



CUBS WHO CARE



RATIONALE FOR ADVENTURE

This adventure is intended to help Wolf Scouts learn about physical disabilities, which are more easily understood at their age than learning and intellectual disabilities.

TAKEAWAYS FOR CUB SCOUTS

- Empathy
- Awareness of disabilities
- A Scout is kind, helpful, friendly, cheerful.



Wolf Handbook, page 176

ADVENTURE REQUIREMENTS

Complete at least four of the following requirements.

1. With other members of your den, try using a wheelchair or crutches, and reflect on the process.
2. Learn about a sport that has been adapted so that people in wheelchairs or with some other physical disability can play, and tell your den about it.
3. Learn about “invisible” disabilities. Take part in an activity that develops an understanding of invisible disabilities.
4. With your den, try doing three of the following things while wearing gloves or mittens:
 - A. Tying your shoes
 - B. Using a fork to pick up food
 - C. Playing a card game
 - D. Playing a video game
 - E. Playing checkers or another board game
 - F. Blowing bubbles
5. Draw or paint a picture two different ways: Draw or paint it once the way you usually would and then again while using a blindfold. Discuss with your den the ways the process was different.
6. Use American Sign Language to communicate either a simple sentence or at least four points of the Scout Law.
7. Learn about someone famous who has or had a disability, and share the person’s story with your den or family.
8. Attend an event where people with disabilities are participants or where accommodations for people with disabilities are made a part of the event.

NOTES TO DEN LEADER

This adventure has several choices based on which four activities you choose to do with your den. These den meeting plans in this book, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least four requirements.

Meeting 1 includes several options for activities that can be used to complete requirement 4. Prepare materials according to the needs of the requirement option your den selects. Requirement 4D can be completed at home with the permission of a Scout's parent or guardian.

For Meeting 2, invite a guest speaker who is an expert on physical disabilities such as a physical therapist, someone with the Special Olympics or Easter Seals, to talk to the Cub Scouts about the work they do and how it helps others. If you have a personal relationship with someone who has a disability, you may consider asking them to meet with your den to share how they overcome their physical challenges. This is an optional part of the adventure.

Check with your local hospital or Red Cross chapter to see if they have access to a wheelchair, crutches, or other resources that could be borrowed for completion of requirement 1. If you decide to have a guest speaker, he or she may be able to assist you in securing the needed equipment for Meeting 2.

This adventure does not include plans for a den outing to fulfill requirement 8. If that requirement is selected, leaders should make arrangements with the outing location, provide families with planning information, and submit all required paperwork in advance.

Scouts might choose to complete requirements 2, 7, or 8 independently at home. Encourage Scouts who do so to share what they learned and how the activity helped them increase their awareness of certain disabilities or people who live with them.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Photos or illustrations of the words “loyal” and “friendly” being spoken in American Sign Language (ASL) (Gathering)
- Gloves or mittens for each Scout. Gardening or dishwashing gloves also work well.
- Checkers and a playing board for each pair of Scouts (If possible, set out the boards and checkers before the meeting begins, to save time.)
- Plastic forks (one per Scout)
- Dried beans (10 per Scout)
- Paper plates (two per Scout)
- Deck of cards for playing “Go Fish”

GATHERING: AMERICAN SIGN LANGUAGE (REQUIREMENT 6)

- Use the photos or illustrations to teach the Scouts how to say “loyal” and “friendly” in American Sign Language. Have them practice until everyone has arrived for the meeting.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance as well as the Scout Oath and Scout Law.



Loyal



Friendly

- Have the Scouts sign “loyal” and “friendly” when they get to those words in the Scout Law. (Note: This fulfills half of requirement 6; the other half will be done at Meeting 3, when the Scouts learn “cheerful” and “clean” in ASL.)

TALK TIME

- Introduce the Cubs Who Care adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Explain that for people with certain disabilities it is difficult to do things without full use of their hands and fingers. At this meeting, Wolves will do three activities while wearing gloves, to give them an idea of the challenges that some people face and overcome.
- Tell the Scouts about the guest speaker who will join them for the next meeting. Make sure they know what behavior will be expected of them, and help them to plan some questions. Later, when they thank their guest for coming, they should mention things they appreciated learning from him or her.

ACTIVITIES

◆ Activity 1: Checkers (Requirement 4E)

- Divide the Scouts into pairs. Have them put on their gloves or mittens and then play a game of checkers.
- If anyone in the den isn’t familiar with the game, review the rules in Meeting 1 Resources before they start. Let the Scouts know that after 10 minutes, they will put away the checkers and play another day.
- When time is up, ask the Wolves if they found it difficult to play with gloves on. Could they adjust if they had to wear gloves every time they played the game? Help them see how this relates to the challenges faced by people with disabilities affecting motor skills.

◆ Activity 2: Shoe Tying Relay (Requirement 4A)

- See Meeting 1 Resource for instructions. The Scouts will play this relay with a twist: They must wear the gloves when they tie and untie their shoes.
- Again, discuss with them how this challenge is similar to dealing with some disabilities. Ask which point of the Scout Law would be a good one to remember when they encounter people who have a disability that makes it difficult for them to use their hands and fingers.

◆ Activity 3: Fork Lift (Requirement 4B)

- While they are still wearing the gloves, have the Scouts race to see who can transfer 10 beans the fastest from one paper plate to another—using a single fork.
- Talk about why we need to have patience and show courtesy and respect to individuals who have difficulty with tasks due to a disability.

◆ Activity 4: Go Fish (Requirement 4C)

- Have Scouts put on their gloves or mittens and then play a game of Go Fish.
- If anyone in the den isn’t familiar with the game, review the rules in Meeting 1 Resources before they start.
- After the game is finished, ask how it felt to play cards while wearing the gloves. How does this help them relate to people with disabilities that affect their hands or fingers?

CLOSING

Gather for a Living Circle. All members of the den form a close circle, and everybody turns to the right while stretching their left hands into the center with palms facing downward. Each person grasps the left thumb of the person next to them, making a complete circle with the group. Then they hold their right hands straight up in the Cub Scout sign. Pumping their left hands, they say in unison the Cub Scout motto and then give a howl. (See “Closing Ceremonies” in the appendix.)

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 4A, 4B, 4C, and 4E.
- Work together to clean up the meeting place.
- Prepare thank-you notes for the Wolves to sign at the next meeting.

MEETING 1 RESOURCES

SCOUT LAW IN AMERICAN SIGN LANGUAGE



Scout



Law



A

Scout



(is)



(close hands)



(drop hands)

Trustworthy



Loyal



Helpful



Friendly



(tap twice)

Courteous



(roll hands over each other)

Kind



Obedient



(open palms)



Cheerful



(tap twice)

(circle "K" hands)

Thrifty



Brave



Clean



Reverent



NOTE: Some English words are not signed or do not have a one-to-one translation in American Sign Language. American Sign Language is a conceptual language, which means that not every word of spoken English is signed. Sentences in sign language may also have a different structure than those written or spoken in English.

ACTIVITIES

Activity 1: Checkers

If anyone in the den isn't familiar with the game, here are the basic instructions.

- The player with the black color pieces traditionally moves first, and then the players take turns moving a piece. Pieces are always moved diagonally; this can be done in two ways: forward (toward your opponent) or "jump" one of your opponent's pieces, if it is diagonal to your piece and there is an empty space on the other side. This removes your opponent's piece. Remember that you can do multiple jumps at once if you are moving in a straight diagonal line. If a jump is possible, you must take it.
- The row closest to the player on both sides of the board is called the king row. If you succeed in moving a piece across the board all the way to the opponent's king row, that piece becomes a king. Stack one of the pieces you have lost on to that piece, so it can now be distinguished as a king. Once a piece is "crowned" in this way, you must wait until another turn to move it out of the king row. King pieces can move either forward or backward and still only diagonally.
- The game is over when an opponent runs out of pieces or still has pieces but can't move them. If neither player can move, the game ends in a tie.

Activity 2: Shoe Tying Relay

Again, Scouts must do this relay with their gloves on.

- Mark a start line and a line for stopping and tying shoes. This can be done before the meeting to save time.
- Divide the den into two teams. Each Scout on a team runs to the stop line, bends down to untie and retie one of their shoes, then runs back to the start line and tags the next Scout, who repeats the process. This continues until the whole team has completed the course.
- If you have a small den (three or four members), have them play as a single team and time the relay through several runs to see if their speed improves.

Activity 4: Go Fish

If anyone in the den isn't familiar with the game, here are the basic instructions.

- Deal five cards to each Scout. Set the remainder of the deck in the center of the circle.
- The denner goes first and asks a specific player for cards of a specific type. (The denner must already have one of those cards in their hand.) Example: "Ben, please give me your threes." Ben must hand over all the cards he has of that rank. If he doesn't have any, he says, "Go fish."
- The denner then draws one card from the deck. If the card is the one that was requested, the player gets to go again. If not, the Scout to the denner's right takes a turn.
- After collecting four cards of the same rank, a Scout has a "book." The Scout with the most books at the end of the game wins.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- One plastic cup for each Scout
- Sandpaper with three different levels of grit, ranging from very fine to very coarse. Cut the sandpaper into small squares so each Wolf will get a sample of each type.
- 6-10 clear glasses of water and colored drink mix
- Cotton balls (one for each pair of Scouts)
- Balloons—minimum of four (If someone is allergic to latex, make sure to use latex-free balloons.)
- Invite and confirm a guest speaker who lives with a disability and is open to sharing his or her experience with the den.

GATHERING: COTTON BALL TOSS

As Scouts arrive, pair them into teams. Have them pass a cotton ball back and forth between them, using only a plastic cup in their nondominant hands to both catch and toss. Have them start playing about 12 inches apart and increase their distance 1 foot at a time as their skills improve.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Cub Scout motto: Do Your Best.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.
- Introduce the guest speaker, and ask him or her to talk about the nature of the work they do with people who have disabilities, why they choose to be in this line of work, and what skills are important for them to have. If the guest speakers have a disability themselves, discuss with them beforehand what they would be comfortable discussing.
- When the speaker is finished, give the Scouts time to ask their questions. (They may have many questions.)

ACTIVITIES

◆ Activity 1: Invisible Disabilities Stations (Requirement 3)

- Introduce the idea of invisible disabilities to Scouts, noting that many people have disabilities that others can't see. ADHD and autism spectrum disorders are two examples of invisible disabilities that can cause people to think or feel things differently. Remind Scouts that people with invisible disabilities have many positive attributes and abilities and that getting to know people as individuals is the only true way to get to know them.
- Ask if anyone knows what the word "spectrum" means, and explain that a spectrum is a wide range. In the case of invisible disabilities, no two people will be impacted in exactly the same way. There is a wide spectrum, and each person fits in a different place on that spectrum.
- There are a number of activities you can do with Scouts to build awareness of invisible disabilities and the concept of a spectrum. The following activities were adapted from the Eagle project of Justin Krejcha for The Autism Empowerment Great Quest for Autism Acceptance.

— Autism Is a Spectrum:

1. Set up 6-10 glasses of water in a line.
2. Begin to add powdered drink mix to the cups, increasing the amount for each cup as you go down the line. The first cup should have minimal color, and the last cup should be a deeply saturated color.
3. Tell Scouts that the glasses of water represent how autism means something different to each person. There is no single type of person with autism. Some people with autism might have very few symptoms and be able to participate in the daily activities of school and life with need for only minor accommodations. Others might have significant symptoms and triggers that impact basic activities of living. And still others will be at every place along the spectrum—no two people with autism are alike.

— Tactile Station:

1. Explain that some people with autism are what is known as touch-sensitive. That means that even very soft fabrics can feel like rough sandpaper on their skin.
2. Provide each Scout with three pieces of sandpaper: one with a very fine grit, one with a medium grit, and one with a very coarse grit.
3. Have Wolves share how the sandpaper pieces feel different and how uncomfortable each piece is to touch. They can rate how uncomfortable each piece feels on a scale of 1-5, with 1 being not much and 5 being very uncomfortable.

4. Ask: *How would that affect someone whose clothes feel that way to them when they are getting dressed in the morning?* Remind Scouts that many things people without autism or similar disabilities don't think about every day (such as how clothes feel on your skin) can be extremely important to someone with autism.

- Additional information on autism can be found at www.autismempowerment.org/.

CLOSING

- Recite the Scout Oath in unison while giving the Cub Scout sign.

NOTE TO DEN LEADER

It is important to lead a reflection at the conclusion of these activities. It is important for the members of your den to recognize that their peers who are differently abled are just like them, except in one small way. See the "Leading a Reflection" guidelines in the appendix.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 3 and any other requirements fulfilled by selected activities.
- Work together to clean up the meeting place.
- Remind Scouts and parents to find old T-shirts the Scouts can wear over their uniforms during the painting activity at the next meeting.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Photos or illustrations of the words "cheerful" and "clean" being spoken in American Sign Language (Gathering)
- Materials for painting (Activity 1):
 - Washable paints
 - Paper (enough for each Scout to paint two pictures) or a small painting canvas (4"x4" or 6"x6") if using acrylic paints
 - Old T-shirts (Scouts should all bring an old shirt to wear over their uniforms while painting; have an extra available for Scouts who do not bring one.)
 - Blindfolds (one per Scout)
 - Paintbrushes (one per Scout)
 - Plastic cups with water for rinsing paintbrushes (one per Scout)
 - Plastic cover or inexpensive tablecloth
- A wheelchair or crutches and cones or other items to set up a simple obstacle course

GATHERING (REQUIREMENT 6)

- Use the photos or illustrations to teach the Scouts how to say "cheerful" and "clean" in American Sign Language. Have them practice until everyone has arrived for the meeting.



Cheerful

Clean

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance as well as the Scout Oath and Scout Law.
- Have the Cub Scouts sign “cheerful” and “clean” when they get to those words in the Scout Law. (Note: This fulfills the other half of requirement 6.)

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.

ACTIVITIES

◆ Activity 1: Painting (Requirement 5)

- Make sure everyone wears the old T-shirts over their uniforms to avoid stains.
- First, have each Scout paint a picture as they normally would. To prevent too much time being spent on deciding what to paint, consider giving the Scouts direction with a simple image to paint.
- Then have them try to paint the same picture while wearing a neckerchief as a blindfold. (As this part of the activity will probably be messier, be sure to put the plastic cover or tablecloth over the painting area.)

◆ Activity 2: Wheelchair or Crutches Obstacle Course (Requirement 1)

- Set up a simple obstacle course on a flat paved surface for Scouts to navigate using crutches or a wheelchair.
- Have Scouts take turns going through the course, trying their best to move and maneuver using the selected device.
- After the activity is finished, ask how it felt to go through the course on crutches or in a wheelchair. How does this help them relate to people with disabilities that affect their mobility?

CLOSING

Bring all the Scouts together and have them sign the words “loyal,” “friendly,” “cheerful,” and “clean.” Then close with a grand howl!

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 1, 5, and 6.

Upon completion of the Cubs Who Care adventure, your Wolves will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.

