



3rd Hutton (St Joseph's) Scout Group

Cub Pack Night - Monday 24th November 2014

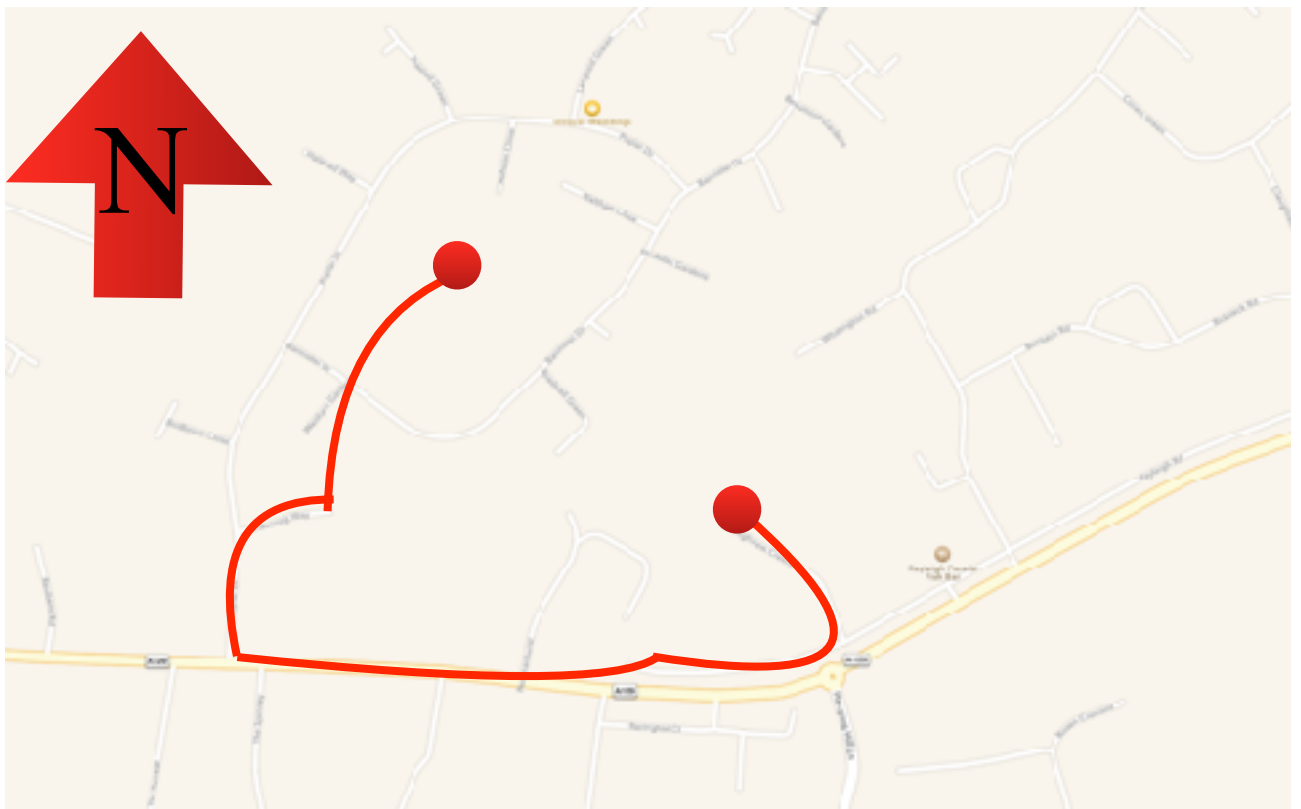
- 6.30pm** Introduction Baloo
- Flag Up
 - Theme of tonight - Continuing to work towards our Scientist Activity Badge
 - NO RUNNING AT THE START OF THE EVENING. ALL CUBS TO SIT QUIETLY!

- 6.40pm** Measure our heart rate at rest
- Cubs to lie quietly on the floor for a minute to rest (and lower their heart rate).
 - Place 2 fingers (not thumb) on the artery shown
 - Cubs to count their heart rate for one minute and record this with Chil. More on this later...

All Chil



- 6.50pm** Short hike to a dark patch of land for stargazing
- Sixes All
- Take a few compasses to ensure we're facing the correct direction.
 - Cubs to split into groups with one leader each. Hike should take 15 mins to Hutton Poplars where the sky is unobstructed and it is darker than at the hall.





7.05pm Identify constellations Sixes All

- In sixes with your leader:
- Take a moment to shut your eyes and allow them to adjust to the darkness. The more your eyes adjust, the more stars you will see.
- TURNING TORCHES ON WILL AFFECT EVERYONE'S NIGHT VISION!
- Facing North (the Hutton Community Hall should be at 10 'o Clock).
- Start with The Great Bear, The Plough or Ursa Major. Follow the two stars at the right of The Plough up to Polaris, The Pole Star.
- Follow the handle of the Little Bear, Ursa Minor.
- Just above should be an upside-down house shape, Cepheus.
- Just to the right of that should be a capital M shape, Cassiopeia

7.20pm Hike back to the hall Sixes All

- In sixes.

7.35pm Measure our heart rate after exercise All Chil

- Cubs to count their heart rate for one minute and record this with Chil.
- What do you notice about your heart rate (it should be higher after exercise). Why? Your body needs more oxygen to fuel your muscles and so your heart pumps faster to get oxygen-rich blood to your muscles.

7.40pm Next week All Akela

- Paddington?

7.45pm Prayer Baloo

7.45pm Flag down & break circle

Perhaps they are not stars, but rather openings in heaven where the love of our lost ones pours through and shines down upon us to let us know they are happy. Amen.

STAR MAP

LOOKING NORTH

