

# FIRST FOUR WEEKS' DEN MEETINGS



## 4th Grade: Webelos Scouts

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](http://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><a href="http://www.nega-bsa.org">www.nega-bsa.org</a></p>	



## Webelos 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

### Webelos Den Meeting Plans

Meeting Date	Den Meeting Plan No.	Achievements to Complete the Webelos Badge	Rank Requirements and Electives Covered
	<b>1</b>	Fitness and Athlete	Do: Fitness 1 and six from 2–8 Athlete 1–7 Bobcat Review HA*: Complete Fitness 2–7. Complete Athlete 4–7. Review Forester and Naturalist chapters.
	<b>2</b>	Forester and Naturalist	Verify: Fitness 2–7 (complete) Do: Naturalist 1, 4, 8, and 10 Forester 3, 4, 9 HA: Review Forester and Naturalist chapters.
	<b>3</b>	Forester and Naturalist	Do: Forester 5 and 6 Naturalist 6, 7, and 9 HA: Review Traveler chapter.
	<b>4</b>	Traveler and Athlete	Verify: Athlete 4–7 Do: Traveler 1, 9–12 (Geography belt loop) HA: Athlete 4–7. Webelos 8, review Citizen chapter.
	<b>5</b>	Citizen	Do: Citizen 1, 3, 8 (Citizenship belt loop) HA: Citizenship belt loop 1 and 3. Review Citizen chapter.
	<b>6</b>	Citizen	Verify: Citizenship belt loop 1 Do: Citizen 10, 8 (Citizenship belt loop 3) Webelos Review 3, 4, 7. Review Citizen chapter.
	<b>7</b>	Citizen	Do: Citizen 2–7 & 9 HA: Webelos Requirement 8. Review Artist chapter.
	<b>8</b>	Citizen and Artist	Verify: Citizen 8 (Citizenship belt loop 3), Webelos 1–8 Do: Citizen (make up) Webelos Review (make up) Artist 1, 4, 7, 9 HA: Review Geologist chapter.
	<b>9</b>	Geologist	Do: Geologist 1, 2, 8 HA: Review Geologist chapter.
	<b>10</b>	Geologist	Do: Geologist 4, 5, 6 HA: Review Engineer chapter.

#### Webelos Achievements:

- Webelos badge
- Compass points emblem and compass points
- Arrow of Light



*The Webelos badge is the focus of the first year of Webelos.*

	<b>11</b>	Engineer	Do: Engineer 2, 5, 6 HA: Review Engineer chapter.
	<b>12</b>	Engineer	Do: Engineer 1, 3, 4 HA: Review Craftsman chapter.
	<b>13</b>	Craftsman	Do: Craftsman 1, 2 HA: Review Craftsman, Scholar, and Artist chapters.
	<b>14</b>	Craftsman	Do: Craftsman 3, 4 HA: Scholar 11. Review Scholar and Artist chapters.
	<b>15</b>	Scholar	Do: Scholar 1, 5, 11, 12 Artist 2, 8, 10
	<b>16</b>	Showman (Puppetry)	Do: Showman 2–5, 7, 11, 17, 20
	<b>17</b>	Showman (Music)	Do: Showman 6, 8–15
	<b>18</b>	Showman (Drama)	Do: Showman 3, 11, 16–18, 20–23

## Webelos Rank Requirements

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

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

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

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

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

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

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

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



## Webelos Rank Requirements

Achievements	Den Meeting Number
<b>Webelos Badge</b>	
1. Have an adult member of your family read the Webelos Scout Parent Guide (pages 1–22) and sign here.	Webelos Meeting 8
2. Be an active member of your Webelos den for three months. ( <i>Active</i> means having good attendance, paying your den dues, and working on den projects.)	Webelos Meeting 8
3. Know and explain the meaning of the Webelos badge.	Webelos Meetings 6 and 8
4. Point out the three special parts of the Webelos Scout uniform. Tell when to wear the uniform and when not to wear it.	Webelos Meetings 6 and 8
5. Earn the Fitness and Citizen activity badges and one other activity badge from a different activity group.	Webelos Meeting 8
6. Plan and lead a flag ceremony in your den that includes the U.S. flag.	Webelos Meeting 8
7. Show that you know and understand the requirements to be a Boy Scout: <ol style="list-style-type: none"> <li>Demonstrate the Scout salute, Scout sign, and Scout handshake. Explain when you would use them.</li> <li>Explain the Scout Oath, Scout Law, Scout motto, and Scout slogan.</li> <li>Explain and agree to follow the Outdoor Code.</li> </ol>	Webelos Meetings 6 and 8
8. Faith After completing the rest of requirement 8, <b>do these (a, b, and c):</b> <ol style="list-style-type: none"> <li><b>Know:</b> Tell what you have learned about faith.</li> <li><b>Commit:</b> Tell how these faith experiences help you live your duty to God. Name one faith practice that you will continue to do in the future.</li> <li><b>Practice:</b> After doing these requirements, tell what you have learned about your beliefs.</li> </ol> And do one of these ( <b>d OR e</b> ): <ol style="list-style-type: none"> <li>Earn the religious emblem of your faith. *</li> <li><b>Do two of these:</b> <ul style="list-style-type: none"> <li>Attend the mosque, church, synagogue, temple, or other religious organization of your choice; talk with your religious leader about your beliefs. Tell your family and your Webelos den leader what you learned</li> <li>Discuss with your family and your Webelos den leader how your religious beliefs fit in with the Scout Oath and Scout Law and what character-building traits your religious beliefs have in common with the Scout Oath and Scout Law.</li> <li>With your religious leader, discuss and make a plan to do two things you think will help you draw nearer to God. Do these things for a month.</li> <li>For at least a month, pray or meditate reverently each day as taught by your family and by your church, temple, mosque, synagogue, or religious group.</li> <li>Under the direction of your religious leader, do an act of service for someone else. Talk about your service with your family and your Webelos den leader. Tell them how it made you feel.</li> <li>List at least two ways you believe you have lived according to your religious beliefs.</li> </ul> </li> </ol>	Webelos Meetings 4, 7, and 8

## Webelos Rank Requirements

Activity Badge Requirements		Den Meeting Number
<b>Fitness (Physical Skills)</b>		1-4
<b>Citizen (Community)</b>		5-8
<b>One More From Different Activity Group</b>		
Mental Skills	Artist	8 and 15
	Traveler	4
	Scholar	15
Technology	Craftsman	13-14
	Engineer	11-12
Outdoor	Forester	2-3
	Naturalist	2-3
	Geologist	4-10





# Webelos Den Meeting 1

## Fitness and Athlete

### Before the Meeting

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

### Gathering

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

### Opening

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

### Business Items

- ▶ This meeting will have lots of organizational and getting-to-know talk.
- ▶ Have each Scout (and attending parent) introduce themselves.
- ▶ Discuss/remind what a den is, and how it fits in with a pack. Discuss your goals for the year and highlight/promote the cool activities. Discuss a den name, den yell, and other den identity elements (could include flag, totem, or neckerchief slide).
- ▶ Remind boys of behavioral expectations at den meetings. This is an opportunity to create your den's code of conduct for how the den should govern itself during meetings.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to review Bobcat knowledge and requirements, plus to plan for upcoming Webelos events—to work on the **Fitness and Athlete activity badges** because the Webelos Scouts need to help plan where to go and how to get there.

### Activities

- ▶ **Review Bobcat Requirements** (*if needed*): Cub Scout Promise; Law of the Pack; Cub Scout motto, sign, handshake, salute; meaning of *Webelos*.
- ▶ **Fitness Activity Badge:** Requirements are to do 1 and six from 2–8.
  1. With your parent, guardian, or Webelos den leader, complete the Health and Fitness Character Connection.
    - a. **Know:** Tell why it is important to be healthy, clean, and fit.
    - b. **Commit:** Tell when it is difficult for you to stick with good health habits. Tell where you can go to be with others who encourage you to be healthy, clean, and fit.
    - c. **Practice:** Practice good health habits while doing the requirements for this badge.
      - Doing this in small groups helps allow each Scout to participate more fully, but you may elect to discuss as an entire den, especially in this introductory meeting.
  2. With a parent or other adult family member complete a safety notebook, which is discussed in the booklet *How to Protect Your Children From Child Abuse: A Parent's Guide* that comes with the handbook.
    - This is an "at home" project, but you may elect to discuss this with the den as well.
  3. Read the meal planning information in this chapter. With a parent or other family member, plan a week of meals. Explain what kinds of meals are best for you and why.



4. Keep a record of your daily meals and snacks for a week. Decide whether you have been eating foods that are good for you.
    - Review the handouts for 3 and 4 that you will ask the Scouts to complete and return.
    - If you have access to a computer, go to [www.mypyramid.gov/mypyramid/index.aspx](http://www.mypyramid.gov/mypyramid/index.aspx) and create personal pyramids tailored to your size, age, and activity level.
  5. Tell an adult member of your family about the bad effects smoking or chewing tobacco would have on your body.
  6. Tell an adult member of your family four reasons why you should not use alcohol and how it could affect you.
  7. Tell an adult member of your family what drugs could do to your body and how they would affect your ability to think clearly.
    - These could be done at home, but you may elect to discuss this with the den as well.
  8. Read the booklet *Choose to Refuse! Take A Stand Against Drugs!* Discuss it with an adult and show that you understand the material.
    - If you do not have these booklets, this will be the extra requirement you do not do.
    - If you have the booklet, this could be done at home and in the den as well.

**Note:** *Choose to Refuse* is the standard booklet for this requirement and should be available through your council service center.
- This Fitness introduction is a good time, if you haven't done it yet, to have them plan what kind of snacks to have at den meetings for the rest of the year. More nutritious snack alternatives include:
- Hard cheese cut into cubes and served with whole wheat crackers and/or apple slices
  - Celery stalks filled with cheese spread or peanut butter
  - Fresh vegetables served with a dip
  - Peanut butter on bran muffins or whole wheat bread or crackers
  - Chopped nuts mixed with bits of dried fruit
  - Any kind of fruit. If available, try some unusual ones, such as kiwi, pomegranate, or mango.
- Note:** Check for food allergies among your boys—for someone with a peanut allergy, even being around peanuts can trigger an allergy attack.
- **Athlete Activity Badge:** Requirements are to do requirements 1–5, and then two of 6 through 10. (This meeting plan starts those first five, and adds 6 and 7):
1. With your parent, guardian, or Webelos den leader, complete the Perseverance Character Connection.
    - a. **Know:** Review the requirements and decide which ones might be more difficult for you to do. Make a plan to complete one of the harder requirements.
    - b. **Commit:** When doing the harder requirement, did you ever feel frustrated or angry? What did perseverance have to do with that? Name another type of task for which you will need to persevere.
    - c. **Practice:** Practice perseverance by following your plan to do that requirement for the Athlete activity badge.
  2. Explain what it means to be physically and mentally healthy.
  3. Explain what you as a Webelos Scout can do to stay physically and mentally healthy.
    - You might cover 1, 2, and 3 as a group discussion, and then when you start the physical skills, you and other parents might then ask the Webelos Scouts to explain and demonstrate their knowledge of these.
    - So you can do an activity, and while recovering, do the 1, 2, 3 question-and-answer signoffs.

### Want More Fun in Your Activities?

This is a terrific day to jazz up with excitement. Consider themes like a 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.

## Den Meeting 1



4. Every time you work on requirement 5 below, start with at least five minutes of stretching warm-up activities.
  5. Do as many as you can of the following and record your results. Show improvement in all of the activities after 30 days.
    - a. Have another person hold your feet down while you do as many curl-ups as you can.
    - b. Do as many pull-ups from a bar as you can.
    - c. Do as many push-ups from the ground or floor as you can.
    - d. Do a standing long jump as far as you can.
    - e. Do a quarter-mile run or walk.
  6. Do a vertical jump and improve your reach in 30 days.
  7. Do a 50-yard dash as fast as you can, and show a decrease in time over a 30-day period.
    - For requirement 5, 6, and 7, record boys' initial results on the Athlete progress chart. Keep those charts for use in future meetings, since doing some or all of these is a great way to add physical activity, and the Scouts may be fired up to see if they have improved each time!
- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).
  - ▶ It is possible (especially if you have a good deal of Bobcat work) that this meeting will not be completed today. If so, carry over any incomplete elements to the next meeting that has a trip involved.

### Closing

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

#### ▶ Home Assignment:

- Ask boys to complete Fitness activity badge requirements 2, 3, 4, 5, 6, and 7 at home with their parents/guardians, who should sign the boy's handbook on completion.
  - Ask boys to complete Athlete activity badge requirements 4–7.
- ▶ Read Naturalist and Forester chapters in *Webelos Handbook*.

### After the Meeting

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

# Webelos Scouts

Athlete Activity Badge Progress Record: Requirements 4-9  
 Chart your progress over five weeks.

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



Week	1	2	3	4	5
<b>Activity</b>	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
<b>Minutes of stretching/ warm-up activities</b>					
<b>Curl-ups (number)</b>					
<b>Pull-ups (number)</b>					
<b>Push-ups (number)</b>					
<b>Standing long jump (distance)</b>					
<b>Quarter-mile walk or run (time)</b>					
<b>Vertical jump (height)</b>					
<b>50-yard dash (time)</b>					
<b>(Optional) One-mile bike ride (time)</b>					
<b>(Optional) Quarter-mile swim (time)</b>					



## Webeles Fitness Activity Badge, Requirement 3

With a parent or other family member, plan a week of meals.

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

<b>Day</b> \ <b>Meal</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Supper</b>
<b>Sunday</b>			
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			



# Webelos Fitness Activity Badge, Requirement 4

Keep a record of your daily meals and snacks for a week.

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

<b>Day</b> \ <b>Meal</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Supper</b>	<b>Snacks</b>
<b>Sunday</b>				
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				



*This den meeting is normally done as a field trip. Are you ready?*

# Webelos Den Meeting 2

## Naturalist and Forester

### Preparation and Materials Needed

- ▶ Arrange to visit a museum of natural history, nature center, or zoo.
  - Or you might arrange for someone to bring items that might be in a nature center.
- ▶ Identify any parents or other pack resources who are interested in nature (on a working or hobby basis) and could be your activity badge counselor for this meeting. Or you might see if a science teacher, parks department naturalist, or other hobbyist can visit your den meeting.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Naturalist and Forester chapters in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - If you are not visiting a place with Naturalist resources, bring what you can (at least books or downloads of pictures of wildlife).
  - Tree books and materials about trees in your area.
  - Naturalist and Forester activity badge pins for each of your Scouts (so they can be awarded if completed today).
  - A slice of tree trunk showing growth rings. More, if possible, to show different growth patterns. Use cut lumber if tree trunks are not available.

### Before the Meeting

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

### Gathering

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

### Opening

- ▶ Flag ceremony (rotate planning and leadership among the Webelos Scouts), with Pledge; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, den yell. Webelos Scouts will eventually want to incorporate the Boy Scout Oath and Boy Scout Law into ceremonies.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

### Business Items

- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ **Verify:** Review boys' handbooks for completion of **Fitness 2–7**. Sign handbooks and record on the den advancement record.
- ▶ Explain that today's meeting is to work on the **Naturalist activity badge** because we all need to increase our awareness of, and gain an appreciation for, the natural world around us.

### Activities

- ▶ **Naturalist Activity Badge:** Requirements are to do requirement 1 and then five of 2 through 13. (This meeting plan does 1, 4, 8, and 10. Requirements 6, 7, and 9 are to be covered in the next meeting.)
  1. With your parent, guardian, or Webelos den leader, complete the Respect Character Connection.
    - a. **Know:** Tell what interested you most when completing the requirements for this activity badge. Tell what you learned about how you can show appreciation and respect for wildlife.
    - b. **Commit:** Tell things some people have done that show a lack of respect for wildlife. Name ways you will show respect for and protect wildlife.
    - c. **Practice:** Explain how completing the requirements for this activity badge gives you the opportunity to show respect.



4. Visit a museum of natural history, a nature center, or a zoo with your family, Webelos den, or pack. Tell what you saw.
  8. Watch six wild animals (snakes, turtles, fish, birds, or mammals) in the wild. Describe the kind of place (forest, field, marsh, yard, or park) where you saw them. Tell what they were doing.
  10. Identify a plant, bird, or wild animal that is found only in your area of the country. Tell why it survives only in your area.
- **Forester Activity Badge:** Requirements are to do five of 1–10. This plan does requirements 3, 4, and 9.
3. Identify six forest trees common to the area where you live. Tell how both wildlife and humans use them. (If you don't live in a region that has forests, read about one type of forest and name six of its trees and their uses.)
  4. Identify six forest plants (other than trees) that are useful to wildlife. Tell which animals use them and for what purposes.
  9. Describe both the benefits and the harm wildfires can cause in a forest ecosystem. Tell how you can prevent wildfire.
- Activities you could do for these requirements include:
- Tree Survey:
    - Select a small area with several species of trees, like a school yard, a small park, or someone's yard.
    - Sketch a map of the area.
    - Divide the boys into pairs and assign each a section of the area.
    - Have them collect a leafy twig from each tree in their area and try to identify the species (if you can't identify it, describe it, and compare it to other known types of trees).
    - Measure the height and diameter of each tree.
    - Collect any fallen twigs, branches and leaves for leaf print and wood samples.
    - See how many different species were found.
  - Leaf Identification Contest (you might collect the supplies for this while on the hike and use for the pack):
    - Mount about 20 different leaves on a large piece of cardboard with each properly identified.
    - Also prepare another piece of cardboard with the same leaves in different locations.
    - Number these leaves but don't identify them.
    - Give the boys time to study the first display, and then put it away.
    - Give each boy paper and pencil and ask them to identify the leaves on the second display.
  - Find a Tree Game:
    - Play this game outdoors where there are plenty of trees.
    - Pair the boys with a partner and have one of them put on a blindfold.
    - The non-blindfolded boy leads his partner to a tree, who feels the tree's bark, limbs, and leaves.
    - The pair returns to their starting point.
    - The boy removes his blindfold and tries to find the tree he felt while blindfolded.
    - Then it is the other boy's turn to find a tree.
- In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

## Closing

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

- **Home Assignment:** Review the Forester and Naturalist chapters of the *Webelos Handbook*.

## Den Meeting 2



### After the Meeting

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

# Webelos Den Meeting 3

## Naturalist Hike

Naturalist activity badge (completion). Webelos badge (partial).



## Preparation and Materials Needed

- ▶ Den Meeting 3 continues and completes the Naturalist and Forester activity badges. Check that preparation for Den Meeting 2 has you ready for Den Meeting 3 as well.

## Before the Meeting

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

## Gathering

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

## Opening

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

## Business Items

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

## Activities

- ▶ **Introduce Webelos Badge Requirements** before or during breaks on the hike:
  3. Know and explain the meaning of the Webelos badge.
  4. Point out the three special parts of the Webelos Scout uniform. Tell when to wear the uniform and when not to wear it.
  7. Show that you know and understand the requirements to be a Boy Scout.
    - a. Demonstrate the Scout salute, Scout sign, and Scout handshake. Explain when you would use them.
    - b. Explain the Scout Oath, Scout Law, Scout motto, and Scout slogan.
    - c. Explain and agree to follow the Outdoor Code.
  - **Hint:** Use Scout Oath Charades: Write out each of the following phrases of the Boy Scout Oath on an index card. Give one to each boy and have him act out what it says on the card (you may want to add hints on how to do this under the phrase). The other boys guess what line of the Scout Oath is being demonstrated.
    - On my honor, I will do my best . . . (*Show Boy Scout sign.*)
    - To do my duty to God and my country . . . (*Hold hands like praying, then salute.*)
    - And to obey the Scout Law. (*Count to 12 on fingers.*)
    - To help other people at all times . . . (*Get a chair for the leader and have him/her sit in it.*)
    - To keep myself physically strong . . . (*Do five jumping jacks.*)
    - Mentally awake . . . (*Pretend to read a book.*)
    - And morally straight. (*Stand at attention, with arms straight at side.*)



- ▶ **Naturalist Activity Badge:** Requirements 6, 7 and 9 (*Note: Show these items as much as possible, don't just talk about them.*):
  6. Learn about the bird flyways closest to your home. Find out which birds use these flyways.
    - Go outside to at least *look* for what birds are flying, even if you are not in a flyway!
  7. Learn to identify poisonous plants and venomous reptiles found in your area.
    - Can you find a poisonous plant in the vicinity of your meeting? Show it!
    - If you can't find one today, see if you can find one on the hike next meeting.
  9. Give examples of:
    - a. A producer, a consumer, and a decomposer in the food chain of an ecosystem
      - Take the Scouts outside to find producers, consumers and decomposers.
      - Have them look for evidence of each of these in the neighborhood location.
      - Especially decomposers! Lift any rock, find rotting leaves.
      - For decomposers, you might have an activity where the boys collect insects. Boys won't have any trouble finding insects in either the city or the country, but if they want a particular kind, you may be able to suggest where to look for it and how to catch it.
        - Beetles and crickets: Sink a small jar or can in the ground so that the rim is level with the surface. Pour in about an inch of a sweet mixture, such as two parts molasses and one part water. This gooey mess will attract hordes of insects, which will tumble into the jar and be trapped. They will drown in a short time, so check the trap frequently to catch a live one.
        - Butterflies, moths, and other flying insects: A sweet, slightly fermented pulp of fruits (peaches or apricots) painted on a tree trunk will trap flying insects. Or you can catch them with a net in an empty lot, open field, or public park.
        - Earthworms can often be found in a handful of soil. Clear away any surface debris from a small patch of ground. Force a soup can deep into the earth, scooping up as much soil as you can, and then empty it onto a sheet of paper (white is best). See how many earthworms and insects you have captured.
    - Here are some things the boys might watch for when observing insects:
      - Watch how ants work together to accomplish a task. Make a note of what they do, and which ants perform each of the various duties.
      - Does light or temperature have any effect on the speed of crawling insects?
      - Does the insect prefer one type of food to another? What does it like best?
      - Listen to music-making insects, such as grasshoppers, crickets, and katydids. How many chirps do they make in a minute? Does a temperature change affect the number of chirps per minute?
  - b. One way humans have changed the balance of nature
  - c. How you can help protect the balance of nature
    - You can quiz the Scouts on these two elements as you're looking for decomposing stuff.

### Want More Fun Activities?

You might try this wormy experiment to show your den how worms work.

- ▶ Put four to five inches of rich soil in a large glass jar with a half-dozen earthworms.
- ▶ On top of the soil, put an inch of light sand. Sprinkle corn meal on the sand.
- ▶ Wrap black paper around the jar to shut out light. At your next den meeting, take off the paper and see what has happened.
- ▶ The worms will have moved dark soil up into the sand and sand down into the soil.
- ▶ You'll see tunnels along the glass marking their travels. Explain that the worms' tunnels help oxygenate the soil to nurture life and help the soil hold water.

- ▶ **Forester Activity Badge:** Requirements 5 and 6:
  5. Draw a picture showing
    - how water and minerals in the soil help a tree grow
    - how the tree uses sunlight to help it grow
  6. Make a poster showing a tree's growth rings or examine the growth rings of a tree stump. Explain how the rings tell its life history.
- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).



### Closing

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

▶ **Home Assignment:** Remind boys that **Athlete 4-7** requirements are due at the next meeting and to read the Travelers chapter in the *Webelos Handbook*.

- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony, and remind about home assignments (and include these in any family information letter or e-mail).
- ▶ 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.



# Webelos Den Meeting 4

## Traveler and Athlete

### Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Several different kinds of maps (road maps for the local community, city or county, state; one or more world maps or globes; maybe other types of maps used in area destinations), ideally one for each Scout.
  - Obtain or print out maps and timetables from a railroad, bus line, airline, subway, or light rail (ideally, one of each for each Scout).
  - Pencils for drawing routes on the maps. Paper for drawing neighborhood maps.
  - Rulers or index cards (or thread) for measuring distances on the maps.
  - Ideally, access to a computer in order to review Internet maps and Internet direction searches.
  - **Traveler activity badges** and **Geography belt loops** for each of your Scouts (so they can be awarded if completed today).
- ▶ Read the Traveler chapter in the *Webelos Handbook*.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Two copies of the same newspaper, two copies of the *Boy Scout Handbook*, and two pairs of scissors.
  - **Fitness activity badges**, **Traveler activity badges** and **Geography belt loops** for each of your Scouts (to be awarded if completed today).

### Before the Meeting

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

### Gathering

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

### Opening

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

### Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ **Verify:** Check boys' handbooks for parent/guardian signatures for **Athlete 4–7**. Sign handbooks and record on den advancement record.

### Activities

- ▶ **Traveler Activity Badge:** Requirements are to do five of 13 requirements. This meeting plan covers these five—9, 10, 12, 1, and 11—which can be covered today to complete the activity badge if you have no computer access, but you might skip one or more of these to use computers and/or take a trip instead (see below).

You could have the requirements done in stations run by each attending parent and den chief, so that without multiple maps, computers and so on, they rotate through each station.



9. Look at a map legend on a road map of your area. Learn what the symbols mean. Show your den members what you have learned.
  - This is selected as the first activity because it is so important and basic to the skills.
  - If you don't have one map for each Scout, allow Scouts to go from map to map; parents and den chiefs can work with the Scouts at the different stations.
  - You might assign Scouts to each pick three to five symbols and describe them to the den or small group.
10. On a road map of your area, find a place of interest, and draw two different routes between it and your home. Use the map legend to determine which route is shorter in miles.
  - Use rulers or index cards (or thread) for measuring distances on the maps.
  - For more fun, if you have computer access today, you could see how their routes and distances compared to those on Internet map services that map out directions.
12. While you are a Webelos Scout, earn the **Cub Scout Academics belt loop for Geography**: Complete these three requirements:
  1. Draw a map of your neighborhood. Show natural and manmade features. Include a key or legend of map symbols.
  2. Learn about the physical geography of your community. Identify the major landforms within 100 miles. Discuss with an adult what you learned.
  3. Use a world globe or map to locate the continents, the oceans, the equator, and the northern and southern hemispheres. Learn how longitude and latitude lines are used to locate a site.
    - Allow each Scout to show his neighborhood map and identify the legends on the map.
1. Get a map or timetable from a railroad, bus line, airline, subway, or light rail. The line should serve the place where you live or near where you live. Look up some places it goes.
  - Allow each to report on places the mass transit lines run.
11. Make a list of safety precautions you, as a traveler, should take for travel by each of the following; car, bus, plane, boat, train.
  - Allow each to provide their ideas, preferably in small groups.
  - You can then have the small groups decide on the best ideas to present to the den.

### Options to Complete the Activity Badge

These could be done instead of one of the requirements above, or as additional activities:

3. With the help of your parent, guardian, teacher, or librarian, use a map site on the Internet to plan a trip from your home to a nearby place of interest. Download and/or print the directions and street map showing how to go from your home to the place you chose.
  - ▶ If you have one or more computers, this ties directly into No. 10.
  - ▶ If you have identified upcoming field trips or pack weekend activities, you should assign these destinations to the Scouts—so they can tell their parents how to get there!
4. With your parent or guardian, take a trip to a place that interests you. Go by car, bus, boat, train, or plane.
  - ▶ If you're doing a field trip in an upcoming meeting, you can use that to complete this requirement.
8. Check the first-aid kit in the family car to see if it contains what is needed. Explain what you found.
  - ▶ Ideally, have several of these. Have attending parents confirm what they are carrying.
  - ▶ Allow each to provide their ideas, preferably in small groups, and then report to the whole den.
6. Decide on four nearby trips you would like to take with your parents or guardian. Draw the route of each trip on a highway map. Using the map, act as navigator on one of these trips. It should start at your home, be at least 25 miles long, and have six or more turns.
  - ▶ This can be an interesting planning exercise, if you can have the Scouts consider destinations for a potential hike or campout or trip.
  - ▶ Perhaps assign different destinations to different Scouts to present to the group.

## Den Meeting 4



### Closing

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

▶ **Home Assignment:** Remind boys and their parent or guardian to begin working on Webelos requirement 8, Faith. This requirement takes some time and will need to be complete by Den Meeting 8. Boys should also review the Citizen chapter in their handbooks.

### 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.