



Bear Den Meeting 1

Bobcat, The Past Is Exciting and Important, and Building Muscles

Bobcat. Achievement 8. Achievement 16. Character Connection for Respect.

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):
 - Prepare a family history chart (**Achievement 8d**, below) for distribution to each boy at the end of the meeting (an example is provided at the end of this meeting plan).
 - Bring an empty scrapbook (or three-ring binder) for use as the den scrapbook.
 - Print enough blank den scrapbook pages for each boy (see sample at the end of this meeting plan).
 - Tape measure for standing long jump, and softball. Tape (for start line)
 - Make a scrapbook page to record each Scout's push-ups, standing long jump, and hopefully the softball throw and curl-ups (see the example at the end of this meeting plan).
 - If you're doing a field trip, prepare permission slips for the field trip at Den Meeting 2.
 - Large paper or poster board and markers to write the den's code of conduct.
 - Cub Scout Immediate Recognition Emblems and beads
- ▶ Go to www.scoutingmagazine.org and click to get to the search page, and search "scrapbook" for more ideas and tips to help you in preparation.

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

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.
- ▶ Provide index cards printed with the Cub Scout Promise and Law of the Pack for use by any new boys and adults.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.
- ▶ Effectively, everyone today is a "guest," so all should be introduced, which takes us to . . .

Business Items

- ▶ Have each Scout (and attending parent) introduce themselves. Note that you'll want to know more about each other, and part of that will be the family history chart for **Achievement 8d**.
- ▶ Discuss/remind what a den is, and how it fits in with a pack. Discuss your goals for the year and highlight/promote the cool activities. Discuss a den name, den yell, and other den identity elements (could include flag, totem, or neckerchief slide).
- ▶ Remind boys of behavioral expectations at den meetings. This is an opportunity to create your den's code of conduct for how the den should govern itself during meetings.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ Review or learn Bobcat requirements 1–7: Cub Scout Promise; Law of the Pack; Cub Scout motto, sign, handshake, salute; meaning of Webelos.



- **Suggestion:** Use a fun method to help the Scouts learn:
 - Could be a tape recorder to practice and listen
 - Could be flash cards
 - Could play “hangman” with phrases from the Law, Promise, Motto
 - Could be a Bobcat Relay Race:
 - Den divides into two teams, lining up for relay race on one end of room or field, with leaders and/or parent helpers on the other end, to test on the Cub Scout Promise; Law of the Pack; Cub Scout motto, sign, handshake, and salute; and meaning of Webelos.
 - Team members could go one at a time (run, skip, crawl, roll) to the leader, answers the Bobcat-related question, then returns to tag the next Cub Scout. If the Cub Scout can’t answer, he can go back and get help, then return and answer the question.
 - Scouts could come in pairs to work together and teach each other.
- ▶ **Achievement 8g:** Complete the Character Connection for Respect:
 - **Know:** As you learn about what Cub Scout–age life was like for adults you know, does what you learn change what you think about them? Tell how it might help you respect or value them more.
 - **Commit:** Can you think of reasons others might be disrespectful to people or things you value? Name one new way you will show respect for a person or thing someone else values.
 - **Practice:** List some ways you can show respect for people and events in the past.
- ▶ **Achievement 8c** (“Start or add to an existing den or pack scrapbook.”) and **8d** (“Trace your family back through your grandparents or great-grandparents.”)
 - Show empty scrapbook, distribute den scrapbook Scout page (example at the end of this meeting plan).
 - Have them start the work, and use the opportunity to have them describe (at least) parents and siblings so you get to know the Scouts and their families.
 - If you have this job, have this week’s den photographer take pictures for the scrapbook!
 - If you need more time, they can take home and complete.
- ▶ **Achievement 16a** (“Do physical fitness stretching exercises. Then do curl-ups, push-ups, the standing long jump, and the softball throw.”):
 - Have boys do physical fitness stretching exercises, then at least push-ups and standing long jump, maybe the softball throw and curl-ups.
 - Create a record of each boy’s numbers for the den scrapbook (example included at the end of this meeting plan).
 - Record on a scrapbook page with great ceremony.
 - Don’t worry about not doing it all today; this is a good “active” item to pair with passive ones, so go ahead and have a fun time doing some well, and catch up later.
 - Repeat these in future meetings to measure progress when you need a physical activity.

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).
- ▶ If you’re doing a field trip next meeting, hand out permission slips.

▶ **Home Assignment:** With the help of parents, Cub Scouts should find out about two famous Americans (**Achievement 3b**). They should be prepared to report at the next meeting on what these people did or are doing to improve our way of life. Remind Cub Scouts and their families to work on **Achievement 16a** and record weekly results. If not started in the meeting, hand out a family history chart (at the end of this meeting plan) to be completed and returned at the next den meeting (**Achievement 8d**).

- ▶ 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.

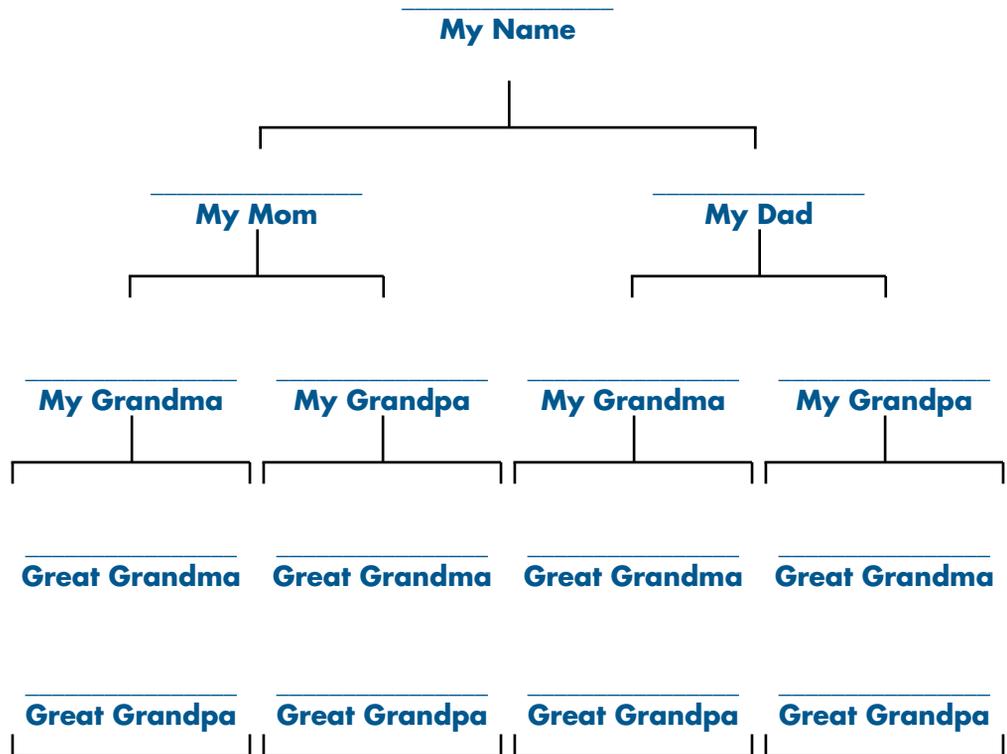
Den Meeting 1



Bear Cub Scouts

Achievement 8d: The Past Is Exciting and Important

(Trace your family back through your grandparents or great-grandparents. If possible, talk to a grandparent about what it was like when he or she was younger.)



Den Scrapbook Page

Pack _____ Den _____ Date: _____

My name: _____ Den Leader: _____

My family (parents, brothers, sisters, etc.): _____

My pets: _____

My favorite places: _____

My favorite things to eat: _____

Things I like to do with my family: _____

Things I like to do with my friends: _____

Things I want to do when I grow up: _____

Other things about me: _____

Den Meeting 1





Bear Cub Scouts—Achievement 16a

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

Name: _____

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

Name: _____

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

Name: _____

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

Name: _____

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

Name: _____

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



Name: _____

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

Name: _____

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

Name: _____

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

Name: _____

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

Name: _____

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