



Gauteng Cub News

August 2009

Reach for the



Stars!

Solar Search

Roll up several balls of foil to create 'planets'. Make a few for each Cub and vary the sizes from the size of a golf ball to a tennis ball. Scatter them throughout the playing area.

Give each Six a bag and let them find as many as they can in the allotted time. To make the game more challenging, make each Six hold hands and stay linked while they search.

Flying Comets

Make one comet for each Six by putting a tennis ball into the end of a cut off stocking. Secure it with a rubber band. This will leave the comet's tail. Place a hop or tape a circle onto the floor. The Cubs must try and toss their comet into the circle. Award points when they achieve this.

The Commander Says

(Played as Simon Says/O'Grady Say's) Old party game. One player calls out and demonstrates the actions that the other players have to copy. Every time they change the action they have to say "Simon says..." or "O'Grady says..." Players who do not change are out. BUT if the leader calls out and demonstrates a new action without saying "Simon says..." or "O'Grady says..." at the start. Players must not change, any that do start to copy the new action are out of the game.

The Commander says – breathe in, breathe out, 6 moon jumps, 2 moon hops, touch toes, walk the moon etc.

Blast Off

Relay in Sixes. The leader gives the count down of say, 3,2,1 – Blast Off. And no. 1 runs up; 6,5,4,3 – Blast Off and no. 3 runs up. In other words the last number of the count down runs. When the leader just says 'Blast Off', the Six must hold hands, run around the chair without breaking the link.. The first at alert is the winner.

Space Ship relay

Each Six becomes a space ship by forming a line and holding onto each others belts. On 'go' they run to another planet (marker) drop the Cub at the end of the line and run back. Continue until all spacemen have landed on the planet.

Revision game

From the rocket base (hall) short trails are laid to several planets, each marked with its name.(Pluto, Mars, Mercury, Venus etc) When each space ship (Six) arrives at a planet, a short test is given by a leader (Promise & Law, time, flags, safety rules etc)

The space ship returns to base before setting off on the next trail until all the planets have been explored. The trails to the planets are marked with 'flying saucers' or 'moon rocks' which must be picked up by the last Six.

Touching God's Creation

Cubs should be outside. When the Scouter calls 'touch green', Cubs should look for something green to touch. The first to touch scores a point. Other orders might include: 'touch wood, touch stone, touch grass' etc. This is a good outdoor especially if a wide selection of natural objects is selected.

The Big Bang

Equipment: A blown up balloon tied on a piece of string per Cub.

Define the playing boundaries. A balloon is attached to each Cub's ankle. Everyone tries to burst everyone else's balloon. The last Cub with a balloon is the winner.

Paper Rocket

Plastic drinking straw, plain paper, scissors, tape, glue, markers

Instructions

1. Wrap the straw with plain paper so that the straw can slip in and out of the paper tube easily. Tape the paper tube securely.
2. Pinch the end of the paper tube to form a pointed nose for the rocket. Tape in place.
3. Cut two rocket fins from paper. Glue to the non-pointed end of the paper tube.
4. Decorate the rocket with markers.
5. To launch, slip the straw into the paper tube. Blow into the straw for lift off!





Gauteng Cub News

August 2009

In addition to decorating the rocket with markers, you can also add glitter and streamers. Be careful not to add anything that makes the rocket too heavy to go very far, you still want the rocket to fly!

Marshmallow Aliens

Jumbo marshmallows

Toothpicks

Markers

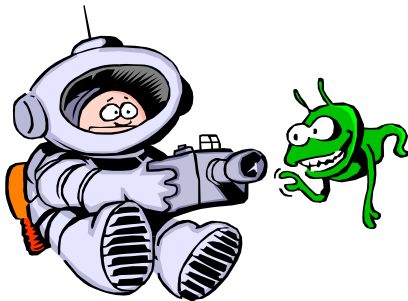
Coloured paper or scrap fabric

Scissors

Glue

Instructions

1. Draw faces and other features on the marshmallows.
2. Use toothpicks for arms and legs.
3. Add hats or scarves by making them out of coloured paper and fabric scraps.
4. Glue or tie in place.



Neil Armstrong

Neil Armstrong was born on August 5, 1930 in Ohio. He was the oldest of 3 children. He had a younger brother & sister.

When he was a kid, Neil Armstrong loved aeroplanes. He bought and built model planes for 10 cents each. He also loved to read flying magazines. He was a Boy Scout up to an Eagle Scout (the US equivalent of a Springbok Scout). He played the horn in the school band.

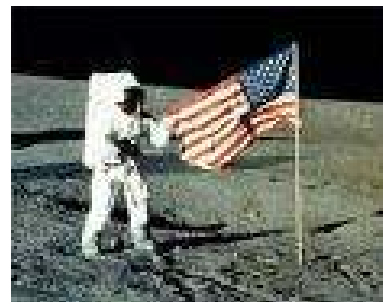
When he was 11, he asked his mom and dad if he could take flying lessons for 9 dollars an hour. His parents said yes only if he would work 25 hours for it. He worked and made the money. On his 16th birthday, he got his student pilot's license even before his driver's license. After he

graduated from high school, Neil went to Purdue University for 2 years. Then he became a US Navy fighter pilot in the Korean War. After the war, he went back and finished college. Next, Neil Armstrong became a test pilot. He flew the X-15, a 4000 mph rocket powered airplane. Finally, he became what he is mostly known for, an astronaut.

Neil Armstrong's first mission in space was the Gemini 8,. After the Gemini missions, he was the commander of the Apollo 11 mission. On July 16, 1969 at 9:32 am, NASA launched the Apollo 11 rocket into space. Neil Armstrong, Buzz Aldrin and Mike Collins spent 4 days in the capsule Columbia. On July 20, Neil Armstrong and Buzz Aldrin went to the moon in the lunar module Eagle. Mike Collins stayed in orbit with the Columbia. When he stepped on to the moon, Neil Armstrong said his famous words – "That's one small step for man, one giant leap for mankind." Neil Armstrong planted the American flag on the moon and gathered moon rocks and soil to bring back to scientists.

After being an astronaut, Neil Armstrong taught aerospace engineering at the University of Cincinnati. Now he is a businessman and Lives in Ohio.

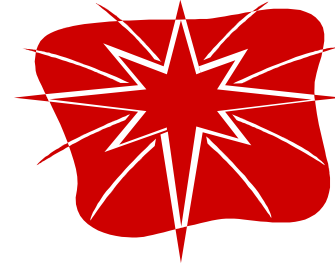
Neil Armstrong will always be remembered as the first man to walk on the moon.





Gauteng Cub News

August 2009



Star Pack Assessments

It's that time of the year again!

Please be prepared for your Star Pack assessment that will be done by a Wood badge holder during the month of October.

NEW CUB PROGRAMME

The New Cub Programme was accepted nationally in July 2009.

The new programme is to come into effect from **1st October '09**. Everyone is to change-over to the new programme from that date. If a seven year old Cub has already completed the old Cheetah badge and been awarded the Cheetah badge, we CANNOT take the badge back. From the 1st October, he or she will start working on the new Cheetah badge (8 year olds) and, once all the requirements have been completed, will be awarded the Caracal badge as we cannot award another Cheetah badge. He/she will then move on to the Leopard badge as normal when he/she turns nine. The same principle applies to the Leopard and Lion trails.

If you have any queries regarding the change over, please contact me.

The new programme and forms are now available and will be accessible from the website www.scouting.org.za/gauteng

**CUB CAMPING COURSE
17/ 18 OCTOBER
GILWELL**



The Cub Camping Course will be run in October. If you are eligible (hold Cub Warrant and have assisted on a Cub Camp) PLEASE get your applications and course fees in EARLY!!!! 18 participants are needed to run this fun course!



Gauteng Cub News

August 2009

What is play?

Play is a state of mind that is safe, inquisitive and exists in the moment

What are the lifelong benefits of laughter and play ?

Lifelong Benefits of Laughter and Play

Social skills	Social skills are learned in the give and take of play. Without play, people have a difficult time developing skills of communicating trust and mutual pleasure. If play is minimal or contains conflicting signals, these skills are not integrated or refined. Concepts of verbal and body language, safety and danger, freedom and boundaries are discovered and practiced repeatedly during infant and child play. Other important qualities that develop through regular play include empathy, compassion and the capacity for intimacy. Emotional intelligence is also developed through play.
Personal strengths	The ability to take on responsibility, find meaning in life, and perhaps discover our personal bliss requires a full measure of play. Play develops adaptability and flexibility, which are fundamental to positive, proactive behavior. Humor and imagination are also byproducts of play. Playful activity is calming and relaxes our nervous systems so that we feel safe which leads us to the next great benefit of play—learning.
Learning	Playful discovery is a doorway to learning. Play helps adaptive abilities by stimulating our imaginations. Play arouses curiosity, which leads to discovery and creativity. The components of play—taking, trial and error, pretense, games, social etiquette and other increasingly complex adaptive activities—are the same as the component of learning.
Health	The benefits of laughter and play in easing, overcoming and preventing both physical and emotional health problems are numerous. Studies show that laughing lowers blood pressure, reduces stress hormones, increases muscle flexion, and boosts immune function by raising levels of infection-fighting T-cells, disease-fighting proteins called Gamma-interferon and B-cells, which produce disease-destroying antibodies. Laughter may also trigger the release of endorphins, the body's natural painkillers, and produce a general sense of well-being. These and other benefits are described more fully in this section devoted to play and health.
Connection	Openness of one's heart to others is enhanced through the joy of play. Consistently establishing positive connections with others while playing sets a standard that people, especially children, recognize and return to in search of more positive connections. Sharing joy, laughter and fun with others promotes bonding and strengthens a sense of community. Play-deprived kids are more vulnerable to impulsive behavior, especially when over-stimulated by TV, video games, the emotions of others, or their own easily aroused emotions.
Perseverance	The rewards of learning or mastering a new game are worth while. Perseverance is a trait necessary to get through play. Perseverance and violence are rarely found together.
Joy and happiness	Beyond all these excellent reasons for playing, the state of being happy and joyous. Jumping into and re-creating the sheer fun of it. Play is a state of the world of play on a daily basis can preserve and nourish our own hearts, and the hearts of our communities.