

Cardinal District Cub Scout Day Camp Chaperone Helps Book 2009

*We hope this reference book will make
chaperoning a little easier.*

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1. Pledge of Allegiance

I pledge allegiance to the flag of the United States of America and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.

2. Cub Scout Promise, Law of the Pack, and Cub Scout Motto

The Cub Scout Promise, Law of the Pack, and Cub Scout Motto are used by Cub Scouts and Webelos Scouts. Tiger Cubs use a different motto.

Cub Scout Promise

I, (say your name), promise
To DO MY BEST
To do my DUTY to GOD
And my Country
To HELP other people, and
To OBEY the LAW of the Pack

Law of the Pack

The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.

Cub Scout Motto

DO YOUR BEST

3. Prayers

THE PHILMONT GRACE

For Food, For Raiment
For Life, For Opportunity
For Friendship, For Fellowship
We thank Thee, O Lord.

MOUNTAIN MEADOWS GRACE

We thank the Lord for the food
we eat,
For camping fun and the friends
we meet,
For the sunny skies and the calm
warm breeze,
For lovely fields and tall green
trees

ZIPADEE DO DA GRACE

Zipadee do da,
Zipadee ay,
I am grateful for God's blessings
today.
I've plenty to eat, to drink and to
share,
I sit at God's table with friends
everywhere.

SIMPLE PRAYER GRACE

Thank you, God, for all the
wonderful things you have
provided me, including this meal.
May everyone in the world be
healthy and happy. May everyone
have food and clothes. May
everyone have nice friends. May
everyone be at peace. This is my
prayer. Amen

ASTRONAUT FRANK BORMAN'S PRAYER

This was broadcast to earth by U.S. Astronaut Frank Borman, while on a moon-orbiting mission in December, 1968.

"Give us, O God, the vision which can see the love in the world, in spite of our failure. Give us the faith to trust Thy goodness in spite of our ignorance and weakness. Give us the knowledge that we may continue to pray with understanding hearts, and show us what each one of us can do to set forward the spirit of universal peace."

RESPECT FOR DIFFERENCES PRAYER

Cub Scout Roundtable Leaders' Guide

Thank you, God, that you have made each of us unique. Help us to teach out Cub Scouts to celebrate their differences and to show respect for those who are different from them. Amen.

CAMPER CLOSING

Once you have been a camper,
Something has come to stay,
Something has come that nothing
Will ever take away.
We came as strangers, we became
friends, we part as brothers.

4. Cheers & Applauses

GREAT JOB CHEER

Have one half of the group say, “Great” and the other half say, “Job!”
Alternate sides.

BEAR APPLAUSE

Growl like a bear, turning a half-turn each time. Make four growls and two complete turns.

GIANT BEEHIVE CHEER

- Tell the group to buzz like a bee.
- When you raise your hand, the volume should increase.
- When you lower your hand the volume should decrease.
- Practice this at various levels.

WATER SPRINKLER CHEER

- Clasp your hands together to resemble a water sprinkler (Fold hands, extend pointer fingers), then extend arms out in front of you. Move arms to left side
- Make the sound of the water sprinkler, “Chee, Chee, Chee, as you pulse your arms from left to right
- Then go Swisssssssssh!” as you rapidly bring your arms back to your left side.

HOW DOES IT RATE? YELL

Chaperone asks: Is it four?

Response: No!

Chaperone: Is it a three?

Response: No!

Chaperone: Is it a two?

Response: No!

Chaperone: It is a one?

Response: Yes! It’s One-derful

BLAST OFF CHEER

Everyone squats down, starts a countdown “10-9-8-7-6-5-4-3-2-1 Blast off!” At blast off, everyone jumps up as high as they can, roaring like a missile.

COLLECTION OF OUTPOST YELLS

- North, South, East or West
Outpost _____ is the Best!
- Show us some action! Show us some spark!
All for Outpost _____ stand up and bark!
- United we stand, divided we fall!
Outpost _____ is the best of all!
- “Clap your hands, stamp your feet!
Outpost _____ can’t be beat!”
- We’re from Outpost _____ and couldn’t be prouder!
If you can’t hear us, we’ll yell a little louder!
- Look out, here we come!
Outpost _____’s on the run!
- Outpost _____ is great! Our group is swell!
All for Cub Scouts, stand up and yell!
- _____ is out Outpost, now you’ve been told!
_____s are the ones who are brave and bold!
- _____ have spirit, yes we do!
_____s have spirit, how ‘bout you?

5. Songs

CAMP ADVENTURE

Tune: She'll Be Coming 'Round the Mountain

Cub Scouts learn about Adventure while in Camp

Cub Scouts learn about Adventure while in Camp

Cub Scouts learn about Adventure, learn about Adventure

Cub Scouts learn about Adventure while in Camp

2. Cub Scouts use a bow and arrow while in Camp (etc.)
3. Cub Scouts hit the BB target while in Camp (etc.)
4. Cub Scouts run and play fun sports while in Camp (etc.)
5. Cub Scouts do artistic things while in Camp (etc.)
6. Cub Scouts learn about cool skills while in Camp (etc.)
7. Webelos walk the first aid trail while in Camp (etc.)
8. Webelos delve into engineering while in Camp (etc.)
9. Cub Scouts cast and reel in fish while in Camp (etc.)

SLEEPY CAMPER

Tune: "What Shall We Do With A Drunken Sailor?"

What do you do with a sleepy camper?

What do you do with a sleepy camper?

What do you do with a sleepy camper

Early in the morning?

CHORUS:

Hey, don't be late! You're awesome Scouters!

Hey, don't be late! You're awesome Scouters!

Hey, don't be late! You're awesome Scouters!

Early in the morning!

Pull him out of bed with a running bowline.

Pull him out of bed with a running bowline.

Pull him out of bed with a running bowline

Early in the morning.

CHORUS

Put him in the bed an hour sooner.

Put him in the bed an hour sooner.

Put him in the bed an hour sooner.

Early in the evening!

CHORUS

THE CUB SCOUTS GO HIKING ALONG

Santa Clara County Council
Tune: Caisson Song

Over hill, over dale
We will hit the greenwood trail
As the Cub Scouts go hiking along.

In and out, all around
You will never see us frown,
As the Cub Scouts go hiking along.

And it's hi, hi, hee,
The Cub Scouts are for me.
Shout our name, shout it strong
and loud. OUTPOST ____!
Where ere we go, we will always
know
That the Cub Scouts go hiking
along.

TRUSTWORTHY TOMMY

(Tune: Yankee Doodle)

Trustworthy Tommy was a Scout,
Loyal to his Mother,
Helpful to the folks about and
Friendly to his brothers.

Courteous to a girl he knew,
Kind unto his rabbits
Obedient to his father, too and
Cheerful in his habit.

Thrifty saving for a need
Brave and not a faker
Clean in word and thought and
deed and
Reverent to his Maker

POLLUTION SONG

Santa Clara County Council
Tune: My Bonnie

The litter blows over the highway,
The litter blows over the park.
Unless we do something to stop it,
The world will be litterly dark!

Pick up, pick up,
Oh pick up the litter you see, you
see.
Pick up, pick up, oh pick up the
litter you see.

MY BODY NEEDS CALAMINE LOTION

(Tune: My Bonnie)

My body needs calamine lotion
My body's all red you can see.
The flowers I picked for my
mommy,
Turned out to be poison ivy!

CHORUS

Don't touch, don't touch,
Don't touch the leaves of three, of
three!
Don't touch, don't touch,
Don't touch the leaves of three!

SONG OF MY SHOES

Mt. Diablo Silverado Council

Tune: Battle Hymn of the Republic

My shoes have seen the glory of
exploring as a Scout.

My shoes have been in water step-
pin' in and steppin' out.

My shoes have hiked through for-
est to the top of every mount;

My shoes are wearing out!

Chorus

Groovy, Radical, and Awesome

Groovy, Radical, and Awesome

Groovy, Radical, and Awesome

My shoes are wearing out!

Last line changes to last line of
verse just sung

My shoes have seen the bottom of
a dirty fishy creek,

My shoes have been all covered

with a gooey, muddy stink,

My shoes have seen the same old

socks for seven days this week,

My shoes really stink!

Chorus

My shoes are torn and tattered
climbing fences packed in rust,

My shoes are stained and spat-

tered with some yucky insect guts,

My shoes are oozing slime and fill

my Mom with disgust,

My shoes have bit the dust!

Chorus

THIS LAND IS YOUR LAND

Sam Houston Area Council

As I was walking that ribbon of
highway

I saw above me an endless skyway

I saw below me that golden valley

This land was made for you and
me.

CHORUS:

This land is your land, this land is
my land

From California, to the New York
Island

From the redwood forest, to the
Gulf Stream waters

This land was made for you and
me.

I've roamed and rambled and I fol-
lowed my footsteps

To the sparkling sands of her dia-
mond deserts

And all around me a voice was
sounding

This land was made for you and
me.

CHORUS

When the sun came shining, and I
was strolling

And the wheat fields waving and
the dust clouds rolling

As the fog was lifting a voice was
chanting

This land was made for you and
me.

CHORUS

CALL A SCOUT

Tune: If You're Happy

When you're down and feeling
blue,
Call a Scout.
They will know just what to do,
Call a Scout.
If you're ever in a hurry,
Don't take the time to worry,
All you have to do is shout,
Call a Scout.

If you need a helping hand,
Call a Scout.
They'll take your garbage out,
Call a Scout.
If the traffic that you meet,
Has you scared to cross the street,
They'll be there to help you out,
Call a Scout.

Now the Scouts are always helpful,
Don't you see.
They will lend a helping hand,
To you and me.
For they're wise in what they do.
They are kind and cheerful too.
And they always help you out.
Call a Scout.

I'M A SCOUT

Sam Houston Area Council
Tune: I'm a Little Teapot

I'm a Tiger Scout, honestly,
And I have my parents to help me.

Now I'm a Wolf Cub, with loyalty,
'Cause my den leader is helping
me.

As a Bear Cub I'll stay on my toes,
And next year I'll be a Webelos.

I'm a Webelos, without a doubt
I can't wait to be a Boy Scout!

KEEP ON THE SUNNY SIDE

*Written by Ada Blenkhorn in 1899.
Music by J. Howard Entwisle.*

There's a dark and a troubled side
of life
There's a bright and a sunny side,
too
Though we meet with the
darkness and strife
The sunny side we also may view

Keep on the sunny side
Always on the sunny side
Keep on the sunny side of life
It will help us every day
It will brighten all our way
If we keep on the sunny side of life

WE WERE SOARING THROUGH THE SKIES ONE DAY

Viking Council

*Tune: We Were Strolling Through
The Park One Day*

We were soaring through the skies
one day

Going with our den to play.
We were taken by surprise
By a set of hairy eyes
While soaring through the skies
one day.

As we tried to turn our ship
around,
A yellow fuzzy thing we found;
He was riding on our wings
Doing crazy, silly things
While soaring through the skies
one day.

He was short and fat and tall and
thin,
So we stopped to let the creature
in.
He said, "I want to be your friend,"
So we put him in our den
While soaring through the skies
one day.

MY BONNIE

*Actions: every time a "B" word is
sung, either stand up tall, or squat,
alternately...*

My Bonnie lies over the ocean,
My Bonnie lies over the sea,
My Bonnie lies over the ocean,
Oh, bring back my Bonnie to me.

CHORUS:

Bring back, bring back,
Bring back my Bonnie to me, to
me.
Bring back, bring back,
Oh, bring back my Bonnie to me.

Last night as I lay on my pillow,
Last night as I lay on my bed,
Last night as I lay on my pillow,
I dreamed that my Bonnie was
Fred.

CHORUS

The winds have blown over the
ocean,
The winds have blown over the
sea,
The winds have blown over the
ocean,
And brought back my Bonnie to
me.

CHORUS

6. Games

STOP AND SPOT GAME

While hiking, the leader stops and says: “ I spot a _____,” naming a familiar object. Everyone in the group who sees the object will raise his hand or sit down. This sharpens the skill of observation.

CHANGING WINDS GAME

Santa Clara County Council

- Declare the position of the four main directions.
- Have all boys stand facing one player who is the “wind”.
- The wind tells the direction he is blowing by saying, “The wind blows ...south.” All players must face south. If a player is already facing that direction and moves, he is out. The wind may confuse the game by facing any direction he chooses. Players turning the wrong direction are out.
- The winner is the last player still in the game.

FOREST TAG

Santa Clara County Council

Designate a fairly small area for the game. Choose one person to be “It.” That person tries to tag the others who can only save themselves by crouching before being tagged and naming a plant or animal that lives in the forest. As long as the same person is “It” there can be no naming repeats. If a person can’t think of a plant or animal, and is tagged, that person becomes “it” and all plants and animals can be used again.

SQUIRREL IN THE TREE

Catalina Council

Form small circles of three or four Cubs. They hold hands to form ‘trees with hollow trunks’. A Cub representing a squirrel stands in each tree (circle). Have one more squirrel than there are trees. On signal, the squirrels must change trees. The one left out becomes ‘it’ for the next game.

CLEAR THE DECK

Catalina Council

The four sides of an area are given names, i.e., 'Clear the deck!'; 'Man the boat!'; 'Shore leave!'; 'In the galley!'

- When the leader calls out any of those commands, the Cubs rush to that side of the room.
- There are extra commands as well: 'Boom coming over!', 'Lie flat on the floor', 'Admiral coming!', and 'All stand and salute.'
- Last Cub to obey the order is out.

Note: In the original version of the game the four areas are Port, Starboard, Bow and Stern, although this is merely a matter of choice.

TRAIN RELAY

Capital Area Council

- Divide into teams. Line teams up for a relay race in a straight lines.
- Have each team member lock arms around the player ahead of him.
- On signal, teams race ahead in a connected line toward a designated point and back to the starting line.
- If a line (train) breaks, it must reform before proceeding.
- When a train returns to its starting position, the head of the line (engine) leaves the line and joins the end of the line as the caboose. The number 2 player becomes the engine and leads the train for another sprint.
- This continues until the original engine is at the front of the line again. The first team to finish wins.

FOLLOW ME

Southern NJ Council

- Cubs are arranged roughly in a circle, each standing with one foot on his marker (be creative; water bottles? hats?).
- An extra player is The Guide.
- The Guide moves about the circle pointing at different players and asking them to "follow me."
- Each player, as chosen, falls in behind the guide.
- The guide now takes his group on a tour; the followers perform any actions the guide does - as the guide skips and hops, so do his followers. The followers must move just as the guide does.
- At the signal, "home," all run for places on the markers.
- One cub will be without a marker and he will become the guide.

CATCHING THE DRAGON'S TAIL

Southern NJ Council

- A dragon is formed by grouping the players into a long line each with their hands on the shoulders of the one in front of him.
- The first in the row is the dragon's head.
- The last in the row is the dragon's tail, eager to lash to the right and left in order to escape the head.
- Until the signal GO is given, the dragon must be a straight line.
- The Group leader counts "One, two, three, GO!"
- On the signal GO the head runs around toward the tail and tries to catch it.
- The whole body must move with the head and remain unbroken.
- If the head succeeds in touching the tail, they may continue to be the head.
- If the body breaks before the head catches the tail, the head becomes the tail and the next in line is the head and so on until each has a chance to be the head and the tail.

HUMAN KNOT

Southern NJ Council

Have everyone gather round in a circle.

- Have them put their arms into the center of the circle, close their eyes, and grab onto two other peoples hands.
- Now they can open their eyes.
- Now, without letting go of each other, they need to untangle the knot they've created.

Leaders, keep an eye out that they don't get frustrated or it could backfire by having someone get upset at someone else. Otherwise, let them go!

MEMORY GAME

Capital Area Council

- One person starts the game by saying: "As I was traveling through the woods, I placed an apple in my bag. (or anything that begins with the letter A).
- The next player says "As I was traveling through the woods, I placed an apple and a balloon in my bag."
- Each additional player must repeat what was named and add to it something from the next letter of the alphabet. Mistakes make it funny!

GOING TO THE MOON

Southern NJ Council

The leader says, "I am (name) and I am going to the soar into space and I will take a _____ and a _____. Everyone then repeats the phrase, filling in his or her own names and objects. They are then told they may or may not go to the moon. The secret is the objects you choose must have the same first letters as your initials. For example, Bill Smith might take a balloon and a sack Fred Jones might take firecrackers and jam, but if Mike Thomas took a ball and a bat he could not go.

COMPASS GAME

Everyone stands spread out around the room and is told to orient themselves to 'north'. North could be real north or a convenient wall or corner in the room. Everyone except for the caller and the referees closed their eyes (blindfolded if you don't think the honor system will work). The caller then calls out a direction, like 'east' and then everyone turns (eyes still closed) and points in the direction of east. The referee the goes around and taps the shoulder of anyone not pointing in the right direction. They are out. The game continues until one player is left. It gets interesting when you start calling headings and bearings. This is a good game as it only discriminates by your sense of direction, which improves as you play.

THE SUPERLATIVE GAME

Pick a a category (e.g., height in ascending order; birthday month in order from January to December; shoe size; number of siblings from least to most, etc.).

Split the group into at least three teams. The ideal team size is at least five players per team, but preferably no more than nine. Explain the rules and consider using one of the variations below (such as the no talking rule).

Read the first category aloud, such as "Line up by increasing order of height. Go!" Each team scrambles to get in the proper order. When a team thinks they are done, they must all sit down and raise their hands. At this point, the leader checks the team and verifies that they are in the proper order. If they made a mistake, they get awarded zero points that round and the leader checks the next group that sat down. The first team to correctly get in order and sits down gets awarded a point. The leader then reads off the next category, and this process repeats until the game is over (no more categories).

GOSSIP & WHISPERS

Equipment: None

Description: The players (either arranged in teams or one large team) sit in a circle or straight line. A message is whispered to the first person, who must whisper it to the next person. This continues until the last person receives the message, they stand up and call out the message as they received it. The aim is to see if the original message survived the trip or if it was corrupted along the way. Only one attempt at passing the message is allowed, no repeating.

BACKWARDS ALPHABET RACE

As easy as ZYX!

Description: The object of this game is to recite the alphabet backwards in the least amount of time. Players split into two equal teams, Team 1 and Team 2. Teams line up and face each other. The first person on Team 1 says “Z,” then the second player says “Y,” the third person says “X” and so on. If a player messes up then Team 2 gets a turn. The team to get through the alphabet first wins.

BIG AND LITTLE GAME

Say one thing but do another!

Description: This game is for 5 or more players. Players sit in a circle. One person starts by saying either the words “Big,” or “Little.” If he says, “Big,” he makes the opposite motion with his hands, putting them close together. If he says, “Little,” he makes the opposite motion with his hands, putting them far apart. Then he points to a player who goes next. This can be anyone in the circle. The next person can say “Big” or “Little,” and then makes the opposite motion with his hands. If a player messes up, he’s out. Last person left is the winner.

CHAIN TAG

In this tag game the first man tagged joins hands with the boy who is “It” and later as each boy is tagged he is added to the chain. Soon only a few remain who are not caught and the awkward efforts of the unwieldy “chain” to capture these causes much amusement.

7. Knots

Rope & Knot Terms

- The **End** - the bit of the rope that gets frayed if it is not whipped or secured by some means.
- The **Standing Part** - the inactive part of the rope you are working on.
- The **Bight** - the central part of the rope you are working on.



Slip Knot

Form an eye by twisting the rope. Pass a loop of rope through the eye. Pull the knot tight. The loop can be enlarged by pulling on side of the loop, or reduced and untied by pulling the appropriate end.



Square Knot

Take the two ends, cross them over and tie the first half knot (half hitch). Maintain the same rope on tope (dark) as you cross them over a second time to tie the second half hitch. Pull the ends evenly to form a symmetrical Square Knot.

The Lark's Head

Pass the loop of the strap around the rope. Thread the other end of the strap through the loop. Make sure the strap lies neatly and then pull tight.



Bowline

Form a loop a short distance from the end - allow for the size of the loop and the knot itself. Pass the end of the rope through the loop as though making a simple knot (half hitch). Pull the end through, then round the standing end, and then back through the loop to finish the Bowline.



Clove Hitch

Form a loop in the rope. Then form a second loop - the "same way up". Both loops should be identical. Then cross the loops one above the other so they form a knot - instead of just two loops stacked on each other. Place the knot over the post.

Timber Hitch

Pass the end of the rope around the spar and then round the standing end. Wrap the end round itself three times and tighten the knot so that the three turns are gripped against the spar.



Coiling the Unattached Rope

Lay the rope in your hand and make the first loop on top. Lay the next loop under itself. Continue making loops alternating over and under. Wrap the end round the coil several times. Pass a bight through the coil. Spread the bight out and bring it back down over the coil. Pull tight.