



Wolf Cub Scout Den Meeting Plans

Den meeting plans are developed around a Scouting program year that is presumed to begin in early September and continue through May, at which time Cub Scouts would become involved in summertime Scouting activities. Two types of den meeting plans are offered for the den leader's use:

- ▶ Numbered plans: Programming for the program/school year (September through May), including rank advancement requirements for dens meeting twice a month
- ▶ Lettered or supplemental plans: Additional programming for dens meeting year-round or more than twice per month

Meeting Date	Den Meeting Plan No.	Wolf Den Meeting Plans	Achievements/Electives Covered
	1	Bobcat and Your Flag	Do: Achievement 2b or 2f, Bobcat (partial), Electives 9b, 12e HA*: Achievement 8b–e, How to Protect Your Children From Child Abuse
	2	Your Flag and Feats of Skill	Do: Achievements 2a and 1a–f
	3	Your Flag, and Sports Electives	Do: Achievement 2c, 2d, 2e, 2g; Elective 20h, i, j (one of k, l, or m), Bowling belt loop HA: Achievement 3a
	4	Keep Your Body Healthy and Bowling Field Trip	Verify: Achievement 3a Do: Achievement 3b–c, Elective 20g, Bowling belt loop
	5	Know Your Home and Community and Be Safe at Home and on the Street	Do: Achievements 4f, 9a, 9d, 9e HA: Achievements 4a–d, 9b–d, 7e
	6	Know Your Home and Community, Make a Gift and Sing-Along	Verify: Achievement 9b–d Do: Achievement 4a–d, Electives 9b–c, 11a HA: Achievement 4e
	7	Your Living World and Tie It Right	Verify: Achievements 4e, 7e Do: Achievement 7a–f, Electives 9b–c, 17a–c HA: Achievements 4e, 6b, 8c–e
	8	Cooking and Eating and Start a Collection	Verify: Achievements 4e, 8c–e Do: Achievements 6a, 6c, 8a, 8b
	9	Tools for Fixing and Building	Do: Achievement 5a–e HA: Achievements 10 and 11, Elective 13c
	10	Birds	Verify: Achievements 10 and 11 and Elective 13c Do: Elective 13a–e; Achievement 10a–g HA: Elective 13f
	11	Making Choices	Verify: Elective 13f Do: Achievement 12a and four from 12b–k HA: Review and complete Achievement 12
	12	Books, Books, Books	Verify: Achievement 12a–k Do: Electives 6a and 6c, 12a
	13	Pets	Do: Elective 14b–d
	14	American Indian Lore (and Turn in Making Choices)	Do: Elective 10a, 10c, 10f HA: Electives 10a (if not complete), 21
	15	Marbles	Verify: Achievement 10a, Elective 21 Do: Elective 4e, Marbles belt loop
	16	Outdoor Adventure and Fishing (or another Game or Belt Loop)	Do: Electives 18a and b, 19a–f

*HA = Home assignment

Supplemental Den Meeting Plans

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

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





Wolf Den Meeting 1

Bobcat and Your Flag

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

Preparation and Materials Needed

- ▶ With pack leaders, confirm who is in your den, and reach out to parents.
 - Either distribute a talent survey or ask about interests, abilities, etc.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Index cards with the Cub Scout Promise printed on one side and Law of the Pack on the other side (make enough for all people attending the meeting). And Pledge of Allegiance if needed.
 - An undecorated den flag (can be part of a sheet of fabric), flag stands, squares of yellow-gold felt (one per boy). Large paper or poster board and markers to write the den's code of conduct.
 - Ballpoint pens, youth scissors, camera, and film
 - Cub Scout Immediate Recognition Emblems and beads

Before the Meeting

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

Gathering

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

Opening

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

Business Items

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



Activities

- ▶ **Review** the Bobcat requirements (pages 16–26 of the *Wolf Handbook*):
 - Learn and say the Cub Scout Promise.
 - Say the Law of the Pack and discuss what it means.
 - Tell what Webelos means. (We'll Be Loyal Scouts.)
 - Learn the Cub Scout sign and tell what it means. (Two parts of the Promise: “help other people” and “obey the Law of the Pack,” and it looks like a Wolf’s ears, meaning “I’m ready to listen.”)
 - Show the Cub Scout handshake and tell what it means. (Like the sign, two parts of the Promise.)
 - Say the Cub Scout motto. (Do Your Best.)
 - Learn the Cub Scout salute and tell what it means. (Respect)
 - **Suggestion:** Bobcat relay race:
 - The den divides into two teams, lining up for relay race on one end of room or field, with leaders and/or parent helpers on the other end, to test on the Cub Scout Promise, Law of the Pack, Cub Scout motto, sign, handshake, salute, and meaning of *Webelos*.
 - The first boy on each team walks to the leader, answers the Bobcat-related question, then returns to tag the next Cub Scout.
 - If the Cub Scout can’t answer, he can go back and get help from the other Scouts, then return and answer the question.
- ▶ **Complete** the Character Connection for Honesty.
 - **Know:** Discuss these questions with your family. What is a promise? What does it mean to “keep your word?” What does honesty mean? What does it mean to “do your best?”
 - **Commit:** Discuss these questions with your family. Why is a promise important? Why is it important for people to trust you when you give your word? When might it be difficult to keep your word? List examples.
 - **Practice:** Discuss with family members why it is important to be trustworthy and honest and how you can do your best to be honest when you are doing the activities in Cub Scouting.
- ▶ **Elective 9b** (“Make a gift or toy like one of these and give it to someone.”):
 - Photograph each boy separately (head and shoulders) in his uniform. Alternatively, have the Scouts photograph each other (serious shots and fun shots).
 - This will be used for **Elective 9b** in Den Meeting 5.
- ▶ **Elective 12e** (“Make a stencil pattern.”):
 - Trace each boy’s hand on cardstock (or heavy paper) and make a stencil.
 - Then trace the pattern on a square of yellow-gold felt.
 - Have each boy cut out his handprint and put his name on the back of it.
 - This will be used for your den flag. If you keep the flag in this way, at their Arrow of Light Award ceremony, when the boys are in fifth grade, the handprints can be removed from the den flag and each boy will present his print to his parents.

Closing

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

After the Meeting

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

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



Wolf Den Meeting 2

Your Flag and Feats of Skill

Achievement 2. Achievement 1.

Preparation and Materials Needed

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

Before the Meeting

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

Gathering

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

Opening

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

Business Items

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

Activities

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



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

Want More Fun Activities?

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

Closing

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

After the Meeting

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



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

Wolf Den Meeting 3

Your Flag and Sports Electives

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

Preparation and Materials Needed

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

Before the Meeting

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

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.
- ▶ Practice raising and lowering the U.S. flag (**Achievement 2e**).

Opening

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

Business Items

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

Activities

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



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

Closing

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

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

After the Meeting

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



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

Name: _____

Mark your chart each time you do these things.

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



Wolf Den Meeting 4

Keep Your Body Healthy and Bowling Field Trip

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

Preparation and Materials Needed

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

Before the Meeting

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

Gathering

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

Opening

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

Business Items

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

Activities

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



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

Want More Fun Activities?

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

Closing

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

After the Meeting

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



Wolf Den Meeting 5

Know Your Home and Community and Be Safe at Home and on the Street
Achievement 4. Achievement 9. Character Connection for Responsibility.

Preparation and Materials Needed

- ▶ Make arrangements for a field trip to your local fire station or another important place in your community, such as a historic or government location; so find a location that is important and interesting, as well as convenient, for your den to visit.
- ▶ Request permission to use a meeting room at the fire station or other important place for snacks and to complete additional requirements while at the location.
- ▶ Bring the photographs of the boys that were taken at the first den meeting; bring picture frames to be decorated, paint and brushes or other materials to decorate the frames, and smocks (or old shirts that fit over the boys' uniforms) to protect the boys' uniforms from paint.
- ▶ Prepare permission slips for a field trip to a fire station or other important place at Meeting 6.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring paper and pencil for each boy.

Before the Meeting

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

Gathering

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

Opening

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

Business Items

- (Do these when it makes sense based on your field trip schedule (could be after the field trip part):
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 4f** ("Visit an important place in your community, such as a historic or government location. Explain why it is important."):
 - If you've been able to arrange a tour or a guest speaker at the fire station or other important place, be sure to confirm how long they will speak. Remember: Official duties may call them away (e.g., a fire!), so you need to be prepared with plan B.
 - Plan B is for the den leader or another parent to lead the discussion of what the place is and tour it (within the limits of your permission) and why the place is an important place.
- ▶ **Achievement 9d and e** (safety rules):
 - **Achievement 9d** ("Practice good rules of street and road safety."): Discuss good rules of street safety and road safety. Go ahead and practice at your field trip location.
 - **Achievement 9e** ("Know the rules of bike safety."): Discuss the rules of bike safety.
 - **Assignment:** Boys should practice the rules of road safety before the next meeting and have a family member sign off in their handbook.



- ▶ Introduce the concept of home safety in preparation for your Cub Scouts completing **Achievement 9b** and **c** at home (home safety rules):
 - **Achievement 9b** (“With an adult, check your home for hazards and know how to make your home safe.”), and **9c** (“With an adult, check your home for danger from fire.”)
 - You can start in your den meeting location and make a list of things that should be maintained or changed to keep everyone safe. The adult can make the list as the Cubs point out safety items.
 - The *Wolf Handbook* specifically mentions several items at pages 83–84, such as knowing where the water shutoff and circuit breaker box are. Check the gas shutoff, too, if you have natural gas service.
 - Basic safety information makes a big difference in an emergency. Do you know where the fire extinguishers are at your workplace? At your den and pack meeting places? Help your Cubs by pointing out emergency exits and fire extinguishers on field trips.

Closing

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

▶ Home Assignments:

- Ask parents to help Cub Scouts complete **Achievements 9b, 9c, 9d;** and **4b, 4c,** and **4d.** Ask them to help Cub Scouts find articles for **Achievement 7e** to share at the next den meeting.
- Boys should practice the rules of bike safety before the next meeting (**9e**) and have a family member sign off in their handbook. Hand out the bike safety quiz at the end of this meeting plan as a resource to help teach Scouts and parents.

After the Meeting

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



Bike Safety Quiz

A bicycle is not a toy . . . it is a vehicle and *you are the driver!*

Learn to share the road and *Ride Safely.*

1. Are there any times when you don't need to wear a helmet when riding a bike?
Answer: _____
2. Name three safe bike riding practices:
Answers: _____

3. What kinds of things should you check before you begin to ride?
Answer: _____
4. Where do most bicycle crashes occur?
Answer: _____
5. When riding your bike, it is important to stay alert at all times. Name three road hazards you should watch out for:
Answers: _____

6. Is it OK to ride a bicycle while listening to audio headphones?
Answer: _____
7. What is the most serious type of injury for cyclists?
Answer: _____
8. Always be a courteous cyclist. Remember, who has the right of way? Cyclists or pedestrians?
Answer: _____
9. How do you finish this sentence? Be Safe, Be _____! Sore *or* Seen?
Answer: _____
10. Always go with the flow of traffic, and stay to which side of the road?
Answer: _____
11. Before entering a roadway, you should look which ways for traffic?
Answer: _____
12. Where do you always need to check before changing lanes?
Answer: _____
13. Your bicycle helmet should cover your what?
Answer: _____
14. Your bicycle helmet should fit how?
Answer: _____
15. When making a turn, what do you do for others?
Answer: _____

Bike Safety Quiz Answers

A bicycle is not a toy . . . it is a vehicle and *you are the driver!*
Learn to share the road and *Ride Safely.*



1. Are there any times when you don't need to wear a helmet when riding a bike?

Answer: No, you should wear a helmet every time you get on any bike.

2. Name three safe bike riding practices:

Answers include:

- a. Ride single file.
- b. Obey traffic signs, signals, and lane markings.
- c. Always ride on the right side of the road, with traffic.
- d. Signal your moves to others.
- e. Check for traffic at an intersection.
- f. Stay alert at all times; slow down at driveways.
- g. _____

3. What kinds of things should you check before you begin to ride?

Answers:

- a. Inflate your tires properly.
- b. Check your brakes before riding.
- c. Always wear bright colors.
- d. Make sure you're not wearing clothes that can get caught in your bike.
- e. Carry your books and other possessions in a bicycle carrier or backpack.

4. Where do most bicycle crashes occur?

Answer: At intersections, including driveways.

5. When riding your bike, it is important to stay alert at all times. Name three road hazards you should watch out for.

Answers: Potholes, wet leaves, storm grates, cracks, gravel, broken glass or trash, water or oil, parked cars (doors flying open), _____

6. Is it OK to ride a bicycle while listening to audio headphones?

Answer: No.

7. What is the most serious type of injury for cyclists?

Answer: Head injuries.

8. Always be a courteous cyclist. Remember, who has the right of way? Cyclists or pedestrians?

Answer: Pedestrians.

9. How do you finish this sentence? Be Safe, Be _____! Sore or Seen?

Answer: Be Safe, Be Seen!

10. Always go with the flow of traffic, and stay to which side of the road?

Answer: The right side of the road.

11. Before entering a roadway, you should look which ways for traffic?

Answer: Left-right-left.

12. Where do you always need to check before changing lanes?

Answer: Beside you, in front of you, and behind you!

13. Your bicycle helmet should cover your what?

Answer: Forehead and the top of your head.

14. Your bicycle helmet should fit how?

Answer: Snugly, all straps snug and attached.

15. When making a turn, what do you do for others?

Answer: Signal your turn; show right and left turn signals.



Wolf Den Meeting 6

Know Your Home and Community, Make a Gift, and Sing-Along

Achievement 4. Elective 9b. Elective 11a.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring the photographs of the boys that were taken at the first den meeting.
 - Picture frames to be decorated
 - Paint and brushes or other materials to decorate the frames
 - Smocks (or old shirts large enough to fit over the boys) to protect the uniforms from paint
 - Index cards (for important phone numbers)
 - Prepare permission slips for a field trip to a fire station or other important place for Meeting 6.

Before the Meeting

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

Gathering

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

Opening

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

Business Items

- ▶ **Verify: Achievement 9b–9d** based on boys' handbooks.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ You might want to do two or more of these as stations, and rotate pairs of kids through them. Boys and their families will have worked on these at home, but this is a chance for the boys to practice.
- ▶ **Achievement 4a** ("Make a list of phone numbers you need in case of an emergency. Put a copy of this list by each phone or in a central place in your home. Update it often.") Check for:
 - Police
 - Sheriff
 - Fire department
 - Doctor
 - Ambulance service
 - Adult family member(s) at work
 - Relatives
 - Neighbors
 - Others
- Consider having them keep some numbers (family home, work, cell numbers) on a card they keep with them if they have not memorized those numbers. Use the index cards you brought.
- ▶ **Achievement 4b** ("Tell what to do if someone comes to the door and wants to come in."):
 - Using another adult leader, have each Scout *practice* that.
 - But do not replicate a horror movie. Just be normal and encourage normal response.



- ▶ **Achievement 4c** (“Tell what to do if someone calls on the phone.”):
 - Similarly, have each Scout *practice* that on a real phone (have another leader call in—if you have a speakerphone feature, use it!). If needed, use a fake or disconnected old phone.
 - You can practice leaving messages (and if you’re using a real phone, listen to them and praise the good messages).
 - Teach them appropriate phrases to use when someone is not at home, in the bathroom, or taking a shower, like “I’m sorry, they are not available at this minute. Can I take a message?”
- ▶ **Achievement 4d** (“When you and your family leave home, remember to . . . (Turn off lights, close/lock windows, turn off water, take care of pets, have the key, lock all doors).”):
 - Wherever you’re meeting, have each Scout *practice* that, too.
 - Have them explain what happens if you don’t do one of these. Do they know how to lock windows? How to lock doors? Try it in your den meeting place.
 - Repeat this as the “last thing you do” at the end of the closing today and each meeting.

Want More Fun Activities?

This meeting may need a dose of Feats of Skill or games for active fun!

- ▶ Be ready, if you sense it is dragging, to pull out a quick game or quick set of “Feats of Skill.”
 - ▶ Other Suggestions: Pick a game or relay from another portion of this guide, like Crows and Cranes, or Balloon Battle Royale, or Dizzy Izzy, or any game they like.
- ▶ **Elective 9b–c** (“Make a gift or toy like one of these and give it to someone.”) More than one gift may be made for elective credit:
 - Have each boy (wearing a smock) decorate a picture frame and insert the photo of himself that was taken at the first den meeting of the year. Save these for Den Meeting 7.
 - ▶ **Elective 11a** (“Learn and sing the first and last verses of ‘America.’”)

Closing

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

- ▶ **Home Assignment:** Ask parents to help their sons complete **Achievement 4e:** Family Assignment: With their families, make a list of household jobs that the Scouts will do for one month.

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.



Achievement 4e: Talk with your family members. Agree on the household jobs you will be responsible for. Make a list of your jobs and mark off when you have finished them. Do this for one month.

Name: _____

Mark your chart each time you do these things.

Chore	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Mon	Tues	Wed	Thu	Fri	Sat



Wolf Den Meeting 7

Your Living World and Tie It Right

Achievement 7. Achievement 6 Achievement 8. Elective 9b. Elective 17. Character Connection for Respect.

Preparation and Materials Needed

- ▶ Tip: A field trip to a waste disposal plant, water treatment plant, or recycling center is a fun way to cover **Achievement 7: Your Living World**.
- ▶ For additional information, you might look at www.epa.gov/kids/, the Environmental Kids Club site at the U.S. Environmental Protection Agency (or do an Internet search for “environmental kids”).
- ▶ You should also research your local rules about recycling programs.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring litter bags and work gloves for each boy and adult, and hand sanitizer.
 - Provide enough magazines and newspapers so that each Scout who did not find articles at home for **Achievement 7e** can find three stories about how people are protecting our world.
 - Bring the framed photos made at Den Meeting 5, gift wrap, tape, and markers.
 - Bring lengths of rope to learn how to tie the overhand knot and square knot (compared to string or shoelaces, rope is easier to “see” the knot and “teach” the knot).
 - Stories about “how people are protecting our world.” Some places to find stories: *Boys’ Life*, local newspapers, school magazines, *National Geographic* (including their kids’ magazines), publications or Web sites of conservation or environmental organizations (Sierra Club, Nature Conservancy, etc.).
 - Beads for Cub Scout Immediate Recognition Emblems

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.
- ▶ As Scouts enter, have an assistant or another adult ask if they have “three stories that tell how people are protecting our world.” If the Scouts don’t, provide copies for them to read before the meeting.

Opening

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

Business Items

- ▶ **Verify: Achievement 4e** (If 30 days have passed since Den Meeting 6. Otherwise, verify at Den Meeting 8.) and **Achievement 7e** based on the boys’ handbooks.
- ▶ Discuss the Good Turn for America
 - The Boy Scouts of America’s Good Turn traces back to American businessman William D. Boyce in 1910. He was lost in a London fog. A boy offered to take Boyce to the address he wanted and refused a tip, saying he was a Boy Scout. Boyce’s curiosity was aroused. He later had the boy take him to Scouting’s British founder, Lord Baden-Powell. From this chance meeting, the Boy Scouts of America was born.



- Among many references to the Good Turn in BSA literature is this comment from the *Boy Scout Handbook*: “To people who know about Scouting, the daily Good Turn is one of the finest features of our movement. The record of Good Turns, small and large, that have been done by Scouts since the day Scouting was founded is truly impressive.”
 - Good Turn for America is a national call to service by the Boy Scouts of America to help provide adequate food and shelter and to develop good health habits in the nation.
 - To address these issues, the BSA is collaborating with some of the most respected service organizations working in each of these areas.
 - More at www.goodturnforamerica.org
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

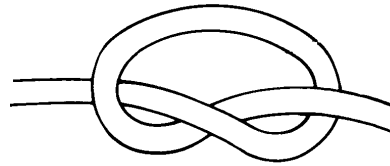
Activities

- ▶ Discuss **Achievements 7a, 7b, 7c, 7e, and 7f**.
- Some of these you might want to complete as breaks during the cleanup project later in the meeting.
- ▶ **Achievement 7a** (“Complete the Character Connection for Respect.”):
- **Know:** Discuss these questions with your family: What things have people done to show a lack of respect to our world? Why is it important to respect our environment and natural resources? How can you show respect for your environment?
 - **Commit:** Discuss with your family how you feel when you see places in your neighborhood that have lots of litter. Name one thing you can do to help the environment. “
 - **Practice:** Practice being respectful while doing the requirements for “Your Living World.”
- ▶ **Achievement 7b** (“Land, air, and water can get dirty. Discuss with your family ways this can happen.”)
- ▶ **Achievement 7c** (“It takes a lot of energy to make glass, cans, and paper products. You can help save energy by collecting these items for use again. Find out how recycling is done where you live. Find out what items you can recycle.”)
- ▶ **Achievement 7e** (“With an adult, find three stories that tell how people are protecting our world. Read and discuss them together.”)
- Have each boy tell about the three stories he found on how people are protecting our world.
- ▶ **Achievement 7f** (“Besides recycling, there are other ways to save energy. List three ways you can save energy, and do them.”)
- ▶ **Achievement 7d** (“With an adult, pick up litter in your neighborhood. Wear gloves to protect your hands against germs and cuts from sharp objects.”)
- Go outdoors to pick up litter around your meeting place.
 - Be sure to separate recyclable stuff.
 - Hints: Find a way to make it fun:
 - A contest (divide the den to award by volume or number of items, or number of recyclables, or something),
 - Or a scavenger hunt (check out the area to create your list of things they could find),
 - Or do a full cleanup treasure hunt (see Tiger Den Meeting 16).
 - Use breaks to allow for rest and to conduct or complete the **Achievement 7a, 7b, 7c, and 7e** discussions. (They may have thought of new things while doing the cleanup!) See above.
 - Wash hands and/or use hand sanitizer when complete.
- ▶ **Elective 9b–c** (“Make a gift or toy like one of these and give it to someone”):
- Wearing smocks, have each boy decorate the picture frame created in Den Meeting 6, then wrap it and tie it with string (to complete **Elective 17b and c**).

Den Meeting 7



- ▶ Do **Electives 17a, 17b, and 17c**: (Learn two knots and how to tie a package.)
 - 17a (“Learn to tie an overhand knot and a square knot.”)



- The overhand knot can be used temporarily but unties very easily if tied around something.
- The overhand knot can be used as a stopper knot and can keep a rope from fraying or unraveling.
- To tie an overhand knot: Make a loop in your rope and put an end of the rope through it.



- 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.
 - *Note:* <http://meritbadge.org/wiki/index.php/Knots> includes animation to show you how.
- **Elective 17b** (“Tie your shoelaces with a square bow knot.”)
- **Elective 17c** (“Wrap and tie a package so that it is neat and tight.”)
 - Have the boys wrap the framed photos made at Den Meeting 5, take them home, and give them to their parents as gifts.
- *Note:* **Electives 17b** and **17c** can be completed as part of **Electives 9b** and **9c**.

Closing

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

▶ Home Assignments:

- Remind boys that their list of household chores completed is due at the next den meeting (**Achievement 4e**).
- Boys are to begin a collection starting with 10 items and arranging them neatly (**Achievement 6b**). Start by collecting 10 things and arranging them neatly. Each boy is to bring his collection to the next den meeting to show the den. (Option: you can spread this out so everyone has more time to show and tell about their collection.)
- Ask the parents to have the boys complete **Achievements 8c–e** (Cooking and Eating) at home.

Boys who have attended all den meetings and completed home assignments will now qualify for the Cub Scout Immediate Recognition Emblem and their first yellow Progress Toward Ranks bead (for completing **Achievements 1, 3, and 9**). These should be presented at the den meeting.

Explain to the boys that every time they complete three achievements, they receive a yellow bead. After they earn four yellow beads, then they will have earned their Wolf badge.

After the Meeting

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





Wolf Den Meeting 8

Cooking and Eating and Start a Collection

Achievement 8. Achievement 6.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring a U.S. flag and the den flag, and enough paper and pencils for each boy.
 - Bring “Food Pyramid” handouts. Go to www.mypyramid.gov to check that out.
- ▶ You can create personal pyramids at www.mypyramid.gov/mypyramid/index.aspx, tailored to your size, age, and activity level. Access to a computer with Internet access in this meeting would be an excellent way to research this with Scouts.
 - Bringing samples of food in each food group would also be a great idea and a good snack. For example, whole grain bread and crackers, some broccoli and carrots, fresh fruit of your choice, a variety of nuts (check for allergies), milk and cheese, hard boiled eggs. And water.
 - If you’re doing a field trip, prepare permission slips for the field trip at Den Meeting 9.
 - Beads for Cub Scout Immediate Recognition Emblems

Before the Meeting

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

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader), especially check handbooks for completion of Achievements 8c, 8d, and 8e.
- ▶ Assign parents to meeting roles and hand out a meeting plan to each.

Opening

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

Business Items

- ▶ **Verify Achievement 4e** and **Achievement 8c–e** using the boys’ handbooks. Collect from each Cub Scout a list of household chores he has completed in the last month.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 8a:** (“Study the Food Guide Pyramid. Name some foods from each of the food groups shown in the pyramid.”) See page 79 of the *Wolf Handbook*.
 - Discuss the Food Guide Pyramid. Name foods from each of the food groups shown there: grains, vegetables, fruits, fats/sugar/salt (sodium), milk, protein (meat/beans).
 - You could conduct it as “Food Pyramid Scholar Bowl Quiz Show”:
 - Split the den into two teams. Pick a food group, and ask each team to name something that is in that group. Alternate between teams, keeping score.
 - Or give them a food and have them determine which group(s) it is in.
 - Ideally, as you discuss each one, you snack on something from each of the food groups!
 - Also, you can ask them to identify the food groups in common meals, like macaroni and cheese, pizza, tacos, hamburgers, peanut butter and jelly sandwich, or breakfast cereal.



- ▶ **Achievement 8b** (“Plan the meals you and your family should have for one day. List things your family should have from the food groups shown in the food group pyramid. At each meal, you should have foods from at least three food groups.”)
 - These can be take-home plans for family cooking, but if you will be doing a pack campout or other outing, and cooking or eating at it, you can make that menu planning part of this meeting!
 - Or use it for snack planning for the rest of the year to cut down on poor snack offerings!
- ▶ **Achievement 6a:** Complete the Character Connection for Positive Attitude.
 - **Know:** Discuss with your family how a cheerful and positive attitude will help you do your best at school and in other areas of your life.
 - **Commit:** Discuss with your family how gathering items for a collection may be difficult. How does a hopeful and cheerful attitude help you to keep looking for more items? Why is a positive attitude important?
 - **Practice:** Practice having a positive attitude while doing **Achievement 6:** Start a Collection.
- ▶ **Achievement 6c** (“Show and explain your collection to another person.”):
 - Have each boy bring his collection to the den meeting and show his collection to the den.

Want More Fun Activities?

This meeting may need a dose of Feats of Skill or games for active fun!

Be ready, if you sense it is dragging, to pull out a quick game or quick set of Feats of Skill.

Other Suggestions: Pick a game or relay from any of those provided throughout this guide.

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 permission slips for a field trip to a hardware store/lumberyard if you’re doing a field trip.
- ▶ Hand out or send family information letter.

Boys who have attended all den meetings and completed home assignments now qualify for their second yellow Progress Toward Ranks bead (for completing **Achievements 4, 6, and 7**).

After the Meeting

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



Wolf Den Meeting 9

Tools for Fixing and Building

Achievement 5.

Power tools are not appropriate for use by Cub Scouts, review the use of age-appropriate tools for Cub Scouts in the *Cub Scout Leader How-To Book* and *Age-Appropriate Guidelines for Scouting*.

Preparation and Materials Needed

- ▶ For Den Meeting 9, make arrangements for a field trip to your local hardware store or lumberyard or local woodworker (your pack may have ideas about who has safe woodworking tools; chartered organization maintenance or facilities personnel may be willing to assist).
 - Discuss **Achievement 5** requirements with the staff, ask for help from the staff when you visit.
 - Determine if the store will permit the boys to build bookends (or a birdhouse (see Meeting 10) or other suitable alternative wood project) at the store, and if there is adequate space to conduct such activity safely. If the store manager grants permission, then bring wood for the project and enough hammers, saws, nails, and safety glasses for each boy.
 - Power tools are not appropriate for use by Cub Scouts. Review the use of age-appropriate tools for Cub Scouts in the *Cub Scout Leader How-To Book* and *Age-Appropriate Guidelines for Scouting activities* (www.scouting.org/HealthandSafety/Resources/Age-AppropriateGuidelines).
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Seven or more tools. Must have pliers, Philips head screwdriver, standard screwdriver, and hammer. Lightweight hammers are a very good idea (many second-graders cannot swing a 16-oz. hammer accurately).
 - Both Philips head and standard screws, and nails
 - Boards for nailing and screws (and removal of nails and screws)
 - Boards or kits to make something useful (For example, birdhouse, bookends or a suitable alternative wood project. A pinewood derby car is useful, right?)
 - Safety glasses and first-aid kit

Before the Meeting

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

Gathering

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

Opening

- ▶ Conduct a flag ceremony, indoor (**Achievement 2b**) or outdoor (**Achievement 2f**). Options include:
 - Use the store's employees to participate (they may help you get a good temporary flagpole).
 - Gather in a line, circle, or square. Pledge of Allegiance; have the Scout leading the ceremony tell what the Pledge means (**Achievement 2a**); Cub Scout Promise or Law of the Pack; lead patriotic song.
 - Rotate leadership of flag ceremonies so each boy has a turn at every role (**Achievement 2b**).

Business Items

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



Activities

- ▶ **Achievement 5:** Tools for Fixing and Building (page 64):
- ▶ **Achievement 5a** (“Point out and name seven tools. Tell what each tool does.”) Have these laid out on a workbench, so they aren’t confused with everything else on the wall or in the toolbox. Put out seven or eight common tools. A few odd tools can add to the fun and interest.
- ▶ **Achievement 5b** (“Show how to use pliers.”)
- ▶ **Achievement 5c** (“Identify a Philips head and a standard/slotted screw. Then use the right tool to drive and then remove one from a board.”) Have boards and screws ready, one setup for each Cub. Show how to put soap on a screw to make it easier to drive. If they are having trouble turning them, go ahead and drill pilot holes for the screws.
- ▶ **Achievement 5d** (“Show how to use a hammer.”) Start five or six nails into a board, then let the kids pound them in and extract them. Wear safety glasses, and explain why (chance of flying shards of metal from the nails). Choose shorter or heavier nails because they are less likely to bend and frustrate the kids. Or choose the same nails that will be used in your project.
- ▶ **Achievement 5e** (“Make a birdhouse, a set of bookends, or something else useful.”)
 - For these steps, be sure to put any available adults to use here.
 - Can arrange for all to watch each element at the same time, and try it out in sequence, or if you have enough tools and adults, go station to station for the name tools, use pliers, drive and remove screws, use a hammer parts.
 - Then have enough time to make a set of bookends (or suitable alternative wood project).

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
 - ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
 - ▶ Hand out or send family information letter.
- ▶ **Home Assignment:** Ask parents to help Cub Scouts complete **Achievement 10:** Family Fun and **Achievement 11:** Duty to God, at home. Also ask families to find a book about birds for their Cub Scout to read before the next den meeting (**Elective 13c**).

After the Meeting

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



Wolf Den Meeting 10

Birds

Elective 13. Achievement 10. Achievement 11. Character Connection for Cooperation. Character Connection for Faith.

Preparation and Materials Needed

- ▶ For Den Meeting 10, bring a bird-watching chart (see Wolf Den Meeting 10) for each boy, and a book about birds with lots of drawings (ask your public librarian for assistance in identifying a suitable book for second-graders).
- ▶ **Determine if any of the boys is allergic to peanuts.** If no one is allergic to peanuts, then prepare materials for a pinecone bird feeder (one large pinecone per boy, string, jar of peanut butter, birdseed, an 8-by-8-inch cake pan, plastic knives, newspaper to cover the work table, a smock for each boy and adult, and quart-size plastic zipper bags labeled with the name of each boy to hold each completed pinecone bird feeder). Research on the Internet instructions for pinecone bird feeders; instructions are readily available online.
 - If peanut allergies are a problem, then make a bird feeder as shown in the *Wolf Handbook*, page 176, or make one from a recyclable plastic milk jug or two-liter soda bottle.
- ▶ Make up or purchase a birdhouse kit for each boy.
- ▶ Gather some books about birds for loan to boys who do not complete **Elective 13c** at home.

Before the Meeting

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

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader), especially check handbooks for completion of **Achievements 10 and 11** (home assignments).
- ▶ Assign parents to meeting roles and hand out a meeting plan to each.

Opening

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

Business Items:

- ▶ **Verify** completion of **Achievements 10a–g** and **11a–d** and **Elective 13c** using the boys' handbooks.
- ▶ **Elective 13c** ("Read a book about birds.") (home assignment):
 - A family member should sign off in the boy's handbook when the requirement is completed.
 - But go ahead and have boys share information that they learned from reading a book about birds.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Elective 13a** ("Make a list of all the birds you saw in a week and tell where you saw them (field, forest, marsh, yard, or park).")
 - Go outside now for a hike and to see what birds you can see (or hear, or find evidence of) outside your meeting area as you do these next activities.
 - Consider fun ways to do this. For example, don't just say "Let's go watch birds," but make it a bird safari, and channel your best Animal Planet sense of wonder and danger.
 - Or sing a bird song.



- ▶ **Elective 13d** (“Point out 10 different kinds of birds (five may be from pictures.):”):
 - Show the bird pictures on page 174 of the *Wolf Handbook* and ask the boys which of those they have seen. Ask boys to name at least two more species they have seen.
- ▶ **Elective 13a** (“Make a list of all the birds you saw in a week and tell where you saw them (field, forest, marsh, yard, or park.):”):
 - Distribute a bird-watching chart (at the end of this den meeting plan) to each boy (modify the chart as needed to include local birds), to be completed and returned at the next meeting.
- ▶ Return inside if you like, and do **Elective 13e** (“Feed wild birds and tell which birds you fed.):” by making pinecone bird feeders.
 - Have each person put on a smock. Cover the work table with newspaper.
 - Each boy receives a pinecone and a dull knife.
 - Place two or three bowls of peanut butter on the table.
 - Using the dull knife, each boy spreads peanut butter all over the pinecone.
 - Put birdseed into an 8-by-8-inch pan and roll each peanut butter-coated pinecone in the birdseed.
 - Place each completed bird feeder into a labeled plastic zipper bag.
 - Wash hands. Remove smocks.
 - Remind the boys to hang the bird feeders from a tree or bush when they get home, or do it at the meeting site if you like.
- ▶ **Elective 13f** (“Put out a birdhouse and tell which birds use it.):”):
 - Ask the boys to assemble the birdhouse at home and put it out in their yard or neighborhood and record which birds use it.
 - Ask family members to sign their handbook after they observe which birds use it.
- ▶ **Achievement 10a:** Complete the Character Connection for Cooperation.
 - **Know:** Discuss these questions with your family: What is “cooperation”? Why do people need to cooperate when they are doing things together? Name some ways that you can be helpful and cooperate with others.
 - **Commit:** Discuss with your family what makes it hard to cooperate. How do listening, sharing, and persuading help us cooperate?
 - **Practice:** Practice being cooperative while doing the requirements for Family Fun.
- ▶ **Achievement 10b:** Make a game like one of these. Play it with your family. (Eagle Golf, Beanbag Archery.)
- ▶ **Achievement 10c:** Plan a walk. Go to a park or a wooded area, or visit a zoo or museum with your family.
- ▶ **Achievement 10d:** Read a book or *Boys’ Life* magazine with your family. Take turns reading aloud.
- ▶ **Achievement 10e:** Decide with Akela what you will watch on television or listen to on the radio.
- ▶ **Achievement 10f:** Attend a concert, a play, or other live program with your family.
- ▶ **Achievement 10g:** Have a family Board Game night at home with members of your family.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.
- ▶ **Home Assignment:** Ask family members to help put out the birdhouse and observe which birds use it (**Elective 13f**). Fill out the bird-sighting chart (**Elective 13a**) to do so.

Boys who have attended all den meetings and completed required home assignments will now qualify for a third yellow Progress Toward Ranks bead to be placed on their Cub Scout Immediate Recognition Emblem (for completing **Achievements 5, 8, and 10**).



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.



Robin



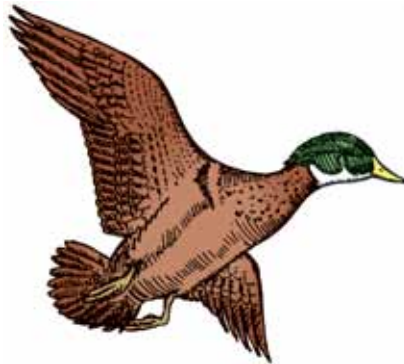
Sparrow



Goose



Seagull



Duck



Goldfinch



Blue jay



Cardinal



Wolf Den Meeting 11

Making Choices Achievement 12.

Preparation and Materials Needed

- ▶ For Den Meeting 11, remind boys to bring their *Wolf Handbook*.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Boys will need their handbooks.
 - If you want to do this as puppet theater, you'll need to bring paper lunch bags, markers or crayons, glue, string. Could bring felt pieces, buttons, stickers.
- ▶ **Note:** You can also do some of these Making Choices discussions in earlier meetings and space it out over the year.

Before the Meeting

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

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader), especially collect bird-watching charts from the previous meeting (**Elective 13a**).
- ▶ Assign parents to meeting roles and hand out a meeting plan to each.

Opening

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

Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.
- ▶ **Verify:** Check completion of **Elective 13f** by checking the boys' handbooks.

Activities

- ▶ **Achievement 12a:** Complete the Character Connection for Courage.
 - **Know:** Discuss with your family what courage is. Review the requirements and discuss how you might need courage in each one to do what is right.
 - **Commit:** Give some examples of when it is hard to do the right thing. Discuss with your family times that it might take courage to be honest and kind. Tell about a time in your life when you needed to be brave and courageous to do the right thing.
 - **Practice:** Practice learning about courage while doing the requirements for Making Choices. With family members, act out the choices you would make for some of the requirements.

Want More Fun Activities?

This meeting is all talk, so, consider how to be active:

- ▶ Option: you can do the acting out with puppets, and have this be a puppet theater day. Make simple paper lunch bag hand puppets with markers/crayons, and string and glue. But be sure that after the theater, everyone discusses the issues seriously.
- ▶ Also, there is nothing wrong with mixing up the Making Choices discussion with some activity, like an obstacle course or game segment. (Complete a section of the course or game, then discuss. Repeat.)



- Discuss the following scenarios and have the boys act out the choices they would make for each. Cover as many of the following as time permits, but at least four, allowing each boy to complete at least one.
 - **Achievement 12b:** There is an older boy who hangs around Jason's school. He tries to give drugs to the children. What would you do if you were Jason?
 - **Achievement 12c:** Lee is home alone. The phone rings. When Lee answers, a stranger asks if Lee's mother is home. She is not. Lee is alone. What would you do if you were Lee?
 - **Achievement 12d:** Justin is new to your school. He has braces on his legs and walks with a limp. Some of the kids at school tease him. They want you to tease him, too. What would you do?
 - **Achievement 12e:** Juan is on a walk with his little sister. A car stops and a man asks them to come over to the car. What would you do if you were Juan?
 - **Achievement 12f:** Matthew's grandmother gives him money to buy an ice cream cone. On the way to the store, a bigger boy asks for money and threatens to hit Matthew if he does not give him some money. If you were Matthew, what would you do?
 - **Achievement 12g:** Chris and his little brother are home alone in the afternoon. A woman knocks on the door and says she wants to read the meter. She is not wearing a uniform. What would you do if you were Chris?
 - **Achievement 12h:** Sam is home alone. He looks out the window and sees a man trying to break into a neighbor's back door. What would you do if you were Sam?
 - **Achievement 12i:** Mr. Palmer is blind. He has a guide dog. As he is crossing the street, some kids whistle and call to the dog. They want you and your friends to call the dog, too. What would you do?
 - **Achievement 12j:** Some kids who go to Bob's school want him to steal candy and gum from a store, which they can share later. Bob knows this is wrong, but he wants to be popular with these kids. What would you do if you were Bob?
 - **Achievement 12k:** Paul and his little sister are playing outdoors. A very friendly, elderly woman stops and watches the children for a while. Paul doesn't know the woman. She starts to talk to them and offers to take Paul's little sister on a walk around the block. What would you do?

Closing

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

▶ **Home Assignment:** Ask family members to discuss at home four requirements from **Achievement 12b-k**; the boy's handbook should be signed upon completion.

After the Meeting

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



Wolf Den Meeting 12

Visit a Library or Bookstore

Elective 6. Elective 12a.

Preparation and Materials Needed

- ▶ Make arrangements for a field trip to a local public library or bookstore willing to host your meeting. If transport is an issue, consider also a local school's library. Otherwise, can complete **Elective 6b** and **6c** in the home or at the home of a parent who is into books and has a good collection of suitable books.
- ▶ Request permission to use a meeting room at the library or bookstore for snacks and to complete additional requirements while at the location, including the "Be an Artist" project. If applicable, submit a local Tour Permit Application to your council service center two weeks before the event (form found at www.scouting.org/CubScouts/CubScoutingForms/forms). Arrange transportation.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Brown paper bags (or brown wrapping paper) cut to size to make book covers, colored markers, tape.

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 meeting plan to each.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.

Opening

- ▶ Using the U.S. flag at the library, if applicable, or another flag (you may need to supply one if the location does not have one), conduct a flag ceremony, indoor (**Achievement 2b**) or outdoor (**Achievement 2f**). Options include:
 - Gather in a line, circle, or square:
 - Pledge of Allegiance; have the Scout leading the ceremony tell what the Pledge means (**Achievement 2a**).
 - Cub Scout Promise or Law of the Pack.
 - Lead patriotic song.
 - Rotate leadership of flag ceremonies so each boy has a turn at every role (**Achievement 2b**).

Business Items

- ▶ Do these when it makes sense based on your field trip schedule (could be after the "field trip" part):
 - **Verify Achievement 12a–k** using the boys' handbooks (see Meeting Plan 11).
 - Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Elective 6: "Books, Books, Books":**
 - a. "Visit a bookstore or go to a public library with an adult. Find out how to get your own library card. Name four kinds of books that interest you (for example, history, science fiction, how-to books)."
 - b. "Choose a book on a subject you like and read it. With an adult, discuss what you read and what you think about it."
 - c. "Books are important. Show that you know how to take care of them. Open a new book the right way. Make a paper or plastic cover for it or another book."
 - If you've been able to arrange a tour at the library or bookstore, be sure to confirm how long they will speak, and let them know the requirements if they are to lead those



portions of the meeting. Remember that official duties may call them away, so you need to be prepared with plan B.

- Ideally, a librarian or bookstore representative can conduct most of this (they may not lead the “make a cover” portion) if you prepare them for the requirement.
 - Otherwise, the den leader or a parent interested in books can conduct this discussion.
 - If at a library and Scouts don’t have library cards, go ahead and have them apply for the card.
- ▶ If you have space to conduct this activity, do **Elective 12a** (“Make a freehand sketch of a person, place, or thing”) as part of **Elective 6c** (“... Make a paper or plastic cover for it or another book”):
- Using brown paper grocery bags and markers, have the Scouts make book covers for their *Wolf Handbooks* and made a freehand drawing on the book cover. To do that:
 1. Cut the brown paper shopping bags, and remove the flap formed by the bottom of the bag so you have one large sheet of brown paper. Cut a piece long enough to cover the front, back, and spine of the book with at least three inches of overlap at either end.
 2. Place the book in the center of the paper.
 3. Wrap the paper up across the bottom of the book and make a crease along the bottom cover.
 4. Repeat step 3 for the top of the book.
 5. Remove the book from the paper.
 6. Fold the paper up at the bottom crease and down at the top crease. You should have a strip of paper big enough to cover the book from top to bottom.
 7. Place the book back in the center of the paper. Wrap the paper across the front of the book from left to right and adjust the book position until the two ends of the paper are even.
 8. Fold the overlap around the front cover of the book and make a crease. Then insert the front cover of the book into the slot created by the paper folded over at the top and the bottom. Slide the paper down over the book until you hit the crease.
 9. Repeat step 8 for the back cover of the book.
 10. If the cover fits snugly, you can stop. If it seems a little loose or the top and bottom folds are not lying flat, use small pieces of tape to pull the front and the inside flap together a little more securely. Do not tape the paper cover to the actual cover of the book; the paper cover will move a little when the book opens, and you could damage the book cover.
 11. Using markers, have the Scouts decorate the book covers with a freehand sketch of a person, place, or thing.

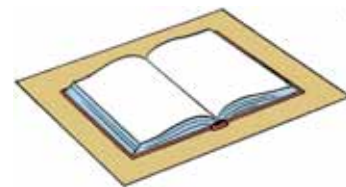
Closing

- ▶ 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.

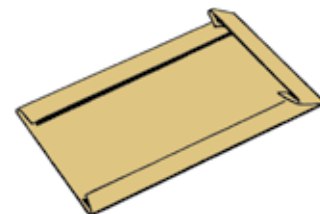
After the Meeting

- ▶ 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.

Cut paper 3 inches bigger than the book.



Fold the top, bottom, and right sides.



Slip the book cover into the right-side fold. Make a fold for the front cover. Open the book and slip the front cover into the fold.





Wolf Den Meeting 13

Pets
Elective 14.

Preparation and Materials Needed

- ▶ If possible, invite a veterinarian or other person with knowledge of pets (could be a community animal control officer or similar official, a pet groomer, or a parent with an interest in pets) to discuss pets and **Elective 14b** and **14d** with the Scouts. If none of the Scouts are allergic to animals (or if you make arrangements to deal with any allergies), perhaps the guest could bring a pet to the meeting.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - A suitable book about pets, such as *The Market Square Dog* by James Herriot (ISBN 0-312-06567-1).

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 meeting plan to each.

Opening

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

Business Items

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

Activities

- ▶ **Elective 14: Pets:**
 - **Elective 14b** ("Know what to do when you meet a strange dog.")
 - **Elective 14c** ("Read a book about a pet and tell about it at a den meeting.")
 - **Elective 14d** ("Tell what is meant by rabid. Name some animals that can have rabies. Tell what you should do if you see a dog or wild animal that is behaving strangely. Tell what you should do if you find a dead animal.")
 - If you've been able to arrange a guest, be sure to confirm how long they will speak about their job or interest, and let them know the requirements if they are to lead those portions of the meeting.
 - Ideally, the guest can conduct most of the requirements discussion (they may or may not lead the "tell about a book" portion) if you prepare them for the requirement.
 - Otherwise, the den leader or a parent interested in pets can conduct this discussion.
- ▶ If Scouts have not read a book about a pet, do **Elective 14c** together ("Read a book about a pet and tell about it at a den meeting."):
 - Read a book about pets as a den.
 - Starting with the denner, have each boy read two pages and pass the book to the next boy.
- ▶ For fun, sing the song "Rags," found in the *Cub Scout Songbook*.

Want More Fun Activities?

With sufficient parental assistance, make this a show-and-tell pet day:

- ▶ Have Scouts (or selected Scouts) and parents bring their pets (under control/restraint) to this meeting.
- ▶ Be sure to confirm in advance who will come, and with what pet, and how they will be controlled, so you don't have conflict between pets. You may want to schedule a rotation of pets.
- ▶ Have Scouts present their pets: what it is, its name, how long it has lived with the family, where it lives in the wild (if applicable), what it eats, what it does during the day, how much it sleeps, etc. The Scout should describe how they take care of them (this will satisfy **Elective 14a**, "Take care of a pet").

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.





Wolf Den Meeting 14

American Indian Lore

Elective 10.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring a short book on American Indian lore with lots of drawings (ask your public librarian for assistance in identifying a suitable book for second-graders).
 - Bring brown paper sacks, scissors for each boy, and markers. Each boy will cut a vest, fringe it, and decorate it with markers. Alternate craft: Drums (coffee or paint cans, chamois or vinyl cloth, string or thong, sticks, cotton ball and string).
 - Alternate to this for the “non-crafty”: Drop the vest/drum, and add **Elective 1** (“It’s a Secret”), bringing white paper and milk or lemon juice, plus toothpicks.
 - Bring copies of the lyrics to “She’ll Be Coming ’Round the Mountain” (*Cub Scout Songbook*) for each boy.
 - Beads for Cub Scout Immediate Recognition Emblems

Before the Meeting

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

Gathering

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

Opening

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

Business Items

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

Activities

- ▶ **Elective 10a** (“Read a book or tell a story about American Indians, past or present.”):
 - Ask if anyone has read a book about American Indian lore and would like to discuss it.
 - If not, ask if anyone can tell a story about American Indians, past or present.
 - If needed and you have a book, have each boy read two pages (or so) and pass the book to the next boy—pause at optimal intervals to discuss.
 - If needed, make an assignment for each boy to read another book about American Indians to tell about at the next den meeting.
- ▶ **Electives 10c** (“Make traditional American Indian clothing.”) and **10f** (“Learn 12 American Indian word pictures and write a story with them.”) (page 159 of the *Wolf Handbook*):
 - Each boy cuts a vest from a brown paper sack, then cuts fringe along the bottom of his woodland vest. Then write a story on the vest, with markers, using Indian word pictures.
 - Have each boy choose an American Indian name (Swift Runner, Peace Maker, etc.).
 - If a vest isn’t your thing, they can make a drum with coffee or paint cans, chamois or vinyl cloth, string or thong to tie the cloth on, and drumsticks made of cotton ball and string wrapped around a stick. Decorate as you would the vests.



- ▶ BUT, if you are not crafty and want to drop the vest/drums, you can stay on theme and do **Elective 1** (“It’s a Secret.”):
 - Remind the Scouts that Navajo code talkers were integral to our winning World War Two.
 - **Elective 1a** (“Use a secret code.”): See page 110. Allow them to create their own messages.
 - **Elective 1b** (“Write to a friend in invisible ‘ink.’”): The ink is milk or lemon juice; use a toothpick as a pen/quill. Write the message on a white paper, and let it dry. Can’t be seen . . . unless you put it over or up to a light.
 - **Elective 1d** (“Use 12 American Indian signs to tell a story.”): See page 114. See who can understand some simple messages.
- ▶ Sing “She’ll Be Coming ’Round the Mountain” (*Cub Scout Songbook*).

Closing

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

- ▶ **Home Assignment:** Explain the assignment to read a book about American Indians, past or present (**Elective 10a**), and ask parents to help their boy complete this and **Elective 21** at home.

Boys who have attended all den meetings and completed home assignments will qualify for their fourth yellow Progress Toward Ranks bead to be placed on their Cub Scout Immediate Recognition Emblem (for completing **Achievements 2, 11, and 12**).

These boys have now completed requirements for the Wolf badge, which should be presented at the blue and gold banquet. Or you could present today, and “recognize” at the banquet.

Boys who have attended relevant den meetings and completed home assignments will qualify for a Gold Arrow Point for 10 electives completed: **Electives 9b; 11a; 17a–c; 20g; 20h–j; and 20k, l, or m.**

After the Meeting

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



Wolf Den Meeting 15

Marbles

Elective 4. Marbles Belt Loop.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Marbles for each boy. At least five glass bottles to play Marbles Sharpshooter.
 - Research on the Internet ways to play marbles and bring rules you find.
 - A street map of the local area, and one or more compasses.
 - Belt loops and Arrow Points to provide immediate recognition for each boy.

Before the Meeting

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

Gathering

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

Opening

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

Business Items

- ▶ **Verify:** Check completion of **Achievement 10a** and **Elective 21** by reviewing the boys' handbooks.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Elective 4e** ("Play a game of marbles.") For example, Marble Sharpshooter (*Wolf Handbook*, page 128):
 - Each player rolls five marbles towards glass bottle targets.
 - Score ONE point for each marble that rolls between the bottles without hitting a bottle.
- ▶ Marbles belt loop (*Cub Scout Academics and Sports Program*, page 109). Complete **requirements 1–3**.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting (belt loop).
- ▶ 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 permission slips for the fishing outing and picnic, if you are going somewhere other than your usual meeting place.
- ▶ Hand out or send family information letter.

After the Meeting

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

Den Meeting 15





Wolf Den Meeting 16

Outdoor Adventure and Fishing

Elective 18. Elective 19.

Preparation and Materials Needed

- ▶ Make arrangements for a den family fishing outing and picnic.
- ▶ Research your local and state fishing guidelines. Determine whether a fishing license will be required for youth or adults participating in the fishing outing.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Fishing equipment and bait, picnic supplies and equipment, and first-aid kit.
 - Bring a book or chart with pictures of different types of local fish.

Gathering

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

Opening

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

Business Items

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

Activities

- ▶ **Electives 18a** ("Help plan and hold a picnic with your family or den.") and **18b** ("With an adult, help plan and run a family or den outing."): Have a den family picnic.
- ▶ Fishing: **Electives 19a, 19b, 19c, 19d, 19e, and 19f**:
 - **19a** ("Identify five different kinds of fish.")
 - **19b** ("Rig a pole with the right kind of line and hook. Attach a bobber and sinker, if you need them. The go fishing.")
 - **19c** ("Fish with members of your family or an adult. Bait your hook and do your best to catch a fish.")
 - **19d** ("Know the rules of safe fishing.")
 - **19e** ("Tell about some of the fishing laws where you live.")
 - **19f** ("Show how to use a rod and reel.")
- ▶ Then go fishing with an adult, following the rules for safe fishing and obeying local and state fishing regulations.
- ▶ **Note:** You may not be doing fishing, so adjust if you have picked some other event.
 - Many options, such as kites, games, or other sports.
 - **Other Suggestions:** Pick a game or relay from another portion of this Guide, or the *Cub Scout Leader How-To Book*, No. 33832.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers. All boys should now have earned their Cub Scout World Conservation Award.
- ▶ 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).
- ▶ Ask parents to sign for any other electives the boy has completed during the year. Remind the boys to bring their handbooks to the next meeting to review and sign off any additional electives they may have completed outside of the den meetings during the year.
- ▶ Hand out or send family information letter.

After the Meeting

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

Den Meeting 16





Template for Sample Parent Information Letter or E-Mail

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

_____, 20__

Dear Wolf Den Cub Scout Parents:

Today we completed the following achievements or electives from your son's *Wolf 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 *Wolf 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 *Wolf 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: This concept, and the list below the meeting dates, could be given all at once, or when needed (or both)> Finally, let me remind you 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 and Your Flag	Achievement 2b or 2f. Bobcat (partial). Elective 9b (partial). Elective 12e. Achievement 8b–e: How to Protect Your Children From Child Abuse
__/__/__	2: Your Flag and Feats of Skill	Achievements 2a and 1a–f
__/__/__	3: Your Flag and Sports Electives	Achievements 2c, 2d, 2e, 2g, and 3a. Elective 20h, 20i, 20j, and one of 20k, 20l, or 20m), Bowling belt loop
__/__/__	4: Keep Your Body Healthy and Bowling Field Trip	Achievement 3a–c. Elective 20g. Bowling belt loop
__/__/__	5: Know Your Home and Community and Be Safe at Home and on the Street	Achievements 4a–d, 4f, 7e, and 9a–e
__/__/__	6: Make a Gift and Sing-Along	Achievements 4a–e and 9b–d. Electives 9b–c and 11a

//_	7: Your Living World and Tie It Right	Achievements 4e, 6b, 7a–f, and 8c–e. Electives 9b–c and 17a–c
//_	8: Cooking and Eating and Start a Collection	Achievements 4e, 6a, 6c, and 8a–e
//_	9: Tools for Fixing and Building	Achievements 5a–e, 10, and 11. Elective 13c
//_	10: Birds	Achievements 10a–g and 11. Elective 13a–f
//_	11: Making Choices	Achievement 12a and four from 12b–k. Elective 13f
//_	12: Books, Books, Books	Achievement 12a–k. Elective 6a, 6c, and 12a
//_	13: Pets	Elective 14b–d
//_	14: American Indian Lore	Electives 10a, 10c, 10f, and 21
//_	15: Marbles	Achievement 10a. Electives 4e and 21. Marbles belt loop
//_	16: Outdoor Adventure and Fishing	Electives 18a, 18b, and 19a–f

Supplemental Meeting A: Grow Something and Birds	Electives 10a, 13b, 15a or b
B: Spare Time Fun, Part 1	Elective 5
C: Spare Time Fun, Part 2	Elective 5
D: Swimming and Boating Safety Rules	Achievement 1j and 1i. Elective 20b. Swimming belt loop
E: Be an Actor, Be an Artist	Electives 2 and 12d
F: Make It Yourself	Elective 3a–b
G: Outdoor Adventure	Electives 18a, 4a–f
H: Spare Time Fun	Elective 5a
I: Make It Yourself	Elective 3c and 3d
J: Machine Power	Elective 8a–d
K: Be an Artist	Elective 12b, c, f
L: Grow Something	Elective 15e
M: Family Alert	Elective 16a–c
N: Sports	Elective 20l
O: Say It Right	Elective 22a–e

Wolf “At Home” Achievements: Here are the achievements from the boys’ handbook that must be completed by the parent or guardian, at home, where the parent or guardian is “Akela,” a leader. After completion, the parent or guardian will sign off in the handbook. The den leader will acknowledge completion by initialing the handbook and recording the advancement.

- ▶ Complete the exercises in the parent’s guide, *How to Protect Your Children From Child Abuse*.
- ▶ **Achievement 3 KEEP YOUR BODY HEALTHY** (page 56): a) Make a chart and keep track of your health habits for two weeks. (We’ll send home the chart when it is time to do this).
- ▶ **Achievement 4 KNOW YOUR HOME AND COMMUNITY** (page 60): While we’ll talk about these in a den meeting, there will be “do at home” work for the following:
 - a) Make a list of phone numbers you need in case of an emergency. Put a copy of this list by each phone or in a central place in your home. Update it often. (List given in the book.)
 - b) Tell what to do if someone comes to the door and wants to come in.
 - c) Tell what to do if someone calls on the phone.
 - d) When you and your family leave home, remember to . . . (List given in the book.)
 - e) Talk with your family members. Agree on the household jobs you will be responsible for. Make a list of your jobs and mark off when you have finished them. Do this for one month.





- ▶ **Achievement 6 START A COLLECTION** (page 70): While we'll talk about this in a den meeting, it would be finished at home:
 - b) Make a collection of anything you like. Start with 10 things. Put them together in a neat way.

- ▶ **Achievement 8 COOKING AND EATING** (page 78): While we'll talk about this in a den meeting, some of it would need to be finished at home:
 - b) Plan the meals you and your family should have for one day. List things your family should have from the food groups shown in the food group pyramid. At each meal, you should have foods from at least three food groups.
 - c) Help fix at least one meal for your family. Help set the table, cook the food, and wash the dishes.
 - d) Fix your own breakfast. Wash and put away the dishes.
 - e) With an adult, help to plan, prepare, and cook an outdoor meal.

- ▶ **Achievement 9 BE SAFE AT HOME AND ON THE STREET** (page 82): While we'll talk about this in a den meeting, some of it would need to be finished at home:
 - b) WITH AN ADULT, check your home for hazards and know how to make your home safe.
 - c) WITH AN ADULT, check your home for danger from fire.

- ▶ **Achievement 10 FAMILY FUN** (page 88): Do requirement a and do TWO of requirements 10b through 10g: (Extra ones count as electives.):
 - a) Complete the Character Connection for Cooperation.
 - **Know:** Discuss these questions with your family: What is "cooperation"? Why do people need to cooperate when they are doing things together? Name some ways that you can be helpful and cooperate with others.
 - **Commit:** Discuss with your family what makes it hard to cooperate. How do listening, sharing, and persuading help us cooperate?
 - **Practice:** Practice being cooperative while doing the requirements for "Family Fun."
 - b) Make a game like one of these. Play it with your family. (Eagle Golf, Beanbag Archery.)
 - c) Plan a walk. Go to a park or a wooded area, or visit a zoo or museum with your family.
 - d) Read a book or *Boys' Life* magazine with your family. Take turns reading aloud.
 - e) Decide with Akela what you will watch on television or listen to on the radio.
 - f) Attend a concert, a play, or other live program with your family.
 - g) Have a family board game night at home with members of your family.

- ▶ **Achievement 11 DUTY TO GOD** (page 94):
 - a) Complete the **Character Connection for Faith**
 - **Know:** What is "faith"? With your family, discuss some people who have shown their faith—who have shown an inner strength based on their trust in a higher power or cause. Discuss the good qualities of these people.
 - **Commit:** Discuss these questions with your family: What problems did these faithful people overcome to follow or practice their beliefs? What challenges might you face in doing your duty to God? Who can help you with these challenges?
 - **Practice:** Practice your faith while doing the requirements for "Duty to God."
 - b) Talk with your family about what they believe is their duty to God.
 - c) Give two ideas on how you can practice or demonstrate your religious beliefs. Choose one and do it.
 - d) Find out how you can help your church, synagogue, mosque, temple, or religious fellowship.

- ▶ We might also have you do some of **Achievement 12, MAKING CHOICES** (page 100), and you might want to review those, too, to prepare your son for the right choices when we discuss them.