

CUB SCOUTS INDOOR MEETINGS

These meetings guides are here to support the return to indoor Cub Scout meetings, Once your Council is in stage 4. While these meetings are suggestions, they can either be used in their entirety or simply used during times when planning is a little more difficult! Encourage your Cubs to come up with what they want to do and build it in the indoor meeting plan. Lairs should be used as much as possible to minimize contact. Physical distancing should be encouraged and frequent cleaning should remain top of mind.

Still have questions? Explore our **Pandemic Program & Activity Modifications Standards**.



Meeting	OAS/ SDG/ Theme	PLAN Let's Connect!	DO Activities to Get You Started	REVIEW See You Next Time!	Canadian Path 101
Meeting 1	Welcome back to indoor Scouting! This meeting could be virtual to set the guidelines for meeting in person.	Have a discussion question for the Cubs (and Scouters) to answer, like: "What are some things about Cubs that might change now that we are back inside?"	<ul style="list-style-type: none"> • Meeting etiquette—what's different indoors? • If you have new members, this is a good time to add them to existing Lairs. • Explain the Lair system and find a way to review the Cub Law and Promise. • Does your Code of Conduct need adjustment for this year? • Build boxes for your Lairs! What are the staples you'll need for your activities? 	Review what you did by asking the Section a couple of short questions, like: "What are you most excited about with the return to indoor Scouting and the new Scouting Year?"	Let's get on the Canadian Path! Get Lairs established and begin talking about the role of the Howler Council. As Runners and Trackers talk about the Law and Promise with new members, have a meeting with your Howler Council to talk about safety inside and different adventures for the upcoming cycle.
Meeting 2	Survival Skills (Life on Land)	Discuss the plan for tonight within your Lairs. "What are some ways that you could get hurt while outside? What are some ways to stop that from happening?"	<ul style="list-style-type: none"> • Learn about emergency signals—how can you signal for help? • Create a list of items that would go in your personal survival kit. If possible, you can even start building your kit! • Would you add anything different to your kit for the winter? • How does a compass work? What is it used for? 	Try a true/false race to review the different things that you learned!	Have each Lair run their own small 'gathering game.' Work with the Howlers to think of a game for the Lairs to play and have one Scouter per Lair help to ensure that things are moving in the right direction. Keep your masks on!



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Meeting 3	Knots and Lashing (Scoutcraft Skills)	Discuss the plan for tonight—break into Lairs! “What are some different ways that we can build things? What are some ways that we use knots?”	<ul style="list-style-type: none"> Youth-led game Learn to tie some simple knots—start with tying your shoelaces, then try a reef knot and clove hitch. Learn some lashing basics, like a square or tripod lash. What can you build with your new lashing skills? 	Review what you did by asking the Section a couple of short questions, like: “If you made a lashing project in the future, what would you make?”	Howler Council to meet and discuss ideas and plans from their Lairs to help plan upcoming meetings. Keep your masks on!
Meeting 4	Cub Technology, Canada Learning Code	Discuss the plan for tonight. Howlers should lead the discussions! “What’s your favourite creative activity? Writing, drawing, graphic design, singing? How do you get your creativity flowing?”	<ul style="list-style-type: none"> Youth-led game Canada Learning Code Try doing an unplugged activity from Canada Learning Code! Bring in some old toys from home and learn about how they work! Break a Toy Apart TC. 	Review what you did by asking the Section a couple of short questions, like: “What’s one creative skill that you’d like to continue working on?” Use the Personal Achievement Badge (PAB) Portal to find some activities to keep building on your skills!	Howler Council to meet and discuss ideas and plans from their Lairs to help plan upcoming meetings. Keep your masks on!

CUB SCOUTS INDOOR MEETINGS

ALL SECTIONS CAN MEET INDOORS, OUTDOORS OR VIRTUALLY.

Things to consider while getting back to indoor meetings and still physically distancing:



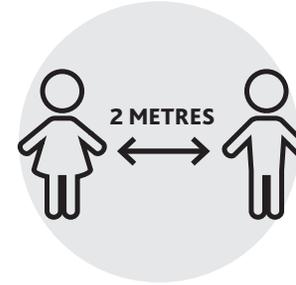
Masks must be worn at all times.



Hand washing must be performed regularly before, during and at the end of the meeting.



Cleaning of the facility must be done at the beginning and the end of the meeting.



Physical distancing of 2 metres must always be maintained by all attendees.



Any individual showing symptoms of COVID-19 may not attend meetings.



Use the youths' input as much as possible. This guide is prescriptive at the beginning but moves to youth-led as you go. Use the youths' input as much as possible. If it is impossible to do the meeting indoors, take the meeting online.

CUB SCOUTS INDOOR MEETINGS

Meeting with Howlers' Council

After your regular meeting (or during, if the schedule allows), you should consider running a short meeting with your Howlers' Council. Your Howlers are your 10-year-old (Grade 5) Cubs. If you only have one or two Howlers, you could consider inviting a couple of responsible Trackers to the meeting.

During the meeting, you can discuss forming Lairs if your Pack does not already have them, or how they can be used during virtual meetings if your Pack already uses the Lair system.

- Lairs are small teams of six to eight Cubs of mixed ages and experience levels. Each Lair should have one or two Howlers who will act as leaders for the Lair.
- Lairs are a great way to have smaller meetings or adventures, and to allow all Cubs to take a turn speaking and taking a leading role during activities.

This meeting is also a good time to talk to the Howlers about upcoming meetings—what activities would they like to do? How would they like the meetings to run (in Lairs, as a Pack, etc.)?

Have the Howlers plan some discussion questions for next week's meeting. If possible, meet in Lairs the following week and have the Howlers take a leading role in running discussions and activities.

Plan ahead for the following week by having the Howlers help select a skill to teach or learn at the next meeting. Each Lair can learn its own skill, or everyone can learn the same skill. Work with the Howlers to brainstorm a list of

supplies each person will need so that you can ask the Cubs (and parents) to gather the supplies ahead of your next meeting.

Using Lairs

Lairs are a great way to get the Cubs engaged in programming—some Cubs may not be comfortable sharing their voice in a larger group but may be more comfortable sharing in a smaller group, like a Lair.

Lairs allow for different voices to be heard, and for more Cubs to take on leadership roles. Lairs encourage sharing and teamwork and are a key part of Section programming.

Even if you meet as a Pack, meeting in Lairs at the beginning of a Pack meeting, is a great way to start the night (this is easier to do during in-person meetings). Cubs can use their Lairs to take attendance, gather dues and get ready for that week's meeting. While Scouting outdoors, meeting in Lairs can be a great way to break into smaller groups for activities, as well as to gather feedback.

Getting started

At the beginning of the year, split the Pack into small groups of eight youth, maximum. There should be a mixture of brand new Cubs, Runners (youth ages 8–9 years), Trackers (9–10 years) and Howlers (10–11 years). Look at which youth should be put together—two friends might be great together or they might not. Look also at the older Howlers; do some stand out as leaders of the Lair?

This is a great time to chat to the Pack Scouters and see who works well together. The Lairs can be juggled in the

first few weeks, so that all personalities work smoothly together.

Each Lair should have a Section Scouter(s) assigned. This Section Scouter(s) should be the main Scouter(s) for that Lair for the whole year.

The Scouter(s) assigned to the Lair should get to know the Cubs within their Lair. This builds great relationships with the youth and the Scouter(s).

Picking their Lodge Emblem or Badge

Each Lair should designate a coloured wolf as their Lair name. The Scout Shop has these badges available for purchase (visit [ScoutShop.ca](https://www.scoutshop.ca)). Your Lair may already have a name from the previous year.

Using Patrol boxes

Each Lair should have its own individual Patrol box. It should include but is not limited to:

- Scissors
- Glue
- Crayons
- Pens
- Pencils
- Pencil sharpener
- Eraser

In light of the pandemic, please make sure to have one individual box within the Patrol box for each individual Cub or make sure to disinfect everything after each use.

By having a Patrol box, youth have everything they need and they don't need to wander around looking for equipment or wait to use the equipment.

This also keeps them engaged.



CUB SCOUTS INDOOR MEETINGS

How to use the Lairs in a meeting

Designate an area of your meeting location or a corner of your room as that Lair's corner. This location should stay the same every week.

As soon as the Cubs arrive, they should be sent to their Lair corner. Try to stop them from gathering at the start unless there is a Scouter already running a gathering game. This is a surefire way to have youth not listening and hard to get to settle down.

When the first Cub arrives from that Lair, their job is to collect their Lair's box. There should be activities inside the box to keep them busy such as crosswords, colouring pictures, puzzles, individual packs of Legos etc. When the Lair Patrol leader arrives, they should collect the dues and are responsible for marking in the due book who has paid. They may have other duties such as checking that the Cubs arrive with their uniform on properly. Some Scouters refer it to as Paws (clean hands), Claws (clean nails) and Fur (brushed hair).

Once everyone has arrived, the Cubs should be gathered for the Grand Howl and Opening Ceremony.

The Cubs should return to their Lair corner to do the meeting's activity. The Cubs stay in these small groups for everything except games, Open and Closing Ceremonies.

By using Lairs and smaller groups in this way, youth remain engaged and attentive.

Plan, Do, Review

Plan, Do, Review is a fundamental part of the Canadian Path. It helps to ensure that youth are getting the most out of every adventure. Having youth be part of the planning process helps them to engage with the activity and ensures that they are passionate and excited about the activity. Reviewing the adventure keeps youth engaged and helps to direct future planning.

Plan, Do, Review doesn't have to be a long or boring process. Getting youth engaged by asking questions is an easy way to start: What would you like to do? What supplies do we need? Reviewing can also be a fun game, whether you throw a ball with questions on it, ask youth to draw out their answers, or have youth act out their favourite and least favourite parts of an adventure.

As part of your meetings, you have already been doing elements of Plan, Do, Review, but giving them names (e.g. "It's time to make our plan for tonight—what will we be doing?" "Let's review tonight's meeting") helps to reinforce the different steps and helps youth to be conscious about each stage.

SAGA Adventures

Saga Adventures build on a theme from one week to the next, building skills as the youth go.

For example:

Pirates

Treasure map reading → scavenger treasure hunt → knot tying → a scout craft flagpole → build your own pirate ship → race your pirate ship

Ancient Times

Making your toga → Knot tying → Lashing skills → Build a chariot → Chariot racing

You can also use this for lots of different themes. The only limit is your imagination!

Look at those big adventures and work backwards to ensure that the youth build the skills needed to accomplish the adventure at the end.

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Activities for indoor Scouting

- Learn to code with **Canada Learning Code!** CLC offers private sessions—set one up for your Pack and help everyone to learn some coding basics. They also have lots of **unplugged** activities that can be done without a computer or any coding knowledge!
 - Map your neighbourhood or use an existing map to plan a hike for the spring. What landmarks would you like to visit as a Lair? **Build a Map**
 - Set up an indoor orienteering course or learn the different directions on a compass.
 - Just because you're meeting indoors, that doesn't mean you can't spend some of your time outside! Have everyone bring their snow gear and have a winter Olympics evening. Snow races, building competitions and more!
 - You can also go outdoors and try some stargazing. Even if you have already done this in the fall, it's fun to learn about how the sky changes throughout the year.
 - What do different animal footprints look like? Create your own animal footprints using dirt and 'plaster of paris', and move around the gym like different animals!
 - Try doing some STEM experiments or activities.
- Activities that can be done on a small-scale, with each person doing their own might be best, or otherwise, something that can be done in front of a Lair that everyone can see without having to gather too close.
- Use old t-shirts to make your own reusable bags. **Bag for Life**
 - Have a sports night and invent a unique sport of your own, or trying playing a new sport you have never played before. **Create a Truly Canadian Sport, Get Active**
 - Go on a trip around the world! Act out your dream destination and imagine you're on a trip far away. You could even use a computer and projector to go on a virtual tour of a city or country! **Dream Destination, Virtual Trek, Hey Magic Taxi**
 - Build your own Kub Kars! **Fastest Vehicle Ever**
 - Celebrate a holiday or tradition from another culture! Play games, learn a dance, play special music, etc. **A New Reason to Party**
 - Learn about how muscles, tendons and bones work and try doing some yoga or Zumba! **That's a Stretch**
 - Create a piece of winter gear, like a sit-upon or neck warmer. **(OAS Winter Skills 2.11)**
- Try learning about different kinds of maps—topographical maps, orienteering maps or maps of your local area. What are some similarities between the maps? Differences? **(OAS Trail Skills 3.3, 3.4)**
 - Learn about the seven principles of Leave No Trace and find a creative way to help your Pack remember them—make a poster, write a song or perform a skit!
 - Run a series of Lair challenges—have the Howlers choose some different skills your Pack has learned and find related challenges (e.g. tie a reef knot, use a compass to find a direction, etc). Set these up as a series of tasks—Lairs can move through the challenges and see which Lair can complete the most challenges correctly!

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Some suggested questions to ask for review time

- What do you know now that you did not know before?
- How did you feel before, during and after this experience?
- How did your Patrol manage this project?
- What problems did you encounter, and how did you solve these problems?
- What else can you do to improve the activity?

Some other tips and hints

- Try having a weekly challenge that can be done during the week and doesn't require a technology item to do.
- Bring in subject matter experts to engage the youth.
- Get up and move—have a dance party.
- Have a joke night.
- Have a camp/campfire.
- Build your own story or song.
- Build and race your Kub Kar.
- Have a crazy hair day/wacky clothes day.

Related resources

- [Online Meeting Safety Tip](#)
- [Guide to Personal Achievement Badges](#)
- [Personal Achievement Badge template](#)
- [A Guide to PABs for parents](#)
- [Guide for badge mentors](#)
- [How Do I support PABS](#)
- [Outdoor Adventure Skills](#)
- [Woggle Resources](#)
- [Scouting at Home](#)
- [Great Canadian Adventure—coming soon](#)
- [Youth Leadership Training](#)
- [PAB Portal](#)
- [Scouts for Sustainability](#)

Games for indoor Scouting

For games and activities you can do safely while distancing, check out the [Scouts Canada Wiki!](#)

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Night T-Rex Games

- Set up stations around the park.
- Do some simple games that are tricky in the dark; e.g., putting on a hat and scarf using kitchen mitts, stringing Cheerios onto uncooked spaghetti, throwing rings over pylons, beanbag toss etc.
- The activities should be done without flashlights so that the youths' eyes get used to seeing in the dark. Flashlight can be used between stations.

Charades

- One at a time, participants get up and act out a word, title, or phrase. With older youth, you can have them help create a list of different things, but younger youth may need help.
- To keep things safe and distanced, you can have a Scouter hold up a piece of paper with the word on it, so that the player knows what to act out.

Sit and Listen

- Youth sit quietly on their own and listen to all the sounds around them.
- Watch for any animals/insects.
- Take in the environment.
- Return to the Howler and discuss what you saw.

Build Igloos

- Fill milk jugs with water and freeze.
- Using the frozen blocks, build an igloo.

Count Up

- Participants should sit, stand or lie six feet apart to play this game. They should not be in a line or circle.

- The goal is to count as high as possible, without any numbers being repeated or said at the same time, and without the same person saying all the numbers.
- Participants close their eyes and can start counting when they wish. If two people say the same number, the count starts again.

Never-Can-Tell games

Never-can-tell games are games that have a secret to how they work, but the trick to them is that they should be figured out by participants, rather than having the answer revealed. There are many more than are listed here; others can be found online.

- **Trip Around the World:** The first person starts the game by saying that they're going on a trip around the world and listing an item that they will bring. (Solution: the first letter of the items being brought need to spell "around the world,;" e.g., person 1 brings an apple, person 2 brings a rabbit, person 3 brings an orange, etc.).
- **Green Glass Door / Silly Sally's Birthday Party:** These are two games with the same trick—people are bringing items through the green glass door or to Silly Sally's birthday party, but only certain items can be brought. (Trick: all items must have double letters in them, just like Green Glass Door and Silly Sally; e.g., a book, a vacuum, a raccoon).

Scavenger Hunts

- You can either create your own list or find a list online of different things for participants to find.
- Participants can gather items, or you can ask them to bring a device that they can use to take photos instead.
- Participants should be reminded to make sure that they are being careful not to get too close to anyone while they are searching!

Foot Golf

- Each player is trying to get their "golf ball" into the "hole" using only their foot.
- You must tap the ball with your foot (rather than dragging the object with your foot).
- For younger youth, a soccer ball and hula hoop might be a good size. For older youth, a tennis ball or golf ball and cup may be more challenging!
- Set up the course however you would like, make sure players are keeping their distance from each other and have fun!

Squirt

(Also called Splat or Cowboy Charlie)

- Players stand in a circle six feet apart, with one person in the centre.
- The person in the centre squirts someone by pointing at them and saying "squirt!" as if they are shooting a water gun at them. The player who was "squirted" must duck.
- The two players on each side of the player who ducked turn and point and "squirt" each other.
- The last player to squirt is out.
- Continue playing until only two people remain.

Paper Snowball Fight

- Split youth into two teams.
- Make paper snowballs out of rolled-up sheets of paper.
- Draw a line in the dirt or snow, set up cans, etc., as targets.
- Each team must try to get hit as many targets as possible.
- The team with the most targets hit at the end wins.
- Remember to clean up all the paper.

