



**Core Value:
Compassion**

Planting Seeds of Kindness

Pack Committee

Why Planting Seeds of Kindness for the Core Value Compassion. Compassion means being kind and considerate of others. It is having patience and a generous heart. It is showing genuine concern by our thoughts, words, and deeds to people, animals, our environment, and our community. Cub Scouts can develop an understanding of the concept of kindness by understanding how a tiny seed can grow into food that we eat or a flower for all to enjoy. By “planting” and “growing” small areas of kindness in our thoughts, words, and deed, we share the goodness in our hearts in hopes that those who experience it will then share kindness with others and keep it growing.

BEFORE THE MEETING

Print copies of the seed packet template at the end of this meeting plan. The packets can be assembled before the meeting and then decorated at the meeting, or you can have the Cub Scouts assemble the packets before decorating. A free, downloadable template can be found at www.gardensandcrafts.com/seedpackets.html; many other templates are available for free online. You can always design your own, customized for your pack.

Seed Packet Template Assembly*

1. Cut out the template as carefully as possible within the outside lines.
2. Fold the template:
 - a. Fold the bottom forward (this will be the back of the seed packet), and then unfold again.
 - b. Fold the two sides toward the middle.
 - c. Glue the two side flaps (be careful not to glue the rest of the template, as it will stick together).
 - d. Fold the bottom flap up again and firmly press together the side flaps and bottom flap. You should now have a small seed packet ready to be filled.
 - e. Fold down the top flap and allow the glue to dry. Once dry, label and fill the packet with seeds.

Check with a local nursery to see if seeds (flower or vegetable) can be donated for this activity. Each Scout's packet needs only a few seeds; many manufacturers' packets have several seeds. Place seeds in small plastic bags labeled with the plant names so Scouts can choose the packet they want.

*Garlic, potato, and onion sets won't fit in this seed packet template.

GATHERING

Have greeters (may be a den's assignment, pack leaders, or parent volunteers) greet Cub Scouts and their families and invite them to make their own “planting seeds of kindness” packets to take home and share with family members or perhaps a neighbor, teacher, or someone else of their choosing. Scouts can decorate the packets and then choose which seeds they would like to put into their packets. Helpers should help the Scouts write on their packet the type of seed, planting information, as well as the light the seed needs to grow.

Alternative Gatherings

Cub Scout Seeds of Kindness

Use the “planting seeds of kindness” template to make the packets, and have the Cub Scouts decorate their packet. Instead of seeds, they would write on small strips of paper an act of kindness they will do for someone. Then have them seal their strip of paper in the seed packet and present it to the person they will act out their kindness for. Examples: I will open the door for you (give to a teacher). I will clear the table at dinner for you (give to a parent). I will help you with the lawn (give to a neighbor).



Seeds of Kindness Book Drive

Using the same template, have Scouts write information on the front of their packet about “spreading seeds of kindness” by collecting new and used books for donation to a local library or children’s home. The pack should agree on a collection date and location, and this information should be put on the seed packets. No actual seeds would be put in the packets if this activity is used. The Cub Scouts would just write information, decorate, and seal the packet. Print information on posters to help the Scouts see what to write on their packets.

OPENING

CUBMASTER: Welcome to our “planting seeds of kindness” pack meeting tonight. It will be an exciting meeting as we watch compassion GROW!

(You should have a poster with a tree trunk base drawn on it. With each letter below, make “limbs” to attach to the poster tree trunk. The final product will be a full tree. You can add leaves, flowers, birds, squirrels, butterflies, and so on, if you’d like to the branches.)

- C is for **caring** about others.
- O is for the **opportunities** when we can help.
- M is for the **many** needs of our community.
- P is for understanding how a **person** feels.
- A is for the **action** we can take.
- S is for **showing** concern through kind thoughts and words.
- S is for that **someone** we may not know but we can become friends.
- I is for the **interest** we share in our environment.
- O is for the giving of **ourselves** to others.
- N is for being **nice** to all people, plants, animals, and our Earth.

Prayer (Cub Scout or Leader)

“Help us to do our best in helping and caring for others. Help us to be kind to all things and understand what we can do to make this world a better place with our words and actions.”

Welcome and Introductions

The Cubmaster welcomes pack members to the meeting and extends a welcome to special guests and any others in attendance. This would be a good time to thank all those who helped prepare for the pack meeting.

PROGRAM

Song

Sometimes a simple way to plant kindness is to smile and say hello. The preassigned den leads the pack in “I Love That Word ‘Hello’ ” (sung to the tune of “Auld Lang Syne”).

I Love That Word “Hello”

I love to hear that word “hello”
 Wherever I may go.
 It’s full of friendship and good cheer,
 And warms the heart up so.

March



Hello, hello, hello, hello

Hello, hello, hello;

Where e'er we meet

Like friends let's greet

Each other with "hello."

Cheer

It's a Snap

Snap your fingers once after the first and second line and then wildly snap your fingers after the third line.

Being kind, it's a snap." (single snap)

Helping others, it's a snap." (single snap)

Do your best to be kind and helpful." (wild snapping)

Game

When it comes to thinking about ways to show kindness, two heads are sometimes better than one. This game has us put our heads together to achieve a goal of crossing the finish line.

Getting Our Heads Together

Preparation: Divide the players into relay teams, paired according to height (or mix teams so that Tiger, Wolf, Bear, and Webelos Scouts are on both teams).

Select a distance according to the size and coordination of the players. Give a paper cup to each pair of players. The object of the game is for each pair to hold the paper cup between their heads without using their hands, and to move the predetermined distance to the finish line.

Once one pair has crossed the finish line, the next pair goes. Play continues until all of the players have crossed the finish line. If the cup is dropped or touched by a player's hands, that pair must return to the start line and try again.

Note: All players are winners in this game; the point is to show that working together toward a common goal can be achieved.

Cheer

Good Turn Cheer

Everyone stands up, turns around, and sits down.

RECOGNITION

Cub Scout Seedling

Props: Cardboard trees and bushes in background

CUBMASTER: Do you see that tree in my backyard? I planted that tree as a seedling not too long ago. Look at it now! I did it as a conservation project to show compassion for our environment.

ASSISTANT CUBMASTER: Wow, it sure has grown!

CUBMASTER: A young Bobcat starting his Cub Scouting adventure may be like a young seedling just starting to grow like the one that used to be in my backyard. We have several Cub Scouts who have earned the Bobcat rank.

ASSISTANT CUBMASTER: Will the following boys and their parents please join us. (Read the Bobcat names aloud.)



CUBMASTER: These Cub Scouts, like a seedling, have just started sprouting. Parents, I give you the Bobcat badge to present to your sons. **Lead a cheer!**

A young Tiger Cub has gone beyond the Bobcat, and like the seedling is growing into a tree. His limbs are still developing, and he needs support from his adult partner to stand straight.

ASSISTANT CUBMASTER: We have several Cub Scouts tonight who have earned their Tiger Cub badge, the second rank in Cub Scouting. Will the following boys and their parents please join us. (Read the Tiger Cub names aloud.)

CUBMASTER: A Tiger Cub has accomplished more than the Bobcat completing his five achievements. He has begun to discover the world around him. Parents, please present these Tiger Cub badges to your sons. **Lead a cheer!**

A young Wolf Cub Scout has gone even further, like the seedling becoming a tree. His limbs are becoming stronger and extending higher each day. They are becoming visible to neighbors, reaching out to see and learn.

ASSISTANT CUBMASTER: We have several Cub Scouts tonight who have earned the Wolf Cub Scout Badge, the third rank in Cub Scouting. Will the following boys and their parents please join us. (Read the Wolf Cub Scout names aloud.)

CUBMASTER: A Wolf Cub Scout has completed his 12 achievements. His experiences, skills, and knowledge have begun to extend beyond his home and have become visible to others. Parents, please present these Wolf Cub Scout badges to your sons. **Lead a cheer!**

The Bear Cub badge is the fourth rank of Cub Scouting. A Bear Cub Scout has continued up the Scouting trail beyond the Wolf. He has become strong and straight as a young tree, not fully grown yet, but well on his way. His search extends beyond his neighborhood into the rest of the community and country. His experiences could be fishing in a creek, hiking through town, or visiting a local park or zoo. We have several Cub Scouts who have met the challenges of the Bear Cub Scout and will receive their awards tonight.

ASSISTANT CUBMASTER: Will the following Cub Scouts and parents please join us. (Read the Bear Cub Scout names aloud.)

CUBMASTER: The Bear Cub Scout has matured and endured the challenges of the Cub Scout trail. His experiences and knowledge are nearly complete. His backyard is beyond his neighborhood. Parents please present these badges to your sons. **Lead a cheer!**

The Webelos Scout is coming to the end of the Cub Scout trail. He is a full-grown tree in the Cub Scout forest. He stands straight and tall. His backyard extends up and down the highways. His fun may include canoeing at a Cub Scout camp, hiking in the woods, and camping overnight. We have several Cub Scouts here tonight who have met the Webelos challenges.

ASSISTANT CUBMASTER: Will the following boys and their parents please join us. (Read the Webelos Scout names aloud.)

CUBMASTER: The Webelos Scout has almost completed the Cub Scout trail. He is knowledgeable, skillful, and confident. His backyard is almost limitless. Parents please present these badges to your sons. **Lead a cheer!**

Tonight these Scouts grow like the trees we find all around us. They have begun as young seedlings, reaching up and learning about their world with understanding and compassion for each other, their community, and their world. May they always be kind and continue to do their best in all things.

(For second-year Arrow of Light Webelos Scout recipients, the following ceremony may be used in conjunction with the previous ceremony.)

Like an Acorn—Arrow of Light Ceremony

When you first see an acorn, it may seem quite small and insignificant. Who could guess the great potential lying inside its small shell? A Cub Scout is much like an acorn.



Although he may appear to be small, a Cub Scout has the potential of greatness within him. As an acorn sprouts and grows, it turns into a majestic tree sought after for its strength and admired for its beauty. It is very popular, and its useful purposes seem unlimited.

Would _____ please come forward with his parents. _____ was like an acorn when he first joined Cub Scouting. He was full of potential and ready and willing to learn and grow. In the Wolf, Bear, and Webelos dens, he has grown by learning the ideals of Scouting. He is developing character along the way. He has gone above that which is required to gain his Webelos badge and has earned the Arrow of Light. He is reaching new heights each day as he follows the Cub Scout motto to “Do your best.”

The Arrow of Light is the highest award you can earn in Cub Scouting, but it is not the end to your growth. Just as the mighty oak grows each day for years and years, you too will continue to grow and learn. Follow the path that leads onward in Scouting, and one day you will reach above the oaks and soar with the Eagles.

CLOSING

Announcements

Announce any important upcoming pack, district, or council events.

Cubmaster's Minute

You may have heard the expression “Walk a mile in another person’s shoes.” What does that mean? (Gather a couple of answers from the audience). Before we can behave in compassionate ways, we must understand how another person feels. If we first think about a person’s feelings, we can be better prepared to spread seeds of kindness to that individual.

Most of us are happiest when we are spreading seeds of kindness. When we help other people—as our Cub Scout promise states—on a regular basis, it becomes a natural thing for us. That is the real meaning of a Good Turn. We are helping without even thinking about it. Please continue to plant seeds of kindness each day. What grows from this seed—kindness—is better than what grows from any other seed.

Closing Ceremony

Cub Scout Garden of Thoughts

Props: Large cut-outs of vegetables for seven Cub Scouts, as indicated.

CUB SCOUT 1: We’re Cub Scouts who have come your way to share with you our garden of thoughts for the day.

CUB SCOUT 2 (holds up carrot): Take care at all times, remembering to do your best each day.

CUB SCOUT 3 (holds up lettuce): Let us always give a smile to others as we travel down life’s way.

CUB SCOUT 4 (holds up turnip): Be sure to turn up at meetings and participate in pack activities.

CUB SCOUT 5 (holds up bean): Learn not to put things off, for it’s not fun being late.

CUB SCOUT 6 (holds up beet): In life’s game, you can beat if you strive to work with everyone.

CUB SCOUT 7 (holds up large package of seeds): And now that we’ve planted some seeds of thought, we’ll say goodnight, for our meeting is adjourned.

Retirement of the Colors

Den assigned retires the colors

AFTER THE MEETING

- Refreshments
- Cleanup

[illegible]

GARDEN SEEDS	
PLANT NAME	
COLOR	
SUN	
HEIGHT	
GROWING NOTES	
PLANTING INFORMATION	