

FIRST FOUR WEEKS' DEN MEETINGS



3rd Grade:
Bear Cubs

Attached are lesson plans for your first four Den Meetings. They are taken from the Cub Scout Den & Pack Meeting Resource Guide. The entire book (stock number 32354) is available from Northeast Georgia Council Service Centers for \$6.99, and includes lesson plans for all Cub Scout program levels (First through fifth grade!). It can also be downloaded from scouting.org.

Jefferson Service Center	Lawrenceville Service Center
<p>148 Boy Scout Trail Pendergrass, GA 30567 706-693-2446</p> <p>Hours: Monday-Friday 9:00am-5:30pm Saturday 10:00am-2:00pm</p>	<p>203 Swanson Drive Lawrenceville, GA 30043 770-962-2105</p> <p>Hours: Monday-Thursday 9:00am-6:00pm Friday 9:00am-5:00pm Saturday 10:00am-2:00pm</p>
<p style="text-align: center;">www.nega-bsa.org</p>	



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.

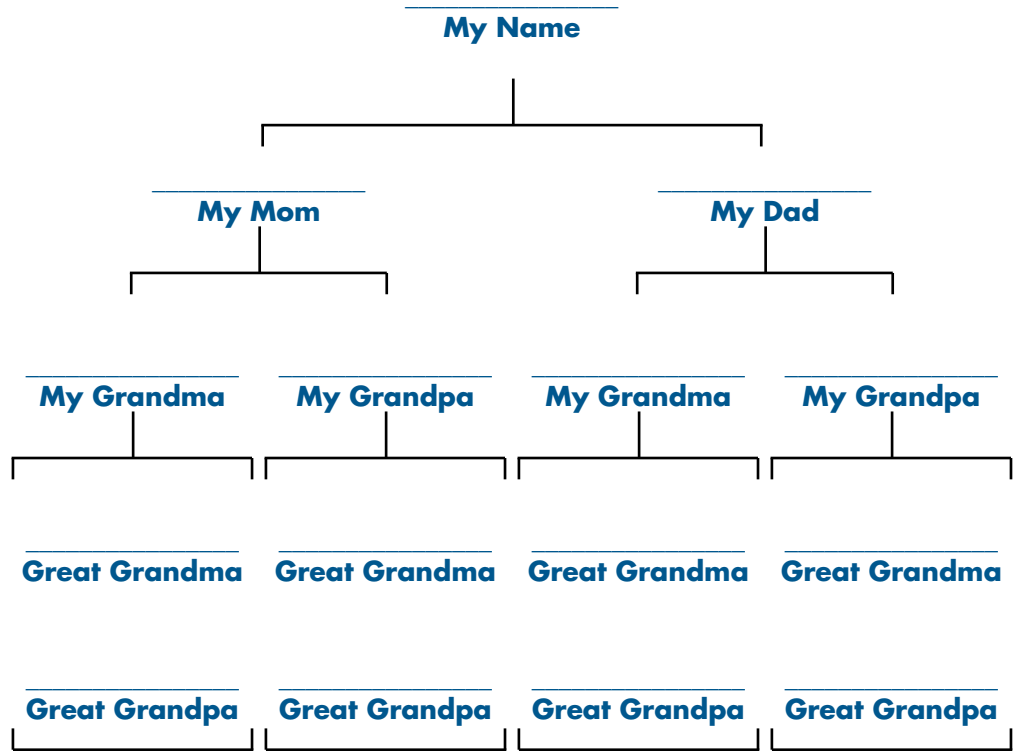
Den Meeting 1



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.



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

- 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.

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:

