



The most important part of being in a pack is learning to work as a team. When you help other Cubs, and when they help you, the pack runs more smoothly and everyone has more fun. Here are some ways you can help other Cubs and your leaders.

1. Set an example of how to behave for other Cubs. If they see you listening to your leaders and doing your best in all the activities, they'll want to do the same.
2. Tell Akela what you and the other Cubs like to do. He or she is always looking for exciting pack activities and will be glad to listen to your ideas.
3. Help other Cubs with activities. For example, if the pack is doing a craft and you are finished, offer to help those who may be having problems with theirs.
4. You may be bigger and stronger than many Cubs. When you're playing a game, try not to use your size to knock other Cubs around. Play fair so that everyone has more fun.
5. Sometimes Cubs get into arguments over rules or how something should be done. If you need to find a way to stop arguing, you can use this simple method called ALS. It stands for:
 - A - Agree with the person to solve the problem.
 - L - Listen to what each person has to say and how each feels.
 - S - Summarize the problem and agree on a solution.



Here's how to use ALS:

Step 1 - Agree to solve the problem. The ground rules are:

- No interrupting when the other person talks.
- No name calling or put downs.
- Be honest and tell the truth.

Step 2 - Cub #1 describes what happened and how he or she feels.

Cub #2 repeats what Cub #1 said.

Cub #2 describes what happened and how he or she feels.

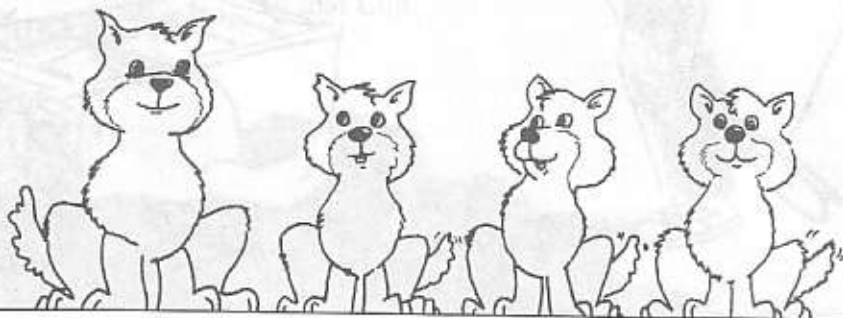
Cub #1 repeats what Cub #2 said.

Step 3 - Agree what the problem is and come up with some solutions.

Cubs #1 and Cub #2 agree on a solution.

Step 4 - Cubs agree to follow the solution they come up with. If you can't decide on a solution or have more problems, ask your leader to come up with some ideas.

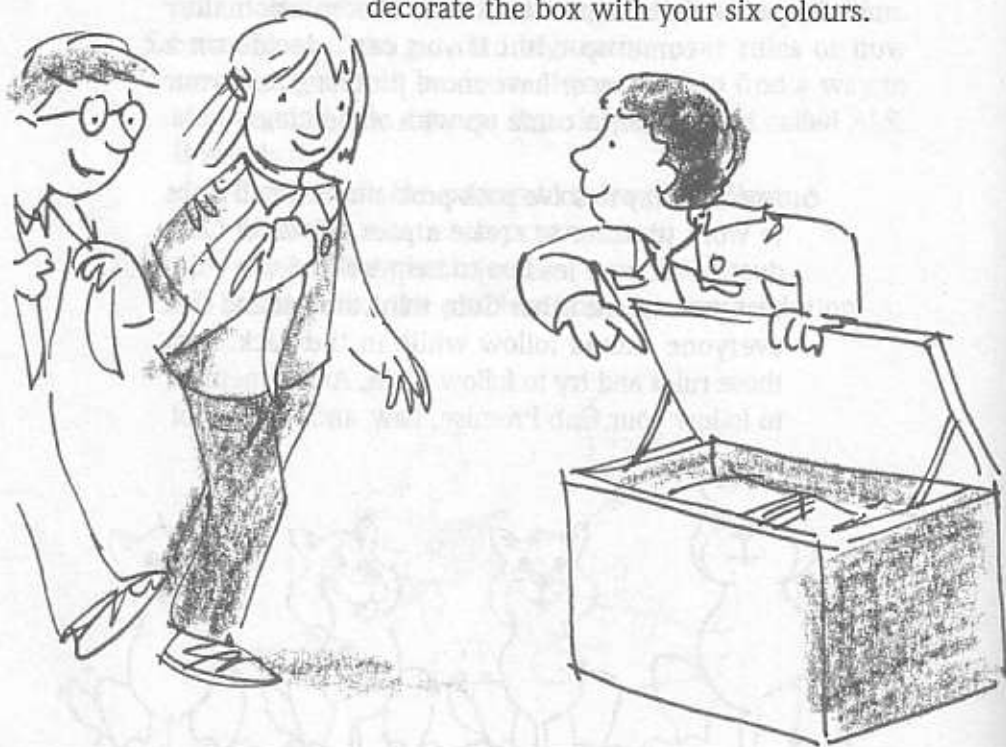
6. Another way to solve pack problems is for all Cubs to work together to create a pack "Code of Conduct." Ask your leaders to help write down rules that you and the other Cubs think are fair and that everyone should follow while in the pack. Post these rules and try to follow them. And remember to follow your Cub Promise, Law, and Motto too!



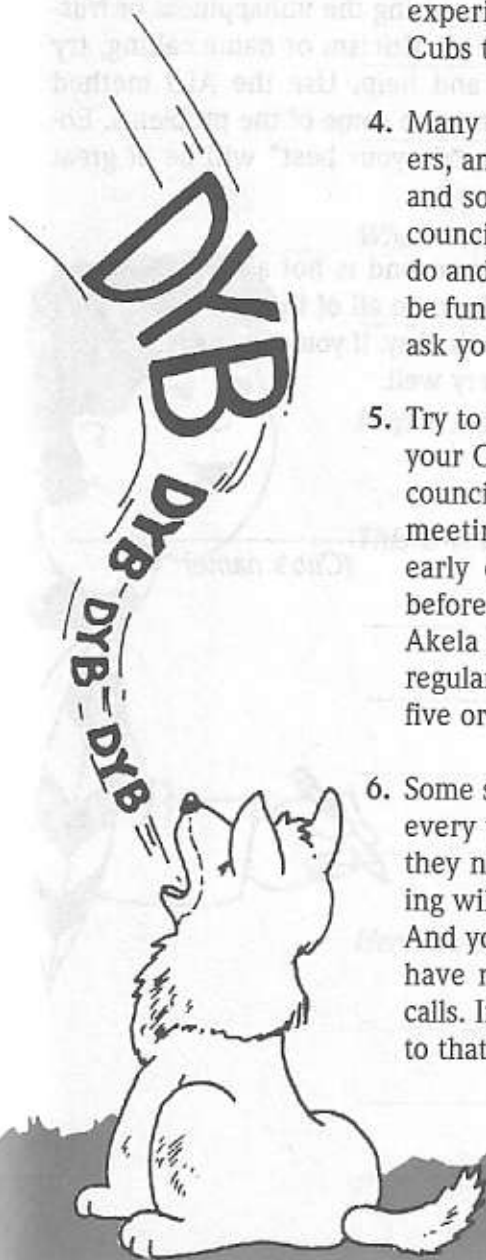
If you are able to do some of these things, you'll help the pack a lot and you can be proud that you've done your best to make Cubbing better for all the Cubs and leaders.

If you are a sixer or a second, here are some other things you can do to help your pack.

1. Try to help your six get ready for each new activity. If Cubs need to take off or put on sashes, and neckerchiefs, have them do it as quickly as possible. Ask them to line up quietly and set the example by being quiet yourself.
2. A six box is a useful place to keep sashes, neckerchiefs, and Cub Books safe when you are not using them during the meeting. If your six doesn't have one, see if you can find a box you can use. You and the other Cubs in your six can decorate the box with your six colours.



3. Trying to boss Cubs around doesn't work very well. They'll listen to you much better if you're polite and friendly. Be a leader by sharing your experience and showing the way for younger Cubs to follow.
4. Many packs have a sixer's council where the sixers, and sometimes the seconds, meet with Akela and some of the other leaders. During the sixer's council, you can talk about things the pack might do and suggest ideas for activities you think might be fun. If your pack doesn't have a sixer's council, ask your leaders to think about starting one.
5. Try to hold meetings of your six to get ideas from your Cubs to pass on to your Akela or the sixer's council. Sometimes it's hard to find time for a six meeting, but you might ask your Cubs to come early every once in a while so you can meet before the opening Grand Howl. Or you can ask Akela to allow time for six meetings during the regular meeting. Six meetings can be very short; five or 10 minutes is plenty.
6. Some sixers phone their Cubs before the meeting every week to remind them to bring everything they need. It can be a lot of work, but the phoning will help your six be ready for every meeting. And you may have a Cub in your six who doesn't have many friends and hardly ever gets phone calls. If so, your phone call may be very important to that Cub.



7. If you have a Cub in your six who always seems to be causing trouble, try not to be too hard on that Cub. Consider that problems at school or at home may be causing the unhappiness or frustration. Instead of criticism or name calling, try understanding and help. Use the ALS method to see if you can solve some of the problems. Encouragement to "do your best" will be of great help as well.

Being a sixer or second is not always easy, and you may not be able to do all of these things as well as you'd like to. That's okay. If you do your best, you'll do some of them very well.

I remember helping _____
(Cub's name)



Helping Other Cubs

This is what I did:

When I was a Cub, I remember that

(Cub's name)

helped me.

This is what the Cub did:

Here are some of the things I did to help my pack:

