

cub programme to do at home

based on the movie
how to train your dragon
exploring a hidden world



Hello Cub(s),

As we can't have a meeting all together at our hall, here is a Cub programme for you to do at home.

- In order to take part in the programme you will need the following things:
 1. The programme
 2. An adult to help you read the programme and explain what you have to do.
 3. A cell phone to take photos and videos
 4. Some craft supplies and recycled materials
 5. A small ball
 6. Some pencils, elastic bands, a spoon and some paper.
- Get mom or dad or an adult to read the story to you.
- Do the activities and follow the instructions as you go along.
- Make a video or take photos where asked to do so, and send these to your Akela to see.
- These can either be emailed or sent on WhatsApp directly to your Akela.

This programme shouldn't take you more than two hours to complete.

Have FUN and remember to let us know what you thought of this programme at the end.

the hidden world

You are bored at home because there is no school, so you decide to go for a walk in the forest near your house.

**Make a list of, or even better gather, all the things you would need to pack in a bag to take with you for a walk in the forest.
Take a photo of the list or items you gathered and send it to Akela.**

You are ready. Remember to tell your mom or dad or an adult where you are going.

Ready? Let's go.

The forest is beautiful. There are lots of trees everywhere and you can hear the birds singing. You set off along the path.

After about half an hour of walking you come across a strange rock formation just off the path with many different symbols all over the rocks. You've never seen this rock formation in the forest before, so you go closer to take a look at the symbols. They look like some sort of runes. You notice there is a cave off to the left.

It is starting to rain so you decide to shelter in the cave until the rain stops. The cave is dark, but you see a tiny light way in the back, so you walk towards it. It seems to lead to an opening at the other end of the cave. The light is bright as the sun seems to be shining outside.

You walk out of the cave and you suddenly realise you are in a totally different place.

Down the hill from the cave you can see a small village, so you walk towards it. As you approach you notice the people of the village. They look like Vikings.

They are all looking back at you too. They look quite surprised to see you as they have never seen a person who looks like you before.

A Viking steps forward to speak with you. "I am Hiccup, Chief of Berk and who might you be?"

You introduce yourself to Chief Hiccup and explain where you come from turning back to point to the cave on the hill. Unfortunately, the cave seems to have disappeared because there is a thick fog rolling in from the sea making visibility poor.

Chief Hiccup explains that the fog can last a few hours and it will be dangerous to go looking for the cave until it clears. He invites you to stay in the Village for a while.

Before showing you around the village Chief Hiccup takes you to the well in the center of the village and hands you a bar of soap, while another Viking pours some warm water into a bowl for you. Chief Hiccup asks you to please wash your hands. He explains that as you come from a place he has never heard of before that you might be carrying some germs that could possibly make the Vikings sick if they catch the germs from you.

Inspection: Paws and Claws

(5 minutes)

Show Chief Hiccup that you know how to wash your hands properly. Use soap and warm water and while washing how about singing the song Baby Shark

Hand-washing technique with soap and water



1
Baby shark, Doh-doh, doh,
doh, Baby shark, Doh-doh,
doh, doh,



2
Baby shark



3
Mommy shark, Doh-doh,
doh, doh, Momma shark,
Doh-doh, doh, doh,



4
Momma shark



5
Daddy shark, Doh-doh,
doh, doh, Daddy shark,
Doh-doh, doh, doh,



6
Daddy shark



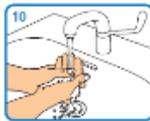
7
Grandpa shark, Doh-doh,
doh, doh, Grandpa shark,
Doh-doh, doh, doh,



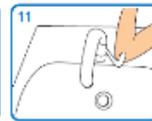
8
Grandpa shark



9
Lady swim, Doh-doh, doh,
doh, Lady swim dude,
Doh-doh, doh, doh,



10
Lady swim



11
Sharky see, Doh-doh, doh,
doh, Sharky see, Doh-doh,
doh, doh,



12
Sharky see.



13

Baby Shark

Baby shark, Doh-doh, doh, doh
Baby shark, Doh-doh, doh, doh
Baby shark, Doh-doh, doh, doh
Baby shark

Mommy shark, Doh-doh, doh, doh
Momma shark, Doh-doh, doh, doh
Momma shark, Doh-doh, doh, doh
Momma shark

Daddy shark, Doh-doh, doh, doh
Daddy shark, Doh-doh, doh, doh
Daddy shark, Doh-doh, doh, doh
Daddy shark
Grandpa shark, Doh-doh, doh, doh
Grandpa shark, Doh-doh, doh, doh
Grandpa shark, Doh-doh, doh, doh
Grandpa shark

Lady Swim, Doh-doh, doh, doh
Lady swim dude, Doh-doh, doh, doh
Lady swim , Doh-doh, doh, doh

Lady Swim

Sharky see, Doh-doh, doh, doh
Sharky see, Doh-doh, doh, doh
Sharky see, Doh-doh, doh, doh
Sharky see

Shark Attack

Where's my arm Doh-doh, doh, doh
Where's my arm Doh-doh, doh, doh
Where's my arm Doh-doh, doh, doh
Where's my arm

Where's my leg Doh-doh, doh, doh
Where's my leg Doh-doh, doh, doh
Where's my leg Doh-doh, doh, doh
Where's my leg

Sharky full Doh-doh, doh, doh
Sharky full Doh-doh, doh, doh
Sharky full Doh-doh, doh, doh
Sharky full
Burp!

Chief Hiccup loves your song and thanks you for teaching it to him. He is going to teach it to everyone in the village.

Chief Hiccup then shows you around the village. He explains that the village is quite small and, on an island, so it is surrounded by the sea. The island and village are called Berk. They run a special school on the island. The school teaches young Vikings how to train dragons. Chief Hiccup takes you to the Dragon Stables to show you all their dragons. He tells you that every Viking has their own dragon because, other than ships, this is the only way to travel.

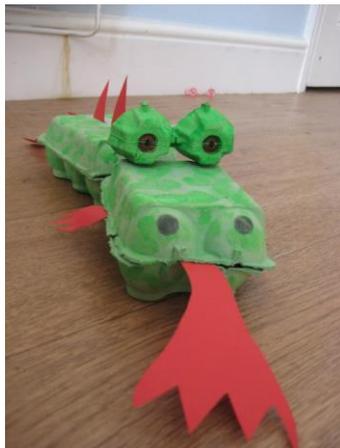
Craft Activity: You need to make your own dragon.

(Allow 20 – 30 minutes to make the dragon once you have all your supplies)

Using whatever recyclable or craft materials you have around the house make your own dragon. You will need to name your dragon.

Take a picture of your Dragon and send it to Akela. Don't forget to tell Akela what your Dragon's name is.

Below are some ideas.



After visiting the Dragon stables Chief Hiccup continues showing you around the village. You come across some of the children playing a game. They invite you to play the game with them and explain the rules.

Game: Hacky Sack

(allow 10 – 15 minutes for the game so the cub can practice a few times)

Take a small ball or something similar (a rolled-up pair of socks works too) and bounce it in the air using any part of your body except your hands.

You need to count how many times you can bounce the ball without letting it fall. If it does fall you have to start again from zero. It's probably a good idea to do this outside.

Get someone to video you playing the game and send it to Akela. Videos should be no more than 1 minute long, so how many times can you bounce it in 1 minute?

After playing the game you head towards Chief Hiccup's house. A Viking called Fishlegs rushes over to Chief Hiccup with a note. Chief Hiccup reads the note and tells you he has to go before running off with Fishlegs.

He leaves you standing all alone, but you realise he dropped the note. Curious, you pick it up. The note is written in a strange language. You recognize it as the same sort of symbols that were on the rock formation next to the cave.

The note is written using the Viking Alphabet. How are you going to figure out what the note says? Then you remember you packed your cell phone in your bag before you set off on your walk.

You take it out to see if maybe it can help you figure out what the note says.

Luckily it still works, and you are able to look up the Viking Alphabet and what each symbol means.



Activity: Secret Code

(Allow 10 – 15 minutes for this activity)

Using the Viking Alphabet above see if you can work out what the note says.

When you crack the code send Akela a voice note saying what the note says or take a picture of your cracked code so that Akela can see what it says.

Y F Y I P N I Y Y

1 F 1 * I H H I H

* R R 1 I Y

H H R 1 * I Y I F F H

1 H 1 R I 1

Oh no! Someone called Toothless is hurt. You know a little first aid, so you rush off in the direction that Chief Hiccup went.

You find Chief Hiccup with some other Vikings near the cliffs. You also see an injured dragon. Toothless must be the name of a dragon. It is Chief Hiccup's dragon

and he is very upset. You take a quick look at Toothless and notice he has a simple cut on his leg. You also notice Astrid is holding her arm.

Activity: First Aid

Silver Wolf: Explain how you are going to treat the cut on Hiccup's leg. Remember safety first!

Gold Wolf: Explain how to tie a triangular bandage on to Astrid's arm. Demonstrate it on someone in your family. Remember to tie the correct knot. What knot is it?

Get someone to take a video of you explaining what you are doing and send it to Akela. Try keeping the video to about a minute long.

Astrid explains to everyone how she got injured. She was out on patrol of the island on her dragon Stormfly. Toothless was with them. While on patrol they noticed a ship coming closer to the island. It's the dragon hunters coming to kidnap Berk's dragons.

In trying to get a better look at them Astrid leant too far over and fell off Stormfly. She started tumbling to the ground but Toothless caught her. In the process she hurt her arm and Toothless cut his leg when he landed.

When everyone hears about the dragon hunters, they all start running off towards the other side of the island to the only place that ships can dock. There they start loading up the catapults, ready to defend their island.

Activity: Load! Aim! Fire!

(allow about 10 minutes to make the catapult)

You need to build your own catapult so you can help save the Vikings and their dragons from the dragon hunters.

Building a catapult:

Using the instructions below build

What you will need:

- 6 pencils
- A teaspoon
- Elastic bands or loom bands or hairbands (If you have none of those items use string!)
- Paper

Step 1: Using 3 pencils and the elastic bands. Make a 3-sided square with one open side.

Step 2: Take the 3 unused pencils and tie them together.

Step 3: Attach your spoon to the middle of the three pencils

Step 4: Attach the 3 pencils and your spoon to your open side of your square

Step 5: Tear pieces of paper and roll them up into little balls

Step 6: Load, Aim, Fire



Once you have had a couple of practice tries and get the hang of it record the furthest length you shot with your catapult.

Send a picture of your catapult to Akela and tell her how far your furthest shot went. No cheating here. Be honest.

Yay, the dragon hunters are defeated, and the dragons of Berk are safe again.

Chief Hiccup is so grateful to you for all your help. There is going to be a victory celebration in your name. Fishlegs is going to make a special stew so he asks another Viking called Snotlout to go and get him the ingredients on his list.

You volunteer to help Snotlout find all the ingredients.

Wide Game: Scavenger Hunt

(Allow about 20 – 30 minutes for this)

Help Snotlout find all the things on the list.

Take a photo of all of them together and send it to Akela.

List:

A toy with wheels

A pair of matching socks

Something round

An item you can see yourself in

Your snuggliest stuffed animal

A book with the first letter of your name in the title

A stick that is longer than your hand

Four things that are green

Something that is rough

Something that is light

Something that is heavy

A piece of rubbish you can recycle

Something that belongs outside

Five leaves that look different

Something that makes you feel cozy

Remember to put everything back where it belongs after you take the photo.

You and Snotlout take all the items back to Fishlegs for the stew. It's going to be a really weird stew!

It is getting late and you notice the fog has lifted so it's time to go home. Chief Hiccup and the Vikings help you find your way back to the cave.

You say your goodbyes and head back through the cave the way you came.

You end up back in the forest you recognize and run all the way home to tell your family about your adventure.

A couple of days later you go back into the forest to see if you can find the cave so you can go and visit the Vikings and their dragons, but the strange rock formation, with the ruins and the cave have totally vanished!

Did you enjoy this program? Send Akela a voice note on what you liked and if there was anything you didn't like.

This programme was compiled by the Gauteng Cub team.