

# DEN LEADER



# JUMPSTART

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# DEN MEETING #1

## “LION’S HONOR”

### Requirements:

1. Show the Cub Scout sign. Tell what it means.
2. Repeat the Cub Scout motto. Tell what it means.
3. Show the Cub Scout salute. Tell what it means.
4. Show teamwork and good sportsmanship by playing a game with your den.
5. Participate in an outing.\*

### Materials Needed:

- American Flag
- Pledge of Allegiance Poster
- Cub Scout Motto Poster
- Masking Tape (brightly colored)
- Healthy Snack

### Lesson Plan:

#### Opening (7 min)

Arrange Lion Cubs in a semi-circle or horseshoe, with the American Flag in the open end and the Pledge of Allegiance poster displayed near it. Welcome everyone to their first Den Meeting as Cub Scouts! We start every Cub Scout meeting with the Pledge of Allegiance and the Cub Scout Motto, so let’s try them now.

Show Cub Scouts how to make the Cub Scout salute, with two fingers against the forehead. Explain that when we are in our Cub Scout shirts, we use this salute to show respect to the American Flag. (Req. 3)

Once they all are saluting, repeat the Pledge of Allegiance:

“I pledge allegiance to the Flag  
Of the United States of America  
And to the Republic for which it stands  
One Nation, under God, Indivisible,  
With liberty and justice for all”

Now show the Lions how to make the Cub Scout sign, with two fingers in the air like wolf ears. Have them repeat the Cub Scout motto: “Do your Best”

#### Talk Time (8 min)

Have the Lions sit down in their places. Ask them to say the Cub Scout Motto again. (“Do Your Best”)

Once complete, ask them what it means to do their best. Give some examples if needed: (req. 2)

“If I told someone I would do chores, but I didn’t do them, would I be doing my best?”

“What if I tried really hard to help my mom carry groceries but I couldn’t lift them. Then am I doing my best?”

#### “Scout Sign” Game (15 min)

This game is a lot like “Red Light, Green Light”, but uses the Scout Sign instead of words. (req. 4)

#### RULES:

1. Lion Cubs start at the line marked by tape
2. When the Leader’s sign is down, they can walk towards the Leader and can make noise.
3. When the Leader’s sign is up, they must also put their sign up and stand still and quiet
4. The first Lion Scout to the Leader becomes the new Leader (with parent help).

#### Scout Sign Game Reflection (5 min)

Sit Lions in a circle. Explain that this year we are going to keep playing the Scout Sign game. When a Leader puts the Scout Sign up, we need to stop moving and be quiet, so we can listen to them. We put our Scout Sign up in the air too to show we are listening—like wolf ears! (req. 1)

#### Snack (10 min)

Have Lions sit at a table or in a circle and pass around a healthy snack. While eating, have families sign up to be Denners. Each family is a denner one time. The Denners are responsible for bringing a snack, and helping lead the Opening.

#### Closing (5 min)

Gather Lions around the flag again. Remind them when the next meeting is, and thank them for coming. Have them practice the Cub Salute and Sign once more, then dismiss them until next month!

*\*Note: Req. 5 is completed by attending meeting #2*

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# DEN MEETING #2

## “MOUNTAIN LION”

### Requirements:

1. Gather the outdoor items you need to have with you when you go on an outdoor adventure, and understand how they are used. Also understand and commit to practicing the buddy system.
2. Learn what SAW (Stay, Answer, Whistle) means. Demonstrate what you can do to stay safe if you become separated from the group when you are outdoors.
3. Demonstrate an understanding of respect for animals and nature when participating in a learning hike.

### Materials Needed:

- American Flag
- Pledge of Allegiance Poster
- Cub Scout Motto Poster
- Healthy Snack
- One piece of essential outdoor gear for each Lion

### Lesson Plan:

#### Opening (5 min)

Arrange Lion Cubs in a semi-circle or horseshoe, with the American Flag in the open end and the Pledge of Allegiance poster displayed near it. Ask the Denner to help lead the Pledge of Allegiance and the Cub Scout Motto, using the posters for reference.

#### Talk Time (5 min)

Have the Lions sit down in their places. Ask them what it means to be nice to nature. (req. 3). Give examples if needed, such as about chasing animals or hurting trees. (req. 3)

Transition to talking about what to do if lost outside. Explain the SAW acronym—Stay, Answer, Whistle. Give each Lion a plastic whistle and let them practice whistling.

#### Outdoor Essentials Talk (10 min)

Lay out all of the outdoor essentials somewhere away from the group. Have the Lions stand up and each go gather one of the items to bring back to the circle. Once recircled, have them talk about their

Item and how it might help outside. Items should include a First Aid Kit, Water Bottle, Flashlight, Trail Food, Sunscreen, and a whistle.

#### Buddy Game (10 min)

Gather the Lions outside and have them form buddy pairs (or triplets, as needed). Explain that the Lions need to stay near their Buddy to make sure that their buddy is staying safe. Play a short game:

#### BUDDY GAME RULES:

1. When the Leader blows the whistle, start going around and shaking as many hands as you can
2. When the leader blows the whistle again, race to find your buddy as quick as possible!

This can be repeated a couple of times

#### Learning Hike (15 min)

At this point, Lions and their adults can start going on a learning hike around the area near their meeting location. Possible hike topics can include:

- If a leader or parent knows local flora or fauna, pointing it out and talking about it
- Walking to points of interest in your town, like a veteran’s memorial or fire station
- Walking to a Den member’s house and back (especially fun if that den member is your denner for the meeting)
- Singing a repeat-after-me song (many can be found online)

Midway through the hike, stop for a quick break so Lions can drink water and rest for a minute. Make sure the hike doesn’t go too long, as the Lions will get tired quickly.

#### Snack (10 min)

Once back to the den meeting location, gather Cubs for a snack. During the snack, talk about what they saw during the hike.

#### Closing (5 min)

Gather the Lions around the flag again. Remind them when the next meeting is, and thank them for coming. Have them practice the SAW method one more time, then dismiss them until next month!

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# DEN MEETING #1

## “BOBCAT BADGE”

### Requirements:

1. Learn and say the Scout Oath, with help if needed
2. Learn and say the Scout Law, with help if needed
3. Show the Cub Scout sign. Tell what it means.
4. Show the Cub Scout handshake. Tell what it means
5. Say the Cub Scout Motto. Tell what it means.
6. Show the Cub Scout salute. Tell what it means.
7. With your Parent or Guardian, complete the exercises in the pamphlet *How to Protect Your Children From Child Abuse: A Parent's Guide*.

### Materials Needed:

- American Flag
- Scout Oath Poster
- Scout Law Poster
- Masking Tape (brightly colored)
- Healthy Snack

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### Lesson Plan:

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#### Opening (5 min)

Arrange the Tiger Cubs in a semi-circle or horseshoe, with the American Flag in the open end and the Scout Oath and Law posters near the flag. Welcome everyone to their first Tiger Den Meeting! We always start every Cub Scout meeting with the Pledge of Allegiance and the Scout Oath and Law, so let's try them now.

Show the Tigers how to make the Cub Scout salute, with two fingers against the forehead. Explain that when we are in our Cub Scout shirts, we use this salute to show respect to the American Flag. (Req. 6). Repeat the Pledge of Allegiance.

Now show the Tigers how to make the Cub Scout sign, with two fingers in the air like wolf ears. Have them repeat the Scout Oath and Law.

#### Talk Time (10 min)

Have the Tigers sit down in their places. Using their handbooks on Page 16, walk through the meanings of the Scout Oath and Law. (req. 1-2)

Next, have the Tigers stand up and repeat the Cub Scout Motto while showing the Cub Scout sign: “Do Your Best”

Once complete, ask them what it means to do their best. Give some examples if needed: (req. 5)

#### “Scout Sign” Game (15 min)

This game is a lot like “Red Light, Green Light”, but uses the Scout Sign instead of words.

#### RULES:

1. Tiger Cubs start at the line marked by tape
2. When the Leader's sign is down, they can walk towards the Leader and can make noise.
3. When the Leader's sign is up, they must also put their sign up and stand still and quiet
4. The first Tiger Cub to the Leader becomes the new Leader (with parent help).

#### Scout Sign Game Reflection (5 min)

Sit Tigers in a circle. Explain that this year we are going to keep playing the Scout Sign game. When a Leader puts the Scout Sign up, we need to stop moving and be quiet, so we can listen to them. We put our Scout Sign up in the air too to show we are listening—like wolf ears! (req. 3)

#### Snack (10 min)

Have Tigers sit at a table or in a circle and pass around a healthy snack. While eating, have families sign up to be Denners. Each family is a denner one time. The Denners are responsible for bringing a snack, and helping lead the Opening.

#### Closing (5 min)

Gather Tigers around the flag again. Remind them when the next meeting is, and thank them for coming. Before leaving, we're going to give each other the Cub Scout handshake, which is made doing a regular handshake with two fingers in the Scout Sign.

Ask parents to complete Req. 7 on their own before the next meeting, and to bring the Cub Scout Six Essentials to the next meeting, plus a backpack (Page 95)

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# DEN MEETING #2

## “TIGERS IN THE WILD”

### Requirements:

1. With your parent, guardian, or other caring adult, name and collect the Cub Scout Six Essentials you need for a hike. Tell your den leader what you would need to add to your list to prepare for rain.
2. Go for a short hike with your den or family, and carry your own gear. Show you know how to get ready for this hike.
3. Do the following:
  - A. Listen while your leader reads the Outdoor Code. Talk about how you can be clean in your outdoor manners.
  - B. Listen while your leader reads the Leave No Trace Principles for Kids. Discuss why you should “Trash your Trash.”
  - C. Apply the Outdoor Code and Leave No Trace Principles for Kids on your Tiger den and pack outings. After one outing, share what you did to demonstrate the principles you discussed.
4. While on the hike, find three different kinds of plants, animals, or signs that animals have been on the trail. List what you saw in your *Tiger Handbook*.

### Materials Needed:

- American Flag
- Scout Oath Poster
- Scout Law Poster
- Smartphone with *Seek by iNaturalist* app installed.
- 1-2 extra sets of Cub Scout essentials
- Healthy, portable snack like granola bars.
- Trash Bag

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### Lesson Plan:

#### Opening (5 min)

Arrange the Tiger Cubs in a semi-circle or horseshoe, with the American Flag in the open end and the Scout Oath and Law posters near the flag. Recite the Pledge of Allegiance, followed by the Scout Oath and Law. Remember to salute during the Pledge and show the Cub Scout Sign during the Oath and Law.

#### Talk Time (10 min)

Have the Tigers sit down in their places. Using their handbooks on Page 302, walk through the meanings of the Outdoor Code and Leave No Trace Principles for Kids.

#### Learning Hike (Part 1–15 min)

Have the Tigers gather their Cub Scout Six Essentials. Ask them to tell what they would do if it was raining (req. 1). Have them choose a buddy to “buddy up” with during the hike.

Go on a short hike (no more than 15 minutes). During the hike, use the *Seek by iNaturalist* app to identify three different plants or animals. Talk about their habitat and have Tigers tell stories about what they might be doing today. (req. 2)

#### Outdoor Snack (5 min)

Halfway through the hike, stop to eat an outdoor snack (weather-dependent). Have Tigers write down the wildlife or plant life they observed during the hike on page 102 of their handbook. (req. 4)

Once complete, have the Tigers make sure to throw wrappers/etc. away using the trash bag. Put the trash in a nearby public can, or carry back to meeting place. Talk about why it’s important to “Trash your Trash” (req. 3)

#### Learning Hike (Part 2–15 min)

Hike back to your meeting place, and wrap up any unfinished nature observations.

#### Reflection and Closing (5 min)

Gather Tigers around the flag again. Ask them if they remember any of the things they saw when hiking. Ask them to remind you how they followed the Leave No Trace principles when on the hike.

Remind them when the next meeting is, and thank them for coming.

Sign off Requirement 7 of Bobcat Badge if parents have completed it.

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# DEN MEETING #1 (OPTION 1)

## “BOBCAT BADGE”



### Requirements:

1. Learn and say the Scout Oath, with help if needed
2. Learn and say the Scout Law, with help if needed
3. Show the Cub Scout sign. Tell what it means.
4. Show the Cub Scout handshake. Tell what it means
5. Say the Cub Scout Motto. Tell what it means.
6. Show the Cub Scout salute. Tell what it means.
7. With your Parent or Guardian, complete the exercises in the pamphlet *How to Protect Your Children From Child Abuse: A Parent's Guide*.

### Materials Needed:

- American Flag
- Scout Oath Poster
- Scout Law Poster
- Masking Tape (brightly colored)
- Healthy Snack

### Lesson Plan:

#### Opening (5 min)

Arrange the Cubs in a semi-circle or horseshoe, with the American Flag in the open end and the Scout Oath and Law posters near the flag. Welcome everyone to their first Wolf Den Meeting! We always start every Cub Scout meeting with the Pledge of Allegiance and the Scout Oath and Law, so let's try them now.

Show the Cubs how to make the Cub Scout salute, with two fingers against the forehead. Explain that when we are in our Cub Scout shirts, we use this salute to show respect to the American Flag. (Req. 6). Repeat the Pledge of Allegiance.

Now show the Cubs how to make the Cub Scout sign, with two fingers in the air like wolf ears. Have them repeat the Scout Oath and Law.

#### Talk Time (10 min)

Have the Cubs sit down in their places. Using their handbooks on Page 16, walk through the meanings of the Scout Oath and Law. (req. 1-2)

Next, have the Cubs stand up and repeat the Cub Scout Motto while showing the Cub Scout sign: “Do Your Best”

Once complete, ask them what it means to do their best. Give some examples if needed: (req. 5)

#### “Scout Sign” Game (15 min)

This game is a lot like “Red Light, Green Light”, but uses the Scout Sign instead of words.

#### RULES:

1. Cubs start at the line marked by tape
2. When the Leader's sign is down, they can walk towards the Leader and can make noise.
3. When the Leader's sign is up, they must also put their sign up and stand still and quiet
4. The first Cub to the Leader becomes the new Leader (with parent help).

#### Scout Sign Game Reflection (5 min)

Sit Cubs in a circle. Explain that this year we are going to keep playing the Scout Sign game. When a Leader puts the Scout Sign up, we need to stop moving and be quiet, so we can listen to them. We put our Scout Sign up in the air too to show we are listening—like wolf ears! (req. 3)

#### Snack (10 min)

Have Cubs sit at a table or in a circle and pass around a healthy snack. While eating, have families sign up to be Denners. Each family is a denner one time. The Denners are responsible for bringing a snack, and helping lead the Opening.

#### Closing (5 min)

Gather Cubs around the flag again. Remind them when the next meeting is, and thank them for coming. Before leaving, we're going to give each other the Cub Scout handshake, which is made doing a regular handshake with two fingers in the Scout Sign.

Ask parents to complete Req. 7 on their own before the next meeting, and to bring any materials needed to the next meeting.

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# DEN MEETING #1 (OPTION 2)

## “FINDING YOUR WAY”

### Requirements:

1. Talk with your family or den about what it means to be physically fit. Share ideas of what you can do to stay in shape
2. With your family or den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action.
3. Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time
4. With your family or your den, talk about what it means to be a member of a team. Working together, make a list of team sports and talk about how the team works together to be successful. Choose one and play for 30 minutes.

### Materials Needed:

- American Flag
- Scout Oath and Law Poster
- Fitness Log copies (1/Wolf, see reverse)
- Bucket of sports equipment (balls, bats, etc.)
- Healthy Snack

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### Lesson Plan:

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#### Opening (5 min)

Arrange the Cubs in a semi-circle or horseshoe, with the American Flag in the open end and the Scout Oath and Law posters near the flag. Welcome everyone to their first Wolf Den Meeting!

Remind Wolves how to make the Cub Scout salute, with two fingers against the forehead. Repeat the Pledge of Allegiance. Then remind Wolves how to make the Cub Scout sign, with two fingers in the air like wolf ears. Have them repeat the Scout Oath and Law.

#### Stretches Introductions (5 min)

Go around the circle and have each Wolf show one stretch. When they do, have all the wolves do that stretch. Ask why it is important to do stretches before physical activity. (Req. 2)

*Hint: Place adults strategically in the circle to do “real” stretches, and let the wolves be goofy with theirs!*

#### Talk Time (10 min)

Have the Wolves sit down in their places. Ask them what it means to be physically fit, and how they can stay in shape (req. 1)

Dump out the bucket of sports materials in the middle of the circle. Using a piece of paper, have them come up with ideas of team games they could play with that equipment. Choose one

#### Team Game (30 min)

With the game chosen, play it for 30 minutes. If it needs extra equipment (i.e. a goal, etc.) that you do not have, improvise a solution. For example, water bottles can mark boundaries, a tarp can be used as a goal.

#### Snack (10 min)

Have Cubs sit at a table or in a circle and pass around a healthy snack. While eating, have families sign up to be Denners. Each family is a denner one time. The Denners are responsible for bringing a snack, and helping lead the Opening.

#### Closing (5 min)

Gather Cubs around the flag again. Remind them when the next meeting is, and thank them for coming. Before leaving, give each a *Paws of Skill* log sheet (reverse) and ask them to choose two of the activities and practice for two weeks to see if they improve! Once they bring the sheets back to you, they will get the Paws of Skill belt loop!

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# DEN MEETING #2

## “PAWS ON THE PATH”

### Requirements:

1. Talk with your family or den about what it means to be physically fit. Share ideas of what you can do to stay in shape
2. With your family or den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action.
3. Select at least two physical fitness skills and practice them daily for two weeks. See if you can improve during that time
4. With your family or your den, talk about what it means to be a member of a team. Working together, make a list of team sports and talk about how the team works together to be successful. Choose one and play for 30 minutes.

### Materials Needed:

- American Flag
- Scout Oath and Law Poster
- Fitness Log copies (1/Wolf, see next page)
- Bucket of sports equipment (balls, bats, etc.)
- Healthy Snack

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### Lesson Plan:

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#### Opening (5 min)

Arrange the Cubs in a semi-circle or horseshoe, with the American Flag in the open end and the Scout Oath and Law posters near the flag.

Remind Wolves how to make the Cub Scout salute, with two fingers against the forehead. Repeat the Pledge of Allegiance. Then remind Wolves how to make the Cub Scout sign, with two fingers in the air like wolf ears. Have them repeat the Scout Oath and Law.

#### Stretches Introductions (5 min)

Go around the circle and have each Wolf show one stretch. When they do, have all the wolves do that stretch. Ask why it is important to do stretches before physical activity. (Req. 2)

*Hint: Place adults strategically in the circle to do “real” stretches, and let the wolves be goofy with theirs!*

#### Talk Time (10 min)

Have the Wolves sit down in their places. Ask them what it means to be physically fit, and how they can stay in shape (req. 1)

Dump out the bucket of sports materials in the middle of the circle. Using a piece of paper, have them come up with ideas of team games they could play with that equipment. Choose one

#### Team Game (30 min)

With the game chosen, play it for 30 minutes. If it needs extra equipment (i.e. a goal, etc.) that you do not have, improvise a solution. For example, water bottles can mark boundaries, a tarp can be used as a goal.

#### Snack (10 min)

Have Cubs sit at a table or in a circle and pass around a healthy snack. While eating, have families sign up to be Denners. Each family is a denner one time. The Denners are responsible for bringing a snack, and helping lead the Opening.

#### Closing (5 min)

Gather Cubs around the flag again. Remind them when the next meeting is, and thank them for coming. Before leaving, give each a *Paws of Skill* log sheet (reverse) and ask them to choose two of the activities and practice for two weeks to see if they improve! Once they bring the sheets back to you, they will get the Paws of Skill belt loop!





## DEN MEETING #1 (Option 2)

### “ROARING LAUGHTER”

#### Requirements:

1. Think about what makes you laugh. Write down three things that make you laugh
2. Practice reading tongue twisters
3. With a partner, play a game that makes you laugh
4. Share at least two jokes with members of your den to make them laugh.

#### Materials Needed:

- American Flag
- Scout Oath and Law Poster
- Joke Cards (1 sheet per up to 16 bears, next page)
- Spray Bottle filled with water (no squirt guns)
- Healthy Snack

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#### Lesson Plan:

#### Opening (5 min)

Arrange the Cubs in a semi-circle or horseshoe, with the American Flag in the open end and the Scout Oath and Law posters near the flag. Welcome everyone to their first Bear Den Meeting!

Remind Bears how to make the Cub Scout salute, with two fingers against the forehead. Repeat the Pledge of Allegiance. Then remind Bears how to make the Cub Scout sign, with two fingers in the air like wolf ears. Have them repeat the Scout Oath and Law.

#### Talk Time (10 minutes)

Have the Bears sit down in their places from the flag circle. Introduce today's topic (things that are funny). Ask them to list some things that make them laugh! Write these down on a whiteboard or flipchart. (req. 1)

Introduce the idea of tongue twisters. Ask if anyone knows a tongue twist, and see if the other bears can repeat them. If there are no suggestions, some good ones are (req. 2)

Fresh Fried Fish

She Sells Sea Shells By The Sea Shore

A Snake Sneaks to Seek a Snack

Four Fine Fresh Fish For You

He Threw Three Free Throws

#### Egg Game (10-20 min)

Explain the rules of the game:

- 1) Everyone starts as an egg. Eggs hold their hands by their feet (making an egg shape with their arms) and sing the egg songs. "I'm an egg, I'm an egg, I'm an egg, I'm an egg" (To the tune of the Map song from Dora the Explorer)
- 2) When two eggs meet, they play Rock, Paper, Scissors. The loser stays an egg. The winner becomes a chick and makes cheeping sounds.
- 3) When two chicks meet, they play Rock, Paper, Scissors. The loser becomes an egg. The winner becomes a chicken and does chicken wings/bawking.
- 4) When two chickens meet, they play Rock, Paper, Scissors. The loser becomes an egg. The winner becomes a Chickenzilla (Godzilla noises) and is out of the game.
- 5) Play until the leader stops the game. (req. 3)

#### Sneaky Mice (10-20 min)

The "cat" sits on a chair in the middle of a hallway with the water spray bottle and get blindfolded. The "mice"'s goal is to sneak by the cat (set up a passage/bounds) without the cat hearing them. If the cat hears them, they can spray the mice. If the mouse is sprayed, they have to go back in line. The first mouse to make it unsprayed becomes the new cat. (req. 3)

#### Snack (10 min)

Have Cubs sit at a table or in a circle and pass around a healthy snack. While eating, have families sign up to be Denners. Each family is a denner one time. The Denners are responsible for bringing a snack, and helping lead the Opening.

During the snack, have Bears pick out two jokes from the joke cards scattered around the table. With their parents, make sure they understand them.

#### Joke Time (5 min)

Each Bear gets a chance to stand in front of the group and say their two jokes. If a bear gets stage fright, the Den Leader or parent should help them. (req. 4)

#### Closing (5 min)

Gather Cubs around the flag again. Remind them when the next meeting is, and thank them for coming. Remind Bears to bring their Cub Scout Six Essentials (page 66) and a day pack to the next den meeting.

Q: Why do trees hate tests? A: The questions always STUMP them!	Q: What has three letter and starts with gas? A: A car!
Q: What do you call a detective alligator in a vest? A: an IN-VEST-IGATOR!	Q: Why doesn't Dracula have any friends? A: He's a pain in the neck!
Q: Why do bees have sticky hair? A: Because they have honey combs!	Q: What happens to a frog's car when it breaks down? A: It gets TOAD away!
Q: Where did the cat learn to swim? A: The KITTY pool!	Q: What did one snowman say to the other? A: Do you smell carrots?
Q: Where should you never take your dog? A: The FLEA market!	Q: What can you hold without touching it? A: Your breath!
Q: What's a Scarecrow's favorite fruit? A: STRAW-berries!	Q: What do you call cheese that isn't yours? A: Nacho Cheese!
Q: What did the quarterback say to the Scout? A: HIKE!	Q: What did the ocean say to the sailboat? A: Nothing, it just WAVED!
Q: What is a skeleton's favorite instrument? A: A Trom-BONE!	Q: Why did the scarecrow win an award? A: It was outstanding in its field!
Q: What did the mouse say to the camera? A: CHEESE!	Q: What do you call a crocodile with a compass? A: A navi-GATOR!
Q: What did the Janitor say when he jumped out of the closet? A: SUPPLIES!	Q: What do you call a sad strawberry? A: A Blueberry!
Q: What did the rope say to his friend? A: Sorry I can't play, I'm a little tied up right now!	Q: What do you call an elephant in a phone booth? A: Stuck!
Q: What is it called when you raise money for a bush? A: A Hedge Fund	Q: What do librarians take fishing? A: Bookworms!
Q: How did the Tooth Fairy get to the north pole? A: On the MOLAR express!	Q: Why did the chef throw the butter? A: He wanted to see a butterfly!
Q: What fruit can open a door? A: a KEY-wi (kiwi)	Q: How do clams and oysters talk to each other? A: On SHELL phones!
Q: What's the cheapest place to buy a clock? A: The second-hand store!	Q: What did one snowman say to the other? A: ICE to meet you!
Q: What kind of car does an egg drive? A: A YOLKS-wagon	Q: Why was the robot angry? A: People kept pushing his buttons!



# DEN MEETING #2

## “BEAR NECESSITIES”

### Requirements:

1. While working on your Bear badge, attend an outdoor activity with your den or pack
2. Make a list of items you should take along on the activity selected in requirement 1
3. Make a list of equipment that the group should bring along in addition to each Scout's personal gear for the activity selected in requirement 1
4. Help set up a tent. Determine a good spot for a tent, and explain to your den leader why you picked it.

### Materials Needed:

- American Flag
- Scout Oath and Law Poster
- Tents (1 per 2-3 bears, plus 1 extra)
- Trash Bag
- Healthy Snack easy to transport on hike

### Lesson Plan:

#### Opening (5 min)

Arrange the Cubs in a semi-circle or horseshoe, with the American Flag in the open end and the Scout Oath and Law posters near the flag.

Remind Bears how to make the Cub Scout salute, with two fingers against the forehead. Repeat the Pledge of Allegiance. Then remind Bears how to make the Cub Scout sign, with two fingers in the air like wolf ears. Have them repeat the Scout Oath and Law.

#### Talk Time (10 minutes)

**BEFORE THE MEETING:** Choose or determine an outdoor activity that your den will participate in using the requirements on page 65 of the Bear Handbook.

Have the Bears grab their Cub Scout Six Essentials that they brought to this meeting and bring them back to the flag circle. Going around, go through all six essentials and have Bears volunteer to demonstrate how to use them, and explain why they are important (req. 2).

Introduce the bears to the upcoming outdoor activity chosen before the meeting. Ask them what they think they will need to bring to that activity. Write down the materials on Page 66 of their Handbooks. Next, write a list of group equipment on Page 67. (req. 3)

*Suggested items for Requirement 3 include a Lantern, Camp Stove, Water Container, Shovel, Tents, First Aid Kit, Cook Kit, Garbage Can/Bags, Soap, Toilet Paper...*

#### Short Hike/Walk (10 min)

Have Bears load their day packs with their Cub Scout Six Essentials. Get Bears or parents to help carry **TENTS** and **SNACKS**. Take a short walk to a backyard or park where you can set up a tent.

#### EXPLAIN: Tent Setup (5 min)

As a leader, practice setting up a tent **BEFORE** the meeting. Once arrived, have Bears drop gear someplace safe and gather around. Start by explaining how the tents are set up (poles snap together, go through loops, etc.). Explain the parts of tents (Body, Fly, Stakes).

Explain how to choose a good site by walking to places in the outdoor area and talking about good things and bad things. Good things include a flat surface, soft ground, and being up a hill. Bad things include rocks and sticks, dead trees, and being at the bottom of a hill.

#### DEMONSTRATE: Tent Setup (5 min)

Next, take the extra tent and set it up, demonstrating how to do so. Let the bears watch, not participate.

#### GUIDE and ENABLE: Tent Setup (15 min)

Now pass the tents out to the Bears and let them set them up. They should start by choosing a good location for their tents, then setting them up. Leaders and parents should supervise and offer hands-on assistance to get the tents assembled. (req. 4)

#### Outdoor Snack (10 min)

Have Cubs sit at a picnic table or on the ground in a circle and pass around a healthy snack. While eating, talk about camping overnight. Ask if anyone has stayed in a tent before.

#### Pack Up and Hike Back (10 min)

Make sure all tents are taken down and materials gathered. Assemble the Bears in a police line and sweep the area to ensure no trash is left behind. Hike back to the meeting place.

#### Closing (5 min)

Gather Cubs around the flag again. Remind them when the next meeting is, and thank them for coming.

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# DEN MEETING #1 (Option 2)

## “CASTAWAY”

### Page 263-264 (Webelos Handbook)

#### Materials Needed (Source (\*)s from families)

- |   |   |
|---|---|
| <input type="radio"/> American Flag                       | <input type="radio"/> * Box of Matches      |
| <input type="radio"/> Charcoal                            | <input type="radio"/> * First-Aid Kit       |
| <input type="radio"/> Bananas (1 / cub)                   | <input type="radio"/> * Rain Gear           |
| <input type="radio"/> Chocolate Bar (1 / 3 Cubs)          | <input type="radio"/> * Water Bottle        |
| <input type="radio"/> Mini Marshmallows                   | <input type="radio"/> * Flashlight          |
| <input type="radio"/> 2 Slices of bacon per Cub           | <input type="radio"/> * Sunscreen           |
| <input type="radio"/> 1 egg per Cub                       | <input type="radio"/> * Compass / Map       |
| <input type="radio"/> 1 paper lunch bag per Cub           | <input type="radio"/> Water Purifier Tablet |
| <input type="radio"/> 1 stick per Cub                     | <input type="radio"/> * Duct Tape           |
| <input type="radio"/> Matches / Lighter                   | <input type="radio"/> * Garbage Bag         |
| <input type="radio"/> * Bandana                           | <input type="radio"/> Lake or River Water   |
| <input type="radio"/> Emergency Scenarios (see next page) |   |

#### Lesson Plan:

**BEFORE THE MEETING:** Start the coals so they are ready to use. Find a place to spread them out, like on a grill.

This meeting is intended to be run outdoors at a park.

#### Opening (5 min)

Arrange the Cubs in a semi-circle or horseshoe, with the American Flag in the open end. Welcome everyone to their first Webelos Den Meeting! Recite the Pledge of Allegiance with Scout Salutes, followed by the Scout Oath and Law with Scout Signs.

#### Snack #1 (5 min)

Have the Cubs prepare Banana Boats: First, slice a banana open with kitchen knife. Line the inside with chocolate, then fill with marshmallows. Wrap in tinfoil, then cook on bed of coals for 5-10 minutes during next activity.

#### Snack #2 (10 min)

While Banana Boats are cooking, have Cubs follow the instructions for Bacon and Eggs in a Bag on Page 265 of their handbooks. (req. 1a)

#### Talk Time (10 min)

Requirement 2c can be completed while eating snack. Go through the STOP acronym, Signalling, and emergency leadership. See pages 276-277. (req. 2c)

#### Water Purification (10 min)

Go through two ways of treating water: Boiling and Chemical Treatment. Have Cubs try filtering water through a bandana then boiling it over a stove. Then try using a chemical treatment on the water. Have Cubs try a little of each and describe the taste. (req. 2b)

#### Survival Kit Game (10 min)

Set survival kit objects (with a \*) some distance away from the Cubs. Split Cubs into two teams and have them relay race to grab the objects they think are most important.

Once all objects have been claimed, have the teams choose the three most important objects they grabbed and present to the group how they can be used. (req. 2a)

#### Survival Shelters (25 min)

Have Cubs build survival shelters using downed limbs in your area. Give them a 15-minute time limit. After this, go around to the shelters and tour them. Make sure shelters are downed after the activity. (req. 1c)

#### Emergency Leadership (10 min)

Split the Cubs into two groups. Give each one an Emergency Scenario to act out. They have 5 minutes to practice, then 5 to perform. Ask the group how they showed leadership during that scenario.

#### Closing (5 min)

Gather Cubs around the flag again. Remind them when the next meeting is, and make sure they bring a day pack and water bottle for the meeting. Thank them for coming.

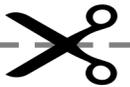
## Webelos Castaway Scenario #1: Broken Backpack

*All of your group members are hikers. Choose one to be the leader.*

Your Pack is on a hike when someone in your den's backpack breaks. Your den stops to help fix the backpack, but your Pack accidentally keeps hiking and leaves you behind! Show us how you would resolve this situation using the STOP (Stop, Think, Observe, Plan) acronym and using signaling.

What are four ways you can be a leader in this situation?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



## Webelos Castaway Scenario #2: Bear Blocking!

*Choose one group member to be the leader, and one to be the bear. The rest are hikers.*

Your Den is on a hike when you see a bear up ahead blocking the path. You try to avoid the bear but get lost in the woods! Show us how you would resolve this situation using the STOP (Stop, Think, Observe, Plan) acronym and using signaling.

What are four ways you can be a leader in this situation?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



# DEN MEETING #2

## “WEBELOS WALKABOUT”

### Page 91 (Webelos Handbook)

#### Materials Needed:

- American Flag
- Map of local area (or computer with Google maps)
- Sticker Name Tags and Markers
- Raisins
- Colorful chocolate candies (i.e. M&Ms)
- Peanuts
- Snack-sized Ziplock bags (2/Cub)
- Adhesive Bandages (5/Cub)
- Tweezers (1/Cub)
- Antiseptic Pads (3/Cub)
- Disposable, latex-free gloves (1 pair/cub)
- Moleskin

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#### Lesson Plan:

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#### Opening (5 min)

Arrange the Cubs in a semi-circle or horseshoe, with the American Flag in the open end. Recite the Pledge of Allegiance with Scout Salutes, followed by the Scout Oath and Law with Scout Signs.

#### Talk Time (10 min)

Have the Cubs open their handbooks to page 14 and recite the Outdoor Code a couple of times. Ask them what the points mean.

Repeat with the Leave No Trace Principles for Kids on pages 15–16.

Quiz the Scouts by having them close their books and trying to remember parts (or whole pieces) from memory. (req. 3)

#### First Aid Kit Assembly (10 min)

Lay out First Aid kit materials (bandages, tweezers, antiseptic, gloves, and moleskin) on tables near group. Give Cubs a Ziplock bag, and have them grab (in order): Bandages, Tweezers, Antiseptic Pads, Gloves, and Moleskin. Each time they grab one, ask them what that item is used for. (req. 1)

#### Hike Planning (10 min)

Take out map or pull up Google Maps. Have Cubs help find where they are now, and show them where they will be hiking to. Have Cubs help plan hike directions, and write directions down on paper. The hike should be about 1.5 miles one-way.

Next, have Cubs choose leadership roles and put on nametags to wear during hike:

- Trail Leader—Front hiker
- Trail Watcher—Rear
- First-Aid Leader(s)
- Song leader(s)
- Snack Leader (s)
- Other roles as needed

#### Snack Building (5 min)

Put raisins, peanuts, and candies in bowls. Have Cubs wash hands, then use spoons to scoop trail mix into Ziplock baggies for snack. Recommend 2 parts peanuts, 1 part raisins, 1 part candies.

#### Hike (15 min)

Hike one direction following the Cub's plan for 1.5 miles.

#### Snack (10 min)

Stop at the halfway point and have a snack. Quiz Cubs on Outdoor Code and LNT principles.

#### Game or Song (5 min)

If time permits, allow for a brief game outside. Recommended games include Freeze Tag or Simon Says.

#### Hike (15 min)

Complete the hike, returning to the starting point.

#### Closing (5 min)

Gather Cubs around the flag again. Remind them when the next meeting is, and thank them for coming.

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# PATROL MEETING #1

## “SCOUTING ADVENTURE 1”

### Requirements Completed (Scouting Adventure)

Req. 1a-1c, 3a-3d, 5a-5b, 6

### Materials Needed:

- American Flag
- Piece of fabric 2ft x 3ft for Patrol Flag
- Large stick or dowel rod for flagpole
- Length of natural rope (3ft) and synthetic rope (3ft)
- Rope to practice knots (1/Scout)
- 5-10 patrol patches (or picture printouts of animals)
- Healthy Snack

### Lesson Plan:

#### Opening (5 min)

Arrange the Cubs in a semi-circle or horseshoe, with the American Flag in the open end and the Scout Oath and Law posters near the flag. Recite the Pledge of Allegiance with Scout Salutes, followed by the Scout Oath and Law with Scout Signs. (req. 1a)

#### Talk Time (10 min)

Have the Cubs sit in their places in the Flag Circle. Ask them what Scout Spirit is (req. 1b). Go through the Scout Oath, Law, Motto, and Slogan. Talk about patrols—smaller groups in Scout Troops. Patrols are important because it lets Scouts get to know a team and be proud of it. If any Cubs are on sports teams, it is a lot like being proud of your sports team. (req. 3a)

Explain that this year we will be operating like a Patrol in a Scout Troop. We will make a Patrol Name, elect Patrol Leaders, and create a Patrol Flag and Yell.

#### Patrol Leader Election (10 min)

Conduct the first Patrol Leader election. Explain that Cubs may choose to run this time or not, but every Cub will have a chance to be a patrol leader before they cross over. Have Cubs self-nominate themselves, then have votes cast in a blind election (Cubs shouldn't see who voted for who). Count the votes and announce the winner for this patrol meeting. (req. 3b)

After the election, install the Patrol Leader by having them put their left hand on the flagpole and right hand in the Scout Sign. Have them repeat the following:

### Patrol Leader Oath

I promise / On my honor as a Scout  
To be worthy of the office / Of Patrol Leader  
For the sake of my fellow Scouts  
In my patrol and Troop  
and in the World Brotherhood of Scouting

### Knife Safety (5 min) (req. 6)

If Cubs are present who have not earned their Whittling Chip, reschedule this section for another meeting. Otherwise, review Pocketknife Safety rules (Pg 181-183)

### Patrol Meeting (20 min)

The agenda for the patrol meeting:

1. Select a patrol name and animal, using the patrol patches or pictures for inspiration
2. Design a patrol flag and decide on a patrol yell
3. Plan a patrol outdoor activity for next week

Allow the patrol leader to lead as much as possible

### Knot Tying (20 min)

If possible, invite a member of a local troop (i.e. a Den Chief or Instructor) to teach the Square Knot, Two Half Hitches, and Taut-Line Hitch, and rope care. If they are unavailable, you will have to lead this portion yourself.

Using the diagrams on pages 178-180, walk through the knots and hitches first. Different step-by-step instructions can also be found on [animatedknots.com](http://animatedknots.com). The whipping can also be found on the above site under “Scouting Knots” or “Rope Care”.

### Snack (10 min)

Have cubs sit for a healthy snack. During the snack, plan out a rotation of Patrol Leaders so that every cub has the chance to be a Patrol Leader at at least one Patrol Meeting and/or activity. Explain in detail the duties of the patrol leader:

- Sets a good example
- Leads the Opening and Closing
- Plans and brings a healthy snack to meetings

### Closing (5 min)

Have the patrol leader get the patrol in a circle around the flag, ask for announcements, then dismiss the patrol in a manner according to your pack or troop.

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# PATROL MEETING #2

## “OUTDOOR ADVENTURER 1”

### Requirements Completed (Outdoor Adventurer)

Option B: Req. 1-4

#### Materials Needed:

- American Flag
- Patrol Flag
- Rope to practice knots (1/Scout)
- Patrol Meeting Agendas
- Materials for Outdoor Activity
- Healthy Snack

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#### Lesson Plan:

#### Opening (5 min)

Invite the new patrol leader up to the flag. Install them by placing their left hand on the flag, and raising their right in the Scout Sign. Have them repeat the following:

I promise / On my honor as a Scout  
To be worthy of the office / Of Patrol Leader  
For the sake of my fellow Scouts  
In my patrol and Troop  
and in the World Brotherhood of Scouting

Allow the new Patrol Leader to lead the opening. It should include the Pledge of Allegiance, Scout Oath, Scout Law, and the Patrol Yell.

#### Talk Time (5 min)

Have the Cubs open their handbooks to pages 14-16 and repeat the Outdoor Code and Leave No Trace Principles for Kids. Ask them to explain what each point means.

#### Patrol Meeting (10 min)

Agenda for this Patrol Meeting:

1. Discuss the outdoor activity planned last meeting, and make sure everyone is ready
2. Talk about ways to be safe during the activity, both from weather and injury.
3. Practice the Patrol Yell

### Outdoor Activity (60+ min)

Have the patrol enact their plans for an outdoor activity that they planned during the last patrol meeting. Ensure there is adequate adult supervision (2 registered leaders always overseeing the activity).

Examples of outdoor activities could include:

- A short hike
- A bike ride
- Exploring a new park
- A picnic/cookout
- Swimming in a lake

### Bowline Practice (10 min)

Give the Cubs lengths of rope to practice the Bowline knot. There is a diagram on Page 153 of the Webelos Handbook, or it can be found at [animatedknots.com/bowline-knot](http://animatedknots.com/bowline-knot).

### Closing (5 min)

Have the patrol leader get the patrol in a circle around the flag, ask for announcements, then dismiss the patrol in a manner according to your pack or troop.

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