



# GOOD KNIGHTS



## RATIONALE FOR ADVENTURE

This adventure will help Tigers realize that the Scout Law is a code of conduct they can follow to make their bodies and minds stronger.

## TAKEAWAYS FOR CUB SCOUTS

- Understanding of teamwork
- Problem solving
- Creating a game
- Creating a den plan for good manners
- Strengthening relationships through attitude
- Connecting the Scout Law and daily life
- Taking care of the earth by recycling

## ADVENTURE REQUIREMENTS

*Tiger Handbook, page 168*

Complete requirements 1 and 2 plus at least two others.

1. With your den or with your parent, guardian, or other caring adult, say the Scout Law. Explain to your den one of the 12 points of the Law and why you think a knight would have the same behavior.
2. If you have not already done so, make a code of conduct with your den that will describe how each person should act when you are all together. If your den has a code of conduct, discuss with your den the updates it might need. Vote on which actions should go in your den code of conduct.
3. Create a den shield and a personal shield.
4. Using recycled materials, design and build a small castle to display at the pack meeting.
5. Think of one physical challenge that could be part of an obstacle course. Then help your den design a Tiger knight obstacle course. Participate in the course.
6. Show your understanding of knights' service to others by participating in a service project in your community.

## NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Meeting 2 will include a castle-building activity that requires recycled materials. Begin collecting these materials well in advance to have a good variety for Tigers to use.

Meeting 3 is a den outing for a service project. See the Meeting 3 Plan for preparation details, and be sure to begin planning well in advance. In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring.

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
- Printed copy of the Scout Law
- Thank-you note, or materials to make a simple card
- Poster board and materials to make shields (pencils, scissors, crayons or other coloring tools). If possible, create your own shield to use as an example.
- Printouts or books with information about knights
- Materials for Gathering: buckets and water if outdoors; buckets and cotton balls or rolled-up socks if inside
- Remind parents that the castle-building requirement will use recycled materials, which they may want to start collecting.
- Suggestion: Prepare a handout about what to bring to the next meeting for making castles (recycled materials, markers, paper, glue, scissors, etc.) as well as a shield template for each Tiger to use to create their personal shield (see Do-at-Home Project Reminder).
- Read the Good Knights adventure in the *Tiger Handbook*.

## GATHERING

### Merlin's Magic Potion Game

The concept is to transfer the contents of a bucket of water from one end of the room or yard to a bucket at the other end. If you are indoors, use cotton balls or rolled-up pairs of socks instead of water.

#### Materials:

- A set of "potions" for each team
    - Outdoors: Use cups of colored water.
    - Indoors: Use cups filled with cotton balls.
  - 2 large containers for each team
1. Divide the Tigers into teams. Or, if you are waiting for everyone to arrive, have each Tiger race against their best time.
  2. At the word "Go!" players transfer their "potions" from one container to the other as quickly as they can.

## OPENING

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

## TALK TIME

- Introduce the Good Knights 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.
- Give each Tiger time to share information about their week. You might use a talking stick or other item to help moderate the time and encourage respect. (See Meeting 1 Resources for instructions to make a talking stick.)



## ACTIVITIES

### ◆ Activity 1: What Makes a Knight? (Requirement 1)

1. Using the Scout Law as an example, talk to the den about knights. Explain chivalry and the code of conduct. Chivalry means the ideal qualifications of a knight, including courtesy, generosity, and bravery. As you discuss these qualities and work at creating a den code of conduct, emphasize that chivalry has characteristics similar to the Scout Law. Chivalrous conduct was about friendly service to others. Tigers can learn to practice chivalry in the 21st century.
2. Have each Tiger choose a point of the Scout Law and think about how it relates to a knight's code of conduct.
3. Remember to engage the Tigers by asking questions and encouraging their ideas. While it is important to teach these points thoroughly, keep it short so you will have plenty of time for the active part of the meeting—making the shields.

### ◆ Activity 2: Making a Den Shield (Requirement 3)

1. Show examples of shields, including the one that you have made for yourself. Have the Tigers work together to make their den shield.
2. Types of images that could be used include birds, animals, Scouts, sporting equipment, etc. Note: We are asking the Tigers to draw images they feel relate to the Scout Law, so don't focus on "the knights of old."

### ◆ Activity 3: Den Code of Conduct (Requirement 2)

1. Vote on ideas to include in a den code of conduct.
2. Some ideas might be to show respect for others, keep the meeting area clean, and be helpful to other Scouts. Try to incorporate the Scout Law into this code of conduct.
3. Collect all ideas on a chart that can be used during each meeting.

#### NOTE TO DEN LEADER

Keep the code of conduct brief—no more than five or six items. Keeping it simple will make it easier for the Tigers to follow the guidelines they set.

## CLOSING

- Have everyone recite the den code of conduct together.
- Remind Tigers to complete the Do-at-Home Project part of requirement 3 (see below). Tigers can look at the *Tiger Handbook* for ideas.
- Hand out the list of things to bring for the castle activity at the next meeting.
- Reflect briefly on the team cooperation they used in voting on the den code of conduct.



#### Do-at-Home Project Reminder:

For the next meeting, Tigers will need to bring recycled materials and other items from home to create castles.

Tigers will also create their own personal shields to present at the next meeting (requirement 3). Shields should include drawings and symbols that represent who they are. Tigers can use a variety of materials and shapes to create their shields. They should think about how the pictures on their shields relate to points of the Scout Law.

## AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1 and 2.
- Work together to clean up the meeting place.

# MEETING 1 RESOURCES

## TALK TIME

This is one option for making a talking stick.

### MATERIALS NEEDED:

- 10- to 12-inch stick approximately  $\frac{3}{4}$  inch or a wooden dowel
- Thin cord (jute twine will work)
- Feathers
- 30 craft beads (colors of your choice)
- Paint pen
- Hot glue gun and glue (for adult use only)

### DIRECTIONS:

- Decorate the dowel the way you like. Look for opportunities to make the decorations meaningful. For example, you may want to have 12 beads tied onto lacing or a paracord to represent the 12th point of the Scout Law. Remember to use the square knot or other proper knots. Keep in mind that this project will be handled by the Cub Scouts, so make sure your decorations are secured well.

## MEETING 2 PLAN

### PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Various recyclables, such as cereal boxes, clean empty cans, paper towel tubes, construction paper, craft sticks, etc.
- Glue
- Markers, crayons, or paints to color the castle (optional)
- A selection of various items that could be used in an obstacle course, including pool noodles, hula hoops, balls, pails, discs, stick horses, etc.

### GATHERING

**Dragon Tag:** One Scout starts as the dragon. When they catch one of the other players, the dragon “grows”: The player who was caught holds on to the original dragon, and both of them run as one unit as they try to catch another player. Each time someone is caught, the dragon “grows” until there is no one left.

Note: Be sure to establish ahead of time where to hold on to each other (e.g., belt or sleeve). For safety reasons, be sure that they do not hold on to the back of one another's shirts or collars.

### OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Recite the den code of conduct.



## TALK TIME

- Carry out business items for the den.
- Share that the knights of old stood straight and tall as they pledged themselves to defend all things that were good and to strive to always do right. Have each Tiger share a way they can be similar to a knight. Invite each Tiger to share their personal shield (requirement 3).

## ACTIVITIES

### ◆ Activity 1: Building Castles (Requirement 4)

1. Using the materials listed above, have each Tiger design and build a small castle for display at the pack meeting. Remember to let the Tigers use their imaginations; adult partners should mainly assist with cutting and gluing.
2. Point out how we can reuse common household items to create new things (a Scout is thrifty). Adult partners may encourage their Tigers to add bridges, towers, flags, moats, and people to their castles. The castles can be tall and narrow, round, or square.
3. Here are some questions to ask your Tigers after they finish the activity:
  - What was the easiest way to build your castles?
  - What was your biggest challenge and how did you solve it?
  - How would living in a castle be different from living in your home?
4. Have the Tigers help clean up. This teaches them to respect their surroundings.
5. Remind Tigers to bring their castles to the pack meeting. If there is a chance anyone will miss the meeting, offer to bring their castle and return it later. Also, Tigers may want to display their personal shields with the castles.

### ◆ Activity 2: Creating an Obstacle Course (Requirement 5)

#### Materials needed:

- Possible items for the obstacle course are pool noodles, hula hoops, balls, pails, discs, stick horses, etc.
- If you want to include balloons, use latex-free balloons if someone in the den has a latex allergy.

#### Instructions:

1. Show the den the items you have gathered, and describe jousting tournaments as knights would have experienced them.
2. Be sure that the Scouts understand they will NOT be jousting with one another. Instead, they will create an obstacle course where they challenge themselves—not each other—as individuals who “do their best” (Cub Scout motto).
3. Help the den to develop a simple course. (The den leader should plan the jousting section to ensure safety.) Developing the games for the course should not take much time. For example, Tigers can sharpen their coordination and balance by using a pool noodle to hit a target. They might use the noodle to try hitting a balloon while galloping by on a stick horse or broom. They may also try throwing the noodle through a ring or a hula hoop. Other ideas include crab walking, running, hopping, kicking a ball, throwing a ball through a hoop, throwing a ball into a bucket, etc.
4. Encourage the Tigers to think of each member in their den. If any member has a physical or mental disability, foster den unity by ensuring they are all included.
5. Show the Tigers all the materials they have to build the obstacle course, and keep it simple and fun. Take a few minutes to discuss fair conduct rules.
6. Finally, set up and play the games. There are several ways this could be conducted: Tigers in teams against the adults, Tigers with their adult partners, mix everyone up, etc. If there is an interest in competing for the “best” time, be sure to make the competition constructive and positive—and focused on growth.

## CLOSING

- While everyone is resting after the games, encourage them to talk about how things went. Ask leading questions versus yes or no questions. What part was the hardest? What made their muscles work the most? Was it easier or more difficult than they expected to launch the pool noodle through the hoop?
- Review details for the outing in Meeting 3. Make sure all Tigers and their families know the plans.

## AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 3, 4, and 5.
- Work together to clean up the meeting place.

# MEETING 3 PLAN (Den Outing)

## PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Keep an eye on your community calendar for opportunities to serve. Tailor service ideas to this age group. Ideas could include, but are not limited to, the following:
  - Planting flowers or singing for a nursing home
  - Collecting food for a food bank
  - Making a meal for a soup kitchen
  - Collecting supplies for a shelter
  - Raking leaves
  - Picking up trash (Make sure everyone wears gloves, and remind Tigers not to pick up sharp objects.)
- The den leader should bring a copy of the *Guide to Safe Scouting*.

## GATHERING

- Explain to your Scouts what to expect on the outing.
- Practice introductions.
- Cover information such as bathroom breaks and the buddy system.
- Talk about any safety issues (gloves for trash, what is safe to touch, and when to get an adult).
- Answer any questions that arise.

## OPENING

- Say the Pledge of Allegiance and the Scout Oath and Scout Law.

## TALK TIME

- Carry out business items for the den.



## ACTIVITIES

### ◆ Activity 1: Service Project (Requirement 6)

Working as a Tiger team, complete the service project chosen by the den.

## CLOSING

- Thank the person or people in charge of your service project.
- Compliment everyone on their behavior.
- Consider a short reflection period, especially if it was a long activity. This can be as simple as asking Tigers to share their favorite part of the project. Encouraging Tigers to identify the positive feelings they receive when they serve others will help them to associate happiness and service. This is a perfect time to review the points of the Scout Law and identify which ones pertain to the service activity.
- Announce any information for the next meeting.

## AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 6.
- Work together to clean up the meeting place.

Upon completion of the Good Knights adventure, your Tigers 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.



# NOTES