



Bear Den Meeting 1

Bobcat, The Past Is Exciting and Important, and Building Muscles

Bobcat. Achievement 8. Achievement 16. Character Connection for Respect.

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.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Prepare a family history chart (**Achievement 8d**, below) for distribution to each boy at the end of the meeting (an example is provided at the end of this meeting plan).
 - Bring an empty scrapbook (or three-ring binder) for use as the den scrapbook.
 - Print enough blank den scrapbook pages for each boy (see sample at the end of this meeting plan).
 - Tape measure for standing long jump, and softball. Tape (for start line)
 - Make a scrapbook page to record each Scout's push-ups, standing long jump, and hopefully the softball throw and curl-ups (see the example at the end of this meeting plan).
 - If you're doing a field trip, prepare permission slips for the field trip at Den Meeting 2.
 - Large paper or poster board and markers to write the den's code of conduct.
 - Cub Scout Immediate Recognition Emblems and beads
- ▶ Go to www.scoutingmagazine.org and click to get to the search page, and search "scrapbook" for more ideas and tips to help you in preparation.

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 Cub 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.
- ▶ Collect dues, record attendance and any advancement completed over the summer (a good job for an assistant den leader).

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.
- ▶ Provide index cards printed with the Cub Scout Promise and Law of the Pack for use by any new boys and adults.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.
- ▶ Effectively, everyone today is a "guest," so all should be introduced, which takes us to . . .

Business Items

- ▶ Have each Scout (and attending parent) introduce themselves. Note that you'll want to know more about each other, and part of that will be the family history chart for **Achievement 8d**.
- ▶ 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 to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ Review or learn Bobcat requirements 1–7: Cub Scout Promise; Law of the Pack; Cub Scout motto, sign, handshake, salute; meaning of Webelos.



- **Suggestion:** Use a fun method to help the Scouts learn:
 - Could be a tape recorder to practice and listen
 - Could be flash cards
 - Could play “hangman” with phrases from the Law, Promise, Motto
 - Could be a Bobcat Relay Race:
 - Den divides into two teams, lining up for relay race on one end of room or field, with leaders and/or parent helpers on the other end, to test on the Cub Scout Promise; Law of the Pack; Cub Scout motto, sign, handshake, and salute; and meaning of Webelos.
 - Team members could go one at a time (run, skip, crawl, roll) to the leader, answers the Bobcat-related question, then returns to tag the next Cub Scout. If the Cub Scout can’t answer, he can go back and get help, then return and answer the question.
 - Scouts could come in pairs to work together and teach each other.
- ▶ **Achievement 8g:** Complete the Character Connection for Respect:
 - **Know:** As you learn about what Cub Scout–age life was like for adults you know, does what you learn change what you think about them? Tell how it might help you respect or value them more.
 - **Commit:** Can you think of reasons others might be disrespectful to people or things you value? Name one new way you will show respect for a person or thing someone else values.
 - **Practice:** List some ways you can show respect for people and events in the past.
- ▶ **Achievement 8c** (“Start or add to an existing den or pack scrapbook.”) and **8d** (“Trace your family back through your grandparents or great-grandparents.”)
 - Show empty scrapbook, distribute den scrapbook Scout page (example at the end of this meeting plan).
 - Have them start the work, and use the opportunity to have them describe (at least) parents and siblings so you get to know the Scouts and their families.
 - If you have this job, have this week’s den photographer take pictures for the scrapbook!
 - If you need more time, they can take home and complete.
- ▶ **Achievement 16a** (“Do physical fitness stretching exercises. Then do curl-ups, push-ups, the standing long jump, and the softball throw.”):
 - Have boys do physical fitness stretching exercises, then at least push-ups and standing long jump, maybe the softball throw and curl-ups.
 - Create a record of each boy’s numbers for the den scrapbook (example included at the end of this meeting plan).
 - Record on a scrapbook page with great ceremony.
 - Don’t worry about not doing it all today; this is a good “active” item to pair with passive ones, so go ahead and have a fun time doing some well, and catch up later.
 - Repeat these in future meetings to measure progress when you need a physical activity.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ If you’re doing a field trip next meeting, hand out permission slips.

▶ **Home Assignment:** With the help of parents, Cub Scouts should find out about two famous Americans (**Achievement 3b**). They should be prepared to report at the next meeting on what these people did or are doing to improve our way of life. Remind Cub Scouts and their families to work on **Achievement 16a** and record weekly results. If not started in the meeting, hand out a family history chart (at the end of this meeting plan) to be completed and returned at the next den meeting (**Achievement 8d**).

- ▶ 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.

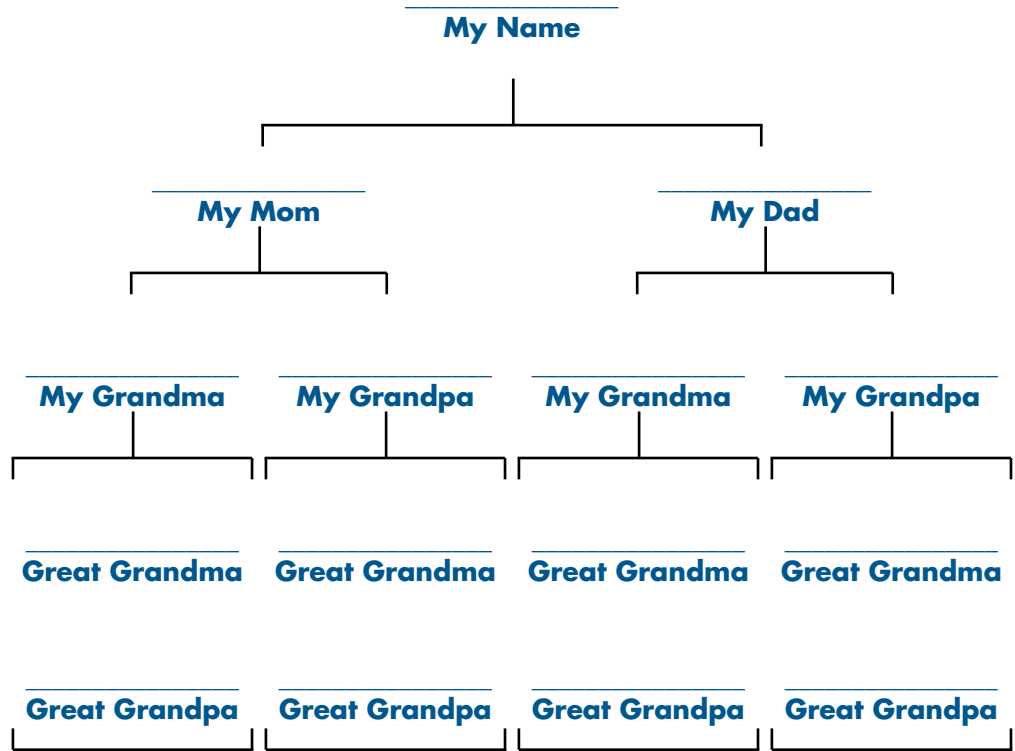
Den Meeting 1



Bear Cub Scouts

Achievement 8d: The Past Is Exciting and Important

(Trace your family back through your grandparents or great-grandparents. If possible, talk to a grandparent about what it was like when he or she was younger.)



Den Scrapbook Page

Pack _____ Den _____ Date: _____

My name: _____ Den Leader: _____

My family (parents, brothers, sisters, etc.): _____

My pets: _____

My favorite places: _____

My favorite things to eat: _____

Things I like to do with my family: _____

Things I like to do with my friends: _____

Things I want to do when I grow up: _____

Other things about me: _____

Den Meeting 1





Bear Cub Scouts—Achievement 16a

Achievement Record: Push-Ups, Standing Long Jump, Softball Throw, and Curl-Ups

Name: _____

Date:				
Curl-ups				
Push-ups				
Standing long jump				
Softball throw				

Name: _____

Date:				
Curl-ups				
Push-ups				
Standing long jump				
Softball throw				

Name: _____

Date:				
Curl-ups				
Push-ups				
Standing long jump				
Softball throw				

Name: _____

Date:				
Curl-ups				
Push-ups				
Standing long jump				
Softball throw				

Name: _____

Date:				
Curl-ups				
Push-ups				
Standing long jump				
Softball throw				



Name: _____

Date:				
Curl-ups				
Push-ups				
Standing long jump				
Softball throw				

Name: _____

Date:				
Curl-ups				
Push-ups				
Standing long jump				
Softball throw				

Name: _____

Date:				
Curl-ups				
Push-ups				
Standing long jump				
Softball throw				

Name: _____

Date:				
Curl-ups				
Push-ups				
Standing long jump				
Softball throw				

Name: _____

Date:				
Curl-ups				
Push-ups				
Standing long jump				
Softball throw				



Bear Den Meeting 2

What Makes America Special? and The Past Is Exciting and Important

Achievement 3. Achievement 8. Character Connection for Citizenship.

Preparation and Materials Needed

- ▶ If applicable, for Den Meeting 2, make arrangements to take a field trip to a local historical place of interest.
- ▶ If you can, invite someone who was a Cub Scout a long time ago to accompany (or visit) your den. Ask the historical place of interest if they have a tour guide/host who was a Cub Scout. If not, see if a dad or grandfather or trusted neighbor was a Cub Scout. Ask that person to be prepared to tell the boys what Cub Scouting was like then. Also, if that person is comfortable doing so, ask that person to help with the achievement discussions; provide this meeting plan in advance to assist them.
- ▶ Research when your state was admitted to the Union; its state bird, tree, and flower; and the symbolic elements of the state flag.
- ▶ **Achievement 3** (“What Makes America Special?”) provides: Do requirements (a) and (j) and any *two* of the others. This meeting plan offers options for more achievements that would be electives for Arrow Points after the badge is earned.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Paper or whiteboard or chalkboard to list “what makes America special to you.”
 - U.S. flag, den flag, and state flag or pictures of state flag. Pictures of bird, tree, flower, etc.
 - If you’re doing a field trip, prepare permission slips for the field trip to a bicycle shop at Den Meeting 3.

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

- ▶ 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.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader); especially collect completed family history chart from each boy (**Achievement 8d**) and add it to the den scrapbook (**Achievement 8c**). Assign parents to meeting roles and hand out a meeting plan to each.
- ▶ If you’re on a field trip, as boys arrive, collect permission slips from parents who are not staying.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

Business Items

- ▶ **Verify:** Collect completed family history chart from each boy (**Achievement 8d**) and **Bobcat requirement 8**. Allow them time to talk about it and add to the den scrapbook.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 3d** (“Find out where places of historical interest are located in or near your town or city. Go and visit one of them with your family or den.”): Examples include a local historical house, building, museum, historical plaque, monument, cemetery, something old!
 - Your field trip activities will need to be determined with the staff at your destination.
- ▶ **Achievement 3a** (“Write or tell what makes America special to you.”) (Required). Have each boy discuss (you can use other adult leaders to create smaller groups for this):
 - Discussion can be “open” (call on Scouts as hands go up), or organized around the circle, but either way, be sure everyone gets to participate and no one is left out.



- Adults can participate too, if needed to get the conversation going.
 - A flip chart or whiteboard on which you write answers can help focus attention and reward good ideas.
- ▶ **Achievement 3j:** Complete the Character Connection for Citizenship. (Required)
 - **Know:** Tell ways some people in the past have served our country. Tell about some people who serve our country today. (Don't forget about ordinary people who serve our country.)
 - **Commit:** Tell something that might happen to you and your family if other people were not responsible citizens. Tell one thing you will do to be a good citizen.
 - **Practice:** Tell three things you did in one week that show you are a good citizen.
 - ▶ **Achievement 3b** ("With the help of your family or den leader, find out about two famous Americans. Tell the things they did or are doing to improve our way of life.") (*Note:* this could be an elective.)
 - ▶ **Achievement 3e:** If time permits, show the state flag and seek answers to name the state bird, tree, flower, and date the state was admitted to the union. If boys have prepared information on a different state, ask them to share their findings with the den.
 - ▶ **Achievement 8e** ("Find out some history about your community.") Discuss with the representative of the place you visit or with someone who was a Cub Scout a long time ago (**Achievement 8b**). See the *Bear Handbook* for discussion areas.

A great way to inform and involve parents is to pass out a family information letter at the end of each meeting.

Want More Fun Activities?

- ▶ Invite someone who was a Cub Scout a long time ago, ideally a tour guide at your place of historical interest or another guest at your den meeting. If so, he might help complete (or reinforce) **Achievement 8b** (Talk about what Cub Scouting was like way back when) as an elective, by talking about his meetings, activities, and other memories.
- ▶ **Achievement 3f, 3h, and 3i.** As part of **Achievement 3f** ("Be a member of the color guard in a flag ceremony for your den or pack.") and **3h** ("Learn how to raise and lower a U.S. flag properly for an outdoor ceremony."), practice a flag ceremony.
 - By rotating flag ceremony opening/closings, you'll complete **Achievement 3f** well before the banquet.
 - If you have access to an outdoor flagpole, do **Achievement 3h** (raise/lower) and **3i** (outdoor flag ceremony).

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
 - ▶ **Home Assignment:** If not completed in Den Meeting 2, ask parents to help their sons complete **Achievement 3b** at home. Provide the Bike Safety Quiz and answers to help teach Scouts and parents. Remind Cub Scouts and their families to work on **Achievement 16a** and record weekly results. Completed achievement forms will be due at the next meeting.
- ▶ If you're doing a field trip next meeting, hand out permission slips for the field trip to a bicycle shop. *Note:* If you do a one-mile ride, the meeting may take approximately two hours to complete.
- ▶ 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.



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.



Bear Den Meeting 3

Ride Right

Achievement 14.

Preparation and Materials Needed

- ▶ For Den Meeting 3, communicate with parents to make sure all boys have access to a bike and a proper helmet. Give the parents of non-riders advance notice so the boys have time to learn how to ride a bicycle.
 - Each boy participating in the bike ride must bring a bike and wear an approved bike helmet.
 - **Note:** Police departments often have community officers willing to talk about bike safety!
- ▶ Determine where a safe place would be to complete a bike ride to demonstrate bike skills.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bike safety quiz (An example is provided, as a resource to help teach Scouts and parents, on the next page.)
 - Bike repair tools (pumps, spare tubes, tire patch, other tools)
 - Your own bike and helmet!
 - Pylons, signs, or parents to mark your bike course (showing turns and stops)
 - If you do the belt loop, you should get the loops to award at the closing of the meeting.
- ▶ If applicable, if you'll do a field trip to a bicycle shop, make arrangements for the trip (this is optimal, but you can still complete this in an interesting and fun way in other ways—you can have a cycling club representative come to you, and parents can teach how to ride safely!):
 - Give the shop manager a copy of **Achievements 14a, 14c, 14d, and 14e** so the requirements can be completed during the field trip. Ask the manager to also include information on the importance of wearing approved bike helmets.
 - Arrange transportation to the bicycle shop or meet there. Determine where a safe place would be to complete your bike ride.
 - If you're doing a field trip, prepare permission slips for a field trip to the police station at Den Meeting 4.

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

- ▶ 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.
- ▶ 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.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ You might enlist attending parents to begin bike inspections and quiz tutorials to save time.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

Business Items

- ▶ Remind all of appropriate behavior at the bike shop or during the event.
- ▶ **Verify:** Check completion of **Achievement 3b** and **16a** by reviewing the boys' handbooks.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 14a** ("Know the rules for bike safety. If your town requires a bicycle license, be sure to get one."):
 - Ideally, do this in smaller groups or individual "parent signoffs" (since you hopefully will have more parents than usual at this meeting).
 - You might use the bike safety quiz provided at the end of this meeting plan (which can go home with parents, too, as a resource for them, and to help you and parents go over bike safety rules with your Scouts).
 - If your town requires a bicycle license, be sure all boys get one.



- ▶ **Achievement 14c** (“Keep your bike in good shape. Identify the parts of a bike that should be checked often.”) and **Achievement 14e** (“Protect your bike from theft. Use a bicycle lock.”):
 - Ideally, do this in smaller groups or individual “parent signoffs” for this bike inspection (so that they can judge if the bike is ready).
- ▶ **Achievement 14b** (“Learn to ride a bike, if you haven’t by now. Show that you can follow a winding course for 60 feet doing sharp left and right turns, a U-turn, and an emergency stop.”):
 - This is to be done in the safe area bike course marked with pylons, signs and/or parents.
 - Do this one by one, with appropriate praise and help from the supervising parents.
- ▶ Make sure there is sufficient time and space for the Scouts to ride around and enjoy their bikes!

Want More Fun Activities?

If you’ve done **14a, b, c** and **e**, **Achievement 14** is complete. But you might do other items as electives or for fun:

- ▶ If you have time (or the need while on your ride!), change a bike tire (**14d**).
- ▶ As the meeting highlight, you can do a den one-mile ride (**14f**).
- ▶ If you’re doing a long ride, you might want to have water and a special snack on hand.
- ▶ Note also that the Bicycling belt loop 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.
- ▶ So if you do the one-mile ride, you will probably complete that belt loop!

Closing

- ▶ Thank any parents or guests who helped today. Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.
- ▶ Hand out copies of Bike Safety Quiz to take home (and complete); you can note the Bicycling pin and **Achievement 14** electives as items that can be done at home.
- ▶ If you’re doing a field trip, hand out permission slips for a field trip to a police station at Den Meeting 4.

Boys who have attended all den meetings and completed all home assignments have now earned their first red Progress Toward Ranks bead for the Bear rank (for **Achievements 3, 8, and 14**).

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.



Bear Den Meeting 4

Law Enforcement Is a Big Job

Achievement 7.

Preparation and Materials Needed

- ▶ For Den Meeting 4, if you'll take a field trip to a police station.
 - Make arrangements for a field trip to your local police station.
 - Ask if fingerprints can be taken during the visit.
 - If law enforcement cannot take fingerprints, then bring a nontoxic inkpad and paper for fingerprinting.
- ▶ Alternatively, ask a police officer, sheriff, or other law enforcement personnel to come to your den meeting. If so, ask if they can bring any tools for fingerprinting, or lifting fingerprints. Also, they could talk about bike safety to follow up this activity.
 - **Note:** Police departments often have community officers available for these visits.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies), if law enforcement personnel do not bring these:
 - Fingerprinting gear: nontoxic inkpad and paper. And clear cellophane tape.
 - If doing plaster casts, bring plaster, shoeboxes, bucket, and an old shoe.
 - Remind the boys to bring their *Bear Handbook*, No. 33451 (every week, but this one especially for the fingerprints that go in the handbook).
 - Cleaning supplies for inky fingers.

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

- ▶ 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.
- ▶ 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.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.
- ▶ If you are unable to complete **Achievements 3h** and **3i** at an earlier den meeting, the police station probably has an outdoor flagpole.
- ▶ Introduce police officer to the den.

Business Items

- ▶ Remind all of appropriate behavior at the police station or during the event.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 7b** ("Visit your local sheriff's office or police station, or talk with a law enforcement officer visiting your den or pack to discuss crime prevention."):
 - Ideally, visit your local police station or sheriff's office. Or have an officer visit your meeting.
 - Have the law enforcement officer discuss crime prevention, including the following *Bear Handbook* achievements.
- ▶ **Achievement 7c** ("Help with crime prevention for your home."):
 - Discuss ways this can be done (locking doors and windows, lighting, neighborhood watch).
 - If you are meeting in your usual place, inspect the building where your den is meeting: windows that close and lock, doors with deadbolt locks, other safety items.



- ▶ **Achievement 7d** (“Be sure you know where to get help in your neighborhood.”):
 - Discuss the importance of knowing who adult family members consider trusted neighbors.
 - Complete the phone number list in the *Bear Handbook* (or put the names in the handbook, and assign Scouts to look up the numbers later at home).

- ▶ **Achievement 7e** (“Learn the phone numbers to use in an emergency. Post them by each phone in your home.”):
 - Have an officer discuss the numbers to call in an emergency.
 - Generally this will be 911. If there is no 911 service, discuss what numbers to call.
 - Discuss when you should and when you should not call 911.
 - **Suggestion:** Do practice calls on a phone, preferably a real phone with all listening in on a speakerphone option if you have it on the receiving phone.

- ▶ **Achievement 7f** (“Know what you can do to help law enforcement.”):
 - Have an officer discuss what the boys can do to help law enforcement.
 - A key point is to not put yourself in danger. Simply gather information and then tell an adult or call the police.
 - Get the facts:
 - Where is it happening? Where did it happen? What is happening? What happened? What did you see?
 - Who is doing it? Can you describe (a) how many, (b) what clothes they are wearing or other identifying marks or traits (hair color, height, size), (c) car license number, color, style.
 - You might do a “recall skit” to practice this (the officer may be able to help with this):
 - A couple people “act out” an incident, wearing special clothing items to be identified later, maybe someone even wearing a license plate with a number on it to see if anyone remembers it.
 - Everyone watches, and then Scouts interview the witnesses to see if they got the facts right about who did what, what they were wearing, what the license plate read, and other details.

- ▶ **Achievement 7a** (“Practice one way police gather evidence: by taking fingerprints, or taking shoeprints, or taking tire track casts.”):
 - Ideally, have the officer help the Scouts take fingerprints. Ask to have the boys’ fingerprints imprinted in their *Bear Handbooks* at page 65.
 - Alternatively, use ink pad and paper to take Scout fingerprints. Have them compare prints.
 - Or do tape-lift fingerprints using clear cellophane tape:
 - First make the finger(s) to be printed dirty by rubbing it against pencil lead, a charcoal drawing stick, a charcoal briquette, or even against black ink newspaper photos.
 - Next, place the sticky side of the cellophane tape against the dirty fingers one at a time and then stick the tape to a piece of white paper or cardboard.
 - Label each strip to indicate which finger/thumb and hand it is from.
 - Fingerprints produced by clear tape lifts are mirror-image reversals of fingerprints produced using ink and paper.
 - Look at the tape-lift fingerprints through a magnifying glass and you will see very fine friction ridge detail, including very exact ridge shapes and pore structure that is often not recorded by ink or electronic fingerprint recording methods (especially when recording detail from small fingers).
 - If you record your own fingerprints using tape, you can use a magnifying glass to determine your own fingerprint patterns.

Want More Fun Activities?

You might make a plaster cast. You can do it inside with plaster, shoeboxes, bucket, and an old shoe:

- ▶ Put about an inch of sand in a shoe box. Step into the sand, making a clear impression.
- ▶ Fill the shoeprint with plaster of Paris; let harden. This makes a negative cast of the shoe.

Den Meeting 4



Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

▶ Home Assignment:

- Ask parents to complete **Achievement 7c-e** at home with boys using the attached form. Have boys return the form at the next den meeting.
- Ask parents to work with their sons on **Achievements 1a** and **1b: Ways We Worship**

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.

Law Enforcement Is a Big Job: Pages 64–71 of the *Bear Handbook*

Take-home items to be completed at home:

7c. Help with crime prevention for your home. With an adult in your family, check to be sure you have tight, strong locks on your doors and windows.

7d. Be sure you know where to get help in your neighborhood. List places you can get help in neighborhood (officials, neighbors, others).

7e. Learn phone numbers to use in an emergency and post them by each phone in your home. List the numbers you've put by your phone:





Bear Den Meeting 5

Ways We Worship, Law Enforcement Is a Big Job, and Sawdust and Nails
Achievement 1. Achievement 7. Achievement 20. Character Connection for Faith.

Preparation and Materials Needed

- ▶ For Meeting 5, bring wood to build a toolbox (**Achievement 20b**) (plans on page 154 of *Bear Handbook*).
 - ▶ **Note:** You may want to do this in advance. **Note:** If woodworking like that is out of your comfort zone (and you cannot get a hardware store to help), you might swap **Achievement 20:** Sawdust and Nails, and instead do **Achievement 19:** Shavings and Chips (Supplemental Den Meeting B) or **Achievement 22:** Tying It All Up (Supplemental Den Meeting C).
 - ▶ Bring hand saws, hammers, nails, C-clamp, screwdriver, wood screws, safety glasses, and markers; maybe also hand drill, wood plane, pliers, crescent wrench, bench vise, coping saw, drill bit.
 - ▶ Working with tools requires greater supervision, so you should ask for additional parents who are handy with tools.
 - ▶ Bring equipment for the game you choose (**Achievement 15a:** backyard golf, badminton, croquet, sidewalk shuffleboard, kickball, softball, tetherball, horseshoes, volleyball).
- ▶ Power tools are not appropriate for use by Cub Scouts. (See Age-Appropriate Guidelines for Scouting activities at www.scouting.org/HealthandSafety/Resources/AgeAppropriateGuidelines.)

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.
- ▶ **Verify:** Check boys' handbooks to verify completion of **Achievements 1a–b** and **7c–e**.

Activities

- ▶ If the den leader and parents choose to do so, they can discuss **Achievement 1a:** Complete the Character Connection for Faith. (Den leaders may defer and have this be a family discussion.)
 - **Know:** Name some people in history who have shown great faith. Discuss with an adult how faith has been important at a particular point in his or her life.
 - **Commit:** Discuss with an adult how having faith and hope will help you in your life, and also discuss some ways that you can strengthen your faith.
 - **Practice:** Practice your faith as you are taught in your home, church, synagogue, mosque, or religious fellowship.



- ▶ **Achievement 1b** (“Make a list of things you can do this week to practice your religion as you are taught in your home, church, synagogue, mosque, or other religious community. Check them off your list as you complete them.”)
- ▶ **Achievement 20a** (“Show how to use and take care of four of these tools. (Hammer, hand saw, hand drill, C-clamp, wood plane, pliers, crescent wrench, screwdriver, bench vise, coping saw, drill bit)”)
 - **Suggestion:** For the tool box, bring at least a hammer, hand saw, C-clamp, and screwdriver.
 - These will all be used for the tool box.
 - Bring as many tools as you can safely demonstrate, as that will be most interesting for the Scouts.
- ▶ **Achievement 20b** (“Build your own tool box.”) (Plans on page 154 of *Bear Handbook*):
 - Have each boy begin building his own toolbox.
 - Have each boy write his name on the bottom of his toolbox.
 - **Note:** If you have access to the tools and woodworking space for both this meeting and next, don’t sweat the progress and timing, this is intended to be a two-meeting project.
 - If you have time and projects (and permission from the owner of the space), do 20c (“Use at least two tools listed in (a) to fix something”).
 - For example, using a screwdriver to tighten door plates, or a hammer to set nails that have popped up from a wooden deck.
 - If you meet in a facility with a maintenance staff, they might be willing to help and supervise!
- ▶ **Achievement 20c** (“Use at least two tools listed in requirement a to fix something.”)

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

▶ **Home Assignment:** If not done (or planned for the next meeting), boys should complete **Achievement 20c** (“Use at least two tools listed in requirement (a) to fix something.”)

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.



Bear Den Meeting 6

More Sawdust and Nails and Games, Games, Games!

Achievement 20. Achievement 15.

Preparation and Materials Needed

- ▶ For this meeting, as with Meeting 5, you'll want to meet where you have safe access to, and supervision of, woodworking tools.
- ▶ **Note about alternate activities (pinewood derby):** As with Meeting 5, if you're having a pinewood derby, you might drop **Achievement 20: Sawdust and Nails** and instead do **Achievement 21: Build a Model** (Supplemental Den Meetings F and G, pinewood derby car construction).
- ▶ **Note about alternate activities:** As with Meeting 5, if woodworking is out of your comfort zone, you might drop **Achievement 20: Sawdust and Nails** and instead do **Achievement 19: Shavings and Chips** (Supplemental Den Meeting B) or **Achievement 22: Tying It All Up** (Supplemental Den Meeting C).
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring wood to build a toolbox (**Achievement 20b**) (Plans on page 154 of *Bear Handbook*).
Note: you will most likely want to do this in advance.
 - Bring the tools you need to complete the toolboxes (this depends on your stage of construction).
 - Bring equipment for the game you choose (**Achievement 15a:** backyard golf, badminton, croquet, sidewalk shuffleboard, kickball, softball, tetherball, horseshoes, volleyball).
 - Beads for Immediate Recognition Emblems

Note: Power tools are not appropriate for use by Cub Scouts. (See Age-Appropriate Guidelines for Scouting activities at www.scouting.org/HealthandSafety/Resources/AgeAppropriateGuidelines.)

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

- ▶ 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.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader), especially check handbooks for completion of **Achievement 20c** if not done in a previous meeting. Assign parents to meeting roles and hand out a meeting plan to each.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Finish checking the handbooks for completion of achievements at home.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.
- ▶ **Verify:** Check completion of **Achievement 20c** by reviewing the boys' handbooks.

Activities

- ▶ **Achievement 20b** ("Build your own tool box.") (Plans on page 154 of *Bear Handbook*):
 - Have each boy finish building his own toolbox.
- ▶ **Achievement 15a:** Set up equipment and play one of the following: backyard golf, badminton, croquet, sidewalk shuffleboard, kickball, softball, tetherball, horseshoes, or volleyball.

Den Meeting 6



Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

Boys who have participated in all den meetings and completed home assignments have now earned their second red Progress Toward Ranks bead to be placed on their Cub Scout Immediate Recognition Emblem (for completing **Achievements 1, 7, and 20**).

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.



Bear Den Meeting 7

What's Cooking?

Achievement 9.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - If you have access to an oven, consider baking oatmeal cookies (*Bear Handbook*, page 81) or brownies.
 - If you do not have access to an oven, then have ingredients to make trail mix (banana chips, raisins, pretzels, peanuts, granola).
 - Have sandwich-size zipper bags for the boys (for the cookies or the trail mix).
 - For den snacks, bring celery, peanut butter (check for allergies) or cream cheese, cheese, crackers, raisins, fruit (apples, oranges, bananas, grapes), hard-boiled eggs.
 - Plates, napkins, and plastic knives.
- ▶ **Note: Achievement 9:** What's Cooking? Do four requirements (out of seven). This meeting plan offers options for Arrow Points after the badge is earned.
- ▶ **Note:** If your pack is going camping in the fall or winter, this is a GREAT meeting to move to before the campout, so that the den can help plan the campout meals.

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 9a** ("With an adult, bake cookies."):
 - If you have access to an oven, make oatmeal cookies.
 - See the *Bear Handbook*, page 81, for a recipe.
- ▶ **Achievement 9b** ("With an adult, make snacks for the next den meeting."):
 - Put on smock (or oversized old shirt) and wash hands with soap and water.
 - Make den snacks:
 - Ants on a log—celery, peanut butter or cream cheese, and raisins
 - Cheese and crackers, hard-boiled eggs
 - Assorted fruit—apples, oranges, bananas, or grapes
- ▶ **Achievement 9d** ("Make a list of the 'junk foods' you eat. Discuss junk food with a parent or teacher."):
 - While cookies are baking (or after making trail mix), make a list of junk foods.
 - Discuss why they are called "junk."
 - Consider using this session to come up with non-junk snack suggestions for future meetings.
- ▶ **Achievement 9e** ("Make some trail food for a hike."):
 - Each boy makes his favorite trail mix in sandwich-size zipper bags. Label with boys' names.



Closing

- ▶ Put cookies into plastic bags for each boy.
- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** With his parent's help, each boy is to complete **Achievement 9c** ("Prepare one part of your breakfast, one part of your lunch, and one part of your supper.")

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.



Bear Den Meeting 8

Be Ready!

Achievement 11. Character Connection for Courage.

Preparation and Materials Needed

- ▶ Invite a parent or friend who is a doctor, a nurse, an emergency medical technician (EMT), or someone knowledgeable about first aid to attend the den meeting.
- ▶ Go to www.scoutingmagazine.org, click to get to the search page, and search “first aid” for more ideas and tips to help you in preparation for this meeting.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring props (flashlight, blanket, 25-foot length of rope, cell phone, pole or branch) to act out different emergencies.
 - First-aid kit (e.g., from your car, or what your den will use on outings).
 - If you want more activity, you could have the Scouts create their own first-aid kits (bring supplies, including zippered plastic bags to hold the items, plus adhesive bandages, anti-bacterial cream and other items they might need to use commonly).

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ **Verify:** Complete checking handbooks for completion of **Achievement 9c**.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 11a** (“Tell what to do in case of an accident in the home. A family member needs help. Someone’s clothes catch on fire.”): Discuss, then act out, what to do in case of the following:
 - Person falls and is clearly hurt:
 - Have a leader act out the hurt (you can change the injury from Scout to Scout).
 - Stay calm, comfort the person (but don’t try to move him or her).
 - Get help (from a neighbor, call 911). You can practice the call in the meeting.
 - Stay with the person. Keep the person warm.
 - Someone’s clothes catch on fire:
 - Stop, drop and roll!
 - You might show the impact of movement and fire by lighting a rolled up newspaper (in a safe place), to show how much it burns when holding steady, but how much more it burns when you feed it oxygen by moving it around.
 - The house catches on fire:
 - Discuss how to get out.
 - Where is the fire? How can you tell if it is behind a closed door?
 - Why is crawling important?
 - Again, you can demonstrate where smoke goes (up), by doing a safe demonstration.
- ▶ The “house catches on fire” scenario ties well into **Achievement 11e** (“With your family, plan escape routes from your home and have a practice drill.”) Consider doing this as a “den drill” for your den meeting place.
 - Pick their brains about the best way out of your meeting place (you may need to search it out).
 - Discuss, then act out, what to do in case of a fire at the den meeting place.



- For fun, and because they'll need to get it out of their system, if your meeting place can stand it, they can practice the "panic" version first—provided you're then able to demonstrate why that is the "bad way" to respond if the building catches on fire!
 - Then have them do it the right way.
- ▶ **Achievement 11g:** Discuss the Character Connection for Courage.
- **Know:** Memorize the courage steps: Be brave, be calm, be clear, and be careful. Tell why each courage step is important. How will memorizing the courage steps help you to be ready?
 - **Commit:** Tell why it might be difficult to follow the courage steps in an emergency situation. Think of other times you can use the courage steps. (Standing up to a bully is one example.)
 - **Practice:** Act out one of the requirements using these courage steps: Be brave, be calm, be clear, and be careful.
- ▶ **Achievement 11b** ("Tell what to do in case of a water accident."):
 - Discuss, then act out, what to do in case of a water accident: Boat Overturns.
 - You might use a box or wagon as your "boat":
 - Have the Scouts show what they should do if they fall out, or the boat capsizes (stay with the boat! Don't try to swim away!).
 - Someone falls into a lake or stream:
 - "Reach, throw, row, go" is the adult and Boy Scout rule.
 - Cub Scouts can do reach and throw, but instead of "row" or "go," they should "go get help."
 - Practice reaching (find things in/around your meeting room you can use).
 - Practice throwing (use the 25-foot coil of rope). This also satisfies **Achievement 22d** ("Coil a rope. Throw it, hitting a 2-foot-square marker 20 feet away.")
- ▶ **Achievement 11c** ("Tell what to do in case of a school bus accident."):
 - Discuss, then act out, what to do in case of a school bus accident.
 - This one is harder to act out, but discuss emergency exits, staying calm, etc.
- ▶ **Achievement 11d** ("Tell what to do in case of a car accident."):
 - Discuss, then act out, what to do in case of a car accident.
 - Go out to your car to practice this.
 - Don't get in an accident, but have them come up to you while you're in the driver's seat like you just had one.

Want More Fun Activities?

Maybe "Be Ready for Emergency Relay Races," using blankets and strong poles (as a stretcher). See how long it takes your den to move the "victim" or a series of victims.

Or a Fireman's Hold Relay, as they carry other Scouts away from danger. Two Scouts create a seat (for a third Scout to be carried). (1) Each Scout grips the right wrist with the left hand (on top of the wrist); (2) each links up with the other Scout by gripping the other Scout's left wrist with his right hand (on top of the wrist); (3) this makes a simple square, and (4) an "injured" Scout rides on that, with arms around the two carriers' necks.

You could also have the Scouts create their own first-aid kits (bring supplies, including zippered plastic bags to hold the items, plus adhesive bandages, anti-bacterial cream and other items they might need to use commonly).

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment: Achievement 11e:** With family, boys plan escape routes from their home and have a practice fire drill.

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.



Bear Den Meeting 9

Building Muscles and Games, Games, Games!

Achievement 15. Achievement 16.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - A stopwatch (if your wristwatch doesn't do that) is cool. Everyone likes to know their time!
 - Beads for Immediate Recognition Emblems

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ **Verify:** Check handbooks to confirm that each boy planned an escape route from their home and had a practice fire drill (**Achievement 11e**).
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

Want More Fun in Your Activities?

This is a terrific day to jazz up with excitement. You don't want to just be "checking the box" after they do each of these, you want to make a big deal out of it.

- ▶ Consider themes like carnival, circus, track meet.
 - ▶ Maybe have an MC or announcer for each event.
 - ▶ Maybe someone with a video recorder can team up with a "sideline reporter" to get interviews with the contestants.
- ▶ **Achievement 16a** ("Do physical fitness stretching exercises. Then do curl-ups, push-ups, the standing long jump, and the softball throw.")
 - ▶ Update the record for each boy in the den scrapbook (see sample sheet at the end of Bear Den Meeting 1).
 - ▶ Repeat these in future meetings to measure progress when you need a physical activity.
 - ▶ **Achievement 16b** ("With a friend about your size, compete in at least six different two-person contests, for example, One-Person Push Over Line, Pull Over Line, One-Person Pull Over Line, Seated Back-to-Back Push, Foot Push, One-Legged Hand Wrestle, Stand-Up Back-to-Back Push, Hand Wrestle, Elbow Wrestle."):
 - Have boys compete in six different two-person contests. Or more as they like.
 - You can do it all at once (each does the same thing at the same time) or rotate around to different stations (perhaps in a different order, one half clockwise, one half counter-clockwise, so that Scouts go against different Scouts in each of the two-person contests).
 - Putting a stopwatch on it can add to the fun.



- ▶ **Achievement 16c** (“Compete with your den or pack in the crab relay, gorilla relay, 30-yard dash, and kangaroo relay.”):
 - Have boys compete in the crab relay, gorilla relay, 30-yard dash, and kangaroo relay.
 - These can be more of an “all at once” activity. Could be a relay race, or track the overall time.
- ▶ **Achievement 15b:** Play an organized game as a den.
 - The game could also be **Achievement 15c** for someone (“Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.”)
 - Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader’s How-To Book*.
 - In Bear Den Meeting 10 of this guide you will find the rules for ultimate, likely not a game played outside of Scouts at this age.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** With their parents, boys are to complete **Achievement 13**, *Saving Well, Spending Well*, at home. They must complete four of the seven available choices.

Boys who have attended appropriate den meetings and completed required home assignments have now earned their third red Progress Toward Ranks bead to wear on their Cub Scout Immediate Recognition Emblem (for completing **Achievements 9, 11, and 16**).

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.



Bear Den Meeting 10

Saving Well, Spending Well and Games, Games, Games!

Achievement 13. Achievement 15.

Preparation and Materials Needed

- ▶ Bring equipment for a game that your den has not played as a den (**Achievement 15b**). Some of the boys may have played the game before, but you should try to pick a game that is new to most of the boys.
- ▶ If you're doing a field trip, prepare permission slips for the field trip at Den Meeting 11.
- ▶ If you'll discuss saving/spending, bring newspaper inserts/advertisements with grocery ads and car ads (for price comparisons); access to a computer for car pricing could also be a help.

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ **Verify:** Check handbooks for completion of **Achievement 13: Saving Well, Spending Well**. Four of the seven must be done.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 15a:** Set up equipment and play one of the following: backyard golf, badminton, croquet, sidewalk shuffleboard, kickball, softball, tetherball, horseshoes, or volleyball.
- ▶ **Achievement 15b** ("Play two organized games with your den."): Play an organized game as a den, one or both of which could also be **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.")
 - Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader's How-To Book* and the *Cub Scout Academics and Sports Program Guide*.
 - Here are the rules for ultimate:
 - Play with two seven-person teams.
 - Start play with teams lining up on their end zone lines. One player throws the disc to the opponents. If it goes out of bounds, the receiving team can start where it went out or ask for another throw.
 - Play proceeds downfield to the end zone at the opposite end of the field. Players can go anywhere on the field at any time and can throw in any direction. Players may not run with the disc. The person who has the disc (the "thrower") has 10 seconds to throw it.
 - Whenever a pass is incomplete, intercepted, knocked down, or flies out of bounds, possession of the disc changes.
 - Physical contact is not allowed between players. Any physical contact is a foul. A fouled player gets the disc where the call was made. Players are responsible for their own foul calls and resolve their own disputes.
 - When the offense completes a pass in the defense's end zone, it gets a point.



- Follow this final rule from the Ultimate Players Association: “**Spirit of the Game**— Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.”

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).

▶ **Home Assignment:** With their parents, ask the boys to begin working on **Achievement 6a**, saving recyclable material.

- ▶ If you’re doing a field trip, hand out permission slips for the field trip at Den Meeting 11.
- ▶ 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.



Bear Den Meeting 11

The Past Is Exciting and Important and Information, Please

Achievement 8. Achievement 17.

Preparation and Materials Needed

- ▶ If possible, make arrangements to visit a newspaper office or a TV, cable, or radio station, and talk to a news reporter. Consider also local public access cable or other broadcasters, school or church broadcast facilities, high school or college newspaper offices, or neighborhood newsletters.
 - Be sure that they have staff ready with good things to show and tell your Scouts.
 - A field trip is the most interesting way to complete the achievement, but you can still complete the achievement in good ways with other requirements.
- ▶ **Note: Achievement 17** (Information, Please) provides: requirement (a) and three more requirements. This meeting plan offers options for more achievements that would be electives for Arrow Points after the badge is earned.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Beads for Immediate Recognition Emblems

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

- ▶ 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.
- ▶ 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.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.
- ▶ **Verify:** Check that boys have begun working on **Achievement 6a**, saving recyclable material.

Activities

- ▶ **Achievement 17c** ("Visit a newspaper office, or a TV or radio station, and talk to a news reporter."):
 - This requirement is completed if you are able to arrange a visit to a newspaper office or a TV or radio station. Be sure that staff is fired up and ready with good things for show and tell.
 - Be ready with a plan B in case the staff's work (like breaking news) interferes with your visit.
 - **Note:** If you don't do the **Achievement 17c** field trip, you could do one of these instead to earn the Achievement:
 - **Achievement 17e** ("Write a letter to a company that makes something you use. Use e-mail or the U.S. Postal Service."): this could be done easily in the den meeting, though you'll need some "fun" too.
 - **Achievement 17f** ("Talk with a parent or other family member about how getting and giving facts fits into his or her job.") This is a conversation you can also have with parents attending your meeting.
- ▶ **Achievement 8a** ("Visit your library or newspaper office. Ask to see back issues of newspapers or an almanac." See page 73 in the *Bear Handbook*.)
 - What was happening in the world:
 - When you were born?
 - On July 20, 1969?
 - When you were 5 years old?



- ▶ **Achievement 17b** (“Play a game of charades at your den meeting or with your family at home.”):
 - Play a game of charades as a den. Search the Internet for rules, but these are common:
 - Create a list of common phrases (like quotes or titles of books, movies, TV shows, songs; you might use Scouting phrases).
 - Some charades rules allow the players to come up with the phrases; use your judgment (and review as needed).
 - The players divide into two teams.
 - Teams will alternate turns.
 - Phrases are put in a container, and one person from the first team randomly picks a phrase from the container, gets a minute or so to think it out, and then has a limited period of time in which to act out the meaning of the phrase to his teammates.
 - No sounds or lip movements are allowed. Variation: sometimes a player may make any sound other than speaking or whistling a recognizable tune.
 - The actor cannot point out at any of the objects present in the scene.
 - Usually, any gesture is allowed other than spelling out the word.
 - The teams alternate until each team member has had an opportunity to pantomime.
 - Since rules can vary, clarifying all the rules before the game begins avoids problems later.
- ▶ **Achievement 17d** (“Use a computer to get information. Write, spell-check, and print out a report on what you learned.”): This could be done in the den meeting.

Want More Fun Activities?

Especially if you don’t do this as a field trip (or if the field trip is dragging), this meeting will need some fun, like a dose of Building Muscles or games, or pull something from your den’s emergency fun box.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** With an adult family member, complete **Achievement 17a** and **17d** at home.

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.



Bear Den Meeting 12 and 13

Sharing Your World With Wildlife

Achievement 5. Wildlife Conservation Belt Loop.

Achievement 5a–c is designed to be completed over two den meetings. Allow the boys to work through them at that pace. Don't rush!

Preparation and Materials Needed

- ▶ Bring posters and drawing supplies. Bring books about animals and how they live.
- ▶ Be able to explain what a wildlife conservation officer does.
- ▶ Research information about one animal that has become extinct in the last 100 years. Get a list of animals on the endangered species list.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Purchase a birdhouse kit (available from the BSA's National Distribution Center; three different birdhouses have catalog Nos. 7201, 17185, and 17083) for each boy, and bring enough hammers, safety glasses, hot-glue guns, and glue sticks. Working with tools requires greater supervision, so you should ask for additional parents who are handy with tools.

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.
- ▶ **Verify:** Check the boys' handbooks for completion of **Achievements 6a, 17a, and 17d.**

Activities

- ▶ **Achievement 5a:** Choose a bird or animal that you like and find out how it lives. Make a poster showing what you have learned.
- ▶ **Achievement 5c:** Explain what a wildlife conservation officer does.
- ▶ **Achievement 5e:** Name one animal that has become extinct in the last 100 years. Tell why animals become extinct. Name one animal that is on the endangered species list.
- ▶ **Achievement 5b:** Have each boy build a birdhouse using the BSA birdhouse kits.
 - Paint and decorate, as desired.
 - Can complete at the next meeting, too!
 - Ideally, install the birdhouses in an approved location or send them home (as the Cub Scouts desire).

Want More Fun Activities?

This meeting may need some fun, like a dose of *Building Muscles* or games, or pull something from your den's emergency fun box.



Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

▶ Home Assignment:

- With an adult family member, have boys complete **Achievement 6d, 6e, and 6f**:
 - **Achievement 6e and 6f**: Each boy should lead a family discussion about the kinds of energy his family uses (including electricity) and how to conserve energy.
 - **Achievement 6d**: With an adult, check for dripping faucets and repair or correct those problems.
- Also have the boys and their adult family members review and complete **Achievement 5d**.

Boys who have attended all den meetings and completed all required home assignments have now earned a fourth red Progress Toward Ranks bead to be placed on their Cub Scout Immediate Recognition Emblem (for completing **Achievements 13, 15, and 17**). The Bear rank badge will be presented at the pack's blue and gold banquet.

Boys attending all den meetings and completing home assignments may also now qualify for a gold Arrow Point. The 12 electives would have been selected from items achieved above those required for the Bear rank.

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.

- ▶ Continue to work on **Achievement 5a-c** during Den Meeting 13.



Bear Den Meeting 14

Take Care of Your Planet

Achievement 6.

Preparation and Materials Needed

- ▶ If applicable, make arrangements for a field trip to a recycling facility. A field trip is the most interesting way to complete the achievement. You can still complete the achievement, but you'll need to jazz it up in an interesting and fun way with other requirements.
 - If you meet at a large school or church, there may be trash/recycling options there, and a facilities person who might be able to make it interesting. Or a local trash or recycling service might be willing to come visit your den meeting with a presentation if you ask.
- ▶ For additional information, you might look at <http://www.epa.gov/kids/>, the Environmental Kids Club site at the U.S. Environmental Protection Agency (or do an Internet search for "environmental kids").
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring unfinished birdhouses, hammers, safety glasses, paint, and smocks.
 - Families may bring aluminum cans for recycling. **Note:** Scouts and parents may also just do their own recycling without hauling all of those cans to dump on the den leader!
 - Arrow Points for those completing the requirements 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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.
- ▶ **Verify:** Review the boys' handbooks to verify completion of **Achievement 5d** and **Achievement 6d-f**.

Activities

- ▶ **Achievement 6, Take Care of Your Planet.** Do three of the seven:
 - **Achievement 6a:** Save five pounds of glass or aluminum, or one month of daily newspapers. Turn them in at a recycling center or use your community's recycling service.
 - **Achievement 6c:** Have each boy report on what he learned about your trash-hauling company and what happens to your trash after it is hauled away.
 - **Achievement 6d:** Discuss all the ways water is used at home. Repair leaky faucets.
 - **Achievement 6e:** Discuss the kinds of energy available and the kinds your family uses.
 - **Achievement 6f:** Have each boy report on what he found out about how electricity is generated for his home.
 - **Achievement 6g:** Take part in a den or pack neighborhood cleanup project.



Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

- ▶ **Home Assignments** if not complete:

- **Achievements 6e** and **6f**: Each boy should lead a family discussion about the kinds of energy his family uses (including electricity) and how to conserve energy.
- **Achievement 6d**: With an adult, check for dripping faucets and repair or correct those problems.

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.



Bear Den Meeting 15

Build a Model

Achievement 21a.

Preparation and Materials Needed

- ▶ These den meetings can be held in advance of your pack's annual pinewood derby. If you're doing this meeting after your pinewood derby, then find something else fun and interesting to build.
- ▶ Ideally, make arrangements for your den to take a Go See It to a parent's house that has a good (and safe) area for woodworking. A local hardware store may be willing to assist you for this work.
- ▶ **Note:** Power tools are not appropriate for use by Cub Scouts. (See Age-Appropriate Guidelines for Scouting activities at www.scouting.org/HealthandSafety/Resources/AgeAppropriateGuidelines).
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Pinewood derby car kit for each boy. These can be purchased at your local Scout shop.
 - Bring the rules for your derby about how your cars are to be built.
 - Saws, hammers, wood rasps, drills, weight inserts (washers, fishing weights or other), sandpaper, paint, decals, smocks. A good scale to weigh the cars is very useful.

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Explain the upcoming pinewood derby, what you know of the participation and competition rules, and how you'll go about making the cars today.
- ▶ Outline all safety ground rules for your location and attendees.
- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ Go to www.pinewoodderby.org for all things related to pinewood derby. Scouts can watch a movie, build a car, or view photos of other Scouts' cars—all online. Rules, resources, and much more are now in one location. This is a good place to begin.
- ▶ **Achievement 21a** ("Build a model."): Build pinewood derby cars with each Scout.
 - It will likely take two or more meetings to make the pinewood derby car.



Want More Fun in Your Activities?

Focus first on fun designs: Have each Scout use his imagination about what he wants his car to look like. Encourage all to be creative. You may not have the fastest car, but can you have the coolest design?

Here are some crazy ideas:	Burrito	Hot dog
Coke bottle	Train engine	Shark
Skateboard	School bus	Computer
Game Boy	Boat	Beaver on a log
Laptop	Fish	Banana
Computer mouse	Fire truck	Rat
Cockroach	Bath tub	Ambulance
Watermelon	Cell phone	Dragster rocket
Tank	Camera	Cheese wedge
Gift wrapped	Pencil	Batmobile
iPod	Pickup truck	Zamboni

- Start by cutting and sanding the block of wood.
 - The den leader may wish to hold all of the wheels and axles until the second meeting. The cars can be painted at the next meeting. Apply decals when the paint is dry.
 - The Cub Scout and adult should make the car together as a project. Don't let the Cub Scout just stand around while the adult cuts and sands and does all the work. Parents should shape with tools, power tools or whatever (let the Scout help as he can on the rasping and sanding), and then direct the rest of the action while showing the boy each step in building a car. Let your Scout work to his ability.
 - Den leaders: Watch carefully, and be sure that adult partners don't get carried away with this project and leave out their Cub Scouts in the process. If this is a risk, you might suggest to your pack that they have an adult division so that the adult partners can have a way to participate while allowing their Cub Scouts to really make their own cars.
- ▶ Watch this meeting carefully because you'll probably need some breaks. Be sure to mix in brief games and songs (serious or silly) to change the pace of the meeting because Cub Scouts have short attention spans. You and they will have more fun and focus better if you mix it up.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Bear Den Meeting 16

Build a Model

Achievement 21a.

Preparation and Materials Needed

- ▶ See Bear Den Meeting 15 for the details.
- ▶ Ideally, all Scouts have completed the rough assembly of the car kits so no sawing or shaping will be needed, but if some need to catch up, you may need all of those materials again for this meeting.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Derby car kits in process for each boy.
 - Bring the rules for your derby about how your cars are to be built.
 - Saws, hammers, wood rasps, drills, weight inserts (washers, fishing weights or other), sandpaper, paint, decals, smocks. A good scale to weigh the cars is very useful.

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Review the upcoming pinewood derby, what you know of the participation and competition rules, and how you'll go about making the cars today.
- ▶ This would be a good time for each Scout to show his car "in process" and describe how he is going to finish the car and complete the design.
- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Achievement 21a** ("Build a Model."): Build pinewood derby cars with each Scout.
 - Ideally, today is decoration and completion day, so there should be less need for adult partners to make the car, and more opportunity for adult partners to assist and coach the Scouts on their painting, gluing, stickers, and design elements.
- ▶ Watch this meeting carefully, because you'll probably need some breaks if Scouts get bored. Be sure to mix in brief games and songs (serious or silly) to change the pace of the meeting as needed.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

Den Meeting 16



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.



Supplemental Bear Den Meeting A

Maps

Elective 23. Map and Compass Belt Loop.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring a United States map showing time zones, a state map, and one or more local maps.
 - The more maps and types of maps you have, the better, including really old maps that say “here be dragons” or that show weird shapes of the continents.
 - A globe would be great too.
 - Bring a compass, paper, and pencils. And magnets. All metal straight needles (to become a compass needle), corks (to float needles), bowls (to float the cork and needle). Tape measure.
 - Bring Map and Compass belt loops (for those who have not yet earned).
 - If doing a treasure hunt, candy or treat for a treasure, and treasure maps.

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ If needed, complete **Achievement 5b**: Build a birdhouse using the BSA birdhouse kits.
 - Paint and decorate, as desired.
 - Ideally, install the birdhouses in an approved location or send them home (as the Cub Scouts desire).
 - To continue the den meeting, go to a park or other safe place.
- ▶ **Elective 23: Maps, requirements 23a–e**:
 - a. Look up your state on a U.S. map. What other states touch its borders?
 - b. Find your city or town on a map of your state. How far do you live from the state capital?
 - c. In which time zone do you live? How many time zones are there in the U.S.?
 - e. Mark a map showing the way to a place you would like to visit that is at least 50 miles from your home.
 - For **Elective 23a–c**, roll out your maps and have the Scouts locate the items.
 - Divide up into small groups and have them rotate through the three requirements.
 - For **Elective 23d** (Make a map showing the route from your home to your school or den meeting place.), depending on how complicated the route and neighborhood, they might draw from scratch on a blank paper (which would likely tie into the “Draw a map of your neighborhood” belt loop requirement).



- ▶ Map and Compass belt loop requirements:
 1. Show how to orient a map. Find three landmarks on the map.
 2. Explain how a compass works.
 3. Draw a map of your neighborhood. Label the streets and plot the route you take to get to a place that you often visit
 - For “Explain how a compass works,” start with the magnets.
 - One side of a magnet will attract another magnet only if it is the correct side.
 - Magnetism is just an invisible force of nature that can only be demonstrated.
 - Earth is a magnet: the planet itself generates magnetism just like it had a giant bar magnet inside. Under the crust of the earth, there are giant swirling pools of liquid iron metal.
 - Because the iron is so hot and moving so fast, it generates magnetism.
 - For “Draw a map of your neighborhood,” have the Scouts draw a map of the neighborhood where they are meeting, so that they are drawing what they all see around them, and you can compare it to what you see. Have attending adults do this too!
 - You might ask them to draw it both as a street map and as a topographic map, if you have interesting terrain.
 - Be sure to have them show landmarks on the map.
 - Have them show where north is, and put a north arrow on the map. Use the compass!
 - While possibly done as a Tiger and/or a Wolf, there is no reason you could not do a more difficult treasure hunt for the Bears using a more complex map, with a need to use compass bearings.
 - See Tiger Cub Den Meeting 6 in this guide for that treasure hunt, which you can now upgrade with use of the compass, bearings, and distances to be stepped off.

Want More Fun Activities?

Without something like a treasure hunt, this meeting will need some fun, like a dose of Building Muscles or games, or pull something from your den’s emergency fun box.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting B

Shavings and Chips

Achievement 19.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Soap bars (a softer bar, such as Ivory, works well) and plastic knives for each Scout
 - Newspapers to collect shavings, paper towels
 - One or more real pocketknives
 - Sharpening stone and oil
 - Soft wood to practice whittling
 - A first-aid kit
 - Whittling Chip cards (and, if you like, patches)
- ▶ Review knife safety information in the *Bear Handbook* and *Cub Scout Leader Book*.
- ▶ It will be helpful to have extra adult helpers at this den meeting.

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

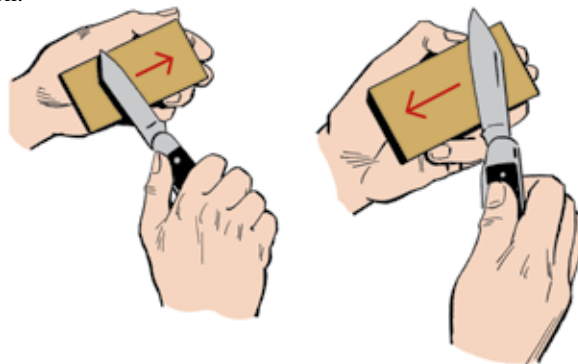
- ▶ Discuss Bear **Achievement 19** "Shavings and Chips."
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 19a: Know the safety rules for handling a knife.** Here are some key rules. (See the *Bear Handbook*):
 - A knife is a tool, not a toy.
 - Know how to sharpen a knife. A sharp knife is safer because it is less likely to slip and cut you.
 - Keep the blade clean.
 - Never carry an open pocketknife.
 - When you are not using your knife, close it and put it away.
 - Keep your knife dry.
 - When you are using the cutting blade, do not try to make big shavings or chips. Easy does it.
 - Make a safety circle: Before you pick up your knife to use it, stretch your arm out and turn in a circle. If you can't touch anyone else, it is safe to use your knife.
- ▶ **Achievement 19b: Show that you know how to take care of and use a pocketknife.** Here are key tips:
 - Know how to sharpen a knife. A sharp knife is safer because it is less likely to slip and cut you.:
 1. Place the stone on a level surface.
 2. Wet the stone with a little water or oil.
 3. Place the blade of the knife flat on the stone, then raise the back edge about the width of the blade itself, keeping the cutting edge on the stone.



4. Push the blade along the stone as though you were slicing a layer off the top. Sharpen the other side of the blade in the same manner. This is always better than moving it in a circular fashion.



- Keep your knife dry.
- Keep the blade clean:
 - To clean: Open all of the blades.
 - Twirl a small bit of cloth onto the end of a toothpick, moisten the cloth with light oil, and wipe the inside of the knife.
 - If you have used your pocketknife to cut food or to spread peanut butter and jelly, get rid of bacteria by washing the blade in hot, soapy water along with the rest of your dishes.
- Keep it off the ground. Moisture and dirt will ruin it.
- Keep it out of fire. The heat draws the temper of the steel. The edge of the blade becomes soft and useless.
- Opening and closing your pocketknife:
 - To open a pocketknife, hold in left hand, put right thumbnail into nail slot.
 - Pull blade out while pushing against hinge with little finger of left hand.
 - Continue to hold on to handle and blade until blade snaps into open position.
 - To close pocketknife, hold handle with left hand with fingers safely on the sides. Push against back of blade with fingers of right hand, swinging handle up to meet blade. Let knife snap shut; “kick” at base of blade keeps edge from touching inside of handle.

- **Achievement 19c: Make a carving with a knife.** Work with your den leader or other adult when doing this. For this den meeting, the carvings will be done with soap and a plastic knife. (*Option:* If the leader is comfortable that the boys will follow the safety rules for handling a knife and they have earned their Whittling Chip cards, have boys make a carving with a real pocketknife.)

- How to use your knife:
 - When using the cutting blade, do not try to make big shavings or chips.
 - Easy does it.
- For coarse cutting, grasp handle with whole hand.
- Cut at a slant. Do not “saw” with a knife!
- Make a stop cut to control the shaving cut.
- Always cut away from you.

- **Achievement 19d: Earn the Whittling Chip card.**

- Review and know the safety rules, the rules for care of a pocketknife, and the rules for how to use a pocketknife. Read, understand, and promise to abide by the Knives Are Not Toys guidelines (*Bear Handbook*, page 150).
- Take the POCKETKNIFE PLEDGE:
 - “I understand the reason for safety rules.
 - “I will treat my pocketknife with the respect due a useful tool.
 - “I will always close my pocketknife and put it away when I’m not using it.
 - “I will not use my pocketknife when it might injure someone near me.
 - “I promise never to throw my pocketknife for any reason.
 - “I will use my pocketknife in a safe manner at all times.”

Supplemental Den Meeting B



Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers. Depending on level of achievement, award the Whittling Chip cards (and, if you like, patches). Otherwise, award at a following meeting (or weekend event) when you are sure it is earned.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Knife Safety Signoff for Bear Rank

Your Cub Scout knife is an important tool. You can do many things with its blades. The cutting blade is the one you will use most of the time. With it you can make shavings and chips and carve all kinds of things.

You must be very careful, and think when you whittle or carve. Take good care of your knife. Always remember that a knife is a tool, not a toy. Use it with care so that you don't hurt yourself or spoil what you are carving.

a. Know the safety rules for handling a knife. (Date: _____/Signature: _____)

Safety Rules (Selected)

- A knife is a _____, not a _____. It can be used to make _____.
- _____ carry an open knife in your hand.
- When you are not using a knife, _____ it and put it _____.
- Keep your knife _____ and _____.
- Close the blade with the _____ of your _____—and your _____ out of the way.
- _____ use a knife on something that will dull or break it.
- _____ use a knife to strip the bark from a tree.
- _____ carve your initials into anything that does not belong to you.
- _____ throw a knife.
- Be _____ when you use a knife—maintain the “_____ circle.”
- To pass a knife to someone, first _____ the pocketknife.
- If you have an open knife, the person handing it away should hold the knife by the _____, and the person receiving should grab the _____.
- When you pass any knife, never let go until the receiver says “_____.”

b. Show that you know how to take care of and use a pocketknife.
(Date: _____/Signature: _____)

Care and Use Rules (Selected)

- A sharp knife is safer because _____.
- A dull knife is dangerous because _____.
- To sharpen a knife, use a _____.
- When sharpening a knife, turn the back of the blade up _____ degrees from “flat” (90 degrees is “straight up”).
- When sharpening a knife, hold the stone (a) on your leg?, (b) on a flat surface?, (c) firmly?
- When sharpening a knife, scrape the blade (a) backward?, (b) sideways?, (c) forward?
- A dirty knife is dangerous because _____.
- When you are using the cutting blade, make (a) big cuts?, or (b) small cuts?
- Close the blade with the _____ of your hand, and with _____ hand(s).

d. Earn the Whittling Chip card (Date: _____/Signature: _____)

Complete parts a and b above, and know “The Pocketknife Pledge”

- I understand the reason for _____ rules.
- I will treat my pocketknife with the _____ due a useful tool.
- I will always _____ my pocketknife and put it away when not in use.
- I will not use my pocketknife when it might _____ someone near me.
- I _____ never to throw my pocketknife for any reason.
- I will use my pocketknife in a safe manner at _____ times.



Supplemental Bear Den Meeting C

Tying It All Up Achievement 22.

Preparation and Materials Needed

- ▶ Review the *Cub Scout Magic Book* for rope tricks.
- ▶ Become proficient in tying a square knot, bowline, sheet bend, two half hitches, and slip knot; go to www.scoutingmagazine.org and search for “knots” for more ideas and tips to help you prepare for this meeting. The Web page at <http://meritbadge.org/wiki/index.php/Knots> includes animation to show you.
- ▶ Invite a den chief or other Scout from your local Boy Scout troop to assist with this meeting.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring lengths of nylon rope for each boy and leader (fuse the ends in advance to prevent fraying); bring dental floss for whipping and a lighter to demonstrate fusing.
 - You’ll need at least one 20- to 30-foot piece, plus 4-foot pieces for each boy to practice with.
 - Twine and scissors
 - Red “shoelace” licorice—two for each Scout
 - Arrow Points for those completing the requirements 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

- ▶ Have a gathering activity that will keep Scouts interested and busy, and that others may join as they arrive (maybe distribute ropes, and start teaching one or more “magic knots”; have early arrivals teach later arrivals. Do this with parents too!). If the den desires, serve a healthy snack during this time.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Discuss why this matters (lifesaving on or near water, emergencies in a house, sailing, backpacking, travel, general safety).
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 22a** (“Whip the ends of a rope.”) See page 163 of the *Bear Handbook*.



- 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.

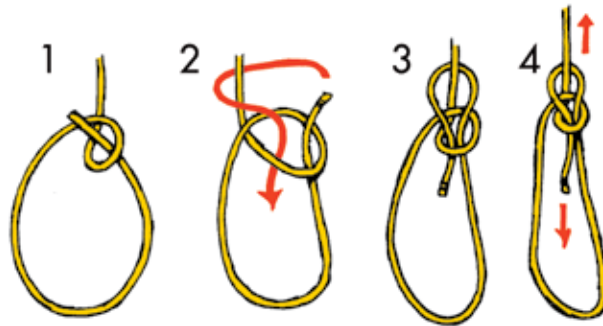


- **Achievement 22b** (“Tie a square knot, bowline, sheet bend, two half hitches, and slip knot. Tell how each knot is used.”) See page 164 of the *Bear Handbook*; selected information is below.



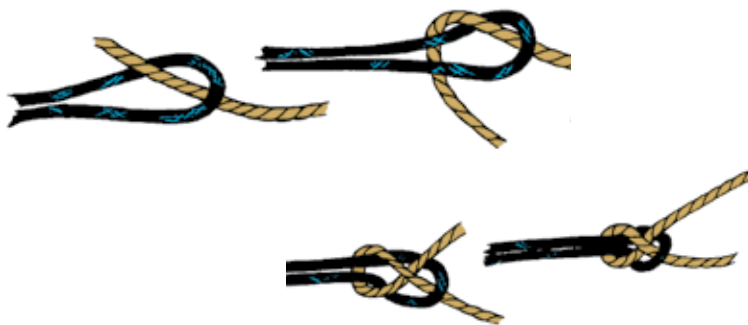
Square Knot

- 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 a 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.



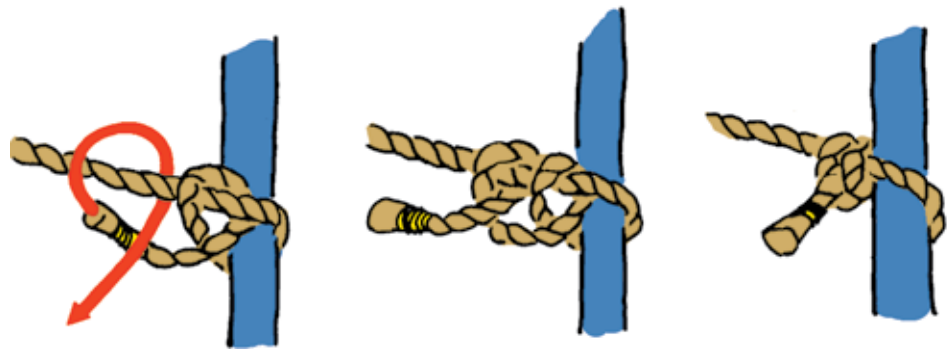
Bowline

- The **bowline** is also known as the rescue knot, the most useful of knots.
 - To tie a bowline, make a small overhand loop in the standing part of a rope.
 - Bring the rope end up through the loop, around behind the standing part, and back down into the loop.
 - Tighten the bowline by pulling the standing part away from the loop. It forms a loop that will not slip and is easy to untie.



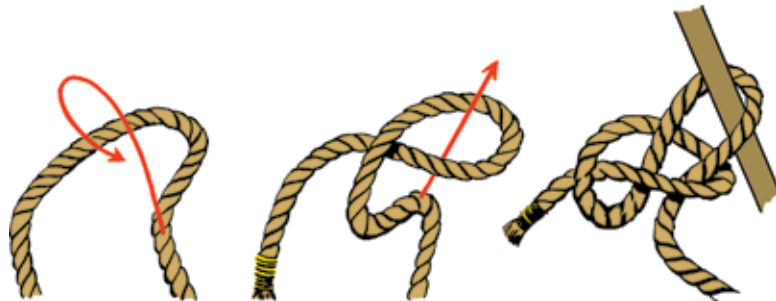
Sheet bend

- The **sheet bend** is recommended for joining two ropes of unequal size. It works equally well if the ropes are of the same size. The sheet bend is much more secure than a square knot.
 - To tie a sheet bend, make a bight at the end of one rope (if two sizes, use the larger).
 - The other end of the second rope comes up through the bight, around the back of the bight, and back under the second rope’s path.



Two half hitches

- **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.



Slip knot

- A **slip knot** is just an overhand knot with a “bight” or “loop” so it can be undone quickly simply by pulling one of the ends.
 - Hold a length of rope out and twist to form a loop.
 - Reach through the loop, grasp the dangling right end by the middle, and pull it through the loop, being careful not to let the end come through.
 - You can now hook the new loop around things, and pull the main length of the rope to tighten around them.

Want More Fun Activities?

Have the Scout use the red “shoelace” licorice to show how they can tie one or more of the knots. When they have successfully completed the knots you assign, they can eat the licorice!

- ▶ **Achievement 22c** (“Learn how to keep a rope from tangling.”)
- ▶ **Achievement 22d** (“Coil a rope. Throw it, hitting a 2-foot-square marker 20 feet away.”)
- ▶ **Achievement 22e** (“Learn a magic rope trick.”) Here’s the Magic Overhand Knot:
 - Ask a Scout if he can tie an overhand knot in the middle of one cord without letting go of either end. Let the Cub Scout try it, then show him the trick:
 - First fold your arms over your chest, then lean over and pick up each end of the cord without unfolding your arms. As you straighten up, unfold your arms—still holding the ends of the cord—and presto, there’s the overhand knot!



Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.
- ▶ Ask parents to sign for any other electives the boy has completed. Tally them to make sure that at the last pack meeting of the school year, each boy receives all Arrow Points he has earned.

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.



Supplemental Bear Den Meeting D

Build a Model Achievement 21.

Preparation and Materials Needed

- ▶ Research Rocket Building. See the *Cub Scout Leader How-To Book* (No. 33832), and www.scoutingmagazine.org/issues/0611/a-reedy.html for an article on Rockets. See also <http://wwong.homestead.com/rockets.html>.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Three-inch-wide cardboard mailing tubes, for rocket body, and tube end cap for rocket bodies.
 - Heavy-duty poster paper, for nose cones.
 - Scrap matte board for fins (Excess pieces of board may be purchased from an art supply store's framing department if you ask.)
 - Bring scissors, rolls of 2-inch-wide clear packaging tape, colored paper, glitter stickers.
 - Strips of plastic "fun foam"
 - Empty 20-oz. plastic soft drink bottles.
 - A garden hose gasket to be the launcher stem.
 - A snap/spring connection.
 - An automotive tire valve stem, through which air is pumped into the rocket bottle.
- ▶ Yes, there is a lot to put together for this, but the idea isn't just to build a model rocket, but to blast it off!
 - There will probably be some parents or uncles who would love to help with this.

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

- ▶ 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.
- ▶ 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

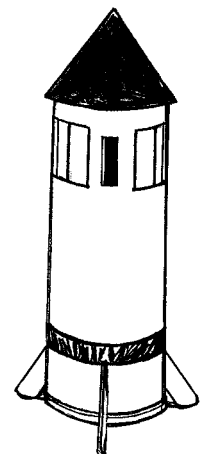
- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Achievement 21f** ("Build a model."), which includes **21f** ("Make a model of a rocket, boat, car, or plane."). Today is "Build a rocket," and blast it off!
 - Bottle rocket model uses a two-piece body made from a 3-inch-wide cardboard mailing tube.
 - A tube end cap is inserted in the top of the 6-inch bottom section which is then connected with tape to the 12-inch top section.
 - A nose cone, cut from heavy-duty poster paper, is taped to the top, and three fins, shaped from scrap matte board, are inserted in slots in the lower section. (Excess pieces of board may be purchased from an art supply store's framing department if you ask.)
 - Decorate with colored paper and glitter stickers.





- ▶ Prior to launching, a strip of plastic “fun foam” is wrapped around an empty 20-oz. plastic soft drink bottle to insure a tight seal.
 - The bottle is then inserted, top down, into the rocket’s bottom section, with the open bottle mouth sticking out.
 - About one-third of the bottle is filled with water. The Cub Scout, holding the rocket upside down, hands the rocket to an adult, who turns it over and quickly puts it on the stem of the launcher. (A garden hose gasket on the launcher stem provides a close fit.)
 - The rocket locks into place with a snap/spring connection. The bottom of the launcher stem is fitted with an automotive tire valve stem, through which air is pumped into the rocket bottle.
 - When pressure is up and stabilized at 60 to 80 pounds per square inch, depending on wind conditions, the signal is given and the Cub Scout pulls a release rope to launch the rocket.
 - The pressurized air and water blasting out of the bottle mouth cause the rocket to be propelled upward.

- ▶ **Achievement 21g** (“Complete the Character Connection for Resourcefulness.”)
 - **Know.** Review the requirements for this achievement and list the resources you would need to complete them. Then list the materials you could substitute for items that you do not already have. Tell what it means to be resourceful.
 - **Commit.** After you complete the requirements for this achievement, list any changes that would make the results better if you did these projects again. Tell why it is important to consider all available resources for a project.
 - **Practice.** While you complete the requirements for this achievement, make notes on which materials worked well in your projects and why.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting E

Magic!
Elective 13.

Preparation and Materials Needed

- ▶ Identify any parents or other pack resources who are good at magic tricks. Alternatively, you might see if a hobbyist can visit your den meeting, or if there is a magic shop, you might do this meeting as a field trip to that location if the shop owner is willing to assist you.
- ▶ See also for more ideas, the following:
 - *Cub Scout Magic Book* (See “Rope Tricks.”)
 - Search *Boys’ Life* magazine, www.boyslife.org, for magic tricks and puzzles.
 - Also see www.scoutingmagazine.org, click to get to the search page, and search “magic.”
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Four foot lengths of rope for each Scout
 - For String the Washers:
 - String
 - Four metal washers
 - Handkerchief
 - Ten coins or checkers
 - Small mechanical tape measure
 - For Triangle Turnabout Puzzle, 10 checkers or coins
 - For The Amazing Handkerchief:
 - A large ironed handkerchief
 - A mechanical tape measure (metal, that will stay extended when pulled)
 - For Magic Dollar, a dollar bill
 - For The Floating Body:
 - A large bed sheet
 - A large towel
 - Two 3- to 4-foot-long sticks or poles
 - Pair of shoes and socks *just like the helper is wearing!*

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Elective 13a:** (“Learn and show three magic tricks.”). See page 230 of the *Bear Handbook*. As preparation for the magic show, demonstrate and have the Scouts learn the following magic tricks from the handbook:
 - String the Washers
 - Triangle Turnabout Puzzle
 - The Amazing Handkerchief
 - Magic Dollar
 - The Floating Body



- ▶ **Elective 13d:** (“Learn and show three rope tricks.”)
 - See Supplemental Bear Den Meeting C: Tying It All Up for one rope trick.
 - Add additional knot tricks: _____
 - See also the *Cub Scout Magic Book*:

- ▶ After they master the tricks and at the very end of the meeting (hopefully as more parents have arrived), do **Elective 13b:** (“With your den, put on a magic show for someone else.”)
 - You might prep one of the Cub Scouts to be the MC, announcing each act, getting volunteers from the audience (any parents in attendance).
 - Have the Cub Scouts do the tricks they are best able to do, but be sure that each does some trick.
 - The den could also perform at a pack meeting, if that is consistent with the pack program. This meeting would be a rehearsal for it.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting F

Jot It Down

Achievement 18.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Several sheets of paper and a pencil for each boy, two fold-over note cards for each boy
 - Washable colored markers

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Achievement 18a:** Make a list of the things you want to do today. Check them off when you've done them:
 - Have each Scout share his list with the den.
- ▶ **Achievement 18d:** Write an invitation to someone:
 - You might look at your upcoming meeting schedule, and perhaps there is a special guest you want to invite, or a field trip that you want to invite yourself to attend.
 - The Scouts can write the invitations for it.
- ▶ **Achievement 18e:** Write a thank-you note:
 - Thank-you notes to those who have been special guests or hosted field trips are in order!
- ▶ **Achievement 18g:** Write about the activities of your den:
 - These could be included in the den scrapbook.
- ▶ **Achievement 18h:** Complete the Character Connection for Honesty:
 - **Know:** Tell what made it difficult to be clear and accurate as you wrote details and kept records, and tell what could tempt you to write something that was not exactly true. Define honesty.
 - **Commit:** Tell why it is important to be honest and trustworthy with yourself and with others. Imagine you had reported something inaccurately and tell how you could set the record straight. Give reasons that honest reporting will earn the trust of others.
 - **Practice:** While doing the requirement for this achievement, be honest when you are writing about real events.



Want More Fun Activities?

At break points in the Jot It Down activity, do some more of **Achievement 15b** ("Play two organized games with your den."), which could also be **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.")

- ▶ Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader's How-To Book*.
- ▶ Or play your den's favorite game.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting G

Nature Crafts

Elective 12a.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Light-sensitive paper (many nature center gift shops, and toy and hobby shops, carry this special paper, sometimes called sunprinting paper), or dark colored construction paper
 - Fallen leaves (that you'll collect on a hike)
 - A rectangle of glass or hard plastic (see diagram on page 227 of the *Bear Handbook*).

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Elective 12a** ("Make solar prints of three kinds of leaves."):
 - Go outside for a hike and to see what kinds of interesting leaves you can bring back for the solar prints.
 - Carefully arrange your leaves on the paper (some paper comes in a kit that includes a sheet of clear Plexiglas that can be used to hold the objects steady and flat on your paper).
 - Expose the paper to sunlight for five minutes (longer if you use regular construction paper).
 - Remove the objects and put the paper in water to "fix" the image (your print is now permanent).
 - The objects you placed on the paper will show up white; the background will be a rich, dark blue.

Want More Fun Activities?

While you're waiting for the images to set or the prints to dry, do some more of **Achievement 15b** ("Play two organized games with your den."), which could also be **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.")

- ▶ Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader's How-To Book*.
- ▶ Or play your den's favorite game.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.





Supplemental Bear Den Meeting H

Space
Elective 1c.

Preparation and Materials Needed

- ▶ Make arrangements for a field trip to a local planetarium.
 - Consider whether local colleges, science museums, or nature centers have planetariums. A local astronomy club may be able to help.
 - The National Aeronautics and Space Administration (NASA) has “Space Place” partnerships with community museums, libraries, planetariums, zoos, and aquariums in every state in the U.S. For locations, see <http://spaceplace.nasa.gov/en/kids/museums/index.shtml>, and see the NASA resources at <http://spaceplace.nasa.gov/en/kids/cubscouts/index.shtml#bear>.
 - Be sure your host knows how long you need to have someone make a presentation, and that you’ve confirmed what can or should be covered that would be interesting and fun for the Scouts.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - One or more simple telescopes or binoculars, if not available at the planetarium.
 - Paper and pencils for drawing the solar system.
 - Astronomy belt loops for each Scout.

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

- ▶ 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.
- ▶ 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 (indoor or outdoor) with Pledge; maybe recite the Cub Scout Promise or sing a patriotic song (or other opening); perhaps add a roll call, uniform recognition, or den yell.

Business Items

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

Activities

- ▶ **Elective 1c:** Visit a planetarium.
- ▶ **Astronomy belt loop:** Complete these three:
 - Set up and demonstrate how to focus a simple telescope or binoculars. (A local astronomy club may be a resource for this activity.)
 - Draw a diagram of our solar system—identify the planets and other objects.
 - 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.



Want More Fun Activities?

If the planetarium activity is dry or limited, you might do Supplemental Bear Den Meeting I: Make a Pinhole Planetarium. Or you might find nearby space to do some more of **Achievement 15b** ("Play two organized games with your den."), which could also be **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.")

- ▶ Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader's How-To Book*.
- ▶ Or play your den's favorite game.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting I

Space

Elective 1b, 1e, 1f.

Preparation and Materials Needed

- ▶ Determine if you've got a parent who has an interest in this topic to come in as a guest leader for this.
 - And ask Scouts to bring in information, models, and pictures on constellations, satellites, and planets, because one of them might be your hobbyist expert for this meeting.
- ▶ Review materials on constellations, satellites, and planets from **Elective 1**. You might look at these:
 - The National Aeronautics and Space Administration (NASA) "Space Place" Cub Scout Achievements page includes a star finder. See <http://spaceplace.nasa.gov/en/kids/st6starfinder/st6starfinder.shtml>.
 - Information on satellites (including how orbits work, which is how satellites stay up, and these man-made satellites: Galaxy Evolution Explorer, Landsat, Earth Observing 1, GOES and POES (two kinds of weather satellite), and the Hubble Space Telescope) can be found at the NASA Space Place Cub Scout Achievements page, at <http://spaceplace.nasa.gov/en/kids/cubscouts/index.shtml> or search "Cub Scout satellites."
 - Also at the NASA Space Place Cub Scout page, <http://spaceplace.nasa.gov/en/kids/cubscouts/index.shtml> (or search "Cub Scout planets") is information on planets.
 - To add fun to this meeting, you might also search "Cub Scout planets games" or similar phrases, and see what other leaders have done.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Tin can and nail for each boy
 - Several hammers
 - Pictures of Earth and other planets in our solar system and constellation maps for the pinhole planetariums (bring from books, or print from the NASA space place pages)
 - Articles or books about the international space station and the planets

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

- ▶ 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.
- ▶ 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.
- ▶ If you've brought books or pictures or materials, also make these available for Scouts to review if they like.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Elective 1b:** Make a pinhole planetarium and show three constellations:
 - Make a pinhole planetarium with a tin can and a small nail.
 - Make paper patterns of the constellations selected, enlarging the pattern to 2 1/2-inch circles using the grid method. Mark the stars' positions with a pen or pencil.
 - Tape each pattern upside down on the bottom of a clean soda can (upside down, so that you see it correctly).



- Punch tiny holes in the bottom of the can to mark each star's position in a constellation.
 - To use your planetarium, hold the bottom of the can toward a strong light and look through the peep hole.
- ▶ **Elective 1e:** Read and talk about at least one manmade satellite and one natural one:
- Bringing models or pictures from the NASA Space Place page or other sites is important.
 - Solicit the Scouts to name and describe manmade (like the international space station) and natural satellites.

Want More Fun Activities?

To get some up and about activity in this meeting, you might play Asteroid Field Piloting (to demonstrate what might happen to satellites in space):

- ▶ Place objects (the asteroids), such as chairs, into the playing area (outer space).
 - ▶ Pair off the Scouts. One partner is blindfolded at one end of playing area (the satellite). The non-blindfolded partners (mission control) stand at the opposite end of the playing area.
 - ▶ Each mission control tries to talk their satellite partners through the asteroid field without running into any of the asteroids.
 - ▶ Once they understand, have all of the teams playing at the same time. Make it more difficult by starting satellites at opposite corners, forcing teams to cross each others' paths.
- ▶ **Elective 1f:** Find a picture of another planet in our solar system. Explain how it is different from Earth:
- Bringing models or pictures from the NASA Space Place page or other sites is important.
 - Solicit the Scouts to name and describe the planets of our solar system.

Want More Fun Activities?

To get some up and about activity in this meeting, you might play a Solar System Planet Orbiter Game (to let each of the Scouts be a planet for a few minutes):

- ▶ This game is like musical chairs, because there is one fewer chairs than boys. Set chairs up in a circle.
- ▶ The extra boy is the Sun. The other boys are each assigned a planet (Mercury, Venus, Earth, Mars . . .), and sit in the designated chairs.
- ▶ The sun orbits around the outside of the chairs calling out the names of planets. When his planet name is called, the boy called gets up and walks (orbits) around the chairs with the sun.
- ▶ When all the planets are in orbit, the den leader yells "Blast off," and all the boys scramble for a chair. The one left standing becomes the Sun.

You could also put the chairs on one end of a room, and have them orbit around the Sun in the middle of the room, staying in the right order (Mercury closest, Venus next, and so on). Before each round, you might also have each Scout describe something about his planet.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ You might remind the boys that Neil Armstrong, the first person to walk on the moon, is an Eagle Scout. Many other astronauts are Eagle Scouts.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting J

Landscaping

Elective 14.

Preparation and Materials Needed

- ▶ Arrange to take part in a project with your den to make your neighborhood or community more beautiful. Consider whether your chartered organization has a need for a landscaping project, and get permission.
 - Schedule this meeting at a time of year when flowers can be planted.
- ▶ Determine if you've got a parent who has an interest in this topic to come in as a guest leader for this.
- ▶ Note that if you break out parts of this meeting in advance, you can do more of the elective:
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Work gloves for each boy and leader
 - Plastic bags to collect litter
 - Flower bulbs or seedlings, mulch and/or other landscaping material for your project
 - Paper and pencils for the landscaping plan

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ **Elective 14b** ("Make a sketch of a landscape plan for the area right around your home. Talk it over with a parent or den leader. Show which trees, shrubs and flowers you could plant to make the area look better."): You might do this if it fits your project:
 - Show the boys the area that you'll be working on and improving, and ask for their ideas.
 - Unless you break this out and do this before the actual working day, you will want to limit their final ideas to use of the materials in hand.
 - Have them map out where items should be planted in the landscape area.

Want More Fun Activities?

Elective 14d ("Build a greenhouse and grow 20 plants from seed. You can use a package of garden seeds, or use beans, pumpkin seeds, or watermelon seeds.") You might do this if it fits your project:

- ▶ If you do this in an earlier meeting, you can plant those today.
- ▶ Or plant your seeds today, put them in your simple greenhouse, and then transplant them in a later meeting when the plants are ready.



- ▶ **Elective 14c** (“Take part in a project with your family, den, or pack to make your neighborhood or community more beautiful.”) and/or **14a** (“With an adult, help take care of your lawn or flower beds, or help take care of the lawn or flower beds of a public building, school, or church. Seed bare spots. Get rid of weeds. Pick up litter. Agree ahead of time on what you will do.”):

With your Scouts, work your plan:

- Prepare the area (clear trash, weeds, work the soil as needed to prepare).
- Plant your flowers and/or bulbs or other plants, and apply any mulch or other landscape cover.
- Be sure to take “before and after” pictures!

Want More Fun?

Leaning on a shovel and waiting as the landscaping is done may be less active, so watch to see if and when you might need to do some more games or pull something from your den’s emergency fun box.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting K

Farm Animals

Elective 16.

Preparation and Materials Needed

- ▶ Determine if you've got a parent who has an interest in this topic to come in as a guest leader for this.
- ▶ Arrange to visit a livestock exhibit at a county or state fair, or a farm or nature center with farm animals.
 - Be sure your host knows how long you need to have someone make a presentation, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
- ▶ Review materials on farm animals from **Elective 16**, and conduct further research as needed.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Books or other materials about farm animals.

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

- ▶ 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.
- ▶ 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.
- ▶ If you've brought books or pictures or materials, also make these available for Scouts to review if they like.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ **Elective 16d:** With your family or den, visit a livestock exhibit at a county or state fair.
- ▶ **Elective 16c** ("Read a book about farm animals and tell your den about it."), and **16b** ("Name and describe six kinds of farm animals and tell their common uses."):
 - Allow time for any Scout who has done this to talk about what he learned.
 - Solicit ideas from the Scouts as you go to each exhibit or animals, so that they can teach each other and demonstrate what they know.

Want More Fun Activities?

Depending on where you are conducting the meeting, and how interesting the displays, you might do some more games, perhaps **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.")

- ▶ Or play your den's favorite game.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.





Supplemental Bear Den Meeting L

Swimming

Elective 19.

Preparation and Materials Needed

- ▶ 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.
 - If you've arranged for a lifeguard or supervisor at the pool to conduct instruction and lead the activity, provide them with a copy of this plan.
- ▶ 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.
 - Swimming belt loops for each Scout.

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

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.

Activities

- ▶ **Elective 19d:** Tell what is meant by the buddy system. Know the basic rules of safe swimming.
- ▶ **Elective 19a:** Jump feet first into water over your head, swim 25 feet on the surface, stop, turn sharply, and swim back.
- ▶ **Elective 19b:** Swim on your back, the elementary backstroke, for 30 feet.
- ▶ **Elective 19c:** Rest by floating on your back, using as little motion as possible for at least one minute.
- ▶ **Elective 19e:** Do a racing dive from edge of pool and swim 60 feet, using a racing stroke. (You might need to make a turn.)
- ▶ **Swimming belt loop:** Complete these three:
 - Explain the rules of Safe Swim Defense. Emphasize the buddy system.
 - Play a recreational game in the water with your den, pack, or family.
 - While holding a kickboard, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area.



Want More Fun Activities?

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

- ▶ Pool volleyball? Cannonball contest? Pool tag?
- ▶ Ping-pong race: Scout blows a ping-pong ball ahead of him as he swims a given distance. He cannot touch the ball with his body.
- ▶ Newspaper delivery: Each Scout swims a distance on his back carrying a newspaper, and hands the paper to a judge at the finish line. The judge decides the winner on the basis of whose newspaper remained the driest.
- ▶ Or play your den's favorite water games.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting M

Boats
Elective 5.

Preparation and Materials Needed

The *Guide to Safe Scouting* defines how Cub Scouts may engage in boating activities: "Cub Scout activities afloat are limited to council or district events that do not include moving water or float trips (expeditions)."

- ▶ Make arrangements for your den to rig and sail or row a real boat.
 - Check with your local Boy Scout council for local options.
- ▶ Have parents and leaders take the Safe Swim Defense and Safety Afloat online training at www.scouting.org/my scouting.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Personal flotation devices for everybody when they are in the boats

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

- ▶ 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.
- ▶ 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.
- ▶ If you've brought books, pictures, or materials, also make these available for the boys to review if they like.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

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.

Activities

- ▶ **Elective 5a**, if you have access to a sailboat:
 - Help an adult rig a real boat.
 - Sail the boat with the adult. Wear your PFDs.
- ▶ **Elective 5c** ("Know the flag signals for storm warnings."): See *Bear Handbook* page 199.



- ▶ **Elective 5e**, if you have access to a rowboat:
 - With an adult on board, and both wearing PFDs, row a boat around a 100-yard course that has two turns.
 - Demonstrate forward strokes, turns to both sides, and backstrokes.

Want More Fun Activities?

Depending on how many boats you have access to, you might do some more of **Achievement 15b** ("Play two organized games with your den."), which could also be **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.").

- ▶ Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader's How-To Book*.
- ▶ Or play your den's favorite game.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting N

American Indian Life

Elective 24.

Preparation and Materials Needed

- ▶ Determine if you've got a parent who has an interest in this topic to come in as a guest leader for this.
- ▶ Ask Cub Scouts to bring in information, items, and pictures on American Indian life because one of them might be a hobbyist expert today.
- ▶ Review materials on American Indian life from **Elective 24**.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Supplies for "Motowu" (*Bear Handbook*, page 273).
 - Four dried corn cobs
 - Small dowels
 - White glue
 - Eight turkey or other large feathers
 - Two flower pots or baskets
 - Supplies for "Pokean" (*Bear Handbook*, page 274).
 - Corn husks (for each Pokean shuttlecock, need three husks 1 1/2 inches by 6 or 7 inches, plus one about 3/4-inch wide by 5 inches)
 - Three feathers for each Pokean shuttlecock
 - String
 - Articles or books about the Native American people who live or lived in your area

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

- ▶ 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.
- ▶ 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.
- ▶ If you've brought books, pictures, or materials, also make these available for Cub Scouts to review if they like.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Elective 24a** ("American Indian people live in every part of what is now the continental United States. Find the name of the American Indian nation that lives or has lived where you live now. Learn about these people.):
 - Bringing books or printouts with pictures and maps is important here.
 - Solicit the Scouts to tell what they know about Native Americans in your location or others.
- ▶ **Elective 24b** ("Learn, make equipment for, and play two American Indian or other native American games with members of your den. Be able to tell the rules, who won, and what the score was.):
 - Play Motowu: See *Bear Handbook*, page 273. Essentially, this is a Hopi version of lawn darts!
 - Play Pokean: See *Bear Handbook*, page 274. Essentially, this is a Zuni Pueblo version of a hand-hit, personal badminton game.

Want More Fun Activities?

You might also build a shelter. **Elective 24c** (“Learn what the American Indian people in your area (or another area) used for shelter before contact with the Europeans. Learn what American Indian people in that area used for shelter today. Make a model of one of these shelters, historic or modern. Compare the kind of shelter you made with the others made in your den.”)



Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting O

Build a Model

Achievement 21e.

Preparation and Materials Needed

- ▶ Determine if you've got a parent who has an interest in this topic to come in as a guest leader for this.
- ▶ Make arrangements to visit a site where a model of a shopping center or other building is on display.
 - Contact a local architectural firm to learn if it has any models your den can view.
 - Visit the architect's office or ask the architect to bring the model to your den meeting place.
 - Be sure your host knows how long you need to have someone make a presentation, and that you've confirmed what can or should be covered that would be interesting and fun for the Cub Scouts.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Depends on the field trip location.
 - Could bring Legos or other building-block items to let the Cub Scouts construct their own models.

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

- ▶ 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.
- ▶ 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.
- ▶ If you've brought books, pictures, or materials, also make these available for Cub Scouts to review if they like.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Achievement 21e** ("Go and see a model of a shopping center or new building that is on display somewhere."):
 - Ask the architect to explain the model and the building project it represents.
 - Learn what the architect's role is in the project.

Want More Fun Activities?

OK, you've seen the architect's model, why not have the Scouts make their own models?

- ▶ Bring Legos or other building blocks, and divide them up among the Scouts in teams of two, three, or four (depending on how many supplies you have).
- ▶ Let the Scouts design and build their own architectural model of a building of their choice.
- ▶ Have each Scout and team show and tell about their model.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.





Supplemental Bear Den Meeting P

Family Fun

Achievement 10a.

Preparation and Materials Needed

- ▶ Well in advance, select a date, time, and location for your family fun day and inform the den.
 - Visit a park, museum, airport, seashore, farm or ranch, performance, go bowling, etc.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Depends on where you go and what you'll do.

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete Achievement 3f) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Achievement 10a:** Go on a day trip or evening out with members of your family

Want More Fun Activities?

You might do some more of **Achievement 15b** ("Play two organized games with your den."), which could also be **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.").

- ▶ Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader's How-To Book*.
- ▶ Or play your den's favorite game.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting Q

Family Outdoor Adventure

Achievement 12b. Hiking Belt Loop.

Preparation and Materials Needed

- ▶ Select a location for your Family Den Hike.
 - It could be in the city or in your neighborhood, in the woods or a park, or at a Scout camp owned by your local Boy Scout council.
 - Invite the family members of the boys in the den well in advance.
- ▶ Designate a meeting time and a place for the start of the hike. Remind everyone to dress appropriately for the weather, including proper footwear. Ask everyone to bring a water bottle, sunscreen, and possibly a healthy snack.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring plastic bandages in case of blisters.
 - Bring maps of your hiking route.
 - Other items depend on where you go and what you'll do on the hike.

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Explain the buddy system and what to do if lost. Explain the importance of cooperation.
- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Achievement 12b:** Go on a hike with your family.
- ▶ **Hiking belt loop** requirements:
 1. Explain the hiking safety rules to your den leader or adult partner. Practice these rules while on a hike.
 2. Demonstrate hiking attire and equipment.
 3. Hike at least 30 minutes with your adult partner, family, or den.



Want More Fun Activities?

A hike doesn't have to be just a walk. Try a hike plus: Don't just walk; do something:

- ▶ Alphabet hike. Find things to cover each letter (keep a list as you go).
- ▶ Color hike. Find as many colors as you can (keep a list as you go).
- ▶ Sense-of-touch hike. Find things that are: hairy, smooth, rough, cool, dry, wet, sticky, bumpy.
- ▶ Hula-hoop hike. Lay your hoop (or a loop of rope) on the ground, what can you find inside the circle?
- ▶ Inch-high hike (take rulers along). What do you find that is that high (or smaller)?
- ▶ Silent hike (well, try it for a while). Hike or stand still for a few minutes. What do you hear?
- ▶ Give-it-a-name hike. Identify trees and plants, or come up with your own names and descriptions if you don't know the name.
- ▶ Or do knot hikes or first aid hikes (where every so often they stop and work on the subject you pick).

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting R

Let's Go Camping

Elective 25a.

Preparation and Materials Needed

- ▶ Ideally, invite a Boy Scout to your den meeting. Have him teach the boys how to put up a tent and lay a fire. Ask him to wear his uniform and explain to the boys what his insignia represent.
- ▶ If not, have one or more parents who are knowledgeable about camping attend and bring their camping gear.
- ▶ Determine if you can light a campfire in the location of your meeting (consider whether you can bring a portable outdoor fireplace).
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Ask the Boy Scout to bring the following or bring it yourself:
 - One or more tents, backpacks
 - Logs, kindling, tinder, matches
 - Water bucket

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

- ▶ 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.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Elective 25a:** Learn about the 10 essential items you need for a hike or campout. Assemble your own kit of essential items. Explain why each item is essential.
 - Some of your Scouts will be able to discuss this and help teach the others.
 - Allow everyone to touch and hold the gear.
- ▶ If you have a fireplace and permission, have the Boy Scout or leader demonstrate how to lay a fire.

Want More Fun Activities?

OK, you've laid out a fire: Have a campfire!

- ▶ Got s'mores? Could do hot dogs, too.
- ▶ Time for some campfire songs, stories, and skits.
- ▶ If someone has brought backpacking gear, and backpacking stoves, let everyone see how these work by making some trail food.

Supplemental Den Meeting R



Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ 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.



Supplemental Bear Den Meeting S

Tall Tales

Achievement 4.

Preparation and Materials Needed

- ▶ Review the American folklore characters described in the *Bear Handbook* (pages 43–47) and be prepared to discuss each with the den.
- ▶ Home assignment for this meeting: Each boy is to read two folklore stories and be prepared to share his favorite one at this den meeting (**Achievement 4c**).
- ▶ Want More Fun Activities? Asking the Scouts to “dress” like a folklore character is a great idea. Leaders and parents can do that as well.
- ▶ Materials checklist (add to your den “Cub tub” of U.S./den flags, paper/pencils, and other supplies):
 - A United States map
 - Any supplemental printouts or books that help bring to life the folklore characters in the *Bear Handbook*, and any poems or songs that help tell the tales
 - The folklore match game at the end of this meeting plan or one you adapt

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

- ▶ 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.
- ▶ Scouts who did not read their two folklore stories in advance can use this time to read their handbooks or other material to catch up on the home assignment.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (or other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items:

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Achievement 4a** (“Tell in your own words what folklore is. List some folklore stories, folk songs, or historical legends from your own state or part of the country. Play the Folklore Match Game on p. 48.”) and **Achievement 4b** (“Name at least five stories about American folklore. Point out on a United States map where they happened”).
 - Depending on how many assistants, attending parents, and den chiefs you have in attendance, you can do these as one-on-one sessions, or small group sessions, to cover the following elements of those achievements.
 - Ask each boy to tell what folklore is.
 - Have each list five folklore stories, folk songs, or historical legends that he learned about since the last den meeting (home assignment) and point out on a map where they happened.
 - Scouts who are prepared can go first.
 - In the smaller sessions, you can also find out which folklore story each boy would like to tell the whole den. They can rehearse and prepare in the small group before telling the whole den.
 - After the small group breakouts, these would be good for the whole den at one time.



- ▶ **Achievement 4c** (“Have boys tell their favorite folk story to the other boys.”) Allow each Scout to go “one by one” while the others listen.
 - Play the Folklore Match Game (*Bear Handbook* page 48). When someone gets it right and knows something about the story, ask them to tell you what they know (tell the story). You could divide the den in two parts and do this like a “Scholar Quiz” game show.
 - As each Scout describes a story, have them point out on a United States map where some of these stories happened.

Want More Fun Activities?

You can use two meetings to cover this achievement, and have one meeting be a “Folklore Film Festival,” where you and the den watch a folklore movie!

- ▶ One example you might be able to find at your local library or video store is *Disney’s American Legends*, which includes short films about Paul Bunyan, John Henry, and Casey Jones. Don’t forget your popcorn!
- ▶ You might also sing folk songs or read poems about folklore characters or legends . . .

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors, or have a den leader’s minute with a Living Circle or Law of the Pack and/or den yell (or other ceremony).
- ▶ 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.