Mason District Park, Annandale	703-941-1730
Military Band Concerts	202-433-4011
Morven Park Plantation	703-777-2414
Mount Vernon	703-780-2000
Mount Vernon Historical Trail	703-780-2000
Museum of African Art	202-547-7424
Museum of American History	202-357-2700
National Airport	703-557-2045
National Archives	202-501-5000
National Aquarium	703-557-2043
National Arboretum	202-377-2825
National Building Museum	202-272-2448
National Capital Lincoln Trail	202-530-9360
National Cathedral	202-537-6200
National Colonial Farm, Accokeek, MD	301-283-2113
National Gallery of Art	202-737-4215
National Geographic Society - Explorer's Hall	202-857-7000
National Housing Center	202-452-0200
Nationa Museum of American Art	202-357-1300
National Museum of Women in the Arts	202-783-5000
National Park Service	202-619-7222
National Portrait Gallery	202-357-1300
National Public Radio	202-822-2300
National Rifle Association - Firearms Museum	202-784-6505
National Shrine of the Immaculate Conception	202-526-8300
National Visitors Center	202-523-5033
National Zoological Park	202-673-4800
Naval Observatory Tours	202-653-1543
Navy Memorial (7th and Pennsylvannia Avenue	202-737-2300
Navy Memorial (Concerts)	202-433-2525
Navy Memorial Museum, Washington Navy Yard, Visitor Center	202-433-2218
Navy Memorial Museum, Washington Navy Yard	202-433-2651
Nottoway Park, Vienna Oatlands Plantation	703-938-7532 703-777-3174
	202-638-3221
Octagon Old Stone House	202-426-6851
Organization of American States (OAS)	202-331-1010
Oxen Hill Children's Farm	301-839-1177
Pentagon Tours	703-695-1776
Peterson House	703-426-6830
Pierce Mill	703-426-6830
Pohick Regional Park (Good for Winter Sledding)	703-339-6100
Potomac Appalachian Trail Club	703-638-5306
Potomac River Power Plant, Alexandria	703-872-3571
Prince William Forest National Park, Triangle, Virginia	703-221-7181
Riverbend Interpretive Center, Great Falls, Virginia	703-759-3211
Scottish Walk (First Saturday in December - Scott Units Participate)	703-838-4200
Smithsonian Museums	202-381-6264

Smithsonian Museums - Air and Space	202-357-2700
Smithsonian Museums - Natural History	202-357-2700
State Department	202-647-3241
Sully Plantation	703-437-1794
Supreme Court of the United States	202-252-3211
Textile Museum	202-667-0441
The American Sailor Evening Concerts	202-433-2218
Theodore Roosevelt Island	703-285-2601
Thomas Jefferson Memorial	202-426-6700
Twilight Tattoo Series - U.S. Army Band	202-696-3647
U.S. Capitol Building	202-225-6827
Vietnam Veterans' Memorial	202-619-7222
Visitors Information Center	202-789-7038
Voice of America Museum	202-755-4744
Washington Grist Mill	703-780-3383
Washington Monument	202-619-7222
Washington National Cathedral	202-537-6200
Water Company, 5900 MacArthur Blvd., Washington, D.C.	202-282-2701
WETA TV Channel 26 Studios	202-998-2696
White House Spring and Fall Garden & Candlelight Tours	202-456-2200
White House Tour Information	202-456-7041
Woodlawn Plantation	703-780-4000
Woodrow Wilson House	703-387-4062

RESOURCES

LITERATURE

There is no shortage of books and video tapes available to help you. A sampling of these resources (some serial numbers may have changed since the last revision) includes :

DESCRIPTION	BSA STOCK #	PRICE
123 Gift Crafts Kids Can Make (Highlights Magazine)		\$ 1.60
40 Knots - Knot Tying Visual Aid	P1057	\$ 1.20
A Scout Is Reverant (A prayer manual for Catholic Scouts)	P3075	\$ 6.00
All the Applauses We Could Find		\$ 4.95
Basic Essentials of Map & Compass	P3560	\$15.95
Be Expert with Map & Compass	P3559	\$ 3.00
Beginner's Compass Game	P1132	\$ 7.00
Boys Life Magazine	Local -	Free
Boy Scouts of America 1992 Retail Catalogue		\$ 2.25
Camp Cookery for Small Groups	P3592	
Child Abuse: Let's Talk About It (Warning signs, BSA Policy)	P3943	\$.40
Country Walks Near Washington (by Alan Fisher)		
Craftstrip Braiding Projects	P3169	\$ 1.30
Creative Campfires	P4661	\$ 5.95
Cub Scout Academic Program Phamplets		
Art	33031	\$ 1.35
Communicating	33033	\$ 1.35
Music	33034	\$ 1.35
Science	33030	\$ 1.35
Cub Scout Action Book - Bobcat		
Cub Scout Action Book - Wolf		
Cub Scout Action Book - Bear		
Cub Scout Fun Book	P33213	\$ 5.10
Cub Scout Leader Book	P3220A	\$ 4.75
Cub Scout Leader BoCub Scout Leader How-To Bookok	P3831A	\$ 8.30
Cub Scout Magic	P3219	\$ 5.95
Cub Scout Program Books		

Wolf	P3234	\$ 3.00
Bear	P3228	\$ 3.00
Webelos	P33235	\$ 4.95
Cub Scout Songbook	P3222A	\$ 2.40
Cub Scout Sports Program Phamplets	Each	\$ 1.35
Archery	P2153	\$ 1.35
Badminton	P2106	\$ 1.35
Baseball	P2156	\$ 1.35
Basketball	P2155	\$ 1.35
Bicycling	P2107	\$ 1.35
Bowling	P2154	\$ 1.35
Fishing	P2111	\$ 1.35
Golf	P2157	\$ 1.35
Gymnastics	P2110	\$ 1.35
Marbles	P2158	\$ 1.35
Physical Fitness	P2161	\$ 1.35
Skating	P2108	\$ 1.35
Skiing	P2159	\$ 1.35
Soccer	P2162	\$ 1.35
Softball	P2160	\$ 1.35
Swimming	P2163	\$ 1.35
Table Tennis	P2164	\$ 1.35
Tennis Tennis	P2166	\$ 1.35
Ultima	P2109	\$ 1.35
Volleyball	P2165	\$ 1.35
Cub Scout & Webelos Scout Program Helps	P3211A	\$ 3.20
Den Chief Handbook	P3211A	\$ 3.20
Directory of Local Council Camps and Outdoor Facilities (Northeast Region,)	Regional	Free
Drugs: A Deadly Game (Early Warning Signs of Drug Abuse)	P3945	\$.50
Dutch Oven Cooking (Recipes)	P3549	\$ 4.40
Edible Wild Plants	P3548	\$ 5.90
Ethics in Action for Cub Scouts	P3015	\$ 2.55
Going Places With Children (Green Acres School)	13013	Ψ 2.55
Gospel of the Redman	P3574A	\$ 3.50
Golden Guide Books: On the following subjects:	Each	\$ 4.90
Birds	P3569	\$ 4.90
Butterflies & Moths	P3515	\$ 4.90
Dinosaurs	P33535	\$ 4.90
Fishes	P3543	\$ 4.90
Fishing	P3516	\$ 4.90
Flowers	P3517	\$ 4.90
Fossils	P3523	\$ 4.90
Geology	P3518	\$ 4.90
Insects	P3544	\$ 4.90
Mammals	P3542	\$ 4.90
North American Indian Arts	P33540	\$ 4.90
Planets	P33543	\$ 4.90
Pond Life	P3519	\$ 4.90
Reptiles & Amphibians	P3524	\$ 4.90
Rocks & Minerals	P3545	\$ 4.90
Seashells of the World	P33537	\$ 4.90
Seashores	P3526	\$ 4.90
Sky Observer's Guide	P3525	\$ 4.90
Spiders & Their Kin	P3521	\$ 4.90
Stars	P2527	\$ 4.90
Trees	P3541	\$ 4.90
Tropical Fish	P33536	\$ 4.90

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Venomous Animals Weather	P33538 P3528	\$ 4.90 \$ 4.90
Weeds	P3522	\$ 4.90 \$ 4.90
weeus Whales	P33539	\$ 4.90 \$ 4.90
	P3122A	\$ 4.90 \$ 1.45
Group Meeting Sparklers Cuids to Field Identifications, Pinds of North America	P3122A P3583	\$ 1.43 \$11.90
Guide to Field Identification: Birds of North America		•
Guide to Field Identification: Trees of North America	P3608	\$11.90
Guide to Safe Scouting (NCAC, Health and Safety Committee)	Local	Free
History of Cub Scouting	P3849	\$11.25
Knots and How to Tie Them	P3170	\$.60
Luminous Star Finder	P1055	\$ 3.65
One Day Trips Through History (Local Interest) by John Ockershauson Smith)	D2010	¢ 2.90
Pack Record (Finance) Book	P3819	\$ 2.80
Parktakes Magazine (Fairfax County Recreation Dept.	Local	Free
Pathways to Worship (A guide to devotions for campfire vespers)	P3584	\$ 1.75
Religious Emblem Literature	P200 C 4	Φ 00
Aleph (Student Packet)	P3086A	\$.80
Maccabee (Tiger Student Packet)	P7165	\$.75
God and Family (Student Packet	P3597A	\$ 3.00
God and Me (Student Packet))	P3603S	\$ 3.00
Parvuli Dei (Student Packet)	P3184A	\$ 1.15
Parvuli Dei (Student Packet, Spanish)	P3086A	\$ 2.20
Scouter's Digest (National Capital Area Council's Monthly Newspaper)	Local	Free
Scouting and the Learning Disabled: A Manual for Scouting Leaders		
Scouting Book of Knots	P4081	\$ 9.95
Scouting for the Blind and Visually Impaired		
Scouting for the Mentally Retarded		
Scouting Magazine Comes with annual registrations		
Sharing the Joy of Nature	P3531	\$ 9.95
Sharing Nature with Children	P3530	\$ 6.95
Sign's Up (Collection of Short Thoughts for Scouter's Minutes)	P4080	\$ 6.95
Skyguide: A Field Guide to the Heavens	P3520	\$11.90
Staging Den and Pack Ceremonies	P3212	\$ 7.50
Tenure Tips for Cub Scouts and Leaders	National	Free
The News (George Washington District's Newsletter)	Local	Free
The Walker Washington Guide (by John and Katheline Walker)		
The Washington One-Day Trip Book		
The Washington Post Guide to Washington		
Tiger Cubs BSA, Family Activity Book	P3930A	\$ 1.00
Trail & Campfire Stories	P3529	\$ 3.35
DEO TAPES		
DESCRIPTION	BSA STOCK #	PRICE
Bobcat/Wolf	P12615	\$19.95
Bear	P12616	\$19.95
Webelos	P12617	\$19.95
Washington ,D.C.: A Young Person's Guide to the City by Anne Pederson	P3853A	\$ 2.80
Webelos Den Activities		
When Scouts Worship	P3188	\$ 5.85
Your Flag		
When Scouts Worship	P3188	\$ 5.

ADDITIONAL RESOURCES:

YOU CAN FIND RESOURCES FOR YOUR PROGRAM ALMOST ANYWHERE YOU LOOK. FOR EXAMPLE, YOU MAY WANT TO USE THE FOLLOWING RESOURCES:

Craft Books and Magazines Magazines
Den Leader Coach, Other Den Leaders Personal Experiences of Leaders and Families

ImaginationPow WowsLocal LibrariesRoundtables