

# Energy



## Program Notes for Leaders

### Introduction

This links to badgework:

- Challenge Area: Creative

These notes relate to the **Activity Sheet for Cub Scouts Week Four**. You may choose some or all or none of these activities. You don't have to run them in order, but the order presented here is for a balanced program

### Special Reminder:

Have any of your youth members not returned to Scouting in Term 2?

It's time to check on them.

Ask someone check in on them – they might be having technical issues that can be resolved.

Don't let youth members slip through!

## The Program

### Opening

- Welcome
- Flagbreak (?)
- Roll call – check who's on
- Any news or highlights to share (like birthdays)

## Our Energy

### What the Cub Scouts were told on the Activity Sheet:

You'll need a space in front of your computer.  
Let's burn off some energy

### Leader Instructions

#### Scrub the Deck

This game works by a leader calling out an action and the Cubs must respond by doing the action. Make sure they give themselves space and start slowly, moving quicker and quicker.

## What Do You Know About Energy?

### What the Cub Scouts were told on the Activity Sheet:

Where does energy come from?  
How many types of energy are there?

### Leader Instructions

Questions to spark the discussion:

1. What is energy?
2. What types of energy are there?
3. How do we use energy every day?

You might like to use a shared whiteboard to keep track of the discussion.

Depending on how much knowledge you have; you might like to use one of these videos to help explain energy. (Or even just give you the information beforehand!)

<https://www.youtube.com/watch?v=CW0S5YpYVo&t=139s>

<https://www.youtube.com/watch?v=51DqFOi8j9Y>

## Thaumatrope

### What the Cub Scouts were told on the Activity Sheet:

You will need: a chopstick or metal straw, some paper (works best with slightly heavier paper/card and light colours), some sticky tape, scissors, glue, something circular to trace and pencils.

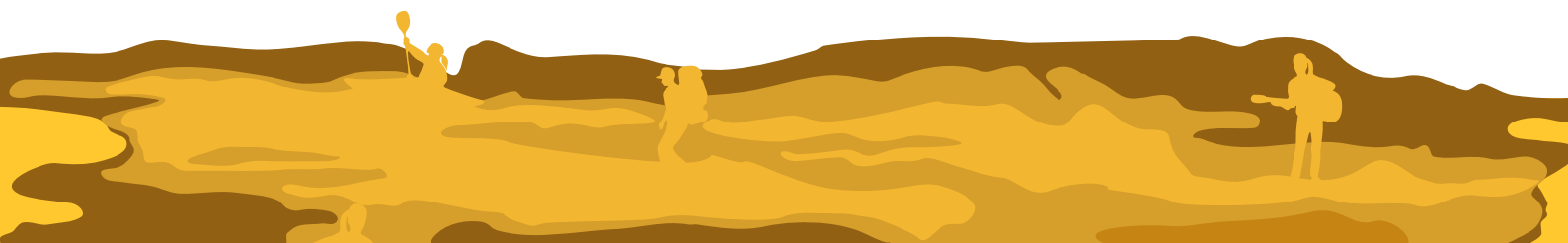
You will need help from an adult for this one.  
Let's make an awesome new toy!

### Leader Instructions

Instructions: <https://www.acmi.net.au/education/online-learning/magic-aardman-education-resources/make-thaumatrope/>

This is a long activity.

1. Trace two circles the same size on your card or paper and cut them out. (When sending out the instructions, you might ask parents to have done this already.)
2. Draw a butterfly in the middle of the first circle.
3. Draw a jar in the middle of the second circle.



- Using your sticky tape, tape your chopstick (or anything like a short stick) to the back of circle 1. Make sure the butterfly is facing outwards.
- Glue your other circle onto the first. Make sure the jar is facing outwards.
- Play a game while you wait for the glue to dry.
- After the glue is dry, rotate the stick quickly between your palms. The two pictures combine to look like the butterfly is in the jar.

## Mystery Game

### What the Cub Scouts were told on the Activity Sheet:

While we wait for the glue to dry, let's play a game!

### Leader Instructions

#### Suggestion: BINGO

Have the Cub Scouts draw a quick grid (the smaller the grid, the quicker the game) and select a number between 1 – 20 to put in each square. Call out numbers one at a time for the Cubs to cross off. Local rules about what if you're aiming for a row horizontal, vertical etc. First to cross off a full line wins.

## Dancing Spaghetti

### What the Cub Scouts were told on the Activity Sheet:

Have you ever seen *Dancing Spaghetti*? Your Leader will show you how tonight and you could try to get your own spaghetti to dance later!

### Leader Instructions

This activity will work best as a demonstration on the night, but you could give your Cub Scouts the instructions to make their own *Dancing Spaghetti* at a later time.

### Materials:

A large clear container, 2 cups of water, 2 cups of vinegar, 3-6 drops of food colouring, some Spaghetti (not a huge amount and broken into small bits) 1 tablespoon of baking soda

Warning: this can be a messy demonstration. Be careful of your computer.

### Method:

- Measure 2 cups of water and pour the water into a clear container
- Measure 2 cups of vinegar and add it into the clear container with the water.
- Add 3-6 drops of food colouring to the water and vinegar mixture

- Add spaghetti to the container. (How much pasta? It doesn't take much, but make sure it can be seen)
  - Drop 1 tablespoon of baking soda into the glass.
- Be ready... adding the baking soda into the mixture might get a little messy!
- Check out the dancing spaghetti! It's a great moment to pump some music and get the Cub Scouts to do a little dance while they watch.
  - Has the spaghetti finished dancing?

Add more baking soda to the glass and start the dance party all over again.

## Our Program Discussion

### What the Cub Scouts were told on the Activity Sheet:

What sort of challenge areas have we covered tonight?

### Leader Instructions

As we move towards our own programming, it's time to start the conversation around Challenge Areas. What challenge areas have we looked at tonight?

- Community
- Personal Growth
- Outdoor
- Creative

More information here: <https://scoutsvictoria.com.au/age-sections-adults/member-resources/our-program/the-journey-so-far/>

Next week's program is Pack Council so use this discussion to encourage your Cub Scouts to think about what else they would like to do at Joeys.

## Help Other People

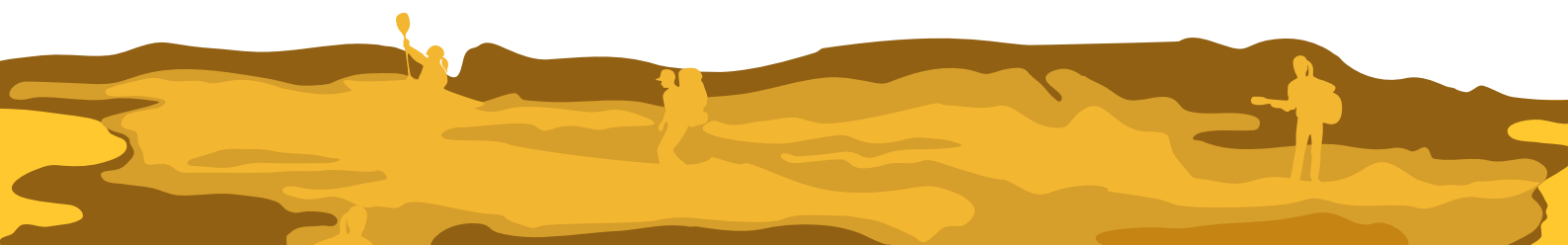
### Week Four: Health workers

### What the Cub Scouts were told on the Activity Sheet:

Scouts of all ages help other people. This is a busy time for hospitals, doctors and nurses. Let's say thanks to those who looking after sick people. Make a card and send it to the team at your local hospital, or your family doctor, or a family friend who is helping look after other people.

### Leader Instructions

NB: If a Joey Scout has done four weeks of Help Other People, they have qualified for their Caring and Sharing badge.



## Week Four Activities Checklist

Explain that there will be a special badge at the end of “Scouting at home”.

Please complete the table on their Activity Sheet – get someone to sign off the tasks.

Email or text the completed checklist to the Leaders.

Task	Done!
Our Energy	
What do you know about energy?	
Thaumatrope	
Mystery Game	
Dancing Spaghetti	
Our program discussion	
Help other people	

## Closing

- Ask the Cub Scouts to share their favourite drawing from today.
- Badges presented virtually then mailed with a note
- Investitures (repeated later for real)
- Closing reflection by duty PL
- Flagdown?
- Till next week ...

