

Supplemental Den Meeting Plans

Den Meeting Plan Letter	Bear Cub Scout Den Meeting Plan	Achievements/Electives Covered
A	Maps	Do: Elective 23a–e
B	Shavings and Chips	Do: Achievement 19a–d
C	Tying It All Up	Do: Achievement 22a–e
D	Build a Model (rockets)	Do: Achievement 21f and 21g
E	Magic!	Do: Elective 13
F	Jot It Down	Do: Elective 18a, 18d, 18e, 18g, and 18h
G	Nature Crafts	Do: Elective 12a
H	Space	Do: Elective 1c. Astronomy belt loop
I	Space	Do: Elective 1b, 1e, and 1f
J	Landscaping	Do: Elective 14
K	Farm Animals (field trip)	Do: Elective 16
L	Swimming**	Do: Elective 19. Swimming belt loop
M	Boats ***	Do: Elective 5
N	American Indian Life	Do: Elective 24
O	Build a Model	Do: Achievement 21e
P	Family Fun	Do: Achievement 10a
Q	Family Outdoor Adventure (den hike)	Do: Achievement 12b. Hiking belt loop
R	Let's Go Camping	Do: Elective 25a
S	Tall Tales	Do: Achievement 4

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

*** Using this plan requires completion by the leader(s) of Safety Afloat training. (See www.scouting.org.)

Bear Rank Achievements and Electives

To earn the Bear rank, a Cub Scout must complete 12 achievements out of a possible 24 that are offered in the book. This is VERY different from Wolf and Tiger where you had to “do every achievement category,” though in Wolf there are *some* choices. The Bear achievements are grouped in four major areas, God (1 and 2), Country (3–7), Family (8–13), and Self (14–24). Within each group, a required number of achievements must be completed (the details are in the *Bear Handbook*). So, in Bear, you don’t need to try to “do it all,” because you don’t have to do it all to earn the rank.

The den meeting plans select the achievements to be done so that rank advancement may be most efficiently achieved. In addition to the den activities, certain activities are **primarily done at home and signed off in the handbook by the boy’s parent** or adult family member after the boy has completed each task. The handbook is later shown to the den leader or assistant, who records the progress and also signs the boy’s book.



Supplemental Bear Den Meeting A

Maps

Elective 23. Map and Compass Belt Loop.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring a United States map showing time zones, a state map, and one or more local maps.
 - The more maps and types of maps you have, the better, including really old maps that say “here be dragons” or that show weird shapes of the continents.
 - A globe would be great too.
 - Bring a compass, paper, and pencils. And magnets. All metal straight needles (to become a compass needle), corks (to float needles), bowls (to float the cork and needle). Tape measure.
 - Bring Map and Compass belt loops (for those who have not yet earned).
 - If doing a treasure hunt, candy or treat for a treasure, and treasure maps.

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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ If needed, complete **Achievement 5b**: Build a birdhouse using the BSA birdhouse kits.
 - Paint and decorate, as desired.
 - Ideally, install the birdhouses in an approved location or send them home (as the Cub Scouts desire).
 - To continue the den meeting, go to a park or other safe place.
- ▶ **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.?
 - e. Mark a map showing the way to a place you would like to visit that is at least 50 miles from your home.
 - For **Elective 23a–c**, roll out your maps and have the Scouts locate the items.
 - Divide up into small groups and have them rotate through the three requirements.
 - For **Elective 23d** (Make a map showing the route from your home to your school or den meeting place.), depending on how complicated the route and neighborhood, they might draw from scratch on a blank paper (which would likely tie into the “Draw a map of your neighborhood” belt loop requirement).



- ▶ 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
 - For “Explain how a compass works,” start with the magnets.
 - One side of a magnet will attract another magnet only if it is the correct side.
 - Magnetism is just an invisible force of nature that can only be demonstrated.
 - Earth is a magnet: the planet itself generates magnetism just like it had a giant bar magnet inside. Under the crust of the earth, there are giant swirling pools of liquid iron metal.
 - Because the iron is so hot and moving so fast, it generates magnetism.
 - For “Draw a map of your neighborhood,” have the Scouts draw a map of the neighborhood where they are meeting, so that they are drawing what they all see around them, and you can compare it to what you see. Have attending adults do this too!
 - You might ask them to draw it both as a street map and as a topographic map, if you have interesting terrain.
 - Be sure to have them show landmarks on the map.
 - Have them show where north is, and put a north arrow on the map. Use the compass!
 - While possibly done as a Tiger and/or a Wolf, there is no reason you could not do a more difficult treasure hunt for the Bears using a more complex map, with a need to use compass bearings.
 - See Tiger Cub Den Meeting 6 in this guide for that treasure hunt, which you can now upgrade with use of the compass, bearings, and distances to be stepped off.

Want More Fun Activities?

Without something like a treasure hunt, this meeting will need some fun, like a dose of Building Muscles or games, or pull something from your den’s emergency fun box.

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.



Supplemental Bear Den Meeting B

Shavings and Chips

Achievement 19.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Soap bars (a softer bar, such as Ivory, works well) and plastic knives for each Scout
 - Newspapers to collect shavings, paper towels
 - One or more real pocketknives
 - Sharpening stone and oil
 - Soft wood to practice whittling
 - A first-aid kit
 - Whittling Chip cards (and, if you like, patches)
- ▶ Review knife safety information in the *Bear Handbook* and *Cub Scout Leader Book*.
- ▶ It will be helpful to have extra adult helpers at this den meeting.

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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

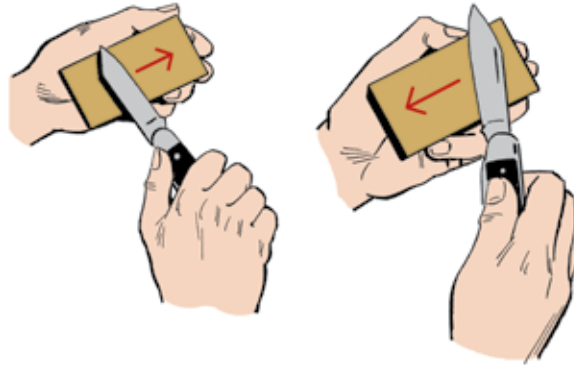
- ▶ Discuss Bear **Achievement 19** "Shavings and Chips."
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 19a: Know the safety rules for handling a knife.** Here are some key rules. (See the *Bear Handbook*):
 - A knife is a tool, not a toy.
 - Know how to sharpen a knife. A sharp knife is safer because it is less likely to slip and cut you.
 - Keep the blade clean.
 - Never carry an open pocketknife.
 - When you are not using your knife, close it and put it away.
 - Keep your knife dry.
 - When you are using the cutting blade, do not try to make big shavings or chips. Easy does it.
 - Make a safety circle: Before you pick up your knife to use it, stretch your arm out and turn in a circle. If you can't touch anyone else, it is safe to use your knife.
- ▶ **Achievement 19b: Show that you know how to take care of and use a pocketknife.** Here are key tips:
 - Know how to sharpen a knife. A sharp knife is safer because it is less likely to slip and cut you.:
 1. Place the stone on a level surface.
 2. Wet the stone with a little water or oil.
 3. Place the blade of the knife flat on the stone, then raise the back edge about the width of the blade itself, keeping the cutting edge on the stone.



4. Push the blade along the stone as though you were slicing a layer off the top. Sharpen the other side of the blade in the same manner. This is always better than moving it in a circular fashion.



- Keep your knife dry.
- Keep the blade clean:
 - To clean: Open all of the blades.
 - Twirl a small bit of cloth onto the end of a toothpick, moisten the cloth with light oil, and wipe the inside of the knife.
 - If you have used your pocketknife to cut food or to spread peanut butter and jelly, get rid of bacteria by washing the blade in hot, soapy water along with the rest of your dishes.
- Keep it off the ground. Moisture and dirt will ruin it.
- Keep it out of fire. The heat draws the temper of the steel. The edge of the blade becomes soft and useless.
- Opening and closing your pocketknife:
 - To open a pocketknife, hold in left hand, put right thumbnail into nail slot.
 - Pull blade out while pushing against hinge with little finger of left hand.
 - Continue to hold on to handle and blade until blade snaps into open position.
 - To close pocketknife, hold handle with left hand with fingers safely on the sides. Push against back of blade with fingers of right hand, swinging handle up to meet blade. Let knife snap shut; “kick” at base of blade keeps edge from touching inside of handle.

- **Achievement 19c: Make a carving with a knife.** Work with your den leader or other adult when doing this. For this den meeting, the carvings will be done with soap and a plastic knife. (*Option:* If the leader is comfortable that the boys will follow the safety rules for handling a knife and they have earned their Whittling Chip cards, have boys make a carving with a real pocketknife.)

- How to use your knife:
 - When using the cutting blade, do not try to make big shavings or chips.
 - Easy does it.
- For course cutting, grasp handle with whole hand.
- Cut at a slant. Do not “saw” with a knife!
- Make a stop cut to control the shaving cut.
- Always cut away from you.

- **Achievement 19d: Earn the Whittling Chip card.**

- Review and know the safety rules, the rules for care of a pocketknife, and the rules for how to use a pocketknife. Read, understand, and promise to abide by the Knives Are Not Toys guidelines (*Bear Handbook*, page 150).
- Take the POCKETKNIFE PLEDGE:
 - “I understand the reason for safety rules.
 - “I will treat my pocketknife with the respect due a useful tool.
 - “I will always close my pocketknife and put it away when I’m not using it.
 - “I will not use my pocketknife when it might injure someone near me.
 - “I promise never to throw my pocketknife for any reason.
 - “I will use my pocketknife in a safe manner at all times.”

Supplemental Den Meeting B



Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers. Depending on level of achievement, award the Whittling Chip cards (and, if you like, patches). Otherwise, award at a following meeting (or weekend event) when you are sure it is earned.
- ▶ 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.



Knife Safety Signoff for Bear Rank

Your Cub Scout knife is an important tool. You can do many things with its blades. The cutting blade is the one you will use most of the time. With it you can make shavings and chips and carve all kinds of things.

You must be very careful, and think when you whittle or carve. Take good care of your knife. Always remember that a knife is a tool, not a toy. Use it with care so that you don't hurt yourself or spoil what you are carving.

a. Know the safety rules for handling a knife. (Date: _____/Signature: _____)

Safety Rules (Selected)

- A knife is a _____, not a _____. It can be used to make _____.
- _____ carry an open knife in your hand.
- When you are not using a knife, _____ it and put it _____.
- Keep your knife _____ and _____.
- Close the blade with the _____ of your _____—and your _____ out of the way.
- _____ use a knife on something that will dull or break it.
- _____ use a knife to strip the bark from a tree.
- _____ carve your initials into anything that does not belong to you.
- _____ throw a knife.
- Be _____ when you use a knife—maintain the “_____ circle.”
- To pass a knife to someone, first _____ the pocketknife.
- If you have an open knife, the person handing it away should hold the knife by the _____, and the person receiving should grab the _____.
- When you pass any knife, never let go until the receiver says “_____.”

b. Show that you know how to take care of and use a pocketknife.
(Date: _____/Signature: _____)

Care and Use Rules (Selected)

- A sharp knife is safer because _____.
- A dull knife is dangerous because _____.
- To sharpen a knife, use a _____.
- When sharpening a knife, turn the back of the blade up _____ degrees from “flat” (90 degrees is “straight up”).
- When sharpening a knife, hold the stone (a) on your leg?, (b) on a flat surface?, (c) firmly?
- When sharpening a knife, scrape the blade (a) backward?, (b) sideways?, (c) forward?
- A dirty knife is dangerous because _____.
- When you are using the cutting blade, make (a) big cuts?, or (b) small cuts?
- Close the blade with the _____ of your hand, and with _____ hand(s).

d. Earn the Whittling Chip card (Date: _____/Signature: _____)

Complete parts a and b above, and know “The Pocketknife Pledge”

- I understand the reason for _____ rules.
- I will treat my pocketknife with the _____ due a useful tool.
- I will always _____ my pocketknife and put it away when not in use.
- I will not use my pocketknife when it might _____ someone near me.
- I _____ never to throw my pocketknife for any reason.
- I will use my pocketknife in a safe manner at _____ times.



Supplemental Bear Den Meeting C

Tying It All Up Achievement 22.

Preparation and Materials Needed

- ▶ 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. The Web page at <http://meritbadge.org/wiki/index.php/Knots> includes animation to show you.
- ▶ Invite a den chief or other Scout from your local Boy Scout troop to assist with this meeting.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - 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.
 - You’ll need at least one 20- to 30-foot piece, plus 4-foot pieces for each boy to practice with.
 - Twine and scissors
 - Red “shoelace” licorice—two for each Scout
 - Arrow Points for those completing the requirements today

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 that will keep Scouts interested and busy, and that others may join as they arrive (maybe distribute ropes, and start teaching one or more “magic knots”; have early arrivals teach later arrivals. Do this with parents too!). 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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Discuss why this matters (lifesaving on or near water, emergencies in a house, sailing, backpacking, travel, general safety).
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 22a** (“Whip the ends of a rope.”) See page 163 of the *Bear Handbook*.



- Start with a 2-foot length of thin twine or fishing line or dental floss.
- Form it into a loop and place it at one end of the rope, with the two ends of the loop against the rope.
- Wrap tightly around the rope, starting ¼ inch from the end.
- When the whipping is as wide as the rope is thick, pull out the ends of the loop hard, and trim off the twine or line.

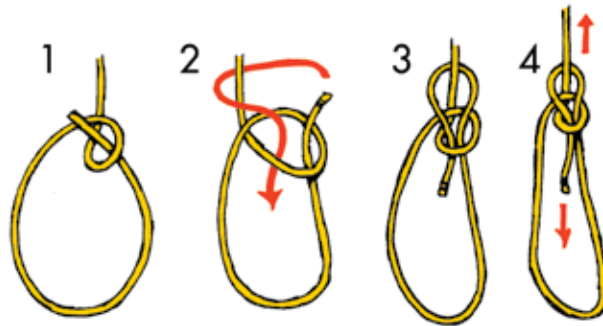


- **Achievement 22b** (“Tie a square knot, bowline, sheet bend, two half hitches, and slip knot. Tell how each knot is used.”) See page 164 of the *Bear Handbook*; selected information is below.



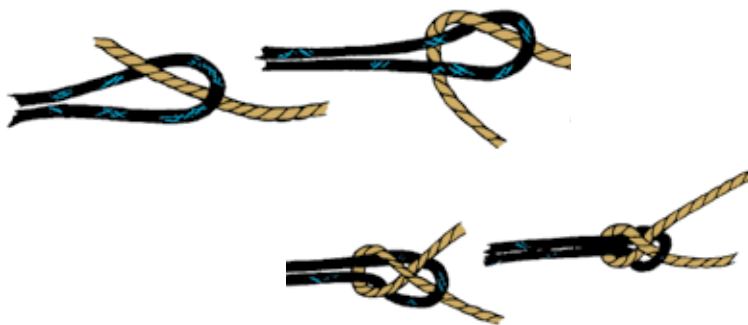
Square Knot

- The **square knot** is also known as the joining knot because it can join two ropes together and because it is the first knot Scouts learn when they join the BSA. It has many uses— from securing bundles, packages, and the sails of ships to tying the ends of bandages.
 - To tie a square knot, hold one rope end in each hand.
 - Pass the right end over and under the rope in your left hand . . . and pull it snug (now you’re holding that end with your left hand, and you’ve switched the other to your right).
 - Next, pass that same end of the rope (the one that is now in your left hand) over and under the one that is now in your right hand . . . and pull it tightly snug.
 - Remember: right over left. left over right.



Bowline

- The **bowline** is also known as the rescue knot, the most useful of knots.
 - To tie a bowline, make a small overhand loop in the standing part of a rope.
 - Bring the rope end up through the loop, around behind the standing part, and back down into the loop.
 - Tighten the bowline by pulling the standing part away from the loop. It forms a loop that will not slip and is easy to untie.



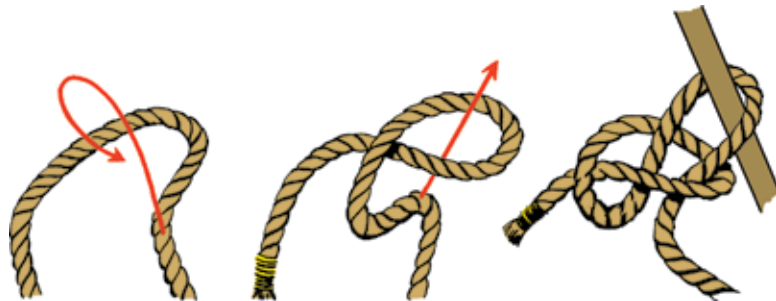
Sheet bend

- The **sheet bend** is recommended for joining two ropes of unequal size. It works equally well if the ropes are of the same size. The sheet bend is much more secure than a square knot.
 - To tie a sheet bend, make a bight at the end of one rope (if two sizes, use the larger).
 - The other end of the second rope comes up through the bight, around the back of the bight, and back under the second rope’s path.



Two half hitches

- **Two half hitches** is a useful knot for attaching a rope to a pole or boat mooring. As its name suggests, it is two “half hitches,” one after the other, with the small end of the rope going in the same direction around the long end of the rope.
 - Hook your rope around your post.
 - Cross the short end under the long, main length of the rope.
 - Bring the short end over and down through the hole between where the rope crosses and the pole. That’s one half hitch.
 - Repeat to make the second half hitch.
 - To finish, push them together and snug them by pulling on the standing part.



Slip knot

- A **slip knot** is just an overhand knot with a “bight” or “loop” so it can be undone quickly simply by pulling one of the ends.
 - Hold a length of rope out and twist to form a loop.
 - Reach through the loop, grasp the dangling right end by the middle, and pull it through the loop, being careful not to let the end come through.
 - You can now hook the new loop around things, and pull the main length of the rope to tighten around them.

Want More Fun Activities?

Have the Scout use the red “shoelace” licorice to show how they can tie one or more of the knots. When they have successfully completed the knots you assign, they can eat the licorice!

- ▶ **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.”) Here’s the Magic Overhand Knot:
 - Ask a Scout if he can tie an overhand knot in the middle of one cord without letting go of either end. Let the Cub Scout try it, then show him the trick:
 - First fold your arms over your chest, then lean over and pick up each end of the cord without unfolding your arms. As you straighten up, unfold your arms—still holding the ends of the cord—and presto, there’s the overhand knot!



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.
- ▶ 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.

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.



Supplemental Bear Den Meeting D

Build a Model Achievement 21.

Preparation and Materials Needed

- ▶ Research Rocket Building. See the *Cub Scout Leader How-To Book* (No. 33832), and www.scoutingmagazine.org/issues/0611/a-reedy.html for an article on Rockets. See also <http://wwong.homestead.com/rockets.html>.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Three-inch-wide cardboard mailing tubes, for rocket body, and tube end cap for rocket bodies.
 - Heavy-duty poster paper, for nose cones.
 - Scrap matte board for fins (Excess pieces of board may be purchased from an art supply store's framing department if you ask.)
 - Bring scissors, rolls of 2-inch-wide clear packaging tape, colored paper, glitter stickers.
 - Strips of plastic "fun foam"
 - Empty 20-oz. plastic soft drink bottles.
 - A garden hose gasket to be the launcher stem.
 - A snap/spring connection.
 - An automotive tire valve stem, through which air is pumped into the rocket bottle.
- ▶ Yes, there is a lot to put together for this, but the idea isn't just to build a model rocket, but to blast it off!
 - There will probably be some parents or uncles who would love to help with this.

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

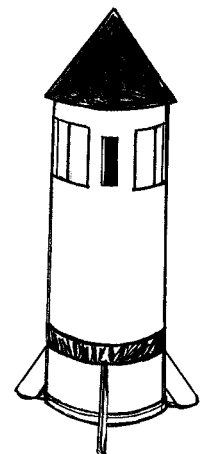
- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ **Achievement 21f** ("Build a model."), which includes **21f** ("Make a model of a rocket, boat, car, or plane."). Today is "Build a rocket," and blast it off!
 - Bottle rocket model uses a two-piece body made from a 3-inch-wide cardboard mailing tube.
 - A tube end cap is inserted in the top of the 6-inch bottom section which is then connected with tape to the 12-inch top section.
 - A nose cone, cut from heavy-duty poster paper, is taped to the top, and three fins, shaped from scrap matte board, are inserted in slots in the lower section. (Excess pieces of board may be purchased from an art supply store's framing department if you ask.)
 - Decorate with colored paper and glitter stickers.





- ▶ Prior to launching, a strip of plastic “fun foam” is wrapped around an empty 20-oz. plastic soft drink bottle to insure a tight seal.
 - The bottle is then inserted, top down, into the rocket’s bottom section, with the open bottle mouth sticking out.
 - About one-third of the bottle is filled with water. The Cub Scout, holding the rocket upside down, hands the rocket to an adult, who turns it over and quickly puts it on the stem of the launcher. (A garden hose gasket on the launcher stem provides a close fit.)
 - The rocket locks into place with a snap/spring connection. The bottom of the launcher stem is fitted with an automotive tire valve stem, through which air is pumped into the rocket bottle.
 - When pressure is up and stabilized at 60 to 80 pounds per square inch, depending on wind conditions, the signal is given and the Cub Scout pulls a release rope to launch the rocket.
 - The pressurized air and water blasting out of the bottle mouth cause the rocket to be propelled upward.

- ▶ **Achievement 21g** (“Complete the Character Connection for Resourcefulness.”)
 - **Know.** Review the requirements for this achievement and list the resources you would need to complete them. Then list the materials you could substitute for items that you do not already have. Tell what it means to be resourceful.
 - **Commit.** After you complete the requirements for this achievement, list any changes that would make the results better if you did these projects again. Tell why it is important to consider all available resources for a project.
 - **Practice.** While you complete the requirements for this achievement, make notes on which materials worked well in your projects and why.

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.



Supplemental Bear Den Meeting E

Magic!
Elective 13.

Preparation and Materials Needed

- ▶ Identify any parents or other pack resources who are good at magic tricks. Alternatively, you might see if a hobbyist can visit your den meeting, or if there is a magic shop, you might do this meeting as a field trip to that location if the shop owner is willing to assist you.
- ▶ See also for more ideas, the following:
 - *Cub Scout Magic Book* (See “Rope Tricks.”)
 - Search *Boys’ Life* magazine, www.boyslife.org, for magic tricks and puzzles.
 - Also see www.scoutingmagazine.org, click to get to the search page, and search “magic.”
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Four foot lengths of rope for each Scout
 - For String the Washers:
 - String
 - Four metal washers
 - Handkerchief
 - Ten coins or checkers
 - Small mechanical tape measure
 - For Triangle Turnabout Puzzle, 10 checkers or coins
 - For The Amazing Handkerchief:
 - A large ironed handkerchief
 - A mechanical tape measure (metal, that will stay extended when pulled)
 - For Magic Dollar, a dollar bill
 - For The Floating Body:
 - A large bed sheet
 - A large towel
 - Two 3- to 4-foot-long sticks or poles
 - Pair of shoes and socks *just like the helper is wearing!*

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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ **Elective 13a:** (“Learn and show three magic tricks.”). See page 230 of the *Bear Handbook*. As preparation for the magic show, demonstrate and have the Scouts learn the following magic tricks from the handbook:
 - String the Washers
 - Triangle Turnabout Puzzle
 - The Amazing Handkerchief
 - Magic Dollar
 - The Floating Body



- ▶ **Elective 13d:** (“Learn and show three rope tricks.”)
 - See Supplemental Bear Den Meeting C: Tying It All Up for one rope trick.
 - Add additional knot tricks: _____
 - See also the *Cub Scout Magic Book*:

- ▶ After they master the tricks and at the very end of the meeting (hopefully as more parents have arrived), do **Elective 13b:** (“With your den, put on a magic show for someone else.”)
 - You might prep one of the Cub Scouts to be the MC, announcing each act, getting volunteers from the audience (any parents in attendance).
 - Have the Cub Scouts do the tricks they are best able to do, but be sure that each does some trick.
 - The den could also perform at a pack meeting, if that is consistent with the pack program. This meeting would be a rehearsal for it.

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.



Supplemental Bear Den Meeting F

Jot It Down

Achievement 18.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Several sheets of paper and a pencil for each boy, two fold-over note cards for each boy
 - Washable colored markers

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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ **Achievement 18a:** Make a list of the things you want to do today. Check them off when you've done them:
 - Have each Scout share his list with the den.
- ▶ **Achievement 18d:** Write an invitation to someone:
 - You might look at your upcoming meeting schedule, and perhaps there is a special guest you want to invite, or a field trip that you want to invite yourself to attend.
 - The Scouts can write the invitations for it.
- ▶ **Achievement 18e:** Write a thank-you note:
 - Thank-you notes to those who have been special guests or hosted field trips are in order!
- ▶ **Achievement 18g:** Write about the activities of your den:
 - These could be included in the den scrapbook.
- ▶ **Achievement 18h:** Complete the Character Connection for Honesty:
 - **Know:** Tell what made it difficult to be clear and accurate as you wrote details and kept records, and tell what could tempt you to write something that was not exactly true. Define honesty.
 - **Commit:** Tell why it is important to be honest and trustworthy with yourself and with others. Imagine you had reported something inaccurately and tell how you could set the record straight. Give reasons that honest reporting will earn the trust of others.
 - **Practice:** While doing the requirement for this achievement, be honest when you are writing about real events.



Want More Fun Activities?

At break points in the Jot It Down activity, do some more of **Achievement 15b** ("Play two organized games with your den."), which could also be **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.")

- ▶ Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader's How-To Book*.
- ▶ Or play your den's favorite game.

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.



Supplemental Bear Den Meeting G

Nature Crafts

Elective 12a.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Light-sensitive paper (many nature center gift shops, and toy and hobby shops, carry this special paper, sometimes called sunprinting paper), or dark colored construction paper
 - Fallen leaves (that you'll collect on a hike)
 - A rectangle of glass or hard plastic (see diagram on page 227 of the *Bear Handbook*).

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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ **Elective 12a** ("Make solar prints of three kinds of leaves."):
 - Go outside for a hike and to see what kinds of interesting leaves you can bring back for the solar prints.
 - Carefully arrange your leaves on the paper (some paper comes in a kit that includes a sheet of clear Plexiglas that can be used to hold the objects steady and flat on your paper).
 - Expose the paper to sunlight for five minutes (longer if you use regular construction paper).
 - Remove the objects and put the paper in water to "fix" the image (your print is now permanent).
 - The objects you placed on the paper will show up white; the background will be a rich, dark blue.

Want More Fun Activities?

While you're waiting for the images to set or the prints to dry, do some more of **Achievement 15b** ("Play two organized games with your den."), which could also be **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.")

- ▶ Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader's How-To Book*.
- ▶ Or play your den's favorite game.

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.





Supplemental Bear Den Meeting H

Space
Elective 1c.

Preparation and Materials Needed

- ▶ Make arrangements for a field trip to a local planetarium.
 - Consider whether local colleges, science museums, or nature centers have planetariums. A local astronomy club may be able to help.
 - The National Aeronautics and Space Administration (NASA) has “Space Place” partnerships with community museums, libraries, planetariums, zoos, and aquariums in every state in the U.S. For locations, see <http://spaceplace.nasa.gov/en/kids/museums/index.shtml>, and see the NASA resources at <http://spaceplace.nasa.gov/en/kids/cubscouts/index.shtml#bear>.
 - Be sure your host knows how long you need to have someone make a presentation, and that you’ve confirmed what can or should be covered that would be interesting and fun for the Scouts.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - One or more simple telescopes or binoculars, if not available at the planetarium.
 - Paper and pencils for drawing the solar system.
 - Astronomy belt loops for each Scout.

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

- ▶ Flag ceremony (indoor or outdoor) with Pledge; maybe recite the Cub Scout Promise or sing a patriotic song (or other opening); perhaps add a roll call, uniform recognition, or den yell.

Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Elective 1c:** Visit a planetarium.
- ▶ **Astronomy belt loop:** Complete these three:
 - Set up and demonstrate how to focus a simple telescope or binoculars. (A local astronomy club may be a resource for this activity.)
 - Draw a diagram of our solar system—identify the planets and other objects.
 - Explain the following terms: planet, star, solar system, galaxy, the Milky Way, black hole, red giant, white dwarf, comet, meteor, moon, asteroid, star map, and universe.



Want More Fun Activities?

If the planetarium activity is dry or limited, you might do Supplemental Bear Den Meeting I: Make a Pinhole Planetarium. Or you might find nearby space to do some more of **Achievement 15b** ("Play two organized games with your den."), which could also be **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.")

- ▶ Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader's How-To Book*.
- ▶ Or play your den's favorite game.

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.



Supplemental Bear Den Meeting I

Space

Elective 1b, 1e, 1f.

Preparation and Materials Needed

- ▶ Determine if you've got a parent who has an interest in this topic to come in as a guest leader for this.
 - And ask Scouts to bring in information, models, and pictures on constellations, satellites, and planets, because one of them might be your hobbyist expert for this meeting.
- ▶ Review materials on constellations, satellites, and planets from **Elective 1**. You might look at these:
 - The National Aeronautics and Space Administration (NASA) "Space Place" Cub Scout Achievements page includes a star finder. See <http://spaceplace.nasa.gov/en/kids/st6starfinder/st6starfinder.shtml>.
 - Information on satellites (including how orbits work, which is how satellites stay up, and these man-made satellites: Galaxy Evolution Explorer, Landsat, Earth Observing 1, GOES and POES (two kinds of weather satellite), and the Hubble Space Telescope) can be found at the NASA Space Place Cub Scout Achievements page, at <http://spaceplace.nasa.gov/en/kids/cubscouts/index.shtml> or search "Cub Scout satellites."
 - Also at the NASA Space Place Cub Scout page, <http://spaceplace.nasa.gov/en/kids/cubscouts/index.shtml> (or search "Cub Scout planets") is information on planets.
 - To add fun to this meeting, you might also search "Cub Scout planets games" or similar phrases, and see what other leaders have done.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Tin can and nail for each boy
 - Several hammers
 - Pictures of Earth and other planets in our solar system and constellation maps for the pinhole planetariums (bring from books, or print from the NASA space place pages)
 - Articles or books about the international space station and the planets

Before the Meeting

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

Gathering

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

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ **Elective 1b:** Make a pinhole planetarium and show three constellations:
 - Make a pinhole planetarium with a tin can and a small nail.
 - Make paper patterns of the constellations selected, enlarging the pattern to 2 1/2-inch circles using the grid method. Mark the stars' positions with a pen or pencil.
 - Tape each pattern upside down on the bottom of a clean soda can (upside down, so that you see it correctly).



- Punch tiny holes in the bottom of the can to mark each star's position in a constellation.
 - To use your planetarium, hold the bottom of the can toward a strong light and look through the peep hole.
- ▶ **Elective 1e:** Read and talk about at least one manmade satellite and one natural one:
- Bringing models or pictures from the NASA Space Place page or other sites is important.
 - Solicit the Scouts to name and describe manmade (like the international space station) and natural satellites.

Want More Fun Activities?

To get some up and about activity in this meeting, you might play Asteroid Field Piloting (to demonstrate what might happen to satellites in space):

- ▶ Place objects (the asteroids), such as chairs, into the playing area (outer space).
- ▶ Pair off the Scouts. One partner is blindfolded at one end of playing area (the satellite). The non-blindfolded partners (mission control) stand at the opposite end of the playing area.
- ▶ Each mission control tries to talk their satellite partners through the asteroid field without running into any of the asteroids.
- ▶ Once they understand, have all of the teams playing at the same time. Make it more difficult by starting satellites at opposite corners, forcing teams to cross each others' paths.

- ▶ **Elective 1f:** Find a picture of another planet in our solar system. Explain how it is different from Earth:
- Bringing models or pictures from the NASA Space Place page or other sites is important.
 - Solicit the Scouts to name and describe the planets of our solar system.

Want More Fun Activities?

To get some up and about activity in this meeting, you might play a Solar System Planet Orbiter Game (to let each of the Scouts be a planet for a few minutes):

- ▶ This game is like musical chairs, because there is one fewer chairs than boys. Set chairs up in a circle.
- ▶ The extra boy is the Sun. The other boys are each assigned a planet (Mercury, Venus, Earth, Mars . . .), and sit in the designated chairs.
- ▶ The sun orbits around the outside of the chairs calling out the names of planets. When his planet name is called, the boy called gets up and walks (orbits) around the chairs with the sun.
- ▶ When all the planets are in orbit, the den leader yells "Blast off," and all the boys scramble for a chair. The one left standing becomes the Sun.

You could also put the chairs on one end of a room, and have them orbit around the Sun in the middle of the room, staying in the right order (Mercury closest, Venus next, and so on). Before each round, you might also have each Scout describe something about his planet.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ You might remind the boys that Neil Armstrong, the first person to walk on the moon, is an Eagle Scout. Many other astronauts are Eagle Scouts.
- ▶ 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.



Supplemental Bear Den Meeting J

Landscaping

Elective 14.

Preparation and Materials Needed

- ▶ Arrange to take part in a project with your den to make your neighborhood or community more beautiful. Consider whether your chartered organization has a need for a landscaping project, and get permission.
 - Schedule this meeting at a time of year when flowers can be planted.
- ▶ Determine if you've got a parent who has an interest in this topic to come in as a guest leader for this.
- ▶ Note that if you break out parts of this meeting in advance, you can do more of the elective:
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Work gloves for each boy and leader
 - Plastic bags to collect litter
 - Flower bulbs or seedlings, mulch and/or other landscaping material for your project
 - Paper and pencils for the landscaping plan

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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Elective 14b** ("Make a sketch of a landscape plan for the area right around your home. Talk it over with a parent or den leader. Show which trees, shrubs and flowers you could plant to make the area look better."): You might do this if it fits your project:
 - Show the boys the area that you'll be working on and improving, and ask for their ideas.
 - Unless you break this out and do this before the actual working day, you will want to limit their final ideas to use of the materials in hand.
 - Have them map out where items should be planted in the landscape area.

Want More Fun Activities?

Elective 14d ("Build a greenhouse and grow 20 plants from seed. You can use a package of garden seeds, or use beans, pumpkin seeds, or watermelon seeds.") You might do this if it fits your project:

- ▶ If you do this in an earlier meeting, you can plant those today.
- ▶ Or plant your seeds today, put them in your simple greenhouse, and then transplant them in a later meeting when the plants are ready.



- ▶ **Elective 14c** (“Take part in a project with your family, den, or pack to make your neighborhood or community more beautiful.”) and/or **14a** (“With an adult, help take care of your lawn or flower beds, or help take care of the lawn or flower beds of a public building, school, or church. Seed bare spots. Get rid of weeds. Pick up litter. Agree ahead of time on what you will do.”):

With your Scouts, work your plan:

- Prepare the area (clear trash, weeds, work the soil as needed to prepare).
- Plant your flowers and/or bulbs or other plants, and apply any mulch or other landscape cover.
- Be sure to take “before and after” pictures!

Want More Fun?

Leaning on a shovel and waiting as the landscaping is done may be less active, so watch to see if and when you might need to do some more games or pull something from your den’s emergency fun box.

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.



Supplemental Bear Den Meeting K

Farm Animals

Elective 16.

Preparation and Materials Needed

- ▶ Determine if you've got a parent who has an interest in this topic to come in as a guest leader for this.
- ▶ Arrange to visit a livestock exhibit at a county or state fair, or a farm or nature center with farm animals.
 - Be sure your host knows how long you need to have someone make a presentation, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
- ▶ Review materials on farm animals from **Elective 16**, and conduct further research as needed.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Books or other materials about farm animals.

Before the Meeting

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

Gathering

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

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Elective 16d:** With your family or den, visit a livestock exhibit at a county or state fair.
- ▶ **Elective 16c** ("Read a book about farm animals and tell your den about it."), and **16b** ("Name and describe six kinds of farm animals and tell their common uses."):
 - Allow time for any Scout who has done this to talk about what he learned.
 - Solicit ideas from the Scouts as you go to each exhibit or animals, so that they can teach each other and demonstrate what they know.

Want More Fun Activities?

Depending on where you are conducting the meeting, and how interesting the displays, you might do some more games, perhaps **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.")

- ▶ Or play your den's favorite game.

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.





Supplemental Bear Den Meeting L

Swimming

Elective 19.

Preparation and Materials Needed

- ▶ Make arrangements for the boys to swim at a pool. Arrange for adequate adult supervision.
 - Have parents and leaders take the Safe Swim Defense online training at www.scouting.org/applications/myscouting.
 - If you've arranged for a lifeguard or supervisor at the pool to conduct instruction and lead the activity, provide them with a copy of this plan.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Scouts and others to bring swimsuits and towels, sunscreen if needed.
 - Swimming belt loops for each Scout.

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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Safe Swim Defense

Before a BSA group may engage in swimming activities of any kind, a minimum of one adult leader must complete Safe Swim Defense training, have a commitment card (No. 34243) with them, and agree to use the eight defenses in this plan.

Activities

- ▶ **Elective 19d:** Tell what is meant by the buddy system. Know the basic rules of safe swimming.
- ▶ **Elective 19a:** Jump feet first into water over your head, swim 25 feet on the surface, stop, turn sharply, and swim back.
- ▶ **Elective 19b:** Swim on your back, the elementary backstroke, for 30 feet.
- ▶ **Elective 19c:** Rest by floating on your back, using as little motion as possible for at least one minute.
- ▶ **Elective 19e:** Do a racing dive from edge of pool and swim 60 feet, using a racing stroke. (You might need to make a turn.)
- ▶ **Swimming belt loop:** Complete these three:
 - Explain the rules of Safe Swim Defense. Emphasize the buddy system.
 - Play a recreational game in the water with your den, pack, or family.
 - While holding a kickboard, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area.



Want More Fun Activities?

For the recreational game, you might play a water game, if permitted at your pool:

- ▶ Pool volleyball? Cannonball contest? Pool tag?
- ▶ Ping-pong race: Scout blows a ping-pong ball ahead of him as he swims a given distance. He cannot touch the ball with his body.
- ▶ Newspaper delivery: Each Scout swims a distance on his back carrying a newspaper, and hands the paper to a judge at the finish line. The judge decides the winner on the basis of whose newspaper remained the driest.
- ▶ Or play your den's favorite water games.

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.



Supplemental Bear Den Meeting M

Boats
Elective 5.

Preparation and Materials Needed

The *Guide to Safe Scouting* defines how Cub Scouts may engage in boating activities: "Cub Scout activities afloat are limited to council or district events that do not include moving water or float trips (expeditions)."

- ▶ Make arrangements for your den to rig and sail or row a real boat.
 - Check with your local Boy Scout council for local options.
- ▶ Have parents and leaders take the Safe Swim Defense and Safety Afloat online training at www.scouting.org/my scouting.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Personal flotation devices for everybody when they are in the boats

Before the Meeting

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

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.
- ▶ If you've brought books, pictures, or materials, also make these available for the boys to review if they like.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Safety Afloat

Safety Afloat has been developed to promote boating and boating safety and to set standards for safe unit activity afloat. Before a BSA group may engage in an excursion, expedition, or trip on the water (canoe, raft, sailboat, motorboat, rowboat, floating in an inner tube, or other craft), adult leaders for such activity must complete Safety Afloat Training, No. 34159, have a commitment card, No. 34242, with them, and be dedicated to full compliance with all nine points of Safety Afloat.

Activities

- ▶ **Elective 5a**, if you have access to a sailboat:
 - Help an adult rig a real boat.
 - Sail the boat with the adult. Wear your PFDs.
- ▶ **Elective 5c** ("Know the flag signals for storm warnings."): See *Bear Handbook* page 199.



- ▶ **Elective 5e**, if you have access to a rowboat:
 - With an adult on board, and both wearing PFDs, row a boat around a 100-yard course that has two turns.
 - Demonstrate forward strokes, turns to both sides, and backstrokes.

Want More Fun Activities?

Depending on how many boats you have access to, you might do some more of **Achievement 15b** ("Play two organized games with your den."), which could also be **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.").

- ▶ Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader's How-To Book*.
- ▶ Or play your den's favorite game.

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.



Supplemental Bear Den Meeting N

American Indian Life

Elective 24.

Preparation and Materials Needed

- ▶ Determine if you've got a parent who has an interest in this topic to come in as a guest leader for this.
- ▶ Ask Cub Scouts to bring in information, items, and pictures on American Indian life because one of them might be a hobbyist expert today.
- ▶ Review materials on American Indian life from **Elective 24**.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Supplies for "Motowu" (*Bear Handbook*, page 273).
 - Four dried corn cobs
 - Small dowels
 - White glue
 - Eight turkey or other large feathers
 - Two flower pots or baskets
 - Supplies for "Pokean" (*Bear Handbook*, page 274).
 - Corn husks (for each Pokean shuttlecock, need three husks 1 1/2 inches by 6 or 7 inches, plus one about 3/4-inch wide by 5 inches)
 - Three feathers for each Pokean shuttlecock
 - String
 - Articles or books about the Native American people who live or lived in your area

Before the Meeting

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

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.
- ▶ If you've brought books, pictures, or materials, also make these available for Cub Scouts to review if they like.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ **Elective 24a** ("American Indian people live in every part of what is now the continental United States. Find the name of the American Indian nation that lives or has lived where you live now. Learn about these people.):
 - Bringing books or printouts with pictures and maps is important here.
 - Solicit the Scouts to tell what they know about Native Americans in your location or others.
- ▶ **Elective 24b** ("Learn, make equipment for, and play two American Indian or other native American games with members of your den. Be able to tell the rules, who won, and what the score was.):
 - Play Motowu: See *Bear Handbook*, page 273. Essentially, this is a Hopi version of lawn darts!
 - Play Pokean: See *Bear Handbook*, page 274. Essentially, this is a Zuni Pueblo version of a hand-hit, personal badminton game.

Want More Fun Activities?

You might also build a shelter. **Elective 24c** (“Learn what the American Indian people in your area (or another area) used for shelter before contact with the Europeans. Learn what American Indian people in that area used for shelter today. Make a model of one of these shelters, historic or modern. Compare the kind of shelter you made with the others made in your den.”)



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.



Supplemental Bear Den Meeting O

Build a Model

Achievement 21e.

Preparation and Materials Needed

- ▶ Determine if you've got a parent who has an interest in this topic to come in as a guest leader for this.
- ▶ Make arrangements to visit a site where a model of a shopping center or other building is on display.
 - Contact a local architectural firm to learn if it has any models your den can view.
 - Visit the architect's office or ask the architect to bring the model to your den meeting place.
 - Be sure your host knows how long you need to have someone make a presentation, and that you've confirmed what can or should be covered that would be interesting and fun for the Cub Scouts.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Depends on the field trip location.
 - Could bring Legos or other building-block items to let the Cub Scouts construct their own models.

Before the Meeting

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

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.
- ▶ If you've brought books, pictures, or materials, also make these available for Cub Scouts to review if they like.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ **Achievement 21e** ("Go and see a model of a shopping center or new building that is on display somewhere."):
 - Ask the architect to explain the model and the building project it represents.
 - Learn what the architect's role is in the project.

Want More Fun Activities?

OK, you've seen the architect's model, why not have the Scouts make their own models?

- ▶ Bring Legos or other building blocks, and divide them up among the Scouts in teams of two, three, or four (depending on how many supplies you have).
- ▶ Let the Scouts design and build their own architectural model of a building of their choice.
- ▶ Have each Scout and team show and tell about their model.

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.





Supplemental Bear Den Meeting P

Family Fun

Achievement 10a.

Preparation and Materials Needed

- ▶ Well in advance, select a date, time, and location for your family fun day and inform the den.
 - Visit a park, museum, airport, seashore, farm or ranch, performance, go bowling, etc.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Depends on where you go and what you'll do.

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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete Achievement 3f) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ **Achievement 10a:** Go on a day trip or evening out with members of your family

Want More Fun Activities?

You might do some more of **Achievement 15b** ("Play two organized games with your den."), which could also be **Achievement 15c** for someone ("Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.").

- ▶ Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader's How-To Book*.
- ▶ Or play your den's favorite game.

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.



Supplemental Bear Den Meeting Q

Family Outdoor Adventure

Achievement 12b. Hiking Belt Loop.

Preparation and Materials Needed

- ▶ Select a location for your Family Den Hike.
 - It could be in the city or in your neighborhood, in the woods or a park, or at a Scout camp owned by your local Boy Scout council.
 - Invite the family members of the boys in the den well in advance.
- ▶ Designate a meeting time and a place for the start of the hike. Remind everyone to dress appropriately for the weather, including proper footwear. Ask everyone to bring a water bottle, sunscreen, and possibly a healthy snack.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring plastic bandages in case of blisters.
 - Bring maps of your hiking route.
 - Other items depend on where you go and what you'll do on the hike.

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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Explain the buddy system and what to do if lost. Explain the importance of cooperation.
- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Activities

- ▶ **Achievement 12b:** Go on a hike with your family.
- ▶ **Hiking belt loop** requirements:
 1. Explain the hiking safety rules to your den leader or adult partner. Practice these rules while on a hike.
 2. Demonstrate hiking attire and equipment.
 3. Hike at least 30 minutes with your adult partner, family, or den.



Want More Fun Activities?

A hike doesn't have to be just a walk. Try a hike plus: Don't just walk; do something:

- ▶ Alphabet hike. Find things to cover each letter (keep a list as you go).
- ▶ Color hike. Find as many colors as you can (keep a list as you go).
- ▶ Sense-of-touch hike. Find things that are: hairy, smooth, rough, cool, dry, wet, sticky, bumpy.
- ▶ Hula-hoop hike. Lay your hoop (or a loop of rope) on the ground, what can you find inside the circle?
- ▶ Inch-high hike (take rulers along). What do you find that is that high (or smaller)?
- ▶ Silent hike (well, try it for a while). Hike or stand still for a few minutes. What do you hear?
- ▶ Give-it-a-name hike. Identify trees and plants, or come up with your own names and descriptions if you don't know the name.
- ▶ Or do knot hikes or first aid hikes (where every so often they stop and work on the subject you pick).

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.



Supplemental Bear Den Meeting R

Let's Go Camping

Elective 25a.

Preparation and Materials Needed

- ▶ Ideally, invite a Boy Scout to your den meeting. Have him teach the boys how to put up a tent and lay a fire. Ask him to wear his uniform and explain to the boys what his insignia represent.
- ▶ If not, have one or more parents who are knowledgeable about camping attend and bring their camping gear.
- ▶ Determine if you can light a campfire in the location of your meeting (consider whether you can bring a portable outdoor fireplace).
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Ask the Boy Scout to bring the following or bring it yourself:
 - One or more tents, backpacks
 - Logs, kindling, tinder, matches
 - Water bucket

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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

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

Activities

- ▶ **Elective 25a:** Learn about the 10 essential items you need for a hike or campout. Assemble your own kit of essential items. Explain why each item is essential.
 - Some of your Scouts will be able to discuss this and help teach the others.
 - Allow everyone to touch and hold the gear.
- ▶ If you have a fireplace and permission, have the Boy Scout or leader demonstrate how to lay a fire.

Want More Fun Activities?

OK, you've laid out a fire: Have a campfire!

- ▶ Got s'mores? Could do hot dogs, too.
- ▶ Time for some campfire songs, stories, and skits.
- ▶ If someone has brought backpacking gear, and backpacking stoves, let everyone see how these work by making some trail food.

Supplemental Den Meeting R



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.



Supplemental Bear Den Meeting S

Tall Tales

Achievement 4.

Preparation and Materials Needed

- ▶ Review the American folklore characters described in the *Bear Handbook* (pages 43–47) and be prepared to discuss each with the den.
- ▶ Home assignment for this meeting: Each boy is to read two folklore stories and be prepared to share his favorite one at this den meeting (**Achievement 4c**).
- ▶ Want More Fun Activities? Asking the Scouts to “dress” like a folklore character is a great idea. Leaders and parents can do that as well.
- ▶ Materials checklist (add to your den “Cub tub” of U.S./den flags, paper/pencils, and other supplies):
 - A United States map
 - Any supplemental printouts or books that help bring to life the folklore characters in the *Bear Handbook*, and any poems or songs that help tell the tales
 - The folklore match game at the end of this meeting plan or one you adapt

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.
- ▶ Scouts who did not read their two folklore stories in advance can use this time to read their handbooks or other material to catch up on the home assignment.
- ▶ 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 (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (or other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items:

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

Activities

- ▶ **Achievement 4a** (“Tell in your own words what folklore is. List some folklore stories, folk songs, or historical legends from your own state or part of the country. Play the Folklore Match Game on p. 48.”) and **Achievement 4b** (“Name at least five stories about American folklore. Point out on a United States map where they happened”).
 - Depending on how many assistants, attending parents, and den chiefs you have in attendance, you can do these as one-on-one sessions, or small group sessions, to cover the following elements of those achievements.
 - 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.
 - Scouts who are prepared can go first.
 - In the smaller sessions, you can also find out which folklore story each boy would like to tell the whole den. They can rehearse and prepare in the small group before telling the whole den.
 - After the small group breakouts, these would be good for the whole den at one time.



- ▶ **Achievement 4c** (“Have boys tell their favorite folk story to the other boys.”) Allow each Scout to go “one by one” while the others listen.
 - Play the Folklore Match Game (*Bear Handbook* page 48). When someone gets it right and knows something about the story, ask them to tell you what they know (tell the story). You could divide the den in two parts and do this like a “Scholar Quiz” game show.
 - As each Scout describes a story, have them point out on a United States map where some of these stories happened.

Want More Fun Activities?

You can use two meetings to cover this achievement, and have one meeting be a “Folklore Film Festival,” where you and the den watch a folklore movie!

- ▶ One example you might be able to find at your local library or video store is *Disney’s American Legends*, which includes short films about Paul Bunyan, John Henry, and Casey Jones. Don’t forget your popcorn!
- ▶ You might also sing folk songs or read poems about folklore characters or legends . . .

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors, or have a den leader’s minute with a Living Circle or Law of the Pack and/or 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.



Template for Sample Parent Information Letter or E-Mail

Adapted from examples shown at www.scouting.org/CubScouts/Resources (which leads to www.scouting.org/filestore/doc/SampleParentInfoLetters.doc):

_____, 20__

Dear Bear Den Cub Scout Parents:

Today we completed the following achievements or electives from your son's Bear Handbook: _____ *<copy applicable summary from the meeting plan>*. Our special guest leaders were _____ and _____, who _____ *<praise the contributions!>*.

For our next den meeting on _____ day, _____, 20__ at _____, we will be working on these achievements or electives from your son's *Bear Handbook*: _____ *<copy applicable summary from the meeting plan>*. To help prepare, please have your son complete the _____ which he received at the den meeting (if you need another, please let me know) or review those requirements in your son's Bear Handbook. Our special guest leaders planning to assist at that meeting are _____ and _____.

If you would like to assist at this or another meeting, please let me know! Our summary of the den meeting dates, plans and rank requirements to be covered is set forth below.

We have a pack meeting on _____ day, _____, 20__ at _____. The current program for that event is as follows: _____. Our den will _____.

We also have an upcoming pack outing on _____ day, _____, 20__ at _____, where we will _____. Please sign up for that event by contacting _____ or _____.

<NOTE: These concepts, and the list below the meeting dates, could be given all at once, or when needed (or both)> Finally, let me give two advancement reminders. First, to earn the Bear badge, your son doesn't have to do EVERYTHING in the book. To earn Bear, he has to complete 12 achievements out of a possible 24 (this is VERY different from Wolf and Tiger), but you have to get the right number from four areas: God (1 of 1 through 2), Country (3 of 4 through 7), Family (4 of 8 through 13), and Self (4 of 14 through 24). We're doing some of the more interesting and challenging ones in our den meeting, but the good news is that the program is flexible.

Second, let me remind that there are a number of achievements from your son's handbook that must be completed by you at home, and you—as "Akela," a leader—should review those with your son, and sign off in the handbook when it is complete. A list is provided below for your convenience. Some of these (like requirements related to faith) are clearly family matters, many of these are part of what you will do anyway as you raise your son, and others you will be glad to have (like doing chores around the house)!

Thank you for your help in leading all of our great Scouts.

_____, den leader [*NOTE: Or assistant DL, if the ADL does this*]

Phone Numbers: _____

E-Mail Address: _____

Upcoming Dates and Meetings [*Note: Be sure to adjust as you change the sequence or requirements covered*]:



Date	Den Meeting Plan	Rank Requirements/Electives to Be Covered
//_	1: Bobcat, The Past Is Exciting and Important, and Building Muscles	Bobcat 1–8. Achievements 3b, 8c, 8d, 8g, and 16a
//_	2: What Makes America Special? and The Past Is Exciting and Important	Bobcat 8. Achievements 3a, 3b, 3d, 3j, 8b, 8d, and 8e
//_	3: Ride Right	Achievements 3b, 14a–c, 14e–f, and 16a.
//_	4: Law Enforcement Is a Big Job	Achievements 1a, 1b, 7a–f
//_	5: Ways We Worship, Law Enforcement Is a Big Job, and Sawdust and Nails	Achievements 1a, 1b, 7c–e, and 20a–c
//_	6: Sawdust and Nails and Games, Games, Games!	Achievements 15a, 20b, and 20c
//_	7: What’s Cooking?	Achievement 9a–e
//_	8: Be Ready	Achievements 9c, 11a–e, and 11g
//_	9: Building Muscles and Games, Games, Games!	Achievements 11e, 13a–g, 15b, and 16a–c
//_	10: Saving Well, Spending Well and Games, Games, Games!	Achievements 6a, 13a–g, 15a–c
//_	11: The Past Is Exciting and Important and Information, Please	Achievements 6a, 8a, and 17a–d
//_	12 and 13: Sharing Your World With Wildlife	Achievements 5a–e, 6d–f, 17a, and 17d. Wildlife Conservation belt loop optional
//_	14: Take Care of Your Planet	Achievements 5d and 6a–g
//_	15: Build a Model (pinewood derby car construction, part 1)	Achievement 21a
//_	16: Build a Model (pinewood derby car construction, part 2)	Achievement 21a
	Supplemental Meeting A: Maps	Elective 23a–e
	B: Shavings and Chips	Achievement 19a–d
	C: Tying It All Up	Achievement 22a–e
	D: Build a Model	Achievement 21f and 21g
	E: Magic!	Elective 13
	F: Jot It Down	Elective 18a, 18d, 18e, 18g, 18h
	G: Nature Crafts	Elective 12a
	H: Space	Elective 1c. Astronomy belt loop
	I: Space	Elective 1b, 1e, and 1f
	J: Landscaping	Elective 14
	K: Farm Animals	Elective 16
	L: Swimming	Elective 19. Swimming belt loop
	M: Boats	Elective 5
	N: American Indian Life	Elective 24
	O: Build a Model	Achievement 21e
	P: Family Fun	Achievement 10a
	Q: Family Outdoor Adventure	Achievement 12b. Hiking belt loop



R: Let's Go Camping

Elective 25a

S: Tall Tales

Achievement 4

Bear “At Home” Achievements: Here are the achievements from your son’s handbook that must be completed by you, at home, where you—as “Akela,” a Leader—should review that with your son, and sign off in the handbook when it is complete (these will be assigned at the right time, as in many cases they will tie into meeting plans):

- ▶ **Bobcat 8:** Complete the exercises in the parent’s guide, *How to Protect Your Children From Child Abuse: A Parent’s Guide*.
- ▶ **Achievement 1: Ways We Worship**
 - **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:** Make a list of things you can do this week to practice your religion as you are taught in your home, church, synagogue, mosque, or other religious community. Check them off your list as you complete them.
- ▶ **Achievement 3b:** With the help of parents, Cub Scouts should find out about two famous Americans.
- ▶ **Achievement 20: Sawdust and Nails:**
 - **Achievement 20c** (“Use at least two tools listed in requirement (a) to fix something.”)
- ▶ **Achievement 7: Law Enforcement:**
 - **Achievement 7c** (“Help with crime prevention for your home.”)
 - **Achievement 7d** (“Be sure you know where to get help in your neighborhood.”)
 - **Achievement 7e** (“Learn the phone numbers to use in an emergency. Post them by each phone in your home.”)
- ▶ **Achievement 8d:** Complete the family tree.
- ▶ **Achievement 9: What’s Cooking:**
 - **Achievement 9c** (“With an adult, prepare one part of your breakfast, one part of your lunch, and one part of your supper.”)
- ▶ **Achievement 11: Be Ready:**
 - **Achievement 11e** (“With your family, plan escape routes from your home and have a practice drill.”)
- ▶ **Achievement 13: Saving Well, Spending Well.** They must complete four of the seven available choices:
 - **Achievement 13a** Go grocery shopping with a parent or other adult member of your family.
 - **Achievement 13b** Set up a savings account.
 - **Achievement 13c** Keep a record of how you spend money for two weeks.
 - **Achievement 13d** Pretend you are shopping for a car for your family.
 - **Achievement 13e** Discuss family finances with a parent or guardian.
 - **Achievement 13f** Play a board game with your family that involves the use of play money.
 - **Achievement 13g** With an adult, figure out how much it costs for each person in your home to eat one meal.
- ▶ **Achievement 14g** (“Plan and take a family bike hike.”)
- ▶ **Achievement 17a** (“With an adult in your family, choose a TV show. Watch it together.”) See page 137 in the *Bear Handbook* for further discussion points.
- ▶ **Achievement 17d** (“Use a computer to get information. Write, spell-check, proofread, and print out a report on what you learned.”)