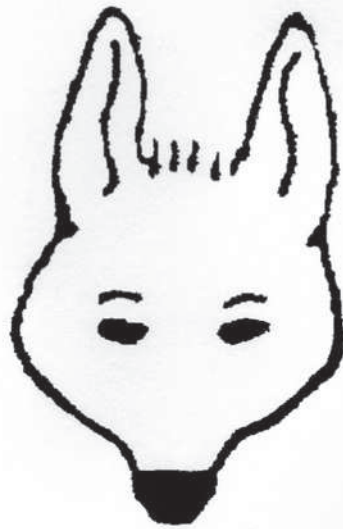


WOLF CUB RESOURCE PACK



FIRST STAR



Saints' Word Puzzle



Shamrock	David	Thistle	Andrew	Rose	Patrick	30 th November	White Diagonal Cross	Leek	17 th March
White & Green, with Dragon	17 th March	Leek	30 th November	George	Shamrock	Thistle	David	Shamrock	Dragon
Thistle	Daffodil	Snakes	1st March	Bishops' Mitre	23 rd April	Leek	Snakes	1 st March	Andrew
Saint Andrew	Scotland	Wales	Ireland	Red Cross	Snakes	17 th March	Saint David	Fishing Net	30 th November
Rose	Shamrock	23 rd April	England	17 th March	Slew Dragon	Snakes	Shamrock	Bishops' Mitre	Snakes
George and Dragon	Bishops' Mitre	Rose	Snakes	Rose	17 th March	England	Ireland	17 th March	23 rd April
Thistle	30 th November	Wales	Patrick	Saint George	Bishops' Mitre	Shamrock	Leek	Blue	Saint Andrew
Andrew	Leek	Shamrock	1 st March	Shamrock	23 rd April	Daffodil	Ireland	Dragon	Thistle
Daffodil	17 th March	David	White and Blue	23 rd April	Ireland	Thistle	Saint David	17 th March	Green and White
Ireland	Wales	30 th November	Scotland	England	Patrick	Scotland	30 th November	1 st March	Saint Patrick



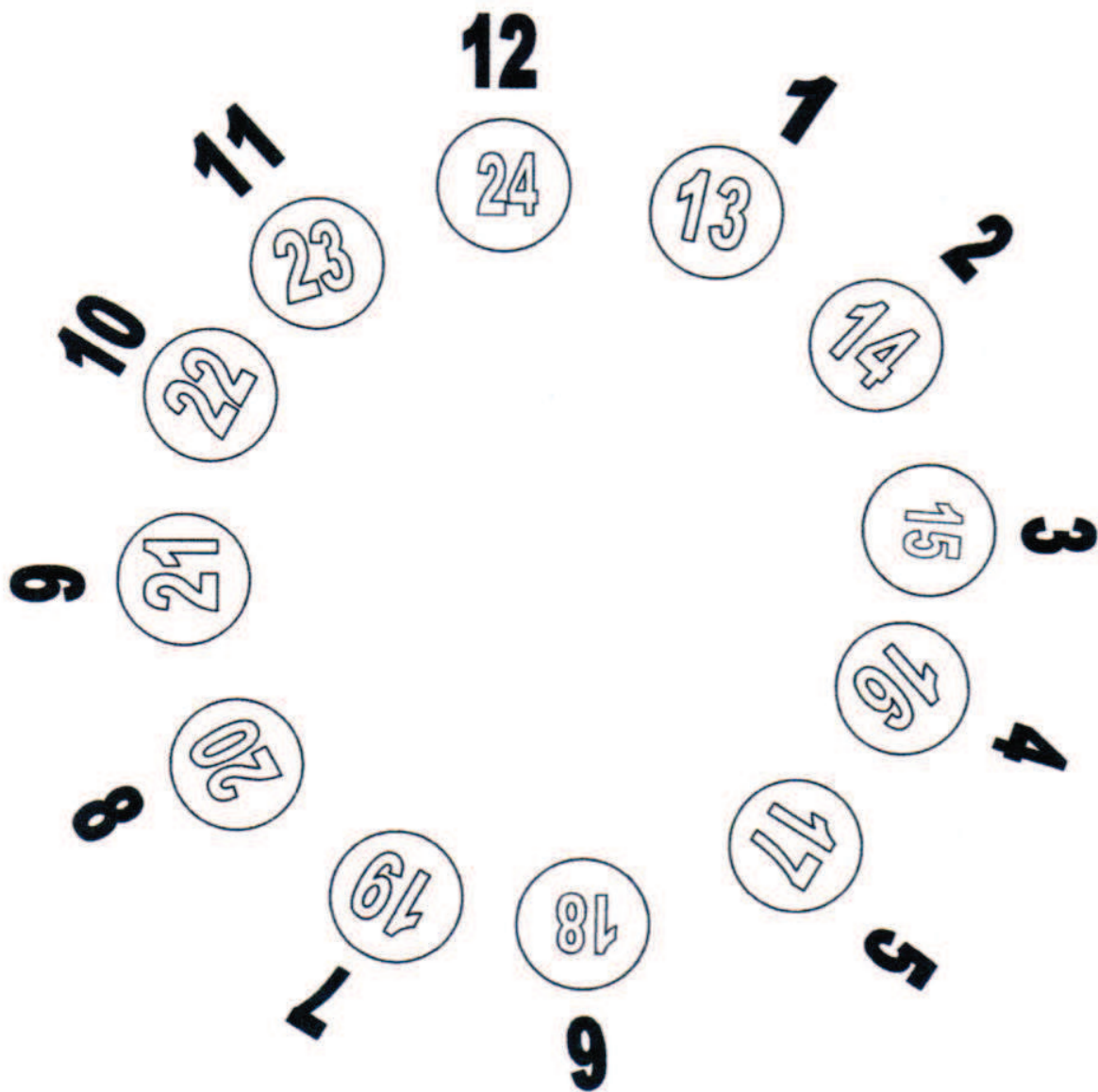


Time

24 Hour Clock



From mid-night to noon (lunchtime) you read from 1 to 12 and from noon (lunchtime) to midnight you read from 12 to 24. For example 4.15 in the afternoon would be 16:15 and 9.30 in the evening would be 21:30.





Time



Put the hands on the clocks to show the time.
Be careful to show a large and small hand!



10 past 7



20 past 1



5 past 6



$\frac{1}{4}$ past 8



$\frac{1}{2}$ past 2

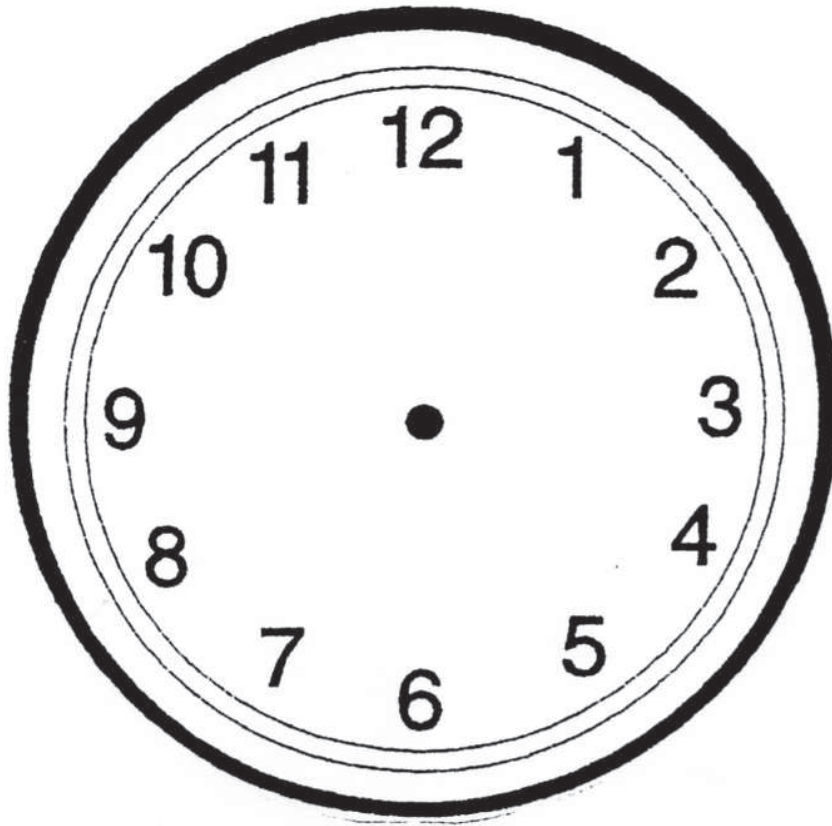


25 past 10





Time



Draw the hands on the clock face in a different colour for each of times below.

What time do you

- Get up in the morning?
- Start school?
- Have lunch?
- Finish school?
- Have tea?
- Go to bed?

What time

- Does your Pack meeting start?
- Does your Pack meeting finish?
- Do you have an out of school activity?
i.e. football, dancing, swimming e.t.c.
- What time does it start?
- What time does it finish?





Shoe Cleaning



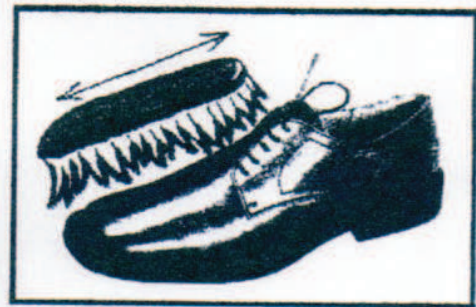
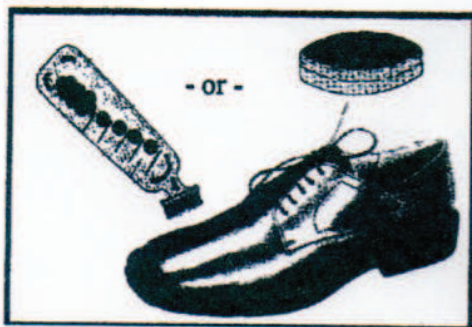
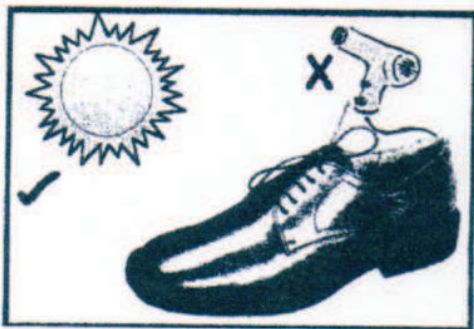
Make a list of the stages in cleaning your shoes:

Wet Shoes

- 1.
- 2.
- 3.
- 4.

Dry Shoes

- 1.
- 2.
- 3.
- 4.



Get an adult to sign their name when you have done this well.

Signature _____ Date _____

If you do this well at Cubs Akela will sign.

Signature _____ Date _____





Saints

Saints' Word Puzzle



Colour Code:-

- | | | |
|-------------------|---|-------|
| England & Ireland | - | Red |
| Scotland | - | Blue |
| Wales | - | White |

Colour in the squares on the Saints' word puzzle with the correct colour for each Saint, emblem, flag, country and date.

What do you see?





Saints Saints Quiz



1. Who is the Patron Saint of:
England?
Scotland?
Ireland?
Wales?
2. David's father was a rich prince. Where was David educated?
3. What did St. Patrick use the shamrock to represent?
4. What did Paulinus, an old monk, teach David about?
5. St. George is the Patron Saint of 2 things, a country and what else?
6. What was St. Andrews job?
7. What did St. Patrick drive from Ireland?
8. What are the emblems and flowers of:
St. Andrew?
St. David?
St. George?
St. Patrick?
9. What is said to have appeared in the sky when St. Andrew died?
10. Who did St. George save from the dragon?
11. Who kidnapped St. Patrick?
12. What did St. Patrick teach the sailors about on a voyage to France?
13. Who taught St. Andrew about Christianity?
14. What was St. Patrick forced to do after he was kidnapped?
15. What profession do St. George and Baden-Powell have in common?





Saints

Saints Idea Sheet



St. David

Activity: Make a jigsaw of the Welsh flag for each six. Award each piece on a points basis for a quiz and give points for the first flag completed. The questions could be related to the story of St. David.

Craft: Make a daffodil card from the centres of egg boxes (painted yellow), for the daffodil trumpet, and yellow tissue paper for the petals.

Game: Guiding Paulinus - David is at one end of the room, Paulinus (blindfolded) is at the other. Between are several obstacles e.g. chairs. David guides Paulinus through the obstacles by calling out instructions e.g. Left, right, turn, forward.

Supper: Welsh rarebit (cheese on toast) or alternatively a leek and cheese pie.

St. Patrick

Activity: Get each six to act out their version of the story of St. Patrick. Costumes can be created from anything in the room.

Craft: Make a shamrock badge each.

Game: Hunt the Snakes - Hide cardboard or jelly snakes around the room and each six has to find as many of their colour as they can within the time limit.

Game: Banish the Snakes - Quarter the floor. Place an equal number of paper snakes in each quarter. Each six tries to flap the snakes out of their quarter. The winners are the six with the least number of snakes when the whistle blows.

Supper: Irish stew or baked potatoes.

St. Andrew

Activity: Ask the Cubs to bring something typically Scottish for a Pack display for the evening. Display and label as they arrive (this helps Wolf Cubs appreciate how a display could be set out.)

Craft: Give each Cub a piece of paper and some crayons and ask them to design their own tartan. Or strips of different coloured paper, or wallpaper, and show them how to weave their own tartan.

Game: Mind the Thistles - The Cubs are English soldiers preparing to ambush the sleeping Scots. Akela, at the light switch is the Scottish Chieftain. Noisy objects are scattered over the floor e.g. plastic discs or tin cans (these are the thistles). In the dark each six tries to cross the floor without hitting a thistle and alerting Akela who will then turn the light on.

Supper: Haggis, neeps and tatties. Short bread & Iron Brew.

St. George

Activity: All dress up as St. George (an old white pillow with a red cross painted on and some wholes cut for arms and the head).

Activity: Collect objects from around the room, the initials of which spell out 'St. George: Patron of England and Scouts'.

Game: Rescue the Princess - One leader sits on a chair at the end of the room lit by a flashing torch (red if possible, dragons flame). The dragon on guard, another leader/ Sixer, patrols in front of the princess. The room is in darkness and each six tries to sneak across the room and rescue the princess without being caught by the dragon.

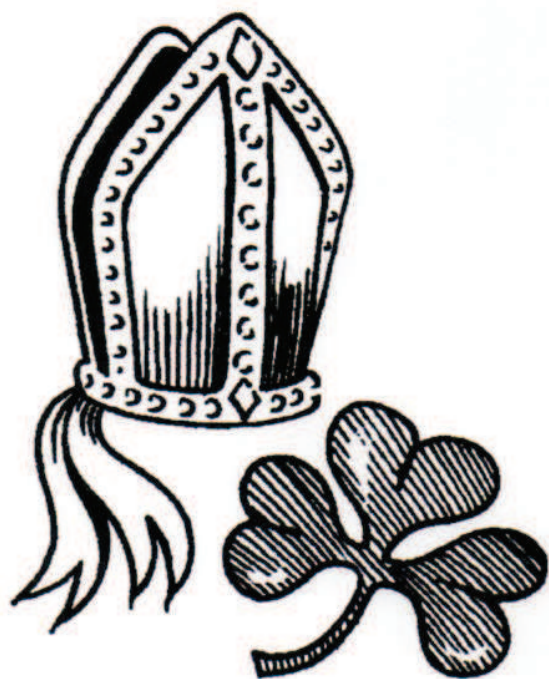
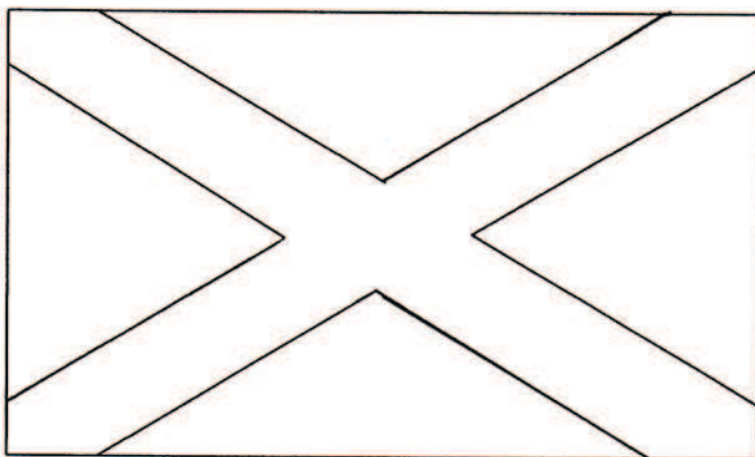
Supper: Fish & Chips.





Saints

Saint Patrick



March

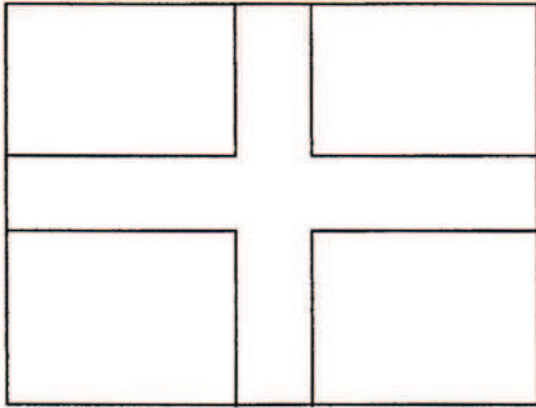
17th





Saints

Saint George



April
23rd





Saints

Saint David



March

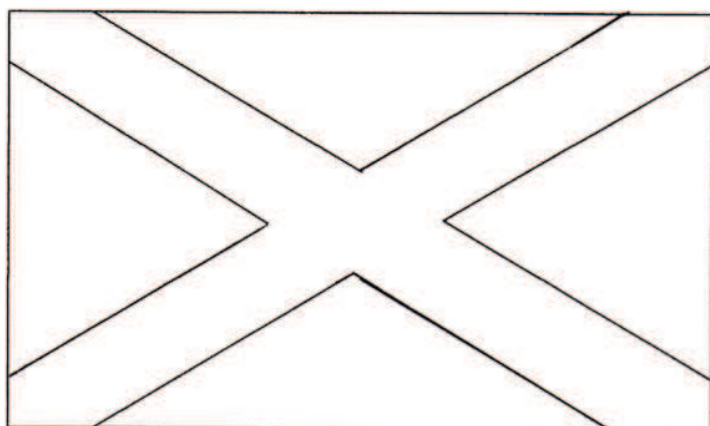
1st





Saints

Saint Andrew



November
30th





The Royal Family Scrap Book



Stick pictures and press clippings of the Royal Family on these pages.





The Royal Family



Our Monarch is _____

She is married to _____

They live at _____

Their children are _____

The oldest member of the Royal Family is _____

The Heir to the throne is _____

He was married to _____

Their children are _____

The Princess Royals' children are _____

How can you tell when the Queen is at home _____

Prince Andrew was married to _____

Their children are _____

Name any other members of the Royal Family _____

When do we sing the National Anthem? _____





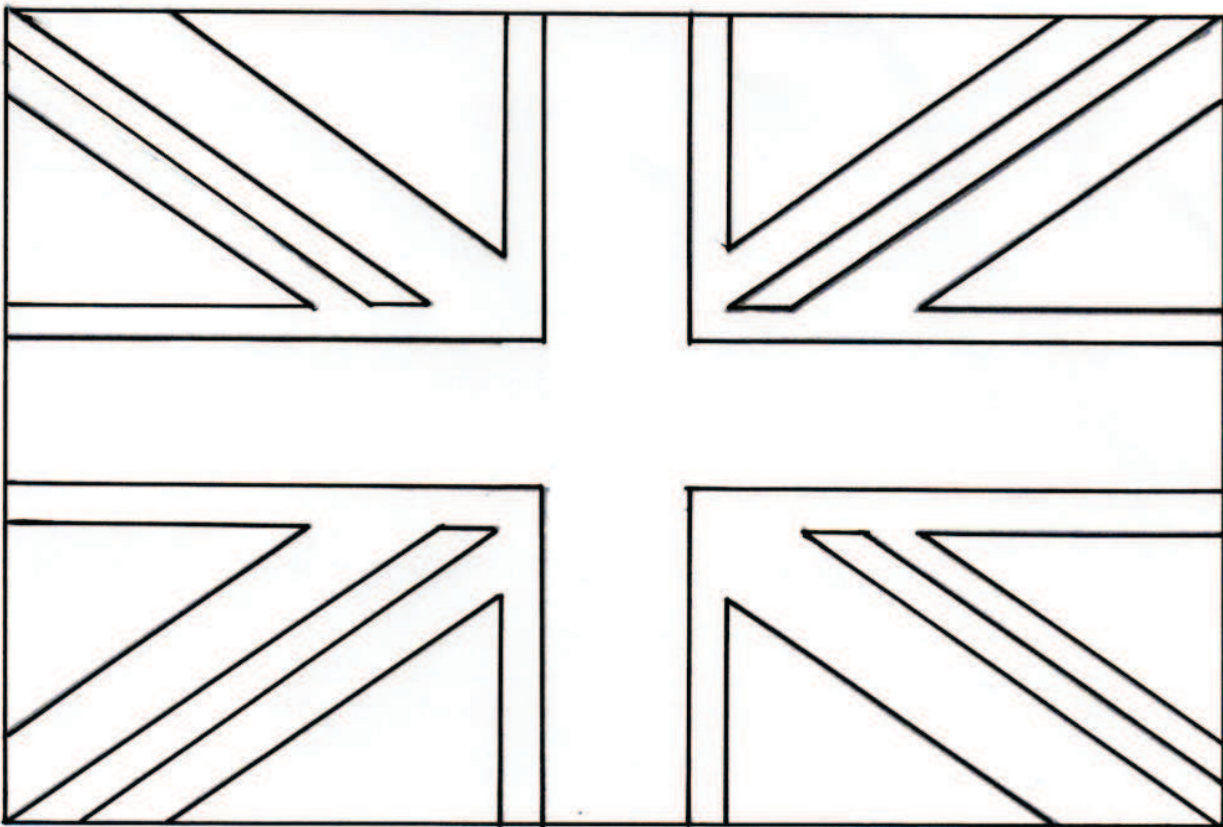
The Royal Family

Scrap Book

By

.....

The Union Flag





The National Anthem



God save our gracious Queen,
Long live our noble Queen,
God save the Queen.
Send her victorious,
Happy and glorious
Long to reign over us,
God save the Queen.

Thy choicest gifts in store,
On her be pleased to pour,
Long may she reign.
May she defend our laws,
And ever give us cause,
To sing with heart and voice,
God save the Queen.





The National Anthem

Ideas Sheet



- * Learn by singing.
- * An anthem is prayer, explain what each verse means?
- * Build up the anthem a line at a time in a six relay game.
- * Sing regularly (once a month, possibly) as the flag is being lowered at closing Grand Howl.
- * Relay word game to build up the first and third verses working in sixes.
- * If one of the cubs or leaders in your Pack can play an instrument (a recorder for example), get them to play the tune so the rest of the Pack can learn the tune.
- * Make sure all Cubs are aware of what to do when the National Anthem is being sung?
- * Find out about other countries National Anthems and what they mean?
- * When and where might the Cubs have heard Anthems being sung and for what reason were they being sung?



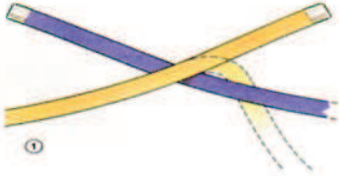


Knots



Reef Knot & Sheet Bend

Reef Knot *(also known as Square Knot)*



1. Left over right....



2. ...and under

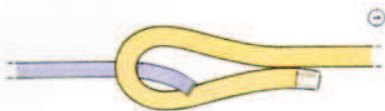


3. Right over left and under

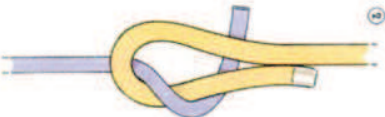


4. Pull tight.

Sheet Bend *(also known as Common Bend or Flag Bend)*



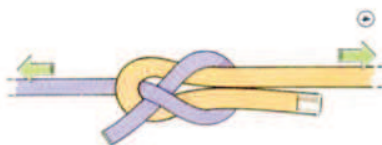
1. Make a loop in your right hand and push the left end through the loop.



2. Pass the left end under the loop in your right hand.



3. Next take the working end and pass it under it self.



4. Pull tight in both directions to complete the Sheet Bend.





Highway Code

Road Safety Puzzle



				W	N	A	W				
				A	Z	A	A				
				Y	V	O	E				
				P	O	T	D				
E	S	C	C	Yellow Message:-	_____	K	T	H	S		
L	L	T	K	Red Message:-	_____	D	A	O	R		
R	O	B	Y	Blue Message:-	_____	T	E	K	E		
L	W	B	E	Green Message:-	_____	D	P	T	S		
				K	R	O	C				
				R	O	U	O				
				A	O	T	O				
				C	O	D	S				

Instructions

1. Colour in all the small squares using the key below:
 Number 1 = Yellow Number 2 = Red
 Number 3 = Blue Number 4 = Green
2. Cut out the whole of the cross shaped puzzle
3. Fold the larger, outer squares back, under the middle square, and crease along the fold.
4. Unfold again and cut down the dotted lines on the outer squares.

You are now ready to find the four important road safety messages, by folding the strips so that each coloured message shows in turn.

You can write the answers to each coloured message on the back of the middle square, in the spaces provided.





Growing Mr Grasshead

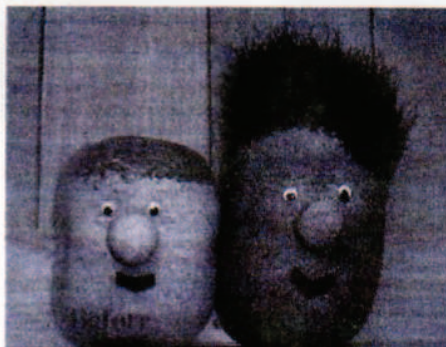


Materials

- * Old tights - one pair makes approx. 4 grass heads
- * Sawdust - allow 4 dry cups full per Cub
- * One tablespoon of grass seed
- * Stick on 'wobbly' eyes (optional)
- * 1 small elastic band per Cub (allow a few spare as some will mysteriously snap without being touched)

Method

1. Cut the tights into lengths of approx. 38 - 45 cm.
2. Tie a thumb knot at one end of the piece of tights, this first knot will become one of the ears.
3. Fill the tights with sawdust, making sure it is quite tightly packed. It should now be quite rounded.
4. Hold the grass head by the un-knotted end and carefully spread the grass seed down one side, this will become the top of the head.
5. Tie the open end with a thumb knot; this will become the second ear.
6. Turn the grass head so that the knots are on either side, and the grass seed is at the top.
7. Make a 'nose' by wrapping an elastic band around a small part of the face (see picture below)
8. Decorate the grass head however you wish. My Cubs like to make glasses out of card, hence the need for ears.
9. Finally, sprinkle the top of the grass head with water and place on a saucer. If the grass head is kept moist you will see grass shoots appearing after approx. 5 days.
10. Encourage the Cubs to bring their grass heads to Pack Nights once their hair is 5 - 8 cm long. Hair can be styled in a variety of ways; a Mohican cut is usually quite popular.
11. Cubs can become quite attached to their grass heads and this helps them to remember to keep it watered





Growing Ideas Sheet



* Broad Beans in a Jar

Soak beans in water for 12 hours.

Line a glass jar with blotting paper.

Put a few beans between blotting paper and jar.

Keep in a light place.

In a few days the bean will start to grow.

Plant outside when they are 10cm high.

* Super Sunflower

Choose a sunny sheltered spot in your garden next to a wall or fence.

Push the seeds into the soil.

Wait for them to grow.



* Egg Head

Fill an empty eggshell with moist cotton wool.

Plant the cress seeds on the cotton wool.

Leave them in the dark until 2.5 cm high.

Draw a face on your eggshell.

* Carrot Tops

Cut off the tops of carrots that are sprouting.

Place in a saucer and water sparingly.

Watch them grow.





Fitness and Skills Ideas Sheet



Star Jumps

- * Time the Cubs to do 10 star jumps.
- * See if any of your Cubs can jump in unison with another Cub.

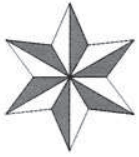
Balancing

- * A good flat weight for this skill is an empty ice cream container with a 1 kilo bag of sugar inside it.
- * The 10 metres the Cubs need to walk while balancing the weight on their heads could be done as a relay or a simple obstacle course.

Catching

- * Split the pack in half, one half make a circle and throw and catch with Akela, whilst the other half run around the circle in relay fashion, highest number of catches, before the other half completes their relay, wins.





Cleanliness and Good Health



Energy Experiment

There are three different sources of energy in our diets; fats, carbohydrates and protein. Here is an experiment to compare two of them - fats and carbohydrates. Fats are represented by cooking oil and carbohydrates by sugar.



Take two beakers of water. Into one, drop a teaspoonful of sugar and stir well. Then drop a teaspoonful of cooking oil into the other and give it a good stir.

What do you notice?

How do you think this affects your body?

Word Quiz

The scrambled words listed below are all names of food containing fats. How quickly can you unscramble them?

lio	macer	kasec	guseasas
eechse	tues	pshic	hcoloeat





Cleanliness and Good Health Diet



How much sugar do you eat?

1. Do you put sugar in your tea or coffee?
Yes No
2. Do you eat sweets or chocolate every day?
Yes No
3. Do you drink fizzy pop and squash?
Yes No
4. Do you eat cakes and biscuits everyday?
Yes No

Add up the number of No's you have ticked:

4 = Very Good, 2-3 = Good, 0-1 = You are eating a lot of sugar. Try to eat less.

How much fibre do you eat?

1. Do you eat wholemeal/ brown bread most of the time?
Yes No
2. Do you eat some fruit and vegetables every day?
Yes No
3. Do you eat Shredded Wheat, Weetabix, All Bran, Bran Flakes, Muesli, Special K or porridge for your breakfast?
Yes No
4. Do you eat jacket potatoes?
Yes No

Add up the number of Yes's you have ticked:

4 = Very Good, 2-3 = Good, 0-1 = You should eat more fibre.

How much fat do you eat?

1. Do you eat chips more than 3 times a week?
Yes No
2. Do you eat chocolate, cakes and pies more than 2 times a week?
Yes No
3. Do you eat crisps more than 3 times a week?
Yes No
4. Do you eat the fat on your meat?
Yes No

Add up the number of No's you have ticked:

4 = Very Good, 2-3 = Good, 0-1 = You are eating a lot of fat.





Country Code



Fill in the missing words, using the selection of words below.

1. Leave _____ as you find them.
2. Use _____ to cross walls.
3. Take your _____ home with you.
4. Make no unnecessary _____ in the countryside.
5. Do not start _____ in the countryside.
6. Keep to public _____ across farmland.
7. Do not _____ wild flowers.
8. Do not disturb birds on their _____.
9. Do not take birds _____.
10. Do not throw things in _____.
11. Keep dogs on a _____.
12. _____ the countryside.

eggs, rivers, pick, gates, litter, enjoy & respect, lead, footpaths, stiles, noise, nests, fires.





Cleanliness and Good Health



Hands

Why must you keep your hands clean?

How do you keep your hands clean?

Can you name any special times when you should wash your hands?



Nails

Why should you keep your nails short?

How can you keep your nails clean?



Feet

Why must you keep your feet clean?

How can you keep your feet clean?



Breathing

Should you breathe through your nose or your mouth? Why?

Colds

How do you catch a cold?

How do you fight a cold?

How can you help prevent a cold from spreading?



Teeth



Why must you keep your teeth clean?

How often should you clean your teeth?

When are the best times to clean your teeth?

What things are good for your teeth?

What things are bad for your teeth?





Care of Clothing



How would you take care of the following?

1. Outdoor Clothes _____

2. Drawers and cupboards _____

3. Dirty clothes _____

4. Clothes at bedtime _____



Get an adult to sign their name when you have done this well.

Signature _____ Date _____

