



# 2011 District Swan Creek TLT

## - Breakout Session ASM Guidelines -

### Friday Night – Establishing Patrols

(by Patrol, 7:30-8:00 pm)

Materials needed: Patrol emblem handouts; Patrol flag materials

#### 7:30 Elect a Patrol Leader (PL) & Assistant (APL)

- Each Patrol must elect one of their members as Patrol Leader. Guide them if necessary to think about qualifications such as: age, rank, attendance at Troop activities, prior leadership experience, demonstration of Scout Spirit, etc.
- Before they vote on the PL, have them decide if they want the APL *selected* by the PL or *elected* by the entire Patrol.
- Record the PL and APL the Scouts have selected for their Patrol:

PL \_\_\_\_\_ APL \_\_\_\_\_

#### 7:40 Select a Patrol Name & Patch Design

- Hand out the laminated Patrol patch and name sheets. Explain that the Scouts can select one of the standard BSA Patrol names or one of the non-BSA names that can often be found on the internet. They can also invent one of their own as long it meets ASM approval.
- Encourage the PL and APL to solicit each Scout's opinion before picking a name. One technique that can be used is to have them narrow the names down to (3) favorites, then vote on those to find the best name.

Patrol Name: \_\_\_\_\_

#### 7:50 Create a Patrol Flag & Yell

- Each Patrol must create a Patrol flag and yell. Encourage the PL and APL to think about splitting up the Patrol into (2) groups with one group working on the yell and the other on the flag,
- Attach the flag to the provided stave. They must bring it with them back to the main seating area and secure in some way in the Patrol's assigned seating area.
- Have the Patrol be prepared to perform its yell for the entire Troop.

#### 7:59 The SPL will announce when it is time for the Patrols to return to the main seating area with their Patrol flag and sit together as a Patrol.

## **Friday Night – Skills Training** (groups of 2-3 Patrols, 8:35-9:35 pm)

Materials needed: Skills training materials for up to (24) Scouts

Activity Goal: Demonstrate to Scouts how to teach or learn a skill using the ***Teaching EDGE***. A secondary goal is to reinforce basic Scout skills for our junior leaders.

### 8:35 Round Robin Session #1 (2-3 Patrols per Station)

- Utilizing the ***Teaching EDGE*** (Explain, Demonstrate, Guide, Enable), the assigned ASM's will teach several Patrols of Scouts a simple skill.
- Make sure that even if some Scouts are already expert with the skill being taught, that all (4) EDGE steps are used.
- Make sure each Scout gets a chance to practice the skill. Use any "expert" Scouts to help if needed.
- Even Scouts that think they are very good at the taught skill will appreciate the practice and ability to "show off".
- Prepare Patrols to rotate to the next station just before the time is announced to switch.

### 8:55 Round Robin Session #2 (2-3 Patrols per Station)

- Again, utilizing the ***Teaching EDGE*** (Explain, Demonstrate, Guide, Enable), the assigned ASM's will teach a different simple skill.
- Make sure that even if some Scouts are already expert with the skill being taught, that all (4) EDGE steps are used.
- Make sure each Scout gets a chance to practice the skill. Use any "expert" Scouts to help if needed.
- Prepare Patrols to rotate to the next station just before the time is announced to switch.

### 9:15 Round Robin Session #3 (2-3 Patrols per Station)

- Once again, utilizing the ***Teaching EDGE*** (Explain, Demonstrate, Guide, Enable), the assigned ASM's will teach a different simple skill.
- Make sure that even if some Scouts are already expert with the skill being taught, that all (4) EDGE steps are used.
- Make sure each Scout gets a chance to practice the skill. Use any "expert" Scouts to help if needed.
- Prepare Patrols to move back to the main seating area prior to the SPL announcing the end of the session.

## **Friday Night – Team Building Game** (by Patrol, 10:25-10:50 pm)

Materials needed: (10) tennis balls

Activity Goal: Develop team work in the newly formed Patrols. Help them to appreciate the need to work as a team, that you cannot do too many things at one time effectively, a team is only as strong as its weakest link, and that sometimes you only get (1) chance to do something right.

10:25 Tennis Ball Toss

- Spread the Patrol out in a circle, a little further apart than shoulder-to-shoulder.
- Explain that the goal of the game is to see how many tennis balls their Patrol can keep moving in the circle at one time without dropping them.
- Rules:
  1. Scouts may not hand tennis balls to the person next to them and so on.
  2. Tennis balls must be tossed to someone on the other side of the circle, then that person must toss it to a different Scout and so on, until it makes a complete circuit and returns to the toss originator. The originator keeps that ball alive by immediately repeating the toss sequence.
  3. Ball tossers must always toss their tennis ball to the same receiver.
  4. Every Scout in the patrol must receive and toss each tennis ball only once before it returns to the originator.
  5. Additional tennis balls can added to the circle by the ASM but will always be given to the toss originator.
- Hints:
  1. Receivers should stay focused on their tosser.
  2. Let balls that drop to the ground go – chasing after them disrupts the entire circle. Someone else will retrieve them.
  3. Gently toss the balls – do not throw them hard.
- Use the PL as the originator and hand him one tennis ball.
- Have the PL establish the tossing/receiving sequence until it makes it back to him. Make sure each patrol member is in the circuit.
- Let the Patrol practice with (1) ball until a good rhythm is established.
- Slowly add more tennis balls to the circle, always handing them to the PL.
- Remind the Scouts to not chase after the balls if they are dropped. Have another leader retrieve them.
- Record the highest number of tennis balls kept alive in the circle during the session: \_\_\_\_\_.

10:49 Gather up all tennis balls, and get the PL to prepare his Patrol to return to the main seating area.

## **Saturday – Warm-Up Activities** (groups of 2-3 Patrols, 7:30-8:00 am)

Materials needed: (1) well-inflated beachball

Activity Goals & Notes: There are (3) warm-up games to select from. These games are intended to get the Scouts' blood flowing and their brains functional in the morning. These games can help develop team work and group cooperation. ASM's should guide the playing of these games and play as many as possible within the allotted 30 minutes.

### 7:30 Moonball

- How to play: Spread the group around in a large circle.
- The group must hit an inflated beach ball aloft as many times as possible before it touches the ground. Players cannot hit the ball twice in a row.
- Have your group set a goal for the number of times they will hit the ball aloft before it hits the ground to give them a goal to shoot for.
- Record the highest number of hits before the ball touches the ground: \_\_\_\_

### 7:40 Yurt Circle

- How to play: Ask everyone to join hands and expand the circle outward until everyone feels some pull on their arms from each side and then spread their feet to shoulder width in line with the circumference of the circle. Have the group count off by twos. Ask the "ones" to lean toward the center of the circle and all of the "twos" to lean out without bending wrists. This should be done slowly.
- If the group works with one another, each person can accomplish a remarkable forward or backward lean.
- Now ask the group to reverse the leaning positions. There will be some difficulty, but keep trying.

### 7:50 Everybody Up

- How to play: Split the group into twosomes of about the same size. Have the pairs sit on the floor facing one another with the bottoms of their feet touching, knees bent, and their hands tightly grasped.
- From this position, ask the pairs to try to pull themselves into an upright standing position.
- Combine pairs of Scouts into foursomes and have them try to pull themselves up in the same way.
- Continue adding pairs of Scouts until the entire group is included.

7:59 Gather up the beach balls, and get the PL's to prepare their Patrols to return to the main seating area.

## **Saturday – Making Duty Rosters**

(by Patrol, 8:20-8:45 am)

Materials needed: One sample good/bad duty roster per Scout + (1) blank roster

Activity Goals: Duty rosters which are not created impartially and fairly are a common source of conflict within Troops. The goal is to show Scouts the difference between a bad and good roster.

8:20 Sample Duty Roster #1 (Bad)

- Hand out (1) Sample #1 duty roster to each Scout of your assigned Patrol. Have them look it over and ask why this is not a good duty roster (the same Scouts have the same duties all weekend & not every Scout is included).
- Lead a discussion on how this duty roster could be improved.

8:28 Sample Duty Roster #2 (Good)

- Hand out (1) Sample #2 duty roster to each Scout of your assigned Patrol. Have them look it over and ask how this is different from Sample #1.
- Are the duties fairly assigned? Is everyone in the Patrol included on the roster?
- Lead a discussion on whether this roster is OK or could be improved. Show how the duty assignments are “cascaded” to make sure Patrol duties are rotated.
- How can you make sure duties are fairly assigned from campout to campout?

8:36 Make a Patrol Duty Roster

- Explain that unfairly assigning duties on campouts can lead to conflicts with Patrol members. Do not assign someone to “cleanup” all the time just because you don’t like them. Be fair, and even include yourself on the roster to make sure your Patrol sees that you are a “Servant Leader”, not a “Big Boss” type of leader.
- Give the Patrol Leader a blank duty roster form and make one for a fictional campout.

8:45 Get the PL to prepare his Patrol to return back to the main seating area.

**Saturday – My Friend the Potato**

(by Patrol, 9:10-9:30 am)

Materials needed: One potato per Scout

9:10 Activity Goal – Teach Scouts to identify and respect each person’s differences & similarities

- Hand out (1) potato to each Scout of your assigned Patrol. Do this very solemnly to make it more of a gag.
- Give the boys several minutes to get to know their potato and to develop a life story for their “new friend”.
- Ask each Scout to introduce their potato to the group, pointing out its unique size, shape, (made-up) history, or other features.
- Once all the potatoes have been introduced, put them all back in a bag and mix them up. Return a potato to each person, then have Scouts try to find their own potato.
- Time permitting, lead a discussion on how the potatoes were alike or different. How is this like the Scouts in everyone’s Patrol and Troop?

9:30 Get the PL to prepare his Patrol to return back to the main seating area.

## **Saturday – The Tent Scene**

(by Patrol, 10:35-10:50 am)

Materials needed: none

10:35 Activity Goal – Practice Conflict Resolution using **EAR**

- Based on the tent scene conflict shown on the video, guide the Patrol in a discussion on how the tent flap conflict could be resolved in a “win-win” manner for both Scouts.
- Some of the possible solutions they may come up with:
  - Have one Scout face the other way in the tent so one end can have the flaps closed and the other end with the flaps open for reading.
  - Move one of the Scouts to a different tent.
  - If one of the above solutions is not acceptable to either of the two “warring” Scouts, the PL or SPL may have to tell them that whichever Scout was there first gets his way and the other Scout must come up with his own solution.
  - In the end, get the “warring” Scouts talking and have them produce their own solution. That way they are more likely to implement it.
- Have them make up and practice a skit to show their selected Patrol solution to the entire Troop.

10:50 Get the PL to prepare his Patrol to return back to the main seating area.

**Saturday – Team Building Games**

(by Patrol, 11:45-12:15 pm)

Materials needed: (1) extra large T-shirt per Scout

Activity Goals: “Willow in the Wind” is intended to cement a feeling of trust within each Patrol. The T-Shirt relay is intended to demonstrate one of many types of Patrol competition games that can be played at Troop meetings to foster a healthy competitive spirit between Patrols.

#### 11:45 Willow in the Wind

- How to play: Have each Patrol form a circle shoulder-to-shoulder with one person (the faller) standing rigid and trusting in the middle.
- Remaining rigid, the center person falls slowly in any direction. Before he moves too far off center, the Patrol members forming the circle should gently push (redirect) the faller’s impetus to another side of the circle.
- This fall-catch-push sequence continues in a gentle fashion until the center person is relaxed (but remaining rigid) and the people in the circle have gained confidence in their ability to work together toward handling the occasional weight shift of the faller.
- Change Scouts in the center until everyone has had an opportunity.

#### 12:00 T-Shirt Relay (whole Troop lined up by Patrols)

- Line Patrols up in single file. The first person in each Patrol puts on an extra large T-shirt. At a signal from the SPL, the person in the T-shirt turns to the person directly behind him. They both grasp each others’ hands and hang on tightly.
- Other members of the Patrol then maneuver the T-shirt off the first person, down his arms, and over the arms of the second person. They then pull the T-shirt fully onto the second person.
- When the T-shirt is completely on the second person, he releases his grasp of the hands of the first person, turns to a third Patrol member and tightly grasps both of his hands.
- The Patrol transfers the T-shirt from the second person to the third person making sure their hands remain clasped the entire time.
- The game continues until the T-shirt has been transferred to every Patrol member and the last person in the Patrol is wearing the shirt.
- If there are more Scouts in one Patrol than the others, have the smaller Patrols have enough members do it twice so that the numbers are equal.
- The first Patrol to finish wins the race.

12:14 Gather up the T-shirts, and have the Patrols return to the main seating area.