

2023 National Camping School Resource Guide

“Off to the Races”



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CAMP PIZAZZ

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GAMES & ACTIVITIES

SKITS, JOKES, RUN-ONS

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S.T.E.M.

SNACK IDEAS

HELPFUL LINKS

CLIPART

AND MORE!!!

National Camping School's Annual Theme Program

Each year a theme-related resource booklet is produced and distributed through the Cub Scout National Camping Schools.

The material provided is designed to be used in Council and/or District Cub Scout Day Camps or other Cub Scout camping activities.

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Welcome and Setting the Stage for Fun!

The material in this resource book is designed to serve your District or Council in providing tremendous Cub Scout Day Camp events!

OFF TO THE RACES – This year you can take Scouts on an adventure as you run, drive, sled, and fly toward the winner’s circle. Make it fun and memorable for the Cub Scouts, staff, leaders, and volunteers who attend.

Carefully set the tone for FUN from the very start. This starts with YOU! Be excited about the program you are creating. Show enthusiasm in your fun promotional materials. Your attitude is contagious. Your excitement and sense of fun will make great things happen at your camp that will create lasting memories for those who attend or visit your camp.

Keep that positive energy going when you communicate with your staff, leaders, and parents. Use the theme in creative ways in your emails and your staff manuals. Let them know that you are excited to be able to bring this amazing program to the Cub Scouts.

When Scouts and families arrive at camp, make sure your camp reflects the fun that will happen. Have lots of theme-filled PIZZAZZ that immediately brings them into the adventure. This book is full of ideas to help bring that pizzazz and excitement to your camp.

Many resources were used to compile the information you will find in this book. THANK YOU to the leaders who sent in ideas and suggestions and THANK YOU to those who contributed to the resources used. We appreciate your help and all that you do for our Scouts and Cub Scout Day Camp!

All materials in this book reflect the high standards of the BSA. Use or modify these materials at your local Cub Scout camping activities to help your camp cross the finish line!

Building Your Program

The primary objective of Day Camp is FUN! When designing your program, use your creativity to bring fun in new ways to your camp. Use variety in what you do and how you do it. Shake up your program occasionally. It is good to have traditions such as a tug-o-war or egg drop or the same camp song from year to year. It's also good to blend some traditional favorites with new ideas. Variety keeps the program interesting for your Scouts and adults.

Look for opportunities to introduce things the Scouts might not otherwise experience. Do you have access to a climbing wall? Can you bring in an expert for a lunch program that will enhance Day Camp? Is there an individual or group that can help your Scouts learn a new skill? Is there an expert that is willing to teach a station?

Another thing to consider is advancement; this is one of the things parents and leaders are often looking for with Day Camp. With the theme in mind, look through the Cub Scout Handbooks and Den Leader Guides. Look for the adventures that naturally fit into your theme and build around those. These lesson plans and activities are designed with camp in mind. Advancement is NOT the primary objective of Day Camp; use advancement opportunities as a program supplement as it naturally fits into the theme. (See PD-102 A.) For example, if you are teaching about airplane races, make different types of airplanes for Air of the Wolf 1a.

Other awards that fit in seamlessly to Cub Scout Day Camp are Shooting Sports recognition, Outdoor Activity Award, and the Summertime Pack Award. Requirements change continuously; make sure you are using the latest guidelines.

When building your program, consider focusing on a singular racing theme for the week such as car racing. Another option would be to showcase a different type of racing each day, i.e.

Day 1 = Sled Races

Day 2 = Track and Field

Day 3 = Air Races... hot air balloon, kite, airplanes

Day 4 – Land races – bicycle, car, skateboards

Day 5 = Hydroplane, sailboat

A few reminders . . .

Use caution when referring to any racing using animals such as The Kentucky Derby or the Iditarod. There can be controversy on the ethical treatment of the animals. Consider inviting an experienced trainer to educate the Scouts about how their animals are kept safe and healthy.

Avoid using materials or names that are copyrighted or trademarked such as *Olympics* or *The Amazing Race*. You can use the concepts as a template to design Scout-friendly activities and give it a unique name.

It is tempting to run a Pinewood Derby at camp. You are, however, encouraged to steer away from duplicating regularly occurring Pack activities. One of the fun things about Cub Scout Day Camp is giving Scouts an experience they won't have with their Pack. Find an alternative race such as Soap Box cars or a Vegetable Regatta.

CAMP-WIDE ACTIVITIES

Camp-wide activities can be a fun way to carry the theme from day to day. For example, if you are focusing on car races, have the Scouts design and build a car to race at a special event on the final day. Structure the week's program around allowing design and/or build time into the schedule. Make daily announcements to keep excitement building toward Race Day.

During closing ceremonies, congratulate Scouts for competing and present them with their Cub Scout Day Camp patch. Awards can be presented in the winner's circle and pulled out of a "loving cup" style trophy.

If you are focusing on different types of races, announce that you will be training for and participating in a Cub Scout Day Camp triathlon this week at camp. The first few days of camp will be training days, and the last few days will feature one of the triathlon events. (Adjust the number of days to fit your camp.) The schedule for the week may look something like this:

Day 1 – Training Day = Team building – During den time come up with an awesome team name, yell, and flag. The dens/teams may choose a mascot.

Day 2 – Challenge Day = learn a new skill and help your teammates cross a finish line. The Sled Challenge is as follows: Have a Scout or two sit on a sled. The other Scouts are given a foot of rope. Each Scout ties a square knot to join the team's ropes together. The last Scout will join his/her rope with a square knot to the sled. The rope tying Scouts pull the sled across a designated finish line.

Day 3 – Swim/Boat/Water Day = If you have waterfront access, run a Raingutter Regatta or other boat race, or do water bucket relays. (Any event involving swimming must follow the Guide to Safe Scouting and Safe Swim Defense guidelines for water safety.)

Day 4 – Track Meet Day = Have foot races, burlap sack races, relay races; learn about and participate in track and field events.

Day 5 – Shooting Day = At your ranges, have fun targets to shoot at such as tin pie plates or a spinning target.

During closing ceremonies, congratulate Scouts for completing the Cub Scout Day Camp Triathlon and present them with their Cub Scout Day Camp patch. Attach the patch to a neck ribbon to make it look like a track medal.

LUNCH PROGRAMS

A lunch program is one way to keep Scouts engaged and learning while eating lunch. This is a great time to have outside experts or educators come to camp. Keeping in mind the attention span of your youngest campers, ask them for a 10-minute presentation. Possible outside experts/educators:

- NASCAR or Formula 1 Racing team member
- Auto Museum docent
- Car Club member
- Model Airplane/Drone Group member
- Hot Air Balloon operator
- Rowing or sailboat team member
- Elite athlete/Olympian
- Paralympics/Special Olympics competitor or coach
- Sled dog racer
- Competitive Cycling Club member

A lunch program can also be a 5–7-minute friendly competition between the Directors and the Den Chiefs building something, tying knots, or any other Scout skill. Get someone who is a great emcee to provide the running commentary. The Scouts can cheer for their favorite team and determine the winner. Scouts LOVE seeing adults be silly!

SPECIAL GUESTS

Special guests are great to have at camp because they have a passion for what they are teaching and can enhance the program with their knowledge and enthusiasm. Invite them to teach a station or present a lunch program.

Make sure the Cub Scouts thank all special guests. Do this with a theme-related cheer, or have them sign a large thank you card that is presented to the special guest at the closing ceremony.

DEN YELLS

[Remind your campers that all Den yells must be positive and reflect the values of Scouting - no put-downs or trash talk allowed. All Den yells must be approved by the Camp Director BEFORE being presented to the rest of the Camp.]

Look out, Camp! Here we come! Den ____ is on the run!

Clap your hands, Stomp your feet, Den ____ can't be beat!

Leavin' them in the dust, GO ____!

We are the ____ my friends, and we'll keep on racing to the end. (We Are the Champions)

Who are we? We're the _____. What do we do? We win the race/we go fast/ we never quit.

D.E.I (Diversity, Equity, Inclusion)

If you have not yet taken the DEI training at https://training.scouting.org/courses/SCO_1800, you may want to familiarize yourself with the principles of D.E.I.

When planning your camp, think of how you will provide a program for every attendee. Some individuals may require accommodations due to special needs that may not have a diagnosis. These would include severe allergies, i.e., insects, latex, scents. They may have high energy levels, a significant life change or event, or display behaviors that are not acknowledged by the parent.

(Source: Preparing for Camp Roundtable April 2022 BSA Special Needs Presentation)

Adapt your activities as needed to meet the needs and ability ranges of all your attendees. Use the least amount of change necessary to make the activity successful for everyone. Parents and pack leaders can help determine adaptations. Include them in the planning sessions. Making changes in your Cub Scout activities requires skill along with knowledge of your Scouts.

Remember: The goal is for a Cub Scout to do his/her best!

This theme lends itself well to both the Cubs Who Care (Wolf) and Aware and Care (Webelos/AOL) Electives. Showcase athletes of all abilities by reaching out to your Special Olympics (<https://www.specialolympics.org/>). In the search bar, type in your state. Click on your state to get contact information. You might also want to reach out to the Paralympics. Contact Jeni Gates at jeni.scouting@gmail.com for more information.

LESSON PLAN SAMPLE

A written lesson plan gives the reason and lesson behind an activity or game. It gives station leaders direction that can help them become “experts” in what they are teaching. If an emergency arises, a substitute can step in and carry on effectively. Having a written lesson plan also ensures that standards are met and that you have a quality program.

Having lesson plans done 4 – 6 weeks before camp gives you a chance to test everything and adjust if needed. You can determine: Do the directions work? Are they in the correct order? Can a Scout do this project with minimal assistance? Is the project too easy? How long does the project really take? Do you need to add more to the station? Do you have a complete list of supplies and tools needed for completion?

Having lesson plans done early also helps with the prep work. The following are instructions on building a Balloon Car.

HOW TO MAKE A BALLOON CAR

Materials Needed:

One plastic water bottle or soda bottle per Scout

One plastic straw (not bendable) per Scout

Duct Tape

Kebab Skewers

Four large buttons or 4 circles cut from cardboard for wheels

Scissors

Hot glue

Instructions:

Step 1: Have each Scout remove cap and peel off label. Clean out the bottle and let dry.

Step 2: Cut two pieces of straw the width of your bottle. Tape the straws to the side of the bottle. Tape the first straw about 1" below the dome of the bottle, and the other 1" from the flat end of the bottle. Make sure the straws are straight and parallel, or the car will not travel in a straight line.

Step 3: Cut two skewers for the axles. Cut the pointed ends off first. Next, cut them so they are 1" wider than your bottle. They need to be long enough to slide into the straws and hold the wheels. Slide skewers into the straws. There should be about ½" sticking out of each end of the straw.

Step 4: Attach the wheels. If using buttons, hot glue them to the end of each skewer.

Step 5: Poke an x-shape on the side of the bottle just below the dome using a craft blade.

Step 6: Tape a balloon over the end of the straw. Tuck a straw about 12" into the balloon. Wrap a piece of tape around the end of the balloon in a tight spiral. Make sure the tape goes over the mouth of the balloon and onto the straw. You need an airtight seal - no gaps. Insert the straw into the balloon.

Step 7: Feed the straw through the bottle. Slide the other of the straw into the X cut in the bottle. Keep pushing the straw through the hole until it comes out the bottle's mouth - about 1" sticking out.

Step 8: Blow air into the balloon through the straw. Pinch the straw so that it doesn't escape. Place the car on a smooth surface, and let it go.

By having written plans, any station leader can move forward with the activity. PRACTICE FIRST!

PRO TIP: Use the "Station Supplies" list to create a master inventory list. This makes it easy to double check that you have everything the night before. It also helps to make sure you have everything if you are moving this program to another location. Maintain the master list in a binder at headquarters. Tape a copy of the list of "Station Supplies" to the lid of the container of supplies for that station.

CAMP PIZZAZZ

Pizzazz elements are all those extra things that bring the theme to life. They are the things that make your camp stand out. This is where creativity and memories meet. Here are a few places to look to add pizzazz to your camp:

<https://www.partycity.com/nascar-party-supplies>,
<https://www.funexpress.com/catalogsearch/result/?q=racing>
<https://www.dollartree.com/searchresults?Ntt=racing>
<https://blog.partydelights.co.uk/>
<https://www.bunnyslippers.com/>
<https://www.epicsports.com/>
<https://www.namebadgeproductions.com/>
<https://www.bestnamebadges.com/>
[Printable Race Bibs Free \(tutore.org\)](#)
<https://www.etsy.com/>
<https://www.partyglowz.com/>

Amazon

Target

Walmart

DECORATIONS

You want the theme to be easily recognized from the moment Scouts and families enter camp. One of the easiest ways to do this is through the decorations you use at promotional events, meetings, and camp. Here are some ideas that you may want to incorporate.

Checkered Flags – These are a very quick and easy way to bring instant pizzazz to camp..

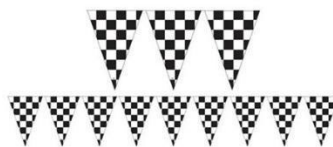
Road signs – Use these to direct everyone at camp. Use the shape and color to make signs for each station.



Old tires – These can be used as decorations or as a part of an obstacle course. Be sure to dispose of them properly after camp. Tire stores may let you borrow them for the camp duration if you

return them.

Cardboard cars or boats: How fun would it be to have these at your camp? Make them big so Scouts can climb in. Have each den make its own.

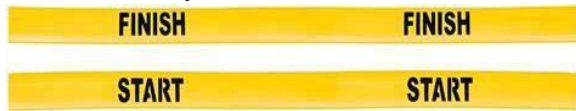


<https://www.instructables.com/Cardboard-Race-Car/>



<https://www.instructables.com/How-to-Make-a-Cardboard-Canoe-for-your-Kids-in-the/>

Finish Line Tape – This can be a fun addition to your games, sports, or a morning skit.



Trophies, Ribbons, Medals – These can be used for so many things at camp. Scout, staff, or volunteer recognition, supply holders at a station, or in skits.

NAME TAGS



Name tags make a fun souvenir from your amazing camp. Have everyone leave their name tags at camp at the end of each day. This helps to quickly see who is missing at the beginning of camp. They are also very helpful for station leaders, staff, and volunteers to learn campers' names. Then on the last day, send them home.

Pit Passes: Easily make your own or you can go to for this set.

: https://www.etsy.com/listing/187341631/race-car-party-pit-crew-pass-template?ref=share_v4_lx



More Checkered Flags



Race Cars



Ribbon Lanyards: You can get individual top load baseball card holders to add to a simple ribbon lanyard. You can create your own “medal” name tags using heavy card stock and ribbon attached with a larks head knot.



COSTUMING



Costuming is a fun way to step into a theme. It doesn't need to be expensive or elaborate. Look in your closet, the local thrift store, or hit the after Halloween sales.



A few ideas include racing bibs, track suits for coaches, referees, jockeys, race car drivers, overalls for Pit Crew.

Use costuming as part of opening ceremonies with a skit where the directors are the coaches and staff or Scouts are the athletes or drivers they are coaching. (See Building Your

Program for a couple of ideas.)



CAMP NAMES

Another easy way to show off your theme and add pizzazz is to use fun names. Make sure the name ties with the theme. If you decide not to name things something creative, you can have a fun theme-based object on the sign. Make sure signs and directions are easy to follow.

These websites have a glossary of racing terminology and could get your creative juices flowing.

<https://www.formula1.com/en/championship/inside-f1/glossary.html>

<https://www.racingpost.com/guide-to-racing/horse-racing-terms/>

<https://www.runtastic.com/blog/en/running-terms/>

PERSON /AREA	SO, CALL IT. . . .
DIRECTOR	COACH TRAINER PIT BOSS
STAFF AND VOLUNTEER	PIT CREW ASSISTANT COACH REFEREE
CAMPERS/SCOUTS	TEAMMATES ATHLETES RACERS
LOCATIONS	THE TRACK THE PIT TRAINING ARENA WINNER'S CIRCLE DEBRIEF AREA ENERGY STORE

USING THEME IN SHOOTING SPORTS

Here are a couple of thoughts about incorporating the theme into your shooting sports. Make tires or steering wheels out of paper for targets. Have Scouts shoot at different shaped targets (as long as they aren't people or animal shapes) such as car cut outs, checkered flags, road signs, or a participation ribbon.

THEME DEVELOPMENT

LOCATION	SO CALL IT.	
PARKING LOT	Parking Garage Boat Dock Embarcadero Wheelhouse The Pit	
GATHERING AREA	Starting Line Green Light Training Arena Gasoline Alley Charging Station Observation Deck Announcer's Booth Press Box Pole Position	
PROGRAM STATIONS	NASCAR Raceways e.g. Daytona Talladega Darlington Indianapolis, etc	Racecar Makers e.g. Ferrari Lamborghini Bugatti Porsche
FIRING RANGES	Short Track Sortie Turbo Target Grease Monkey Gallery Ferrari Firing Range Maverick's Mayhem Excel-Erators	
OBSTACLE COURSE	Iditarod Chariot Chase Rough Riders Steeple Chase Road Blocks Shake & Rattle Run Smokin' Axle Attack Bumper Cars Stickshift Challenge	Demolition Derby Monster Truck Rally
TRADING POST	Nuts & Bolts Mechanics Mercantile Souvenir Shop Hubcap Heaven Parts Warehouse	

LOCATION	SO CALL IT.	
FIRST AID STATION	Ignition Infirmary Bump & Bruise Bay Scratch & Dent Shop Fender Benders Fix-It Shop Wreck Check Caution Flag Station Knuckle Busters	
FOOD COURT	Pit Stop Lamborghini Lounge Checkered Flag Chuckwagon Winners Circle Hydration Station Racers Roost Power Plate Energy Eatery Grease Pit	
WATERFRONT	Boat Launch Fishtail Fishing Waves & Rudders Paddle Port Oars Overboard Boat Moat	Float Moat Boat Bay Kayak Cruisers
ADULT VOLUNTEERS	Pit Crew Mechanics Race Officials Coaches Referees	
SCOUTS	Famous Racers - Team Earnhardt Team Harvick Team Gordon, etc. Spark Plugs Hot Wheels Challengers	

More ideas:

<https://namesfrog.com/racing-team-names/>

<https://kidadl.com/baby-names/inspiration/race-car-names-that-are-really-cool>

<https://worthstart.com/motorsport-race-names/>

CEREMONIES

Opening Ceremonies

Getting your camp off to a good start is very important. An opening ceremony, whether it involves one person or many people, is a great way to start. Recite the Scout Oath and Law, recite the Pledge of Allegiance, or have an opening that includes props and speaking parts for the Cub Scouts. Whatever you choose to do, an opening ceremony is the signal that the action is underway. Keep it short, simple, and fun.

Please keep in mind that the openings provided below are to provide ideas; these ideas can be modified to fit your camp.

Note: If you will be reciting the Scout Oath and Law, have it written on flip charts or posters where all can see. Print it on the Cub Scout's name tag or in the den leader guide. Make it easy to recite it as a group. Let's help our Cub Scouts do their best! (Keep in mind that a portion of camp will consist of non-readers.)

Select ceremony participants beforehand and practice. This will help them be confident in their part, and the ceremonies will run smoother. Provide a microphone if possible.

PRAYER can serve as an opening.

Supplies Needed: Prayer on a poster or in a small handout for everyone to be able to say the prayer together. You may choose to have one person say a prayer.

Start by instructing the audience, "Please prepare yourselves in the manner in which you are accustomed." Explain to the Cub Scouts that this means to get ready to pray the way you do at home or at church.

OPENING CEREMONY – LET’S RACE!

Supplies Needed: Large letters with words written on the back for Cub Scouts to read, flag and flagpole. Cut a poster board in half or quarters to make letters. (Non-readers may need assistance. This is a great place to use a Den Chief.)

A preassigned den posts the colors. Then the ceremony performers say the following:

L – stands for Loyalty to our country, our families, our communities, and our Pack.

E – stands for Eagle, the symbol of our country.

T - stands for Trustworthy, the first point of the Scout law.

S - is for Scouting, the organization that brings us all together.

R - reminds us a Scout is reverent, thanking God for everything.

A – is for America, our home.

C - stands for the Champions we are, whether it’s winning the race, winning new friends, or learning something new.

E – is for Excellence, which we show by doing our best!

Please stand and join us in the pledge of Allegiance.

TIP: Make sure the Cub Scouts hold the cards in the correct order so the letters spell the words correctly from the audience perspective. Make an extra set of cards!

RACING FLAG WELCOME

Supplies Needed: Scout Oath & Law on poster or flip chart

Pieces of checkered, green, yellow, red, and black material to symbolize NASCAR flags

Open with the Pledge of Allegiance followed by the Scout Law.

Narrator: [Lead Chant] - I say Cub and you say Scouts - Cub! Scouts! Cub! Scouts!

I say Race and you say Day - Race! Day! Race! Day!

Welcome! Cub Scouts, we are officially Off to the Races! We’re going to learn all about racing during our camp. [Hold up checkered material.] You all know about this flag - the checkered flag. This signals that the race is complete and someone has won. Everyone wants to see the checkered flag! But lots of things can happen before that flag comes about. Here are some things that you may not know.

Anyone know what this one means? (Display each color material as the explanation is given. Go through the colors as follows:)

Green flag - Start the race or continue following a caution or slow-down. We’re officially waving the green flag to start our Day Camp Race to the finish line.

Yellow flag - The race is under caution and everyone must hold their position. This usually means there is something on the track that shouldn't be there, or a problem that you can't see from inside your car. No passing allowed while the yellow flag is out!

Red flag - the race has been suspended or stopped. This usually comes out when there has been an accident. No one wants to see the red flag!

Black flag - the black flag is the saddest flag to see. It means that a driver has not followed the rules and must leave the race. This is done to keep everyone safe. Breaking the rules during a race can cause a pile-up! A pile-up means the race is over for everyone, and that's sad.

Chant - I say Cub and you say Scouts - Cub! Scouts! Cub! Scouts!

I say Race and you say Day - Race! Day! Race! Day!

We're OFF TO THE RACES!

Closing Ceremonies

Just as an opening ceremony is important at the beginning of your day, a closing ceremony lets everyone know that camp activity is over for the day. Whether the closing is done by the Cub Scouts, is a Camp Director's Minute, or a thought of how the day went, it will bring your camping day to a close. REMEMBER: The Scouts have had a long day and are ready to go home. Keep it short and simple.

ROLE CALL OR DEN YELL

By the end of day 1, the dens should have a den name and yell. When doing roll call, say, "When I call your den name, respond with your den yell – loud and proud!" Then demonstrate how that will happen. After the demonstration, call each den name in turn and enjoy delivering its den yells. *(This can be an opening as well.)*

TIP: As you walk around throughout the day, ask dens for their name and write it down. At closing ceremonies, you will be prepared to call on the dens. Preview ALL material before you call on a den for its yell.

DO YOUR BEST #1

Supplies Needed: Thought written out.

Camp or Program Director: When we say the Scout Oath, the words "Do my best" are some of the first words we say. Think about these words. What does the word "best" mean? (Let the Scouts answer.) That's right— (repeat or rephrase the Scout's answers.) You are the only person who knows whether you have done your best. Think about the meaning of this oath and decide that you will always "do your best," no matter what you are doing. Thank you for doing your best at camp today! *(End with "Let's all do our BEST!")*

DO YOUR BEST! #2

Supplies Needed: Thought written out.

Camp or Program Director: We have had a great day at camp. Here is a thought to take home with you.

Work while you work, play while you play;
One thing at a time - that is the way.
All that you do, do with all your might;
Things done halfway are things not done right.
Go out and do your best!

BROTHERHOOD CIRCLE CLOSING

Supplies Needed: Thought written out unless memorized.

Have the camp form a Living Circle.

Camp or Program Director: Now may the Great Master of all Scouts be with us until we meet again.

If you choose to do this closing all week, the Scouts may know it well enough to say it along with the Director.

WE MEET AS CUB SCOUTS CLOSING

Supplies Needed: Thought written out.

Have the Cub Scouts form a Living Circle.

Camp Director:
We meet as Cub Scouts,
we part as friends,
as now we leave,
our Day Camp day ends.
Let this circle be a token of friendship. Scouts, be dismissed.

FLAG CEREMONIES

Flag ceremonies give an opportunity for Scouts to develop respect for the flag and practice good citizenship. It is also a time for them to be reverent. Flag ceremonies can be impactful.

NOTE: The role of the Color Guard is to guard the colors. They do NOT salute the flag at the same time as the rest of the camp. When teaching flag ceremonies, tell Scouts that this is a lot like "Simon Says." Only do the action when directed.

OPENING FLAG CEREMONY

<i>Caller</i>	<i>Actions</i>
Camp, attention.	The Color Guard waits for camp to become quiet.
Color Guard, attention.	The Color Guard stands tall and waits for the next command.
Color Guard, advance.	The flag bearer walks first, the Color Guard walks behind. The bearer stops in front of the flagpole so that his/her shoulder is lined up with the flagpole.
Color Guard, prepare to present the colors.	Flag bearer untucks the flag and holds the blue field. The Scout immediately behind them unfolds the flag.
Color Guard, present the colors.	The flag bearer and guard member show the camp the flag.
Color Guard, prepare to raise the colors.	The flag bearer clips the flag to the pole.
Scout salute.	Everyone with the exception of the Color Guard and flag bearer salutes.
Color Guard, raise the colors.	Then the flag is raised quickly to the top of the pole, and the cord is secured to the pole.
Please join me in the Pledge of Allegiance.	Narrator leads camp in the Pledge of Allegiance. The Color Guard and flag bearer stand at attention, but do not salute or say the Pledge of Allegiance.
Two.	Camp drops its salute.
Color Guard, salute.	The Color Guard and flag bearer salute for 3 seconds facing the pole, but not looking at the flag.
Two.	Color Guard drops its salute.
Color Guard, dismissed.	The Color Guard walks off the direction they entered.
Camp, at ease.	

CLOSING FLAG CEREMONY

<i>Caller</i>	<i>Actions</i>
Camp, attention.	Color Guard waits for the camp to become quiet.
Color Guard, attention.	Color Guard stands tall and waits for the next command.
Color Guard, advance.	The flag bearer walks first, the Color Guard walks behind. The bearer stops in front of the flagpole so that their shoulder is lined up with flagpole.
Color Guard, salute.	Color Guard faces the flagpole and salute for about 3 seconds.
Color Guard, prepare to retrieve the colors.	Color Guard unwinds the cord and waits.
Scout salute.	Everyone with the exception of the Color Guard and bearer salutes.
Color Guard, retrieve the colors.	Then the flag is lowered slowly.
Two.	As soon as the flag touches the hands of the guard, this command is given. Everyone drops the salute.
(no command given – caller stands at attention respectfully)	The Color Guard removes the flag from the rope and folds it correctly. The flag bearer holds the flag point down with hands crossed over it to their chest.
Color Guard, dismissed.	The Color Guard walks off the direction they entered.
Camp, at ease.	

FLAG RETIREMENT CEREMONIES

Flag retirement ceremonies are a great way to close camp at the end of the week. This allows time for the camp to be reverent together one last time before saying good-bye. Not all Packs participate in flag retirement ceremonies. This may be the only chance a Cub Scout has to participate in this poignant ceremony. Here is a link to examples of flags retirement ceremonies. nylt.ocbsa.org/sites/default/files/documents/flag%20retirement%20ceremonies.pdf

Raise the flag in the morning one last time. Explain during your opening ceremonies that this flag is faded and torn and will be retired at the end of the day. Remind the Scouts that this flag represents the men and women who have fought for the freedoms that allow us to have Day Camp.

At lunch time, have a closing flag ceremony so the flag can be prepared for retirement at the end of the day.

NOTE: Prior to the flag retirement ceremony you may wish to acknowledge and thank the Veterans that have served at camp. Lead the Scouts in a round of applause to express their thanks.

Before any flag retirement, you may wish to read the follow:

We are drawn here together in the sight of God to pay our last respects to this symbol of our great nation, "America", the land of the free and the home of the brave.

The US Flag Code reads; "The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning."

The Boy Scouts of America recommends: "When the national flag is worn beyond repair, burn it thoroughly and completely on a modest, but blazing fire. This should be done in a simple manner with dignity and respect. Be sure the flag is reduced to ashes, unrecognizable as a former flag."

In keeping with the law of our land and the recommendations of our organization, we present to you, this (these) United States Flag(s), the symbol of our great nation, which has served its (their) useful life as a symbol of freedom and our country, for retirement.

FLAG RETIREMENT

SCOUT: Camp, attention. The audience will please rise.

SCOUT: Color Guard, prepare to retire colors.

At this time the Color Guard is to march over to the fire, unfold the flag, and present it to the audience in standard display form, one Guard standing behind and to the right of the flag, and the other two holding each end of the flag for display.

SCOUT: The flag of our Nation should always be a strong, vivid symbol of our land and fly brightly in our minds. Our flag is a symbol of our people, our freedom, and our strength. So, it is now that I commit this flag, which no longer can fulfill these duties to the fire.

SCOUT: Camp, salute.

At this time the Color Guard will turn the flag sideways and gently drop it into the fire, folding the ends in toward the middle of the flame. The third Guard will use a long stick to then "stir the ashes" so that it will not be possible to recognize the ashes as a flag. They will then step back from the fire and stand at attention and salute the flag.

SCOUT: Two. Color Guard dismissed..... Camp at ease.

SONGS

Singing is fun! It builds spirit, enthusiasm, and camaraderie. Theme related songs help build enthusiasm. Circulate the camp songbook to participating Packs early in the promotion process to increase participation in singing. Have them available in the Den Leaders Guide at camp. Lyrics of all songs should reflect the values of Scouting.

Tips for Leading Songs -

1. **Choose it** - Select songs to fit the occasion—action songs, quiet songs, patriotic songs, etc. Songs with simple words and tunes encourage participation.
2. **Know it** - Practice before leading it.
3. **Teach it** - Tell the name. Teach the tune and words. You may need to provide song sheets. Teach the songs you will use during the week as part of your program.
4. **Sing it** - Sing it through once. You may have to sing a line or a verse to get them going.
5. **Pitch it** - Set the pitch so everyone starts out on the same key.
6. **Lead it** - Show enthusiasm and confidence. Use simple hand motions to start the group singing. Keep the time with simple up-and-down or back-and-forth hand motions. Don't stand fixed in one spot.
7. **Stop it** - If the group makes a bad start, stop and start over.

WHEN THE SCOUTS BEGINS TO RACE

Tune: When the Saints Go Marching In (<https://www.youtube.com/watch?v=wyLjbMBpGDA>)

Oh, when the Scouts* begin to race,
Oh, when the Scouts begin to race.
Sometimes we can't tell who's the fastest,
When Scouts begin to race!

*Start slow and then speed up.

RACE CAR SHUFFLE

(Tune: Hokey, Pokey)

You put your right foot in,
You put your right foot out.
You put your right foot in,
And you shake it all about.
You do the Race Car Shuffle,
And you turn yourself around.
That's what it's all about.

Verses:

2nd – Arm

3rd – Head
4th – Back
5th – Your whole self

PINEWOOD DERBY SONG

Tune: Camptown Races (https://www.youtube.com/watch?v=VXE_PfcXtYE , start 16 sec. in)

Cub Scouts all join in the song,
Do-da, do-dah!
Pine car track am mighty long,
Oh, do-da-day

Chorus:

Going to run so fast,
Going to get ahead,
Bet my money on a blue pine car,
Somebody bet on the red.

Black cars, blue cars, green and gray,
Do-da, do-da!
Are running on the track today,
Oh, do-da-day!

Sing chorus

Pine cars do have lots of class,
Do-da, do-dah!
Even though they don't use gas,
Oh, do-da-day!

Chorus:

They're the pride of all the Dens,
Do-da, do-da!
Built by Cub Scouts and their friends,
Oh, do-da-day!

DOWN ON THE RACE TRACK

Tune: Down by the Station

Down on the race track,
Early in the morning!
Revvng up the engines,
Got 'em rumbling loud.
Round the track we all will go
On our way to victory.
Vroom, vroom, let's go,
Wave the green flag high!

Here at the finish line,
Early in the afternoon,
Round and round the track we went,
Got the checkered flag.
Time to do a spin out,
Rubber burning, lots of smoke,
So glad the day is done.
Time to wash my car!

JOIN IN THE RACE

Tune: Camptown Races

Cub Scouts all join in the race,
Let's go, Let's go!
Bikes or cars will set the pace,
Oh yeah, let's go!

Going to go real fast,
Going to have some fun.
My car's fast, bet yours is too,
Race till day is done!

RACE TIME

Tune: Row, Row, Row Your Boat

Ride, ride, ride your bike,
Up and down the hills,
Turning corners, jumping high,
All without a spill!

DERBY CAR SONG

(Tune: Clementine)

First you carve it, then you sand it,
Then you paint it red and white.
They you put a number on it, add the wheels-
It's out of sight.

Soon it's race time. Weigh it in now.
I can hardly wait to show...
All my friends are at the gate now,
One, two, three. Get ready, go!

There's a first place. There's a second place.
There are ribbons for the rest.
Oh, what fun it is competing.
And I know I did my best.

IF YOU ARE READY FOR A RACE

Tune: If You're Happy and You Know It

If you're ready for a race,
Shout vroom, vroom!
If you're ready for a race,
Shout vroom, vroom!

If you're ready for a race,
Then it's time to set the pace.
If you're ready for a race,
Shout vroom, vroom!

OFF TO THE RACE

Tune: Oh, When the Saints

Off to the race, let's have some fun,
Spend the day outside in the bright sun!
Riding bikes, or running or swimming?
No matter what you do, have fun!

And do your best, follow the rules,
Don't give up, and put yourself to the test,
In the end you'll surely be smiling,
Knowing that you did your best!

CUB SCOUTS OFF TO THE RACES

Tune: Deep in the Heart of Texas

Let's all go race and have some fun!
(Clap three times) Cub Scouts Off to the Races!
Get some rest, let's do our best!
(Clap three times) Cub Scout Off to the Races!

Round and round we'll go, how fast, who knows?
(Clap three times) Cub Scouts Off to the Races!
I can see the finish line, feeling mighty fine!
(Clap three times) Cub Scouts Off to the Races!

Came in last, but had a blast!
(Clap three times) Cub Scouts Off to the Races!
Can't wait to do, this all again!
(Clap three times) Cub Scouts Off to the Races!

BANANA SALUTE (<https://www.youtube.com/watch?v=1ZORRyCQxls>)

Banana Salute (Scouts repeat)
Form banana (Scouts repeat)
Peel banana, peel, peel banana (x2)
Chop banana, chop, chop banana (x2)

Potato Salute (Scouts repeat)
Form potato (Scouts repeat)
Peel potato, peel, peel potato (x2)
Mash potatoes, mash, mash potatoes (x2)

Corn Salute (Scouts repeat)
Form the corn (Scouts repeat)
Shuck the corn, shuck, shuck the corn (x2)
Pop the corn, pop, pop the corn (x2)

Orange Salute (Scouts repeat)
Form the orange (Scouts repeat)
Peel the orange, peel, peel the orange (x2)
Squeeze the orange, squeeze, squeeze the orange (x2)

Mullet Salute (Scouts repeat)
Form the mullet (Scouts repeat)
Comb the mullet, comb, comb the mullet (x2)
Rock the mullet, rock, rock the mullet (x2)

Banana Salute (Scouts repeat)
Form banana (Scouts repeat)
Peel banana, peel, peel banana (x2)
Go bananas, go, go bananas (x2)

Banana Salute!

COOL CAT BEAT

[This is a syncopated rhythm chant, like a rap song. Call each group forward to join in the chant. Groups can be individuals, dens, families, ranks, or other groups such as Red Patrol, Den Chiefs, Camp Staff, Camp Director. By the end of the song, everyone should have joined in the group.]

Hey there, _____, you're a real cool cat,
You've got a lot of this and a lot of that,
We all think that you're real neat,
So come on down and do the Cool Cat Beat.

[Everyone points alternately left and right with their hands in the air.]

A-h-h-h-h-left, chicka chicka chicka chicka chicka, [point left]
And a-right, chicka chicka chicka chicka chicka, [point right]
Turn around, chicka chicka chicka chicka chicka, [turn in a circle]
Get down, chicka chicka chicka chicka chicka.

CUB SCOUT FRIENDSHIPS

Tune: Edelweiss (<https://www.youtube.com/watch?v=HR43hf2hJhg>)

Friendships near, friendships far,
Friendships made here in Scouting.
Find a place in your heart,
For the memories you're making.
Think of them often, you'll laugh and smile,
Laugh and smile forever.
Friendships near, friendships far,
Friends and memories of Scouting.

SCOUT VESPERS

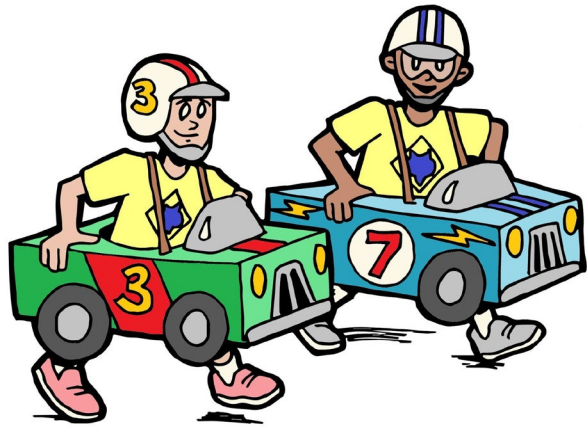
Tune: O Christmas Tree (<https://www.youtube.com/watch?v=PtfxfMwNxts>)

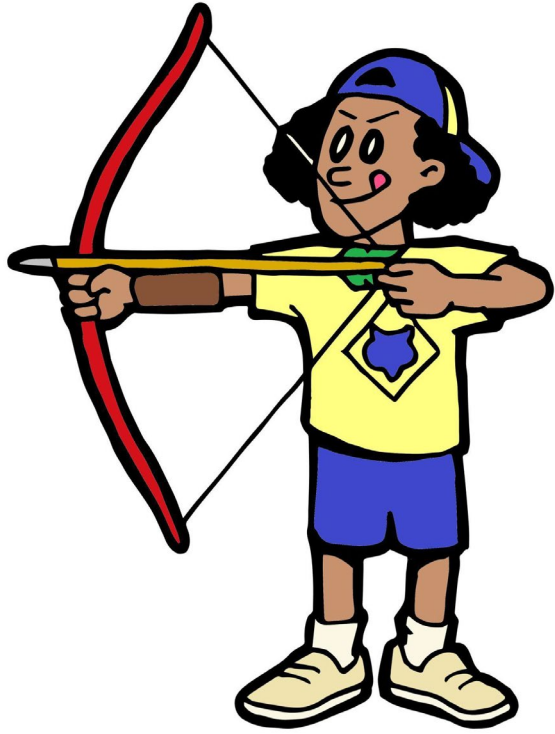
(Have Scouts stand in a line and crisscross their right arm over their left, while holding the hand of the Scout on either side of them. Then sing this together.)

Softly falls the light of day,
As our campfire fades away.
Silently, each Scout should ask
Have I done my daily task?
Have I kept my honor bright?
Can I guiltless sleep tonight?
Oh, have I done and have I dared
Everything to be prepared?

“OFF TO THE RACES” CLIP ART







Prayers

Prayers in Song

WE THANK YOU!

Tune: Kum-Ba-Yah

At our table Lord, we praise you,
For good food oh Lord, we thank you,
For our brotherhood, hear us pray
Oh Lord, we thank you,
Oh Lord, we thank you.

THANK YOU!

Tune: Kum-Ba-Yah

For the food we eat, we thank you,
For the friends we meet, kind and true,
For the fun we share, all day through,
Oh Lord, we thank you!

BLESS ALL OF US TODAY

Tune: Auld Lang Syne

Please make us ever thankful Lord,
Be present while we pray,
For food to eat and friends to meet,
Bless all of us today.

GOD IS GREAT

Tune: London Bridge

God is great and God is good
God is good, God is good.
Let us thank him for this food, Alleluia.

Spoken Prayers

PRAYER OF THANKSGIVING

We thank you today for the adventure of Scouting
for the unselfishness of parents
For the patience of those who teach us,
And for the encouragement of friends.
May the blessings of Almighty God rest upon us
And upon all our works
May He give us Light to guide us,

Courage to support us,
And Love to unite us, now and evermore. Amen.

WE GIVE THANKS

We give thanks for being here together in the name of Scouting.
We ask to have clean hands, clean words, and clean thoughts.
We ask that we learn to work hard and play fairly.
We ask to see the needs of others so we may help.
We ask for strength to do a Good Turn each day and to live up to our promises. Amen



PHILMONT GRACE

For food, for raiment,
For life, for opportunity,
For friendship and fellowship,
We thank thee, Oh Lord.

THE SUMMIT GRACE

For this time and this place,
For Your goodness and grace,
For each friend we embrace,
We thank Thee, Oh Lord. Amen

Duty to God

There is an opportunity for the Cub Scouts to earn a Duty to God patch while attending camp. Here is how one camp did it – Cub Scouts attend Duty to God sessions for four days, and then attend an Interfaith Service on Friday, put on by the Webelos. Cub Scouts are presented with a segment of the Duty to God puzzle patch, and after attending Day Camp for four years; they will have assembled the complete puzzle.

Visit the P.R.A.Y. website for information on the Duty to God puzzle patches as well as the Duty to God Summer Camp Program. <https://www.praypub.org/Data/Sites/1/media/resource-library/promotional-resources/summer-camp-dtg-program.pdf>

NOTE: This Duty to God program has different requirements than the rank-specific Duty to God advancement requirements.



World Friendship Fund

The World Friendship Fund is administered by Scouts BSA to help struggling Scouting associations in other lands. Adding this element to your camp can help Scouts and leaders learn more about world-wide Scouting and what they can do to strengthen Scouting throughout the world. They will also learn the meaning of the World Crest patch that is on their uniform.

Let families and Packs know that you will be collecting money for the World Friendship Fund in your promotional materials. When you do face-to-face promotion in Pack Meetings or Roundtables, mention it as well. Get the adults that are bringing these Scouts to camp excited about your camp's efforts toward the World Friendship Fund.

At camp briefly explain the purpose of the World Friendship Fund. Have someone share how the World Friendship Fund has helped Scouts in another country. Explain to the Scouts that your camp will be collecting money to donate to the World Friendship Fund.

There are several ways to collect the money. A specific item in the trading post can be designated as a World Friendship Fund item. Let the Scouts know that all proceeds from the purchase of that item will be donated to the World Friendship Fund. Make sure you put the World Crest on the bin that holds this item so the Scouts know exactly which item is helping to raise money.

Have a coin collecting competition between the dens. The den with the most coins donated by the end of the week gets special recognition on the last day of camp. Have a donation jar at the trading post throughout the week, then pass that jar around during the last day's closing ceremonies.

Be sure to share the grand total with the Scouts and their families.

To find out more about the World Friendship Fund and how to donate go to:
<https://filestore.scouting.org/filestore/pdf/wff.pdf>

Gathering Activities and Down Time Fillers

It is important to have gathering activities and fillers to keep Scouts engaged and out of mischief during down time or quiet time. This section includes lots of quick games and fillers to help camp run smoothly. Set your Den Walker/Leader or Den Chief up for success by providing appropriate time fillers when there is down time. Here is a list of suggestions for Down Time:

- Decorate your den flag and name tag
- Put a puzzle together of the parts of the bow and arrow
- Skit practice; work on voice projection
- Stay hydrated and take a potty break
- Tell jokes, do Mad-Libs
- Come up with an AWESOME den yell. See the den yell examples below.

Den Yells:

Look out! Here we come. Den _____ is on the run!

Clap, your hands, stomp your feet, Den _____ can't be beat!

Leavin' them in the dust, Go, Den _____!

We are Den _____, my friends, and we'll keep racing to the end. (We are the Champions)

Who are we? We're Den _____. What do we do? We win race & never quit.

SCOUT LAW TOSS

Put one point of the Scout Law on a 3x5 index card or square piece of paper/card stock. On the reverse side, put the number of the point of the law as it falls in the sequence. Turn each of the 12 Scout Law cards over on a grid so that the number side is up. Place the cards in proper order – 1 through 12. Have each Cub Scout toss a beanbag or alternative onto one of the squares.

The Cub Scout who throws the bag must now say the point of the law on which their beanbag landed. If they do not know it, the next in line may answer. Continue until the grid is completed. [Have an alternate game for Tigers and Wolves.]

OFF TO THE RACES - KIM'S GAME

Materials: Table or tray, sheet or towel to cover, theme related items such as toys, cars and/or boats, a running shoe, a gold medal, a racing bib, etc. Using the timer, allow each Cub Scout 10 seconds to quickly look at what is on the table or tray. Each Cub Scout then writes down what he/she saw. Remind the Cub Scouts to be specific. The Cub Scout with the most correct items wins. [Tigers and Wolves may need assistance writing their list.]

BEAN GAME (have small snack bags with beans and instruction in them)

Object: Balance beans on back of hand

Material needed: 20 dried beans

Number of players: 2 or more

Instructions: Pick up one bean in the left hand. Transfer the bean to the right hand. Place the bean on the back of your left hand. While still balancing the bean, pick up another bean in the left hand, transfer to the right hand, and place it on left hand. Continue until the beans are gone or one falls off. If a bean falls off, you must start over.

Winner: The person who balanced the most beans on the back of the left hand. Repeat until a bean falls off.

HUMAN KNOT

Group of Cub Scouts make a circle and extend both hands into the center of the circle. The Cub Scouts then grasp the hands of two other people, but not the hands of an adjacent person. Without letting go of hands, the Cub Scouts try to untangle themselves. Grips may change and palms may pivot on one another, but contact must be maintained.

OFF TO THE RACES ALPHABET

See if you can think of an “OFF TO THE RACE” word that starts with each letter of the alphabet. This could be a den, family or team challenge. Winners get first crack at the refreshments, or a silly/fun prize.

COACH SAYS

Description: This game is a Simon Says type game for racers! .

How You Play:

1. Tell the scouts that they are at the racetrack.
2. The “Coach” gives the orders to the racers.
3. The “Coach” must say “Coach says” before the racers can move onto another action.
4. Racers who move to another action without the Coach saying or racers who are not part of a group of the appropriate size are eliminated from the game. Once there is winner, re-group and play again! (Adjust this rule to fit the number of racers.)

Command	# of People	Action
"Coach Is Here"	1	Racers stand at attention and watch the Coach.
"Tie Your Shoe"	1	Racers bend to pretend to tie their shoes.
Start Your Engines!	1	Each racer pretends to start a car, making an engine noise and “turning” a key.
Pass the Baton!	3	Form a group of 3. Each racer extends their arm behind them to “grab” a baton.
Cross the Finish Line!	4	Form a group of 4. Link arms and run to the designated finish line.

Run a Lap!	5	Form groups of 5 racers and run a lap together.
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On Your Mark, Get Set, Go

It's Duck, Duck, Goose 2.0.

Have Scouts sit in a circle. One person is "It". This person runs around the circle touching the players on their back saying: "On your mark, Get Set, On your mark, Get Set." When "It" touches a player and says "GO!", that person must chase "It" around the circle. "Go" tries to tag "It" before they get home.

FROG RACES

Get a pack of wind-up or jumping frogs and have Scouts see which frog can get across a finish



line.

TRADING CARDS

Make up theme-related trading cards with a picture on one side and fun facts on the other, or use the Scout Law - a set of twelve cards with each one having a point of the Scout Law on one side and what it means on the other.

Give each Cub Scout a set of cards that are all the same. If you are doing the Scout Oath, give a Scout 12 cards of the word TRUSTWORTHY. The Cub Scouts will then have to go to other Cub Scouts and "trade" his/her card with them after introducing him/herself. The goal is to collect a full set of cards. This is a great way for the Cub Scouts to get to know each other and get excited about camp with a theme-related activity.

Below are trading cards that are for the Off to the Races theme. They fit on an 8 ½ X 11 landscape. You can put 8 on a sheet. Print pictures on front and fun facts on the back. Print the cards on cardstock to make them a little sturdier. (See link on NCS website for template.

<https://www.scouting.org/outdoor-programs/camping/cub-day-camp/>)

Cheers/Applauses & Audience Participation

Cheers and Applauses

Cheers and applauses are a fun way to say “great job” to those who are doing their best! Always make sure they are positive and sincere.

Archery Cheer: Mimic shooting an arrow, then call out, "Bull's Eye!"

Bow and Arrow Cheer: Make motion as if shooting an arrow and say, "Zing, Zing, Zing." Pretend to release an arrow with each zing.

Variation: Slowly draw arrow from quiver on your back. Place arrow against string of bow, pull back, release and say "pffft."

Checkered Flag Cheer: Wave one arm in figure eight motions.

Flat Tire Cheer: Bend down, attach pump to tire, lift and push on pump three times, then say, "BOOM!" and jump back in surprise.

Go-Team Cheer. Stand and yell, “Go, team!”

Motorboat Cheer: Flutter your hand in front of you while your tongue flutters.

Olympic Cheer 1: Hold your right hand high (as if holding a torch) and run in place.

Olympics Cheer 2: Join hands, raise them over head and shout, "Go for the Gold!"

Pole Vault Cheer: Stand two fingers of one hand on the other arm like legs. Have them run down the arm to the wrist and then leap into the air, as the hand comes down, CLAP!

Pop A Wheelie Cheer: Pop wheelie leaning way back and saying, “EERRRRTTT!”

Race Car Cheer #1: Move hand forward like a race car moving down a racetrack and shout “V-V-R-R-o-o-o-m!” Or shout "ZZRRRRrrrrrrOOOOOOOOOOOMMMMMM"
Do it three times (at least!)!!

Race Car Cheer #2: Say "Varooom" five times starting quietly and increasing in loudness each time while shifting gears with right hand.

Race Car Cheer #3: Leader says, “Cub Scout Racers”, audience answers, “Start your engines!”

Squeaky Wheel Cheer: Hold out your arm, and bend at the elbow. Make a motion like a wheel and say, "Squeak, squeak, squeak!"

Relay Cheer: Have one Cub Scout in each row or section start this one. They will clap twice and then clap the hand of the person next to them. They continue to clap in unison in this manner until everyone in the room is clapping.

Pass It On: Call out "Fist Bump", "High Five", "Elbow Touch", or "High Five Down Low" and start at the beginning of the den line. Each Scout passes the appropriate motion to the next Scout behind him/her.

Audience Participation

The beauty of Day Camp is it brings both Cub Scouts and adults/leaders together to have fun. It is important to make sure that you include everyone in your programs, songs, and activities. If the Cub Scouts see that EVERYONE is participating, they are more likely to participate as well. Cub Scouts LOVE to see adults be silly and have fun!

Rhythmic Exercise

Everyone stand.

Now, hands on your hips, hands on your knees,

Put them behind you if you please.

Touch your shoulders, touch your nose,

Touch your ears, touch your toes.

Raise your hands high in the air,

At your sides, on your hair,

Above your head as before

While you clap, one-two, three-four.

Now hands upon your head again,

On your shoulders, around you spin.

Then you raise them up so high.

And make your fingers quickly fly.

Then you stretch them out toward me,

And briskly clap them one, two, three.

THE BIG RACE

Narrator reads the following like a radio announcer with a lot of enthusiasm!

The audience is divided into groups. As their assigned word is read in the story, they make the sound:

WHITE = Whiz!

RED = Zoom!

YELLOW = Zip!

BLUE = Ca-Chunk!

The cars are ready

The flag us up.

The race is set to go.

The flag goes down;

And the cars are off...

They're running toe to toe!

The **WHITE** ___ ___ is ahead.

The **RED** ___ ___ goes by.

Here comes the **YELLOW** ___ ___ now.

Here comes another one - its **BLUE** ___

Whew, it sounds bad, wow!!

The last lap now.

The **RED** ___ ___ is leading,

The **YELLOW** ___ ___ and **WHITE** ___ ___. ___ close behind.

I'm looking hard -- I see the **BLUE** ___ ___.

So far back, it's hard to find!

The finish line is just ahead.

That **BLUE** ___ ___ is coming up fast,

I can't tell why ...

The crowd is on its feet ...

They're yelling -

The **RED** ___ ___, the **WHITE** ___

The **BLUE** ___ ___, the **YELLOW** ___ ___, ___

IT'S AMAZING FOLKS....THEY'VE ALL FINISHED IN A TIE!!

LEFT/RIGHT STORIES

Have the group either stand or sit down. Give something to each Cub Scout that he/she can pass during the story, such as a patch, a matchbox car, or a Pinewood Derby car tire. Here's how it works - when the group hears the word "left," they will pass their item to the left. When they hear the word "right," they will pass it to the right.

TIME FOR THE BIG RACE (Left/Right Story)

Kevin decided he wanted to try out for the track team at school. He loved to run, and this would be a way for him to get better at running and learn to do it **RIGHT**.

The coach had the runners circle the track, but they never knew which way they would go until the coach gave the order. He would start the runners out in a slow jog and then get them going a little bit faster. They would run around the track starting to the **RIGHT** and then go to the **LEFT**, then **RIGHT**, **LEFT** and then **LEFT**, then back to the **RIGHT**. Sometimes Kevin would get confused, but would follow the other runners as he hoped they were running in the **RIGHT** direction. After all, he didn't want to be **LEFT** behind. Finally, the big day came – Kevin's first race. He had the **RIGHT** shoes, had done the **RIGHT** stretches, and definitely had the **RIGHT** attitude – let's go!

The team started out with one run around the track. Three laps to the **RIGHT** and then one lap to the **LEFT**. Then took a **RIGHT** at the 50-yard line and ran **RIGHT** out of the stadium. Yep, they **LEFT** the track. What??? Kevin wasn't used to this. He trained every day running around and around the track – to the **LEFT** or to the **RIGHT**. Today they **LEFT** the track and ran **RIGHT** onto the city streets. Kevin panicked. This was out of his normal routine – he wasn't prepared. He told himself, "This is my first race; I've got to do it **RIGHT**. I'll just follow the rest of the runners. It is going to be a**RIGHT**."

Off to the **RIGHT** they went. They turned **RIGHT** at Main Street, **LEFT** at Best Street, and then **LEFT** again at DO IT Street. He was concentrating so much on his running, pacing, and breathing, he didn't notice that there were no other runners close to him. Oh, no, they **LEFT** him!

Just then he felt someone shaking him. Mom standing **RIGHT** in front of him. "Kevin" she said. "It's time to get up."

"What?" he thought to himself. "I am already up — I have already been out running. I was trying to do everything **RIGHT** and got **LEFT** behind."

Mom, who was still standing **RIGHT** in front of him, said, “Kevin, you’ve been dreaming.” Dazed, he looked at her and said “**RIGHT, RIGHT**, of course I was dreaming!”

Mom and Kevin **LEFT** the house and drove **RIGHT** to the school. He warmed up **RIGHT** next to his teammates and then **LEFT** the warmup area heading for the track. He was ready to get this **RIGHT**. What were the streets he ran on in his dream? Best, Do It? He thought to himself. . . “Was my dream telling me something? Do your best!” He finished his first race and did his best. He did it **RIGHT** and was not **LEFT** behind. Yay Kevin!!

HOW MANY LEFTS AND RIGHTS!! (Left/Right Story)

Den Seven decided to challenge the other dens to a bicycle race. Each den felt that they were the **RIGHT** ones to finish the race before the others and not get **LEFT** behind. They agreed on some rules and decided they could pick any route they wanted to take. The only rule was they all needed to do was count how many times they turned to the **LEFT** and the **RIGHT**. The one with the most turns would be the winner. They had to leave the place they were standing putting an X in the sand – “**RIGHT** here” and come back to this area, where another x was marked on the ground, “**RIGHT** here.” Just so happened that the x’s were on the ground to the **RIGHT** of home plate. Good thing they all knew their neighborhood.

Den 2 already had a short cut in mind to finish first and win. There would be a lot of zig zagging to the **RIGHT**, then to the **LEFT**, **LEFT** again, and then to the **RIGHT**, but they were sure it was the fastest route and would have the most **RIGHT** and **LEFT** turns.

Den 6 was thinking about the route as well. **LEFT** on Main Street, **RIGHT** on Rose Street, **RIGHT** on Cassie Street, then another **LEFT, LEFT, RIGHT, RIGHT**. They were sure that a few turns to the **RIGHT** and then **LEFT** get them to the finish line first with LOTS of **LEFT & RIGHT** turns!

The Webelos were not going to be **LEFT** behind. They didn’t care how many **LEFT** or **RIGHT** turns they made as long as no one got lost and everyone finished together.

RIGHT after breakfast the next morning, they would meet **RIGHT** next to the x’s they had put on the ground, **RIGHT** next to home plate at the ballpark. The dens lined up their bikes and all **LEFT** at the same time. As planned, Den 2 took off to the **LEFT**. **LEFT** on Main Street, **RIGHT** on Rose Street, **RIGHT** on Cassie Street. . . . hmmm another **LEFT, LEFT, RIGHT, RIGHT**. One more **RIGHT** and they would return to home plate at the ballpark. Den 6 took off to the **LEFT** and then to the **RIGHT**, zig zagging as planned. A few **Rights** here and a **LEFT** or two there, they were on their way back to the x **RIGHT** next to home plate.

Den Seven turned to the **RIGHT**, made another **RIGHT**, a **LEFT** and one more **RIGHT** before heading back to the x **RIGHT** next to the area they had all just **LEFT**. They were the first ones back! But in all the excitement, they lost count of the turns. Oh well, at least they hadn't lost any of their den members.

They all high fived as they stood around home plate. Then they counted how many times they went to the **LEFT** and how many times they went to the **RIGHT**. Then they all laughed. It didn't matter who had the most; they all had fun together. Everyone had fun and no one was **LEFT** out.

Skits & Run-Ons

Incorporating skits, jokes, and run-ons is a great way to add fun to your Day Camp. They allow the Cub Scouts to share their talents, have FUN, burn off energy, and learn something new.

POSITIVE VALUES – Fun is an important element of Scouting, but we must remember that everything we do with our Cub Scouts should be positive, meaningful, and reflect the Scout Oath and Law. Activities should build self-esteem, should be age-appropriate, and should not offend participants or the audience. Remember, when in doubt, take it out!

Skits

Skits are a great way to add fun and camaraderie among the campers and dens at Day Camp. They help channel a Scout's imagination and give them a chance for creative expression. Participation in skits helps build confidence and teaches the importance of teamwork and cooperation.

Tips for Skits

A few simple rules to remember when using Cub Scout skits are:

1. Keep it simple!
2. Keep it short—usually no more than two to three minutes.
3. Avoid long dialogue and memorized lines.
4. Use simple costumes and props.
5. Every Cub Scout in the den should participate.
6. Be sure the audience can hear. It cannot be too loud!
7. Use skits that reflect the values of Cub Scouting.
8. Practice, practice, practice!

Note to Camp Directors: **Always** preview all skits before the Cub Scouts perform them.

SKITS ON A STICK – Theme Related

Skits on a Stick allow Scouts to create their own skit to share. This is how it works. You will need four different color popsicle sticks or a way to designate each category – one color for **CHARACTER**, one color for **SETTING**, one color for **PROBLEM** and one color for the **SCOUT LAW**. Using different colors will allow you to put the sticks in one container. If they are not color coded, you will need to put each category in different containers.

Before camp starts, write on each of the popsicle sticks using the example below.

Have up to 4 Scouts in the den pick a popsicle stick of a different color. Using the information on the popsicle sticks, the Cub Scouts will create a skit. Don't forget the theme: the character can be related to any type of racing; the setting can be on the racetrack, field, or somewhere else; problem can be an issue with equipment or tools, etc. Let the Cub Scouts have some fun and show off their creativity!

Theme Related

CHARACTER – RED	SETTING – YELLOW	PROBLEM – BLUE	SCOUT LAW – GREEN
Coach	At the track field	Whistle	Trustworthy
Race Car Driver	At the racetrack	Tire	Loyal
Runner	On the track	Shoe	Helpful
Bicyclist	On the steep hill	Legs	Friendly
Jockey	At the starting line	Rudeness	Courteous
Pit Boss	Training track	Driver	Kind
Pilot	At the field	Steering wheel	Obedient
Race Marshall	In the office	Paper	Cheerful
Referee	On the sideline	Shirt	Thrifty
Mechanic	In the pit	Wreck	Brave
Trainer	In the gym	Injury	Clean
Announcer	In the booth	Microphone	Reverent

Other Generic Fun Ideas

CHARACTER – RED	SETTING – YELLOW	PROBLEM – BLUE	SCOUT LAW – GREEN
Actor	At a Baseball Game	Arrow	Trustworthy
Anteater	At a Football Game	Baseball	Loyal
Army Sergeant	At a Gas Station	Bat	Helpful
Astronaut	At an Amusement Park	Bewitched	Friendly
Bank President	At McDonalds	Bubble Gum	Courteous

Barber	At School	Bug	Kind
Batman	At the Beach	Candy	Obedient
Bear	At the Circus	Corn	Cheerful
Boxer	At the Empire State Building	Crowded	Thrifty
Brain Surgeon	At the Ice-Skating Rink	Fat	Brave
Bus Driver	At the Police Station	Fortune	Clean
Car Salesman	In a Castle	Gold	Reverent

PENGUIN SKIT

Cast: Bus driver, penguins (Scouts dressed in black trash bags) and a police officer.

Driver with a busload of penguin's chugs across the stage. Police officer stops the driver.

Police: "Where are you taking these penguins?"

Driver: "I'm taking them to the beach."

Police: "Penguins don't need to go to the beach. Why don't you take them to the zoo where they belong?"

Driver: "Good Idea!"

The driver changes direction and goes off stage with the penguins. Shortly the driver returns back on stage with the penguins – all carrying towels and lotion and wearing sunglasses and beach hats. The police officer stops him again.

Police: "I thought I told you to take these penguins to the zoo!"

Driver: "I did! They had a great time so now I am taking them to the beach!"

Below are skits that at first glance look like there may be Scouts left out of the skit. With a couple tweaks these can include all Scouts. Use your imagination when looking for skits. If they are repetitive in nature, the number of Scouts that can participate is only limited by attention span.

IS IT TIME YET?

Props: Newspaper for each Scout

Several people are standing in a row reading newspapers. The person at the end asks the person next to him "Is it time yet?" The person asked turns to the person on their other side and asks the same question, and the question gets passed from person to person along the line until it reaches the other end. The person at the end looks at their watch, says "Not yet." and it gets passed back along the line.

Everyone sits reading for a while longer, then the first person asks again "Is it time yet?" Once again the message is passed along the line, and the reply is again "Not yet."

After another wait the question is asked again. This time the person at the other end looks at their watch and says "Yes, it's time." When this message reaches the other end of the line, everyone turns the page and continues reading...

THE INVISIBLE CAR

Scout 1: Walks on to stage and sits in the driver's seats. They pretend to drive a car.

Scout 2: Walks up to #1 and asks. "Whatcha doin'?"

Scout 1: Driving the invisible car.

Scout 2: Can I join you?

Scout 1: Sure. Scout #2 gets in the car and sits as a passenger.

The skit continues until the last Scout comes on stage. They ask the same as the other then says:

Final Scout: No you're not. I moved the car over there yesterday. (Points)

All sitting Scouts fall down.

THE ECHO SKIT

<https://youtu.be/BawphsEkkIE>

All but three Scouts are positioned off stage or behind the audience.

Scout 1 on stage: There is a great echo where we currently are and says, "Let's try it..." and shouts, "Off to the Races!"

One-by-one all Scouts off stage take turns repeating, "Off to the Races."

Scout 2 on stage: "Let me try...Go, Team!"

One-by-one all Scouts off stage take turns repeating, "Go, Team."

Scout 3: "That was cool...Pass the Baton!"

One-by-one all Scouts off stage take turns repeating, "Pass the Baton"

Scout 1: Racing!

There is no echo.

Scout 2: "Hmm...let's try that again...Racing!"

There is no echo.

Scout 3: "Let's try something else....Day camp is fun!"

All but one Scout off stage repeat: "Day camp is fun."

Last Scout off stage yells, "Racing!"

Run-Ons

Cub Scouts LOVE to be silly. A Run-On is a quick, two or three line skit that is delivered by actors that “run on” the stage between sketches. Scout’s Life Magazine is a great resource to find Cub Scout appropriate jokes to use as run-ons.

SCOUT 1: What do you do for a living?

SCOUT 2: Race cars.

SCOUT 1: Wow! Do you win a lot of races?

SCOUT 2: No. The cars are usually much faster.

SCOUT 1: Do you want to hear a racing joke?

SCOUT 2: Sure.

SCOUT 1: Never mind. That one’s re-tired.

SCOUT 1: Which punctuation mark would win a race?

SCOUT 2: I don’t know.

SCOUT 1: The dash.

SCOUT 1: What do you get when you cross a racecar with a spud?

SCOUT 2: Beats me.

SCOUT 1: Crashed potatoes.

SCOUT 1: Why can’t tomatoes win races against lettuce?

SCOUT 2: Tell me.

SCOUT 1: Because Lettuce is always a head, and the tomatoes are always trying to ketchup!

SCOUT 1: Do race drivers stop and take a nap?

SCOUT 2: Yeah, when they are getting tired.

SCOUT 1: Why couldn’t the frog find where he parked his car?

SCOUT 2: He’d been toad.

SCOUT 1: If a car’s chasing you, you’ll definitely get tired.

SCOUT 2: But if you chase cars, you’ll get exhausted.

SCOUT 1: What do you say to a frog who needs a ride?

SCOUT 2: “Hop in.”

SCOUT 1: What do you get when dinosaurs crash their cars?

SCOUT 2: Tyrannosaurus wrecks.

What do you call baby sled dogs?

Mush puppies (iditarod joke)

What is the longest running race?
The human race!

My racehorse's name is Mayo.
Sometimes, Mayo neighs.

What kind of horse do you ride on Halloween?
A nightmare.

What's the difference between a horse and a duck?
One goes quick and the other goes quack.

Why is Miss Piggy such a bad driver?
Because all she does is hog the road.

I couldn't figure out how to fasten my seat belt.
Then it clicked.

What happened when the blue boat and the red boat crashed into each other?
They were marooned.

Which vegetable is not allowed on boats?
Leeks.

How do boats say "hello" to each other?
They wave.

Did you hear about the boat that cheated in the race?
It was rigged.

MESSAGE FROM THE BRANCH OFFICE

A Scout walks on and reads a note or simply states, "We interrupt this program to bring you a message from the branch office!" Other Scouts walk on carrying branches.

CAMP OWNERS

Scout 1: We all know who the real owners of this camp are – the wild animals. Every now and then, if you're quiet you can hear them. In fact, if you listen carefully, you might hear a young animal calling for its mother now...

Scout 2: (off stage yells) HEY MAW!

SUN OR MOON

Scout 1: Excuse me, is that the sun or the moon?

Scout 2: I don't know, I'm new here.

THE INFANTRY IS COMING

A Scout or two run in from the side of the stage and yell, "The infantry is coming, the infantry is coming!"

Later in the program (after a skit or two) A Scout or two run in from the side of the stage and yell, "The infantry is coming, the infantry is coming!" This happens a few times in the program.

Finally, a Scout or two come out holding a small tree and they proclaim, "The infant tree is here!"

Games & Activities

Lord Baden Powell said, "Scouting is a game - with a purpose!" Games are a great way to teach Cub Scouts about sportsmanship, teamwork, playing fair, doing one's best AND having FUN! Cub Scouts do not require prizes, nor do they care if the game is not finished. They like games!

TIPS:

- Choose an appropriate game – one that is right for the age level and playing area.
- Be prepared – have everything you need and know how to play the game.
- Start positive – start the game with enthusiasm.
- Explain the rules and make sure everyone can hear.
- Make the instructions brief.
- Demonstrate how the game is to be played or do a practice round.
- While the game is being played, watch for ways to adjust if necessary.
- End the game BEFORE it reaches its peak of enjoyment – this allows for maximum fun and helps eliminate boredom. They'll want to play it again another day.
- Delay setting a winning score.
- REACH FOR LASTING RESULTS.

We have included games and activities that you can adapt for your Day Camp. While deciding which ones will work, think about how they can be modified for the different levels of Scouting and be age-appropriate. Sometimes changing the size of the ball, rolling instead of throwing, or shortening the distance between bases will allow the game to be played by all.

BURLAP SACK RACES

These can be done as a line of individual Scouts or as a Relay.

Individual Sack Race Rules:

To play you need one burlap sack for each Scout. The more people racing, the more fun it is. On “GO!” the Scouts will run to their sack, put both feet in and begin hopping toward the finish line. Scouts must keep both feet in the sack and at least one hand on the sack at all times. The sack must remain as close to the waist as possible and should not fall below the knees. The first racer to the finish line wins.

Relay Race Rules:

To play you need one burlap sack for each team. On “GO!” the first Scout puts both legs into a sack and hops around a cone, or some marked point, and back, tagging the Scout in line. Then, the next Scout in line gets into the sack and repeats the once-around the cone and back. Repeat until all Scouts have had a turn. The first team to the finish line wins.

To make the sack races a little more fun you can use variations such as hop backward, making noises, etc.

Relay Races

SHOE-KICKING RELAY

Divide players into two teams. Teams line up in parallel rows with players standing behind one another. The first Scout in line kicks old shoes to a given point, picks them up and runs back. Use shoes similar in size and weight, available at second-hand stores

ANIMAL WALK RELAY

Divide players into two or more teams. Teams line up at the starting line and walk like different animals to a stop line, then turn around and tag the next Scout in line. They can walk like a crab, hop like a kangaroo, crawl like a worm (be mindful of grass allergies or obstacles), walk like a bear, gallop like a horse, waddle like a penguin.

Water Games

WATER BRIGADE Divide the group into several teams standing in two parallel lines. Place a bucket at each end of each team. Fill the bucket at one end of each team with water. Give each player a disposable cup. The object of the game is for each team to transfer the water from the filled bucket, cup by cup, to the empty bucket. At “GO” the first player on each team dips his cup into the full bucket. The water is passed from player to player by pouring it into the next cup. The last player pours the water into the empty bucket. The winning team is the one that finishes first with the most water in the bucket.

JELLYFISH RACES

<https://livingporpoisefully.com/2018/05/23/jellyfish-races-ocean-themed-birthday-party-game/amp/>

PVC KIDDIE CAR WASH

<https://www.thekeeperofthecheerios.com/2018/07/pvc-kiddie-car-wash-slip-n-slide-water-park.html>



MORE WATER GAMES

<https://www.playpartyplan.com/outdoor-water-games/> has many water games on it that can be done at camp. If a game calls for water balloons, try using sponges instead. You don't have to worry about latex allergies, clean up is easier, and it shows Scouts one way to care for our environment.

Here are a couple examples of their water games.

CUP TO CUP

Supplies: Two buckets and plastic cups

Prep:

1. Put one full bucket of water in the grass and have one player sit right behind the bucket.
2. Have the rest of the team sit in a straight line right behind the first player.
3. Have the last person in the line turn and face the other way so the last two players are back to back instead of one after another.
4. Put another smaller bucket or a bucket with a marked halfway line in front of the last player.

Play:

1. Give the first player an empty cup. They must dip the cup in the full bucket of water and pass it backwards over their head to the next kid.



2. The second kid must then pass it over to the third and so on until the final kid on the team dumps the water in the cup into the empty bucket.
3. Then pass the empty cup of water back up to the front.

The first team to fill their bucket wins.

SPONGE RUN

Supplies: Two plastic buckets, large sponges

Prep:

1. Place a bucket full of water (or a wading pool) on one side of the yard and place an empty bucket on the other.
2. Give a sponge to each player and have them stand by the full bucket or water (or kiddie pool).

Play:

1. Players must dunk the sponge in the water trying to soak up as much water as possible.
2. They then have to put the sponge on their head and hold it there while they run to the empty bucket, hoping to keep as much water as possible in the sponge. Wring out the sponge into the empty bucket and run back, continuing until someone reaches the mark on the bucket.



First person to fill up their bucket to the marked line wins.

Courses

TIRE OBSTACLE COURSE

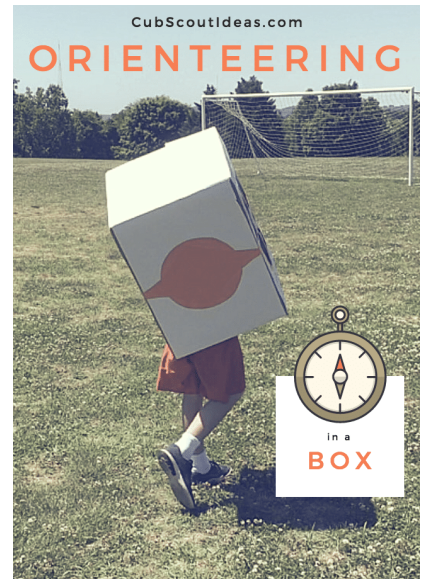
<https://pin.it/4EgUADr>

Pictured are inflatable tires. You can also use old tires. It all depends on your budget and storage space.

ORIENTEERING IN A BOX

<https://cubscoutideas.com/6540/cub-scouts-go-orienteering-in-a-box/>

You can do this one day. Then next day set up an orienteering course and have a race to see who completes it faster. Get the adult volunteers or Den Chiefs to help.



Other Games

BLANKET BALL

Any number of players, two sheets, blankets, or beach towels, two beach balls or large soft objects (even rolls of toilet paper work well). Form two groups. Group members grab hold of a blanket's edges, with a ball in the center. Players practice throwing the ball up and catching it by moving the blanket up and down in unison. After the groups have developed some skill in catching their own ball, they toss the ball toward the other group to catch on their blanket. Groups continue throwing the balls back and forth.

Variation: Try using sponges outdoors on a hot day.

ORIGAMI JUMPING FROG

<https://teachbesideme.com/leap-frog-math-game/>



HORSE RACE GAME

<https://uniquecreationsbyanita.com/how-to-make-a-horse-racing-game/>



Derbies/Races

RAINGUTTER REGATTA OR A RECYCLED RAINGUTTER REGATTA

<https://scoutingmagazine.org/2017/04/make-your-raingutter-regatta-a-recycle-regatta/>

<https://www.pinterest.com/inneedofmercy/recycle-raingutter-regatta/>

<https://cubscoutideas.com/8850/recycled-raingutter-regatta-boats/>



LEGO® DERBY

<https://www.pinewoodpro.com/lego-derby-car-racing.php>

You can buy the kits or make some of your own.

KITE DERBY

<https://scoutingmagazine.org/2019/02/flying-kites-in-scouting/amp/>

MORE DERBY IDEAS

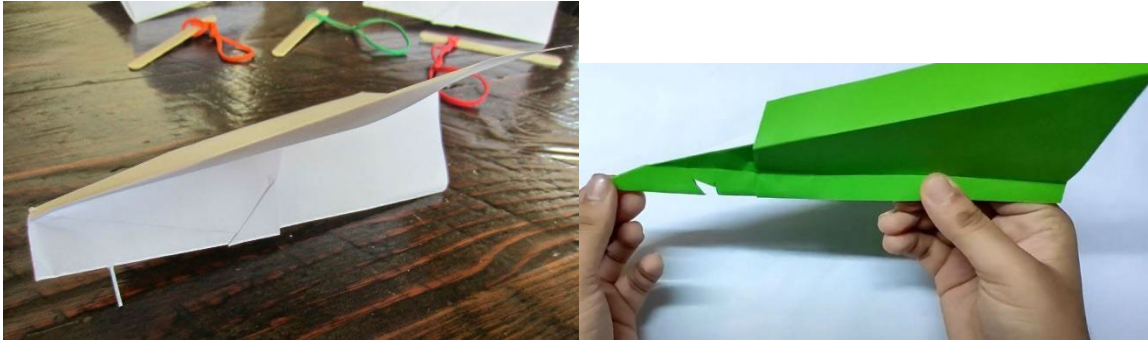
From Great Salt Lake Council: <https://ccsslcubs.wordpress.com/2015/11/11/173/>

PAPER AIRPLANE RACES

Here are a couple different approaches to this concept. For latex allergies you can substitute for rubber band with black covered hair ties

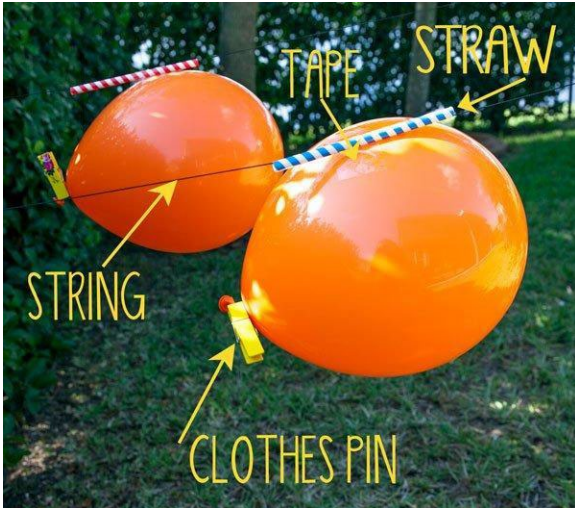
<https://deceptivelyeducational.blogspot.com/2014/07/how-to-make-paper-airplane-and-launcher.html>

<https://www.youtube.com/watch?v=Re45wngxYJE>



BALLOON RACES

<https://www.designdazzle.com/balloon-rocket-races/>



POOL NOODLE FRISBEE RACE

<https://www.pinterest.com/pin/455285843593386168/>

Materials Needed:

Pool Noodles (1 for each team)

Frisbees (1 for each team)

How To Play:

1. Divide your group into two teams (or do individual races).



2. Create a starting line and have the first person line up with a pool noodle in one hand and frisbee in the other.
3. Start the race and have each person balance the frisbee on top of the pool noodle and then race around a cone or designated spot and back to their team to hand off to the next person. When doing individual races, have them race to a finish line.
4. If they drop the pool noodle they have to return to the starting line, balance their frisbee on top of their noodle and start again. (You can also play that they just need to stop where they are on the race, rebalance the frisbee, and continue.)

-

For little kids, use shorter pool noodles and have them hold the noodle near the top for easier balancing.

Crafts



The Space Race

This link has information to build air rockets, film canister rockets, water bottle rockets with vinegar and baking soda, and toothpick and straw rockets. These can make a fun craft to use at a STEM stations.

<https://cubscoutideas.com/3518/rocket-academy-cub-scout-recruiting-event/>

BOTTLE ROCKET

<https://www.instructables.com/Make-a-Stable-2-Liter-Bottle-Rocket/>



STRAW ROCKETS

<https://buggyandbuddy.com/straw-rockets-with-free-rocket-template>

FINGER ROCKET

<https://frugalfun4boys.com/how-to-make-a-pool-noodle-rocket-flinger/>

These also make a good rainy-day alternative to shooting sports. Be sure to follow range rules.

HORSE RACES

PEG HORSES

Here are a couple of design options for peg horses. The instructions can be found at

<https://www.instructables.com/How-to-make-a-peg-pony/>



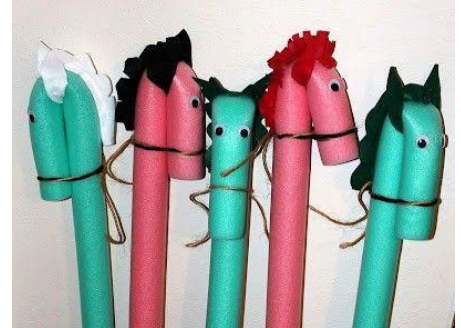
WRAPPING PAPER TUBE HORSES

<https://www.craftymorning.com/kids-horse-craft-made-wrapping-paper-tube/>

POOL NOODLE HORSES

This idea came from: <https://mrskingrocks.blogspot.com/2012/07/making-swimming-noodle-ponies.html>

Supplies Needed: Pool noodle (the skinnier ones work best), twine, rope, or your choice of something for the bridle that you can tie tightly. (Consider using patterned duct tape. It holds firmly and looks great!), felt (9 x 12 sheets work well), large googly eyes, low temp glue gun and glue.



First, bend the noodle and tie the twine tightly around it. If you want, you can weave a pipe cleaner around it to add some color after you've tied it on. I left a little bit of the twine hanging so that it looked like reins, but they are more for looks than for function of any kind.

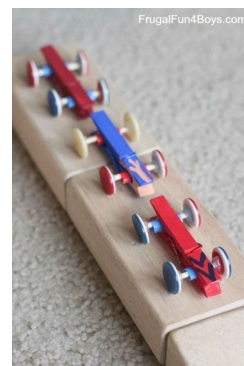
Next turn the piece of felt long ways and cut a strip about an inch wide. Cut the ends of it into points for the ears. Cut the next strip (still looking at the felt long ways) at about 4 inches wide. Fold the wide stripe and cut waves around the edges to create the mane.

Slide the long piece for the ears between the part of the noodle that is folded and pull them up firmly in place. Glue the ears up. Hot glue the mane and wiggly eyes in place.

CAR RACES

TUBE RACERS

Do you want to make cars on a budget? Try these toilet paper roll racers . <https://thriftyjinx.com/cars-2-craft-project-make-tube-racers/>



CLOTHES PINS



AND BUTTON CARS

<https://frugalfun4boys.com/clothespin-button-car-craft-kids/>

SOAPBOX CARS

From

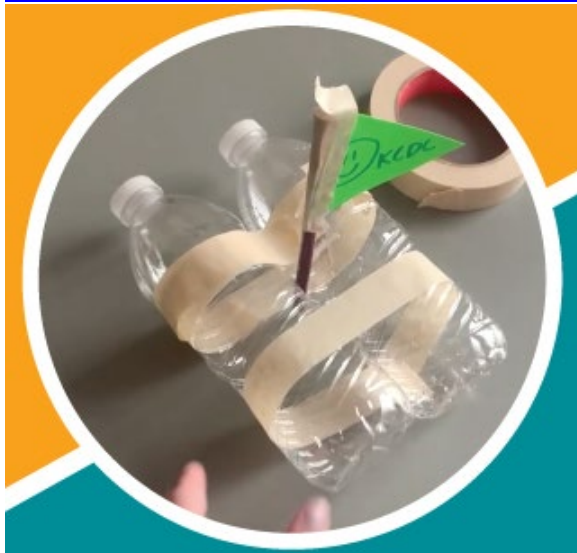
<https://www.instructables.com/How-to-Make-a-Soapbox-Cardboard-Car/>

These can be made throughout the week and raced on the last day.

BOAT RACES

WATER BOTTLE BOATS

<https://kansasdiscovery.org/water-bottle-boats-discovery-at-home/>



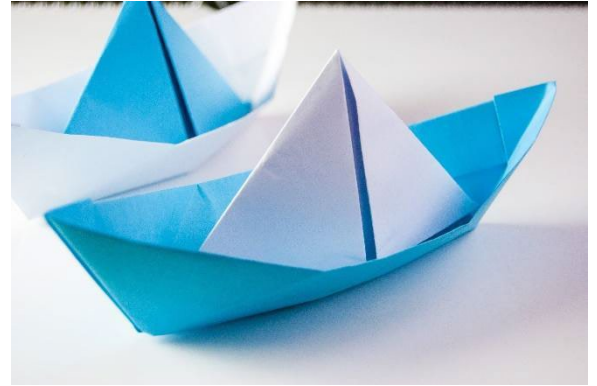
Materials Needed:

- Two empty plastic bottles
- Paper
- Markers
- Crayons
- Tape

- Scissors
- Kiddie pool or bucket with water
- optional : crayons, lids, glue, popsicle sticks

Directions:

- Attach two water bottles together with some tape.
- Add a sail to your boat by using a pencil or popsicle stick in the middle of the two water bottles.
- Add the flag by cutting a triangle out of a piece of paper and attach it to the top of your pencil.
- Decorate your boat. You can use markers and crayons to add designs. Cut paper and tape/glue it to the boat.
- Once decorated, test your boat in water to see if it floats or sinks. Add more or less to your boat to see if this makes a difference.
- While your boat is floating, try adding an object on your boat to see if it can hold it.



PAPER BOATS

<https://www.wikihow.com/Make-a-Paper-Boat>

You can also make these using aluminum foil. They will float a little longer.

Snack Ideas

CAUTION: For safety reasons, please don't have any food eating contests at camp.

Explore the nutrition of athletes. There are some informative videos and books available. Remember to think about allergies and have alternatives available. The most common allergies are: gluten, nuts (any and all), Red 40, and eggs. Be aware of refrigeration. Follow the standards for food (*FS 601 – 603*).

Fun Camp Food

EDIBLE FIRE

This idea came from <https://cubscoutideas.com/3385/learn-campfire-safety-with-a-craft-edible-campfire/>

Not only is this snack fun to build and delicious to munch, but the process of preparing it also teaches Scouts the how-to's of safe campfire building.

Edible Campfire Supplies:

Paper plate – 1 per Scout
Small paper cup – 1 per Scout
Plastic fork – 1 per Scout
Mini Marshmallows – 10 per Scout
Cheerios – 20 per Scout
Large pretzel log – 1 per Scout
Chow Mein noodles – 1 teaspoon per Scout
Thin pretzel sticks – 4 or 5 per Scout
Candy corn – 6 per Scout
Red hots – 5 per Scout

Building Steps:

1. Create a fire ring with mini marshmallows and Cheerios.
2. Break your pretzel log into 3 pieces and use them to make a "V" or "A" shape.
3. Make a small pile of Chow Mein noodle tinder in the corner of the "V" or "A."
4. Light the tinder with some red hots sparks.
5. Add pretzel sticks kindling.
6. Add the candy corn flames.

TIP: Possible substitutes: Gluten free pretzels logs (big pretzels) and tinder (thin pretzels) (*GF food can get spendy, so only purchase 1 bag of each kind of pretzel to be used by your GF Scouts. All other Scouts get*



regular pretzels), shredded coconut for tinder (you can color it red), dried cranberries for the flames.

NOTE: It is important to avoid cross-contamination for your GF (gluten free) Scouts. Have a designated area for them close to the group.

S'MORES IN A CONE

Supplies Needed: Sugar Cones, Mini Marshmallow, Chocolate Chips, Aluminum Foil

First, have the Scouts put marshmallows and chocolate chips in the cone.

Second, have the Scouts wrap their cone in foil.



Third, an adult will

place the foiled coil on fire coals for about 5 – 7 minutes.

Remove from the coals. Let cool a little. Then have the Scouts unwrap each cone and enjoy



SOLAR OVEN

It is fun to cook food in a different way.

Here are links with instructions on how to build a solar oven:

<https://www.homesciencetools.com/article/how-to-build-a-solar-oven-project/>

<https://www.stevespanglerscience.com/lab/experiments/solar-oven/>

<https://www.scienceprojectideas.org/how-to-make-a-solar-oven.htm>

<https://sunshineonmyshoulder.com/wp-content/uploads/2015/03/Science-Fair-Projects-1000.jpg>

A few recipe ideas for the solar oven can be found at

<https://www.homesciencetools.com/content/reference/SolarOvenRecipes.pdf>

FOOD FOR OFF TO THE RACES

NUTS AND BOLTS TRAIL MIX

<https://blog.hadleydesigns.com/birthdays/race-car/trail-mix-recipe/>

Ingredients:

- 2 cups Honeycomb
- 2 cups Honey Nut Cheerios
- 2 cups Multi-grain Cheerios
- 1 10.7-ounce package almond M&Ms
- 1 10.7-ounce package M&Ms
- 1 bag raw almonds
- 2 cups animal graham crackers

RACE CAR APPLES



We're making puppy chow with dairy free and GF options to mix in to celebrate sled dog races
Ho Ho and mini oreo car snacks
Healthy race care snack (apple slices/grapes, pretzel, teddy graham)
Carrot stick traffic cones
Hot air balloon oranges

CANDY BAR RACE CARS

<https://redkitedays.co.uk/mars-bar-race-cars-party-food/>

- 10 small mini chocolate bars
- 1 small spoon
- 10 small teddy bear cookies
- Icing (you can use pre-made shop bought icing or even just a little melted chocolate)
- 40 M&M's, Smarties or similar (8 of each color)

1. Unwrap a chocolate bar and set down on the table.
2. Using the end of a small spoon, poke a slit into the top of the chocolate bar near one of the ends, stopping at about 4mm into the chocolate bar (the chocolate will crack, just try your best to minimize this).
3. Stick a teddy cookie into the slit and try to smooth the chocolate up against it so that it stays upright.
4. Use the icing to glue the M&M or Smartie tires onto the sides of the chocolate bar.
5. Let set.

HOT DOG RACE CAR

<https://eatingrichly.com/race-car-hot-dogs/>



BANANA STRAWBERRY CAR



WALKING TACOS

<https://www.eatingonadime.com/walking-tacos-recipe/>

- single serve bag corn chips– one person
- taco meat ready or beans
- Favorite taco toppings (chopped lettuce, tomatoes, homemade guacamole, shredded cheese, or sour cream)



ENDURANCE ATHLETE SUPER FOODS

<https://m.youtube.com/watch?v=4-N7XRNLDXA>

This video is filmed from the Tokyo Olympics. In it he talks about food endurance athletes need and why they need them.

- Fruit for the fiber and quick burn carbohydrates
- Rice for carbohydrates. If it is cooked with turmeric, that helps with joint pain and inflammation. It is also easy to digest.
- Lean meat for protein. The building block of muscle.

Ideas for incorporating this information at camp.

- 1- During your food station or lunchtime talk about how important eating the right food is for athletes. Then briefly talk about fiber, protein, and carbohydrates. You can then have them try foods that incorporate these such as Walking Tacos with a side of watermelon.
- 2- Talk about the differences between fruits and vegetables. Have the Scouts play a guessing game of “Is it a fruit or a vegetable?” You can do this by showing them pictures.

A more hands-on way of doing this is by creating a relay using plastic fruits and vegetables and two baskets. One is labeled fruit. The other is labeled vegetable. Scouts need to determine what it is and then run to a correct basket and drop the food in. After all the food is in the basket, talk about how many they get right.

After the relay, have them try a piece of the fruits and vegetables that were in the relay.

Challenge Foods

A fun way to explore the theme in food is to have challenging foods for Scouts to try. Make it clear that these are just to try if the Scout wants to. No one will make them eat anything. Please encourage Scouts to be courteous to fellow Scouts.

In the Endurance Athlete Super Food video, he mentions fruit and kimchi. You may want to bring fruits that many have not had such as star fruit or pitaya (dragon fruit.)

S.T.EM. (Science, Technology, Engineering, Math)

NEWTON CAR

Go to <https://www.nasa.gov/stem-ed-resources/newton-car.html>) for full instructions and data worksheets. You can also go to: <https://www.youtube.com/watch?v=-QYBl1gAShU> to find another design for Newton Car.

Objectives

To investigate the relationship between mass, acceleration, and force as described in Newton's second law of motion.

Materials

Newton Cars (see separate instructions)

Cotton string

Two rubber bands (size 19)

Medicine bottles (see Tip)

25 straight drinking straws (not flex)

Meter stick or ruler

Metric beam balance or scale Scissors or lighters (see Management below)

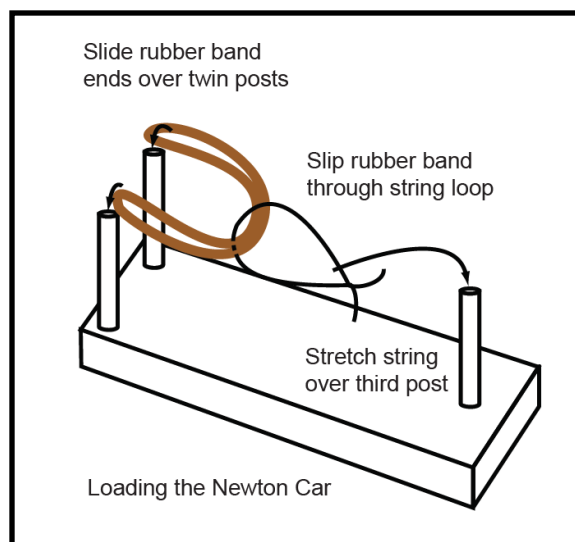
Popcorn seeds, washers, pennies, marbles, paper clips, etc. (for filling the bottles)

Eye protection

Management

This activity requires a smooth floor or long tables for a rolling surface. Be sure teams understand how to set up the car and are consistent in their placement of straws.

Demonstrate the "loading" of the car. After attaching the rubber band and string to the car, press the bottle into the "V" of the rubber bands. This process must be done the same way each time. Also demonstrate the string cutting process. The string must be cut and the scissors moved out of the way in one smooth and quick movement. Lighters can also be used for burning through the string. Have Scouts light the ends of the string dangling down from the knot. The flame will



climb up the strings and burn through the knot. Scouts must wear eye protection with either string cutting technique.

By varying the mass and the number of rubber bands, Scouts are able to see a visual demonstration of the relationship of mass and acceleration force. The greater the mass of the bottle and its contents and the greater the acceleration (more rubber bands), the greater the force. The effect is that the car will travel further in the opposite direction.

Making Newton Cars

1. Cut the board into 12 8 in. lengths. (Optional: Bevel one edge as shown on the previous page.)
2. Drill three 1/4 in. holes 3/8 in. deep for the dowels. If using screws for posts instead of dowels, skip Step 3.
3. Glue the dowels into the holes. If desired, bevel the upper end of the dowels with sandpaper.

The Experiment

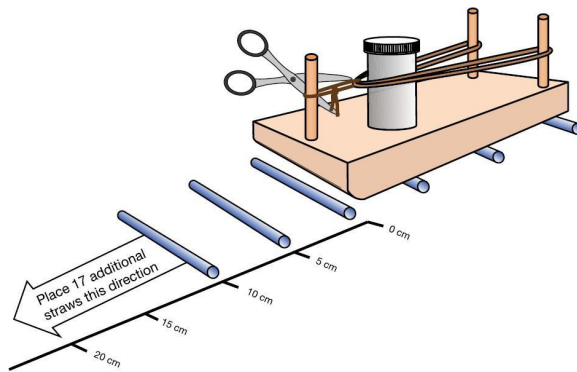
1. Provide teams with the instruction sheet on how to set up the Newton Car and the data sheet.
2. Clear areas for each team to set up their experiment.
3. Provide a station where teams can fill their bottles with different materials to change their total mass. Place the popcorn seeds, washers, etc., in different bowls for easy access. The bottles do not have to be filled to the top. However, the rubber bands should be positioned around the approximate center of mass of the bottle to get a uniform toss.
4. Check each team to ensure they are being consistent in their procedures. For instance, placing straws differently for each test would introduce a new variable into the experiment that could affect the results.

Tip Provide masking tape so that students can use small tape pieces to mark the positions of the straws for consistency.

Heavy Lift Rocket Mission Report

1. Tie six string loops approximately this size.
2. Fill the plastic bottle with small weights provided by your teacher. Measure the mass of the filled bottle and record the amount on your data sheet for test 1.

3. Set up your Newton Car as shown in the picture. Slide the rubber band through the first-string loop. Slip the end of the rubber band over the two posts. Pull the string back to stretch the rubber bands and slip the loop over the third post to hold the loop.
4. Lay the straws on a smooth floor or tabletop. Place them like railroad ties 5 cm apart. Put the Newton Car on top of the straws at one end of the line.
5. Using the scissors, cut the string. Quickly move the scissors out of the way! The rubber band will toss the bottle off the Newton Car while the car rolls the other way on the straws.
6. Measure how far the Newton Car moved and record the distance on the data sheet.
7. Repeat the experiment using two rubber bands. Be sure to set up the straws and place the Newton Car on them exactly as before. Record your data.
8. Put different weights in the bottle and measure its mass. Record the mass and repeat the experiment with one and two rubber bands. Record your data.
9. Once more, put different weights in the bottle and measure its mass. Record the mass and repeat the experiment with one and two rubber bands. Record your data.
10. Answer the questions on the data sheet and write a general statement about the relationship between the mass and number of rubber bands used and the distance the Newton Car travels.



Marble Racers

Many are familiar with the marble racer size that uses a regular marble.



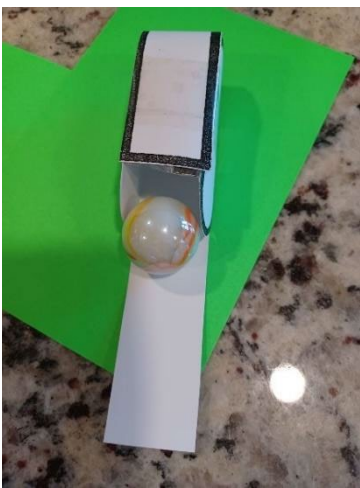

- Turn this activity into a STEM event by asking,
- “I wonder what would happen if I changed the size of the marble racer?”
- Will it roll faster? Slower? Roll at the same speed?”
- What do I know about the Laws of Motion that would help me predict what should happen?
- I wonder what would happen if I used the same size racer, but use marble with different masses: glass, plastic, steel.

Marble Racer Templates:

https://drive.google.com/file/d/1XTmh198YJHhaQsun4Mg1FSWmnJsbCHzD/view?usp=share_link
<https://drive.google.com/file/d/10zokX-fu5Z9jkBOKYGBPoTBXT50VzNY5/view?usp=sharing>
https://drive.google.com/file/d/1K8fGb7IDZCicpwGATfH6Vh0ythbYHApX/view?usp=share_link

Tips for racing:

- Cardstock works better than copy paper
- A towel or blanket on the inclined table “track” provides just enough friction for the racers to roll

	
<p>Cut along outside bold lines.</p>	<p>Fold. Tape the two tabs together.</p>
	
<p>Tape up one side of the roller. Insert marble.</p>	<p>Tape closed. Make sure marble is free to roll.</p>

FOCUS RING

http://www.teachmeteamwork.com/teachmeteamwork/2006/12/teambuilding_ga_2.html

Engineering depends on TEAM players working together to solve problems. This is a great activity for participants to reflect on how well they work with others and what role they play in the TEAM to complete the task.

It's called the "Focus Ring" because a team must focus their attention to succeed in this team building exercise. The goal is to transport a ball from point A to point B and then set the tennis ball on top of the pedestal.

Refer to the website for directions to build a Focus Ring. Instructions, rules, and reflection ideas are included.

STEM Inventions Lesson Resources: <https://www.stem-inventions.com/lesson-resources>

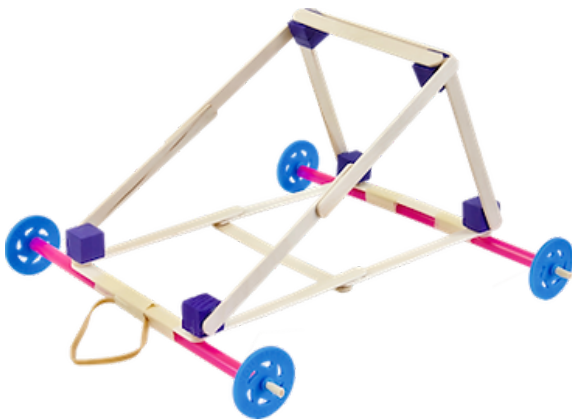
- This file can be downloaded; includes copyright agreement, use for educational and non-profit purposes
- Favorite projects (for now):
 - Propeller car
 - Sail car
 - Rubberband car
 - Trigger launcher
 - Class 1 Catapult
- Project materials:
 - Local purchase: craft sticks, rubberbands, straws, paperclips, hot glue gun
 - Amazon purchase: plastic wheels, propellers, 1/2-inch wood cubes/ some with holes
- Teaching Guidelines available (classroom management which is appropriate for all ages)
- Lesson Plans include “TROUBLESHOOTING” tips

In addition to building and racing, these projects provide opportunities to build, test, and redesign - or troubleshoot - to make it work “better.”

Example:

SLINGSHOT CAR

<https://www.stem-inventions.com/slingshot-car>



Tools and Materials

The [Engineering Creation Kit](#) has everything you need for this project and many more from STEM Inventions, or get the supplies in bulk:

- Hot glue gun
- Glue sticks

- Masking tape
- Craft sticks
- 1/2" craft cubes
- Straws
- Wheels
- 1/8" dowels
- Rubber bands
- Pencil

Tips and Troubleshooting

- If the slingshot car is spinning out of control, then
Make sure the wheels are attached parallel to each other.
- Check if there is anything that's interfering with the rotation of the wheels, such as loose bits of hot glue or tape, or the frame of the car rubbing against the wheel.

SCIENCE OF RACING

<https://m.youtube.com/watch?v=CmERTImPhi0>

This is a great 20-minute video with several experiments that explore the science of racing, which include:

Friction – racing cars on various materials

Momentum and Force: talks about the banking of the race track

Propulsion: Magnetic Cars, Balloon Cars, Rubber Band Caster

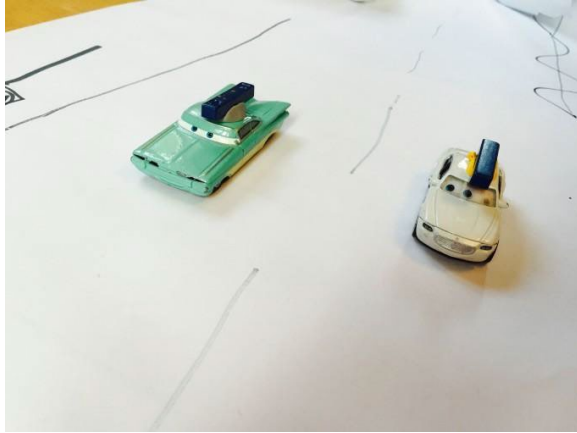
This video is specific to cars, but you could also use these concepts for any other kind of racing.

MAGNETIC CARS

There are several types of magnetic car and different videos and websites to find instruction.

This is the one the most closely looked like what he did in the video.

<https://www.science-sparks.com/easy-magnetic-cars-sugru-hack/>



BALLOON CARS

The instructions in the video are very good. The materials you will need are:

- Toy Car (or other vehicle)
- Tape
- Paper Clip
- Flexible Straws
- Balloons (you can order latrix free balloons)
- Rubber Band (you can use black covered hair ties as a substitute)
- Scissors
- Binder Clip

CAR LAUNCHER

<https://gosciencegirls.com/diy-hot-wheels-car-launcher/>

The materials you will need are:

- Popsicle/Craft sticks
- Rubber Band
- Glue
- Scissors
- Current Tape
- Pencil



Miscellaneous Tips and Hints

Here are some tips and hints that didn't quite fit in anywhere, but that will help your camp be successful and fun.

The Director's Notebook

A 5 x 7 hard top notebook fits perfectly in Scout pants pockets and can be invaluable.

When the director is organized, camp runs smoothly. You won't be as frazzled and most importantly, you'll be able to HAVE FUN!

In this notebook, keep all your emergency numbers, the address of your camp, daily schedules, map of your camp, and to-do lists. Write down any Scouts that are absent from opening ceremonies so follow-up calls can be made. Write down the names of your dens. As you walk around, make notes of things that are going well and ideas for improvement for next year.

Promotion Tips

Get District Total Report [DTR] list from Staff Advisor with contact information for Cubmasters and Committee Chairs. Split the list between everyone on your committee to set up a time when someone from your committee can come to a Pack meeting and promote Day Camp. Blue and Gold Pack Meetings are ideal for personal visits because more families will be attending.

Face-to-face (Pack meeting) promotion should be no more than 5 minutes. Come in costume, have LOADS of excitement and energy, have a fun and quick activity or game for the Scouts to do, and share a few of the fun things that will be happening at camp. This will get them excited to come to camp. Briefly explain what Day Camp is, what the theme is, and give dates, times, locations, and price. Let parents know about volunteering and adult to Scout ratios.

Bring a registration packet to give to the Cubmaster or Committee Chair. They may be able to pass it off to a parent who is willing to coordinate registration, carpooling, and other things for the Pack. The registration packet should include:

- A letter to the Pack Coordinator outlining the adult to Scout ratio for camp, important dates such as when pricing changes (if it does), volunteer orientation and training, pre-check day, and a registration link.
- A link to Youth Protection Training with a note that all volunteers need YPT training.
- Contact information for the Camp Director, Program Director, and Staff Advisor.
- Sample of the information needed to register for camp. Some Packs choose to have one person register everyone, instead of having each parent/guardian register their Scout. Have a sample of what that registration will look like helps make this process easier on them.
- Flyers for Scouts to give to friends as an invitation to Day Camp
- Flyers to give to Troops they may be affiliated with to get Den Chiefs

- A roster for them to fill out that will help them know who is coming and that their Pack is providing enough adult volunteers.

Cub Camp Roster						
Bug Hunters -- Cub Scout Day Camp 2017			(Use additional sheets as needed)			
Mt. Tahoma District			Camp Dates:			
Pack:		Coordinator:		Email:		
				Phone:		
Adult Volunteers		1 per 1-4 boys	Tuesday's volunteer	Wednesday's volunteer	Thursday's volunteer	Friday's volunteer
Name:						
Last Name		First Name	DOB/Rank*/Jr.Camp	Phone	Email	Shirt size**
Scout/Jr Camper	1					
	2					
	3					
	4					
Adult Volunteers		1 per 5-8 boys	Tuesday's volunteer	Wednesday's volunteer	Thursday's volunteer	Friday's volunteer
Name:						

REGISTRATION

Have the grade and rank on the form. Parents don't usually know the rank. It would look something like this: Tiger/1st Grade, Wolf/2nd Grade, etc.

Attach a PDF copy of the Parent Guide to your online registration. This a good way to begin early communication.

On your volunteer registration, have a drop-down menu of possible volunteer assignments that match your program; ask them to select their top 3 choices. This will make giving people assignments a little easier.

VOLUNTEER ORIENTATION

Have theme-based decorations and costuming at the meeting. This will build excitement and give them a taste of what is to come.

Have all the assignments for camp ready. As volunteers sign in, you can tell them their assignment. It is easier to address problems at orientation than at camp, i.e. they are assigned to be a station leader, but are only willing to be a den leader.

Have a fun theme-based gathering activity for the volunteer to do. This builds excitement for camp and gives them something to take home.

Have samples of the lesson plans and den leader guides available for volunteers to look at. This gives them an opportunity to become familiar with everything before camp. They can ask questions in a less frazzled environment. Let them know you will have the lesson plans printed and ready at camp. Email a PDF of the lesson plans and/or den leader guides after the meeting.

PRE-CHECK IN DAY

If possible, have a pre-check in day where Scouts, families, and volunteers can bring medical forms, YPT certificates, pick up camp T-shirts, and get den and volunteer assignments. Having a pre-check in day eases some of the chaos of that first day of camp. It's much easier to check in 40 people the first day of camp than 150.

TAKING CARE OF VOLUNTEERS AND STAFF

If you take care of your volunteers and staff, they will take care of you. They will let others know of this amazing camp their Scout attended and will recruit more people to come next year. They will be ready to return the next year. Some may even join your committee.

Build relationships of trust with volunteers by doing what you say you are going to do. Do your best to remember names, especially if they are returning volunteers. People feel important when they are remembered and greeted with enthusiasm. Take the time to listen to feedback and do what you can to incorporate it, as long as it's reasonable. Walk around camp and check in with them. See if they need help or if they are having fun. This touch will go far to building trust.

Be prepared. Have lesson plans and all materials prepared ahead. Having everything prepared beforehand is a lot of work for you and your committee. The benefits to having everything prepped is you know the program is ready to execute. You know that standards have been met. Your volunteers will be grateful they don't have invent things to keep the Scouts busy or finish prepping samples before the first session begins. They will be more relaxed and confident because you sent them their plans, and you're prepared.

SAY THANK YOU

In the rush and chaos, sometimes we forget the "little things." Make a volunteer thank you that is presented at camp. When you thank them, let them know you are genuinely grateful for having them as an integral part of camp. This also gives you a chance to touch base with all your volunteers.

KNOW YOUR SCOUTS

When you are checking in Scouts, pay attention to the Scouts that may need a little extra attention. This may be a Scout with an invisible disability such as ADHD, autism, or sensory issues. This may be the timid Scout that is nervous about attending. This may be a Scout with a physical or developmental disability. Keep these Scouts on your radar throughout camp. Support den leaders and station leaders as needed to help everyone have a good experience.

As you walk around, interact with as many Scouts as you can. This can be as simple as a 'high five' or sitting with them at lunch. The Scout will feel like someone sees them. The parents/guardians will know you truly care for the Scout. You have the potential to be that leader who deeply impacts this Scout's life. That's when you know all the hard work was worth it.

SCOUT MANAGEMENT

When Scouts are "acting up" at a station, it is usually because they are not engaged. A simple way to handle this is to give them something to do. Ask them to help pass out materials or help with a demonstration. Giving them something to do re-engages them.

If the den seems to be having trouble focusing, stop and do something physical. Don't worry about not finishing everything in the lesson. If they can't focus on what's being taught, they won't be learning. Don't single anyone out; everyone does physical activity together. Do 10 jumping jacks; jog to a point and come back; sing a song like "Head, Shoulders, Knees, and Toes" or "The Grand Ol' Duke of York." Once you have sung them fast, have the group sing them as slow as they can. This will help them focus again.

There is often a time in the day when Scouts and adults are overstimulated, hot, tired, and ready to check out of the activities. When you see this happen with your adults, offer to step in for them for a few minutes so they can take a break, get a drink, and walk away. When you see this happen with your Scouts, encourage them to get a drink, allow them to step a few feet away from the group, and talk about whatever is on their mind. Be patient & let them decompress. The rest of the day will go more smoothly if you are flexible.

You may have noticed getting a drink was mentioned for both adults and Scouts. Water is the key to everything! Water helps regulate everything in our bodies: our moods, our digestive system, our nervous system, etc. One of the best ways to reset is to hydrate. An easy way to encourage someone to drink is to let them know you're thirsty and then ask them to drink water with you to the count of 10.

You may wish to share these tips with your den and station leaders in their orientation meeting. You may also want to put these tips in the lesson plan and den leader binders.

BIRTHDAY RECOGNITION

One fun thing that can be added to Opening Ceremonies is birthday recognition. Look through your registration before camp begins and identify adults and Scouts who have birthdays during or within a couple days of camp. Have something special to give them at camp. This can be a decorated lanyard, a button, a gift card for the trading post, etc. During Opening Ceremonies,

ask them to come forward and sing a camp version of Happy Birthday. Make it loud, off key, and off tempo. Present the adult or Scout with their birthday “gift.”

Be Extra Prepared

Do your best to communicate everything that families need to be sure to have at camp. This could include a lunch, refillable water bottle, hat, etc. Then make sure you have extra of whatever is on your list at camp. There will be Scouts and families that forget in the rush out the door. So have extra food, refillable water bottles, hats, etc. We also recommend having an extra pair of pants for the Scout that is too excited with what they are doing to make it to the bathroom on time. Also, have extra feminine hygiene in your medical supplies for those surprises that may happen. These also are great for nose bleeds and other big scrapes. They make good tinder for fires, too.

HELPFUL LINKS

<https://www.youtube.com/watch?app=desktop&v=7ZRLK1jfjac> – This is an interview with Formula 1 races. There is good advice on being healthy physically and emotionally. They have good advice that you may want to share with you team and/or camp.

<https://www.pinterest.com/scienceexperimentskids/created/> – This is a board full of awesome science projects for kids.

<https://www.stem-inventions.com/lesson-resources> This file can be downloaded; it includes copyright agreement, use for educational and non-profit purposes. It has teaching guidelines, lesson plans, and troubleshooting tips.

Projects on this site that fit into “Off to the Races: are:

- Propeller car
- Sail car
- Rubber Band car
- Trigger launcher
- Class 1 Catapult

https://Int.org/wp-content/uploads/2020/06/LEGOLNT_Vol_2.pdf -- This for the LEGO and outdoor enthusiast.

https://www.childrenandnature.org/resources/nature-quest-a-gaming-adventure-for-families/?mc_cid=41c6b8d27c&mc_eid=3f6a25f9ec – This is a great outdoor curriculum for families that could easily be used in Cub Scouts.

<https://kids.nationalgeographic.com> – This could be a good tool when planning lessons about animals, people, or places.

Thank You & Call for Help!

Dear Day Camp Directors, Program Directors, and Staff Advisors!

First, a HUGE thank you for your dedication, hard work, enthusiasm, and countless hours to make Cub Scout Day Camp happen! The work that you do is important to the success of each Scout's Day Camp experiences.

Secondly, thank you to those who contributed ideas to make this guide possible.

Caitlin Bures

Stephanie Daniels

Nancy Farrell

Jeni Gates

Brian Geary

Letha Hood

Lindsey Nolan

Lindsay Paris

Andrea Peterson

Debbie Spohn

John Van Dreesse

Linda Vaughn

Toni Welch

Do you have questions, comments, or concerns about this resource book? Please email dcathemebook@gmail.com.

A CALL FOR HELP

Please distribute the flyer on the next page to anyone who might be interested in helping produce next year's Resource Book! Join the Fun!!

We Need YOU!!!

**We are looking for songs, skits, crafts
games and other program ideas to
inspire the
2024 Cub Scout Day Camp
Resource Book.**



CUB SCOUT DAY CAMP THEME 2024

OUTDOOR ADVENTURE



**Please submit your ideas to:
dcathemebook@gmail.com**