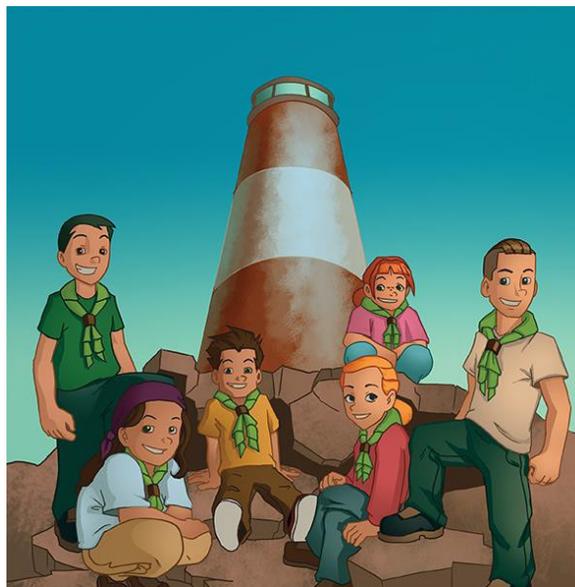


First Six Weeks

So Cub Scouts are back and there is plenty to do with planning for the new year and to also take on the challenge of living with CoVid. Have no fear because the Atlantic six are here to guide you through the next six weeks. Over the course of the six weeks they will help you with:

- Setting up Cubs Scouts for social distance
- Welcoming new Cub Scouts and saying goodbye to the older ones
- Making a Cub Scout Pack Code of Conduct
- Exploring the SPICES
- Plan an activity

First thing to think about that is maybe different to other years is that you need to think about identifying the sixes before you go back so that you can start using the sixes for the the start and you can keep the Cub Scouts that normally play together outside of Scouting together.



**Week 1:**

Living the Scout Law from Day 1

What SPICES will we use?

Character



Conor is the Sixer in the Atlantic six and so it the ideal person to lead off the year. The key message from Conor is that the Cub Scouts need to be organised in their sixes. You need to do this before the meeting so that there is no confusion about where people go. Due to CoVid guidelines, it is best to keep children that are meeting each other together outside of scouting in the same six

Plan

Before the meeting divide up the pack into sixes. If they are already in sixes from last year all the better. It would also be good to communicate these groups to parents so that they understand how you will operate

This meeting is about getting across the CoVid message to the children about staying safe and looking after others. That is also a big part of Conor's Card.

Opening Ceremony – use the roll call to form the sixes and get them grouped together in their sixes.

Games – Use games that instil team building such as relay racing

Activity – Introduction to Cub Scouts that's socially distant. Have a conversation about staying safe by following guidelines of social distancing, hygiene and face masks (optional)

Game - look at games in the six to get across the safety message. These could include memory games on things to bring to meetings or wide games to get to use the outside more

**Week 2:**

Getting to know your team

What SPICES will we use?

Social



Sarah is the social member of the the Atlantic six and wants everyone to feel welcome and involved. She will look for how we can learn new ways to communicate within the challenges of CoVid so that we stay socially connected. To start, this meeting is about building on the six identity so that everyone's culture and uniqueness is taken on board

Plan:

The pack should get used to gathering in their sixes and working in that group. The main topic of tonight is building an image for each six. Don't be afraid to try ideas that promote the six to talk to each other but also so that no ideas are bad and are all listened to.

Opening Ceremony – Roll call in the sixes where a member of the six does the attendance and reports back to the scouters
 Game – Team games that build the way that the six work together and help to bring the group together.

Activity – The activity this week is about the six getting to know each other. Explore the likes and dislikes of each member for scouting and come up with a Six banner/flag. Look at coming up with a six chant or howl that is unique to the team

Game – Know your team quiz, try a memory game as a way of getting to know each person

Closing Ceremony – This could be an opportunity to use the six chants/howls as a way of calling the meeting to an end.



Week 3:

A Code to live by...

What SPICES will we use?

Spiritual



Sean is the Cub scout that gives a guide to the values of the team. He is the one who reminds the six of their purpose and works closely with Conor to give direction to the team. One of the main things to remind the six of their values is the code of conduct. The conduct is a guide of what the each member should do because it's the right thing to do.

Plan

To get ready for the meeting the scouters need to look at having main points to cover. There is an opportunity here to re-enforce the best practices for CoVid such as social distancing and hygiene. Other things to think about are the expectations about how we each want to be treated and so how should we treat others.

Opening Ceremony – Routine is important in getting back so try continuing on something you started the previous week. Things like the sixers doing the roll etc...

Game – Get used to wide games outside if you haven't played them before. It allows the sixes to run around and also get out in the air

Activity – Designing a code that is specific to the six. The code should show how each six wants to be treated but also how they will treat each other.

Game – Instruction games like "Simon says" helps re-enforces the idea of following a code

Closing Ceremony – Can the sixes try the howls and chants from the previous week?



Week 4:
Survival 101

What SPICES will we use?
Intellectual



Isobel is the fountain of knowledge in the six and loves finding out new information. There is plenty of things to learn about survival and that knowledge is an important foundation to start from before the six looks at doing an activities. The key areas that Isobel will tell your sixes to look at are: Water, Fire, Shelter, Food and Signal

Plan

The Cub handbook is a good starting place for information but is not the only source of information. There is no need to try to learn everything in one night and it could also be useful to use the opportunity for getting Cubs to look up facts at home before you try out new skills

Opening Ceremony – Keep up the routine from the previous weeks so that the sixes settle into the pattern of the beginning. It could be a good time to see if there is more responsibility that you can give to Sixers?

Game – Outdoor games like wide games should be used that make the most of the open air and open space.

Activity – Explore the areas of survival that are mentioned above. Each six should look at what they know already about the areas of *Water, Fire, Shelter, Food and Signal* and add to what they know with basic survival information. See the back pages for more information...

Game – This could be a good night to try memory games like quizzes where the six run to pick a choice as opposed to a paper version

Closing Ceremony – Can the sixes try the howls and chants from the previous weeks?



Week 5:

Skills to survive

What SPICES will we use?

Physical



Phil is the active member of the six a keen interest in health and fitness. Survival is all about your body and mind being resilient to the challenges of survival. This week we look at practicing some of the skills that we learnt about from Week 4.

Plan

The skills are survival so equipment should be minimal. In order to do this safely however, you need to think about a full set of equipment per six. It is also worth considering if some equipment can be done by person. For instance, getting the Cub Scouts to make a survival kit at home and bring it in could be worth considering.

Opening Ceremony – Keep up the routine from the previous weeks so that the sixes keep the pattern from the beginning.

Game – Outdoor games like wide games should be used that make the most of the open air and open space.

Activity – Try spending time on each area of survival. An outdoor scenario could also be a good learning space for trying these skills.

Game – There may be no need to run a game if you choose a scenario however, games that you should try are relay games where each Cub Scout takes a turn in seeing how fast they can demonstrate a skill. They don't need to be elaborate and can include things like striking a flint stick or making a tracking sign.

Closing Ceremony – Can the sixes try the howls and chants from the previous weeks?



Week 6:

Mentally prepared...

What SPICES will we use?

Emotional



Eva is the person that reflects a lot in the team and loves doing a review of how the six got on. She will look at not just the activities that they did but also how the team felt about the activities. This is a good opportunity to take stock as one of the next steps would be to do a day long activity. In order to do that it is good to review the past weeks so that the plans for the day activity can be tailored.

Plan

Before the meeting divide up the pack into sixes. If they are already in sixes from last year all the better. It would also be good to communicate these groups to parents so that they understand how you will operate

Opening Ceremony – Keep up the routine from the previous weeks so that the sixes keep the pattern from the beginning.

Game – Outdoor games like wide games should be used that make the most of the open air and open space.

Activity – Review time doesn't need to be a serious chat and can be just as easily done around a small fire or making a display of the equipment that you used for these weeks as a talking point. The review should look at what the six learnt and then how do you bring it into the activity. Spend a little time on the plan for the activity and go through what personal equipment everyone needs to bring such as wet gear and their survival kit.

Closing Ceremony – Can the sixes try the howls and chants from the previous weeks?

Suggested Games

Two truths and a lie.

Get the six 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 facilitator, must get the six 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 six to divide their template into sections. They should have descriptions of their favourite things in each section; 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.

Super Blind Trail

Equipment: Ball of string, blindfolds

A trail is made by running the string around, through, under and over certain objects, trees etc. Have the trail come full circle and eventually meet the start point. At certain places have a junction where the trail splits into 2 or more directions.

Man Hunt

Equipment: None

One person is it and has to wait 1 minute so everyone can hide in a large well known area. After 1 minute that person must find people. When someone is caught they have to help the person who found him/her.

Notes: Played at night

Variations: Players are divided up into teams so that each team is equal in playing ability. The rest is played like regular man hunt

Suggested Games (continued...)

Flash light tag

Equipment: Torch

There are all kinds of variations of Flashlight tag but they all have similar themes. There is always at least one person with a flashlight who is IN. There are always other people who are NOT IN. The person with the flashlight catches people by flashing them with the light and calling out their name. The game always starts with a count of 25 or 50 to give the other players time to hide.

Smugglers Treasure

Equipment: Counters or items that count as treasure.

Divide the Pack into three sixes. 'Smugglers', 'Police' and 'Sellers'.

The Smugglers are trying to dispose of the treasure to the Sellers and the Police are trying to confiscate the treasure. The Smugglers and the Sellers start from about 300 meters apart, with the Police in between them. If the Police tag a Smuggler or a Seller they must hand over the treasure to the Police. The Smugglers may return to base and get more treasure. Swap roles after 15 minutes or so. Count the treasure held by the Police and the Sellers to see who has the most and wins.

Trails and Treasure Hunts

Equipment: Use natural material like sticks and stones

There are numerous methods of setting trails. The critical thing is to keep the trail obvious and simple otherwise the Cubs get bored.

For this game it means that the Scouters need to set out the trail at the start but you can look getting the sixes to design up trails for other sixes. Don't forget to leave a treasure at the end of the trail!