



WELCOME TO FAMILY TIME: WOLF CUB SCOUTS

Family Time is a home study guide for the Soccer and Scouting participant and his family. According to the grade level of the child, participants receive one of the following posters:

First graders receive the Tiger Cub Scout poster.

Second graders receive the Wolf Cub Scout poster.

Third graders receive the Bear Cub Scout poster.

Fourth and fifth graders receive the Webelos Scout poster.

Participants are asked to complete 10 soccer and 10 Scouting activities in each 12-week season. During the four 12-week seasons boys will work through the Cub Scout advancement program and earn Cub Scout badges, as well as advance their soccer skills.

A Family Time poster will be handed to each boy at the end of the first weekend practice/game, which is generally held on the second Saturday of each Soccer and Scouting season. The first activity should be completed by the end of week 3.

FAMILY TIME

WEEK 3

SCOUTING ACTIVITY

Say and tell your family about the Cub Scout Promise.

CUB SCOUT PROMISE

I, [your name], promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.

WHAT THE PROMISE MEANS

When you say you will do something, that is a promise. 'Duty to God' means you put God first and do what you know God wants you to do.

'And my country' means you do what you can for your country; be proud that you are an American.

'To help other people' means you do things for others that would help them.

'Obey the Law of the Pack' means you do what Akela asks you to do; be a good Cub Scout and be proud that you are one.

SOCCER ACTIVITY

Set Your Goals. Write down five things that you want to learn or improve upon this season.

WEEK 4

SCOUTING ACTIVITY

Show your family the Cub Scout salute and the Cub Scout handshake.



CUB SCOUT SALUTE

Salute with your right hand. Hold your first two fingers close together. Touch your fingertips to your cap. If you aren't wearing a cap, touch your right eyebrow. This is the way to show respect to your den leaders. You salute the flag to show respect to our country.



SOCCER ACTIVITY

I Love Soccer Because ... In 50 words or less, tell what you love about soccer.

WEEK 5

SCOUTING ACTIVITY

Show your family the Cub Scout sign and tell them what *Webelos* and *Akela* mean.

CUB SCOUT SIGN

You make the Cub Scout sign with your right hand, holding your arm straight up. The two fingers stand for two parts of the Promise: "to help other people" and "to obey." They look like a wolf's ears, ready to listen to Akela. You give the Cub Scout sign when you say the Cub Scout Promise or the Law of the Pack.



WEBELOS

In Cub Scouting, boys in the fourth and fifth grades are Webelos Scouts. *Webelos* (say WE-buh-lows) is a Cub Scouting secret. Cub Scouts know the secret. It is **WE'LL BE LOYAL** Scouts.

AKELA

The Cub Scout follows Akela. (Say ah-KAY-la.) Akela is a good leader. Your mother or father or other adult member of your family is Akela. In the Soccer and Scouting, your coach is Akela. At school, your teacher is Akela.

SOCCER ACTIVITY

Paper Face Plates. Create a paper plate mask by cutting out two eyeholes in a paper plate. Use elastic or yarn to keep the mask on your head. Draw a soccer design first on paper and then copy it onto the mask.

WEEK 6

SCOUTING ACTIVITY

Recite the Cub Scout motto to your family. With their help, learn the Pledge of Allegiance.

CUB SCOUT MOTTO

Do Your Best.

PLEDGE OF ALLEGIANCE

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands,
One nation under God, indivisible,
With liberty and justice for all.

SOCCER ACTIVITY

Alligator Alley. Create a 10-by-10-yard square in your backyard or at a nearby park. Make small goals on each end line. Play one-on-one or two-on-two in the crab position (belly up, hands and feet on the ground).

WEEK 7

SCOUTING ACTIVITY

To the Cub Scout's family: The Boy Scouts of America is nearly 100 years old, and has helped millions of youth grow to be healthy, good citizens. Due to a national concern with child abuse of various types, the Boy Scouts of America has developed materials to aid parents in discussing dangerous situations their boys may find themselves in. Please use the following questions in order to discuss the same subjects, but in language that your son will understand. The Boy Scouts of America wants the same thing for your son that you do: that he will grow up to be healthy, well-adjusted, happy, and a contributing member of society.

Do the following "what if" exercise with your boy. In this activity, the parent describes situations that the child should recognize as possibly dangerous. Once the parent describes a situation, the child tells or shows what he would do if ever faced with a similar situation. After each situation below, some possible good responses are listed.

For some of these situations, you might already have set rules. You should not change your rules in response to the exercise unless there is new information that you have not previously considered. You also should feel free to reword the situation if that helps your child understand it better.

SITUATIONS AND SUGGESTED ACTIONS FOR EACH

What if you are home alone, the telephone rings, and a voice on the other end asks if your parents are home. What would you do?

- Do not tell the caller you are home alone.
- Tell the caller your parents are busy and cannot come to the phone, but that you will take a message and the phone number of the caller.
- If the message needs an immediate response, call your parent.
- Let the answering machine answer and do not pick up the phone until you are sure who the caller is.

What if an adult invites you on a camping trip and suggests that you allow him to take your picture when you are not wearing clothes? What would you do?

- Tell that person you do not want to have your picture taken when you do not have your clothes on.
- When you return home, tell your parents what happened.
- Be careful around that person in the future, and be sure to tell your parents anything that bothers you about that person.

What if a neighbor comes to you and says that your parents are sick and you must go with him or her? This neighbor is not a person you have been told it's okay to go with. What would you do?

- If you are at school, ask the principal or your teacher to help you make sure your parent really sent this person for you.
- If you are at home or somewhere else, call the emergency number your parents gave you, such as where they work, or a close relative, for help in making sure your parent sent this person.
- Do not go anywhere without checking with the person you have been told to contact in this kind of situation.

What if you are in a public restroom and someone tries to touch you in ways or places that make you feel uncomfortable? What would you do?

- Yell "STOP THAT!" as loud as you can.
- Run out of the room as quickly as possible.
- Tell your parent, a police officer, security guard, or other adult (such as your teacher) what happened.

What if you are walking to school in the rain and a car stops and the driver asks if you want a ride? What would you do?

- Stay away from the car. You do not need to get close to the car to answer.
- Unless you have your parent's permission to ride with the person, say "No, thank you." If the driver keeps asking, say "NO!" then get away.
- Tell your teacher when you get to school and tell your parent when you get home.

What if you are playing on the playground and an adult comes up to you and asks you to help find a lost puppy? What would you do?

- If you do not know the person, stay away and tell a teacher or other adult you trust.
- Adults should ask other adults for help. Before you help that person, you must get your parent's permission.
- Tell your parent what happened.

What if you are walking down the street and an elderly neighbor tells you that you'll get a quarter to help carry groceries? The person asks you to come into his or her house. What would you do?

- Get permission first.
- Do not ever go into anyone else's house without your parent's permission.
- Tell your parent about the person.

What if an older child you know invites you to play a game, and to pretend that he or she is the doctor and you are the patient? This child tells you to take off all of your clothes so that the "doctor" can examine the "patient." What would you do?

- Keep your clothes on.
- If he or she persists, say "NO!" then yell and get away.
- Tell your parent.

SOCCER ACTIVITY

Rules Trivia: The Ball. The basic requirements are that the ball be spherical and made of either leather or another suitable material. The standard size ball for the adult game (size 5, as opposed to the size 4 or 3 balls used in many youth leagues) must be between:

1. 48–50cm
2. 68–70cm
3. 108–110cm

Answer: 2. 68–70cm

Quick Fact: In the event that the game ball should burst or fail some how during the run of play, the referee will immediately stop the match until the game can be resumed by calling for a drop ball at the spot of the failure with a fresh ball.

WEEK 8

SCOUTING ACTIVITY

Demonstrate to your family the front roll, back roll and forward roll that you learned to do last week. See how high up you can jump. Play catch with a family member from 10 steps away. Play until both of you can throw and catch.

SOCCER ACTIVITY

Face Painting Fun. Draw practice pictures for your face design. Then use a variety of face paints to paint your face in your team colors.

WEEK 9

SCOUTING ACTIVITY

Show your family how to do the elephant walk, frog leap, and crab walk. With another family member (or the whole family), jog for five minutes.

SOCCER ACTIVITY

Stadium Match. Match the names of the team and the stadiums where they play.

Team	Stadium Name
Manchester United	Old Trafford
Club America	The Bernabau
Real Madrid	San Siro
AC Milan/Inter Milan	Jalisco
Rangers	El Volcan
F.C. Barcelona	Azteca Stadium
Guadalajara Chivas	Nou Camp
Monterrey	Ibrox
Boca Juniors	La Bombonera
Santos	Urbano Caldeira

Answers:

Manchester United—Old Trafford
Club America—Azteca Stadium
Real Madrid—Nou Camp
AC Milan/Inter Milan—San Siro
Rangers—Ibrox
F.C. Barcelona—The Bernabau
Guadalajara Chivas—Jalisco
Monterrey—El Volcan
Boca Juniors—La Bombonera
Santos—Urbano Caldeira

WEEK 10

SCOUTING ACTIVITY

Recite the Pledge of Allegiance to your family. Lead a family discussion on what it means.

PLEDGE OF ALLEGIANCE

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands,
One nation under God, indivisible,
With liberty and justice for all.

A pledge is a promise.

Allegiance is to be true.

Republic is our kind of government.

Nation is a country.

God is the one we worship.

Indivisible means something cannot be divided into pieces or parts.

Liberty is freedom for you and for others.

Justice is what is right and fair.

SOCCER ACTIVITY

Rules Trivia: Player Equipment. All players are required to wear certain equipment to prevent injury to themselves and to others. All players must wear a jersey and shorts, along with cleats and what other item?

1. Socks
2. Sweatbands
3. Shin guards

Answer: 3. Shin guards

Quick Fact: Goalkeepers wear a slightly different uniform, providing them with extra protection and a distinctive look. Keepers wear padded gloves to protect their hands, as well as shirts or jerseys that easily distinguish them from the field players and referees. Some goalkeepers even exercise the option to wear long pants during a game, which afford some protection while diving to make saves.

WEEK 11

SCOUTING ACTIVITY

Go on a walk, a bus ride, or a drive with your family, and with their help, make a list of U.S. flags seen and how they were displayed.

As a family, make a list of phone numbers you need in an emergency. Put a copy of the list by the phone or in a central place.

SOCCER ACTIVITY

Sweet Soccer Picnic. Ask your family to help you bake a cake and decorate it. If it's round, decorate it like a soccer ball or if it's rectangular, decorate it like a soccer field. Set out a picnic blanket and enjoy the feast.

WEEK 12

SCOUTING ACTIVITY

Show your family the way you learned to fold the U.S. flag. Practice it with them, using a flag, a towel, or a rectangular piece of cloth.

SOCCER ACTIVITY

Review Your Goals. In 50 words or less, tell your family what you learned in this season.