




ROARING LAUGHTER



RATIONALE FOR ADVENTURE

Laughing provides many health benefits. It also enhances teamwork and improves alertness, creativity, and memory. In this adventure, Bear Scouts will share laughter with others, strengthening their bond with family members and the den.

TAKEAWAYS FOR CUB SCOUTS

- Health benefits of laughter (releasing stress, relaxing muscles, boosting immune system, easing anxiety and fear)
- Learning social skills and how to diffuse conflict in a group
- Practicing respect for others, being courteous, and following directions
- A Scout is cheerful 

Bear Handbook, page 230

ADVENTURE REQUIREMENTS

1. Think about what makes you laugh. Write down three things that make you laugh.
2. Practice reading tongue twisters.
3. Create your own short story. Remove some nouns, verbs, adjectives, and adverbs from the story, leaving blanks. Without telling the story, have a friend insert his or her own nouns, verbs, adjectives, and adverbs in the story you created.
4. With a partner, play a game that makes you laugh.
5. Share a few jokes with a couple of friends to make them laugh.
6. Practice at least two run-ons with your den, and perform them at a pack meeting or campfire program.

NOTES TO DEN LEADER

This adventure includes two den meetings; it does not include a den outing.

The guidelines for each meeting include some options for jokes and funny stories, but you might choose to look at other BSA resources for additional ideas. You might visit <http://boyslife.org/section/jokes/> or look at www.scoutstuff.org for additional resources.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Print out tongue twisters on slips of paper (see Meeting 1 Resources), and give one to each Scout (requirement 2)
- “Create a Story” text with blank lines to fill in (1 copy per Scout)
- Pencils (1 per Scout)
- 3 poster boards:
 - 1 with the song for the Opening written on it, large enough for Scouts to see and follow
 - 1 for listing things that make us laugh (Talk Time)
 - 1 for listing the 10 words in the “Create a Story” activity

GATHERING

Play the Whatever You Do, Don't Smile or Laugh game (requirement 4). As Scouts enter, pair them up face to face and have them take turns trying to make their partner smile or laugh. They can make faces or sounds, but no touching is allowed. When those pairs have finished the game, pair each boy with someone else until every Scout has smiled or laughed.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law.
- Have the entire den sing the S-M-I-L-E song (see Meeting 1 Resources).

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts. As the boys do this, listen for anything that makes them laugh. Point out that sharing laughter brings us all together as a den.
- Introduce the Roaring Laughter adventure. Emphasize that laughter is contagious, as they found out in the Gathering time. Ask Bears what makes them laugh, and make a list of their answers on a sheet of poster board (requirement 1).

ACTIVITIES

◆ Activity 1: Tongue Twisters (Requirement 2)

Give each Scout a tongue twister printed on a piece of paper (see samples in Meeting 1 Resources). Allow time for him to practice before reading it aloud. Remind the Scouts that if they slip up on the tongue twisters and the other boys laugh, they are not making fun but just laughing *with* each other—because the words are really hard to say together. See how quickly each boy can read his tongue twister; the faster they go, the funnier it gets!

◆ Activity 2: Create a Story

Give each Scout a pencil and a copy of the short story with blank spaces to fill in. (See instructions in Meeting 1 Resources.)

CLOSING

- **Akela's Minute:** *The Scout Law says that a Scout is friendly and cheerful. We proved that today, and we'll have more cheer at the next meeting.*
- Join together in a den yell.



Do-at-Home Project Reminder:

Each Scout needs to write down a short story at home using blank spaces, like the ones they just filled in. Then he should ask a friend who hasn't heard the story for some words to put in the blanks, and bring the finished story to the next meeting to share with the den (requirement 3).

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, and 4.
- Work together to clean up the meeting place.

MEETING 1 RESOURCES

OPENING: S-M-I-L-E SONG

Print this song on poster board, large enough for everyone to read as they sing. (Tune: "John Brown's Body"/"The Battle Hymn of the Republic")

*It isn't any trouble just to S-M-I-L-E.
It isn't any trouble just to S-M-I-L-E.
If there's ever any trouble, it will vanish like a bubble,
If you'll only take the trouble just to S-M-I-L-E.
It isn't any trouble just to L-A-U-G-H.
It isn't any trouble just to L-A-U-G-H.
If there's ever any trouble, it will vanish like a bubble,
If you'll only take the trouble just to L-A-U-G-H.*

◆ Activity 1: Tongue Twisters

Here are some sample tongue twisters. Print these, and any others the Scouts might enjoy, on slips of paper for each boy to read one aloud.

A big black bug bit a big black bear. But where is the big black bear that the big black bug bit?

How many yaks could a yak pack pack if a yak pack could pack yaks?

Cows graze in groves on grass which grows in grooves in groves.

Friendly Frank flips fine flapjacks.

How much wood would a woodchuck chuck if a woodchuck could chuck wood?

Kris Kringle carefully crunched on candy canes.

Silly Sally swiftly shooed seven silly sheep.

What noise annoys a noisy oyster? A noisy noise annoys a noisy oyster.

If Stu chews shoes, should Stu choose the shoes he chews?

Which witch wished which wicked wish?

◆ Activity 2: Create a Story

Write the numbers 1 through 10 on a poster board. One boy at a time, have the Scouts think of a word to go with each number. (If more than 10 Bears are present, the den leader or adults can also play.)

1. Noun (a name)
2. Adjective (a describing word)
3. Noun (a place)
4. Noun (a name)
5. Noun (a name)
6. Verb (an action word)
7. Verb (an action word)
8. Noun (a thing)
9. Verb (an action word)
10. Noun (a place)

Pass out pencils and copies of the following story. Then read it aloud, stopping for each boy to say his word when you reach that number.

Yesterday, my friend [1] _____ and I went to the [2] _____
[3] _____. We met [4] _____ and
[5] _____ and decided to [6] _____.
We were [7] _____ [8] _____ and
had a lot of fun. We hope to [9] _____ at the [10] _____
_____ again soon.

After you finish, go through the story a second time, stopping at each number for all the boys to write down the word. Ask them if they enjoyed the story. The fun was in the surprise that came with each word. Tell them each Scout will need to write his own story for the next den meeting, using the "What I Did at _____" story included with this adventure in the *Bear Handbook* (requirement 3).

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Sample run-ons (funny skits) the den can present at a campfire program or the next pack meeting
- Contact the Cubmaster to coordinate plans for the run-ons.

GATHERING

As the Scouts arrive, have each boy share the story he created with another Bear, the den chief, or an adult partner (requirement 3).

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Cub Scouts. Have each Bear tell a few jokes to make the others laugh (requirement 5; if anyone needs ideas, they can choose from the sample jokes included with this adventure in the *Bear Handbook*).
- Tell the boys the den will be presenting run-ons (short, funny skits) at a campfire program or the next pack meeting. At this meeting, they will choose which run-ons they want to perform and practice their lines.

ACTIVITIES

◆ Activity 1: Run-ons (Requirement 6)

Help the boys look through possible run-ons and jokes for the pack meeting. Ask if anyone has a joke or run-on they would like to add to the list. Then vote on the ones to use and practice them as a group. Tell them these things to remember:

1. Most important, you want to tell a joke that you think is funny. If it doesn't seem funny to you, others will probably feel the same way.
2. Who are you telling the joke to? Don't forget who your audience is and how the joke will sound to them. For example, a younger brother or sister might not understand or laugh at a joke that you find funny.
3. What things should you do to present the joke in a funny way? Your facial expressions, body movements, and hand gestures all play a part in telling a joke. Also, be sure you know the joke really well, so you won't forget any of it. Some jokes require a setup—telling a story that leads to the punch line—but be sure the story doesn't go on too long. Remember, "Practice makes perfect!"
4. You can find more jokes in *Boys' Life* magazine or by visiting a library or bookstore to find a joke book.

CLOSING

- Make a circle with everyone holding hands.
- **Akela's Minute:** *Laughter sparks enthusiasm, and it's contagious. Having a sense of humor and being able to laugh at yourself can help you be more creative. It even helps you to stay healthy. Share your laughter with your family and friends—that's a great way to bring everyone closer together and build stronger friendships.*
- Finish by passing a smile around the circle: Everyone squeezes the hand of the person to their right, and gives that person a smile.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 3, 5 and 6.
- Work together to clean up the meeting place.

Upon completion of the Roaring Laughter adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.

