



DECEMBER—KIND



PAYING IT FORWARD

A SCOUT IS KIND. HOW DOES “PAYING IT FORWARD” RELATE TO THIS POINT OF THE SCOUT LAW?

At this pack meeting, Cub Scouts will learn the importance of treating others as they want to be treated. Although it is nice when someone does something kind for you, it is even more rewarding to do something kind for someone else—without expecting anything in return.

NOTE TO CUBMASTER

Pack meetings are best when they are no more than an hour and a half in length. Pack meeting plans are guides and can be adjusted to fit the needs of your pack.

You might consider setting up tables or areas for each den to display pictures and items made during this month’s adventure.

This month is a good time to provide an opportunity for the pack to “pay it forward” and perform acts of kindness. This can be done as part of your pack meeting or scheduled on a separate day or time from your normal pack meeting. Ideas for paying it forward might include:

- Collect outgrown clothing items to give to a charity.
- Collect food items to give to a food pantry.
- Visit a retirement community to sing holiday songs and deliver baked goods.
- Write thank you notes to your chartered organization.
- Pick up litter.
- Help people living near your meeting place or at another location clean up leaves or shovel snow.
- Decorate a holiday tree for a neighbor.
- Collect gently used books or toys for donation.
- Check with local agencies to learn ways you can help to pay it forward.

◆ BEFORE THE MEETING

Set up tables or areas for each den to display pictures and items made during this month’s adventure, if applicable.

Be sure the following materials are available for the meeting:

- Flags for the flag ceremony
- Large posters of the “Pay It Forward” song displayed in the front of the room or a projection of the words onto a screen or the wall
- Materials for the gathering activity
- Awards for the recognition and advancement ceremonies

◆ GATHERING—PAYING KINDNESS FORWARD

- Have one set of kindness cards available for each member of the pack. (See the Resources section of this plan for kindness cards and an option to make kindness gifts.) Scouts will trade their kindness cards with other members of the pack at least three times. A “Kindness Cards Received” sheet will help Scouts keep track of each card they receive before passing it forward to another person.
- Move It Forward Game (see Resources)

◆ OPENING CEREMONY

The flag ceremony is led by a preassigned den. They will present the colors and lead the pack in the Pledge of Allegiance.

The Scouting Way

A preassigned den performs the opening skit, “The Scouting Way,” which has six speaking roles. If you have more than six Scouts performing the skit, just add additional lines.

Cub Scout 1: “Paying forward kindness”

Cub Scout 2: “To our environment,”

Cub Scout 3: “To the animals,”

Cub Scout 4: “To each other,”

Cub Scout 5: “Or in a simple act each day,”

Cub Scout 6: “Will make our world a better place.”

All: “It’s the Scouting way!”

◆ OPENING PRAYER

“As our pack gathers together, let us remember to be kind to one another. Also, let us think of ways we can be kind to others once we leave this pack meeting.”

◆ WELCOME AND INTRODUCTIONS

The Cubmaster welcomes new families, visitors, and special guests by introducing them to the pack and thanking all who helped plan and prepare for the pack meeting.

◆ DEN DEMONSTRATIONS

If there is a den that needs to do some type of activity at a pack meeting for the completion of an adventure, please insert the activity here.

◆ AUDIENCE PARTICIPATION

You can choose to sing the “Pay It Forward” song or play the Domino Game as the audience participation for this meeting.

Pay It Forward

Tune: *“If You’re Happy and You Know It”*

You can help to pay it forward. Yes, you!

You can help to pay it forward. Yes, you!

We can make the day much brighter.

Helping makes the load much lighter.

You can help to pay it forward. Yes, you!

You can open doors for others. Yes, you!

You can help to carry groceries. Yes, you!

Be kind to everyone you meet.

Help whenever you see a need.

You can help to pay it forward. Yes, you!

Domino Game

This is a good game for a large group of at least 40 people. It requires no props.

Kindness shown to others can have a domino effect! Divide the group into two equal teams. Have the teams line up in two parallel lines facing the same direction. At the signal, the first person in each line will squat. Then the next person in line squats, too, and this continues in turn until the person at the end of the line has squatted. That person quickly stands up, starting a chain back to the other end of the line. The first team to have all members standing up again wins. Go several rounds to see if players can increase the winning speed.

◆ RECOGNITION

Adventure Loops and Pins:

(Note: Adventure loops and pins can be presented at a meeting or as immediate recognition in the den.)

By den, call the names of those Cub Scouts who have completed the month’s adventure to come forward.

- Have the den leader pass out the awards to the boys while receiving a Cub Scout handshake from the Cubmaster.
- If time allows, invite the den leader or den chief of the den to speak about the adventure work done for that month and have the den stand and be recognized.
- Use a positive cheer to recognize their accomplishments.

Other options:

- Have the den stand and be recognized or come forward to receive certificates for the adventure they have completed. This option would be appropriate for a den that has already received the adventure loop or pin.
- Adapt the advancement ceremony for the month’s theme into an adventure loop presentation if no rank badges are being presented.

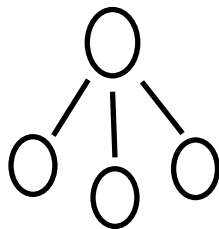
◆ RANK ADVANCEMENT

Pay It Forward and the Domino Effect

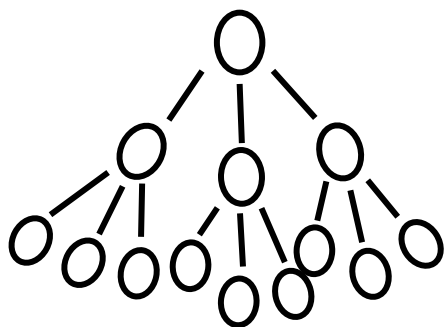
Materials:

- Large poster board or flip chart
- Markers
- Dominoes (stacked in a row to show the domino effect when the first domino is moved)
- Rank advancement items

Cubmaster: “A few years ago, a movie was made called *Pay It Forward*. In the movie, a teacher gives a young boy and his classmates an assignment to do something nice for three people.” (Draw one circle on the poster board or paper, and then draw three lines and circles connecting to the one.)



“The young boy then asked those three people to do something nice for three more people, who would then pay it forward to three others, and so on.” (Draw three additional lines and circles from each of the three original circles.)



“Now we have 13 people doing nice things for others! It’s similar to this row of dominoes that I have stacked up. The first domino touches the second, which touches the third, the fourth, and so on. The movement started by the tipping of the first domino has an effect on all the others.”

“You have been on many cool adventures and have worked very hard while moving forward to earn your rank badges. Your parents and guardians and your den leaders have all helped you to move forward, creating a domino effect to get you where you now are. Think for a moment about your adventures and everything that you did to complete them. Are there other people who were kind and helped you along the way? As Cub Scouts, you have helped pay forward what we stand for in Scouting by being good examples of our Scout Oath and Scout Law to all who you came in contact with. I’m honored to announce the following badges.”

(One rank at a time, call the names of boys earning that rank. For each rank, say, “I ask that Tigers [then Wolves, Bears, Webelos Scouts, and Scouts earning the Arrow of Light] and their parents and guardians come forward for the presentation of the badges.”)

Cubmaster: (after all boys have received their badges) “Let’s give all of these Scouts another round of applause from our pack.”

◆ CUBMASTER’S MINUTE

“Acts of kindness that are helpful to our friends, our family, and our community create a wonderful domino effect. Those we help will think about what they can do to spread kindness to others. We can do nice things for others every day, and we should not expect something in return—for we are trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent. We are Scouts!”

◆ CLOSING

The preassigned den performs the “Being Kind” closing ceremony.

Cub Scout 1: “Being KIND is an important point of the Scout Law.”

Cub Scout 2: “I will be KIND to my family.”

Cub Scout 3: “I will be KIND to my teachers.”

Cub Scout 4: “I will be KIND to my friends.”

Cub Scout 5: “I will be KIND to the kids in my class.”

Cub Scout 6: “I will be KIND to everyone I know.”

Cub Scout 7: “I will be KIND to people I don’t know.”

Cub Scout 8: “I will be KIND to animals.”

All: “I will be KIND to everyone all the time, helping any way I can.”

The preassigned den retires the flags.

RESOURCES

Move It Forward Game

This game will take cooperation and teamwork to move the players forward.

Materials:

- Three hoops or three pool noodles connected with duct tape to form a circle
- Three balls

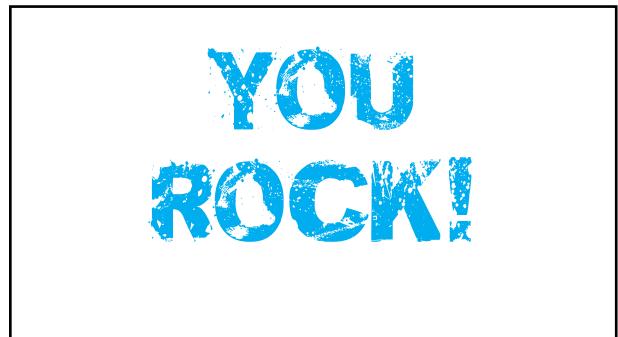
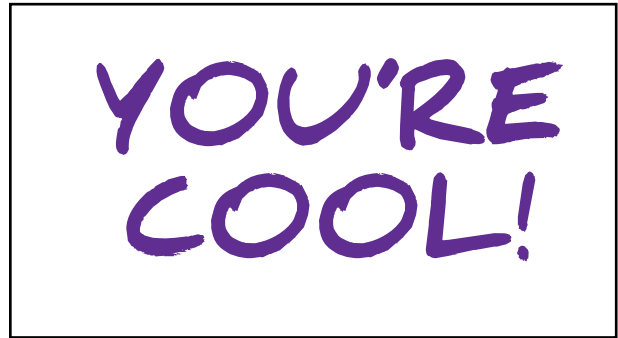
Instructions:

1. Ask four Scouts or adult helpers to form a chain holding the three hoops at various heights.
2. Divide six Scouts into three pairs. Then have each pair stand next to one of the hoops with one boy on either side as they face each other through the hoop.
3. To begin, the announcer says “Please,” and the players begin tossing their ball back and forth through the hoop.
4. After one minute, the announcer says “Thank you.” At that time, the players stop and move to the next hoop. The announcer again calls “Please,” and players repeat passing the ball back and forth until time is called again.

5. When a team makes it through all three hoops, one player swaps out to hold a hoop, and a new player joins in. Make sure that each Scout gets a turn holding a hoop and playing catch, and that everyone who wants to play has the opportunity.

Note: To add some fun, vary the heights of the hoops during play or use various sizes of hoops. You may want to vary the sizes of the balls for each hoop as well. If you have a large pack, provide additional hoops and balls so that several more teams can play at the same time.

Kindness Cards



Kindness Cards Given to Me:

1. _____
2. _____
3. _____

Paying It Forward Kindness Gift

Materials:

- Containers with lids (potato-chip cans, yogurt cups, etc.)
- Decorative paper and ribbon to wrap and glue around the containers
- Labels to decorate the containers with words of kindness
- Small strips of paper for writing words of kindness, or copies of the kindness cards
- Pens or pencils

Instructions:

Have each Scout or each den decorate a container. Then ask them to choose kindness cards or write their own kind sayings on blank cards to go inside the containers. The kindness gift is then given to someone of their choosing to brighten that person's day.