

Slip Slop Slap

Date

Duty Six:

Approx Time	Activity Description	Equipment Required
	Grand Howl	Flag
	*Slip, Slop, Slap, Seek, Slide	
	Sixes sit in corners with a chalk circle. In the middle of the hall are a set of each item per Six. Leader calls a number and that numbered Cub must run in and take one item at a time back to their team circle, aiming to collect a full set of items.	Per Six T-shirt Sunscreen Sunglasses Hat
	*Sun Smart Discussion & First Aid	
	Have a chat about the different items and how you can use them to be safe in the sun. Sing the 'Slip, Slop, Slap' song from Sid the Seagull.	
	What treatment would you provide for sun burn?	
	*Tree Tag	Nil
	Play in an area with lots of trees. One Cub is it and tries to tag others. If a Cub is touching a tree trunk they are 'safe' but can only be there for the count of 5.	
	Sunglasses	Scissors, cardboard, sticky tape, cellophane
	Create a pair of sunglasses using cardboard and cellophane 'glass'. Remind Cubs that these sunglasses are for play and don't actually protect your eyes from sunlight.	
	Hot Potato	Music, yellow ball or balloon
	Sit in a circle and pretend the yellow ball is the sun. Pass the ball around the circle while the music is playing as quickly as you can so that it doesn't burn your fingers. When the music stops, the Cub holding the sun must say a fun fact about protecting your skin or eyes.	
	Heads, Shoulders, Knees and Toes	
	Sing and act out the song to reinforce putting sun screen on to protect yourself from rays.	

* Can be played outside