

## PACK MEETING OUTLINE

### CYBERBALANCE

#### SCOUT BUSINESS CONDUCTED

#### CYBERBALANCE ACTIVITY: WITH FAUX PAW GOES TO THE GAMES – BALANCING REAL LIFE WITH SCREEN TIME

**Leader Says:** The Boy Scouts of America have written a short, but very important message about balance with technology. Scouting wants to help you to have healthy habits with technology. It is 5 sentences long. Raise your hand if you would like to read a sentence out loud.

Have 5 boys each read 1 sentence. This can be written on 5 papers to hand to each boy or on a marker board.

“Remember that life is a balance.

In Scouting, we focus on a balanced life through our aims: character, physical fitness, and citizenship.

Technology is a tool to help us.

[Technology] it is NOT there to take the place of family, friends, the Scout Law, and staying physically fit.

Stay ScoutSTRONG!”

**Say:** We are going to hear a story about “Cyberbalance.” Have you heard that word before? This fun book is titled Faux Paw\* Goes to the Games – Balancing Real Life with Screen Time. It is about a cat who loves technology. (\*Faux Paw is pronounced “Fo” Paw).

**Ask:** What are some of the things you like to do using technology? We will see what Faux Paw likes to do.

**Read Book:** Digital book projected on a screen works best for larger groups at Pack meetings.

## DISCUSSION GUIDE

### Ask:

- What did Faux Paw miss by continuing to play digital games?
- Why would it have been wise for Faux Paw to go sight-seeing with Tai Shan in China and go to the practice?
- Would a true friend want you to miss an important job that you have been given?

**Say:** Let's talk about healthy bodies, healthy brains, and why we need balance with technology.

### Ask:

- What are some activities or sports you can do offline that cannot be done online — on a digital device like a tablet or cell phone?
- Why is it healthy for your body to move around and have physical exercise more than only sitting?
- Why is it not a wise choice to lose sleep and stay up late to play an online game?
- Why would it be a good idea for your parents to set a time limit on the amount of screen time you can have?

## ACTIVITY

Let's see how many of you Cub Scouts want a healthy body & healthy brain.

### Say & Demonstrate:

- Put your right hand on your upper left arm muscle—like this.
- Now, raise your left arm up (while still holding on to your muscle) ....if you think that sleep, nutritious food & a variety of exercise & activities build a healthy body.
- Put your right hand on top of your head—which is where your brain is—like this.
- Now, raise your left arm up (while you still have your right hand on top of your head) ... if you agree that sleep, nutritious food & a variety of activities help to build a healthy brain.

**Say:** Yes, we all want to have a healthy body & healthy brain. That's why balance is needed.

**Say:** Let's ask your parents to give answers to a question. Why would you set a time limit on how long your Scout could spend with screen time?

Get several responses (e.g. because I want him to be healthy, because I care about him growing up to be strong, because I love him and my job is to guide him).

**Distribute hard copy of Parent Tips.** Tell Parents: Here is a list of tips that can be helpful to you as parents.