Assembled Den Meeting Plan – WEBELOS (4th Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Webelos Adventures Den Meeting Resources found at Scouting.Org (or from the requirements), into the parts of a quality Den Meeting, which are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, followed by a series of activities, ideally alternating quiet and energetic fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) …

Webelos – 4th Grade

Yo-Yo

A "Yo-Yo" Adventure

ELECTIVE (2 "electives" are needed to earn Webelos Rank)

Snapshot of Adventure. The sleeper, over the falls, walk the dog, and around the world are just some of the tricks to learn with a yo–yo. Did you know that there are world champions of yo–yo? There are professional yo–yo champions who tour the world giving demonstrations and competing.

The QR Code above takes you to scouting.org/cub-scout-adventures/yo-yo/

This Den Meeting Plan adapts Activity content from that Scouting link with other fun, simple, easy ideas. For more, see the Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

Requirements from the Webelos Handbook

1. **Learn the safety rules of using a yo-yo and always follow them.**
2. **Discover how to find the proper yo-yo string length for you.**
3. **Explain why it is important to have the correct string length and to be in the right location before throwing a yo-yo.**
4. **Demonstrate how to properly string a yo-yo and how to create a slip knot.**
5. **Conduct the pendulum experiment with a yo-yo. Explain what happens to the yo-yo when the string is longer.**
6. **Show that you can properly wind a yo-yo.**
7. **Attempt each of the following: gravity pull, sleeper, breakaway.**

Meeting Plan

Does this take one Meeting to complete – or more? It's up to the Parents / Leaders! As written, you can do this in a single session, but if your Scouts really get into this, you might have multiple sessions. Or if they struggle with it, abandon Yo-Yo and play games instead!

PREPARATION (and materials needed): Read the Yo-Yo Adventure in the Webelos Handbook.

- As always, decide whether you like any of the "Activity Card" options for the Requirements or the suggested activities below or some other way to deliver this Adventure.
  - When you decide, check the materials and supplies you need.
  - You know you'll want each Scout to have their own Yo-Yo.
  - You'll also need yo-yo string, scissors, and a device to watch videos of Yo-Yo skills.
- This is an opportunity to ask parents and others "do any of you have mad Yo-Yo skills", and someone will hopefully answer "*Why yes, I do – I thought I'd never be asked about it!*"

GATHERING: A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources*.

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

OPENING: (Parent leader: _____) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

ACTIVITIES (See also other Activities linked at Adventure Resources – use those if you like them):

◆**Activity Intro:** (Parent leader: _____) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆**Activity 1: Safe Yo-Yo (Requirement 1: "***Learn the safety rules of using a yo-yo and always follow them.***")** (Parent leader: _____)

- Discuss with the Scouts these basic safety rules:
  - Only use a yo-yo in a safe area where there are no hazards or other people.
  - Before you throw, always make sure your yo-yo is attached to the string.
    - And make sure the string is securely attached to your finger.
  - Be careful not to hit anyone or anything with your yo-yo.

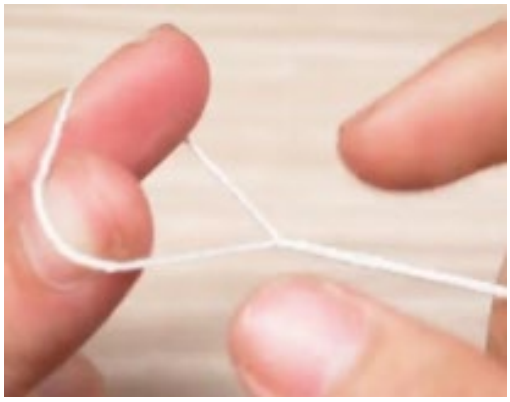
◆**Activity 2: String Theory (Requirement 3: "***Explain why it is important to have the correct string length and to be in the right location before throwing a yo-yo.***")** (Parent leader: _____)

The Adventure Resources offer an Activity Card of Right Length, adapted below with no worksheet.

- Explain to Scouts that it is important to have the correct string length for their yo-yo.
- Ask them why it is important? Or:
  - What are some things that can happen if your yo-yo string is too long?
  - What are some things that can happen if your yo-yo string is too short?
- Answers should include:
  - The proper length string will prevent the yo-yo from hitting the floor when performing tricks.
- The proper length string will provide enough distance to throw it and enough energy for it to come back.

◆**Activity 3: String Theory, II (Requirement 2: "***Discover how to find the proper yo-yo string length for you.***")** (Parent leader: _____)

- Unless you have someone to demonstrate yo-yo skills, you might watch the tutorial video on the Yo-Yo Preview Adventure website and the video How to be a Yo-Yo Ninja: Getting Started (1:36 minutes)
  - Give each Scout a yo-yo and a yo-yo string. One end of the yo-yo string is twisted, and the other end has a loop (*right*).
  - Have each Scout untwist the twisted end so that the loop can slide over the yo-yo and attach to the axle.



- Have each Scout hold on to the string and let the yo-yo go all the way down to the floor.
  - With the yo-yo on the floor and the string in hand, the Scout should put the string where the belly button is.
    - This will be the proper length for the string.
  - Keeping one finger on the belly button, have the Scout loop the string around that finger.
- Then have the Scout tie a simple overhand knot on a bight to form a loop.
- Use scissors to cut off any extra string.
- If the Scouts will be keeping the yo-yos, each yo-yo should be marked with the Scout's name or initials.



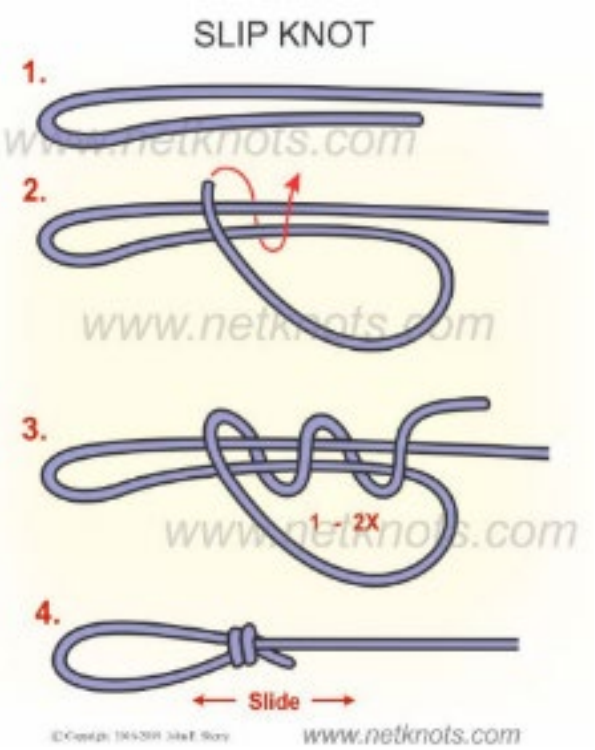
◆Activity 4: String and Slip Knot (Requirement 4: *"Demonstrate how to properly string a yo-yo and how to create a slip knot."*) (Parent leader: _____)

The Adventure Resources offer an Activity Card of Oh Knots, adapted below.

- More video will help here: https://youtu.be/fBqNtYwQdmo
- Show Scouts how to tie a slip knot
  - (if Scouts have a hard time with just yo-yo string, you might practice first with paracord):

1. Make a loop by doubling the yo-yo string back onto itself.
   - See Figure 1.
2. Run the "tag end" (the short end) of the yo-yo string back toward the loop and lay it over the loop (the doubled lines) of the yo-yo string.
   - See Figure 2.
3. Make one or two turns with the tag end of the yo-yo string around the doubled lines and through a new loop created.
   - See Figure 3.
4. Tighten up the knot as shown in Figure 4.

- Have each Scout practice tying a slip knot.



◆Activity 5: Pendulum Experiment (Requirement 5: *"Conduct the pendulum experiment with a yo-yo. Explain what happens to the yo-yo when the string is longer."*) (Parent leader: _____)

The Adventure Resources offer an Activity Card of Swinging, adapted below but without filling out a worksheet.

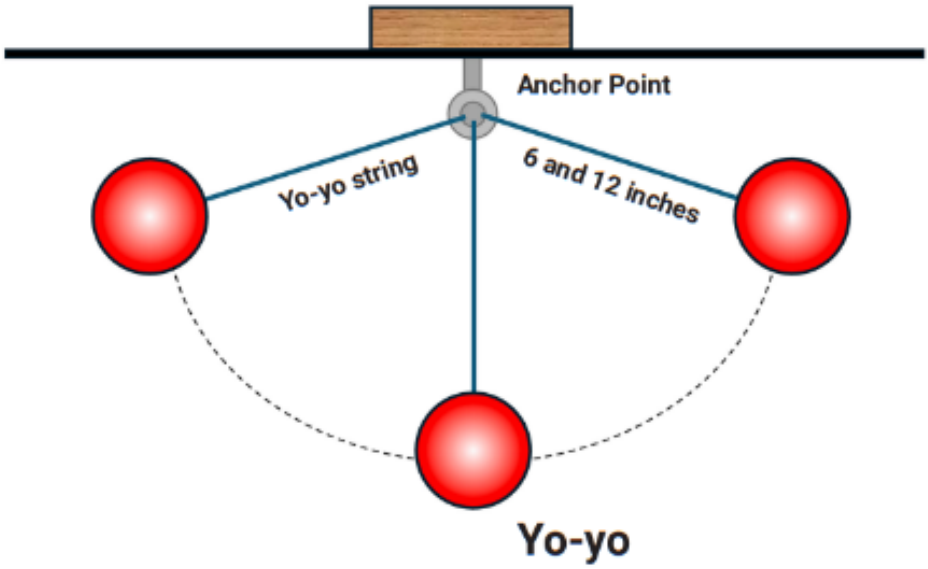
- Explain: we will conduct an experiment to show how the wrong string length impacts yo-yo performance.
- Note: you can do either of these experiments because the Requirement doesn't require conducting two.

The First Experiment:

- Ask the Scouts to hold the string about 12-inches up from the yo-yo.

- And gently swing the yo-yo from side to side.

- Explain that a pendulum can accurately measure time.
  - The amount of time the yo-yo takes to swing from left to right and back again is known as a period.
- Next, have the Scouts return to gently swinging the yo-yos from side to side.
  - But this time, have the Scouts hold the string farther from the yo-yo or closer to it.
- Ask the Scouts who held the string farther from the yo-yo what happened.



  - Or what happened to the yo-yo when you held the string farther away?
  - *(The answer should be that the swing was a longer period.)*
- Ask the Scouts who held the string closer to the yo-yo what happened.
  - Or what happened to the yo-yo when you held the string closer?
  - *(The answer should be that the swing was a shorter period.)*

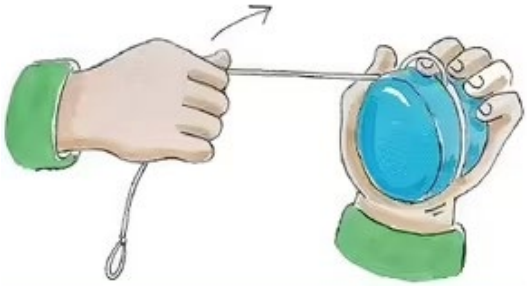
The Second Experiment:

- Suspend the yo-yo about 12-inches directly below the anchor point.
  - Lift the yo-yo up and to the side, to the same height as the anchor point.
  - Release the yo-yo.
- Use a stopwatch (smart device) to record the number of seconds it takes the yo-yo to swing from the release side and back to the release side, 10 times.
  - Divide the number of seconds by 10.
  - This is the pendulum's period in seconds.
- Now, suspend the yo-yo about 6-inches directly below the anchor point.
  - Lift the yo-yo up and to the side, to the same height as the anchor point.
  - Release the yo-yo.
- Use a stopwatch to record the number of seconds it takes the yo-yo to swing from the release side and back to the release side, 10 times.
  - Divide the number of seconds by 10.
  - This is the pendulum's period in seconds.
- Ask the Scouts what happened when the string is longer.
  - *(The answer should be that the swing was a longer period.)*
- Ask the Scouts what happened when the string is shorter.
  - *(The answer should be that the swing was a shorter period.)*

◆Activity 6: Wind Up (Requirement 6: *"Show that you can properly wind a yo-yo."*) (Parent leader: _____)

The Adventure Resources offer an Activity Card of All Wound Up, adapted below.

- Have each Scout stand in the middle of a safe yo-yo circle (away from others and objects) with the yo-yo properly attached to their middle finger.
  - Keep the yo-yo in the opposite hand (the hand not attached to the string).
  - Extend the index finger to cover the gap in the yo-yo sides.
- With the string hand, wind the string over the index finger and around the yo-yo once.
- Withdraw the index finger from covering the gap and continue winding with a couple of wraps.
- Remove the index finger from the string and continue winding the remaining string around the yo-yo.



For the first wind, the yo-yo string goes over your forefinger.

- Make sure that the string is coming from over the top of the yo-yo when it is completely wound and still in the hand.

◆Activity 7: Yo-Yo Tricks! (Requirement 7: *"Attempt each of the following: gravity pull, sleeper, breakaway."*) (Parent leader: _____)

The Adventure Resources offer an Activity Card of Yo-Yo Ninja. Use that if you like – or something else. The plan below adapts the substance of ___.

- Unless you have someone to demonstrate yo-yo skills, you might watch How to be a Yo-Yo Ninja: Classic Tricks Pt 1 (1:58 minutes) and other tools and videos like:
  - https://onscouting.org/2022/12/06/scouts-can-become-yo-yo-masters-with-this-cool-duncan-program/
  - Duncan Cub Scouts or https://duncantoys.com/pages/cub-scouts
  - Duncan How to be a Yo-Yo Ninja: Getting Started video (1:36 minutes)
  - Duncan Cub Scout Pendulum Project video (1:53 minutes)
  - Duncan How to be a Yo-Yo Ninja: Classic Tricks Pt 1 video (1:58 minutes)
  - Duncan Scout Challenge
  - Duncan Starter Kits
- Have each Scout stand in the middle of a safe yo-yo circle (away from others and objects) with the yo-yo properly attached to their middle finger.
  - Have the Scouts wind the yo-yo properly. Make sure that the string is coming from over the top of the yo-yo when it is completely wound and still in the hand.
- Demonstrate the gravity pull trick to the Scouts.
  - Have Scouts attempt the gravity pull trick while in their circle.
- Demonstrate the sleeper trick to the Scouts.
  - Have Scouts attempt the sleeper trick while in their circle.
- Demonstrate the breakaway trick to the Scouts.
  - Have Scouts attempt the breakaway trick while in their circle.
- Have the Scouts practice and demonstrate the three tricks.
- NOTE: The Requirement is to "*Attempt*" each trick, not "master" or even perform. Do Your Best!

CLOSING: A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Pins to all who completed the requirements. Maybe end with a "Living Circle".

AFTER THE MEETING: Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Webelos will have earned the Adventure Pin for it. Make sure they are recognized for their completion by presenting the Adventure Pins as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

ADVENTURE RESOURCES: Den Meeting Resources and "Activity Card" options for this Adventure are found at https://www.scouting.org/cub-scout-adventures/yo-yo/. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

1. **Learn the safety rules of using a yo-yo and always follow them.**
   - Yo… Yo… Be Safe (Outdoor; **1** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
2. **Discover how to find the proper yo-yo string length for you.**
   - Aye String (Outdoor; **3** of 5 Energy; **5** of 5 Supplies; **5** of 5 Prep Time)
3. **Explain why it is important to have the correct string length and to be in the right location before throwing a yo-yo.**
   - Right Length (Outdoor; **3** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
4. **Demonstrate how to properly string a yo-yo and how to create a slip knot.**
   - Oh Knots (Outdoor; **3** of 5 Energy; **5** of 5 Supplies; **2** of 5 Prep Time)
5. **Conduct the pendulum experiment with a yo-yo. Explain what happens to the yo-yo when the string is longer.**
   - Swinging (Outdoor; **4** of 5 Energy; **5** of 5 Supplies; **2** of 5 Prep Time)
6. **Show that you can properly wind a yo-yo.**
   - All Wound Up (Outdoor; **3** of 5 Energy; **5** of 5 Supplies; **2** of 5 Prep Time)
7. **Attempt each of the following: gravity pull, sleeper, breakaway.**
   - Yo-Yo Ninja (Outdoor; **5** of 5 Energy; **5** of 5 Supplies; **5** of 5 Prep Time)