



Bear Cub Scouts



Have you added new members to your Bear Cub Scout den? If any new boys join your den this year, make certain they complete the requirements to earn their Bobcat badge. Tell the parents they must complete at home Bobcat Requirement 8, using “How to Protect Your Children from Child Abuse: A Parent’s Guide,” in the front of the *Bear Handbook*. Distribute the Family Talent Survey Sheet to the parents of new boys, asking them to complete and return it to you at the next meeting. (The sheet can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)

Helpful Hints for Den Leaders

The tone you set at the first meeting will determine, to a large extent, the success of your year. Wear your adult uniform to all meetings and remind boys to wear their uniforms. Be completely organized before the start of the meeting. Clearly explain or remind the boys about the behavioral expectations at den meetings. You may wish to use the “good conduct candle” approach (*Cub Scout Leader How-To Book*). Be friendly but firm with the boys.

Ask your assistant den leader (or parent helper) to arrive at least 15 minutes before the starting time of the meeting. He or she can help you with final preparations before the boys arrive.

A snack at den meetings is optional. Set the example with healthy, nutritious snacks. Be aware of any food allergies of den members and communicate these to parents who may be assisting with the snacks.

You may wish to distribute a family information letter at the conclusion of each meeting. The letter tells parents what was completed at each meeting and provides information on upcoming den and pack meetings and activities. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)

At least two weeks before any field trip, a local tour permit should be filed with the council service center. A permission slip (informed consent agreement) should also be secured from the parent or guardian of each Cub Scout.

Encourage the boys to earn the religious emblem of their faith. Talk about earning the National Summertime Pack Award pin, the Cub Scout Outdoor Activity Award, the Cub Scout World Conservation Award (if not already earned as a Wolf Cub Scout), and Cub Scouting’s Leave No

Trace Awareness Award during the year. Distribute and review the Leave No Trace frontcountry guidelines before any field trip to a park or playground. (The guidelines can be found at www.scouting.org/CubScouts/Resources/leavenotrace and on the CD in the Resources folder on the main menu.)

Open each den meeting by saluting the U.S. flag and reciting the Pledge of Allegiance. Then, while showing the Cub Scout sign, recite the Cub Scout Promise and Law of the Pack. See *Cub Scout Ceremonies for Dens and Packs* for detailed guidelines and ceremony examples.

Pledge of Allegiance

I pledge allegiance to the flag of the United States of America
And to the republic for which it stands,
One nation under God, indivisible,
With liberty and justice for all.

Cub Scout Promise

I, *(name)*, promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.

Law of the Pack

The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.



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Bear Den Meeting #1

Achievement 8: The Past Is Exciting and Important (partial); Achievement 16: Building Muscles (partial)

Preparation and materials needed:

- Prepare a family history chart (Achievement 8d, below) for distribution to each boy at the end of the meeting.
- 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 below).
- Bring index cards printed with the Cub Scout Promise and Law of the Pack for use by any new boys and adults during the flag ceremony.
- Bring a U.S. flag and the den flag.
- Prepare permission slips for the field trip at den meeting #2.

Gathering:

- Welcome new and returning Cub Scouts and parents.
- Snack, collect den dues, record attendance, review code of conduct for den meetings.

Opening:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack. Provide index cards printed with the Cub Scout Promise and Law of the Pack for use by any new boys and adults.

Advancement:

- Review the Bobcat requirements: Cub Scout Promise; Law of the Pack; Cub Scout motto, sign, handshake, salute; meaning of *Webelos*.
Suggestion: Start with 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, 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, then return and answer the question.
- Achievement 8c: Start or add to an existing den or pack scrapbook. See the sample page below.

- 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 16a: Have boys do physical fitness stretching exercises, then curl-ups, push-ups, standing long jump, and softball throw. Create a record of each boy's numbers for the den scrapbook (see the sample sheet below). Repeat these activities in future meetings to measure progress when you need a physical activity.

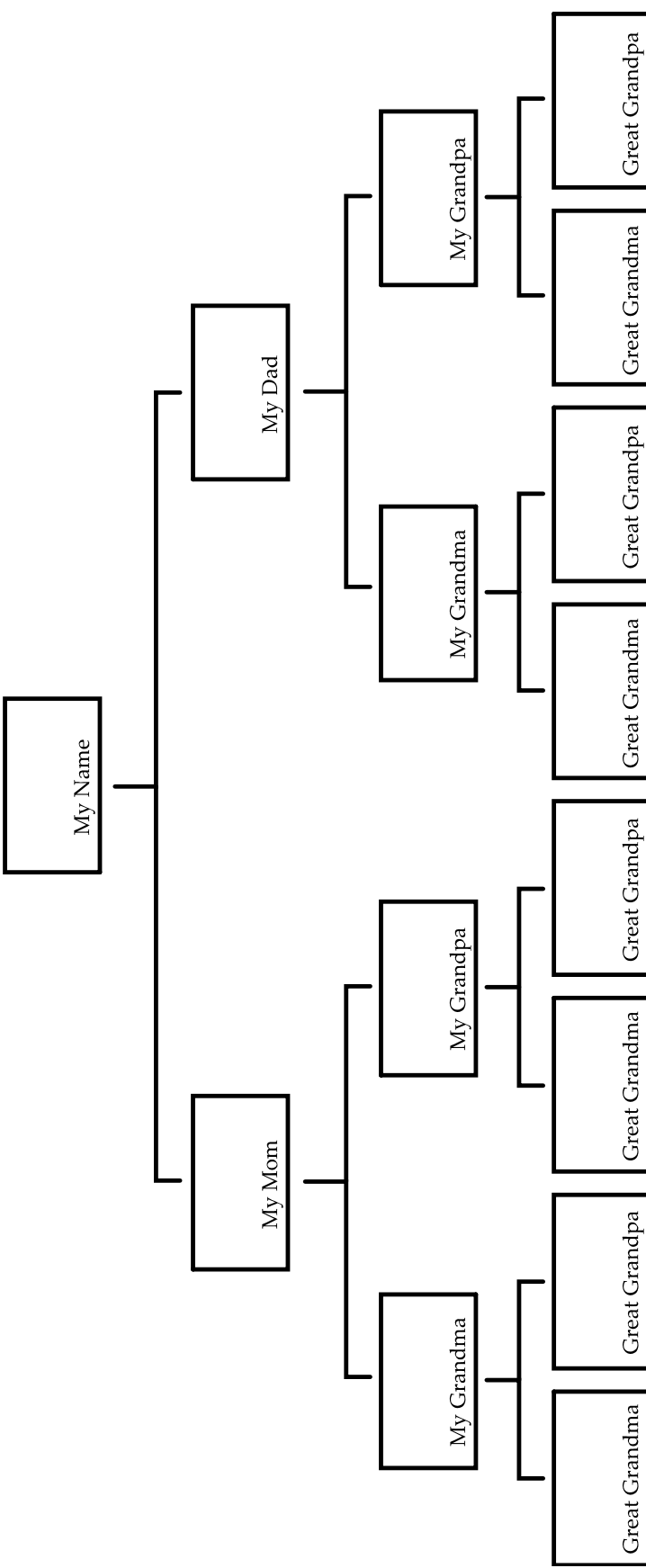
Closing:

- Hand out family information letter. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
- Hand out permission slips for the field trip at den meeting #2.
- Hand out a family history chart (below) to be completed and returned at the next den meeting (Achievement 8d).
- 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.

Next Up:

- For den meeting #2, make arrangements to take a field trip to a local historical place of interest.
- Submit a Local Tour Permit Application to your council service center two weeks before your field trip. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)
- Invite someone who was a Cub Scout a long time ago to accompany 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 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 complete Achievement 8g, the Character Connection for Respect, with the boys. Provide the Know, Commit, Practice discussion points in advance.
- Research when your state was admitted to the Union; its state bird, tree, and flower; and the symbolic elements of the state flag. Bring a U.S. flag, den flag, and state flag.
- Prepare permission slips for the field trip to a bicycle shop at den meeting #3.

Bear Cub Scouts
Achievement 8d: Family Tree



Den Scrapbook Page

Pack _____ Den _____

My Name: _____

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: _____

Bear Cub Scouts—Achievement 16a

Achievement Record: Push-Ups, Standing Long Jump, Softball Throw, and Curl-Ups

Name: _____

Date:	_____	_____	_____	_____
Push-ups	_____	_____	_____	_____
Standing long jump	_____	_____	_____	_____
Softball throw	_____	_____	_____	_____
Curl-ups	_____	_____	_____	_____

Name: _____

Date:	_____	_____	_____	_____
Push-ups	_____	_____	_____	_____
Standing long jump	_____	_____	_____	_____
Softball throw	_____	_____	_____	_____
Curl-ups	_____	_____	_____	_____

Name: _____

Date:	_____	_____	_____	_____
Push-ups	_____	_____	_____	_____
Standing long jump	_____	_____	_____	_____
Softball throw	_____	_____	_____	_____
Curl-ups	_____	_____	_____	_____

Name: _____

Date:	_____	_____	_____	_____
Push-ups	_____	_____	_____	_____
Standing long jump	_____	_____	_____	_____
Softball throw	_____	_____	_____	_____
Curl-ups	_____	_____	_____	_____

Name: _____

Date:	_____	_____	_____	_____
Push-ups	_____	_____	_____	_____
Standing long jump	_____	_____	_____	_____
Softball throw	_____	_____	_____	_____
Curl-ups	_____	_____	_____	_____



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Bear Den Meeting #2

Achievement 3: What Makes America Special? (complete); Achievement 8: The Past Is Exciting and Important (completion)

Preparation and materials needed:

- Make arrangements to take a field trip to a local historical place of interest (for example, a local historic house, building, museum, historical plaque, monument, cemetery, or something old).
- Submit a Local Tour Permit Application to your council service center two weeks before your field trip. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)
- Invite someone who was a Cub Scout a long time ago to accompany 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 was a Cub Scout. Ask that person to be prepared to tell the boys what Cub Scouting was like then. If that person is comfortable doing so, have the person complete Achievement 8g, the Character Connection for Respect, with the boys. Provide the Know, Commit, Practice discussion points in advance.
- Research when your state was admitted to the Union; its state bird, tree, and flower; and the symbolic elements of the state flag. Bring a U.S. flag, den flag, and state flag.
- Prepare permission slips for the field trip to a bicycle shop at den meeting #3.

Gathering:

- Collect permission slips as boys arrive.
- Introduce guest.
- Snack, collect den dues, record attendance.
- Collect completed family history chart from each boy (Achievement 8d) and add it to the den scrapbook (Achievement 8c).
- While eating snacks, have each boy (starting with the denner) tell what makes America special to him (Achievement 3a).

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance. If you have access to an outdoor flagpole, complete Achievement 3h (learn how to raise and lower a U.S. flag properly for an outdoor ceremony) and Achievement 3i (participate in an outdoor

flag ceremony). If you are unable to complete Achievements 3h and 3i at this den meeting, make arrangements at a future den meeting.

- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 3d: Meet at or travel to a place of historical interest.
- Achievement 3j: Complete the Character Connection for Citizenship.
 - **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: Have each boy tell about two famous Americans and what they did or are doing to improve our way of life.
- Achievement 8b: Have your guest, who was a Cub Scout long ago, talk to the boys about what Cub Scouting was like back then.
- Achievement 3e: Discuss when your state was admitted to the Union, and its state bird, tree, and flower. Show and discuss the symbols in your state's flag. *Assignment:* Have each boy share this information with an adult family member, who should then sign the boy's handbook.

Closing:

- Hand out family information letter, including information on Achievement 3e. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
- Hand out permission slips for the field trip to a bicycle shop at den meeting #3.

Next Up:

- For den meeting #3, make arrangements for a field trip to a bicycle shop. 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. Also see [chapter 20 in the BSA Fieldbook Web site](#) for various cycling links, and see bicycle safety guidelines in the *Cub Scout Leader Book* and *Guide to Safe Scouting*.
- Submit a Local Tour Permit Application to your council service center two weeks before the event. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)
- 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 wear an approved bike helmet.

- Arrange transportation to the bicycle shop or meet there. Determine where a safe place would be to complete the one-mile bike ride.
- Bring index cards printed with the Cub Scout Promise and Law of the Pack for use by any new boys and adults.
- Prepare permission slips for a field trip to the police station at den meeting #4.



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Bear Den Meeting #3

Achievement 14: Ride Right (complete)

Preparation and materials needed:

- Make arrangements with a bicycle shop to bring your boys for a field trip. 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. Also see [chapter 20 in the BSA Fieldbook Web site](#) or various cycling links, and see bicycle safety guidelines in the *Cub Scout Leader Book* and *Guide to Safe Scouting*.
Suggestion: If there is no local bicycle shop, then cover the Ride Right requirements as a pre-mile-ride activity. This den meeting with the one-mile bike ride may take two hours to complete.
- Submit a Local Tour Permit Application to your council service center two weeks before the event. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)
- 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 wear an approved bike helmet.
- Arrange transportation to the bicycle shop or meet there. Determine where a safe place would be to complete the one-mile bike ride.
- Bring index cards printed with the Cub Scout Promise and Law of the Pack for use by any new boys and adults.
- Prepare permission slips for a field trip to the police station at den meeting #4.

Gathering:

- Collect permission slips for this event as boys arrive.
- As boys arrive, remind them of appropriate behavior at the bike shop.
- Collect den dues; record attendance.
- Check handbooks for completion of Achievement 3e (home assignment).

Opening:

- Conduct flag ceremony and Pledge of Allegiance.

- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

At the bicycle shop or as a pre-ride activity, do the following:

- Achievement 14a: Discuss the rules for bike safety (*Bear Handbook* page 119). Review proper hand signals to be used in traffic. If your town requires a bicycle license, be sure all boys get one.
- Achievement 14c: Identify the parts of a bike that should be checked often and how to maintain the bike in good shape.
- Achievement 14d: Learn how to change a tire on a bicycle.
- Achievement 14e: Discuss how to protect your bike from theft by using a bicycle lock.
- Achievement 14b: After the bicycle shop tour or after discussing bike safety, maintenance, and protection, use safety cones to set up a weaving course at least 60 feet long. Have all boys practice weaving around the cones, doing sharp left and right turns, a U-turn, and an emergency stop.
- Achievement 14f: Ride a bike for one mile without rest. Be sure to obey all traffic rules.
- *Assignment:* Have boys complete Achievement 14g (a family bike hike) with their families.

Closing:

- After the one-mile bike ride, have a snack.
- Hand out family information letter. Include information on Achievement 14g. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
- Hand out permission slips for a field trip to the police station at den meeting #4.

Next Up:

- For den meeting #4, make arrangements for a field trip to your local police station. Alternatively, ask a police officer, sheriff, or other law enforcement personnel to come to your den meeting. Ask if fingerprints can be taken during the visit. If law enforcement cannot take fingerprints, then bring a nontoxic inkpad and paper for fingerprinting.
- Submit a Local Tour Permit Application to your council service center two weeks before your field trip. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)
- Remind the boys to bring their *Bear Handbook*.

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 badge (for completing Achievements 3, 8, and 14).



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Bear Den Meeting #4

Achievement 7: Law Enforcement Is a Big Job (partial)

Preparation and materials needed:

- Make arrangements for a field trip to your local police station. Alternatively, ask a police officer, sheriff, or other law enforcement personnel to come to your den meeting. Ask if fingerprints can be taken during the visit. If law enforcement cannot take fingerprints, then bring a nontoxic inkpad and paper for fingerprinting.
- Submit a Local Tour Permit Application to your council service center two weeks before your field trip. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)
- Remind the boys to bring their *Bear Handbook*.

Gathering:

- Collect permission slips as boys arrive.
- Snack, collect den dues, record attendance.
- Introduce police officer to the den.
- While the boys are having their snack, check handbooks for completion of Achievement 14g.

Opening ceremony:

- Using the U.S. flag at the police station, recite the Pledge of Allegiance. If you are unable to complete Achievements 3h and 3i at an earlier den meeting, the police station probably has an outdoor flagpole.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 7b: Visit your local police station or sheriff's office. Have a law enforcement officer discuss crime prevention.
- Achievement 7d: Have an officer discuss the importance of knowing who adult family members consider trusted neighbors.
- Achievement 7e: 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.

- Achievement 7f: 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.
- Achievement 7a: Practice taking fingerprints, which is one way police gather evidence.

Closing:

- Thank the police officer(s).
- Hand out family information letter. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
 - Ask parents to complete Achievement 7c at home with boys (check to see if you have strong locks on all windows and doors).
 - Do Achievement 7d at home (make a list of trusted neighbors who can help in an emergency).
 - Do Achievement 7e at home (post emergency phone numbers by the phone).

Next Up:

- For den meeting #5, bring a U.S. flag and the den flag.
- Bring paper and pencils.
- Bring wood to complete the toolbox for Achievement 20b (*Bear Handbook* page 154), saws, hammers, nails, safety glasses, and markers; and bring equipment for the game you choose (*Bear Handbook* page 127).
- Working with tools requires greater supervision, so you should ask for additional parents who are handy with tools.
- *Note:* Power tools are not appropriate for use by Cub Scouts. (See the *Cub Scout Leader How-To Book* and Age-Appropriate Guidelines for Scouting activities at www.scouting.org/HealthandSafety/Resources/AgeAppropriateGuidelines).



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Bear Den Meeting #5

Achievement 7: Law Enforcement Is a Big Job (completed at home); Achievement 1: Ways We Worship (complete); Achievement 20: Sawdust and Nails (partial); Achievement 15: Games, Games, Games! (partial)

Preparation and materials needed:

- Bring a U.S. flag and the den flag.
- Bring paper and pencils.
- Bring wood to build a toolbox (Achievement 20b), saws, hammers, nails, safety glasses, and markers; bring equipment for the game you choose (Achievement 15a). Working with tools requires greater supervision, so you should ask for additional parents who are handy with tools.
- *Note:* Power tools are not appropriate for use by Cub Scouts. (See the *Cub Scout Leader How-To Book* and Age-Appropriate Guidelines for Scouting activities at www.scouting.org/HealthandSafety/Resources/AgeAppropriateGuidelines).

Gathering:

- Snack, collect den dues, record attendance.
- During snack time, complete Achievements 1a and 1b: Ways We Worship (see Advancement, below).
- Check handbooks for completion of Achievements 7c, 7d, and 7e.

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 1a: Complete the Character Connection for Faith.
 - **Know.** Name some people in history who have shown great faith. Discuss with an adult how faith has been important at a particular point in his or her life.
 - **Commit.** Discuss with an adult how having faith and hope will help you in your life, and also discuss some ways that you can strengthen your faith.
 - **Practice.** Practice your faith as you are taught in your home, church, synagogue, mosque, or religious fellowship.

- Achievement 1b: Have each boy make a list of things he can do this week to practice his religion. Boys should check each item off their lists as they complete them during the week.
- Achievement 20a: Discuss and practice how to use and take care of four of the following tools: hammer, handsaw, hand drill, c-clamp, wood plane, pliers, adjustable (such as Crescent®) wrench, screwdriver, bench vise, coping saw, or drill bit.
- Achievement 20b: Have each boy begin building his own toolbox. Have each boy write his name on the bottom of his toolbox.
- Achievement 15a: Set up equipment, and with about 15 minutes remaining in the den meeting, play one of the outdoor games listed in the *Bear Handbook*.

Closing:

- Retire the colors.
- Hand out family information letter. Boys should complete Achievement 20c at home by using two of the tools discussed during the den meeting to fix something. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
- Clean up.

Next Up:

- For den meeting #6, bring a U.S. flag, den flag, paper and pencils, wood to complete the toolbox (Achievement 20b, *Bear Handbook* page 154), saws, hammers, nails, safety glasses, and markers; and bring equipment for a game you choose (Achievement 15a, page 127).
- Working with tools requires greater supervision, so you should ask for additional parents who are handy with tools.



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Bear Den Meeting #6

Achievement 20: Sawdust and Nails (completion); Achievement 15: Games, Games, Games! (partial)

Preparation and materials needed:

- Bring a U.S. flag and the den flag.
- Bring paper and pencils.
- Bring wood to complete the toolbox for Achievement 20b, saws, hammers, nails, safety glasses, and markers; and bring equipment for a game you choose (Achievement 15a). Working with tools requires greater supervision, so you should ask for additional parents who are handy with tools.
- *Note:* Power tools are not appropriate for use by Cub Scouts. (See the *Cub Scout Leader How-To Book* and Age-Appropriate Guidelines for Scouting activities at www.scouting.org/HealthandSafety/Resources/AgeAppropriateGuidelines).

Gathering:

- Snack, collect den dues, record attendance.
- Confirm that boys have completed Achievement 20c at home.

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 20b: Have each boy complete his own toolbox.
- Achievement 15a: Set up equipment for a different outdoor game listed in the *Bear Handbook* and have the boys play the game after they have completed their toolbox.

Closing:

- Clean up.
- Hand out family information letter. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)

Next Up:

- For den meeting #7, if you have access to an oven, consider baking oatmeal cookies (*Bear Handbook* page 81) or brownies. If you do not have access to an oven, then make trail mix (banana chips, raisins, pretzels, peanuts, granola). Have sandwich-size zipper bags for the boys.
- For den snacks, bring celery, peanut butter (or cream cheese), cheese, crackers, raisins, fruit (apples, oranges, bananas, grapes), plates, napkins, and plastic knives.

Boys who have participated in all den meetings and completed home assignments have now earned their second red Progress Toward Ranks bead to be placed on their Cub Scout immediate recognition emblem (for completing Achievements 1, 7, and 20).



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Bear Den Meeting #7

Achievement 9: What's Cooking? (partial)

Preparation and materials needed:

- If you have access to an oven, consider baking oatmeal cookies (*Bear Handbook* page 81) or brownies.
- If you do not have access to an oven, then have ingredients to make trail mix (banana chips, raisins, pretzels, peanuts, granola). Have sandwich-size zipper bags for the boys.
- For den snacks, bring celery, peanut butter (or cream cheese), cheese, crackers, raisins, fruit (apples, oranges, bananas, grapes), plates, napkins, and plastic knives.

Gathering:

- Collect den dues; record attendance.
- Put on smock (or oversized old shirt) and wash hands with soap.
- With adult help, make den snacks ("ants on a log" — celery, peanut butter or cream cheese, and raisins; cheese and crackers; assorted fruit — apples, oranges, bananas, or grapes).

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 9b: Make snacks for the den meeting with an adult (completed during the gathering time).
- Achievement 9a: If you have access to an oven, make oatmeal cookies. See the *Bear Handbook* for the recipe.
- Alternatively, do Achievement 9e: Each boy makes his favorite trail mix in sandwich-size zipper bags. Label bags with boys' names.
- Achievement 9d: While cookies are baking (or after making trail mix), make a list of junk foods and discuss why they are called "junk."

Closing:

- Put cookies into plastic bags or other containers for each boy.

- Clean up.
- Hand out family information letter. With his parent's help, each boy is to prepare one part of his breakfast, lunch, and dinner (Achievement 9c). (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)

Next Up:

- Invite a parent or friend who is a doctor, a nurse, an emergency medical technician (EMT), or someone knowledgeable about first aid to attend the next den meeting.
- Bring props (blanket, rope, cell phone, pole or branch) to act out different emergency scenarios.
- Bring a U.S. flag and the den flag.



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Bear Den Meeting #8

Achievement 9: What's Cooking? (completed at home); Achievement 11: Be Ready (partial)

Preparation and materials needed:

- Invite a parent or friend who is a doctor, a nurse, an emergency medical technician (EMT), or someone knowledgeable about first aid to attend the den meeting.
- Bring props (blanket, rope, cell phone, pole or branch) to act out different emergency scenarios.
- Bring a U.S. flag and the den flag.

Gathering:

- Snack, collect den dues, record attendance.
- Verify completion of Achievement 9c: preparing one part of breakfast, lunch, and dinner.

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 11g: Discuss the Character Connection for Courage.
 - **Know.** Memorize the courage steps: Be brave, Be calm, Be clear, and Be careful. Tell why each courage step is important. How will memorizing the courage steps help you to be ready?
 - **Commit.** Tell why it might be difficult to follow the courage steps in an emergency situation. Think of other times you can use the courage steps. (Standing up to a bully is one example.)
 - **Practice.** Act out one of the requirements using these courage steps: Be brave, Be calm, Be clear, and Be careful.
- Achievement 11a: Discuss, then act out, what to do in case of the following accidents at home: unconscious person; someone's clothes catch on fire; the house catches on fire.
- Achievement 11b: Discuss, then act out, what to do in case of a water accident.
- Achievement 11c: Discuss, then act out, what to do in case of a school bus accident.
- Achievement 11d: Discuss, then act out, what to do in case of a car accident.

Closing:

- Retire the colors.
- Hand out family information letter. Boys are to plan with their family escape routes from their home, and have a practice fire drill (Achievement 11e). (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
- Clean up.

Next Up:

- For den meeting #9, bring a U.S. flag and the den flag.



Bear Cub Scouts



Bear Den Meeting #9

Achievement 11: Be Ready (completed at home); Achievement 16: Building Muscles (completion); Achievement 15: Games, Games, Games! (partial); Achievement 13: Saving Well, Spending Well (at home)

Preparation and materials needed:

- Bring a U.S. flag and the den flag.

Gathering:

- Snack, collect den dues, record attendance.
- Confirm with each boy that he planned with his family an escape route from their home, and had a practice fire drill (Achievement 11e).

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 16b: Have boys compete in six different two-person contests.
- Achievement 16c: Have boys compete in the crab relay, gorilla relay, 30-yard dash, and kangaroo relay.
- Achievement 15b: Play an organized game as a den.

Closing:

- Retire the colors.
- Hand out family information letter. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
 - Boys are to complete Achievement 13, Saving Well, Spending Well, at home. They must complete four of the seven available choices.
 - Achievement 4: For the next den meeting, each boy should learn what folklore is, be able to name five stories, and point out on a map where the stories happened (Achievements 4a and 4b). For den meeting #11, he should read two folklore stories and be prepared to tell a short version of one of the stories to the den (Achievement 4c).

- Clean up.

Next Up:

- For den meeting #10, bring a U.S. flag and the den flag.
- Review the American folklore characters described in the *Bear Handbook* (pages 43–47) and be prepared to discuss each with the den.
- Bring equipment for a game that your den has not played as a den (Achievement 15b). Some of the boys may have played the game before, but you should try to pick a game that is new to most of the boys.
- Prepare permission slips for the field trip at den meeting #11.

Boys who have attended appropriate den meetings and completed required home assignments have now earned their third red Progress Toward Ranks bead to wear on their Cub Scout immediate recognition emblem (for completing Achievements 9, 11, and 16).



Bear Cub Scouts



Bear Den Meeting #10

Achievement 13: Saving Well, Spending Well (completed at home); Achievement 15: Games, Games, Games! (completion); Achievement 4: Tall Tales (partial)

Preparation and materials needed:

- Bring a U.S. flag and the den flag.
- Review the American folklore characters described in the *Bear Handbook* (pages 43–47) and be prepared to discuss each with the den.
- Bring equipment for a game that your den has not played as a den. Some of the boys may have played the game before, but you should try to pick a game that is new to most of the boys.
- Prepare permission slips for the field trip at den meeting #11.

Gathering:

- Snack, collect den dues, record attendance.
- Verify completion of Achievement 13 (four requirements) by each boy at home.

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievements 4a and 4b: Ask each boy to tell what folklore is. Have each list five folklore stories, folk songs, or historical legends that he learned about since the last den meeting (home assignment) and point out on a map where they happened. Play the Folklore Match Game (*Bear Handbook* page 48).
- Achievement 4b: Discuss the American folklore stories described in the *Bear Handbook*. For boys who did not list five stories for Achievement 4a, have them point out on a United States map where some of these stories happened.
- Achievement 15b: Play an organized game as a den.

Closing:

- Retire the colors.
- Hand out family information letter. Each boy is to read two folklore stories and be prepared to share his favorite one at the next den meeting (Achievement 4c). (A

sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)

- Hand out permission slips for the field trip at den meeting #11.
- Clean up.

Next Up:

- For den meeting #11, make arrangements, if possible, to visit a newspaper office or a television, cable, or radio station, and talk to a news reporter.
- Submit a Local Tour Permit Application to your council service center two weeks before your field trip. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)



Bear Cub Scouts



Bear Den Meeting #11

Achievement 4: Tall Tales (completion); Achievement 17: Information, Please (partial)

Preparation and materials needed:

- If possible, make arrangements to visit a newspaper office or a TV, cable, or radio station, and talk to a news reporter.
- Submit a Local Tour Permit Application to your council service center two weeks before your field trip. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)

Gathering:

- Collect permission slips as boys arrive.
- Have a snack before or after your visit to the newspaper office or TV or radio station.
- Achievement 4c: Have boys tell their favorite folk story to the other boys as they travel en route.
- Collect den dues; record attendance.

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 17c: This requirement is completed if you are able to arrange a visit to a newspaper office or a TV or radio station.
- Achievement 17b: Play a game of charades as a den.

Closing:

- Thank the news reporter and your host at the station.
- Hand out family information letter. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
 - Achievement 17a: Boys are to choose a TV show with an adult in their family and watch it together.

- Achievement 17d: Boys are to use a computer to get information about anything of interest to them; write a report on what they learned; and spell-check, proofread, and print out the report.
- Achievement 6a: Ask families to begin saving newspapers and aluminum cans. The cans will be collected at den meeting #14 and brought to a recycling center. Recycling one month of daily newspapers also fulfills Achievement 6a.

Next Up:

- For den meeting #12, bring a U.S. flag and the den flag.
- Bring a United States map showing time zones, a state map, and a local map.
- Bring a compass, paper, and pencils.



Bear Cub Scouts



Bear Den Meeting #12

Achievement 17: Information, Please (completed at home); Elective 23: Maps; Map and Compass belt loop

Preparation and materials needed:

- Bring a U.S. flag and the den flag.
- Bring a United States map showing time zones, a state map, and a local map.
- Bring a compass, paper, and pencils.

Gathering:

- Snack, collect den dues, record attendance.
- Check boys' handbooks for completion of Achievements 17a and 17d.

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Elective 23: Maps, requirements 23a–e:
 - (a) Look up your state on a U.S. map. What other states touch its borders?
 - (b) Find your city or town on a map of your state. How far do you live from the state capital?
 - (c) In which time zone do you live? How many time zones are there in the U.S.?
 - (d) Make a map showing the route from your home to your school or den meeting place.
 - (e) Mark a map showing the way to a place you would like to visit that is at least 50 miles from your home.
- Map and Compass belt loop requirements:
 1. Show how to orient a map. Find three landmarks on the map.
 2. Explain how a compass works.
 3. Draw a map of your neighborhood. Label the streets and plot the route you take to get to a place that you often visit.

Closing:

- Retire the colors.

- Hand out family information letter. Remind families to save newspapers and aluminum cans. The cans will be collected at den meeting #14 and brought to a recycling center. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
- Clean up.

Next Up:

- For den meeting #13, bring a U.S. flag and the den flag.
- For Achievement 5b, purchase a birdhouse kit (BSA Supply Nos. 7201, 17185, or 17083) for each boy, and bring enough hammers, safety glasses, low-temperature hot-glue guns, and glue sticks. Working with tools requires greater supervision, so you should ask for additional parents who are handy with tools.
- See www.bsafieldbook.org/fieldbook.jsp?s=ENV for wildlife links.
- Be able to explain what a wildlife conservation officer does.
- Research information about one animal that has become extinct in the last 100 years. Get a list of animals on the endangered species list.
- Prepare permission slips for a trip to a recycling facility at den meeting #14.

Boys who have attended all den meetings and completed all required home assignments have now earned a fourth red Progress Toward Ranks bead to be placed on their Cub Scout immediate recognition emblem (for completing Achievements 4, 13, and 15). The Bear badge will be presented at the pack's blue and gold banquet.

Boys attending all den meetings and completing home assignments may also now qualify for a Gold Arrow Point. The 10 electives would have been selected from these 14 possibilities: the three extra requirements in Achievement 3, one extra requirement in Achievement 8, three extra requirements in Achievement 14, Achievement 17a-e, and two requirements in Elective 23.

Boys attending den meeting #12 and completing the requirements should be presented the Map and Compass belt loop at the next pack meeting.



Bear Cub Scouts



Bear Den Meeting #13

Achievement 5: Sharing Your World With Wildlife (partial); Achievement 6: Take Care of Your Planet (partial)

Preparation and materials needed:

- Bring a U.S. flag and the den flag.
- Purchase a birdhouse kit (BSA Supply Nos. 7201, 17185, or 17083) for each boy, and bring enough hammers, safety glasses, hot-glue guns, and glue sticks. Working with tools requires greater supervision, so you should ask for additional parents who are handy with tools.
- See www.bsafieldbook.org/fieldbook.jsp?s=ENV for wildlife links.
- Be able to explain what a wildlife conservation officer does.
- Research information about one animal that has become extinct in the last 100 years. Get a list of animals on the endangered species list.
- Prepare permission slips for a trip to a recycling facility at den meeting #14.

Gathering:

- Snack, collect den dues, record attendance.

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 5b: Have each boy build a birdhouse using the BSA birdhouse kits. Paint at home, if desired.
- Achievement 5c: Explain what a wildlife conservation officer does.
- Achievement 5e: Name one animal that has become extinct in the last 100 years. Tell why animals become extinct. Name one animal that is on the endangered species list.

Closing:

- Retire the colors.
- Hand out family information letter (Achievement 6). (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)

- Ask families to bring to the next den meeting the aluminum cans they have been saving for recycling. Remind them to also save newspapers for recycling.
- Have boys complete Achievements 6c and 6f by calling the trash-hauling company and electric company. Boys should report back at the next den meeting. Parents should sign the handbook upon completion.
- Hand out permission slips for a trip to a recycling facility at den meeting #14.
- Clean up.

Next Up:

- For den meeting #14, bring a U.S. flag and the den flag.
- Bring unfinished birdhouses, hammers, safety glasses, paint, and smocks.
- Families are to bring the aluminum cans they have been saving for recycling.
- Make arrangements for a field trip to a recycling facility.
- Submit a Local Tour Permit Application to your council service center two weeks before the field trip. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)



Bear Cub Scouts



Bear Den Meeting #14

Achievement 6: Take Care of Your Planet (completion)

Preparation and materials needed:

- Bring a U.S. flag and the den flag.
- Bring unfinished birdhouses, hammers, safety glasses, paint, and smocks.
- Families bring the aluminum cans they have been saving for recycling.
- Make arrangements for a field trip to a recycling facility.
- Submit a Local Tour Permit Application to your council service center two weeks before the field trip. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)

Gathering:

- Collect permission slips as boys arrive.
- Snack, collect den dues, record attendance.
- Check handbooks for completion of Achievements 6c and 6f.
- Collect recyclable items for Achievement 6a.

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 6a: Save five pounds of glass or aluminum, or one month of daily newspapers. Turn them in at a recycling center or use your community's recycling service. To continue the den meeting, go to a park or other safe place.
- Achievement 6c: Have each boy report on what he learned about your trash-hauling company and what happens to your trash after it is hauled away.
- Achievement 6d: Discuss all the ways water is used at home.
- Achievement 6e: Discuss the kinds of energy available and how they are used.
- Achievement 6f: Have each boy report on what he found out about his family's use of electricity.

Closing:

- Retire the colors.
- Hand out family information letter. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
 - Achievements 6e and 6f: Each boy should lead a family discussion about the kinds of energy his family uses (including electricity) and how to conserve energy.
 - Achievement 6d: With an adult, check for dripping faucets and repair or correct those problems.
 - Achievement 6a: Ask families to bring to the next den meeting the newspapers they have been saving for recycling. This will complete the “one month of daily newspapers” requirement for Achievement 6a.
- Clean up.

Next Up:

- For den meeting #15, bring a U.S. flag and the den flag.
- Bring soap bars and plastic knives, newspapers to collect shavings, real pocketknives, sharpening stone and oil, paper towels, first aid kit, and soft wood to practice whittling.
- Review knife safety information in the *Bear Handbook* and *Cub Scout Leader Book*.

Boys may now qualify for a Silver Arrow Point, to be awarded at the next pack meeting. This would include Achievements 5b, 5c, and 5e; Achievements 6c, 6d, 6e, and 6f; and three requirements for Elective 23.



Bear Cub Scouts



Bear Den Meeting #15

Achievement 19: Shavings and Chips (complete)

Preparation and materials needed:

- Bring a U.S. flag and the den flag.
- Bring enough soap bars and plastic knives, newspapers to collect shavings, real pocketknives, sharpening stone and oil, paper towels, first aid kit, and soft wood to practice whittling.
- Review knife safety information in the *Bear Handbook* and *Cub Scout Leader Book*.

Gathering:

- Collect den dues; record attendance.
- Collect newspapers for completion of the “one month” requirement for Achievement 6a.

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 19a: Distribute plastic knives; discuss and practice the safety rules for handling a knife. See the *Bear Handbook* and *Cub Scout Leader Book* for rules.
- Achievement 19b: Show that you know how to take care of and use a pocketknife.
- Achievement 19c: Once the leader is comfortable that the boys will follow the safety rules for handling a knife, distribute the bars of soap. Have boys make a carving with a pocketknife.
- Achievement 19d: Earn the Whittling Chip card. Read, understand, and promise to abide by the Knives Are Not Toys guidelines (*Bear Handbook* page 150). Take the Pocketknife Pledge:

In return for the privilege of carrying a pocketknife to designated Cub Scout functions, I agree to the following:

1. I will treat my pocketknife with the respect due a useful tool.
2. I will always close my pocketknife and put it away when I’m not using it.
3. I will not use my pocketknife when it might injure someone near me.
4. I promise never to throw my pocketknife for any reason.

5. I will use my pocketknife in a safe manner at all times.

Closing:

- Hand out family information letter. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)

Next Up:

- For den meeting #16, bring a U.S. flag and the den flag.
- Bring lengths of nylon rope for each boy and leader (fuse the ends in advance to prevent fraying); bring dental floss for whipping and a lighter to demonstrate fusing.
- Review the *Cub Scout Magic Book* for rope tricks.
- Become proficient in tying a square knot, bowline, sheet bend, two half hitches, and slip knot; go to www.scoutingmagazine.org and search for “knots” for more ideas and tips to help you prepare for this meeting.
- Prepare permission slips for the field trip to an ice cream shop at den meeting #17.



Bear Cub Scouts



Bear Den Meeting #16

Achievement 22: Tying It All Up (complete)

Preparation and materials needed:

- Bring a U.S. flag and the den flag.
- Bring lengths of nylon rope for each boy and leader (fuse the ends in advance to prevent fraying); bring dental floss for whipping and a lighter to demonstrate fusing.
- Review the *Cub Scout Magic Book* for rope tricks.
- Become proficient in tying a square knot, bowline, sheet bend, two half hitches, and slip knot; go to www.scoutingmagazine.org and search for “knots” for more ideas and tips to help you prepare for this meeting.
- Prepare permission slips for the field trip to an ice cream shop at den meeting #17.

Gathering:

- Snack, collect den dues, record attendance.

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 22a: Whip the ends of a rope.
- Achievement 22b: Tie a square knot, bowline, sheet bend, two half hitches, and slip knot. Tell how each knot is used.
- Achievement 22c: Learn how to keep a rope from tangling.
- Achievement 22d: Coil a rope. Throw it, hitting a 2-foot-square marker 20 feet away.
- Achievement 22e: Learn a magic rope trick.

Closing:

- Hand out family information letter. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
- Hand out permission slips for the field trip to an ice cream shop at den meeting #17.

Next Up:

- For den meeting #17, take a trip to an ice cream shop to reward yearlong good behavior.
- Prepare family information letter, outlining Webelos activities planned for the summer. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)

Boys participating in all den meetings and home assignments may qualify for a second Silver Arrow Point for completing Achievements 6a, 19a-d, and 22a-e. This should be awarded at the next pack meeting.



Bear Cub Scouts



Bear Den Meeting #17

Take a field trip to an ice cream shop to reward yearlong good behavior.

- Collect permission slips as boys arrive.
- Hand out family information letter, outlining Webelos activities planned for the summer. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)

Advancement:

- Sign each boy's *Bear Handbook* for all other electives you know the boy has completed. Achievements and parts of achievements that were not used for earning the Bear badge may be counted toward electives. Some electives may have been completed at school, on a sports team, or as part of a Cub Scout pack activity.
- Ask parents to sign for any other electives the boy has completed. Tally them to make sure that at the last pack meeting of the school year, each boy receives all Arrow Points he has earned.
- Some boys earned the religious emblem of their faith. Most boys earned the National Summertime Pack Award. Some boys earned the Cub Scout Outdoor Activity Award.

Next Up:

- During the summer between the third and fourth grade, the boys should be encouraged to earn Cub Scout Academics and Sports belt loops and pins. Many of their summer activities will fulfill requirements for these. By participating in pack summer activities, boys may earn the National Summertime Pack Award.
- If any new boys have joined your den, make certain they earn the Bobcat badge before beginning other advancement. Distribute the Family Talent Survey Sheet to the parents of new boys, asking them to complete and return it to you at the next meeting. (The Family Talent Survey Sheet can be found at www.scouting.org/CubScouts/CubScoutingForms/forms or on the CD in the Resources folder on the main menu).
- It is recommended that the den (now a fourth-grade Webelos den!) plan an activity or outing at least once a month during the summer so that the den will qualify for the National Den Award. (The National Den Award requirements and application

can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu)