



Bear Cub Scout Den Meeting Plans

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

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

Meeting Date	Den Meeting Plan No.	Bear Den Meeting Plans	Achievements/Electives Covered
	1	Bobcat, The Past Is Exciting and Important, and Building Muscles	Do: Bobcat 1–7. Achievements 8c, 8d, 8g, and 16a HA*: Bobcat 8. Achievements 3b, 8d and 16a
	2	What Makes America Special? and The Past Is Exciting and Important	Verify: Bobcat 8. Achievement 8d Do: Achievements 3a, 3b, 3d, 3j, 8b, and 8e. HA: Achievement 3b
	3	Ride Right	Verify: Achievement 3b, 16a Do: Achievement 14a, 14b, 14c, and 14e (14f)
	4	Law Enforcement Is a Big Job (police station visit)	Do: Achievement 7a–f HA: Achievements 7c–e, 1a, and 1b
	5	Ways We Worship, Law Enforcement Is a Big Job, and Sawdust and Nails	Verify: Achievement 7c–e Do: Achievements 1a, 1b, 7c–e, 20a, and 20b (20c) HA: Achievement 20c if not done in the den
	6	Sawdust and Nails and Games, Games, Games!	Verify: Achievement 20c if not done in the den Do: Achievements 15a and 20b
	7	What's Cooking?	Do: Achievement 9a, 9b, 9d, and 9e HA: Achievement 9c
	8	Be Ready!	Verify: Achievement 9c Do: Achievement 11a–e and 11g HA: Achievement 11e
	9	Building Muscles and Games, Games, Games!	Verify: 11e Do: Achievements 15b and 16a–c HA: Achievement 13a–g (any four)
	10	Saving Well, Spending Well and Games, Games, Games!	Verify: Achievement 13a–g (any four) Do: Achievement 15a–c HA: Achievement 6a
	11	The Past Is Exciting and Important and Information, Please	Verify: Achievement 6a Do: Achievements 8a, 17b, and 17c HA: Achievement 17a and 17d if not already done
	12 and 13	Sharing Your World With Wildlife	Verify: Achievement 17a and 17d if not already done Do: Achievement 5a–c and 5e. Wildlife Conservation belt loop optional HA: Achievements 5d and 6d–f

*HA = Home/family assignment

	14	Take Care of Your Planet	Verify: Achievements 5d and 6d-f Do: Achievement 6a-g (four of seven)
	15	Build a Model (pinewood derby car construction, part 1)	Do: Assignment 21a
	16	Build a Model (pinewood derby car construction, part 2)	Do: Assignment 21a



Supplemental Den Meeting Plans

Den Meeting Plan Letter	Bear Cub Scout Den Meeting Plan	Achievements/Electives Covered
A	Maps	Do: Elective 23a-e
B	Shavings and Chips	Do: Achievement 19a-d
C	Tying It All Up	Do: Achievement 22a-e
D	Build a Model (rockets)	Do: Achievement 21f and 21g
E	Magic!	Do: Elective 13
F	Jot It Down	Do: Elective 18a, 18d, 18e, 18g, and 18h
G	Nature Crafts	Do: Elective 12a
H	Space	Do: Elective 1c. Astronomy belt loop
I	Space	Do: Elective 1b, 1e, and 1f
J	Landscaping	Do: Elective 14
K	Farm Animals (field trip)	Do: Elective 16
L	Swimming**	Do: Elective 19. Swimming belt loop
M	Boats ***	Do: Elective 5
N	American Indian Life	Do: Elective 24
O	Build a Model	Do: Achievement 21e
P	Family Fun	Do: Achievement 10a
Q	Family Outdoor Adventure (den hike)	Do: Achievement 12b. Hiking belt loop
R	Let's Go Camping	Do: Elective 25a
S	Tall Tales	Do: Achievement 4

** *Note:* Using this plan requires completion by the leader(s) of Safe Swim Defense training. (See www.scouting.org.)

*** Using this plan requires completion by the leader(s) of Safety Afloat training. (See www.scouting.org.)

Bear Rank Achievements and Electives

To earn the Bear rank, a Cub Scout must complete 12 achievements out of a possible 24 that are offered in the book. This is VERY different from Wolf and Tiger where you had to “do every achievement category,” though in Wolf there are *some* choices. The Bear achievements are grouped in four major areas, God (1 and 2), Country (3–7), Family (8–13), and Self (14–24). Within each group, a required number of achievements must be completed (the details are in the *Bear Handbook*). So, in Bear, you don’t need to try to “do it all,” because you don’t have to do it all to earn the rank.

The den meeting plans select the achievements to be done so that rank advancement may be most efficiently achieved. In addition to the den activities, certain activities are **primarily done at home and signed off in the handbook by the boy’s parent** or adult family member after the boy has completed each task. The handbook is later shown to the den leader or assistant, who records the progress and also signs the boy’s book.



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.

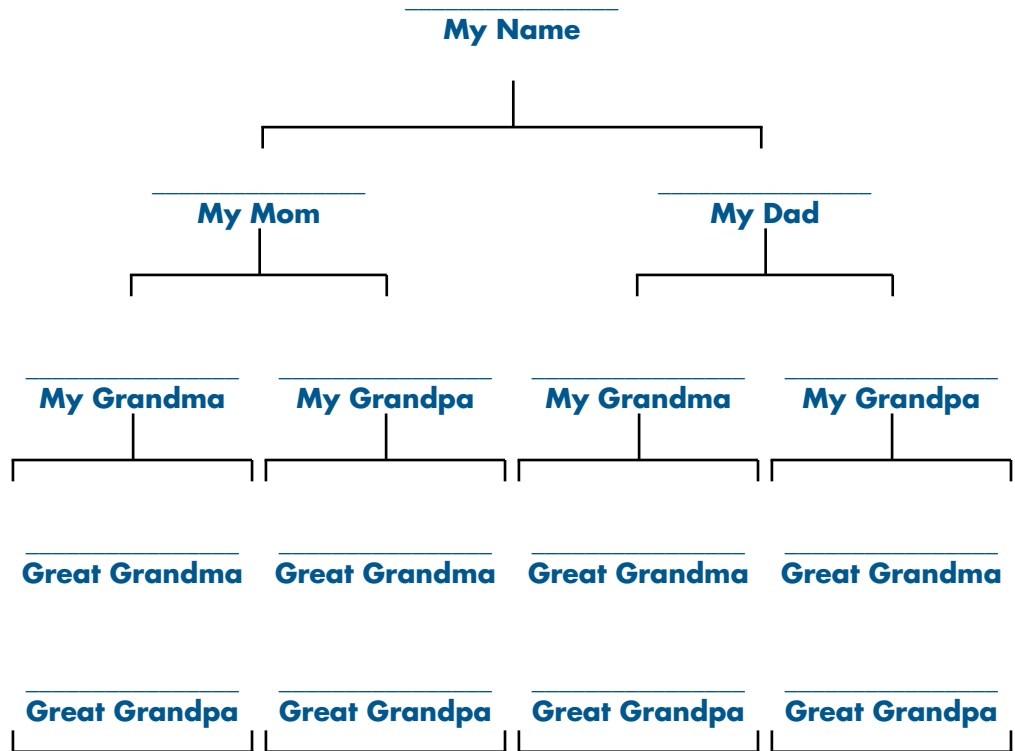
Den Meeting 1



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.