

## Arrow of Light Den Meeting Plans



Den meeting plans are developed around a Scouting program year that is presumed to begin in early September and continue through May, at which time Cub Scouts would become involved in summertime Scouting activities. Two types of den meeting plans are offered for the den leader's use:

- ▶ Numbered plans: Programming for the program/school year (September through May), including rank advancement requirements for dens meeting twice a month
- ▶ Lettered or supplemental plans: Additional programming for dens meeting year-round or more than twice per month

### Arrow of Light Den Meeting Plans

Meeting Date	Den Meeting Plan No.	Achievements to Complete the Webelos Badge	Rank Requirements and Electives Covered
	<b>1</b>	<b>Family Member</b>	Do: Family Member 8 and 9, Arrow of Light 2 and 7 HA*: Family Member 2–6, 9. Review Aquanaut chapter
	<b>2</b>	<b>Aquanaut</b>	Verify: Family Member 2, 3, 5, 6 Do: Aquanaut 1–5, 8 (Swimming belt loop) HA: Family Member 4, 9. Review Outdoorsman chapter
	<b>3</b>	<b>Outdoorsman</b>	Do: Outdoorsman 1, 2, 5, 7, 8, 10, 11 HA: Family Member 4, 9, Review Sportsman chapter
	<b>4</b>	<b>Sportsman</b>	Verify: Family Member 4 & 9 Do: Sportsman 1–4 (Ultimate belt loop) HA: Review Scientist chapter
	<b>5</b>	<b>Scientist</b>	Do: Scientist 1–7, 9, 11, 12 (Science belt loop). HA: Review Scientist chapter
	<b>6</b>	<b>Scientist and Arrow of Light</b>	Do: Scientist 1–7, 9, 11, 12 (Science belt loop). Arrow of Light 2, 5, 7 HA: Review Readyman chapter
	<b>7</b>	<b>Readyman</b>	Do: Readyman 1–3, 11, 13 HA: Review Readyman chapter. Readyman 3, 11
	<b>8</b>	<b>Readyman</b>	Verify: Readyman 3, 11 Do: Readyman 4–7 HA: Review Readyman chapter
	<b>9</b>	<b>Readyman</b>	Verify: All Readyman Do: Readyman 4–7, 8
	<b>10</b>	<b>Arrow of Light</b>	Do: Arrow of Light make up and ceremony preparation HA: Handyman 1. Review Handyman chapter.
	<b>11</b>	<b>Handyman</b>	Do: Handyman 1, 2, 5 – 8, 10 HA: Review Sportsman chapter.
	<b>12</b>	<b>Sportsman</b>	Do: Sportsman 4 (Soccer belt loop) HA: Communicator 11–14. Review Communicator chapter
	<b>13</b>	<b>Communicator</b>	Verify: Communicator 11–14 (or alternatives) Do: Communicator 3, 4, 6 HA: Review Sportsman chapter.
	<b>14</b>	<b>Sportsman</b>	Do: Sportsman (Bicycling belt loop)
	<b>15</b>	<b>Sportsman</b>	Do: Sportsman (Marbles belt loop)

\* HA = Home assignment

## Arrow of Light Rank Requirements

There are three types of Webelos-level achievements, and they overlap each other and the two years of the Webelos program:

- ▶ The Webelos badge
- ▶ The compass points emblem and compass points
- ▶ The Arrow of Light

The Webelos badge is the focus of the first Webelos year and requires the completion of three activity badges. The goal for most boys is the Arrow of Light (which requires five more activity badges, plus other requirements). A Scout can also earn the compass points emblem by completing additional activity badges and the Webelos Super Achiever badge by earning all 20 activity badges.

The chart on the previous page shows the advancement plan covered by the den meeting plans in the *Den & Pack Meeting Resource Guide*. It is recommended that the den meeting plans be conducted in sequential order. However, the den leader may choose to alter the order to achieve the following:

- Deal with schedules of your Scouts and their other extracurricular activities.
- Follow your pack activities (for example, covering Outdoorsman elements before or at a pack campout).
- Line up with special guest volunteers who can come in to cover a topic that lines up with their occupation, hobby, or interest.
- Align with the den leader, assistant den leader, and parent's interests and skills as related to optional activity badges.

If you make changes, be sure the order and content of your meetings keep you on track to complete your Webelos rank by the blue and gold banquet, which is likely to be held in February (check with your pack for scheduling) and that the necessary requirements for the badge of rank will be met.

- ▶ Note that while there are some fixed requirements and required activity badges (See the following page and pages 49–50 of the *Webelos Handbook*.), there is more than one way to do the achievement and earn the badge; you get to pick the rest of the activity badges that work for you.
- ▶ You should use the way that is the most fun for the Scouts, and easy to accomplish for you (the leader), especially by using other parent and community resources! **Keep It Simple, Make It Fun.**

However, if your den starts Cub Scouting as a second-year Webelos den (in the fifth-grade year), or if your Webelos den has an influx of new members, you'll need to look back at the first-year Webelos program to cover catch-up elements needed for the Webelos badge—namely, the Webelos badge requirements, plus the Fitness and Citizen activity badges that are required for Webelos. As you make changes, be sure the order and content of your core meetings advancement achievement keep you on track to complete the Arrow of Light by the blue and gold banquet, which is likely to be held in February (check with your pack for scheduling).

- ▶ Note that while there are some fixed requirements and required activity badges (For the Webelos rank, you need Fitness, Citizen, and one more from a different activity group: Mental Skills, Technology, or Outdoors. For Arrow of Light, Outdoorsman, and Readyman are required.), there is more than one way to do the achievement and earn the badge—you get to pick the rest of the activity badges that work for you.
- ▶ You should use the way that is the most fun for the Scouts, and easy to accomplish for you (the leader), especially by using other parent and community resources! **Keep It Simple, Make It Fun.**



*The goal for most boys is the Arrow of Light.*

## Arrow of Light Rank Requirements



Requirements	Den Meeting Number
<b>Arrow of Light Award</b>	
1. Be active in your Webelos den for at least six months since completing the fourth grade (or for at least six months since becoming 10 years old), and earn the Webelos badge.	1-3+
2. Show your knowledge of the requirements to become a Boy Scout by doing all of these: <ul style="list-style-type: none"> <li>• Repeat from memory and explain in your own words the Scout Oath or Promise and the 12 points of the Scout Law. Tell how you have practiced them in your everyday life.</li> <li>• Give and explain the Scout motto, slogan, sign, salute, and handshake.</li> <li>• Understand the significance of the First Class Scout badge. Describe its parts and tell what each stands for.</li> <li>• Tell how a Boy Scout uniform is different from a Webelos Scout uniform.</li> <li>• Tie the joining knot (square knot).</li> </ul>	1, 6, 10
3. Earn five more activity badges in addition to the three you already earned for the Webelos badge. These must include: <ul style="list-style-type: none"> <li>• Fitness (already earned for the Webelos badge)</li> <li>• Citizen (already earned for the Webelos badge)</li> <li>• Readyman</li> <li>• Outdoorsman</li> <li>• At least one from the Mental Skills group</li> <li>• At least one from the Technology group</li> <li>• One more of your choice</li> </ul>	
4. With your Webelos den, visit at least <ul style="list-style-type: none"> <li>• one Boy Scout troop meeting and</li> <li>• one Boy Scout-oriented outdoor activity.</li> </ul> (If you have already done this when you earned your Outdoorsman activity badge, you may not use the same outing to fulfill requirements for your Arrow of Light Award.)	As scheduled by den leader
5. Participate in a Webelos overnight campout or day hike. (If you have already done this when you earned your Outdoorsman activity badge, you may not use the same outing to fulfill your Arrow of Light Award requirements.)	As scheduled by den leader
6. After you have completed all five of the above requirements, and after a talk with your Webelos den leader, arrange to visit, with your parent or guardian, a meeting of a Boy Scout troop you think you might like to join. Have a conference with the Scoutmaster.	As scheduled by den leader
7. Complete the Honesty Character Connection. <ol style="list-style-type: none"> <li>Know: Say the Cub Scout Promise to your family. Discuss these questions with them: What is a promise? What does it mean to keep your word? What does it mean to be trustworthy? What does honesty mean?</li> <li>Commit: Discuss these questions with your family. Why is a promise important? Why is it important for people to trust you when you give your word? When might it be difficult to be truthful? List examples.</li> <li>Practice: Discuss with a family member why it is important to be trustworthy and honest. How can you do your best to be honest even when it is difficult?</li> </ol>	1, 6, 10

## Arrow of Light Rank Requirements



Activity Badges		
Activity Badge Requirements		Den Meeting Number
<b>Readyman</b>		7-9
<b>Outdoorsman</b>		3 or as scheduled by den leader
<b>One More From Different Activity Group</b>		
Mental Skills	Artist	Webelos 8 and 15
	Scholar	Webelos 15
	Traveler	Webelos 4
Technology	Handyman	11
<b>One More From Different Activity Group</b>		
	Family Member	1
	Aquanaut	2
	Sportsman	4, 12, 14, 15
	Scientist	5 and 6
	Communicator	13

Certain activities are **primarily done at home and signed off in the handbook by the parent** or adult family member after the boy has completed each task (the parent is sometimes referred to as “Akela” in the handbook and the achievement tasks). The handbook is later shown to the den leader or assistant, who records the progress and also signs the boy’s book.



### LOOK AHEAD!

- *The Outdoorsman activity badge takes extensive planning!*
- *See Den Meeting 3!*

# Arrow of Light Den Meeting 1

## Family Members and Arrow of Light

### Preparation and Materials Needed

- ▶ With pack leaders, confirm who is in your den, and reach out to parents.
  - Either distribute a talent survey, or ask about interests, abilities, etc.
- ▶ Read the Family Member chapter in the *Webelos Handbook*.
- ▶ For this activity badge to be completed today will require advance assignment of family member work, at least a month in advance. The den meeting plan is written to assign the home activities today and verify completion at later meetings. To be complete today, instruct Scouts and families to complete the following requirements at home at least a month in advance:
  2. Make a chart showing the jobs you and other family members have at home. Talk with your family about other jobs you can do for the next two months.
    - See the job chart at the end of this meeting plan.
  3. Make a list of some things for which your family spends money. Tell how you can help your family save money.
  4. Plan your own budget for 30 days. Keep track of your daily expenses for seven days.
  5. Take part in at least four family meetings and help make decisions. The meetings might involve plans for family activities, or they might be about serious topics that your parent wants you to know about.
  6. With the help of an adult inspect your home and surroundings. Make a list of hazards or lack of security that you find. Correct one problem that you found and tell what you did.
  8. Tell what your family does for fun. Make a list of fun things your family might do for little or no cost. Plan a family fun night.
  9. Learn how to clean your home properly. With adult supervision, help do it for one month.
    - If you assign these today, check on completion of these achievements at a future meeting.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Ropes (4 feet long) for each Scout to practice the square knot.
  - Family Member activity badge pins for each of your Scouts (so they can be awarded if completed today), and compass emblems or points (if those will be completed today).

### Before the Meeting

- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

### Gathering

- ▶ Welcome new and returning Scouts and parents.
- ▶ Get to know parents/engage them in the meeting.
- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader).

### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ Provide index cards printed with the Cub Scout Promise and Law of the Pack for any new boys.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

### Business Items

- ▶ This meeting will have lots of organizational and getting-to-know talk.
- ▶ Have each Scout (and attending parent) introduce themselves.
- ▶ Discuss/remind what a den is, and how it fits in with a pack. Discuss your goals for the year and highlight/promote the cool activities. Discuss a den name, den yell, and other den identity elements (could include flag, totem, or neckerchief slide).

- ▶ Remind boys of behavioral expectations at den meetings. This is an opportunity to create your den's code of conduct for how the den should govern itself during meetings.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to work on the **Family Member activity badge** to promote better understanding within families, and to gain a better understanding of what is meant by "duty to family."



## Activities

- ▶ **Review Bobcat Requirements** (*if needed*): See Tiger Cub Den Meeting Plan 1.

Many of the requirements of **Family Member** need to be done in a family environment. See the home assignment in the Closing section of this meeting plan.

- ▶ **Family Member Activity Badge:** Requirements are to do the first six requirements, and then two of 7 through 13 (This meeting plan covers 1, 8 and 9. Requirements 2–6 are completed at home.):
  1. Tell what is meant by family, duty to family, and family meetings.  
As a discussion meeting, with reporting about home activities, the den meeting activity has to involve discussion of the key concepts of the activity badge, and sharing of family ideas among den members.
    - Discuss the meaning of "family," "duty to family," and "family meeting."
    - You might have them demonstrate their skills at identifying safety hazards inside and outside the home by doing an inspection of safety hazards at the den meeting site.
    - Invite the Scouts to discuss their family heritage and why it is important to them.
  8. Tell what your family does for fun. Make a list of fun things your family might do for little or no cost. Plan a family fun night.  
And since you've covered "what your family does for fun," use time to do "what your den does for fun."
    - Have the den decide what game or activity to do just for fun. You might pick a game or relay from another portion of this *Den & Pack Meeting Resource Guide*, or something from the den's emergency fun box.
  9. Learn how to clean your home properly. With adult supervision, help do it for one month.

## Other Ways to Complete the Activity Badge

Alternative **Family Member activity badge** requirements that could be done in lieu of 8 or 9 are these are:

7. With the help of an adult, prepare a family energy-saving plan. Explain what you did to carry it out.
  10. Show that you know how to take care of your clothes. With adult supervision, help at least twice with the family laundry.
  11. With adult supervision, help plan the meals for your family for one week. Help buy the food and help prepare three meals for your family.
  12. While you are a Webelos Scout, earn the **Academics belt loop for Heritages**. Requirements are:
    1. Talk with members of your family about your family heritage: its history, traditions, and culture.
    2. Make a poster that shows the origins of your ancestors. Share it with your den or other group.
    3. Draw a family tree showing members of your family for three generations.
- ▶ **Arrow of Light Award:** This meeting can introduce the requirements (See page 63 of the *Webelos Handbook*.), with Scout participation—later meetings can be used to reinforce and confirm completion.
    2. Show your knowledge of the requirements to become a Boy Scout by doing all of these:
      - Repeat from memory and explain in your own words the Scout Oath or Promise and the 12 points of the Scout Law. Tell how you have practiced them in your everyday life.
        - If not done in the opening, have all recite and perhaps go around the circle of the den to explain how each has practiced the Oath or Promise in everyday life.
        - Or, do a "Scout Law Dart Board" game: A dart game can be used to help teach the points of the Scout Law. You will need a dart board with spaces numbered 1 through 12, and some darts. Each boy, in turn, throws a dart at the board and scores one point if he can recite the point of the Scout Law represented by the number in which his dart sticks. Permit the boy to continue throwing until he either misses or makes an error in the point of the Scout Law.



- No darts? Use dice instead (but divide into two segments, first points 1 to 6 and then 7 to 12 so there is an even chance of each point of the Scout Law coming up!). When a Scout rolls, he has to recite (reading if needed) all 12 points of the Scout Law.
- Give and explain the Scout motto, slogan, sign, salute, and handshake.
- Understand the significance of the First Class Scout badge. Describe its parts and tell what each stands for.
- Tell how a Boy Scout uniform is different from a Webelos Scout uniform.
- Tie the joining knot (square knot). The square knot is also known as the joining knot because it can join two ropes together and because it is the first knot Scouts learn when they join the BSA. It has many uses—from securing bundles, packages, and the sails of ships to tying the ends of bandages.
  - To tie the square knot: hold one rope end in each hand.
  - Pass the right end over and under the rope in your left hand . . . and pull it snug (now you're holding that end with your left hand, and you've switched the other to your right).
  - Next, pass that same end of the rope (the one that is now in your left hand) over and under the one that is now in your right hand . . . and pull it tightly snug.
  - Remember: right over left, left over right.



### 7. Complete the Honesty Character Connection.

- a. **Know:** Say the Cub Scout Promise to your family. Discuss these questions with them. What is a promise? What does it mean to keep your word? What does it mean to be trustworthy? What does honesty mean?
  - b. **Commit:** Discuss these questions with your family. Why is a promise important? Why is it important for people to trust you when you give your word? When might it be difficult to be truthful? List examples.
  - c. **Practice:** Discuss with a family member why it is important to be trustworthy and honest. How can you do your best to be honest even when it is difficult?
- In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

## Closing

- Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony.
- Hand out or send family information letter.

- **Home Assignment: Complete Family Member requirements 2–6** at home. Requirement 4 is due back at meeting 4. All others are due back at meeting 2.
- **Home Assignment:** Remind boys to review the Aquanaut chapter in their *Webelos Handbook* before the next meeting.

## After the Meeting

- If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- Refreshments: If appropriate
- Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.

## Plan for Arrow of Light Requirements 4–6

- To earn the Arrow of Light, a Scout must, with your Webelos den, visit at least one Boy Scout troop meeting and one Boy Scout-oriented activity (the outdoor activity with the troop must not be the same one used to earn the **Outdoorsman activity badge**).
- Contact area Boy Scout troops for a list of events that your Webelos Scouts may attend. Determine which Boy Scout troop meeting(s) and Boy Scout-oriented outdoor activity your den will attend, and communicate that to parents.

# Webelos Family Member Activity Badge, Requirement 2

On this chart, record the jobs that you and your family do at home. After jobs are recorded, talk to your family about other jobs that can be completed in two months.



<b>Job</b>					
<b>Job</b>					
<b>Job</b>					
<b>Job</b>					
<b>Job</b>					
<b>Job</b>					
<b>Job</b>					
<b>Job</b>					
<b>Name of Family Member</b>	1: _____	2: _____	3: _____	4: _____	5: _____



# Arrow of Light Den Meeting 2

## Aquanauts

Aquanaut activity badge (complete).

### Safe Swim Defense

Before a BSA group may engage in swimming activities of any kind, a minimum of one adult leader must complete Safe Swim Defense training, have a commitment card (No. 34243) with them, and agree to use the eight defenses in this plan.

### Safety Afloat

Safety Afloat has been developed to promote boating and boating safety and to set standards for safe unit activity afloat. Before a BSA group may engage in an excursion, expedition, or trip on the water (canoe, raft, sailboat, motorboat, rowboat, floating in an inner tube, or other craft), adult leaders for such activity must complete Safety Afloat Training, No. 34159, have a commitment card, No. 34242, with them, and be dedicated to full compliance with all nine points of Safety Afloat.

## Preparation and Materials Needed

- ▶ Read the Aquanaut chapter in the *Webelos Handbook*.
- ▶ Make arrangements for the boys to swim at a pool. Arrange for adequate adult supervision.
  - Have parents and leaders take the Safe Swim Defense online training at [www.scouting.org/applications/myscouting](http://www.scouting.org/applications/myscouting). A minimum of one adult leader must complete Safe Swim Defense online training at the BSA Online Learning Center.
  - If you are doing the rowboat requirement, have at least one attending parent or leader take both the Safe Swim Defense and Safety Afloat on line training at [www.scouting.org/applications/myscouting](http://www.scouting.org/applications/myscouting).
- ▶ Identify any parents or other pack resources who are, or know, lifeguards or water safety and swimming instructors and could be your activity badge counselor for this meeting. The pool you will go to may be willing.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Aquanaut chapter in the *Webelos Handbook*.
- ▶ **If your den meeting schedule can allow it, schedule this meeting as two or more meetings to permit all to develop swimming ability, and to complete all of the activities and fun. These meetings can be done over the summer too if you're meeting then.**
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Scouts and others to bring swimsuits and towels, sunscreen if needed
  - The following should be available at the pool: personal flotation devices available, equipment for reaching and throwing rescues, such as a 25-foot coil of rope or rope with ring.
  - Equipment for the water games (could be balloons, newspapers, volleyball, playground or foam ball)
  - **Aquanaut activity badges** and **Swimming belt loops** for each Scout (so they can be awarded if completed today), and compass emblems or points (if those will be completed today).

## Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

## Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

## Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.



## Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to work on the **Aquanaut activity badge** because swimming is an important physical skill, and swimming safely and knowing about water rescue is even more important.
- ▶ **Verify:** Check boys' handbooks for parent/guardian signatures for **Family Member requirements 2, 3, 5, and 9**. Sign handbooks and record on den advancement record.

## Activities

- ▶ **Aquanaut Activity Badge:** Requirements are to do these first three requirements, and then three of 4 through 8 (this meeting plan does 1–5 and 8):
  1. Jump into water over your head. Come to the surface and swim 100 feet, at least half of this using a backstroke.
    - Not every Webelos Aquanaut will be able to do all the requirements perfectly, but with practice, he will learn. Some will know how to swim; others will need help learning how.
  2. Stay in the water after the swim and float on your back and your front, and demonstrate survival floating.
    - The following technique for staying afloat indefinitely may give confidence to boys who fear the water and don't believe they can float.
      1. Relax completely. Be lazy. With your lungs full of air, float face down, with the back of your neck on the surface. Rest for three seconds. This isn't a test to see how long you can hold your breath underwater.
      2. Get ready to raise your face above the water surface. Extend your arms forward slowly. Get ready to thrust downward with your arms and legs.
      3. As you raise your head to the surface, exhale through your nose and mouth. Your shoulders should stay underwater.
      4. Keep your head straight and push downward with your hands to keep your head above water. Inhale slowly. There's no rush. With your lungs again full of air, drop your head forward and thrust downward and backward with your arms and legs.
      5. Relax. Hold your breath. Let your arms and legs dangle while you float forward. Beginners should rest at least three seconds before repeating step 1. Experts should rest 10 seconds. Avoid bobbing above or below the surface.
  3. Put on a personal flotation device (PFD) that is the right size for you. Make sure it is properly fastened. Wearing the PFD, jump into water over your head. Show how the PFD keeps your head above water by swimming 25 feet. Get out of the water, remove the PFD, and hang it where it will dry.
  4. Do a front surface dive and swim underwater for four strokes before returning to the surface.
  5. Explain the four basic water rescue methods. Demonstrate reaching and throwing rescues.
    - Although "Reach, Throw, Row, Go" is the adult or Boy Scout rule, Cub Scouts should only reach and throw, and instead of "Row" or "Go," they should "Go Get Help." Webelos Scouts should know and explain all four but practice only "Reach" and "Throw."
    - Practice reaching (find things in/around your meeting room you can use).
    - Practice throwing (use a 25-foot coil of rope).
    - Do a rope throw rescue relay. Each team has a coil rope (clothesline will do). Adults representing drowning people are in the water. Each Webelos Scout throws the rope to the "drowning person," who grabs it and then lets it go. The boy re-coils the rope and hands it to the next boy on the team. Repeat until all teammates have thrown.
  8. While you are a Webelos Scout, earn the **Cub Scout Sports belt loop for Swimming**. Complete these three requirements:
    1. Explain rules of Safe Swim Defense. Emphasize the buddy system.
    2. Play a recreational game in the water with your den, pack, or family.



3. While holding a kickboard, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area

- **Note:** For requirement 8, you must earn the **Swimming belt loop** while you are a Webelos Scout (even if you earned it while in a Bear, Wolf, or Tiger den).

### Want More Fun Activities?

For the recreational game, you might play a water game, if permitted at your pool:

- ▶ **Water Spud:** A starter throws a soft rubber ball high into the air and calls out a player's name. That player recovers the ball while the others scatter about the pool. He tries to hit one of the other players with the ball. A player must stay in the same spot, but he may duck underwater to keep from being hit. If a player is hit, he picks up the ball and tries to hit someone else. If the ball goes wild, the thrower has one "spud" counted against him. The player with the fewest spuds wins.
- ▶ Pool volleyball? Cannonball contest? Pool tag?
- ▶ **Balloon race:** Line up boys in chest-deep water. On a signal, they propel inflated balloons to shore without using their hands. They can use their heads or blow the balloons.
- ▶ **Marco Polo:** All boys stand in waist-deep water. One boy, "It," closes his eyes and keeps them shut (honor system). He calls out "Marco!" All other boys respond with "Polo!" "It" then tries to tag one of the responders while they duck underwater and/or change locations to avoid being tagged. "It" should call out "Marco!" frequently. When a boy is tagged, he becomes the next "It."
- ▶ Or play your den's favorite water games.

- ▶ Other requirements (that are not needed to complete the activity badge, but could be covered):

6. With an adult on board, show that you know how to handle a rowboat.

7. Pass the BSA "Swimmer" test:

- Jump feet-first into water over the head in depth, level off, and begin swimming.
- Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.
- Then swim 25 yards using an easy, resting backstroke.
- After completing the swim, rest by floating.

- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

### Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony.
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys and their parents/guardians that Family Member requirements 4 and 9 are due at Den Meeting 4.

- ▶ **Home Assignment:** Remind boys to review the Outdoorsman chapter in their *Webelos Handbook* before the next meeting.

### After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.

### Plan for Arrow of Light Requirements 4–6

- ▶ To earn the Arrow of Light, a Scout must, with your Webelos den, visit at least one Boy Scout troop meeting and one Boy Scout–oriented activity (the outdoor activity with the troop must not be the same one used to earn the **Outdoorsman activity badge**).
- ▶ Contact area Boy Scout troops for a list of events that your Webelos Scouts may attend. Determine which Boy Scout troop meeting(s) and Boy Scout–oriented outdoor activity your den will attend, and communicate that to parents.





## Arrow of Light Den Meeting 3

### Outdoorsman

#### Preparation and Materials Needed

- ▶ Read the Outdoorsman chapter in the *Webelos Handbook*.
- ▶ Identify any parents or other pack resources who are outdoorsmen (campers, hikers) and could be your activity badge counselor for this meeting.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Outdoorsman chapter in the *Webelos Handbook*.
- ▶ Plan to hold this den meeting at a nature preserve, park, or wooded area (site of campout or evening campfire activity). This meeting is set up as the evening campfire activity requirement to complete **Outdoorsman activity badge requirement 2**.
  - Choose the site for an evening activity. Be sure campfires are permitted.
  - Make reservations in advance, if necessary.
- ▶ If you choose to complete **Outdoorsman activity badge requirement 3** with overnight camping, note:
  - Reserve the campsite many months in advance. It is recommended that the den leader complete Outdoor Leader Skills for Webelos Leaders before the campout.
  - Follow Youth Protection guidelines. If applicable, submit a Local Tour Permit Application to your council service center two weeks before the event (form found at [www.scouting.org/CubScouts/CubScoutingForms/forms](http://www.scouting.org/CubScouts/CubScoutingForms/forms)). Arrange transportation.
  - See the **Outdoorsman activity badge** pages in the *Webelos Handbook* for packing lists. The *Cub Scout Leader Book* gives details on planning a Webelos den overnight campout and offers encouraging tips for family camping.
  - Borrow tents from Webelos Scout families or your Boy Scout troop. Plan meal menus; shop for food.
  - Pack cooking equipment; firewood and matches; synthetic and cotton rope for fusing, whipping, and knot tying; a first-aid kit; a U.S. flag; and the den flag. Be prepared to teach Outdoorsman knots.
- ▶ Inform Scouts and families about when and where to meet.
  - Even if you are just doing the evening activity with campfire, Scouts will need to be ready to camp, since each must "Present yourself to your Webelos den leader, properly dressed, as you would be for an overnight campout. Show the camping gear you will use. Show the right way to pack and carry it."
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Plan a menu, shop for food, and pack cooking equipment, firewood, and matches.
  - Four-foot lengths of rope for each Scout.
  - Twine or dental floss for whipping and a lighter to demonstrate fusing.

#### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

#### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

#### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.

- ▶ Since you're on a hike today, have the boys recite the Outdoor Code.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

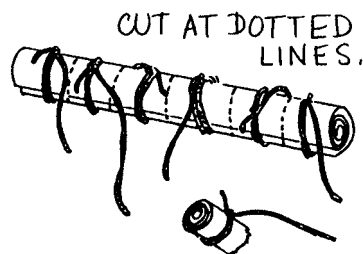
## Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.



## Activities

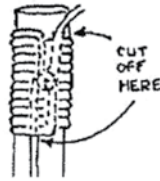
- ▶ **Outdoorsman Activity Badge:** Requirements are to do two of the first four requirements, then five of 5 through 12 (This meeting plan does 1 and 2, and then 5, 7, 8, 10, 11.):
  1. Present yourself to your Webelos den leader, properly dressed, as you would be for an overnight campout. Show the camping gear you will use. Show the right way to pack and carry it.
    - If you're not having an overnight campout, be sure they would be ready to camp out with the gear provided.
  2. With your family or Webelos den, help plan and take part in an evening outdoor activity that includes a campfire.
    - Meal and activity plan will be subject to your choices.
  5. During a Webelos den meeting, discuss how to follow the Leave No Trace Frontcountry Guidelines during outdoor activities. (See page 72 of the *Webelos Handbook*; also at [www.scouting.org/CubScouts/Resources/leavenotrace](http://www.scouting.org/CubScouts/Resources/leavenotrace).)
    - The Cub Scout Leave No Trace Pledge is: I promise to practice the Leave No Trace frontcountry guidelines wherever I go:
      1. Plan ahead.
      2. Stick to trails.
      3. Manage your pet.
      4. Leave what you find.
      5. Respect other visitors.
      6. Trash your trash.
  7. Discuss with your Webelos den leader the rules of outdoor fire safety. Using these rules, show how to build a safe fire and put it out.
    - See pages 357–361 of the *Webelos Handbook*.
    - You might also make quick fire starters:
      - You need newspapers, string, wax, a large can, and an old pot to melt the wax in.
      - Melting is best done as a double-boiler method, in which the can with wax in it is placed inside a larger container that has water up to about 2 inches from the lip of the can. An adult should handle this chore.
      - Melt two or three blocks of wax (home canning size) or old candles.
      - While the wax is melting, have each Webelos Scout roll a section of about 18 pages of newspaper into a tight cylinder. Tie the cylinders with string about every two or three inches, leaving a foot-long length of string hanging for each tie.
      - Then cut the cylinders into sections with a saw or serrated knife.
      - Spread old newspapers on your work surface and put the can of melted wax on it. Have the Webelos Scouts dip their paper sections into the wax, holding onto them with the long strings.
      - Place the fire starters on other newspapers to dry. When using them, tear the edges slightly for faster ignition.
- 8. With your accompanying adult on a campout or outdoor activity, assist in preparing, cooking, and cleanup for one of your den's meals. Tell why it is important for each den member to share in meal preparation and cleanup, and explain the importance of eating together.
  - Meal and activity plan are subject to your choices.





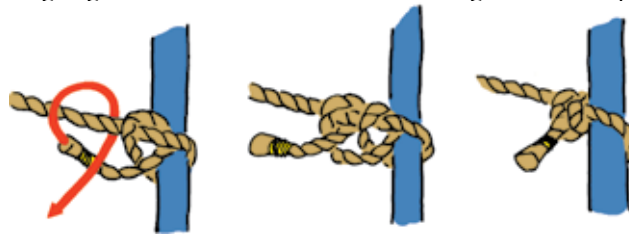
10. Demonstrate how to whip and fuse the ends of a rope.

- To whip the end of a rope, start with a 2-foot length of thin twine or fishing line or dental floss.
- Form it into a loop and place it at one end of the rope, with the two ends of the loop against the rope.
- Wrap tightly around the rope, starting ¼ inch from the end.
- When the whipping is as wide as the rope is thick, pull out the ends of the loop hard, and trim off the twine or line.

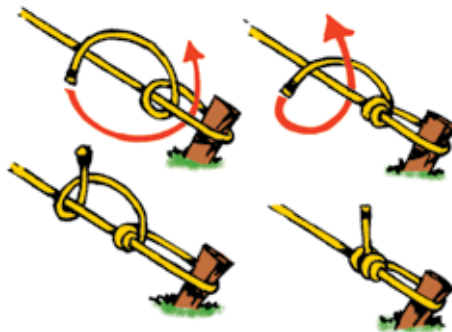


11. Demonstrate setting up a tent or dining fly using two half hitches and a taut-line hitch. Show how to tie a square knot and explain how it is used.

- Two Half Hitches is a useful knot for attaching a rope to a pole or boat mooring. As its name suggests, it is two half hitches, one after the other, with the small end of the rope going in the same direction around the long end of the rope.



- Hook your rope around your post.
- Cross the short end under the long, main length of the rope.
- Bring the short end over and down through the hole between where the rope crosses and the pole. That's one half hitch.
- Repeat to make the second half hitch.
- To finish, push them together and snug them by pulling on the standing part.
- A Taut-Line Hitch is two half hitches, with an extra turn
  - The extra turn is on the inside of the loop.
  - It is used to adjust the tension on guy lines.



- You might have a knot-tying relay.
  - Have a rope for each team.
  - Ask the Webelos Scouts to line up in file relay formation 15 feet from a goal line.
  - In turn, each Webelos Scout races to the goal line, where he selects a card with the type of knot he is to tie.
  - He runs back to the team and ties the knot correctly. Then he unties the knot and hands the rope off to the next player.
  - The first team to complete all the knots correctly is the winner.

► In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

## Closing

- ▶ Award (or recognize) any advancement completed today; thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
  - To earn the Arrow of Light, a Scout must, with your Webelos den, visit at least one Boy Scout troop meeting, and one Boy Scout–oriented outdoor activity (the outdoor activity with the troop must not be the same one used to earned the Outdoorsman activity badge).
  - If you have contacted area Boy Scout troops for a list of events that your Webelos Scouts may attend, and selected which Boy Scout troop meeting(s) and Boy Scout–oriented outdoor activity or activities your den will attend, communicate that information to the parents.
  - After visiting at least one Boy Scout troop meeting and one Boy Scout–oriented outdoor activity, each Webelos Scout should identify a Boy Scout troop that he thinks he might like to join, visit it with his parent or guardian, and have a conference with the Scoutmaster (Arrow of Light Award requirement 6).
- ▶ Hand out or send family information letter.

▶ **Home Assignment:** Remind boys to review the Sportsman chapter in their *Webelos Handbook* before the next meeting.

## After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.

### Planning for Arrow of Light Requirements 4–6

- ▶ To earn the Arrow of Light, a Scout must, with your Webelos den, visit at least one Boy Scout troop meeting and one Boy Scout–oriented activity (the outdoor activity with the troop must not be the same one used to earn the **Outdoorsman activity badge**).
- ▶ If you have contacted area Boy Scout troops for a list of events that your Webelos Scouts may attend, and selected which Boy Scout troop meeting(s) and Boy Scout–oriented outdoor activity or activities your den will attend, communicate that information to the parents.
- ▶ After visiting at least one Boy Scout troop meeting and one Boy Scout–oriented outdoor activity, each Webelos Scout should identify a Boy Scout troop that he thinks he might like to join, visit it with his parent or guardian, and have a conference with the Scoutmaster (**Arrow of Light requirement 6**).





# Arrow of Light Den Meeting 4

## Sportsman

### Preparation and Materials Needed

- ▶ Read the Sportsman chapter in the *Webelos Handbook* and the belt loop requirements for Ultimate.
- ▶ Identify any parents or other pack resources who are knowledgeable about Ultimate and could be your activity badge counselor for this meeting. Or you might see if an ultimate player or coach can visit your den meeting, or you might do this meeting as a field trip to an ultimate game or practice.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Sportsman chapter in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Instructional material for ultimate can be obtained from your local parks and recreation department, library, or university or college athletic department. Another resource is the Ultimate Players Association Web site ([www.upa.org](http://www.upa.org)). Video papers are available at this site for various plays and strategies for the game; click on Physical Educator Outreach. Go over the information with your Webelos Scouts.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Some suggested Cub Scout rules for ultimate are at the end of this meeting plan.
  - Discs. You may want cones and markers if you need to create your own field.
  - **Ultimate belt loops.**

### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

### Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- **Verify:** Using the boys' handbooks and discussion, verify completion of **Family Member 4 and 9**.

### Activities

- ▶ **Sportsman Activity Badge:** Requirements are to do requirements 1 through 4.

**Sportsman requirement 4** includes earning four belt loops. This den meeting earns one—**Ultimate**. Others are scheduled for den meetings 11, 14, and 15, but den leaders should schedule these as needed to ensure completion.

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
  - See page 459 of the *Webelos Handbook*.



2. Explain what good sportsmanship means.
    - You hear a lot about being a good sport, but just what does that mean?
    - A good sport knows the rules and doesn't break them.
    - A good sport competes with all his heart, striving to outclass his competitor.
    - If he wins, he doesn't act smug, but instead compliments the losers for the fine job they did.
    - If he loses, he accepts defeat gracefully and tries to figure out why he lost so that he can do better next time. He doesn't blame losing on the other players or his coach, but looks within himself for the answers.
  3. While you are a Webelos Scout, earn Cub Scouting Sports belt loops for two individual sports (badminton, bicycling, bowling, fishing, golf, gymnastics, marbles, physical fitness, ice skating, roller skating, snow ski and board sports, swimming, table tennis, or tennis).
  4. While you are a Webelos Scout, earn Cub Scouting Sports belt loops for two team sports (baseball, basketball, soccer, softball, volleyball, flag football, or ultimate).
    - Today's activity is to learn and play ultimate, and earn the **Ultimate belt loop**. The chart on the previous page shows the advancement plan covered by the den meeting plans in the *Den & Pack Meeting Resource Guide*. Requirements are:
      1. Explain the rules for ultimate.
      2. Practice ultimate for 30 minutes.
      3. Play a game of ultimate.
- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

## Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony:
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to review the Scientist chapter in their *Webelos Handbook* before the next meeting and about:
  - Upcoming visits to a Boy Scout troop meeting and to a Boy Scout-oriented outdoor activity.
  - Selection of Boy Scout troops and scheduling of Scoutmaster conferences (**Arrow of Light Award requirement 6**).

## After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.

## Planning for Arrow of Light Requirements 4–6

- ▶ To earn the Arrow of Light, a Scout must, with your Webelos den, visit at least one Boy Scout troop meeting and one Boy Scout-oriented activity (the outdoor activity with the troop must not be the same one used to earn the **Outdoorsman activity badge**).
- ▶ If you have contacted area Boy Scout troops for a list of events that your Webelos Scouts may attend, and selected which Boy Scout troop meeting(s) and Boy Scout-oriented outdoor activity or activities your den will attend, communicate that information to the parents.
- ▶ After visiting at least one Boy Scout troop meeting and one Boy Scout-oriented outdoor activity, each Webelos Scout should identify a Boy Scout troop that he thinks he might like to join, visit it with his parent or guardian, and have a conference with the Scoutmaster (**Arrow of Light requirement 6**).



## Arrow of Light Den Meeting 5

### Scientist

#### Preparation and Materials Needed

- ▶ Read the Scientist chapter in the *Webelos Handbook*.
- ▶ Note that while this is laid out in one meeting, to complete this activity badge you may want to do more fun experiments and use two or more den meetings. The details of each day depend on the experiments and any guest activity badge counselor.
  - There is a lot to cover, and anything left over can be completed in the following meeting, which is planned as an outdoor hike.
  - If you have several **Scientist activity badge** counselors, you might have separate meetings with each.
- ▶ Identify any parents or other pack resources who are scientists (could be in medicine, or research, or just have a scientific hobby or interest) and could be your activity badge counselor for this meeting. Alternatively, you might make and confirm arrangements for a field trip to work with an educator at a science museum, children's museum, or high school to complete the **Scientist activity badge** and **Science belt loop**. If you do not have access to a museum, consider inviting a science teacher.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - The guest could be asked to discuss the scientific method and come up with a few science experiments.
  - Show any guest speaker the Scientist chapter in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Review the experiments and demonstrations noted below, and any others you select, for the necessary materials. You will want to select which ones are most interesting for you and your Scouts.
  - Scientist activity badges and **Science belt loops** for each of your Scouts (so that they can be awarded if completed today), and compass emblems or points (if those will be completed today).

#### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

#### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

#### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

#### Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.

## Activities

- **Scientist Activity Badge:** Requirements are to do the first four requirements, and then six of 5 through 14 (This meeting plan does 1 through 4, plus 5, 6, 7, 9, 11, and 12, as set forth below.):

**Note:** Each boy should conduct the chosen experiment(s) on an individual basis, coming up with his own hypothesis before conducting the experiment. This is not intended to be a group project merely observed by the Webelos Scout.



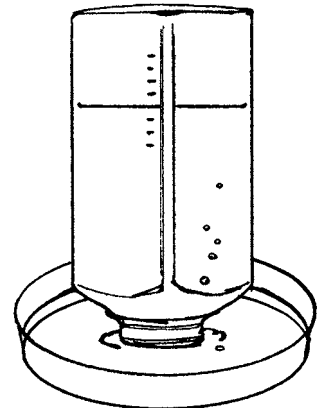
1. Read Bernoulli's Principle. Show how it works.
  - In 1738, the scientist Daniel Bernoulli discovered an important principle that was later used to design airplane wings. According to Bernoulli's principle, the higher the speed of a moving fluid or gas, the lower its pressure (see the *Webelos Handbook*, page 405, for more). For more, try these:
    - Magnetic Table Tennis Balls:
      - Attach a piece of string to each of two table tennis balls.
      - Hold the strings so the balls are suspended several inches apart from one another.
      - Then blow between the balls.
      - Bernoulli's Principle explains why they move together rather than move apart.
    - The Floating Ball:
      - You can make a table tennis ball float in the air. As Bernoulli proved, when water or air moves, it has less pressure than the air or water around it. The faster it moves, the lower the pressure.
      - To float a table tennis ball, remove the cleaning tool from the end of a vacuum cleaner hose.
      - Remove the hose from the intake hole, and attach it into the outlet hole near the bottom of the vacuum cleaner. (You might also try this experiment using a hair dryer.)
      - Plug the cord into an electrical outlet and turn the vacuum cleaner on.
      - Point the hose straight up, holding it steady.
      - Gently release the ball into the airstream about 10 to 12 inches above the nozzle. Try balls of different sizes and weights to see what happens. Can you float more than one ball at a time?
    - Why a Baseball Curves:
      - When a pitcher throws a curve ball, he is using Bernoulli's principle. When he puts a spin on a ball to make it curve, the ball carries a layer of air around with it.
      - The whirling air is moving in the same direction on one side of the ball as the current passing the ball on its flight toward the plate. On the other side of the ball, the whirling air is moving against the air current. The difference in air pressures causes the ball to curve.
2. Read Pascal's Law. Tell about some inventions that use Pascal's law.
  - Pascal's law describes the effect of applying pressure on a liquid in a closed container. When the pressure of this liquid is increased or decreased at any point, the pressure changes equally throughout the liquid. The principle is used in hydraulic jacks, vacuum pumps, and air compressors. You can show Pascal's law being applied to air by looking at how air pressure functions in a closed container.
  - See the *Webelos Handbook*, page 406–407. Here are some other simple experiments:
  - Balloon Blower.
    - You can show graphically how carbon dioxide is formed and builds pressure inside a closed container with this demonstration.
    - Pour two teaspoons of baking soda into a large, clean soft drink bottle. Add 1/4 cup of vinegar.
    - Now slip a balloon over the mouth of the bottle and tie it tightly with a string.
    - Shake the bottle vigorously. Soon, the balloon will be inflated by carbon dioxide.
    - What happened? The baking soda and vinegar produce carbon dioxide, which increases the pressure inside the bottle and makes the balloon expand.
  - Simple Pressure Lift.
    - Place a stack of books on a balloon and blow into the balloon.
    - The added pressure inside the balloon lifts the books.
3. Read Newton's first law of motion. Show in three different ways how inertia works.
  - According to Newton's laws of motion, an object at rest tends to remain at rest, and an object in motion tends to remain in motion in a straight line at a steady speed unless an outside force acts on it. The property of matter that makes an object resist any change in motion is called inertia.
  - See the *Webelos Handbook*, page 407–409. Here are some other simple experiments:



- Lazy Log.
    - Tie two pieces of string of equal thickness to a block of wood or other heavy object.
    - Hang the wood up by one piece of string and pull on the other. Which string will break?
    - If you pull slowly, the strain and additional weight of the object causes the upper string to break. But if you jerk the string quickly, the inertia of the block prevents the transfer of the total force to the upper string, and the lower one breaks.
  - Buckle Up.
    - Another example of inertia can be demonstrated at your pack’s annual pinewood derby.
    - Have boys carve a niche in the top of derby cars where a small plastic figure of a person can sit freely. When the cars hit the bumper at the end of the track, the figures won’t stop.
    - They have the same speed as the car and are free to continue moving forward.
    - The faster the cars, the farther the figures will fly.
    - Remind everyone of the importance of wearing a seat belt!
4. While you are a Webelos Scout, earn the Cub Scout Academics belt loop for Science.  
Science belt loop requirements:
1. Explain the scientific method to your adult partner.
  2. Use the scientific method in a simple science project. Explain the results to an adult. (If you are unable to plan a simple science project that can be conducted during the den meeting, then assign this as work to be completed at home.)
  3. Visit a museum, a laboratory, an observatory, a zoo, an aquarium, or other facility that employs scientists. Talk to a scientist about his or her work.
    - Select experiments from the *Webelos Handbook* or these notes.

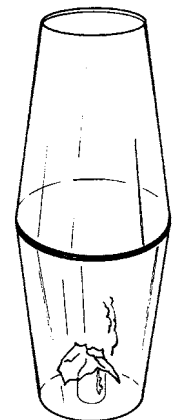
5. Show the effects of atmospheric pressure.
- See the *Webelos Handbook*, page 409–411. Here is another simple experiment:

- A barometer measures atmospheric pressure. Here’s a simple one.
- Use a glass or clear plastic quart bottle.
- Fill it with water, put a saucer over the top, and flip it over quickly.
- Allow a little water to escape into the saucer.
- With a felt-tip pen, draw eight or 10 scale marks on the bottle 1/4 inch apart. The middle mark should be even with the water level.
- Check the water level each day.
- If the water level is higher, the atmospheric pressure is higher and fair weather is coming.
- If it’s lower, look for unsettled weather.



6. Show the effects of air pressure.
- See the *Webelos Handbook*, page 412–413. Here are some other simple experiments:

- Welding Glasses.
  - Show boys how two glasses can be “welded” together—without using any complicated welding equipment.
  - Use two glass tumblers that fit very closely together at the rims.
  - Place wet, thick paper over a lighted candle in the bottom of one glass, as shown.
  - The candle will go out, and the glasses will be stuck together.
  - See if boys can explain why.



- Vinegar Rocket (this may be a good one to complete next meeting while on a hike!).
  - You should do this experiment outside where you have lots of clear air space.
  - Materials: 1-quart soda bottle, cork that fits tightly, paper towel, ½ cup water, ½ cup vinegar, one teaspoon of baking soda
  - Pour vinegar and water into the bottle.
  - Put one teaspoon of baking soda in the center of a 4-by-4-inch piece of paper towel.
  - Roll up the paper towel and twist the ends so the baking soda will stay inside.
  - Drop the paper towel with the baking soda into the bottle.
  - Put the cork on as tightly as you can and stand back and watch. (Make sure that the rocket isn’t pointing at anyone!)

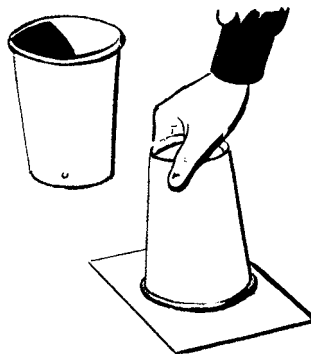


- The baking soda reacts with the vinegar to produce carbon dioxide gas. As the gas forms, pressure builds up and pushes out the cork with the thrust similar to a rocket being launched into outer space.
- Add streamers to the cork for effect and to see where the cork goes!

7. Show the effects of water pressure. This may be combined with atmospheric pressure or with air pressure.

- See the *Webelos Handbook*, page 414–416. Here is another simple experiment:
- Hanging Water.

- Atmospheric pressure pushes on us from all directions. One way to demonstrate this is with a cup or glass of water and a piece of stiff cardboard to cover its mouth.
- Fill the container to the brim with water, and carefully lay the card over the top.
- Hold the card firmly in place and invert the container. (Do this experiment over a bowl or sink in case it doesn't work for you.)
- Now remove the hand that is holding the card in place. The card stays in place, and the water remains in the container. Air pressure bearing upward on the bottom of the card is greater than the water pressure pushing downward.



9. Explain what causes fog. Show how this works.

- See the *Webelos Handbook*, page 419–420. Here is another simple experiment:
- Fog-Making Machine.

- Use a plain glass gallon jug, a stopper to fit it, and a bicycle pump with a needle (as used to pump up a basketball).
- Put a small amount of water or alcohol (alcohol works best) in the jug.
- Put the stopper on the jug, and the needle of the pump through the stopper.
- After a few strokes of the pump, remove the stopper quickly.
- You will hear a loud pop and see a cloud begin to form in the jug.
- To get fair weather, all you have to do is replace the parts as they were, and pump air back into the jug.
- What happened? When you pumped air into the jug, the air temperature was raised, making it possible for the air to hold more moisture. When you removed the top, the air expanded and cooled. This cool air couldn't hold as much moisture, thereby forming a cloud.

11. Explain how you use your center of gravity to keep your balance. Show three different balancing tricks.

- See the *Webelos Handbook*, page 422–423 for some balancing exercises.

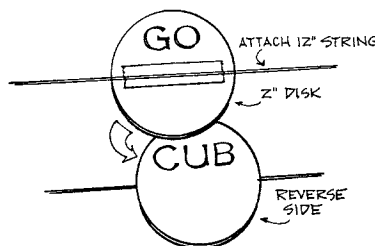
12. Show in three different ways how your eyes work together, and show what is meant by an optical illusion.

- Boys may be surprised to learn that they're either right-eyed or left-eyed, just as they are right-handed or left-handed.
  - They can check by extending a finger toward a distant object while keeping both eyes open.
  - Close the right eye. If the finger appears to jump, this means they are right-eyed.
  - If it doesn't, they are left-eyed, since the left eye is dominant.

- See the *Webelos Handbook*, page 424–427. Here are some other simple experiments:

- Optical Illusion: Illusion Spinner.

- Cut a 2-inch disk out of cardboard.
- On one side write "Go" on the top half; on the other side write "Cub" on the bottom half.
- With glue or clear tape, attach a 12-inch string across either side of the disk as shown.
- Twirl the disk and an optical illusion will make it read "Go Cub."

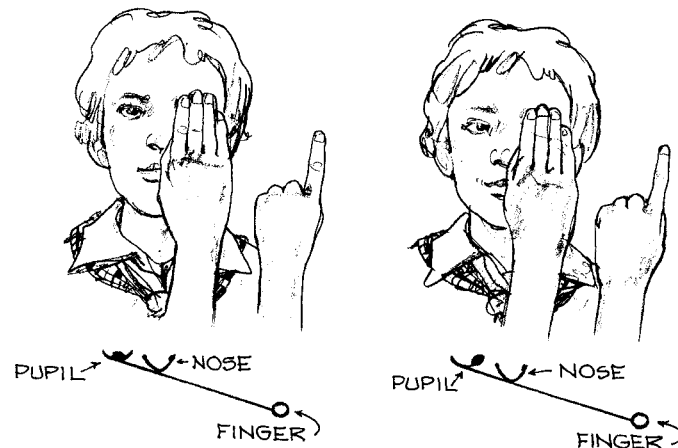


- Optical Illusion: Disappearing Finger.

- Cover your left eye with your right hand and look straight ahead with your right eye.
- Raise your left forefinger to your left ear and move it until the tip of the finger is just visible (A).



- If you now move your eye to look directly at the finger (B), it has disappeared!
- This apparent shift of objects due to the angle from which you are viewing them is called parallax and is the principle that scientists use to determine the distance of stars from the earth.



- Other activity badge requirements that could be done in lieu of, or in addition to, 5, 6, 7, 9, 11, and 12:
  8. With adult supervision, build and launch a model rocket. (**Note:** You must be at least 10 years old to work with a model rocket kit sold in stores.) Describe how Newton's third law of motion explains how the rocket is propelled into the sky.
  10. Explain how crystals are formed. Make some.
    - Have jam jars available at a meeting with craft sticks and string.
    - Add water and sugar to the jar.
    - The Webelos Scout should take home the jar with plastic wrap over it secured with a rubber band, and bring the jar back at the next den meeting to show how big the crystals grew.
  13. While you are a Webelos Scout, earn the Cub Scout Academics belt loop for Weather. Weather belt loop requirements:
    1. Make a poster that shows and explains the water cycle.
    2. Set up a simple weather station to record rainfall, temperature, air pressure, or evaporation for one week.
    3. Watch the weather forecast on a local television station.
  14. While you are a Webelos Scout, earn the Cub Scout Academics belt loop for Astronomy. Astronomy belt loop requirements:
    1. Set up and demonstrate how to focus a simple telescope or binoculars. (A local astronomy club may be a resource for this activity.)
    2. Draw a diagram of our solar system—identify the planets and other objects.
    3. Explain the following terms: planet, star, solar system, galaxy, the Milky Way, black hole, red giant, white dwarf, comet, meteor, moon, asteroid, star map, and universe.

- In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

### Closing

- Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony.
- Hand out or send family information letter.

- **Home Assignment:** Remind boys to review the Scientist chapter in their *Webelos Handbook* before the next meeting.

### After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.





### LOOK AHEAD!

*How are your Boy Scout visits and activities going?*

## Arrow of Light Den Meeting 6

### Arrow of Light Hike

Scientist activity badge (complete). Science belt loop (complete).

### Preparation and Materials Needed

- ▶ Read the Scientist chapter in the *Webelos Handbook*.
- ▶ Confirm which elements from the **Scientist activity badge** described in Den Meeting 5 have not been completed, and provide for completion of those on today's hike, or before or after the hike.
- ▶ Identify a suitable trail or route for a day hike with the Webelos den. It may be a destination, or begin and end at your regular den meeting location.
  - If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Ropes (4 feet long) for each Scout to practice the square knot.
  - Review the experiments and demonstrations, if any, to be completed from Den Meeting 5 and any others you select, for the necessary materials. You will want to select which ones are most interesting for you and your Scouts.
  - Scientist activity badges and **Science belt loops** for each of your Scouts (so they can be awarded if completed today), and compass emblems or points (if those will be completed today).

### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

### Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to complete work on the **Scientist activity badge**, plus work on Arrow of Light requirements, including a Webelos den hike.

### Activities

- ▶ **Scientist Activity Badge:** Before or after the hike, or on the route, complete any remaining activities for the **Scientist activity badge** described in Den Meeting 5.
  - Doing the vinegar rocket and/or another model rocket may be ideal activities for the mid-point destination of your hike!
- ▶ **Arrow of Light Award Requirements:** This meeting can complete instruction on these, and perhaps completion as well.
  1. Show your knowledge of the requirements to become a Boy Scout by doing all of these:
    - Repeat from memory and explain in your own words the Scout Oath or Promise and the 12 points of the Scout Law. Tell how you have practiced them in your everyday life.
    - Give and explain the Scout motto, slogan, sign, salute, and handshake.



- Understand the significance of the First Class Scout badge. Describe its parts and tell what each stands for.
  - Tell how a Boy Scout uniform is different from a Webelos Scout uniform.
  - Tie the joining knot (square knot). See instructions in Arrow of Light Den Meeting 1.
7. Complete the Honesty Character Connection.
- a. **Know:** Say the Cub Scout Promise to your family. Discuss these questions with them. What is a promise? What does it mean to keep your word? What does it mean to be trustworthy? What does honesty mean?
  - b. **Commit:** Discuss these questions with your family. Why is a promise important? Why is it important for people to trust you when you give your word? When might it be difficult to be truthful? List examples.
  - c. **Practice:** Discuss with a family member why it is important to be trustworthy and honest. How can you do your best to be honest even when it is difficult?
- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

## Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony.
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to review the Readyman chapter in their *Webelos Handbook* before the next meeting and about
  - Upcoming visits to a Boy Scout troop meeting and to a Boy Scout-oriented outdoor activity.
  - Selection of Boy Scout troops and scheduling of Scoutmaster conferences (**Arrow of Light Award requirement 6**).

## After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.



## Arrow of Light Den Meeting 7

### Readyman

#### Preparation and Materials Needed

- ▶ Read the Readyman chapter in the *Webelos Handbook*.
- ▶ The **Readyman activity badge** requires three to four hours to complete. These meeting plans cover the activity badge over three meetings, but there may be other options, including:
  - Contact your local council service center to ask if they offer a workshop for completing the Readyman activity badge. The American Red Cross may also be willing to conduct a workshop on the **Readyman activity badge**.
  - If you do that, advise parents of the date for this activity well in advance. Webelos Scouts should prepare a home fire escape plan and bring it with them to the workshop (**Readyman requirement 11**).
- ▶ There may be parents in your den who are qualified to work with the boys on these requirements. Identify any parents or other pack resources who are in the medical profession (doctors, nurses, emergency medical technicians, firemen, police), or have Red Cross or similar training and could be your activity badge counselor for this meeting.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Readyman chapter in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Print and bring help lists for the Scouts to complete at home (included at the end of this meeting plan).
  - Paper and pencils for the fire escape plan.
  - If you're going to add fun with a game, a list of first-aid questions based on material in the *Webelos Handbook*, and maybe a basketball (if that's the game you're playing).

#### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

#### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

#### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

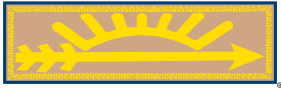
#### Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to work on the **Readyman activity badge** because, in keeping with the Boy Scout motto "Be Prepared," Webelos Scouts begin learning how to be prepared for emergency situations.

## Activities

- **Readyman Activity Badge:** Requirements are to do the first eight requirements, and then two of 9 through 15. (This meeting plan does 1 through 8, plus 11 and 13.) These meeting plans cover this in three parts.
- Den Meeting 7 is the introduction, including assignment of work to be completed at home; this touches on 1, 2, 3, 11, and 13.
  - Den Meeting 8 covers instruction on hurry cases and first-aid drills; this touches on 4, 5, 6, and 7.
  - Den Meeting 9 is for completion of the first-aid drills (4, 5, 6, and 7), safe swim rules (8), and final review of any incomplete items and the work to be done at home (3 and 11).
1. With your parent, guardian, or Webelos den leader, complete the Courage Character Connection.
    - a. **Know:** Define the importance of each courage step: Be strong; Be calm; Be clear; Be careful. Explain how memorizing the courage steps helps you to be ready.
    - b. **Commit:** Explain why it is hard to follow the courage steps in an emergency. Tell when you can use the courage steps in other situations (such as standing up to a bully, avoiding fights, being fair, not stealing or cheating when tempted, etc.)
    - c. **Practice:** Act out one of the requirements using these courage steps: Be strong; Be calm; Be clear; Be careful.
  - This can be done in a denwide discussion to introduce the Readyman concept. As the meetings roll out, ensure that the Scouts demonstrate each step:
    - Be strong
    - Be calm
    - Be clear
    - Be careful
  2. Explain what first aid is. Tell what you should do after an accident.
    - Ask Webelos Scouts these questions and discuss their answers:
      - In a fire at your home, what would you do if flames were blocking the usual exit? Would you know an alternative way out—one planned in advance?
      - Would you be able to lead others to safety?
      - What would you do if someone were drowning?
      - Would you know how to rescue that person?
      - If someone isn't breathing, would you know how to start mouth-to-mouth resuscitation?
      - Would you know how to send for help?
      - What would you do if your home had a broken water pipe, a leaky faucet, or a stopped-up toilet? Would you know how to turn off the main water valve?
      - What would you do if the electricity went off in your home? If a fuse blew or a circuit breaker was tripped? Do you know where the fuse box or circuit breaker box is located in your home?
      - What would you do in any emergency? Would you panic? Or would you keep cool because you are prepared? Would you know where to phone for emergency help?
      - How to give first aid? What not to do?
  3. Explain how you can get help quickly if there is an emergency in your home. Make a “help list” of people or agencies that can help you if you need it. Post it near a phone or another place with easy access.
    - Distribute the template for this help list. This will be completed at home.
    - Discuss how they will look up numbers or decide who to put on the lists.
  11. Make a home fire escape plan for your family.
    - Discuss home fire escape procedures.
    - Draw a floor plan of your home, including the locations of smoke detectors.
    - Map out an escape route from each room, making sure that there are at least two exits from every bedroom—the usual exit and an emergency one in case the usual way out is blocked by smoke or flames.
    - Have a family meeting and discuss the fire escape plan.
    - Teach everyone how to get out of the house if there is a fire; they mustn't grab clothes, papers, jewelry, or other belongings—just get out! Have an outside meeting place planned.
    - Have all family members practice alternate routes to safety.
    - To make sure that everyone can get outside even in darkness or blinding smoke, practice the drill when it is dark.
    - While this is to be done at home, you should practice first by having the Scouts determine a fire escape plan for the den meeting site.
    - Then conduct a fire drill (you might select one Scout to announce “Fire Drill” at a later random point in the meeting to see if everyone follows the plan).





13. Tell where accidents are most likely to happen inside and around your home.
  - After taking responses, you might walk the den meeting location and identify where accidents might happen in your meeting area.
- ▶ Consider mixing in the following games to break up the information today:
  - First-Aid Baseball.
    - Make a list of first-aid questions based on material in the *Webelos Handbook*.
    - Also have five 3-by-5-inch cards marked as “single,” three marked “double,” two marked “triple,” and one marked “home run.”
    - Set out bases for a small diamond. Divide the den into teams. One team lines up at home plate.
    - Leader asks the first boy a first-aid question. A wrong answer is an out.
    - If the answer is correct, the batter draws a card to see what kind of hit he has made and moves to that base. Runners advance an appropriate number of bases on hits. After three outs, the team is retired and the other team comes to bat.
  - First-Aid Basketball. (If you have a basketball court or hoop you can use—or play with a wastepaper basket and a ball or balled up paper)
    - Make a list of first-aid questions based on material in the *Webelos Handbook*.
    - Make five or six circles on the court with chalk or tape about 10 feet from the basket.
    - Players stand in the circles. In turn, players are asked a first-aid question.
    - If they answer correctly, they score a point and can shoot for the basket for a second point.
    - If the answer is wrong, he gets no points.
- ▶ Other **Readyman requirements** that could be done in lieu of, or in addition to, 11 and 13:
  9. Explain six safety rules you should follow when “driving” a bicycle.
  10. Explain the importance of wearing safety equipment when participating in sports activities (skating, skateboarding, etc.).
  12. Explain how to use each item in a first-aid kit.
    - You might have the den put together the den’s own first-aid kit, or have each Scout create their own personal first-aid kit.
  14. Explain six safety rules you should remember when riding in a car.
  15. Attend a first-aid demonstration at a Boy Scout troop meeting, a Red Cross center, or other community event or place.
- ▶ In the boys’ *Webelos Handbooks*, sign the requirements met (and update your records).

### Closing

- ▶ Award (or recognize) any advancement completed today; thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader’s minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting’s flag ceremony, and remind about home assignments (and include these in any family information letter or e-mail), including:
  - Upcoming visits to a Boy Scout troop meeting and to a Boy Scout–oriented outdoor activity.
  - Selection of Boy Scout troops and scheduling of Scoutmaster conferences (**Arrow of Light Award requirement 6**).
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to discuss and complete with their family **Readyman 3 and 11** and continue to review the Readyman chapter in their *Webelos Handbook*.

### After the Meeting

- ▶ If you’ve changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.

# Webelos Readyman Activity Badge, Requirement 3

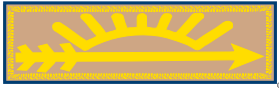
Explain how you can get help quickly if there is an emergency in your home. Make a “help list” of people or agencies that can help you if you need it.



Post it near a phone or another place with easy access.

Name: \_\_\_\_\_

Helper	Phone Number
Poison control	
Police/sheriff	
Fire department	
Doctor	_____ at _____
Mom’s cell	
Mom at work	
Dad’s cell	
Dad at work	
Grandparents	_____ at _____
Neighbor	_____ at _____
Neighbor	_____ at _____
Friend	_____ at _____
Friend	_____ at _____



## Arrow of Light Den Meeting 8

### Readyman

Readyman activity badge (partial).

### Preparation and Materials Needed

- ▶ Read the Readyman chapter in the *Webelos Handbook*.
- ▶ The **Readyman activity badge** requires three to four hours to complete. These meeting plans cover the activity badge over three meetings, but there may be other options, including:
  - Contact your local council service center to ask if they offer a workshop for completing the **Readyman activity badge**. The American Red Cross may also be willing to conduct a workshop on the **Readyman activity badge**.
  - If you do that, advise parents of the date for this activity well in advance. Webelos Scouts should prepare a home fire escape plan and bring it with them to the workshop (**Readyman requirement 11**).
- ▶ There may be parents in your den who are qualified to work with the boys on these requirements. Identify any parents or other pack resources who are in the medical profession (doctors, nurses, emergency medical technicians, firemen, police), or have Red Cross or similar training and could be your activity badge counselor for this meeting.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Readyman chapter in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - If you want to use the "Realistic First-Aid Practice" ideas below, see that section for the makeup and other supplies needed.
  - Ideally, a mannequin for rescue breathing practice.
  - Plastic wrap (a new piece to go over the mouth of the mannequin after every use)
  - A well-stocked first-aid kit.
  - Review the drills you're going to do with any volunteers to determine additional items you would like to have in place.

### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

### Business Items

- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to continue work on the **Readyman activity badge**, with a focus on being ready to take care of first-aid emergencies.
- ▶ **Verify:** Check boys' handbooks for parent/guardian signatures for **Readyman requirements 3 and 11**. Sign handbooks and record on den advancement record.

## Activities

- **Readyman Activity Badge:** Requirements for today are 4–7. Role-play these emergency situations to help boys develop the courage to respond appropriately:
4. Demonstrate how to help someone who is choking, and explain how to tell when you will need to take quick action.  
See *Webelos Handbook*, page 379.
  5. Show what to do for these “hurry cases”:  
    - Serious bleeding
    - Stopped breathing
    - Ingested poisoning
    - Heart attack
 See *Webelos Handbook*, pages 371–376.
  6. Show how to treat shock.  
See *Webelos Handbook*, pages 376–377.
  7. Show first aid for the following:  
    - Cuts and scrapes
    - Burns and scalds
    - Choking
    - Blisters on the hand and foot
    - Tick bites
    - Bites and stings of insects other than ticks
    - Venomous snakebite
    - Nosebleed
    - Frostbite
    - Sunburn
 See *Webelos Handbook*, pages 377–383.
- **Realistic First-Aid Practice:** Use the following materials to make make-believe injuries look more realistic during first-aid practice: deep red and light red lipstick; cosmetic blusher; black wax crayon; “blood” mixture of red food coloring, powdered cocoa, and water; blue chalk or eye shadow; white glue or rubber cement; white eye shadow or glycerin and water solution (equal amounts) in an atomizer or squeeze bottle. Have the “victim” dress in old clothes so his uniform doesn’t get stained.
- Outline a “cut” with deep red lipstick. Fill in the area with heavy lipstick application. Drop “blood” onto the cut.
  - To simulate the appearance of a serious cut, first build up the “skin” with white glue. When it has dried considerably, make a groove down the middle and add “blood.” Apply makeup sparingly, as too much can make the wounds appear to be phony.
  - Simulate abrasions with a little blue eye shadow. This is the “bruise.” Smear some glue onto the “injured” area. Let it dry a bit, and then rough it up with a dull kitchen knife. Finish off with a little “blood?”
  - Simulate a simple burn by applying some blusher to the “injured” area. For a second-degree burn, simulate blisters by applying a little glue onto the area. For third-degree burns, simulate charred skin by applying black crayon to the “injured” area. Now apply a light red lipstick and smear on glue. Let it dry a little, and then roughen it with a dull kitchen knife.
  - Simulate the ashen face of a shock victim by applying white eye shadow or white chalk. Work in the color for a smooth, pale complexion. Blend in blue eye shadow lightly over and under the eyes and then more heavily—on lips and ear lobes. Simulate clammy skin by spraying glycerin water solution onto the upper lip and forehead.
  - You can use makeup for all kinds of cuts and bruises, such as an injured cheek, forehead, or lip. And your first-aid practice will be more effective if the “victims” behave as if they were really in pain or dazed by injuries.
- Consider mixing in the following games to break up the first-aid drilling:
 

**Pressure Pad Relay.**

    - Divide the den into two teams.
    - One member of each team is the “victim,” who has arterial bleeding from his left wrist.





- On a signal, the first boy in each team runs to his victim and applies direct pressure to the wound, using his neckerchief as a pad.
- When his technique is correct (see the *Webelos Handbook*), the judge (Webelos den leader or Webelos den chief) yells “Off!” The boy removes the pad, runs back to his team, and tags the next member. First team to finish wins.

### Poison Treatment Relay.

- Print each of the following poisons on a slip of paper: (1) furniture polish, (2) half-full bottle of aspirin, (3) kerosene, (4) contents of unlabeled bottle in medicine cabinet.
- Divide the den into two teams.
- On a signal, the first player on each team runs to the judge and is given a slip.
- He must tell the judge the proper treatment for the case, including (1) calling a hospital or poison control center; (2) reading the label on the container, if there is one, and following directions; (3) knowing whether to give water; and (4) knowing whether to cause vomiting.

### Rescue Breathing Relay.

- This relay is run in the same manner as the Pressure Pad Relay except the action is mouth-to-mouth resuscitation. Use a mannequin as the “victim.”
- The relay is a fun way to practice this skill, but it is essential for the leader to remember that proper technique is the reason for the activity.
- Don’t allow boys to rush their resuscitation just to win the contest.
- In addition, be sure the judge thoroughly maintains a sanitary environment.
- The judge must place a clean piece of plastic wrap over the mouth of the mannequin for each boy, or otherwise sterilize the mouth area.
- **Note:** Always teach the use of barrier devices such as nonlatex gloves, mouth barriers, and, in some cases, eye protection to prevent possible contamination by blood or other direct contact with the injured person.

- ▶ In the boys’ *Webelos Handbooks*, sign the requirements met (and update your records).

## Closing

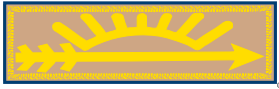
- ▶ Award (or recognize) any advancement completed today; thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader’s minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting’s flag ceremony.
- ▶ Hand out or send family information letter.

▶ **Home Assignment:** Remind boys to review the Readyman chapter in their *Webelos Handbook* before the next meeting and about:

- Upcoming visits to a Boy Scout troop meeting and to a Boy Scout-oriented outdoor activity.
- Selection of Boy Scout troops and scheduling of Scoutmaster conferences (**Arrow of Light Award requirement 6**).

## After the Meeting

- ▶ If you’ve changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.



## Arrow of Light Den Meeting 9

### Readyman

#### Preparation and Materials Needed

- ▶ Read the Readyman chapter in the *Webelos Handbook*.
- ▶ The **Readyman activity badge** requires three to four hours to complete. These meeting plans cover the activity badge over three meetings, but there may be other options, including:
  - Contact your local council service center to ask if they offer a workshop for completing the Readyman activity badge. The American Red Cross may also be willing to conduct a workshop on the **Readyman activity badge**.
  - If you do that, advise parents of the date for this activity well in advance. Webelos Scouts should prepare a home fire escape plan and bring it with them to the workshop (**Readyman requirement 11**).
- ▶ There may be parents in your den who are qualified to work with the boys on these requirements. Identify any parents or other pack resources who are in the medical profession, or have Red Cross or similar training and could be your activity badge counselor for this meeting. You might do this meeting as a field trip to a medical office if you have a willing host.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Readyman chapter in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - **Readyman activity badge** pins for each of your Scouts (so they can be awarded if completed today), and compass emblems or points (if those will be completed today).

#### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

#### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

#### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

#### Business Items

- ▶ Check for completion of the home assignment: posting an emergency phone list (**Readyman requirement 3**).
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to complete work on the **Readyman activity badge**.
- ▶ **Verify:** Check boys' handbooks for parent/guardian signatures for **Readyman requirements 3 and 11**. Sign handbooks and record on den advancement record.

#### Activities

- ▶ **Readyman Activity Badge:** Requirements for today are 4–7. Complete any first-aid drills not done at the prior meeting.
  4. Demonstrate how to help someone who is choking, and explain how to tell when you will need to take quick action.
  5. Show what to do for these "hurry cases":
    - Serious bleeding
    - Stopped breathing

- Ingested poisoning
  - Heart attack
6. Show how to treat shock.
  7. Show first aid for the following:
 

— Cuts and scrapes	— Bites and stings of insects other than ticks
— Burns and scalds	— Venomous snakebite
— Choking	— Nosebleed
— Blisters on the hand and foot	— Frostbite
— Tick bites	— Sunburn
  8. Tell what steps must be taken for a safe swim with your Webelos den, pack, family, or other group. Explain the reasons for the buddy system. See *Webelos Handbook*, pages 384–385.
    - Complete any other **Readyman activity badge** requirements not signed off in the last meetings; these might be the following:
      1. With your parent, guardian, or Webelos den leader, complete the Courage Character Connection.
        - a. **Know:** Define the importance of each courage step: Be strong; Be calm; Be clear; Be careful. Explain how memorizing the courage steps helps you to be ready.
        - b. **Commit:** Explain why it is hard to follow the courage steps in an emergency. Tell when you can use the courage steps in other situations (such as standing up to a bully, avoiding fights, being fair, not stealing or cheating when tempted, etc.)
        - c. **Practice:** Act out one of the requirements using these courage steps: Be strong; Be calm; Be clear; Be careful.
      2. Explain what first aid is. Tell what you should do after an accident.
      3. Tell where accidents are most likely to happen inside and around your home.

### Want More Fun Activities?

Though you've probably finished the **Athlete activity badge** by now, you can insert that for a good physical activity to insert in this meeting.

- ▶ You can add Athlete progress chart activities into this meeting at various points.
- ▶ Those activities are curl-ups, pull-ups, push-ups, standing long jump, quarter-mile walk or run, vertical jump, and 50-yard dash.
- ▶ Taking a break to check on *just one* of those can be a good active break in your meeting.

- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

### Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony.
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to review the Arrow of Light section in their *Webelos Handbook* before the next meeting and about:
  - Upcoming visits to a Boy Scout troop meeting and to a Boy Scout-oriented outdoor activity.
  - Selection of Boy Scout troops and scheduling of Scoutmaster conferences (Arrow of Light Award requirement 6).

### After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.





# Arrow of Light Den Meeting 10

## Arrow of Light Creation

Arrow of Light (complete).

### Preparation and Materials Needed

- ▶ This is a meeting to ensure that all have completed the Arrow of Light, and to make commemorative arrows for the awarding of the Arrow of Light.
  - If needed, this can be used as a make-up day for any activity badge work missed by Scouts.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - If needed, ropes (4 feet long) for Scouts to practice the square knot, if not yet mastered.
  - Have a plain wooden arrow with blue and yellow fletching (feathers) for each boy, colored electrical tape, and paints or colored markers, each color symbolizing a different Cub Scout rank, badge, and achievement. A variety of colored tapes can be obtained from sign shops or auto supply shops.

### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

### Arrow of Light?

Check your den records and identify any missing Arrow of Light requirements. With your assistant den leader and the boys' parents, develop individual plans to complete missing requirements.

### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

### Business Items

- ▶ Use this time to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to complete work on the Arrow of Light, if needed, and to make a commemorative arrow to summarize the achievements of the Scouts over the years.

### Activities

- ▶ Webelos Scouts decorate their arrows for the **Arrow of Light Award** ceremony.
  - Based on a record of what each boy has completed during his years in Cub Scouting, have him work from one end of the arrow to the other, applying stripes to symbolize his accomplishments.
  - Use electrical tape and paint or markers to make the stripes.
- ▶ **Arrow of Light:** Use this meeting as needed to make up on the Arrow of Light requirements.

### Want More Fun Activities?

Though you've probably finished the Athlete activity badge by now, you can insert that for a good physical activity to insert in this meeting.

- ▶ You can add Athlete progress chart activities into this meeting at various points.
- ▶ Those activities are curl-ups, pull-ups, push-ups, standing long jump, quarter-mile walk or run, vertical jump, and 50-yard dash.
- ▶ Taking a break to check on *just one* of those can be a good active break in your meeting.

- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

### Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony, and remind about home assignments.
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to review the Handyman chapter in their *Webelos Handbook* before the next meeting. Also remind the boys to work with their families on **Handyman requirement 1**, and that it will be due in two weeks.

### After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.





# Arrow of Light Den Meeting 11

## Handyman

### Preparation and Materials Needed

- ▶ Read the Handyman chapter in the *Webelos Handbook*.
- ▶ For this activity badge to be completed today will require advance assignment of work at home:
  - 1c. The boys are to do a household task in their home for two weeks.
- ▶ Identify any parents or other pack resources who are most proficient with auto, bicycle, and home repair and could be your activity badge counselor for this meeting. You might do this meeting as a field trip to their garage or workshop, or to a mechanic's shop.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Handyman chapter in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Have car-washing equipment, car tire pressure gauge.
  - One or more bicycles, oil for a bicycle chain, a pump to inflate bicycle tires, tools for making a repair on a bicycle.
  - A light fixture, and a light bulb for the fixture.
  - **Handyman activity badge** pins for each of your Scouts (so they can be awarded if completed today), and compass emblems or points (if those will be completed today).

### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

### Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to work on the Handyman activity badge because Webelos Scouts are old enough to provide a lot of help around the house, and can learn more about those skills.
- ▶ **Verify:** Check boys' handbooks to see that they have done a household task for two weeks (**Handyman 1c**).

## Activities

- ▶ **Handyman Activity Badge:** Requirements are to do the first requirement, and then six of 2 through 17 (This meeting plan does 1, plus 2, 5 through 8, and 10, as set forth below):
  1. With your parent, guardian, or Webelos den leader, complete the Responsibility Character Connection.
    - a. **Know:** List all the tasks you can think of that are necessary in keeping a household in good shape. Name the tasks that are your responsibility. Tell what it means to be responsible for these tasks.
    - b. **Commit:** Talk about what happens when people don't do their jobs. Tell why it is important to be helpful and to be responsible. list ways that you can be more responsible on your own.
    - c. **Practice:** Choose one of the requirements and show how you are responsible by doing that task well for two weeks.
      - This discussion could be begun at the outset of the meeting, and continued as the different work list items are completed.
- ▶ With sufficient help, you might have leaders conduct this at different stations for one-on-one or small group instruction and practice:
  6. Make a repair to a bicycle, such as tightening the chain, fixing a flat tire, or adjusting the seat or handlebars.
  7. Properly lubricate the chain and crank on a bicycle.
  8. Properly inflate the tires on a bicycle.
  10. Replace a light bulb in a fixture or lamp.
  5. With adult supervision, show how to check the oil level and tire pressure on a car.
    - You can be a “tire detective” and analyze the tread on your family car—or any car. The tire tread offers many clues about a car's condition and the way it is being driven.
    - Most tires have built-in tread wear indicators, which appear as hard rubber bars across the tread when it has worn down to 1/16 inch above the tire's surface. When they appear in two or three places, the tire is too worn for safe driving.
    - Look at the pattern of tread wear on each tire. If the tread is worn in the middle, and not on each side, the tire is overinflated, or has too much air in it.
    - If the tread is worn on the sides and not in the middle, the tire is underinflated. Check the sidewall of the tire or the car owner's manual for the correct inflation pressure. It will be listed in pounds per square inch (PSI). Then check the pressure with a tire gauge and have an adult help you add more air at a service station.
    - Because air in tires heats up and expands with driving, check the tire pressure in the morning before the car has been used.
  2. With adult supervision, wash a car.
    - Have the Scouts wash the den leader's car—you've earned it! This can be done all at once.
    - This is set up as the last item done because it might get messy.
- ▶ For a fun game, you might play Kim's Game—Handyman Style:
  - Collect 20 items used for household repair jobs, such as a nail, washer, screw, nut, etc.
  - Lay these items on a table or tray.
  - Let the boys have a good look, then cover the items or remove the tray.
  - Each boy writes down as many things as he remembers.
  - Boys may be divided into teams to play the game.





- ▶ Other **Handyman activity badge** requirements that you could do instead, or to add to this for a more complete Handyman experience:
  3. Help an adult change a tire on a car.
  4. With adult supervision, replace a bulb in the taillight, turn signal, or parking light, or replace a headlight on a car.
  9. Change the wheels on a skateboard or pair of inline skates.
  11. With adult supervision, arrange a storage area for household cleaners and other dangerous materials where small children cannot reach them.
  12. Build a sawhorse or stool to be used around your home.
  13. Help take care of the lawn.
  14. Arrange a storage area for hand tools or lawn and garden tools.
  15. Clean and properly store hand tools or lawn and garden tools in their storage area.
  16. Label hand tools or lawn and garden tools.
  17. Put together a toolbox for common repairs around the house. Be sure the toolbox and tools are stored safely.

- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

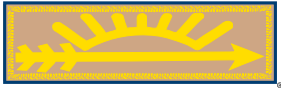
### Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony.
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to review the Sportsman chapter in their *Webelos Handbook* before the next meeting.

### After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.



## Arrow of Light Den Meeting 12

### Sportsman (Soccer belt loop)

#### Preparation and Materials Needed

- ▶ Read the Sportsman chapter in the *Webelos Handbook*.
- ▶ Identify any parents or other pack resources who are knowledgeable about soccer and could be your activity badge counselor for this meeting. Or you might see if a soccer player or coach can visit your den meeting, or you might do this meeting as a field trip to a soccer game or practice.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Sportsman chapter in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Research the rules of soccer. Check your local library and youth soccer leagues in your area for information and resources. Also see the U.S. Soccer Federation ([www.ussoccer.com](http://www.ussoccer.com)) and American Youth Soccer Organization ([www.soccer.org](http://www.soccer.org)) Web sites. Go over the information with your Webelos Scouts.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Soccer ball (ideally, more than one).
  - Soccer belt loops.
  - You may want cones and markers if you need to create your own field.

#### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

#### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

#### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

#### Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to work on the **Sportsman activity badge** because we like sports and games, and we want to practice those to develop skills, fitness, and good sportsmanship.

#### Activities

- ▶ **Sportsman Activity Badge:** Requirements are set out in Arrow of Light Den Meeting 4.
- ▶ Today's activity is to learn and play soccer and earn the **Soccer belt loop**. You can find essential elements about soccer in the *Cub Scout Academics and Sports Program Guide* and rules at [www.ussoccer.com](http://www.ussoccer.com) and [www.soccer.org](http://www.soccer.org). Requirements are:
  1. Explain the rules of soccer.
  2. Practice soccer for 30 minutes.
  3. Play a game of soccer.
- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

### Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony, and remind about home assignments.
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Tell boys to complete **Communicator 11-14** at home or in school. Remind boys to review the Communicator chapter in their *Webelos Handbook* before the next meeting.

### After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.





## Arrow of Light Den Meeting 13

### Communicator

#### Preparation and Materials Needed

- ▶ Read the Communicator chapter in the *Webelos Handbook*.
- ▶ Identify any parents or other pack resources who are in the media or communications-related jobs and could assist as an activity badge counselor for this meeting.
- ▶ Arrange a field trip to a library, for a librarian to work with the Scouts on certain of the achievements. Alternatively, if you can arrange for a field trip to a newsroom of a newspaper or a radio or television station, you can do that instead of the library visit if that's more interesting and fun. Check on the availability of computers that you can use at the field trip location. Additional interesting options that could be done in conjunction with either of the other field trips are to invite a person with a visual, speaking, or hearing impairment, and to invite a person who speaks another language as well as English.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Communicator chapter in the *Webelos Handbook*.
  - A field trip is the most interesting plan, but you can still complete the activity badge with other optional requirements noted below.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Depends on how you will conduct the meeting, could be none.
  - **Communicator activity badges** and **Computer belt loops** for each of your Scouts (so that they can be awarded if completed today), and compass emblems or points (if those will be completed today).

#### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

#### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

#### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

#### Business Items

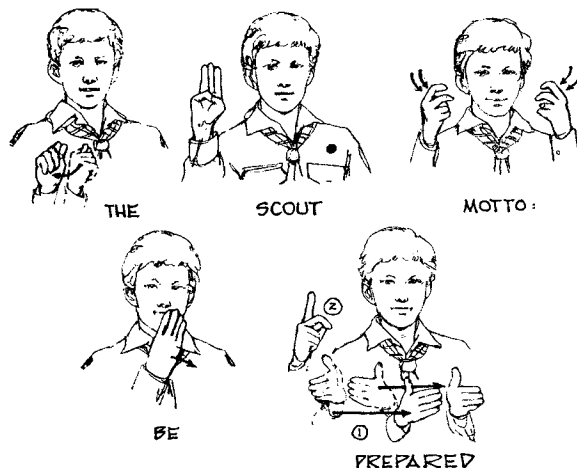
- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today we'll work on the **Communicator activity badge** because communication is important in almost everything we do.
- ▶ **Verify:** Check boys' handbooks for parent/guardian signatures for **Communicator requirements 11–14** (or alternatives). Sign handbooks and record on den advancement record.

#### Activities

- ▶ **Communicator Activity Badge:** Requirements are to do seven of these requirements. (This meeting plan covers 3–6 and 11–14 (home assignments). If you instruct families to do work in advance, verify completion of and discuss the following:



11. Use a personal computer to write a letter to a friend or relative. Create your letter, check it for grammar and spelling, and save it to a disk. Print it.
  - Boys should bring a copy of that letter to the meeting and share it with the den.
12. Under the supervision of a parent or other trusted adult, search the Internet and connect to five Web sites that interest you.
  - Webelos den leaders should share these guidelines with Webelos Scouts so boys may enjoy the benefits of the Internet at the same time as avoiding its risks:
    - Never give out a picture or other personal information such as your address, telephone number, the school you attend, or your parents' work addresses or telephone numbers without your parents' permission.
    - Never agree to meet with anyone you meet online unless you take your parents with you.
    - Do not respond to messages that are mean or make you feel uncomfortable. Tell your parents if you receive these messages so they can contact your online service.
    - For more information on Internet safety, see the Youth Protection booklet *Power Pack Pals—Be Safe on the Internet*, No. 33981.
13. Under the supervision of a parent or other trusted adult, exchange e-mail with a friend or relative.
14. While you are a Webelos Scout, earn the **Academics belt loop for Computers**. Complete these three requirements:
  1. Explain these parts of a personal computer: central processing unit (CPU), monitor, keyboard, mouse, modem, and printer.
  2. Demonstrate how to start up and shut down a personal computer properly.
  3. Use your computer to prepare and print a document.
6. With your den or your family, visit a library and talk to a librarian. Learn how books are catalogued to make them easy to find. Sign up for a library card if you don't already have one.
  - Allow your host to take the den on a tour, and also to cover whatever elements of the **Communicator activity badge** would be interesting at the location of the field trip.
4. Identify and discuss with your den as many different methods of communication as you can (at least six different methods).
  - This is probably something the host can cover easily.
  - Answers can include *spoken words* (speaking in person, telephone, voicemail, cell phone, CB, ham and other radio, public address systems), *signed words* (sign language for the deaf, hand signals in sports or traffic), *written words* (notes, letters, newspapers, magazines, books, e-mail, texting, instant messages, telecopy, telegrams, posters, billboards), *recorded words* (compact discs, tape recordings, MP3s and other computer files), *audiovisual* (TV, movies, video), and *touch* (Braille).
3. Invent a sign language or a picture writing language and use it to tell someone a story.
  - As part of this, discuss various types of hand signals, such as those used in sports.
  - People who can't hear often communicate with each other by forming symbols with their hands and fingers. See the *Webelos Handbook* for illustrations showing the Cub Scout Promise in sign language alphabet.
  - Have Webelos Scouts invent their own sign language or picture writing language and use it to tell the den a story.





- ▶ Other Communicator activity badge requirements that you may substitute for the above seven (especially if the advance homework is not done and cannot be done in the den meeting) are these (see the *Webelos Handbook*):
  1. Play the Body Language Game with your den.
  2. Prepare and give a three-minute talk to your den on a subject of your choice.
  5. Invent your own den secret code and send one of your den members a secret message.
  7. Visit the newsroom of a newspaper or a radio or television station and find out how they receive information.
  8. Write an article about a den activity for your pack newsletter or web site, your local newspaper, or your school newsletter, newspaper, or Web site.
  9. Invite a person with a visual, speaking, or hearing impairment to visit your den. Ask about the special ways he or she communicates. Discover how well you can communicate with him or her.
  10. With your parent or guardian, or your Webelos den leader, invite a person who speaks another language (such as Spanish, French, Arabic, Hebrew, etc.) as well as English to visit your den. Ask questions about the other language (its background, where it is spoken, etc.), discuss words in that language that den members are already familiar with, or ask about ways to learn another language.
  15. While you are a Webelos Scout, earn the **Academics belt loop for Communicating**; the requirements are:
    1. Tell a story or relate an incident to a group of people, such as your family, den, or members of your class.
    2. Write a letter to a friend or relative.
    3. Make a poster about something that interests you. Explain the poster to your den.
  16. Find out about jobs in communications. Tell your den what you learn.
- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

### Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony, and remind about home assignments.
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to review the Sportsman chapter in their *Webelos Handbook* before the next meeting.

### After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.



## Arrow of Light Den Meeting 14

### Sportsman

Sportsman activity badge (partial), Bicycling belt loop.

### Preparation and Materials Needed

- ▶ Read the Sportsman chapter in the *Webelos Handbook*.
- ▶ Review the requirements for the **Bicycling belt loop**.
- ▶ Identify any parents or other pack resources who are knowledgeable about bicycling and could be your activity badge counselor for this meeting. Or you might see if a cyclist can visit your den meeting.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
- ▶ Communicate with parents to make sure all boys have access to a bike and a proper helmet, and so non-riders have advance notice so the boys have time to learn how to ride a bicycle.
  - Each boy participating in the bike ride must wear an approved bike helmet.
- ▶ Determine where a safe place would be to complete the one-mile bike ride. If you are doing this as a field trip, inform families about when and where to meet.
- ▶ Review chapter 20 in the BSA *Fieldbook* Web site ([www.bsafieldbook.org/fieldbook.jsp?s=TRK&c=20](http://www.bsafieldbook.org/fieldbook.jsp?s=TRK&c=20)) for cycling links, and bicycle safety guidelines in the *Cub Scout Leader Book* and *Guide to Safe Scouting*.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Bike Safety Quiz (at the end of this meeting plan)
  - Bike repair tools (pumps, spare tubes, tire patch, other tools)
  - Your own bike and helmet!
  - Bicycling belt loops

### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

### Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to work on the **Sportsman activity badge** because we like sports and games, and we want to practice those to develop skills, fitness and good sportsmanship.

### Activities

- ▶ **Sportsman Activity Badge:** Requirements are set out in Arrow of Light Den Meeting. If you have not completed those in the den meeting, you can complete those here.
- ▶ Today's activity is to do bicycling and earn the **Bicycling belt loop**. Tips about safe bicycling can be found in the *Cub Scout Academics and Sports Program Guide*. Requirements are:

1. Explain the rules of safe bicycling to your den leader or adult partner.
  2. Demonstrate how to wear the proper safety equipment for bicycling.
  3. Show how to ride a bike safely. Ride for at least half an hour with . . . your den.
- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).



### Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony, and remind about home assignments.
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to review the Sportsman chapter in their *Webelos Handbook* before the next meeting.

### After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.



### Bike Safety Quiz

A bicycle is not a toy; it is a vehicle and you are the driver!

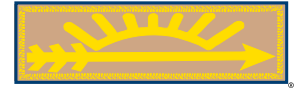
Learn to share the road and Ride Safely.

1. Are there any times when you don't need to wear a helmet when riding a bike?  
Answer: \_\_\_\_\_
2. Name three safe bike riding practices:  
Answer: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What kinds of things should you check before you begin to ride?  
Answer: \_\_\_\_\_
4. Where do most bicycle crashes occur?  
Answer: \_\_\_\_\_
5. When riding your bike, it is important to stay alert at all times. Name three road hazards you should watch out for:  
Answer: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Is it OK to ride a bicycle while listening to audio headphones?  
Answer: \_\_\_\_\_
7. What is the most serious type of injury for cyclists?  
Answer: \_\_\_\_\_
8. Always be a courteous cyclist. Remember, who has the right of way? Cyclists or pedestrians?  
Answer: \_\_\_\_\_
9. How do you finish this sentence? Be Safe, Be \_\_\_\_\_! Sore or Seen?  
Answer: \_\_\_\_\_
10. Always go with the flow of traffic, and stay to which side of the road?  
Answer: \_\_\_\_\_
11. Before entering a roadway, you should look which ways for traffic?  
Answer: \_\_\_\_\_
12. Where do you always need to check before changing lanes?  
Answer: \_\_\_\_\_
13. Your bicycle helmet should cover your what?  
Answer: \_\_\_\_\_
14. Your bicycle helmet should fit how?  
Answer: \_\_\_\_\_
15. When making a turn, what do you do for others?  
Answer: \_\_\_\_\_

## Bike Safety Quiz Answers

A bicycle is not a toy . . . it is a vehicle and *you are the driver!*

Learn to share the road and *Ride Safely.*



**1. Are there any times when you don't need to wear a helmet when riding a bike?**

Answer: No, you should wear a helmet every time you get on any bike.

**2. Name three safe bike riding practices:**

Answers include:

- a. Ride single file.
- b. Obey traffic signs, signals, and lane markings.
- c. Always ride on the right side of the road, with traffic.
- d. Signal your moves to others.
- e. Check for traffic at an intersection.
- f. Stay alert at all times; slow down at driveways.
- g. \_\_\_\_\_

**3. What kinds of things should you check before you begin to ride?**

Answers:

- a. Inflate your tires properly.
- b. Check your brakes before riding.
- c. Always wear bright colors.
- d. Make sure you're not wearing clothes that can get caught in your bike.
- e. Carry your books and other possessions in a bicycle carrier or backpack.

**4. Where do most bicycle crashes occur?**

Answer: At intersections, including driveways.

**5. When riding your bike, it is important to stay alert at all times. Name three road hazards you should watch out for.**

Answers: Potholes, wet leaves, storm grates, cracks, gravel, broken glass or trash, water or oil, parked cars (doors flying open), \_\_\_\_\_

**6. Is it OK to ride a bicycle while listening to audio headphones?**

Answer: No.

**7. What is the most serious type of injury for cyclists?**

Answer: Head injuries.

**8. Always be a courteous cyclist. Remember, who has the right of way? Cyclists or pedestrians?**

Answer: Pedestrians.

**9. How do you finish this sentence? Be Safe, Be \_\_\_\_\_! Sore or Seen?**

Answer: Be Safe, Be Seen!

**10. Always go with the flow of traffic, and stay to which side of the road?**

Answer: The right side of the road.

**11. Before entering a roadway, you should look which ways for traffic?**

Answer: Left-right-left.

**12. Where do you always need to check before changing lanes?**

Answer: Beside you, in front of you, and behind you!

**13. Your bicycle helmet should cover your what?**

Answer: Forehead and the top of your head.

**14. Your bicycle helmet should fit how?**

Answer: Snugly, all straps snug and attached.

**15. When making a turn, what do you do for others?**

Answer: Signal your turn; show right and left turn signals.



## Arrow of Light Den Meeting 15

### Sportsman (Marbles belt loop)

#### Preparation and Materials Needed

- ▶ Read the Sportsman chapter in the *Webelos Handbook*.
- ▶ Review the requirements for the **Marbles belt loop**.
- ▶ Identify any parents or other pack resources who are knowledgeable about marbles and could be your activity badge counselor for this meeting.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Sportsman chapter in the *Webelos Handbook*.
- ▶ Research the rules of Ringer or another marbles game and be prepared to teach it to the Webelos Scouts.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Bring a set of marbles for each Webelos Scout.
  - **Sportsman activity badges** and **Marbles belt loops** for each of your Scouts (so they can be awarded if completed today), and compass emblems or points (if those will be completed today).

#### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

#### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

#### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

#### Business Items

- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to work on the Sportsman activity badge because we like sports and games, and we want to practice those to develop skills, fitness and good sportsmanship.

#### Activities

- ▶ **Sportsman Activity Badge:** Requirements are set out in Arrow of Light Den Meeting 4. If you have not completed those in the den meeting, you can complete those here.
- ▶ Today's activity is to learn and play marbles, and earn the **Marbles belt loop**. Rules of play can be found in the *Cub Scout Academics and Sports Program Guide* or at <http://landofmarbles.com/marbles-play.html>. Requirements are:
  1. Explain the rules of Ringer or another marbles game to your leader or adult partner.
  2. Spend at least 30 minutes practicing skills to play a game of Ringer or another marbles game.
  3. Participate in a game of marbles.
- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

### Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony, and remind about home assignments.
- ▶ Hand out or send family information letter.

### After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.



# Template for Sample Parent Information Letter or E-Mail



Adapted from examples shown at [www.scouting.org/CubScouts/Leaders/DenLeaderResources.aspx](http://www.scouting.org/CubScouts/Leaders/DenLeaderResources.aspx):

\_\_\_\_\_, 20\_\_

Dear Arrow of Light den parents:

Today we completed the following requirements or activity badge achievements from your son's *Webelos Handbook*: "\_\_\_\_\_" . Our special guest leaders were "\_\_\_\_\_" and "\_\_\_\_\_", who "\_\_\_\_\_".

For our next den meeting on "\_\_\_\_\_" day, "\_\_\_\_\_", 20\_\_\_\_, at "\_\_\_\_\_", we will be working on these requirements or activity badge achievements from your son's *Webelos Handbook*: "\_\_\_\_\_". To help prepare, please have your son complete the "\_\_\_\_\_" which he received at the den meeting (if you need another, please let me know) or review those requirements in your son's *Webelos Handbook*. Our special guest leaders planning to assist at that meeting are "\_\_\_\_\_" and "\_\_\_\_\_".

If you would like to assist at this or another meeting, please let me know! Our summary of the den meeting dates, plans and rank requirements to be covered is set forth below.

We have a pack meeting on "\_\_\_\_\_" day, "\_\_\_\_\_", 20\_\_\_\_, at "\_\_\_\_\_". The current program for that event is as follows: "\_\_\_\_\_". Our den will "\_\_\_\_\_".

We also have an upcoming pack outing on "\_\_\_\_\_" day, "\_\_\_\_\_", 20\_\_\_\_, at "\_\_\_\_\_", where we will "\_\_\_\_\_". Please sign up for that event by contacting "\_\_\_\_\_" or "\_\_\_\_\_".

Finally, let me give two advancement reminders. First, to earn the Webelos badge, your son doesn't have to do EVERYTHING in the book (earning the Webelos badge requires three activity badges, the Arrow of Light requires five more, each with some special requirement about what group—Physical Skills, Mental Skills, Community, Technology, and Outdoor groups—the activity badge is from). We're doing some of the more interesting and challenging ones in our meeting, but the good news is that the program is flexible. There will be other activity badges that can be earned at campouts and other activities.

Second, let me remind you that there are a number of achievements from your son's handbook that must be completed by you at home, and you—as "Akela," a leader—should review those with your son, and sign off in the handbook when they are complete. A list is provided below for your convenience. Some of these (like requirements related to faith) are clearly family matters, many of these are part of what you will do anyway as you raise your son, and others you will be glad to have (like doing chores around the house)!

Thank you for your help in leading all of our great Scouts.

\_\_\_\_\_, den leader

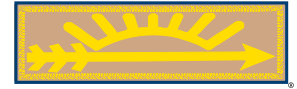
Phone Numbers: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

## Notes:

- ▶ Be sure to adjust this list as you develop and change the sequence of your meetings.
- ▶ Of course, all Scouting is local; your mileage may vary, and so should your plan!
- ▶ A Arrow of Light den that has had all or most of its members in a Webelos I program might keep a reminder list of what was covered in the past (den meetings, summer Webelos encampment) for reference, and so new Arrow of Light Scouts and families can see what they would need to do to catch up with the rest of the den.

Upcoming dates and meetings for the Arrow of Light year (some of these activities that are shown as “one meeting plans” may expand to be covered in two meetings to be sure the activities are covered in a fun and interesting way):



Date	The Arrow of Light Den Meeting Plans	Rank Requirements and Electives Covered
_/_/_	<b>1: Family Member</b>	Family Member 8 and 9. Arrow of Light 2 and 7. Family Member 2–6, 9. Review Aquanaut chapter.
_/_/_	<b>2: Aquanaut</b>	Family Member 2, 3, 5, 6. Aquanaut 1–5, 8 (Swimming belt loop). Family Member 4, 9. Review Outdoorsman chapter.
_/_/_	<b>3: Outdoorsman</b>	Outdoorsman 1, 2, 5, 7, 8, 10, 11. Family Member 4, 9. Review Sportsman chapter.
_/_/_	<b>4: Sportsman</b>	Family Member 4 and 9. Sportsman 1–4 (Ultimate belt loop). Review Scientist chapter.
_/_/_	<b>5: Scientist</b>	Scientist 1–7, 9, 11, 12 (Science belt loop). Review Scientist chapter.
_/_/_	<b>6: Scientist and Arrow of Light</b>	Scientist 1–7, 9, 11, 12 (Science belt loop). Arrow of Light 2, 5, 7. Review Readyman chapter.
_/_/_	<b>7: Readyman</b>	Readyman 1–3, 11, 13. Review Readyman chapter. Readyman 3, 11
_/_/_	<b>8: Readyman</b>	Readyman 3, 11. Readyman 4–7. Review Readyman chapter.
_/_/_	<b>9: Readyman</b>	All Readyman
_/_/_	<b>10: Arrow of Light</b>	Arrow of Light make up and ceremony preparation. Review Handyman chapter. Handyman 1.
_/_/_	<b>11: Handyman</b>	Handyman 1, 2, 5–8, 10. Review Sportsman chapter.
_/_/_	<b>12: Sportsman</b>	Sportsman 4 (Soccer belt loop). Communicator 11–14. Review Communicator chapter.
_/_/_	<b>13: Communicator</b>	Communicator 11–14 (or alternatives). Communicator 3, 4, 6. Review Sportsman chapter.
_/_/_	<b>14: Sportsman</b>	Sportsman (Bicycling belt loop)
_/_/_	<b>15: Sportsman</b>	Sportsman (Marbles belt loop)

**Webelos “At Home” Achievements:** Here are the achievements from the boys’ handbook that must be completed at home, where the parent—as “Akela,” a leader—should review them and sign off in the handbook when they are complete (these will be assigned at the right time, as in many cases they will tie into meeting plans):

- ▶ Complete the exercises in *How to Protect Your Children From Child Abuse: A Parent’s Guide*.
- ▶ For the Webelos badge: Requirement 8.
- ▶ Citizen activity badge.
- ▶ Fitness activity badge.
- ▶ Readyman activity badge.
- ▶ For other activity badges, we’ll advise on what is to be done at home.