



Cub/Boy Scout Story



****Say this intro in meditation posture so they can listen to the story.**

According to legend, a man named William D. Boyce was lost in London when an unknown Scout came to his aid, guiding him back to his destination. The boy then refused Boyce's tip, explaining that he was merely doing his duty as a Boy Scout. Boyce learned of England's Boy Scout Association and founded the Boy Scouts of America shortly after returning to America in 1910. Boyce had help from many great men to raise America's boys to honor their duty to God, country, and to others. His dream was to make the world a better, more peaceful (**insert Meditation w/PBWM here**) place.

Do you know why healthy living is such a big part of being a Scout? Part of the Scout Oath, along with keeping mentally awake and morally straight, is to stay physically strong. We can do this by **RUNNING, SWIMMING and ROWING BOATS**. Early Boy Scouts were very well known for doing **HEADSTANDS** (just have them rock forward from **BOAT** and put their head on the floor like in **RABBIT** pose)! They knew the benefits of a strong body, mind, and spirit and early leaders taught the boys how to get it through the ancient practice of yoga and other exercises.

During World War I, the first Boy Scouts learned to help families in their community while the **WARRIORS** were away from home being **WARRIORS** for peace. They did jobs like caring for **FLOWER** beds and vegetable gardens, **ROCKING BABIES** (both sides) until they were **HAPPY BABIES**, cooking meals (could make a **POT OF CHILI** here), and setting **TABLES**. These activities were just part of the work boys did to achieve the highest rank called the **EAGLE SCOUT (EAGLE POSE)**.

When they weren't working on projects or helping their neighbors, the Boy Scouts got to go to camp! They got to learn to walk at the **Scout Pace (10 steps walking, 10 steps running)**, **SWIM** 50 yards with their clothes on, and so much more. Each day began with exercises like **JUMPING JACKS, FORWARD BENDS**, and **TWISTS** (standing side to side twisting or seated **PRETZEL** pose) to get their bodies ready. Out in nature they would climb **MOUNTAINS**, learn about many kinds of **TREES (both sides)**, **BUTTERFLIES, FLOWERS, TURTLES, SNAKES, FISH**, and all kinds of animals (insert animal of your choice if time allows: **DOGS, CATS, CROWS, mountain LIONS**, etc). At the end of their day, they got to **SIT DOWN** (**CHAIR** pose) and rest by the fire. They sang songs, and ate Smores in the **MOONLIGHT** (Probably **CRESCENT MOON** here), and finished their day with a group **MEDITATION**. Then they made their beds—not air mattresses like us (pretend to **BLOW UP** their mats like air mattresses)—and slept under the **STARS** (do this lying down on mats for SG).