

Songs

I'm alive, awake, alert, enthusiastic

I'm alive, awake, alert, enthusiastic.

I'm alive, awake, alert, enthusiastic.

I'm alive, awake, alert, I'm alert awake alive,

I'm alive, awake, alert, enthusiastic.

Action

Alive - put your hands on your hips

Awake - put your hands on your shoulders

Alert - put your hands on your head

Enthusiastic - wiggle your hands in the air

Repeat 3 times, and get faster each time.

I've got that Cub Scout Spirit

I've got that Cub Scout Spirit up in my head,

Up in my head,

Up in my head.

I've got that Cub Scout Spirit up in my head,

Up in my head to stay.

I've got that Cub Scout Spirit deep in my heart, etc.

I've got that Cub Scout Spirit down in my feet, etc.

I've got that Cub Scout Spirit all over me, etc.

I've got that Cub Scout Spirit up in my head,

deep in my heart,

down in my feet.

I've got that Cub Scout Spirit all over me,

All over me to stay.

Action

Point to the part of the body that's being sung about.

Good night Cub Scouts

Good Night, Cub Scouts.
Good night, Cub Scouts.
Good night, Cub Scouts.
Good night, Cub Scouts.
We're gonna leave you now.

Merrily we Cub along,
Cub along, Cub along.
Merrily we Cub along,
along that Cub Scout Trail.

Sweet dreams, Cub Scouts.
Sweet dreams, Cub Scouts.
Sweet dreams, Cub Scouts.
We're gonna leave you now.

The grand old Duke of York

Oh, the grand old Duke of York,
He had ten thousand men,
He marched them up the hill (*everyone stands up*)
And then he marched them down again (*everyone sits down*).

And when you're up you're up (*everyone stands up*).

And when you're down you're down (*everyone sits down*).

And when you're only half way up (*everyone stands half-way up*),
you're neither up (*stand up*) nor down (*sit down*).

(repeat, but everyone sits for up and stands for down)

Cheers

Round of Applause: While clapping hands, move them around in a circle in front of you.

Big Hand: Leader says, "let's give them a big hand" everybody in the audience holds up one of their hands with the palm up.

Can of Applause: Cheer and applaud as cover is removed from can and become quiet as lid is replaced.

Class A Clap: Clap rapidly in the following rhythm: 1-2-3-4, 1-2, 1-2, 1-2-3-4, 1-2, 1-2, 1-2-3-4, 1-2-3-4... end with one big clap.

Class B Clap: Just like the Class A except that on the last clap, you miss with your hands.

Class C Clap: Just like the class B except that after missing the clap, you come back with your hands and make one big clap.

Rain Clap: Everyone starts by tapping their right thumbs on the palms of their left hands to represent the first few drops of rain. Then use two fingers, three fingers, four, five and the palms of hands. Increase volume of clapping from soft to loud. Then reverse the sequence – back to thumbs on palms, as the rain passes.

Watermelon Cheer: Hold a piece of watermelon in both hands, make the motions of taking a big mouthful, then turn head and spit out the seeds.

Timber Cheer: When you point to one half of the group, they yell, CHIP! When you point to the other half, they yell, CHOP! Then alternate CHIP! CHOP! CHIP! CHOP! faster and faster. When you put your hands together over your head and bring them down in front of you, end with a loud "TIMBER!"