



# SEPTEMBER—HELPFUL



## TO THE RESCUE

### A SCOUT IS HELPFUL. HOW DOES “TO THE RESCUE” RELATE TO THIS POINT OF THE SCOUT LAW?

A Scout is concerned about other people. He does things willingly for others without pay or reward. This month, Cub Scouts will explore how to be helpful by avoiding accidents and being prepared for emergencies. Use games and/or mock accidents so Cub Scouts can show they can help by coming “To the Rescue.”

#### NOTE TO CUBMASTER

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

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

You could consider inviting a local paramedic, firefighter, or police officer to be a guest speaker at this pack meeting. Coach the speaker to ensure his or her remarks are supported by a hands-on demonstration (such as a firefighter’s gear) and do not last more than six or seven minutes.

#### ◆ BEFORE THE MEETING

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

Be sure the following materials are available for the meeting:

- If having a guest speaker, confirm the date, time, and amount of time allotted for the presentation.
- Flags for the flag ceremony
- Mini storage box (could use small jewelry boxes, other small plastic boxes, or snack-size zip-top plastic bags)
- Paint markers
- First-aid and/or emergency supplies: adhesive bandages, antiseptic cream, safety pins, cotton swabs, needle and thread, etc.
- First-aid station: bandages, wipes or bottled water and a basin to catch it in, blanket, small stool, and pillows
- Fire! station: blanket, maps of the pack meeting building, crayons or markers
- Emergency kit: items for the kit or pictures of those items, large box
- Find the Hazards: mock open knife on counter, blocked exit door, lamp cord across the walkway, and/or fake open flame, or a magnet board or felt board with a room background. Have magnets or sticky-backed pictures of dangerous items.
- One poster board cut into fourths with H-E-R-O spelled out with one letter per board. The Scouts’ lines that correspond to each letter should be written on the back of the board for the closing ceremony.

#### ◆ GATHERING

Make personal first-aid kits (see the Resources section), or if you have a guest speaker, you can have the Cub Scouts do “To the Rescue” in the audience participation suggested below.

## ◆ OPENING CEREMONY

### Dial 911

- Characters:** One older Cub Scout (a Webelos or Arrow of Light Scout) dressed in his full uniform with his neckerchief tied loosely like a cape. Six younger Cub Scouts (Tigers, Wolves, or Bears) with their den leader
- Setting:** A den meeting teaching the younger Scouts about 911
- Den leader:** “It is important to know when to dial 911. What do you know about 911?”
- Cub Scout 1:** “You only call it in an emergency.”
- Cub Scout 2:** “What is an emergency?”
- Older Cub Scout:** *(Jumps on stage and stands with hands on hips like Superman)* “Cub Scout to the rescue! You call 911 for emergencies you or your family can’t handle.” *(Pretends to fly off the stage)*
- Cub Scout 3:** “What kind of emergency can my family not handle?”
- Older Cub Scout:** *(Jumps on stage and stands with hands on hips like Superman)* “Cub Scout to the rescue! Like, your house smells like natural gas, or it is on fire. If someone is really hurt, not breathing, or needs an ambulance.” *(Pretends to fly off the stage)*
- Den leader:** “Wow that Cub Scout knows his stuff. What do you say to the 911 operator?”
- Cub Scout 4:** “I’m not supposed to talk to strangers.”
- Older Cub Scout:** *(Jumps on stage and stands with hands on hips like Superman)* “Cub Scout to the rescue! That’s true, but the 911 operator is there to help you. Go ahead and tell them your name.” *(Pretends to fly off the stage)*
- Cub Scout 5:** “Then I hang up, right?”
- Older Cub Scout:** *(Jumps on stage and stands with hands on hips like Superman)* “Cub Scout to the rescue! No, you tell them what the emergency is and where it is. It is a good idea to know your address if the emergency happens while you are at home so they know where to go.” *(Pretends to fly off the stage)*
- Cub Scout 6:** “Now I hang up?”
- Older Cub Scout:** *(Jumps on stage and stands with hands on hips like Superman)* “Cub Scout to the rescue! No, you will need to stay on the line until help arrives, speak clearly, and answer all the operator’s questions.” *(Pretends to fly off the stage)*
- Den leader:** “He’s right! Dial 911 only for emergencies; tell the operator what the emergency is and where it is. Tell them your name, answer all their questions, and stay on the line until help arrives.”
- All:** “Scouting can teach us how to come to the rescue, just like that Cub Scout.”
- Cubmaster:** “Thank you! Will Den \_\_\_\_ come to the rescue and present the colors?”

## ◆ OPENING PRAYER

“Thank you for our leaders who teach us what to do in an emergency and for the willingness to be helpful to others.”

## ◆ WELCOME AND INTRODUCTIONS

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

## ◆ DEN DEMONSTRATIONS

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

## ◆ AUDIENCE PARTICIPATION

If a guest speaker is present, insert his or her presentation here instead of “To the Rescue” stations.

### “To the Rescue” Stations

As a pack activity, run all stations simultaneously, with dens starting at different stations and rotating. Separate stations as far away from one another as possible so one den can't see another den's solutions. If you have a large pack, you may want to have two of each station to help the rotation go faster. Allow five to seven minutes per station. Have parents or den chiefs man the stations. Dens should travel with their den leaders and parents or guardians. The parents or guardians are encouraged to participate. (See the Resources section for station directions.)

## ◆ RECOGNITION

### Adventure Loops and Pins:

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

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

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

Other options:

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

## ◆ RANK ADVANCEMENT

For each rank, call each Scout and his parents or guardians by name and ask them to step forward.

**Cubmaster:** In Cub Scouting, the boys learn how to take care of themselves and how to give first aid. They learn to stay calm, Be Prepared, and to do their best to be helpful in an emergency. While hoping they never have to, our Cub Scouts know how to come to the rescue.

“Bobcats learn the Scout Law, which teaches us that a Scout is helpful and can come to the rescue when needed. Would the following Scouts please come forward with their parents or guardians? We present this badge to their adults to pin on the Scouts. *(Present the award.)*”

“Tiger Scouts learn to come to the rescue by staying calm and asking for help when in an emergency. Would the following Scouts please come forward with their parents or guardians? We present this badge to their adults to pin on the Scouts. *(Present the award.)*”

“Wolf Scouts learn to come to the rescue by having a plan and being prepared for emergencies. Would the following Scouts please come forward with their parents or guardians? We present this badge to their adults to pin on the Scouts. *(Present the award.)*”

“Bear Scouts learn how to come to the rescue by avoiding accidents with knives and while camping. Would the following Scouts please come forward with their parents or guardians? We present this badge to their adults to pin on the Scouts. *(Present the award.)*”

“Webelos Scouts learn how to come to the rescue of others by being a first responder. Would the following Scouts please come forward with their parents or guardians? We present this badge to their adults to pin on the Scouts. *(Present the award.)*”

“Arrow of Light Scouts learn to come to the rescue of our world. Would the following Scouts please come forward with their parents or guardians? We present this badge to their adults to pin on the Scouts.” *(Present the award.)*

## ◆ CUBMASTER’S MINUTE

“Being a hero doesn’t mean you must risk your own life. It can mean getting help, or making a phone call to 911 to get the police, fire department, or ambulance. The key is to use wisdom and judgment, but to do it quickly. Sometimes time is limited. You can save a drowning person by pulling them in with a life ring and not become a victim yourself by jumping in after them. Many times, an adult’s life has been saved because a child knew to call 911 in an emergency and get help right away.”

“You never know when or where emergencies will arise. Cub Scouting teaches us to come to the rescue and handle these situations. We don’t expect to get hurt, and don’t expect to need first aid, but we are prepared just in case. Do Your Best!”

## ◆ CLOSING

You will need large cards spelling out H-E-R-O, with the boys’ lines on the back in LARGE print so they can read them easily.

**Cub Scout 1:** “**H** is for **Help**. Help is on the way. A hero is someone who helps.”

**Cub Scout 2:** “**E** is for **Everyone**. Everyone can be a hero. You just have to Be Prepared and know that you can make a difference.”

**Cub Scout 3:** “**R** is for **Remember**. Remember that even brave people can be afraid. It is taking action even when you are scared that makes you brave.”

**Cub Scout 4:** “**O** is for **One person**. One person can make a difference. One person who helps can change someone’s world.”

**All:** “Cub Scouts to the rescue!”

**Cubmaster:** “Den \_\_\_\_\_ please retire the flags.”

# RESOURCES

## Personal First-Aid Kit

### Materials:

- A mini storage box (could use small jewelry boxes, other small plastic boxes, or snack-size zip-top plastic bags)
- Paint markers
- First-aid and/or emergency supplies: adhesive bandages, antiseptic cream, safety pins, cotton swabs, needle and thread, etc.

### Instructions:

It's easy. Decorate a mini storage box with paint markers. Fill it with supplies.

## Audience Participation Stations

### Station 1: First Aid

**Materials:** Bandages, wipes or bottled water and a basin to catch it in, blanket, small stool, and pillows, or pictures of each item

### Directions:

For Tigers through Bears:

- Show what to do if you have cut your finger:
  - Wash the cut.
  - Cover the cut.
  - Let an adult know.
- State your name and address as if you were on the phone with 911.

For Webelos and Arrow of Light Scouts:

- Show how to treat someone who is choking. (As long as a victim can speak, breathe, or cough, encourage them to continue coughing. If the victim shows signs of troubled breathing, apply abdominal thrusts until the object is dislodged.)
- Show how to treat someone who is in shock. (Shock is a normal reaction to many emergencies and is the process of the body shutting

down the normal flow of blood on a temporary basis. To treat, ask the victim to lie down on their back and elevate their feet slightly. If they are conscious, get them to take some deep breaths and give them some water to sip. If they suffer from chills, offer them a blanket. If shock continues, seek medical attention.)

### Station 2: Fire!

**Materials:** Blanket, maps of the pack meeting building, and crayons or markers

### Directions:

Show what to do if your clothes are on fire. (Stop, drop, and roll.)

Show what to do if your friend's clothes are on fire. (Put a blanket over him.)

Draw a plan of how to exit the pack meeting building in case of a fire. Make sure to decide with your den where to meet outside.

### Station 3: Emergency Kit

**Materials:** A large box, items needed for an emergency kit, and miscellaneous items not needed in a kit, e.g., a teddy bear or bubble gum. You could use pictures of these items for the Cub Scouts if you don't have room for the physical items.

### Directions:

Build an emergency kit. Set out items on a table that should be in every family's emergency kit and other items that should not be. Choose the items that you would include in your kit.

This is a basic kit. (Do not share this list with the Scouts until they are finished.)

- Water—one gallon of water per person per day for at least three days, for drinking and sanitation
- Food—at least a three-day supply of non-perishable food
- Battery-powered or hand-crank radio and a NOAA weather radio with tone alert and extra batteries for both

- Flashlight and extra batteries
- First-aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter in place
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cellphone with charger, inverter, or solar charger

#### **Station 4: Find the Hazards**

**Directions:** If you have enough space, you can set up a room with mock hazards that a Cub Scout would recognize as dangerous. Examples are an open knife on a counter, a blocked exit door, a lamp cord across a walkway, and/or an open flame. Be sure that none of the situations present any real hazards to Scouts. If you do not have enough space, you could use a magnet board or felt board with a room background. Have magnets or sticky-backed pictures of dangerous items for the Cub Scouts to take off the board to make the room safe.

#### **911 HELP**

**Tune:** *“My Bonnie Lies Over the Ocean”*

Emergencies they will answer,  
They're always a phone call away.  
They come when they're needed most promptly,  
And for you they will most surely stay.

Chorus:

Nine, one, one,

Nine, one, one,

We call on them when we need help.

Medics are your friends and my friends,

They answer their calls so fast,

They come when they are needed so greatly,  
And always will stay to the last.

Chorus

The firefighters too answer calls,  
A fire is scary to see,  
But when they come oh so quickly,  
They help protect you and me.

Chorus

We often need a policeman,  
And 911 will get one there.  
Be sure that you know your address,  
Of this you should always be aware.

Chorus

#### **Dial 911**

**Tune:** *“Three Blind Mice”*

Dial 911,

Dial 911,

If you are hurt,

If you need help,

If someone has fallen and can't get up,

Run to the phone and pick it up,

Stay on the line and don't hang it up,

Help will come.

#### **Cheers**

Fire Bucket Brigade Cheer: Pretend to pass buckets of water and then throw the water on a fire, saying, “SWOOOSSHHH!”

Fire Engine Cheer: Divide into four groups:

1. Bell: “Ding, ding, ding.”
2. Horn: “Honk, honk, honk.”
3. Siren: “Rrr, rrr, rrr.”
4. Clanger: “Clang, clang, clang.”

Have everyone yell at once.

Firefighter Cheer: “WATER! WATER! WATER!”

## Run-Ons

**Cub Scout 1:** “Hey, look over there. Smoke signals.”

**Cub Scout 2:** “Oh yes, what do they say?”

**Cub Scout 1:** *(Pretending to look away through binoculars, says very slowly)* “Help . . . my . . . blanket’s . . . on . . . fire.”

**Cub Scout 1:** “Who can hold up traffic with one hand?”

**Cub Scout 2:** “A police officer.”

**Cub Scout 1:** “Did you hear about the kid who always wore two different colors of socks?”

**Cub Scout 2:** “Yeah, his mother told him to never touch matches!”

## Jokes and Riddles

Did you hear about the girl who ran away with the circus? The police made her take it back!

What wears a coat all winter and pants in summer? A police dog!

What does a desert doctor always carry? A thirst aid kit.

**Cub Scout 1:** “Knock, knock.”

**Cub Scout 2:** “Who’s there?”

**Cub Scout 1:** “Police.”

**Cub Scout 2:** “Police who?”

**Cub Scout 1:** “Police let me in; I’m freezing out here!”

## Emergency Alert System Skit

This skit requires six to 10 Scouts. Make sure you practice so the “Beeeeeps” start and stop when they should and so the punch line doesn’t drag on too long.

All Scouts but one stand in line. The lead Scout is in front or to one side.

**Lead Scout:** “For the next 10 seconds, we will conduct a test of the emergency broadcast system.”

*(The line of Scouts all make a “Beeeeeeeeeeep” sound until the leader raises his hand.)*

**Lead Scout:** “Thank you. This concludes our test of the emergency broadcast system. Had this been an actual emergency, you would have heard . . .”  
(Scouts scream in panic and run around.)