

Through the Eyes of Youth – The Perspective of a Growing Cub Scout



CUB 101
University of Scouting
February 2025

Danielle Wallace
Troop 30 | Centreville, VA
wallacedm@gmail.com



Course Objectives

- Understand the growth and developmental characteristics of Cub Scout-aged children.
- Leverage insights to create engaging and age-appropriate activities.
- Develop techniques to foster inclusivity and celebrate the unique strengths of every Scout.



Aligning Development to Aims and Methods



Citizenship

Character

Personal Fitness

Leadership

Advancement

Family Involvement

Serving the Neighborhood



Activities

Belonging to a Den

Living the Ideals

Wearing the Uniform



Developmental Characteristics

SOCIAL

- Support
- Interaction
- Norms
- Teamwork

PHYSICAL

- Energy
- Growth
- Coordination
- Hygiene



EMOTIONAL

- Self-awareness
- Empathy
- Values
- Regulation

MENTAL

- Learning
- Attention
- Curiosity
- Imagination



General Development for Ages 5-7

Physical

- Physical development beginning to slow down
- Coordination and gross motor skills improving (e.g., kick and control a ball)
- Handwriting becoming legible
- Beginning to understand concepts like left and right

Mental

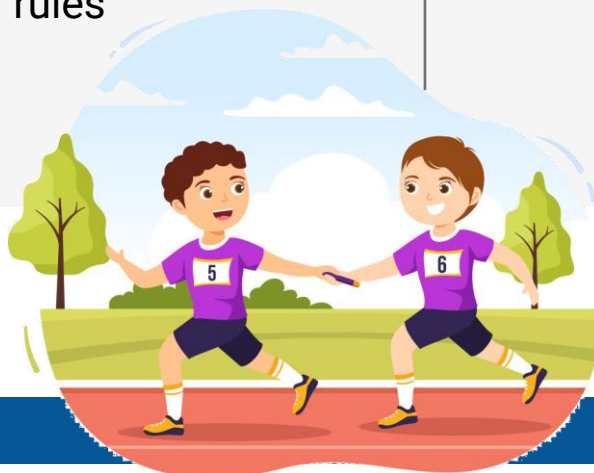
- Enjoys listening to and telling jokes
- Formal education likely beginning
- Enjoys intellectual challenge of learning
- Enjoys playing games with rules

Social

- Heavily dependent on parents / family
- Friendships gain in importance
- School may be first separation from family

Emotional

- Expresses emotions openly
- Self-regulation may be lacking
- Seeks praise from grown-ups for effort





General Development for Ages 8-9

Physical

- Physical development gradual, continuing to grow taller
- Increasing ability to complete simple tasks
- Developing fine motor skills
- Stamina Increases as heart and lungs grow

Mental

- Increasing interest in independent problem solving
- Able to think through things without having had personal experience of them
- Able to follow multi-step instructions

Social

- More organized games with rules
- Begins to connect actions with consequences
- Preoccupied with justice and rules
- Will compare self to others

Emotional

- Responds to clear rules and when behavior is praised
- Developing concepts of fairness and considering motives for other's actions
- Enjoys helping others and developing sense of responsibility





General Development for Ages 10-11

Physical

- Entering puberty, with some experiencing growth spurts
- Fine motor skills and muscle coordination reaching higher levels
- Stamina increases
- Greater ownership of personal hygiene and appearance

Mental

- Developing critical thinking skills; puzzles and strategic games
- Writing shows imagination, is legible and reasonably grammatically correct
- Able to think abstractly and plan more effectively

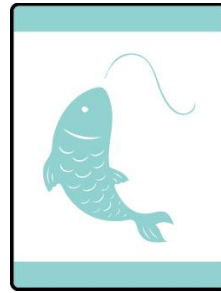
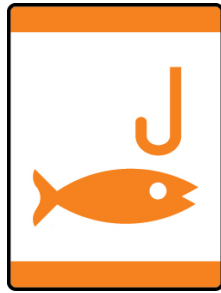
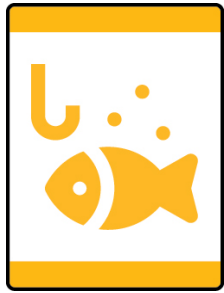
Social

- Peer relationships become increasingly important
- Starting to seek greater independence from family
- Increased awareness of pop culture, mass communication, and social media will challenge previous norms

Emotional

- Understands concept of equality
- Increased thoughtfulness on consequences of behavior
- Emerging puberty can cause lapses in self-regulation
- Values recognition but may prefer it to be private and not public





Let's Plan an Activity!

Pack Fishing Adventure

Lions	Tigers	Wolves	Bears	Webelos / AOL
GO FISH <ul style="list-style-type: none"> With your Lion adult partner, learn the rules of fishing. Draw a picture of the type of fish you think lives in the water where you are going fishing. Go fishing with your Lion adult partner. 	FISH ON <ul style="list-style-type: none"> With your den or Tiger adult partner, identify the body of water where you will go fishing. With your Tiger adult partner, learn the rules of fishing safely. Draw a picture of the type of fish you think lives in the water where you are going fishing. Go fishing with your Tiger adult partner. 	A WOLF GOES FISHING <ul style="list-style-type: none"> Identify the type of water you will be fishing in and what type of fish live in the water. Learn about the different types of bait used to attract fish. Demonstrate a proper cast for the pole or rod you are using. Learn the rules of fishing safely. With your den, pack or family go fishing. 	A BEAR GOES FISHING <ul style="list-style-type: none"> Learn about three types of fish in your area. Learn about your local fishing regulations with your den leader or an adult. List three of the regulations you learned about, and one reason each regulation exists. Become familiar with the safe use of the fishing equipment you will be using on your outing. Learn the proper way to attach the hook, lure, or fly to the line. Go on a fishing adventure, and for 30 minutes or more put into practice the things you learned about fish and fishing equipment. 	FISHING / CATCH THE BIG ONE <ul style="list-style-type: none"> Make a plan to go fishing. Determine where you will go and what type of fish you plan to catch. All of the following requirements are to be completed based on your choice. Use the Scouting America SAFE Checklist to plan what you need for your fishing experience. Describe the environment where the fish might be found. Make a list of the equipment and materials you will need to fish. Determine the best type of knot to tie your hook to your line and tie it. On your own, choose the appropriate type of fishing rod and tackle you will be using. Have an adult review your gear. Using what you have learned about fish and fishing equipment, spend at least one hour fishing following local guidelines and regulations.



(Sample) Rank-Based Fishing Program

Rank	Progressive Activities	Expanding Outcomes
Lions	Draw pictures of fish, pretend fishing; Fish with your grown-up	Learn safety, enjoy imaginative play
Tigers	Practice casting, identify water sources; Fish with your grown-up	Build casting skills, learn water safety
Wolves	Learn bait types, discuss habitats; Fish with a group	Understand fish habitats, bait selection
Bears	Tie knots, attach lures, review regulations; Fishing adventure	Master technical skills, learn responsibility
Webelos/AOLs	Plan trips, lead younger Scouts; Fish on your own	Refine skills, practice leadership

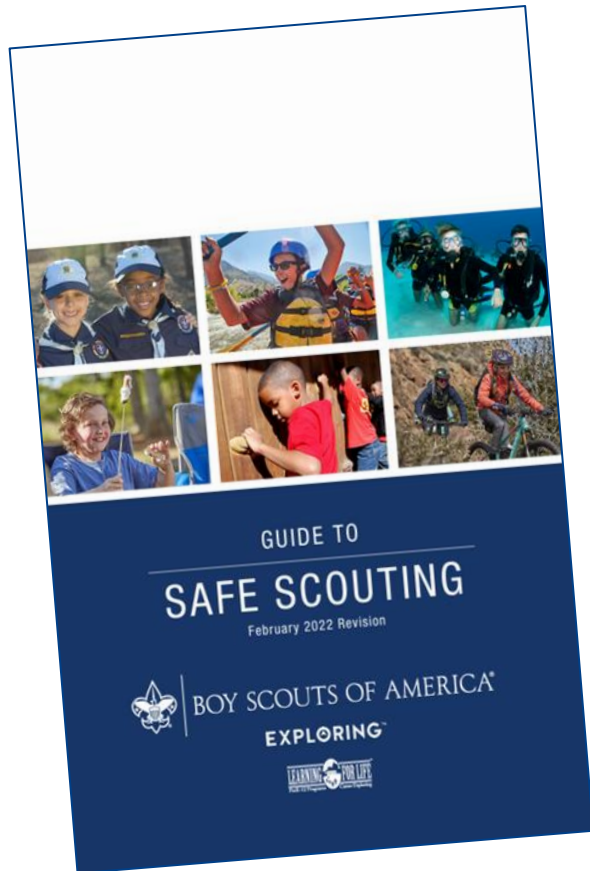


Aligning Activities with Development

	Physical	Mental	Social	Emotional
Ages 5-7	<ul style="list-style-type: none">• Pretend fishing using toy rods	<ul style="list-style-type: none">• Learning fishing safety, identifying water sources	<ul style="list-style-type: none">• Group storytelling & pretending• Practicing with peers	<ul style="list-style-type: none">• Discussion of feelings
Ages 8-9	<ul style="list-style-type: none">• Casting farther, handling bait• Knot-tying, lure attachment	<ul style="list-style-type: none">• Learning fish species & habitats• Learning fishing regulations	<ul style="list-style-type: none">• Working together on knots & lures• Wolves discuss fish habitats	<ul style="list-style-type: none">• Structured reflection
Ages 10-11	<ul style="list-style-type: none">• Casting long distances, advanced fishing prep	<ul style="list-style-type: none">• Planning a fishing trip, choosing gear	<ul style="list-style-type: none">• Taking leadership roles, mentoring younger Scouts	<ul style="list-style-type: none">• Building responsibility, sense of accomplishment, self-reflection



Reflective Questions



- Is an activity age-appropriate for my Scouts?
- Am I supporting Scouting's values?
- How can I adapt activities to match the energy levels and attention spans of my Scouts?
- In what ways can I foster curiosity and creativity in the program?
- How do I recognize and celebrate individual achievements?



Planning with Purpose: Final Tips

- **Plan Short Segments:** Keep activities concise to match attention spans.
- **Communicate Clearly:** Use appropriate language and check for understanding.
- **Praise and Encourage:** Highlight achievements and effort.
- **Be Flexible:** Adapt activities to meet the needs of your Scouts.
- **Encourage Exploration:** Provide opportunities for Scouts to try new things safely.
- **Avoid Comparisons:** Recognize that growth is unique to each child. Celebrate diverse strengths and interests.
- **Resist the Comfortable or Easy Path:** Provide equal opportunities for all Scouts to explore various roles and activities.

THANKS FOR ALL YOU DO FOR SCOUTING!

