



Beaver Scout Meeting Schedule

Theme: My Heart

As well as investigating what happens to their heartbeat the Beaver Scouts can have fun with these activities and games.

| Time | Activity | Additional Information | Run by |
|------|--|---|--------|
| 0:00 | Welcome Ceremony | | All |
| 0:05 | Test Heartbeat | Beaver Scouts learn how to feel their heartbeat. | |
| 0:10 | Game – Dodgeball followed by checking their heartbeats | This could be replaced by any active game your Beaver Scouts enjoy. | |
| 0:25 | Craft Activity – printing with vegetables followed by checking their heartbeat | This could be any craft activity as long as it is quiet and calm | |
| 0:45 | Compare heartbeats | | |
| 0:55 | Closing Ceremony | | |

Meeting Notes: _____

Methods Make things; Play games

Preparation Time Preparing the vegetables and fruit for printing

Location Indoors and Outdoors

You will need:

- Sponge Ball
- Aprons or old shirts
- Different vegetables and fruit
- Paintbrushes (useful for removing extra paint from the vegetables)
- Newspapers

Test heartbeat:

1. The best place for Beaver Scouts to test their heartbeat is to put the palm of their hand just below their throat. They may need to move their hands around to find the beat.
2. Ask the Beaver Scouts to describe their heartbeat. They will need to remember how it feels for the rest of the meeting to compare later on.

Game – Dodgeball, followed by checking their heartbeat:

1. Beaver Scouts run around, while the Leader tries to hit them below the knee with a soft ball.
2. If a Beaver Scout gets hit they become the thrower.
3. There will need to be a firm rule about not throwing the ball over the knee and anyone who does has to sit out.
4. After playing the game the Beaver Scouts need to check their heartbeat.

Craft activity - printing with

vegetables, followed by checking their heartbeat:

1. Prepare the vegetables and fruit by cutting shapes out of potatoes, and cutting open other vegetables and fruit that have interesting patterns.
2. Prepare the paint in shallow dishes.
3. Spread newspapers over tables and set up a piece of paper for each Beaver Scout and make sure each can reach paint and vegetables.
4. Make sure each Beaver Scout is wearing an apron or old shirt.
5. Let the Beaver Scouts create patterns and shapes by printing.
6. When the Beaver Scouts have finished printing ask them to check their heartbeat again.

Compare heartbeats:

After doing two different activities, an energetic and a quiet activity, talk with the Beaver Scouts about the effect the two different activities had on their hearts. They should understand that doing energetic activities will speed up their heartbeat and quiet ones will slow it down.

Monitor heartbeats after different activities and understand the reasons for change.