

DEN ACTIVITIES: CYBERBALANCE

USE THESE RECOMMENDED GAMES TO TEACH YOUR DEN ABOUT **BALANCE WITH TECHNOLOGY**. OTHER TERMS FOR THIS ARE **CYBERBALANCE**, OR **DIGITAL BALANCE**. THE SUGGESTED ACTIVITIES HELP HIGHLIGHT DIFFERENT WAYS OF COMMUNICATING AND BALANCING OFFLINE AND ONLINE ACTIVITIES.

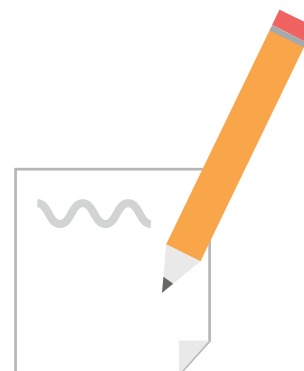
1. BALANCE BINGO: FRIENDSHIP & COMMUNICATION

Tell your Den: Please think of ways of communicating that have been used throughout history. This could be anything!

You will need:

- Pencils
- Tape or glue
- Lots of BINGO markers (you can use pennies)
- 1 printed out, blank BINGO board per Scout (included in this handout)
- 1 printed out icon sheet per Scout (included in this handout, page 4)
- Small slips of paper
- Bowl (for slips of paper)

(Examples – if they need some hints: rock carvings, mail, town crier, books, pony express, sign language, newspapers, television, telephone, radio, morse code, the Internet, and telegrams.)



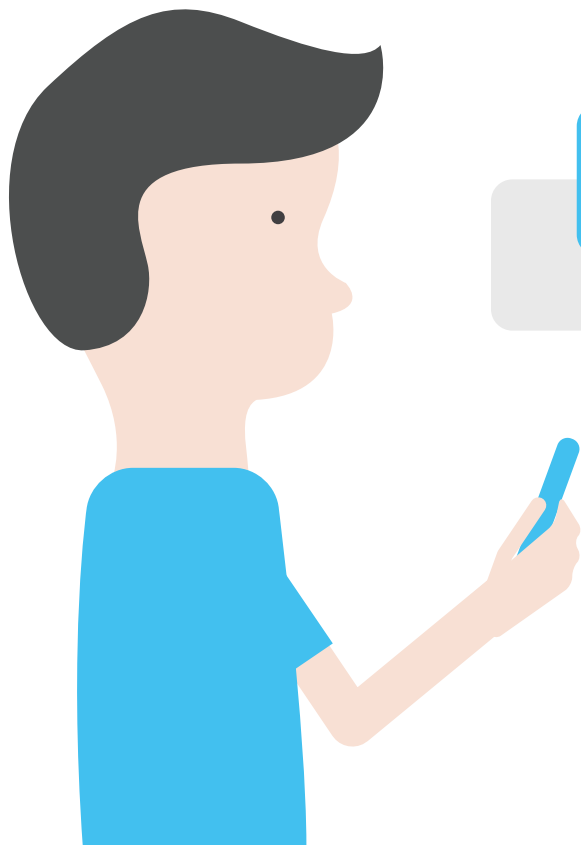
Paper Slips for Bowl: As you brainstorm, write down each method of communication on a small slip of paper and put it in the bowl. Icons of these different methods are printed on small squares which will go on each BINGO card. (Everyone's card will look different.)

Cubs prepare their Bingo card: Give each Cub Scout squares to cut out. Have them tape or glue the little cut out icon squares in each bingo box square, until the card is full.

Play: Shake the bowl of paper slips to shuffle. Pick out one at a time, reading out the communication method to the Den. If that method is on their board, they mark the spot with a penny. The first one to get 5 markers in a row (diagonal or horizontal) yells out “BINGO!” and wins the game.

Discuss: What are some advantages (plus), disadvantages (minus) and things that are interesting for each way of communicating? Ask your Den which way of communicating is their favorite to use.

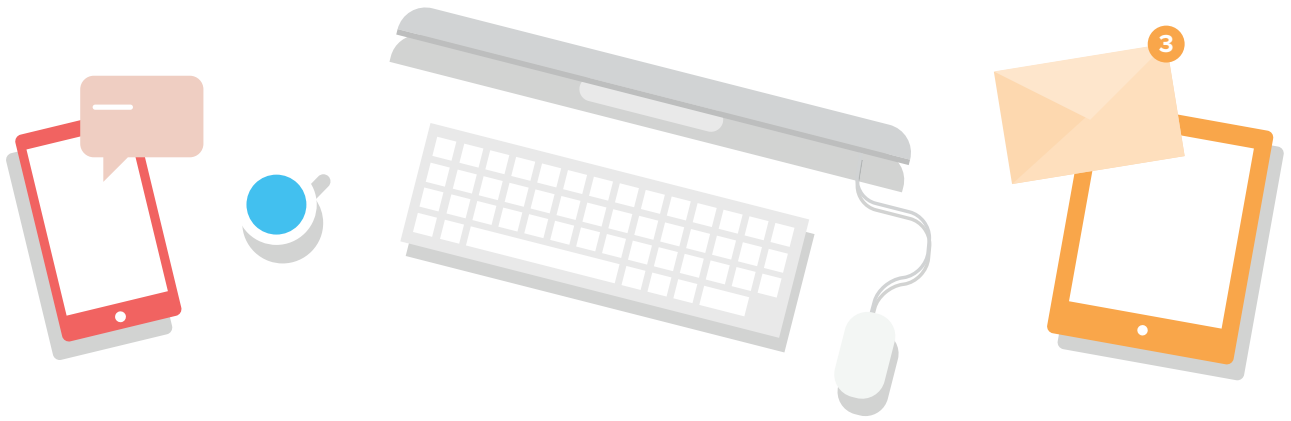
2. CHARADES: BALANCING OUR TIME



What are some things your Den does for fun, on the computer and the Internet, and outside? Ask everyone in your Den to think of one thing they like to do with technology, and one thing they like to do without technology. Make sure they don't say it out loud!

Taking turns, have one Scout at a time act out their activities one at a time while the others try to guess what it is. When you guess their activities, switch to the next Scout.

Discuss: What are some positive things that come from being on the internet and on screens? What are some negatives? Hint: how does your body and mind feel? Who are you getting to hang out with?



BALANCE BINGO				
		FREE SPOT		

BINGO ICONS

