

# Cub Scout Den Meeting Outline

Month: **January**

Week: **2**

Point of the Scout Law: **Helpful**

	Tiger	Wolf	Bear	Webelos	Arrow of Light
Before the Meeting	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.
Gathering	Hidden Pictures: Playing Statues				
Opening	Good Friends Opening				
Activity	Staying Active				
Game	Fitness Circle Game				
Business items/Take home	None	None	None	None	None
Closing	We Meet as Cub Scouts Closing				
After the meeting					

**Materials:**

Gathering: copies of Hidden Pictures, pencils

Opening: flag

Activity: copies of Paws of Skill charts for Wolf den, copies of Stronger, Faster, Higher charts for Webelos den, stopwatch, jump ropes, adhesive note paper

Game: None

Closing: None

Home assignments: See extra material for all home assignments

Advancement:

Tiger - None

Wolf – Paws of Skill 3

Bear – None

Webelos – Stronger, Faster, Higher 3

Arrow of Light – None

## Playing Statues

By Olivia Cole



Can you find these  
**Hidden Pictures®**



sailboat



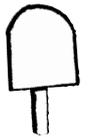
sock



fishhook



envelope



ice-cream bar



fried egg



drinking glass



knitted hat



slice of pie



mushroom



paintbrush



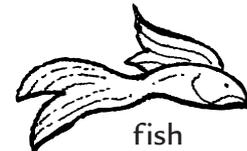
muffin



needle



barbell



fish



crescent moon



tube of toothpaste



snake



candle



tack



nail



lollipop

In this big picture, find the sailboat, sock, ice-cream bar, fishhook, drinking glass, envelope, knitted hat, slice of pie, fried egg, muffin, mushroom, paintbrush, needle, fish, barbell, tube of toothpaste, crescent moon, snake, tack, nail, lollipop, and candle.

# Good Friends Opening

Have the Cub Scouts form a circle. Cubmaster stands in the middle with flag.

## Materials

US Flag

## Cubmaster:

Here am I with the flag of the United States of America. It is a good friend. Let us honor our flag by saying the Pledge of Allegiance.

[Group all says the Pledge of Allegiance.]

## *Cubmaster:*

Here am I with excited and enthusiastic Cub Scouts. They are all my good friends. They are ready to help one another and obey in the fun of Cub Scouting. Let us begin this day by saying the Scout Oath and Law.

[Group all says the Scout Oath and Scout Law.]



# Staying Active Activities

## Materials:

Stopwatch – or something to keep time in seconds (recording time for 20-yard dash)

Something that weighs about 5 lbs (milk jug full 2/3 full with water, for example)

Jump ropes

Adhesive notes

Stronger, Faster, Higher charts

Paws of Skill charts

## Set –up

For these activities, Bear, Webelos and Arrow of Light dens will be working on the same activities (6 stations); Tiger and Wolf dens will be working on the same activities (4 stations).

## Stations for Tiger/Wolf dens:

1. Jumping Jacks (how many can Scouts do before they are tired?)
2. Sit ups (how many can Scout do before they are tired?)
3. Running in place (how long can you go running in place at full speed? Need to time)
4. Pull-ups (optional) – if you have access to bars where Cub Scouts can do pull-ups, then this station can be included.



## Stations for Bear/Webelos/Arrow of Light dens:

1. 20-yard (60 feet)dash (need a timekeeper and to measure the distance)
2. Vertical jump (need adhesive notes – set up near a wall or door – have boys jump up with the adhesive note in their hand and see how high on the wall or door they can put the note. Measure how high the note is from the floor. )
3. Lifting a 5 lb weight (need the milk just filled 2/3<sup>rd</sup> full with water - and someone to count)
4. Push-ups (need someone to count)
5. Curls (or sit ups) (need someone to count)
6. Jumping rope (need jump ropes)

## Instructions:

1. Divide Tiger/Wolf dens into 3 groups to rotate through their three stations – give them time so that everyone can do each activity.
2. Divide Bear/Webelos/Arrow of Light dens into six groups so that they can rotate through their activities. Give them time so that each Cub Scout can do each of the activities.

**Which activities did they like the best? Which did they like the least?**

There are charts for the Wolf dens and Webelos dens to record their performance at each station and then to do these activities again and track improvement over time. This will be part of a home assignment for Wolf and Webelos dens.

Name \_\_\_\_\_



## Paws of Skill Chart

<b>Skill</b>	<b>Start</b>	<b>After Week 1</b>	<b>After Week 2</b>
<b><u>Jumping Jacks</u></b> (count the number you can do without stopping)			
<b><u>Sit ups</u></b> (count the number you can do without stopping)			
<b><u>Running in place</u></b> (how long can you go without stopping?)			

If you are a Wolf Scout working on your Paws of Skill Adventure Loop – save this chart so that you can track your progress for two more weeks on at least two of these activities.

Name \_\_\_\_\_



## Stronger, Faster, Higher Chart

Record your results for each activity.

Skill	Start	Week One	Week Two	Week Three
<b>20-yard (60 feet) dash</b> – How fast can you run 20 yards?				
<b>Vertical jump</b> – Jump as high as possible and put the adhesive note paper on the wall at the highest point. Measure to see how high you jumped.				
<b>Lifting 5-pound weight</b> – Lift the weight toward your shoulder and then lower it. How many times can you do this until your arm gets tired?				
<b>Push-ups</b> – Count one push-up each time your chest touches the floor.				
<b>Curls (sit ups)</b> – Sit up and touch your elbows to your thighs. How many times can you do curls?				
<b>Jumping rope</b> - Jump rope as many times as you can without stopping.				

If you are a Webelos Scout working on your Stronger, Faster, Higher Adventure Pin – save this chart so that you can track your progress every week on at least three of these activities.

# Fitness Circle Game

**Practice the following exercises first in place (with the Cub Scouts and leaders standing in a group).**

- hop up and down
- make yourself very small
- make yourself very tall and reach your hands over your head
- walk in place
- run in place
- walk in place, raising your knees high
- run in place, raising your knees high



**Now have all Cub Scouts and leaders make a VERY large circle with everyone facing the center.**

1. Have everyone start walking to the right in a circle and then keep walking between these exercises.
2. Stop walking. Hop on one foot several times. Start walking.
3. Make yourself as small as possible and keep walking.
4. Make yourself as tall as possible and keep walking. Reach your hands high above your head.
5. Bend over a little, grab your ankles and keep walking.
6. Walk as if the heel of one foot and the toes of the other foot are sore.
7. Walk stiff-legged.
8. Squat down and jump forward from that position.
9. Walk forward quickly (don't run) while swinging your arms vigorously.
10. Take giant steps while walking.
11. Walk, raising your knees as high as possible with each step.
12. Run and lift your knees up high.
13. Stop and walk backward.
14. Stop!

## **We Meet as Cub Scouts Closing**

Have Cub Scouts and leaders form a circle holding hands.

Leader:

We meet as Cub Scouts,

We part as friends,

As now we leave,

Our meeting ends.

Let this circle be a token of friendship as Akela guides us home.