

FIRST FOUR WEEKS' DEN MEETINGS



2nd Grade:
Wolf 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>	



Wolf 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.	Wolf Den Meeting Plans	Achievements/Electives Covered
	1	Bobcat and Your Flag	Do: Achievement 2b or 2f, Bobcat (partial), Electives 9b, 12e HA*: Achievement 8b–e, How to Protect Your Children From Child Abuse
	2	Your Flag and Feats of Skill	Do: Achievements 2a and 1a–f
	3	Your Flag, and Sports Electives	Do: Achievement 2c, 2d, 2e, 2g; Elective 20h, i, j (one of k, l, or m), Bowling belt loop HA: Achievement 3a
	4	Keep Your Body Healthy and Bowling Field Trip	Verify: Achievement 3a Do: Achievement 3b–c, Elective 20g, Bowling belt loop
	5	Know Your Home and Community and Be Safe at Home and on the Street	Do: Achievements 4f, 9a, 9d, 9e HA: Achievements 4a–d, 9b–d, 7e
	6	Know Your Home and Community, Make a Gift and Sing-Along	Verify: Achievement 9b–d Do: Achievement 4a–d, Electives 9b–c, 11a HA: Achievement 4e
	7	Your Living World and Tie It Right	Verify: Achievements 4e, 7e Do: Achievement 7a–f, Electives 9b–c, 17a–c HA: Achievements 4e, 6b, 8c–e
	8	Cooking and Eating and Start a Collection	Verify: Achievements 4e, 8c–e Do: Achievements 6a, 6c, 8a, 8b
	9	Tools for Fixing and Building	Do: Achievement 5a–e HA: Achievements 10 and 11, Elective 13c
	10	Birds	Verify: Achievements 10 and 11 and Elective 13c Do: Elective 13a–e; Achievement 10a–g HA: Elective 13f
	11	Making Choices	Verify: Elective 13f Do: Achievement 12a and four from 12b–k HA: Review and complete Achievement 12
	12	Books, Books, Books	Verify: Achievement 12a–k Do: Electives 6a and 6c, 12a
	13	Pets	Do: Elective 14b–d
	14	American Indian Lore (and Turn in Making Choices)	Do: Elective 10a, 10c, 10f HA: Electives 10a (if not complete), 21
	15	Marbles	Verify: Achievement 10a, Elective 21 Do: Elective 4e, Marbles belt loop
	16	Outdoor Adventure and Fishing (or another Game or Belt Loop)	Do: Electives 18a and b, 19a–f

*HA = Home assignment

Supplemental Den Meeting Plans

Den Meeting Plan Letter	Wolf Cub Scout Den Meeting Plan	Achievements/Electives Covered
A	Grow Something and Birds	Do: Electives 10a, 13b, 15a or b
B	Spare Time Fun, Part 1	Do: Elective 5
C	Spare Time Fun, Part 2	Do: Elective 5
D	Swimming and Boating Safety Rules**	Do: Achievement 1h and 1i, Elective 20b, Swimming belt loop
E	Be an Actor, Be an Artist	Do: Electives 2, 12d
F	Make It Yourself	Do: Elective 3a–b
G	Outdoor Adventure Fun	Do: Electives 18a, 4a–f
H	Spare Time Fun	Do: Elective 5a
I	Make It Yourself	Do: Elective 3c and 3d
J	Machine Power	Do: Elective 8a–d
K	Be an Artist	Do: Elective 12b, c, f
L	Grow Something	Do: Elective 15e
M	Family Alert	Do: Elective 16a–c
N	Sports (Softball or Baseball)	Do: Elective 20l
O	Say It Right	Do: Elective 22a–e

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





Wolf Den Meeting 1

Bobcat and Your Flag

Achievement 2. Elective 9b. Elective 12e. Character Connection for Honesty.

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):
 - Index cards with the Cub Scout Promise printed on one side and Law of the Pack on the other side (make enough for all people attending the meeting). And Pledge of Allegiance if needed.
 - An undecorated den flag (can be part of a sheet of fabric), flag stands, squares of yellow-gold felt (one per boy). Large paper or poster board and markers to write the den's code of conduct.
 - Ballpoint pens, youth scissors, camera, and film
 - Cub Scout Immediate Recognition Emblems and beads

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

- ▶ Conduct an indoor or outdoor flag ceremony (**Achievement 2b or 2f**). (*Note: If you don't have a flagpole like at a school, you can still do this, but be sure to plan out in advance where your flag will be posted.*)
 - Choose the first Scout to carry the U.S. flag; he may also be today's denner if you use denners.
 - The second Scout will be next meeting's U.S. flag bearer and will carry the den flag today if you have one (the den flag is probably not yet decorated).
 - The third and fourth boys are the "color guards" marching alongside and assisting.
 - The remaining boys in the den and all adults present form a reviewing line that the color guard passes on the way to the flag stands.
 - The den leader can "call" the flag ceremony at the first few meetings (issue directions and calls to attention, etc.) until the boys learn how to do so.
- ▶ After the flags are posted, have all recite the Pledge of Allegiance.
- ▶ Provide index cards printed with the Cub Scout Promise and Law of the Pack for each person present. After the Pledge, all may read the Cub Scout Promise and Law of the Pack in unison from the index cards. Provide the cards for the first few meetings until the boys can recite the Pledge of Allegiance, the Cub Scout Promise, and the Law of the Pack with confidence. Alternatively, the Promise and Law can be learned in "call and response" fashion, line by line.

Business Items

- ▶ At this first meeting, develop a den code of conduct.
 - Have each boy tell the den what one rule for good behavior during a den meeting should be.
 - With a little prompting from the den leader, all the rules can be covered. Try to focus on what you want the behavior to be rather describing a negative action.
 - For example: *Only one person speaks at a time. Stay in the meeting room, unless you have permission from the den leader to go elsewhere. Use good, appropriate, and positive manners. Walk in the building unless we are doing an activity requiring otherwise. Leave our meeting room cleaner than we found it.*



Activities

- ▶ **Review** the Bobcat requirements (pages 16–26 of the *Wolf Handbook*):
 - Learn and say the Cub Scout Promise.
 - Say the Law of the Pack and discuss what it means.
 - Tell what Webelos means. (We'll Be Loyal Scouts.)
 - Learn the Cub Scout sign and tell what it means. (Two parts of the Promise: “help other people” and “obey the Law of the Pack,” and it looks like a Wolf’s ears, meaning “I’m ready to listen.”)
 - Show the Cub Scout handshake and tell what it means. (Like the sign, two parts of the Promise.)
 - Say the Cub Scout motto. (Do Your Best.)
 - Learn the Cub Scout salute and tell what it means. (Respect)
 - **Suggestion:** Bobcat relay race:
 - The 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, salute, and meaning of *Webelos*.
 - The first boy on each team walks 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 from the other Scouts, then return and answer the question.
- ▶ **Complete** the Character Connection for Honesty.
 - **Know:** Discuss these questions with your family. What is a promise? What does it mean to “keep your word?” What does honesty mean? What does it mean to “do your best?”
 - **Commit:** Discuss these questions with your family. Why is a promise important? Why is it important for people to trust you when you give your word? When might it be difficult to keep your word? List examples.
 - **Practice:** Discuss with family members why it is important to be trustworthy and honest and how you can do your best to be honest when you are doing the activities in Cub Scouting.
- ▶ **Elective 9b** (“Make a gift or toy like one of these and give it to someone.”):
 - Photograph each boy separately (head and shoulders) in his uniform. Alternatively, have the Scouts photograph each other (serious shots and fun shots).
 - This will be used for **Elective 9b** in Den Meeting 5.
- ▶ **Elective 12e** (“Make a stencil pattern.”):
 - Trace each boy’s hand on cardstock (or heavy paper) and make a stencil.
 - Then trace the pattern on a square of yellow-gold felt.
 - Have each boy cut out his handprint and put his name on the back of it.
 - This will be used for your den flag. If you keep the flag in this way, at their Arrow of Light Award ceremony, when the boys are in fifth grade, the handprints can be removed from the den flag and each boy will present his print to his parents.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Hand out or send family information letter.
- ▶ **Home Assignment:** Remind parents to complete **Achievement 8b–e** and read *How to Protect Your Children From Child Abuse: A Parent’s Guide*.

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.

Following Den Meeting 1, the den leader prints each boy’s name on his felt handprint, using fabric paint. When the paint is dry, the leader may sew the handprints onto the den flag or may choose to have the boys do the sewing at Den Meeting 2.



Wolf Den Meeting 2

Your Flag and Feats of Skill

Achievement 2. Achievement 1.

Preparation and Materials Needed

- ▶ For meeting 2, you will need:
 - Cub Scout Promise and Pledge of Allegiance printed on index cards.
 - Bring a baseball or softball and (optional) baseball gloves for boys to play catch. Foam balls if indoors.
 - Bring a narrow board, 4 to 6 feet long (see *Wolf Handbook*, page 39). (Lacking a board, you could use a curb or a strip on a basketball court, or make a mark with tape.)
 - Bring tape measure and tape to mark how high and how long.
 - You may wish to have a small poster with the den code of conduct.
- ▶ **Note:** You may elect either to spread **Achievement 1** out over several meetings and spend more time here on tasks like a den flag if you choose. If you do so, make sure your den stays on schedule to advance in rank.
- ▶ You may wish to make a small poster with the den code of conduct.

Before the Meeting

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

Gathering

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

Opening

- ▶ Conduct a flag ceremony, indoor (**Achievement 2b**) or outdoor (**Achievement 2f**). Options include:
 - Gather in a line, circle, or square: Pledge of Allegiance; have the Scout leading the ceremony tell what the Pledge means (**Achievement 2a**); Cub Scout Promise or Law of the Pack; lead patriotic song.
 - **Note:** Lots of ways to do this. Having each Scout recite alone is ideal; using a tape recorder or video recorder to make it fun is also good as long as all are not silly.
 - Maybe, after each Scout recites, have each add one statement about "what it means" (without, if possible, repeating an earlier comment).
 - An illuminating exercise is to ask the Scouts to discuss what certain of the words mean. "United," "republic," "liberty," and "justice" may just be sounds or noise to many Scouts at this age, so this can be a real eye-opener for them.
 - Rotate leadership of flag ceremonies so each boy has a turn at every role (**Achievement 2b**).
- ▶ Continue using the index cards printed with the Cub Scout Promise and Pledge of Allegiance.

Business Items

- ▶ Review the code of conduct for den meetings.
- ▶ **Verify:** Confirm completion of **Achievement 8b–c** and *How to Protect Your Children From Child Abuse*.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 1:** Feats of Skill Achievements (These can be done with everyone doing the same activity at the same time, or as a rotation among different leaders around the meeting space.):
 - **Achievement 1a** ("Play catch with someone 10 steps away. Play until you can throw and catch.")
 - **Achievement 1b** ("Walk a line back and forth. Do it sideways too. Walk the edge of a board six steps each way.")
 - **Achievement 1c** ("Do a front roll.")



- **Achievement 1d** (“Do a back roll.”)
- **Achievement 1e** (“Do a falling forward roll.”)
- Do one of the following:
 - **Achievement 1f** (“See how high you can jump.”)
 - **Achievement 1g** (“Do the elephant walk, frog leap, and crab walk.”)
 - **Achievement 1j** (“Using a basketball or playground ball, do a: chest pass, bounce pass, overhand pass.”)
 - **Achievement 1k** (“Do a frog stand.”)
 - **Achievement 1l** (“Run or jog in place for five minutes.”)
- This is a terrific day to jazz up with excitement if you wish. Consider:
 - Themes: carnival, circus, track meet
 - An MC or announcer for each event
 - Someone with a video recorder (Flip, phone) can team up with a “sideline reporter” to get interviews with the contestants.
- **Hint:** Extra items can be an elective for Arrow Point patches that can be recorded now but awarded *after* the Wolf Badge is awarded—also keep these in mind for future meetings because **Achievements 1f, 1g, and 1l** especially can be real quick.
- **Note:** If completing **Achievement 1h** (“Using a basic swim stroke, swim 25 feet.”) or 1i (“Tread water for 15 seconds or as long as you can. Do your best.”):
 - Review aquatics guidelines in the *Guide to Safe Scouting* (www.scouting.org/HealthandSafety/GSS).
 - Follow all of the procedures of Safe Swim Defense when participating in any swimming, boating, or water activity.
 - Safe Swim Defense training is required for any aquatics activity; Safety Afloat training for any boating. Both of these may be completed online at (www.scouting.org/applications/my scouting).

Want More Fun Activities?

Creating a den flag is a great way to build den identity. If you’ve done handprints, have each boy sew or glue his handprint onto the den flag and write his name.

Closing

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

After the Meeting

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



Set the example with healthy nutritious snacks. Be aware of any food allergies of den members.

Wolf Den Meeting 3

Your Flag and Sports Electives

Achievement 2. Achievement 3. Elective 20. Bowling Belt Loop (partial).

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Find a location with a flagpole so the boys can practice raising and lowering the U.S. flag. Or attach a rope and pulley to an existing pole or similar structure.
 - Bring a U.S. flag, your state flag (pictures on page 50 of the *Wolf Handbook*), and the den flag. Research the meaning of your state flag.
 - A U.S. flag either 3 by 5 feet or 4 by 6 feet is best. Smaller flags may be hard to fold in the official way, and larger flags are too big for Cubs to hold off the ground. A cotton flag is easier to fold than a nylon one.
 - Practice folding a flag yourself before the meeting!
 - Bring a football and flags for flag football; soccer ball, basketball, baseball or softball; and a bat. Or bring whichever of these you think you will really get done in the meeting.
 - Print a health habits chart (below) for each boy (**Achievement 3a**, *Wolf Handbook* page 57).
 - Procure indoor space to do **Elective 20** in case the weather does not permit these activities outdoors. Or be ready to use an alternate meeting plan.
 - Stopwatch and tape to mark how far they each run in 10 seconds.
 - If you're doing a field trip for Den Meeting 4, make preparations with the bowling lanes, make transportation plans, and prepare permission slips.

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.
- ▶ Practice raising and lowering the U.S. flag (**Achievement 2e**).

Opening

- ▶ Conduct a flag ceremony, indoor (**Achievement 2b**) or outdoor (**Achievement 2f**). Options include:
 - ▶ Gather in a line, circle, or square:
 - Pledge of Allegiance; have the Scout leading the ceremony tell what the Pledge means (**Achievement 2a**)
 - Cub Scout Promise or Law of the Pack
 - Lead patriotic song.
- ▶ Rotate leadership of flag ceremonies so each boy has a turn at every role (**Achievement 2b**).

Business Items

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

Activities

- ▶ "Your Flag" Achievements (page 47 of the *Wolf Handbook*):
 - **Achievement 2c** ("Tell how to respect and take care of the U.S. flag. Show three ways to display the flag.")
 - On a pole.
 - Hanging (stars to the right looking out, to the left looking in).
 - Posted on the speaker's right side.



- **Achievement 2d** (“Learn about the flag of your state or territory and how to display it.”)
 - See the state flags on page 50 of the *Wolf Handbook*, and discuss what your flag shows/ what other flags show.
 - Display is subordinate to the U.S. flag (below on a single pole, or to the speaker’s left).
 - **Achievement 2e** (“Learn how to raise a U.S. flag properly for an outdoor ceremony.”)
 - **Achievement 2g** (“With the help of another person, fold the U.S. flag.”)
 - As they practice, it is a good idea to have a third Scout help support the middle of the flag.
- ▶ Sports Electives (**Elective 20**):
- **Elective 20h** (“Show how to make a sprint start in track. See how far you can run in 10 seconds.”)
 - Use a stopwatch (or your watch) and tape to mark how far each Scout ran.
 - Repeat as necessary!
 - **Elective 20i** (“Do a standing long jump. Jump as far as you can.”)
 - Use tape to mark how far each Scout jumped.
 - Repeat as necessary!
 - Play a team sport:
 - **Elective 20j** (“Play a game of flag football.”)
 - **Elective 20k** (“Show how to dribble and kick a soccer ball. Take part in a game.”)
 - **Elective 20l** (“Play a game of baseball or softball.”)
 - **Elective 20m** (“Show how to shoot, pass, and dribble a basketball. Take part in a game.”)
- ▶ **Bowling belt loop, requirement 1** (or for whichever sport you’ll be playing in the next meeting). Discuss with the boys the rules of courtesy and safety for bowling. They will need to be able to tell you about these rules at the next meeting to qualify for the belt loop.

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:** Complete and return healthy habits chart (**Achievement 3a**) in two weeks.

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.



**Wolf Cub Scouts
Achievement 3a: Keep Your Body Healthy**

Name: _____

Mark your chart each time you do these things.

	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Bathe or Shower Often; Use Soap (✓ for each time)														
Wash Your Hands (✓ for each time)														
Brush Your Teeth (✓ for each time)														
Drink Lots of Water (✓ for each cup)														
Run and Play Outdoors (how many minutes)														
Get the Sleep You Need (how many hours)														



Wolf Den Meeting 4

Keep Your Body Healthy and Bowling Field Trip

Achievement 3. Elective 20g. Bowling Belt Loop (completion).

Preparation and Materials Needed

- ▶ Confirm arrangements for Den Meeting 4's trip to the bowling lanes (or other location) are in place, transportation plans are made, etc.
- ▶ For Den Meeting 6, make arrangements for a field trip to your local fire station or another important place in your community, such as a historic or government location, so find a location that is important and interesting, as well as convenient, for your den to visit.
- ▶ Request permission to use a meeting room at the fire station or other important place for snacks and to complete additional requirements while at the location.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring stick-on bandages for the boys to use on a "pretend" cut finger. And a red marker.
 - (Optional fun) Roll-on cotton gauze and medical tape, plus some red dye.
 - Belt loops for Bowling (or the sport you pick) to provide "immediate recognition" for each boy.
- ▶ Make arrangements with a bowling alley to bring your den.
 - Provide bowling alley staff with a copy of the Bowling belt loop requirements (see below).
 - Arrange transportation to the bowling alley.
- ▶ Alternate sport: Try to do bowling if possible. If not, do another sports belt loop.

Before the Meeting

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

Gathering

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

Opening

- ▶ Conduct a flag ceremony, indoor (**Achievement 2b**) or outdoor (**Achievement 2f**). Options include:
 - Gather in a line, circle, or square: Pledge of Allegiance; have the Scout leading the ceremony tell what the Pledge means (**Achievement 2a**); Cub Scout Promise or Law of the Pack; lead patriotic song.
 - Rotate leadership of flag ceremonies so each boy has a turn at every role (**Achievement 2b**).

Business Items

- ▶ **Verify: Achievement 3a**—completed healthy habits chart.
- ▶ Do a general review of rules of courtesy and safety for bowling; cover specific rules for the field trip.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Elective 20g:** Go bowling. The Bowling belt loop can be earned. Requirements are:
 1. Explain to your leader or adult partner the rules of courtesy and safety for bowling.
 2. Show how to pick out a ball of proper weight and with finger holes that fit your hand.
 3. Play a complete game with your family or den.
 - Use the down time between throws to have each boy explain to the den leader or adult the rules of courtesy and safety for bowling.
- ▶ **Achievements 3b** ("Tell four ways to stop the spread of colds.") Complete these while the boys are awaiting their turn at bowling, or while taking a break from another sport. Give each boy the opportunity to explain to the den leader or parent helper four ways to stop the spread of colds: Stay away from others if you have a cold or flu; get lots of rest, drink liquids; turn away when sneezing (use a handkerchief, use your elbow); wash your hands often, and always after you sneeze.



- **Achievement 3c:** (“Show what to do for a small cut on your finger.”):
 1. Tell a grown-up. If it is a big cut, get help fast.
 2. Let it bleed out a little (to clear dirt and germs).
 3. Wash with soap and water.
 4. Put on a stick-on bandage.
- Let each boy demonstrate to the den leader or a parent helper how to use a stick-on bandage on a pretend cut.
- Use the red marker to make a “cut” on a finger. Make it small enough to fit under the bandage and to obviously be a “small cut,” probably less than a half-inch long.
- Then go through the steps above. The red marker makes a big difference. The kids are pretty serious and careful about their “cut.”

Want More Fun Activities?

Note: For maximum fun, as the bowling ends, in addition to the Band-Aids, put larger bandages on the boys, using the roll on cotton gauze and medical tape, then add red dye. Be sure to prep the boys to be brave when they are picked up by the parents! But make sure they quickly explain that the bandages are just for practice and that their kids weren't injured!

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
 - Award the belt loop in a manner customary to your pack (ask your Cubmaster if you are unsure). Some packs explain to boys that they will receive their Bowling belt loop at the next pack meeting, others give it as immediate recognition and still recognize them at the pack meeting.
- ▶ Closing ceremony: Retire the colors (fold and return the flag) or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

After the Meeting

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