

WEBELOS

DEN LEADER GUIDE



BOY SCOUTS OF AMERICA®

The BSA's Commitment to Safety

We want you to know that the safety of our youth, volunteers, staff, and employees is an important part of the Scouting experience. Youth develop traits of citizenship, character, fitness, and leadership during age-appropriate events when challenged to move beyond their normal comfort level and discover their abilities. This is appropriate when risks are identified and mitigated.

The Scouting program, as contained in our handbooks and literature, integrates many safety features. However, no policy or procedure will replace the review and vigilance of trusted adults and leaders at the point of program execution.

Commit yourself to creating a safe and healthy environment by:

- ▶ Knowing and executing the BSA program as contained in our publications
- ▶ Planning tours, activities, and events with vigilance using the tools provided
- ▶ Setting the example for safe behavior and equipment use during program
- ▶ Engaging and educating all participants in discussions about hazards and risks
- ▶ Reporting incidents in a timely manner

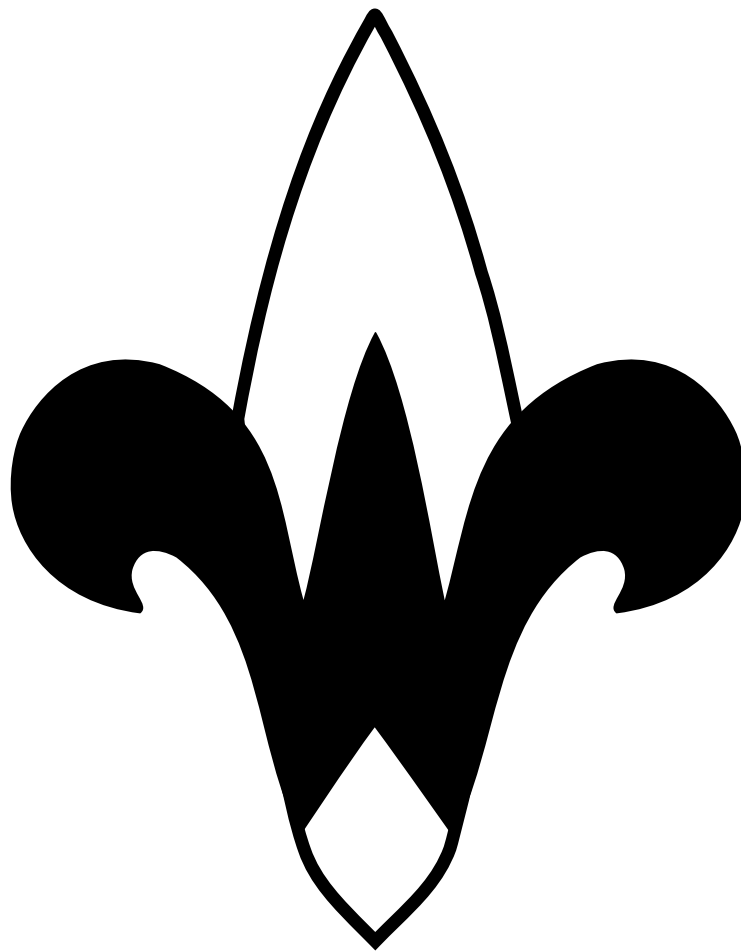
Thank you for being part of Scouting and creating an exciting and safe experience for every participant.



Prepared. For Life.®

WEBELOS

DEN LEADER GUIDE



BOY SCOUTS OF AMERICA®

BOY SCOUTS OF AMERICA SCOUTER CODE OF CONDUCT

On my honor, I promise to do my best to comply with this Boy Scouts of America Scouter Code of Conduct while serving in my capacity as an adult leader:

1. I have completed or will complete my registration with the Boy Scouts of America, answering all questions truthfully and honestly.
2. I will do my best to live up to the Scout Oath and Scout Law, obey all laws, and hold others in Scouting accountable to those standards. I will exercise sound judgment and demonstrate good leadership and use the Scouting program for its intended purpose consistent with the mission of the Boy Scouts of America.
3. I will make the protection of youth a personal priority. I will complete and remain current with Youth Protection training requirements. I will be familiar with and follow:
 - a. BSA Youth Protection policies and guidelines, including mandatory reporting: www.scouting.org/training/youth-protection/
 - b. *The Guide to Safe Scouting*: www.scouting.org/health-and-safety/gss
 - c. The Sweet Sixteen of BSA Safety: www.scouting.org/health-and-safety/resources/sweet16
4. When transporting Scouts, I will obey all laws, comply with Youth Protection guidelines, and follow safe driving practices.
5. I will respect and abide by the Rules and Regulations of the Boy Scouts of America, BSA policies, and BSA-provided training, including but not limited to those relating to:
 - a. Unauthorized fundraising activities
 - b. Advocacy on social and political issues, including prohibited use of the BSA uniform and brand
 - c. Bullying, hazing, harassment, and unlawful discrimination of any kind
6. I will not discuss or engage in any form of sexual conduct while engaged in Scouting activities. I will refer Scouts with questions regarding these topics to talk to their parents or spiritual advisor.
7. I confirm that I have fully disclosed and will disclose in the future any of the following:
 - a. Any criminal suspicion, charges, or convictions of a crime or offense involving abuse, violence, sexual misconduct, or any misconduct involving minors or juveniles
 - b. Any investigation or court order involving domestic violence, child abuse, or similar matter
 - c. Any criminal charges or convictions for offenses involving controlled substances, driving while intoxicated, firearms, or dangerous weapons.
8. I will not possess, distribute, transport, consume, or use any of the following items prohibited by law or in violation of any Scouting rules, regulations, and policies:
 - a. Alcoholic beverages or controlled substances, including marijuana.
 - b. Concealed or unconcealed firearms, fireworks, or explosives.
 - c. Pornography or materials containing words or images inconsistent with Scouting values.
9. If I am taking prescription medications with the potential of impairing my functioning or judgment, I will not engage in activities that would put Scouts at risk, including driving or operating equipment.
10. I will take steps to prevent or report any violation of this code of conduct by others in connection with Scouting activities.

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WELCOME

Welcome! You have chosen to make an important difference in the lives of the youth in your den and pack. With your guidance as their leader, the youth in your den will develop character, leadership skills, responsibility, fitness, and a love for fun while learning. Your role as a den leader is a critical one to a child's success and continued involvement in Cub Scouting. This guide is your key to leading a successful program.

WEBELOS INTRODUCTION

The basic information for planning and conducting Webelos den meetings and activities can be found in this guide and in the Cub Scout Leader Book. The Webelos program plan for a den will depend on the starting date and transition date of the Scouts. A base plan, derived from the den meeting plans, is offered in the Webelos and Arrow of Light Program Planning section of this guide. This plan will create the opportunity to earn the Arrow of Light badge while the den members prepare to join a troop. The Webelos den leader may modify or reorder this plan to meet the needs of the den, so long as all advancement requirements are met for the Webelos badge and the Arrow of Light badge.

You can find additional planning ideas in the Webelos Handbook and Cub Scout Ceremonies for Dens and Packs. You can also get suggestions, information, and support from fellow leaders, the unit commissioner, and the district training staff, as well as by attending Cub Scout leader roundtables, pow wows, and universities of Scouting.

Finally, a wealth of information is available at the National Council website, www.scouting.org.

AN OVERVIEW OF CUB SCOUTING

THE PURPOSES OF CUB SCOUTING

Cub Scouting is a year-round, family-oriented part of the Boy Scouts of America. The program is designed for youth who are in the year prior to first grade through fifth grade (or are 6-10 years of age). Parents, leaders, and organizations work together to achieve the 10 purposes of Cub Scouting:

- Character Development
- Spiritual Growth
- Good Citizenship
- Sportsmanship and Fitness
- Family Understanding
- Respectful Relationships
- Personal Achievement
- Friendly Service
- Fun and Adventure
- Preparation to join a Scout troop

All the activities leaders plan and Cub Scouts enjoy should relate to one or more of these purposes.



CUB SCOUTS: A POSITIVE PLACE

The Boy Scouts of America emphasizes a positive place in Cub Scouting. Any Cub Scouting activity should take place in a positive atmosphere where children and other family members can feel emotionally secure and find support, not ridicule. Activities should be positive and meaningful and should help support the mission and purpose of the BSA.

THE SCOUT OATH AND SCOUT LAW

Use of the Scout Oath and Scout Law in all Scouting programs is designed to help emphasize the unity of Scouting. This helps fulfill Scouting's mission and vision statements, both of which mention the Scout Oath and Scout Law:

Vision Statement: The Boy Scouts of America will prepare every eligible youth in America to become a responsible, participating citizen and leader who is guided by the Scout Oath and Law.

Mission Statement: The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law.

Scout Oath	Scout Law
On my honor I will do my best To do my duty to God and my country and to obey the Scout Law; To help other people at all times; To keep myself physically strong, mentally awake, and morally straight.	A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.

Age-Appropriate Expectations for Learning the Scout Oath and Scout Law

The concepts of the Scout Oath and Scout Law are difficult to master, but they are not so difficult that a Cub Scout cannot begin the journey. In the beginning of the Cub Scout's journey, don't expect memorization. The Scout Oath and Scout Law are printed on the back cover of the handbooks. Use the handbook or a poster as an aid to reciting.

You can also use older Scouts and adults as mentors to help bring your Cub Scouts along at a pace comfortable for their learning needs.

The following descriptions can help you explain the meaning of the Scout Oath and Scout Law to Cub Scouts:

What the Scout Oath Means

ON MY HONOR ...

Saying "On my honor" is like saying "I promise."

I WILL DO MY BEST ...

This means that you will do your best to do what the Scout Oath says.

TO DO MY DUTY ...

A duty is something you are expected to do. At home, you might be expected to make up your bed or take out the trash. You also have duties to God and to your country.

TO GOD ...

You do your duty to God by following the teachings of your family and religious leaders.

AND MY COUNTRY ...

You do your duty to your country by being a good citizen and obeying the law.

AND TO OBEY THE SCOUT LAW; ...

You also promise to live by the 12 points of the Scout Law, which are described below.

TO HELP OTHER PEOPLE AT ALL TIMES; ...

Many people need help. A friendly smile and a helping hand make life easier for others. By helping other people, you are doing a Good Turn and making our world a better place.

TO KEEP MYSELF PHYSICALLY STRONG, ...

This part of the Scout Oath is about taking care of yourself. You stay physically strong when you eat the right foods and get plenty of exercise.

MENTALLY AWAKE, ...

You stay mentally awake when you work hard in school, learn all you can, and ask questions.

AND MORALLY STRAIGHT.

You stay morally straight when you do the right thing and live your life with honesty.

What the Scout Law Means

The Scout Law has 12 points. Each one is a goal you should do your best to achieve.

A Scout is **TRUSTWORTHY**.

Tell the truth and keep your promises. People can depend on you.

A Scout is **LOYAL**.

Be true to your family, friends, Scout leaders, school, and country.

A Scout is **HELPFUL**.

Volunteer to help others without expecting a reward.

A Scout is **FRIENDLY**.

Be a friend to everyone, even people who are very different from you.

A Scout is **COURTEOUS**.

Be polite to everyone and always use good manners.

A Scout is **KIND**.

Treat others as you want to be treated. Never harm or kill any living thing without good reason.

A Scout is **OBEDIENT**.

Follow the rules of your family, school, and pack. Obey the laws of your community and country.

A Scout is **CHEERFUL**.

Look for the bright side of life. Cheerfully do tasks that come your way. Try to help others be happy.

A Scout is **THRIFTY**.

Work to pay your own way. Try not to be wasteful. Use time, food, supplies, and natural resources wisely.

A Scout is **BRAVE**.

Face difficult situations even when you feel afraid. Do what you think is right despite what others might be doing or saying.

A Scout is **CLEAN**.

Keep your body and mind fit. Help keep your home and community clean.

A Scout is **REVERENT**.

Be reverent toward God. Be faithful in your religious duties. Respect the beliefs of others.

DELIVERING THE CUB SCOUTING PROGRAM

Cub Scouting can be extremely rewarding for every member of the family—children and adults alike. Taking the time to review this information and using the den meeting plans in this den leader guide is the first and best step toward ensuring that you can deliver the fun that families want as easily as possible.

The den is where Cub Scouting takes place. The majority of dens meet two to four times a month with the average meeting lasting 60 to 90 minutes. The following are some considerations to make things even smoother.

SAFETY FIRST

In conducting activities, Cub Scout den leaders must maintain adequate supervision and assure the proper use of materials. Be careful, and remember: Safety must always come first!

Refer to the latest printing of the *Guide to Safe Scouting*, No. 34416, for information on policies relating to the many activities in which your den may participate.

The *Guide to Safe Scouting* is available on the National Council website at www.scouting.org, or you can find it at your local council service center. **The online version of the *Guide to Safe Scouting* will always have the most current information.**

ROLES AND RESPONSIBILITIES IN CUB SCOUTING

Parents and other caring adults support Cub Scouting through a variety of ways. Some adults take on a role with the pack committee and provide support through finance, record keeping, or other administrative tasks to make it easier for den leaders to provide the program.

◆ DEN LEADER

Cub Scout den leaders work directly with Cub Scouts and their parents/guardians to execute the Cub Scouting program in the den.

Dens may have a den leader and assistant den leader or two co-den leaders. In all situations, den leaders work with parents as a team to deliver the program.

Qualifications: Is at least 21 years old, and should be an experienced leader and is usually a parent or guardian of a child in the den. Recommended by the Cubmaster after consultation with the parents and guardians of the Cub Scouts involved, and approved by the pack committee and chartered organization. Registered as an adult leader of BSA and current with Youth Protection training.

Responsibilities:

- Carry out the activities listed for each rank adventure in the handbook in order for the Scouts in the den to earn their badge of rank.
- Plan, prepare for, and conduct den meetings with the assistant den leader and den chief (if Wolf, Bear, or Webelos den leaders) or adult partners (if Lion or Tiger den leaders).
- Attend the monthly pack committee meetings.
- Lead the den at pack activities.
- Ensure the transition of Cub Scouts to a den of the next rank (or to a troop if Webelos/Arrow of Light Scouts) at the end of the year.

Lion and Tiger den leaders should do the following:

- Coordinate shared leadership among the adult partners in the den.
- Ensure that each child and their adult partner have the opportunity to be the host team, planning and executing the den activities. Rotate responsibilities monthly.

Cub Scout den leaders should keep in mind the following responsibilities:

- Ensure that their den chief attends den chief training, and guide them in working with Cub Scouts. Attend den chief training with them. See that they receive recognition for their efforts at den and pack meetings.
- Provide meaningful responsibilities for the denner and assistant denner so that they can learn responsibility and gain satisfaction from their efforts.

The Webelos den leader should remember the following responsibilities:

- Ensure that their den chief attends den chief training, and guide them in leading Webelos Scouts. Attend Den Chief Training with them, and see that the den chief's efforts receive recognition at den and pack meetings.
- Provide worthwhile tasks for a Webelos Scout serving as denner so that they can assume some responsibility and gain satisfaction from their efforts.
- Along with the Scoutmaster and assistant Scoutmaster, plan and conduct meaningful joint activities.

◆ ASSISTANT DEN LEADER

The assistant Cub Scout den leader shares the responsibilities of the Cub Scout den leader and may be called upon to serve as a family contact or record keeper, or to handle other details of den operation. Each den should have at least one assistant den leader, and more if needed.

Qualifications: Is at least 21 years old, and is recommended by the Cubmaster after consultation with the den leader, parents, and guardians of the Cub Scouts involved, and approved by the pack committee and chartered organization. Is registered as an adult leader of the BSA and current with Youth Protection training.

◆ PARENTS/GUARDIANS/FAMILIES

Cub Scouting seeks to support the family, whatever that looks like. When we speak of parents or families, we are not referring to any particular family structure. Some Cub Scouts in your den may live with two parents, some with one parent, some with foster parents, and some with other relatives or guardians. Whomever Cub Scouts call their family is their family in Cub Scouting.

Our focus is on helping build strong families as we build stronger children. Don't try to carry the load yourself. Involve parents or guardians and encourage them to lend expertise to the program in their areas of interest. Each parent has something to contribute. Invite them to participate and use their skills. Use "two-deep leadership," which means that two adults are required for all outings or activities. Review the "Youth Protection" section in the *Cub Scout Leader Book* for more information on how parents can help.

◆ DENNER AND ASSISTANT DENNER

The denner position is for Wolf, Bear, and Webelos dens. The denner is a den member selected to be a youth leader for a short period of time—anywhere from one week to several months. It is a good practice for the den leader to rotate the position of denner throughout the den so that all Cub Scouts have the opportunity to experience the leadership position. The den leader and den chief determine the denner's responsibilities, which might include leading the opening flag ceremony; helping to set up and clean up the den meeting place; helping with games, ceremonies, tricks, and puzzles; leading a song; or acting as den cheerleader. Denners should be given meaningful responsibilities and recognition to help them learn how to be leaders. The denner wears a shoulder cord on the left shoulder. Some dens also have assistant denners who assist the denner and may move up to the denner position after their term is over.

◆ DEN CHIEF

The den chief is an older Scout from a troop, a Venturer, or a Sea Scout who serves as an activities assistant at Wolf, Bear, or Webelos Scout den meetings. The den chief can serve as a positive role model for Cub Scouts as they look toward the continuation of their Scouting experience. The Scoutmaster from a local troop, the Advisor from a Venturing crew, or the Skipper from a Sea Scout ship may be able to help identify a den chief. A den chief that has been approved by their unit leadership and by the pack leadership may serve either an all-boy den or all-girl den regardless of their gender.

THE ROLE OF TRAINING

Core to succeeding with these responsibilities is the concept that every Cub Scout deserves a trained leader. Being a trained leader helps you deliver the program in a way that is effective and efficient with a focus on the core objectives of Scouting. Becoming a trained leader requires completion of the following training:

- Youth Protection
- Leader Position-Specific

Both trainings are available online at my.scouting.org and as an in-person training through your local council service center. Leaders who have completed these two trainings qualify to wear the Trained Leader emblem.

RESOURCES

This *Den Leader Guide* is designed to be self-contained, including all the information you will need to run your den meetings. However there are additional resources which may be helpful to the Cub Scout leader's experience. As you gain more experience you should consider having the following in your personal Cub Scouting library. Many packs have pack libraries as well for sharing among their pack leadership.

- *Cub Scout Leader Book*
- *Cub Scout Leader How-To Book*
- *Webelos Handbook*
- *Group Meeting Sparklers*
- *Cub Scout Ceremonies for Dens and Packs*
- *Cub Scout Songbook*

THE CUBMASTER

You will work closely with the Cubmaster to deliver the Cub Scouting program to the families in your den. The Cubmaster works as the program leader for the pack. In addition to working with den leaders, he or she will lead the pack program at your monthly pack meeting. Some of the ways you and the Cubmaster will collaborate include the following:

- Work together to plan and help carry out the Cub Scouting program in the pack according to the policies of the BSA. This includes leading the monthly pack meeting with the help of other leaders.
- With the pack committee, develop and execute a year-round recruitment plan for recruiting new families into Cub Scouting.
- Acquire and use the appropriate and available Scouting literature, including the den leader guide for each program level.
- See that the pack program, leaders, and Cub Scouts positively reflect the interests and objectives of the chartered organization and the BSA.

- Encourage the continuation of Scouting by establishing and maintaining good relationships with local troops; this is especially important for Webelos den leaders. Your pack may have an assistant Cubmaster whose primary responsibility is to support transition from Cub Scouting into a troop.
- Together, maintain good relationships with parents and guardians. Seek their support, and include them in activities.
- Work collaboratively to ensure that Cub Scouts receive a quality, year-round program filled with fun and activities that qualify the dens and pack for the National Summertime Pack Award.
- Participate with the Cubmaster and the pack committee chair in the pack's annual program planning conference and the monthly pack committee meetings.
- Work as a team with the pack committee chair to cultivate, educate, and motivate all pack leaders and parents or guardians in Cub Scouting.
- Work together to conduct impressive advancement, recognition, and graduation ceremonies. For Webelos ceremonies, involve Scoutmasters and other Scout leaders.
- Bring families together at joint activities.
- Support the policies of the BSA.

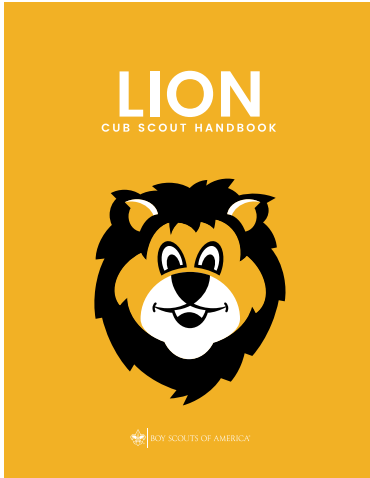
In addition to supporting den leaders, the Cubmaster will help coordinate activities that take place during the pack meeting. Many of the advancement requirements that are related to outdoor adventure, such as camping, and leadership development require the members of each den to work with each other during pack meetings. The Cubmaster will help to organize those activities. Camping activities can only be conducted as pack overnights, council-organized family camps, or Webelos den overnights.

RESPONSIBILITIES TO CUB SCOUTS

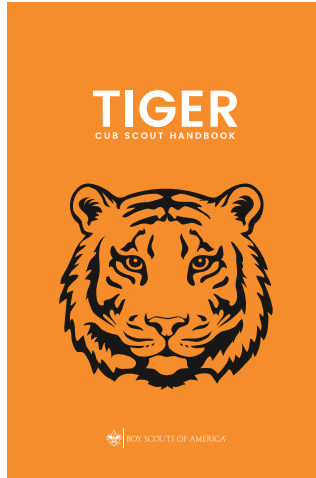
All Cub Scout leaders have certain responsibilities to the Cub Scouts. Each leader should:

- Respect each child's rights as individuals and treat them as such. In addition to common-sense approaches this means that all parents/guardians should have reviewed *How to Protect Your Children From Child Abuse: A Parent's Guide*, and all youth leaders must have taken the BSA's Youth Protection training.
- See that Cub Scouts find the excitement, fun, and adventure that they expected when they joined Cub Scouting.
- Provide enthusiasm, encouragement, and praise for Cub Scouts' efforts and achievements.
- Develop among the Cub Scouts a feeling of togetherness and team spirit that gives them security and pride.
- Provide opportunities for Cub Scouts to experience new dimensions in their world.
- Become a fully trained Cub Scout leader.

THE CUB SCOUT RANKS AND HANDBOOKS



A child who is 6 years old or is in the year prior to first grade is a Lion. Related adventures are found in the *Lion Handbook*.



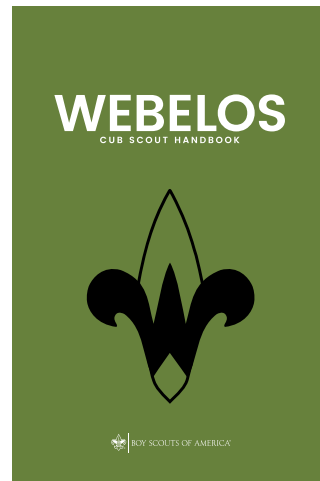
A child who is 7 years old or is in the first grade is a Tiger. Related adventures are found in the *Tiger Handbook*.



A child who is 8 years old or is in the second grade is a Wolf. Related adventures are found in the *Wolf Handbook*.



A child who is 9 years old or is in the third grade is a Bear. Related adventures are found in the *Bear Handbook*.



A child who is 10 to 11 years old or is in the fourth or fifth grade is a Webelos Scout. Related adventures are found in the *Webelos Handbook*.

The den meeting plans are written to help Cub Scouts complete the adventure requirements in their handbook. A den leader is strongly encouraged to have the handbook for the den he or she is leading as well, to be able to follow along and review for den meeting planning.

ADVANCEMENT

◆ CUB SCOUT ADVANCEMENT FOR RANK BADGE

Advancement is the word used to describe the progress Cub Scouts make toward their rank. It is one of the methods we use to achieve Scouting's aims and its desired outcomes. As Scouts earn the ranks of Lion, Bobcat, Tiger, Wolf, Bear, Webelos, and the Arrow of Light, they achieve important goals in developing skills and favorable dispositions related to personal fitness, good character, participatory citizenship, outdoor skills and awareness, and leadership development. Each level of the program is designed to achieve these goals through a series of developmentally appropriate and fun adventures.

◆ RECOGNITION PROCESS

No Cub Scout wants to wait several months to be recognized for hard work. The Cub Scouting program recognizes completion of intermediate steps leading to rank advancement by awarding immediate recognition.

Each adventure for Webelos Scouts has a metal pin that is designed to be worn on the Webelos colors (pictured to the right) or on the Webelos cap. To purchase Webelos adventure pins at the Scout shop, an advancement report is not required. This allows for the den leader or other pack leadership to purchase adventure pins ahead of time and have them ready to present once a Webelos Scout has completed the adventure.

Advancement gives Scouts a means of measuring their progress. Credit is given to the Cub Scout for each requirement when the den leader is satisfied that the Scout has done their best.

Ensuring that Cub Scouts are recognized immediately and publicly for their efforts is an important part of the advancement process. **No Scout should have to wait for more than two weeks to receive a device and be recognized for their accomplishments.** Your pack may approach this in a variety of ways:

- The den leader may provide the belt loop or adventure pin at the final meeting when the Cub Scouts complete the adventure. At the following pack meeting, the Scouts would then receive a certificate during a brief ceremony.
- The pack may provide certificates for den leaders to award when Scouts complete the adventure and then present the adventure loops and pins at the next pack meeting.

Packs are encouraged to find a method that works well for the families in the pack, guided by principles that recognition is both *immediate* to encourage the Cub Scouts and *public* to celebrate their success.

Advancement provides a satisfying means of recognizing Cub Scouts for their progress. Cub Scouts have a ladder to climb, with recognition at each step. Presenting awards in meaningful ceremonies to recognize their accomplishments is a principle of advancement. Advancement is not competition. Each Cub Scout is encouraged to advance steadily and purposefully, setting their own goals with guidance from family and leaders. Measurement for satisfying requirements is "Do Your Best," and that level can be different for each Cub Scout.



◆ HOW THE ADVANCEMENT PROGRAM WORKS

The success of the advancement program depends entirely on how Cub Scout leaders and parents apply it. Careful research has gone into developing the advancement program, but den and pack leaders and families make advancement work in the dens, in the home, and with pack activities.

Goals of the Advancement Program

When implemented correctly, the advancement program will:

- Help build a Cub Scout's self-esteem.
- Help build self-reliance as each Cub Scout discovers they are now old enough to assume certain responsibilities toward other people.
- Give each Cub Scout the positive recognition they need.
- Bring families closer through the advancement activities that each family enjoys with their Cub Scout.

The Den Leader

The den leader has the following responsibilities related to advancement.

1. Work on advancement requirements in den meetings using the handbook and den leader guide for the appropriate rank.
2. Plan meetings that support the advancement program. Other parents with specific skills, the den chief, or local troop leaders can help.
3. Help parents and adult partners understand the advancement plan and their role in promoting advancement. Make sure returning parents understand how the advancement process works at each age level.
4. Keep accurate records of requirements that Cub Scouts complete. Promptly provide the pack leadership with the advancement records so Scouts can be recognized at the next pack meeting. The use of Scoutbook and the Scouting mobile app provides the easiest way to keep leaders and parents up to date on advancement.
5. With advancement being completed in the den meeting, a Scout's absence should be the only reason for failure to advance. Work with the Scout and their family to complete activities missed due to absence.
6. Provide reinforcement for and recognition of advancement at den meetings. These can include advancement charts, den doodles, and immediate recognition items.
7. Make sure that impressive advancement ceremonies and graduation ceremonies are conducted at the pack meeting. For the Arrow of Light rank, involve the Scoutmaster and the troop's youth leaders.



The Cubmaster

The Cubmaster has these responsibilities related to advancement.

1. Provide a quality year-round program full of action and fun that appeals to the Cub Scouts and their families. See that den and pack activities are planned so that completing required and elective adventures for all levels is a natural outcome.
2. Guide den leaders in the use of the den leader guide to help organize and deliver each meeting's program for each level of programming.
3. Work with den leaders to coordinate den activities at pack meetings that support the use of the Cub Scout adventure program materials.
4. Provide advancement reinforcement at the pack meeting, such as colorful and exciting induction, advancement, and graduation ceremonies. Encourage displays of advancement charts and den doodles at pack meetings.
5. Ensure that Cub Scouts in each den who have earned awards receive them at the next pack meeting. Don't let Cub Scouts and family members get discouraged by having to wait for recognition.



6. Make sure that den leaders are trained and know how to use the advancement program effectively.
7. See that advancement standards are maintained. All Cub Scouts should do their best to complete the requirements as presented in the program.
8. Coordinate with the pack committee to ensure that accurate advancement records are kept.

The Pack Committee

Pack committee members have these responsibilities related to advancement.

1. Help train leaders and adult partners or family members in the proper use of the advancement program.
2. Ensure that den leaders have program resource materials such as den leader guides and advancement charts to support program delivery.
3. Collect den advancement reports monthly. Purchase awards from the local council service center. See that badges are presented at the next pack meeting. Use of Scoutbook and the Scouting mobile app makes each of these responsibilities easy to manage with an online tool that reduces the use of paper reporting.
4. Help plan advancement and graduation ceremonies for the pack meeting.
5. Help build or secure equipment for use in meaningful advancement ceremonies.



How Fast Should a Den Advance?

A Cub Scout's approach to advancement progress will depend on two factors:

- Their own motivation for learning new skills, the encouragement and help they get from family, and their need for recognition
- The den leader's preparation for and presentation of advancement activities in the den meetings

The den meeting plans outlined in the den leader guide provide program opportunities that are generally delivered as two den meetings and an outing. This will provide opportunities for the Cub Scouts in your den to advance. A year-round program is composed of required adventures (that will lead to rank advancement) and elective adventures (which contribute to rank advancement and provide program enrichment).

If a Cub Scout cannot attend all meetings, the den leader should help the Cub Scout and their family complete the missed activities.

The length it takes for the den to earn their rank is completely up to the den leader and the families in the den. Dens meet as frequently as they like. Although many packs target their blue and gold banquet for awarding the new badge of rank, there is no requirement to advance by an arbitrary date such as a blue and gold banquet.

Advancement Checklist

- Do the Cubmaster and pack committee give den leaders and families guidance in using the advancement program effectively?
- Do family members understand their part in the advancement program? Are they using required adventures and elective adventures to suggest activities for the Scout's free time?
- Do den leaders talk to parents about children who are missing den meetings and therefore missing opportunities to advance?
- Do den leaders implement the required den meeting plans leading to advancement as outlined in the den leader guide and, when necessary, have advancement work completed at home?
- Are accurate advancement records kept in the dens and the pack?
- Do Cub Scouts receive prompt recognition?
- Do pack advancement ceremonies create an incentive for advancement?
- Are wall charts and den doodles used in den and pack meetings?
- Does the pack have an advancement ladder or chart?

BOBCAT

Regardless of what age or grade a Cub Scout is in, the Bobcat rank must be earned before earning any other rank, except Lion. Lion Scouts earn the Lion rank first. When they complete kindergarten, they may begin work on the Bobcat badge. The Bobcat requirements focus on the fundamentals of Cub Scouting that every Cub Scout must know.

You as the den leader can help! Practice the requirements in your den meetings, and encourage Cub Scouts to work on the requirements with their families also. Requirement 7 is a home-based requirement. The requirements are found in each of the youth handbooks as well as listed below:

Bobcat Requirements

1. Learn and say the Scout Oath, with help if needed.
2. Learn and say the Scout Law, with help if needed.
3. Show the Cub Scout sign. Tell what it means.
4. Show the Cub Scout handshake. Tell what it means.
5. Say the Cub Scout motto. Tell what it means.
6. Show the Cub Scout salute. Tell what it means.
7. With your parent or guardian, complete the exercises in the pamphlet *How to Protect Your Children From Child Abuse: A Parent's Guide*.



WEBELOS ADVANCEMENT

Webelos Badge Requirements

The Webelos rank is earned by completing six adventures as described below.

1. Be an active member of your Webelos den for three months.
2. Complete each of the five required adventures:
 - Cast Iron Chef
 - Duty to God and You
 - First Responder
 - Stronger, Faster, Higher
 - Webelos Walkabout
3. In addition to the five required adventures, complete at least one elective adventure of your den's or family's choosing (for a total of at least six adventures).
4. With your parent, guardian, or caring adult, complete the exercises in the pamphlet *How to Protect Your Children From Child Abuse: A Parent's Guide*.
5. Earn the Cyber Chip award for your age. (The Cyber Chip requirement may be waived by your parent or guardian if you do not have access to the internet.)



Arrow of Light Badge Requirements

1. Be active in your Webelos den for at least six months since completing the fourth grade or for at least six months since becoming 10 years old.
2. Complete each of the four required adventures:
 - Building a Better World
 - Duty to God in Action
 - Outdoor Adventurer (formerly Camper)—Option A (including a campout) OR Option B (including an outdoor activity)
 - Scouting Adventure



3. In addition to the four required adventures, complete at least one elective adventure of your den's or family's choosing (for a total of at least five adventures).
4. With your parent, guardian, or caring adult, complete the exercises in the pamphlet *How to Protect Your Children From Child Abuse: A Parent's Guide*.
5. Earn the Cyber Chip award for your age. (The Cyber Chip requirement may be waived by your parent or guardian if you do not have access to the internet.)

For each adventure, the Webelos Scout must complete the requirements as outlined in the Webelos Handbook.

Requirement 7 of Bobcat and requirement 4 of Webelos and Arrow of Light are identical. If Cub Scouts earn their Bobcat rank during the same year they begin working on their Webelos or Arrow of Light rank, they need to complete the requirement only one time.

The den leader signs each Scout's handbook (Den Leader's OK) and records progress in the den's advancement records. The Webelos Scouts also keep track of their own advancement using the Adventure Tracking section in the back of their handbooks, and under the guidance of the den leader, they can also keep a record of their individual progress on a den advancement chart and den doodle. For requirements completed at home, the parent or other caring adult who worked with the Cub Scout on the requirements will notify the den leader, and the den leader will sign off on the requirements.

The pack should encourage each den to deliver a year-round program, drawing from both required adventures to support rank advancement and elective adventures to support program enrichment. Elective adventures may be earned during den activities, by a Cub Scout with participation of the Scout's family, and during council- and district-sponsored program opportunities. There is no required order in which adventures must be earned. The sequence is left to the discretion of the den leader.

Webelos Required Adventure Pins



*Cast Iron Chef



Duty to God
and You



First Responder



Stronger,
Faster, Higher



*Webelos
Walkabout

Arrow of Light Required Adventure Pins



Building a
Better World



Duty to God
in Action



*Outdoor
Adventurer



*Scouting
Adventure

*Seasonal considerations

Webelos and Arrow of Light Elective Adventure Pins



Aquanaut



Art Explosion



Aware
and Care



Build It



Castaway



Earth Rocks!



Engineer



Game Design



Into the Wild



Into the Woods



Sports

After a Cub Scout has completed all the requirements for the Webelos or Arrow of Light rank, they should receive the Webelos badge from their den leader at the next pack meeting. This is an important milestone, so the ceremony should be suitably impressive. The Webelos badge is sewn centered on the left pocket of the uniform shirt.

Scouts may complete as many elective adventures as their ambition and time available allow. They are entitled to wear each of the adventure pins on their official Cub Scout hat or Webelos colors.

◆ WEBELOS AND ARROW OF LIGHT PROGRAM PLANNING

Planning your den's program helps ensure that the members of your den have the opportunity to earn the Webelos rank and Arrow of Light rank over an 18-month program, with the Scout earning the Arrow of Light rank by February and moving into a troop in March of that year. This allows the Scout to become familiar with fellow Scouts and prepare for upcoming summer camps the troop might be attending.

There are many possible approaches a Webelos den leader might take to help the members of the den first achieve the Webelos badge and then achieve the Arrow of Light badge. The key is following these steps:

1. Prepare your plan. Considerations should include your start date for den meetings, how frequently you will meet, the ages of your Webelos Scouts (whether or they are all in the same Webelos year), and, critically, the adventure requirements.
2. Evaluate your plan. After you have drafted your plan, share it with other leaders. Past Webelos den leaders, your Cubmaster, or unit commissioners are good choices.
3. Execute your plan. There is nothing like doing it to see if it's working.
4. Modify your plan. Making early corrections—if they are needed—may be important to helping the members of your den reach their rank advancement.

As you plan your den's program for the year, there are a few important points to consider.

- **Required adventures.** These adventures are required to advance from rank to rank.
- **Elective adventures.** These add to the fun and adventure of Cub Scouting. One elective adventure is required for each rank.
- **Coordinating your planning.** Some of the adventures require coordination with other dens. A pack meeting is an ideal place to do this. There are some suggestions made in the *Cub Scout Leader Book*, but however your dens and pack wish to do this, work together with the other leaders in your pack to build this into your annual program. For example, Lion, Tiger, Wolf, and Bear dens may not go camping as a den. They may only participate in pack overnights or council-organized family camps. When working out your annual program plan, seek to deliver an entire year of fun programming. It is important to seek input from the Cub Scouts in the den to find out which adventures they would like to explore with the members of the den. Elective adventures that are not selected may be earned by Cub Scouts at home, working with their families.
- **Audience for requirements.** Many of the requirements state that a Scout should demonstrate a new skill or share something they have learned with others during a den meeting. We all need to recognize that not all Scouts are able to make each meeting. While we recognize that the best approach is to carry out sharing tasks in a den setting, it may be necessary to allow Cub Scouts to share what they have learned while working on Cub Scout advancement requirements in other settings, such as in front of their family.
- The duty to God adventures are primarily done with the family and, for some dens, may not be included as part of the den meeting planning. If that is the case, notify families that they will need to help their Cub Scouts complete the adventure at home and then notify the den leader when those requirements are completed. See page 30 for more information regarding the duty to God adventures.

Read through the Webelos adventures, and give some thought to which adventures will work the best for your location and climate. Write in the adventures you will use and the corresponding month that will work best. Check with your Cubmaster to see if some adventures need to be coordinated with other dens or for upcoming pack meetings.

Important: The Webelos rank requires five required adventures and one elective adventure. The Arrow of Light rank requires four required adventures and one elective adventure. When planning your annual program, keep those advancement requirements in mind. Adventure pins may be awarded at any time within the Cub Scout's rank year by age or grade. Once Cub Scouts have moved (graduated) to their next level den, THEY MAY NOT EARN THE RANK OF THEIR PREVIOUS DEN LEVEL.

DEN ANNUAL ADVENTURE PLAN

Month	Adventure
August	
September	
October	
November	
December	
January	
February	
March	
April	
May	
June	
July	

DEN MEETINGS

The den meeting is critical to the Cub Scout's success and enjoyment of the Scouting program. It is in and through the den that youth develop character and learn life skills through completion of the adventure activities. Along the way, they make social connections and enjoy exploring a wide variety of ideas. Den meetings that are fun, organized, and interesting provide a great experience for youth.

The structured, but fun nature of den meetings sets the tone for a Cub Scout experience in which youth thrive. Each den meeting consists of five basic elements: Gathering, Opening, Talk Time, Activities, and Closing.

DEN MEETINGS AT A GLANCE

PREPARATION AND MATERIALS NEEDED

Use this section of the den meeting plan to determine the materials you will need to lead the den meeting and to know when to make arrangements in advance, such as scheduling a meeting with a guest or arranging the logistics for an outing.

Read the pages in the youth handbook for each new adventure before you start to work on it. The handbook provides background information, instructions, or suggestions for many activities. Encourage Scouts to bring their handbooks to each meeting.

GATHERING (5 TO 15 MINUTES BEFORE MEETING)

- Designed to provide constructive welcoming activities for early arrivals while they wait for the meeting to start
- Suggested gathering activities range from active games to quiet pastimes, depending on children's needs (energy release or settling down), time of day, and the meeting venue
- Should not include activities essential to the meeting, as not everyone will be part of the gathering experience

Use a formal, time-consuming gathering activity only if youth arrive at different times and there is considerable time before everyone is present. Be sure to begin the meeting itself on time. Sometimes a nutritious snack is substituted for a gathering activity. The gathering activity sets the tone for the den meeting.

OPENING (5+ MINUTES)

- Pledge of Allegiance (may be part of larger flag ceremony)
- Recite the Scout Oath and Law together
- Sometimes additional inspiring message or reflection
- May include Outdoor Code or Leave No Trace ideas related to preparation for an outing

Youth and adults stand respectfully for the opening, which often takes place with Scouts in a horseshoe or circle at the front of the room. The opening may be a longer ceremony for special occasions.

TALK TIME (5+ MINUTES)

- Overview of meeting and den member roles (what to expect)
- Dues collection (only if needed and not collected otherwise)
- General announcements and updates
- Quick discussion (or extensive planning) for coming events
- May include youth sharing ideas or accomplishments related to adventure requirements
- May introduce a new adventure or set groundwork for future advancement

Expand the meeting time to accommodate in-depth discussion or planning if needed.

ACTIVITIES (30+ MINUTES)

- The heart, or core, of the den meeting, where most of the fun and learning (adventure requirements) take place
- Two to three projects, games, or discussions chosen from requirement activities in the meeting plan

Note that many of the activities for requirements include a reflection at the end. (See “Closing” below.) Make sure that someone is taking notes on parts of requirements each youth completes.

CLOSING (5+ MINUTES)

- A ceremonial moment wrapping up the meeting
- Often led by the denner, the youth leader of the den

Closing should be a quiet time. It usually works best to have youth stand in a circle or horseshoe with adults standing behind.

AFTER THE MEETING

- Assign roles and provide opportunities for teamwork.
- Ensure protocols in place for continued supervision and parental pickup.
- Review the general success of the meeting, such as group dynamics and accomplishments.
- Record Scouts’ individual requirement completions in their advancement reports, either on paper or electronically.
- Plan for following up with additional parts of requirements or to make arrangements for coming events.
- Communicate with parents via email or a note given to the child to take home. Include a review of the Scouts’ accomplishments and reminders of future events and arrangements.

Use this Den Meetings at a Glance guide when preparing for meetings and following through after meetings. Key how-to and ideas for these important considerations are included in the meeting plans throughout this guide. The appendix includes great ideas for generic parts of the meeting, and adventure-specific ideas are highlighted in this chapter.

WHAT ARE DEN MEETING PLANS, AND HOW DO I USE THEM?

The den meeting plans are your guide to bringing the adventures of advancement to life for your den. These plans will, if followed, help Cub Scouts advance in rank as they experience all the fun of Cub Scouting. Take time to read through and prepare for each den meeting.

The plans are developed around the following:

- Two to three den meetings per month in addition to the pack meeting or other pack activities.
- If a plan consists of three den meetings, one of those meetings is usually designed to be an outing. The outing may take place at the beginning, middle, or end of the adventure, so be sure to read through each of the den meeting plans for each adventure before beginning. Outings are very important to the Scouting experience.
- The plans follow the parts of the den meeting structure listed above.

CHARACTER COMPASS



In the den meeting plans, you will notice this icon. The adventures you are planning for the monthly meetings have an association with one or more points of the Scout Law. As you read through the plans and the youth handbook for the adventure, be aware of the point of the Law emphasis and how you may be able to help teach it. These points are to be brought about naturally and subtly within the adventure and are by no means meant to be “drilled” into your meeting plan. That’s one of the wonderful things that happens in Scouting—we teach character development through our adventures and advancement.

DO-AT-HOME PROJECTS



Do-at-Home Projects are activities completed outside den meetings. Projects should be assigned (usually during the Closing). They may be assignments in preparation for the next den meeting plan, or they may be part of a requirement that you will need to then verify at the next den meeting as having been completed.

YOUR FIRST DEN MEETING

You are going to be a great den leader! Use your first den meeting as a chance to get to know each Cub Scout and their family. Take time to hand out the Family Talent Survey or email the link to the PDF form and ask each adult to complete it and return it to you. (The form is available at www.scouting.org/programs/cub-scouts/leaders/forms.) Below are some tips for your first meeting. This will help set a positive atmosphere for everyone.

- Wear your adult uniform to all meetings, and remind Scouts to wear their uniforms.
- Be completely organized before the start of the meeting.
- If you are new to running meetings like this, it is easier to think of it as seven short activities rather than a single long event. (See the Den Meetings at a Glance section earlier in this chapter.)
- Explain clearly to the Scouts the behavioral expectations. You may wish to use the “conduct candle” approach (see this guide’s appendix), and develop a den code of conduct. This can be handwritten on poster board, or a den code of conduct poster, No. 32068, may be purchased at your local Scout shop. Be consistent and friendly but firm.
- Explain that Scouts should bring their handbooks to each meeting.
- Remember to set high expectations so the Cub Scouts in your den can learn how to achieve. Setting low expectations will lower everyone’s performance and not meet the expectations families have of the program.

If you are a new den leader, ask the assistant den leader(s) to arrive at least 15 minutes before the starting time of the meeting. They can help you with final preparations before everyone else arrives. It is a good idea to have something constructive for those who arrive early to do (known as the “Gathering” part of the den meeting plan) while you are making final preparation for den meetings; you might even have them help set up some parts of the meeting.

A snack at den meetings is optional. If you do serve a snack, offer fruits or vegetables to set an example of healthy eating. Be aware of any food allergies of den members and communicate these to parents who may be assisting with the snacks.



To encourage healthy snacks at meetings, you can work toward the SCOUTStrong Healthy Unit Award as a den! Earn the award by following three healthy meeting practices, including providing fruits and/or vegetables for snacks (if snacks are served). Learn more about this award in the appendix, under “Awards Cub Scouts Can Earn.”

One best practice to facilitate communication and involvement is to distribute a family information letter at the conclusion of each meeting. The letter tells families what was completed at each meeting and provides information on upcoming den and pack meetings and activities.

DEN OUTINGS

Den outings are an important part of the Cub Scout experience. They are a time not only for fun but for learning. And they are critical steps in the Cub Scouts in your den earning their badge of rank. It is important that you plan in advance for these den outings. Planning should include the following, at a minimum:

- Arrange for the visit with the point of contact at your destination (if needed).
- Work with the parents or guardians in the den to arrange transportation, or get an adult to carry out the planning.

There is an activity consent form available to use at the den level for outings. This is a permission slip the parents sign for their child to attend the outing. The activity consent form is also available at www.scouting.org/programs/cub-scouts/leaders/forms.

UNDERSTANDING CUB SCOUT-AGE CHILDREN

Scouting is designed to help children develop character, citizenship, personal fitness, and leadership. To understand where we want them to go, we need to understand where they are.

The Cub Scout years are a time of rapid development for children, falling between the total dependence of early childhood and the relative independence of early adolescence. Cub Scout-age children are becoming more competent, and they need to be able to demonstrate what they can do. Eager to prove themselves to their friends, themselves, and their parent(s) or other caring adults, they show off what they can do, sometimes forgetting to plan ahead and forgoing safety.

Cub Scouting activities are designed for children who are in the normal range of development, but the program is flexible enough to adapt to the needs of those who are developing faster or slower than their peers or who face physical, mental, or emotional challenges.

Cub Scout leaders who understand and recognize the developmental changes of these years will have a much better Cub Scouting experience.

◆ DEVELOPMENTAL CHARACTERISTICS

Although typical behavior patterns exist for any age group, every child is unique. For example, some 10-year-olds are already experiencing the growth spurts associated with puberty, while others still resemble 8-year-olds. It's important not to confuse physical size with psychological maturity. Minds and bodies often develop at different rates.

Physical Development

Children are full of energy. They need a way to burn it off, especially if they've been sitting in a classroom for a long time. They can be noisy and boisterous, and they need to romp and play.

Children are steadily growing. Young children are often quite thin and lack muscle mass. Second graders are losing baby teeth and tend to have an “all teeth and ears” look. By fifth grade, they are taller and heavier, have more stamina, and are capable of more sustained effort.

Children are becoming better coordinated. Children at this age may be clumsy and accident prone, but they gradually become more coordinated. By fifth grade, most children have achieved much better control and increased their mastery of large-muscle activities.

Children are impatient with aspects of personal hygiene. Tasks like brushing their teeth and combing their hair seem unimportant. Self-care routines can be a source of conflict. Few children of Cub Scout age appreciate the importance of cleanliness.

Mental Development

Children are concrete thinkers and take things very literally. Subtleties and humor frequently escape them, and they often interpret “what if” and “maybe” as promises to be kept. However, they are beginning to build concepts out of their concrete experiences and can use these ideas to imagine possibilities and solve problems.

Children are beginning to understand that behavior involves motivation and consequences. By first and second grade, they are likely to try to explain away bad outcomes by saying, “I didn't mean it.” Fifth-graders are better at planning ahead to predict possible consequences. They are better at communicating with others because they can begin to see others' points of view.

Children enjoy activities that are distinct from their school-day experiences. By second grade, most children have begun to read on their own with varying success and interest. Cub Scouting often stimulates interest in reading and learning because the activities create a desire to know more. Cub Scouting activities don't have the association with failure that formal schoolwork has for some children; those who have problems at school might turn out remarkable Cub Scout projects.

Children have different learning styles. Some of them learn best visually, and some learn best by listening. Children and adults learn best when lessons are fun and hands-on. Cub Scouting's emphasis on learning by doing gives everyone a chance to shine.

Children are curious and adventurous. For Cub Scouts, the world is still new and waiting to be discovered. First- and second-graders are eager to meet life head-on—often with a willingness to take risks that may outrun their abilities.

Children can be highly imaginative. Children are ready to picture themselves in all kinds of roles and situations. Their ability to pretend lets them explore new ideas and feelings and their relationships with other people. Cub Scouting plays an important role in keeping curiosity alive by letting children do and learn things that interest them.

Children are collectors. Cub Scouts seem to accumulate things indiscriminately, and they're more concerned with quantity than quality. Fifth-graders retain their interest in collecting but often settle down to a more serious focus on one or two kinds of items. They are likely to spend more time counting, sorting, and arranging collections.

Children have short attention spans. First- and second-graders throw themselves into activities with great enthusiasm but might be ready to move on to something else in a remarkably short time. However, when something really interests them, Cub Scouts can stick with it longer. They also like to return again and again to favorite activities.

Children are still developing a sense of time. Many first- and second-graders can tell time with a clock, but they might have little sense of what time means. They express interest in planning and particularly like to know what is coming next. By age 10, most children have improved their time-management skills. They enjoy making rather elaborate plans and can generally get to where they want to be pretty much on schedule.

Building Relationships

Children have a strong need for adult/family support. Although they may be willing to try new things on their own or with peers, children still need family members and adults they look up to whom they can trust and with whom they can share their experiences. By fifth grade, they are ready for greater independence and responsibility. They resent being treated like “little kids,” although they still want their parents to be there for them.

Children are learning to interact within groups. Generally, they understand the importance of friends, and many appear anxious about whether others approve of them. Still immature, they often view life mainly from their own perspective.

Children are becoming genuinely devoted and committed to their friends. They usually engage with enthusiasm in group activities. Many youngsters of this age also form spontaneous clubs and other fluid, though often short-lived, peer groups.

Children prefer dynamic group games. Young Cub Scouts love to succeed, and they have a great desire to win every time. They have difficulty understanding and mastering intricate rules of games and may lay blame on their opponents. Fifth-graders, on the other hand, usually have a sharp sense of rules. They can make a distinction between intentional and accidental rule violation.

Children need acknowledgment for their performance. Sometimes children avoid trying innovative endeavors because they are afraid that others might see them perform inadequately. Fifth-graders thrive on praise, too, but they prefer not to be singled out in front of others.

Learning Values

Children are developing ideas about right and wrong. By second grade, many of them do what is right because they’ve progressed in their moral development and learned important values. Others may do what is right primarily to avoid punishment.

Children are beginning to see the value of trying to get along with others. By age 10, most children have begun to relate conformity to rules with self-interest. They are interested in the benefits they receive when they follow the rules. This age is also a time of much bargaining. They are beginning to understand that others have rights, too.

Children have a growing appreciation for fairness. Some psychologists believe that sensitivity to the feelings of others is the beginning of a moral sense. The young Cub Scout takes a fairly rigid stand on issues of fairness.

Children are beginning to see that values are important. Some of them begin to realize that the ideas expressed in the Scout Oath and Scout Law are values that American society feels are important. Modern American culture requires children to be able to experience moral issues in terms of obedience to rules and to explore them within networks of relationships.

Children like being helpful. At this age they are not too young to do things for others. Children enjoy helping others, especially if they can see that their service actually meets a need. At the end of a service project, it’s important to have time for discussion so that your Cub Scouts can understand their experience, learn from it, and grow.

See Appendix 2 for additional information and specific ideas for working with Cub Scouts, creating den spirit, and tracking behavior.

◆ PROVIDING ENCOURAGEMENT

- Reward more than you criticize, in order to build self-esteem.
- Praise immediately any and all good behavior and performance.
- Change rewards if they are not effective in motivating behavioral improvement when needed.
- Find ways to encourage the Scout.
- Teach Scouts to reward themselves. This encourages them to think positively about themselves.
- Emphasize and recognize accomplishments.



◆ PROVIDING SUPERVISION AND DISCIPLINE

- As a leader, you must be a number of things to each Cub Scout in your den: friend, authority figure, reviewer, resource, and teacher.
- Listening is an important technique that means giving Scouts an opportunity to express themselves. Whether as a part of the group or in private conversation, be patient, be understanding, and take seriously what the Scout has to say. Keep yourself attuned to what they are saying; use phrases like, “You really feel that way?” or “If I understand you right. . . .”
- Be on the lookout for signs that a Scout may need redirection, and be ready to intervene before a situation escalates.
- Avoid ridicule and criticism. Remember, all children have difficulty staying in control.
- Remain calm, state the infraction of the rule, and avoid debating or arguing with the Scout.
- Develop a plan for appropriate and consistent consequences for particular types of misbehavior.
- When a Scout is behaving in an unacceptable manner, try the “time out” strategy or redirect their behavior.
- Administer consequences immediately, and monitor proper behavior frequently.
- Make sure the discipline fits the offense and is not unduly harsh.
- Enforce den rules consistently.
- Do not reward inappropriate behavior. Offer praise when the Scout exerts real effort, even if unsuccessful, and/or when you see improvement over a previous performance. Never praise falsely.
- Do not accept blaming others as an excuse for poor performance. Make it clear that you expect all Scouts to answer for their own behavior. Behavior is a form of communication. Look for what the behavior is saying (i.e., does the Scout want attention?).

WORKING WITH CUB SCOUTS WITH SPECIAL NEEDS AND DISABILITIES

We are all aware that every individual is different and unique in their own way. All children have different ways they learn and different abilities. When we read or hear the term “disability,” we more commonly think of visible forms of disability and not necessarily those that are not visible. It’s obvious that a Scout in a wheelchair may have challenges fulfilling a hiking requirement, but it might not be so obvious when it comes to the Scout with a learning disability.

Since its founding in 1910, the Boy Scouts of America has had fully participating members with physical, cognitive, and emotional disabilities. The basic premise of Scouting for youth with disabilities is that every child wants to participate fully and be treated and respected like every other member of the Cub Scout pack. Children with cognitive, physical, or emotional disabilities should be encouraged to participate in Scouting to the extent their abilities will allow. Many Scouts with disabilities can accomplish the basic skills of Scouting but may require extra time to learn them. Working with these youth will require patience and understanding.

Begin with the Cub Scout and the child's parents or guardians; seek guidance from them on how best to work with the Scout with special needs. The parents or guardians can help you to understand the Scout's medical history, capabilities, strengths, and weaknesses as well as how they can support you as the den leader. This will help you become aware of special needs that might arise at meetings, field trips, and campouts with the parents. To the fullest extent possible, Scouts with disabilities should be given opportunities to camp, hike, and take part in all activities.

The best guide to working with Scouts who have disabilities is to use good common sense, to trust your instincts, and to focus on all the potential that Cub Scouts with disabilities do have. It's important to try to remember that Cub Scouts are first and foremost children, whether they have a disability or not.

Below are some helpful tips for working with Scouts with special needs and disabilities:

◆ LEADERSHIP TECHNIQUES

- Wise leaders expect challenges but do not consider them overwhelming. All children have different needs. The wise leader will recognize this and be prepared to help.
- Leaders should meet the parents and the new Scout with a disability to learn about the Scout, any physical or cognitive limitations, and their abilities and preferences. Some young people with disabilities will try to do more than they are capable of doing, just to “fit in” with others, which could result in unnecessary frustration.
- Many youths with disabilities have special physical or health needs. Parents, visiting nurses, special education teachers, physical therapists, doctors, and other agencies can help make you more familiar with the nature of a disability that a Cub Scout in your den has.
- Accept the Scout as a person, and give them the same respect that you expect from them. This will be much easier if you know the Scout, their family, their background, and their likes and dislikes. Remember, any behavior that presents difficulties is a force that can be redirected into more acceptable pathways.
- All Cub Scouts use the “buddy system.” For children with special needs, the buddy system can take on a whole new meaning. Some disabilities might be too extensive for one Cub Scout to assist their buddy with all the time. In those cases, provide a rotation system of buddies. Just remember that if you find a buddy system that is working and everyone is happy with, don't feel like you have to change it for the sake of changing it. If it is appropriate for the new Cub Scout, explain the system to the den. Each week, a different den member will be responsible for helping the new Cub Scout during the meeting. Emphasize that the important factor is to “Do Your Best” and that the Cub Scout who is helping must be patient—not only because of the special needs of their buddy but because the buddy is new to Cub Scouting.
- Example is a wonderful tool. Demonstrate personal discipline with respect, punctuality, accuracy, conscientiousness, dignity, and dependability.
- Become involved with the Scout in your care. Let them know you care. A small word of praise or a pat on the back for a job well done can mean a lot. Judge accomplishment by what the Scout can do, not by what someone says they must do or by what you think they cannot do.
- Rewarding achievement will likely cause that behavior to be repeated. Focus rewards on proper behavior and achievement.
- Do not let the Scout or parents use the disability as an excuse for not trying. Expect Scouts to give their best effort.

◆ GIVING INSTRUCTION TO YOUTH WITH DISABILITIES

Accept the child, offering patience, understanding, and respect. Try not to overprotect or under-assist; rather, encourage independence and self-advocacy. Self-advocacy—the process of knowing and being able to communicate personal needs and abilities—is important for any youth to learn.

- Maintain eye contact during verbal instruction, except when the Scout's culture finds this inappropriate.
- Make directions clear and concise. Be consistent with instructions.
- Help the Scout feel comfortable with seeking assistance.

- If there is a learning disability:
 - Simplify complex directions. Give one or two steps at a time.
 - Make sure the Scout comprehends the instructions before beginning the task.
 - Repeat instructions in a calm, positive manner, if needed.

◆ **ADVANCEMENT GUIDELINES FOR CUB SCOUTS WITH SPECIAL NEEDS OR DISABILITIES**

The current edition of the *Guide to Advancement* is the official source for administering advancement in all Boy Scouts of America programs. Section 10 deals with advancement for members with special needs. Topic 10.2.1.0 addresses issues specific to Cub Scouting.

Advancement is so flexible that, with guidance, most Cub Scouts with disabilities can complete requirements. The standard is, “Have they done their best?” It may take them longer to attempt requirements and demonstrate this, but the accomplishments will be rewarding to the Cub Scouts, their parents, and their leaders.

Include parents to help determine what “best” means for each child. Develop the potential of each Cub Scout to the fullest of their ability through the advancement program. Adaptations are permitted in teaching the skills or activities for the advancement requirements.

There could be times, however, when a Cub Scout’s “best” isn’t enough even to get a start. For example, a Cub Scout in a wheelchair cannot pass requirements calling for walking or running. In these cases, Cubmasters and pack committees may jointly determine appropriate substitutions that are consistent with Cub Scouts showing they can “do their best.” For example, elective requirements could take the place of those required. Or in consultation with a parent or guardian, other minor adjustments representing similar challenges could be made.

HELPFUL HINTS FOR DEN LEADERS

Prepare yourself to “do your best” as a den leader by focusing on the leader materials and training you should have to best serve your Cub Scouts.

The following are some hints that will help you better plan and execute your den meetings.

PLANNING YOUR MEETINGS IN ADVANCE

Plan your meetings ahead of time with emphasis on the flow of activities. Pay special attention to the “Notes to Den Leader” section at the start of the adventure as well as the “After the Meeting” sections of den meeting plans for preparation and materials needed for the next meeting. You will want to alternate between quiet and more vigorous activities; the den meeting plans are designed with this approach in mind. Be sure you have an active game or other activity to help keep the meetings fun and exciting. In addition to the Gathering activity, there are additional games in the appendix to this guide that will help you keep everyone on track and having fun. Dens that incorporate regular physical activity and other healthy practices into their meetings can earn the SCOUTStrong Healthy Unit Award. Encourage your Scouts to participate in physical activity at the den meeting and help them earn this award (more information can be found in the appendix). Plan on investing 45–60 minutes to read through the den meeting plans and prepare for the den meeting. The time invested in planning and preparing will ensure that your meeting runs well and is fun for the Scouts.

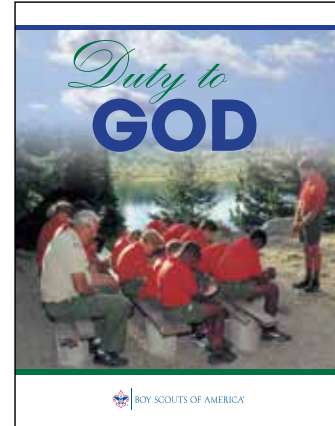
DEN RULES AND CODE OF CONDUCT

At the beginning of the year, establish the rules that the den will follow and the consequences for breaking those rules. The Cub Scouts in your den should participate in the decision-making process. By helping decide what can and can't happen in the den, Cub Scouts will feel a sense of responsibility toward how the den is run. They will feel that the den is "theirs." Have them design and then sign a poster on which the code of conduct is written and display it at your meeting place. You can find this poster along with posters of the Scout Oath and Scout Law at www.scoutshop.org.

DUTY TO GOD ADVENTURES

The BSA maintains that no member can grow into the best kind of citizen without recognizing an obligation to God; the BSA supports all faiths and faith practices equally, whether the youth and their family are members of an organized religious body or not. All Scouts show this by being faithful in their duty to God as their family practices their faith and by understanding the 12th point of the Scout Law: "Reverent."

The duty to God adventures in the Cub Scout rank requirements encourage Cub Scouts to work with their families to develop an awareness of their own personal beliefs in relation to their duty to God. These adventures are primarily home-based adventures. As the den leader, you should let parents know they need to help their Cub Scout complete the duty to God adventure. Parents or guardians should let the den leader know when the duty to God adventure requirements have been satisfied. If all members of your den share the same faith, you may choose to incorporate the duty to God adventures into your annual den meeting plans, working with the families in the den to achieve these adventures.



The religious emblems program is mentioned in each rank's duty to God adventures. The emblem for a faith can be earned by the Scout by completing the specific program requirements. You may also want to check with your Cubmaster or the pack committee chair for the program materials if you are chartered by a faith-based organization.

Additional information for taking part in the religious emblems program is available at www.scouting.org/awards/religious-awards or www.praypub.org; your religious education leaders may also have information on these recognitions.

CEREMONIES

Ceremonies are important for marking the beginning and end of each meeting. They are also a time for reinforcing the aims and purposes of Scouting, marking important events, and bringing the families in your den together. As Cub Scouts finish adventures toward their badges, simple ceremonies during the den meeting will serve to congratulate them on their accomplishments. You will find suggested ceremonies in the appendix of this guide or in the resource *Ceremonies for Dens and Packs* available at your local Scout shop. Some packs maintain a library of resources; check with your Cubmaster to see if these materials are available within your pack.

Den ceremonies should be short—no longer than two or three minutes—and varied. The same opening and closing each week will become boring. Occasionally, the Cub Scouts should have a chance to help plan and lead den ceremonies. Here are some types of den ceremonies to consider using in your den meetings:

- An opening ceremony, often a flag ceremony, signals the beginning of the den meeting.
- A progress toward ranks ceremony can acknowledge a Cub Scout's progress toward rank advancement.
- A denner installation ceremony recognizes a youth leader and the importance of this position in Cub Scout and Webelos dens.

- Special recognition ceremonies can mark special events such as birthdays and holidays.
- Closing ceremonies can emphasize Cub Scouting’s ideals and bring a quiet, inspirational end to the den meeting.

IMMEDIATE RECOGNITION

A den doodle is an object for the Cub Scouts in your den to use to show off their accomplishments and achievements. In the appendix of this guide, there are ideas for den doodles. Your den members can design and create their own den doodle as a den meeting activity at the start of the year. Use the den doodle to keep a visual reminder of activities the den has completed and shared.

Adventure loops can also be awarded at the den level or at the pack level. Awarding an adventure loop at the pack level lets all the pack know of the Scout’s achievement during an advancement ceremony. Check with your Cubmaster and pack leadership for the practices your pack follows. No Cub Scout should be required to wait more than two weeks to receive an award.

MISSED MEETINGS

Circumstances occur when Cub Scouts may miss one or more of the den meetings you’ve planned. Transportation issues, illness, or sports and school activities may require Scouts to miss meetings. Do your best to communicate the requirements or activities that were missed to their parents or guardians. Determine if you have program materials you can share, such as activity items or notes on the outing, that a family can use to achieve what was missed. Sharing the content of this book can be a great help as well. It is not the expectation that you alone need to help them make up the missed work. It is a combined effort between you as the den leader, the Cub Scout, and the Cub Scout’s family. The Cubmaster is a good resource as well for you to consult if Scouts consistently miss meetings.

SNACKS/TREATS

Healthy snacks and water at meetings help set an example of healthy eating habits. If a snack is served during meetings, have fruits or vegetables and save the treats for a special occasion. Offering fruits or vegetables can also help you avoid concerns with common food allergies; however, it’s best to discuss allergies with families before the first meeting. You can motivate Cub Scouts to try healthy foods by working toward the SCOUTStrong Healthy Unit Award as a den, which requires fruits and/or vegetables as snacks during meetings. Learn tips to get started and more about this award on in the appendix under “Awards Cub Scouts Can Earn.”



DEN SCRAPBOOK

A great idea for the families in your den is to create a scrapbook early in the program year. Fill the scrapbook with sample artwork that the Cub Scouts create as den activities, stories about their adventures, and pictures taken of Scouts with their completed projects. Whether electronic or paper, the den scrapbook will become a treasured memento.

TRACKING THE ADVENTURE

It is important to keep track of what has been accomplished by the Scouts as they advance through the adventures and meet the requirements for each rank. Families will keep track of adventure requirements completed at home in each Scout's handbook. Coach parents in the value of recording accomplishments regularly in their child's handbook.

For ease in keeping track of advancement requirements, advancement posters are available at your local Scout shop (Lion, Tiger, Wolf, Bear, and Webelos). On a regular basis, transfer requirements completed at home to this form. Keeping track of completed requirements in a single place will also help you share accomplishments with your pack's advancement coordinator, who will order awards each month. The awards will be presented monthly at the pack meeting.

SUCCESS

Leadership is learned and developed. You can become an effective den leader if you complete basic training, plan interesting den meetings, and take the time to understand the children and families in your den. Become familiar with the Cub Scout handbook, and provide opportunities for advancement. One of your best resources is your district's monthly Cub Scout leader roundtable, where you can exchange ideas with other den leaders. Remember to be flexible in your planning. Have fun in the program. Be thankful for the opportunity you have to work with the youth in your community and influence their lives. There is great satisfaction in helping children learn good values and worthy skills along their way to becoming adults.






CAST IRON CHEF



RATIONALE FOR ADVENTURE

In this adventure, Webelos Scouts will learn about good nutrition, how to safely cook meals in the outdoors, and how to balance meal planning and finances.

TAKEAWAYS FOR CUB SCOUTS

- Making healthy food choices
- Food safety
- The proper way to lay and light a fire
- Planning and managing a budget
- A Scout is trustworthy, thrifty. 

Webelos Handbook, page 32

ADVENTURE REQUIREMENTS

Complete requirements 1 and 2. Requirement 3 is optional.

1. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. If possible, shop for the items on your menu. Stay within your budget.
2. Prepare a balanced meal for your den or family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety practices while preparing the meal.
3. Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location. If circumstances permit and there is no local restriction on fires, show how to safely light the fire, under the supervision of an adult. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Parts of Meetings 1 and 3 must take place in outdoor locations where a fire can be safely built and lit.

At Meeting 1, Scouts will practice building and lighting a fire, if allowed by the location and there are no current fire bans. Make sure not to violate local restrictions, and choose a place that is free of flammable materials—around, above, and below. All wood can catch fire, so steer clear of tree roots and limbs as well as any building overhangs.

Meeting 2 will be a den outing to a local grocery store where Scouts will shop and purchase the items for their meal. Work with families to plan transportation to and from the store. Make sure activity consent forms are distributed, signed, and collected.

The Scouts will cook the meal at Meeting 3. This involves lots of activity and everyone will want to enjoy their meal without feeling rushed, so for best results you may want to hold the meeting on a weekend afternoon.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Thank-you notes for anyone who helps with the outing
- The Outdoor Code, written in large print on a poster board
- Pencils or pens
- Items for building a practice fire:
 - Tinder, kindling, and fuel wood
 - Matches or a lighter
 - Fire extinguisher or bucket of sand, mud, or water
 - Non-burnable container for the fire, such as a metal or aluminum trash can lid placed on bricks or cinder blocks
- Establish a budget for the meal Scouts will cook at Meeting 3, so they can plan the menu. Check to see if anyone has food allergies.

GATHERING

- While waiting for everyone to arrive, have each Scout practice laying an individual cook fire. Hold on to the matches to prevent anyone from actually lighting their fire.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Optional: Lead Scouts in a roll call. As Scouts' names are called, have them respond with one item needed for cooking in the outdoors.

TALK TIME

- Introduce the Cast Iron Chef adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Remind everyone that “a Scout is trustworthy,” and one way to show this is by following the Outdoor Code when building, using, and extinguishing a fire. Emphasize that a fire should only be built in a safe environment and under the supervision of an adult.
- Ask each Webelos Scout to bring a small, agreed-upon amount of money to contribute to the cost of the food they will purchase next week. Staying within a budget is a skill they will use later as they plan, purchase, and prepare food as part of their patrol in a troop.

ACTIVITIES

◆ Activity 1: Menu Planning (Requirement 1)

- Have Scouts compile a menu of foods they will need to cook a meal at Meeting 3. (See Meeting 3 Resources for a few recipes and for tips on the various cooking methods.) Find out if there are any food allergies in the den, and lead a discussion about why this is important. At the top of the menu, write the total budget you decided on; then save the menu to make copies for the den outing.

◆ Activity 2: Outdoor Fire Safety (Requirement 3)

- Have the Scouts work together to build and light a fire, if possible, that would be appropriate for cooking. Follow the directions in the *Webelos Handbook*, and make sure all take part. When the activity is finished, make sure the fire is completely out, if you were able to light the fire, and the area is cleaned up.



◆ Activity 3: Food Safety Game (Requirement 2)

- Move the den inside to a kitchen, or arrange the meeting site to resemble a kitchen or cooking area.
- Without starting a fire or cooking and using mock-ups—so no one will be endangered—set up six potential safety concerns in the kitchen and have Scouts identify each one. They can play the game as individuals or a team.
- The “hazards” may include cleaning chemicals stored near food instead of under the sink; raw meat on a cutting board (or just a sign that says “raw meat”); food that is past its expiration date; an oven that hasn’t been cleaned; power cords too close to a water source; or a knife positioned with the sharp edge pointing toward instead of away from the user. In each instance, make safety the priority and create a mock-up that will not create a real risk for Scouts.
- During or after the game, have the Scouts explain the hazards they find and why those are considered food safety violations. Make sure to review any areas they missed.

CLOSING

- Gather the whole den together and have the Scouts recite the Outdoor Code: *As an American, I will do my best to—Be clean in my outdoor manners. Be careful with fire. Be considerate in the outdoors. Be conservation-minded.*
- Make sure all Scouts know who their buddy will be during the den outing.
- Review details for the upcoming outing in Meeting 2. Make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 3.
- Work together to clean up the meeting place.
- Have Scouts sign their thank-you notes.

MEETING 2 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Calculators, note pads, and pens
- Copies of menu prepared by den at the last meeting
- Make sure you carry a list of contact numbers for the Scouts and all adults going on the outing.
- Confirm that transportation to and from the store is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.

GATHERING

- As Scouts arrive at the store, assign buddies.

OPENING

- Recite the Scout Law and ask Scouts to name points of the law they will demonstrate during the outing.
- Remind everyone that it is important to stay together and be on their best behavior.

TALK TIME

- Carry out business items for the den.

ACTIVITIES

◆ Activity 1: Shopping for Good Nutrition (Requirement 1)

- Divide the den into small teams, making sure to keep the buddy pairs together.
- Give each team a copy of the menu and a calculator, note pad, and pen. Remind them that “a Scout is thrifty,” and ask them to demonstrate that by keeping their choices within the budget.
- Challenge the teams to find a good choice for each item on the menu, reminding them to also look for nutritional value. Say: *Sometimes paying a little bit more for a quality item is OK. For example, you might pay more for a pound of ground sirloin than regular ground beef, but the taste and the fact that the sirloin is healthier might make it worth the extra cost.*
- After about half an hour, bring the den together in a corner of the store to compare notes and vote on the items to purchase. Meanwhile, an adult or the den chief will calculate the final cost. Make sure the items you select can be properly stored or refrigerated until Meeting 3.
- Be sure to compliment the Scouts on being thrifty while also making healthy food choices!

CLOSING

- Once the groceries are purchased and packed, gather everyone in a friendship circle for a closing reflection.
- Have the den recite the Scout Law again, and review how well they did at demonstrating the points of the Law during the outing.
- Scouts will be cooking in Meeting 3. Confirm the plan with families, including transportation, all the necessary equipment and food, and any additional items they need to bring.



Do-at-Home Project Reminder:

If the food is being stored in separate places, make sure everyone remembers to bring it to Meeting 3.

AFTER THE MEETING

- Serve refreshments, if desired and appropriate.
- Record completion of requirement 1.
- Have Scouts give their thank-you notes to those who assisted with the outing, including the store manager and any employees who were especially helpful.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items for the meal: food, beverages, plates, cups, silverware and cookware, cooking utensils, cooking thermometer, etc.
- Items for food hygiene and cleanup: water, soap, dish soap, bleach, dishcloths, towels, napkins or paper towels, trash bags, three buckets or basins for cleaning, etc.
- Depending on the cooking method the den chooses—open fire or charcoal, or a camp stove, Dutch oven, box oven, or solar oven—make sure all needed materials will be there. These may include wood or coals, liquid fuel or propane, aluminum foil, etc.
- No matter where the meal will be cooked, follow the same safety instructions as before.

GATHERING

- Set up a food safety game—similar to the one at the first meeting—for Scouts to play as they arrive.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance.
- Then have the Webelos stand in a circle. Moving around the circle have each Scout say one point of the Scout Law until all 12 points have been shared. You may wish to let the Law go around the circle two or three times so Scouts can increase their speed at reciting it.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Before preparing the meal, review the safety rules the den learned at Meeting 1.

ACTIVITIES

◆ Activity 1: Cooking and Eating the Meal

- As the Webelos are cooking their meal according to the safety rules, ask them why each rule is important to follow. Make sure each Scout has a chance to answer at least two questions before the cooking is finished. (See sample questions in the Meeting 3 Resources.)
- When the meal is prepared and ready to eat, have the Scouts say grace (see samples in Meeting 3 Resources).

◆ Activity 2: Cleanup

Scouts will then use the three basins or buckets to wash dishes (see Meeting 3 Resources for directions). Make sure everyone takes part in this.

CLOSING

- Gather the den in a circle and recite the Outdoor Code.

AFTER THE MEETING

- Record completion of requirement 2.

MEETING 3 RESOURCES

ACTIVITIES

◆ Activity 1: Cooking the Meal

Sample Safety Questions

1. Why is it important to wash your hands before preparing food? (*to keep from getting others sick*)
2. How long should you spend washing your hands? (*at least 20 seconds*)
3. How can you check the temperature of foods like meat or poultry? (*using a food thermometer*)
4. Where can you find the temperatures that foods should be cooked to in order to be safe to eat? (*cookbooks*)
5. What is the problem with putting cooked chicken on the same plate where raw chicken was prepared? (*cross-contamination*)
6. What should you do first before beginning to prepare food? (*wash hands*)
7. Explain one way to safely thaw food. (*refrigerator, cold water, microwave*)
8. How long is it safe to leave food out at room temperature? (*no more than two hours*)

Outdoor Cooking Tips

(from *BALOO: Basic Adult Leader Outdoor Orientation*, No. 510-033)

- Handy fire starters can be made by placing one charcoal briquette in each section of a paper egg carton. Cover with melted wax, and tear apart to use.
- Place a burger fresh from the grill into the bun and put it in a plastic bag for about a minute. The bun will be steamed warm.
- Put a kettle of water on the fire to heat while you are preparing your food and eating, and your dish water will be ready when you are.
- Freeze meat when putting in a cooler. It will last longer and help keep your other food cold. Make hamburger patties in advance and layer with waxed paper.
- Give yourself plenty of time to start a fire and wait for the briquettes or wood to be ready.
- Don't forget to rub the outside of pans with liquid soap before putting on the fire; they'll clean up much more easily.

Camp Stoves

- Only use camp stoves that are commercially manufactured. (Chemical-fueled equipment that is handcrafted, homemade, modified, or installed beyond the manufacturer's stated design limitations or use is prohibited by Boy Scouts of America.)
- An adult knowledgeable in the use of the camp stove should supervise the Scouts using the stove at all times.
- The stove should only be operated following the manufacturer's directions.
- All chemical fuel should be stored at a safe distance (a minimum of 20 feet) from the operating stove.
- Stoves should be allowed to cool before changing fuel cylinders.
- Do not operate a camp stove in a non-ventilated area. It is recommended to utilize the stove outdoors. If it is used indoors, make sure that you have both high and low ventilation.
- Place the stove on a level, secure surface before operating.
- Periodically check fittings on compressed-gas stoves and on pressurized liquid gas stoves for leakage, using soap solution before lighting.
- Do not hover over the stove when lighting it. Keep your head and body to one side. Open the stove valve quickly for two full turns and light carefully, with your head, fingers, and hands to the side of the burner. Then adjust down.
- Never leave a lighted stove unattended.
- Do not overload the stovetop with heavy pots and large frying pans. If pots over 2 quarts are necessary, set up a separate grill with legs to hold the pot, and place the stove under the grill.
- Take empty fuel containers home for disposal. Do NOT place in a fire as they will explode.



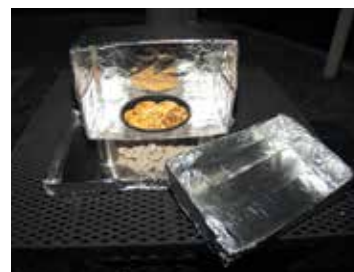
Dutch Ovens

- Be sure to season a Dutch oven or line it with aluminum foil for easy cleanup.
- As a rule, put in twice the number of charcoal briquettes as it would take to cover the diameter of the oven. If you are baking, put three-quarters of the coals on top of the lid and one-quarter under the oven, unless the recipe says otherwise. If you are stewing or simmering, do the reverse: one-quarter on top and three-quarters below. To roast, divide the coals evenly.
- A troop may be a good source for borrowing a Dutch oven, and they may have some great recipes to share.



Making and Cooking With a Box Oven

- Using heavy-duty aluminum foil, line the entire inside of a cardboard box (about the size that would hold 10 reams of paper). Fold the foil over the edges of the box and tape it down around the outside with masking or duct tape. Do NOT leave any cardboard exposed on the inside; if any foil is torn, staple a patch of foil over the tear. You may get better results if you use two layers of foil.
- Find or purchase a cooling rack that will fit easily into the box.
- Turn two cookie sheets upside down and place them side by side with the long edges touching. Remove the labels from four empty, rinsed-out vegetable cans. Then set the cans, inverted, on the four corners of the combined cookie sheets.
- **To cook:** Heat charcoal in the charcoal chimney—one briquette for every 40° of heat needed for cooking. Wearing oven gloves and using tongs, lift the heated coals from the chimney and arrange them evenly on the cookie sheets within the space bordered by the four cans. Then lay the cooling



rack on the cans and set the food you have prepared for baking on the rack. Finally, place the box oven over the rack, making sure that the foil-covered edges are resting on the cookie sheets. Cook for the time your recipe requires—then serve and enjoy!

Note: Be sure to position the box on the ground in such a way that it will remain level and out of the way of normal Scout horseplay.

Making and Cooking With a Solar Oven

- Glue aluminum foil, shiny side up, to the bottom and inner sides of a clean pizza box. This will reflect sunlight coming in and trap the heat.
- Draw a straight border around three sides of the box top, and have an adult cut through the border with a utility knife to create a new flap—leaving the hinged side uncut. Fold this flap open and glue foil to the bottom side of it, with the shiny side facing out. Tape black construction paper to the top of the pizza box to absorb and hold in the heat.
- Place the food to be cooked on a sheet of foil, and lay it inside the pizza box. Tape clear plastic wrap around the edges of the box to seal out air. Then use a piece of tape to hold the flap open so light will be reflected in.
- Place the solar oven outside on a flat surface. Adjust the position until sunlight is being reflected into the box and onto the food. Check often to make sure the light is still directly reaching the food. Use a thermometer to monitor the inner temperature of the box.
- For best results, keep the oven pointed toward the sun and out of shade. Don't be in a rush: Solar ovens require 30 minutes to preheat and about twice as much time for cooking.



Making and Cooking With a Charcoal Chimney

- Using a can opener, remove both ends of a large, rinsed-out coffee can or No. 10 can. Then use a “church key” can opener with a pointed triangular end to punch ventilation holes about 2 inches apart around the bottom edge of the can—this end will serve as the base.
- Roll two sheets of newspaper into tubes; then bend and attach them to form a circle. Set the chimney on a fire-safe surface and put the newspaper in the bottom of the base. Then place charcoal on top of the newspaper, and light the newspaper with a match.
- Put on a pair of heat-resistant oven gloves and, when the coals start to turn white, use pliers to lift the chimney straight up and set it on a grill or cookie sheet. Using tongs, arrange the lit coals for use.
- Keep in mind that a charcoal chimney will remain hot for a while, even after the charcoal has been poured out. So let the chimney cool off in a safe place—e.g., on fire-safe bricks or on a cookie sheet. Avoid surfaces near gas cylinders, grass, or wood.
- **Safety note:** Do NOT use charcoal lighter fluid or any other flammable liquid on your charcoal. See the “Chemical Fuels and Equipment” chapter in the *Guide to Safe Scouting*.

Foil Cooking

(from *BALOO: Basic Adult Leader Outdoor Orientation*, No. 510-033)

Foil cooking is a great way to introduce novices to the world of outdoor cooking. The meals are easy to prepare, great to eat, and simple to clean up after. Foil meals can be prepared in advance (e.g., at a den meeting), frozen, and then placed right on the campfire.

There are hundreds of great recipes around, but they all use the same basic concept. The foil pack needs to be sealed tightly using a “drugstore” fold to hold in the moisture, then turned several times during cooking. The actual recipe can be just about whatever a Cub Scout wants it to be. Here’s a basic recipe:

Use an 18-by-24-inch sheet of heavy-duty aluminum foil, or two sheets of regular foil. A square sheet the width of the roll will work just fine, shiny side up. Some Scouts smear a layer of butter or margarine on the foil to start.

Use a piece of meat about the size of your hand. It could be ground beef, steak, chicken, or fish. If you use a hamburger patty, flatten the ground beef. Add peas, beans, thinly sliced potatoes, carrots, onions, broccoli, or whatever else sounds good. Vegetables should all be cut to about the same thickness to help

them cook evenly. Starting with a cabbage leaf and then adding the meat will keep the meat from burning. If the Scouts are building their own meals, encourage them to add a little onion because it helps the flavor. A twist might be to add a handful of rice and just a few ice cubes. This will make a great addition!

Season with salt, pepper, garlic salt, and other spices as desired. Now fold the foil into a package. Fold the edges down once, crease gently, then fold them down again and crease. Join the edges and fold them over tightly so steam can't escape. The object is to seal the moisture in the package. Try not to rip the seams, but if you do, finish wrapping, then repeat with another layer of foil.

If you are bringing the meals from home, take the foil dinners to camp in a cooler so the food won't spoil. About a half hour before supper, lay the packages directly on the coals of the fire. Turn them over after 15 minutes, and cook them another 10 minutes. Dinner should then be ready. Eat it from the foil.

If Cub Scouts are building their own meals, their names or initials should be written on each one to identify them later. If no marker is available, you can use yellow mustard as it will blacken during the cooking but the name will still be visible. Cook the pack for 20–30 minutes.

When you are ready to cook the packs, spread the white-hot coals of the campfire shallowly and distribute the packs evenly on top. While the packs are cooking, watch for steam venting from a seam. If that happens, remove the pack from the campfire and seal the pack by folding the edge over or wrapping in another piece of foil, then placing the pack back in the campfire. Turn the packs twice during the recommended cooking time. When it is close to meal time, open a corner of a pack and check to see that the meat is done.

Foil Cooking Times

Hamburger	15–20 minutes
Chicken pieces	20–30 minutes
Hot dogs	5–10 minutes
Pork chops	30–40 minutes
Carrots	15–20 minutes
Ears of corn	6–10 minutes
Whole potatoes	45–60 minutes
Potato slices	10–15 minutes
Whole apples	20–30 minutes

Cooking times are approximate and will be affected by the depth of the charcoal bed, altitude, temperature of the food, etc. Frozen packs may be put directly on the fire, but they will take longer to cook. The recipes below may need to be adjusted depending on ingredients, etc. It is best to try them in advance to verify the ingredients and cooking time in a local outdoor setting.

Sample Recipes

Biscuits on a Stick

Ingredients: Canned biscuits; condiments (butter, jelly, cinnamon sugar, etc.). **Supplies:** One dowel (¼ to ½ inch in diameter) for each Scout; aluminum foil.

- Wrap the bottom 6 inches of a dowel with foil. Roll a biscuit into a “rope,” and twist it around the dowel, making sure it stays on the foil.
- Put the dough end of the dowel over a campfire and cook until the biscuit is golden brown on the outside. Then pull the biscuit off the dowel, add condiments, and enjoy.

Campfire Corn on the Cob

Ingredients: Ears of corn, butter, salt, and pepper. **Supplies:** Bucket of water, aluminum foil.

- Soak the ears of corn in a bucket of cold water for an hour. Then remove the corn and shake off the excess water. It's OK to leave a little moisture on the kernels, as this will aid in the steaming process.
- Pull back the husks to the handle on each ear of corn, and remove the silk. Slather the kernels with butter and shake on some salt and pepper. Pull the husks back up to cover the corn.

- Tightly wrap the buttered corn in two layers of aluminum foil and place on the hot coals of the fire. The roasting should be complete in 20 minutes. Check one ear after 10 minutes to gauge the remaining cook time. The corn should be steamed through and the heated butter will be caramelized.
- When roasting is finished, give the corn time to cool off before unwrapping the foil, as there may be pockets of steam that could cause burns.

Silver Turtles

Ingredients: Hamburger, chicken, or pork; a variety of vegetables (onions, potatoes, carrots, or others); seasonings (salt, pepper, onion soup mix, butter, Worcestershire sauce). **Supplies:** Cooking spray, heavy-duty aluminum foil, kitchen knife.

- Slice the vegetables to ½-inch thickness. Spray the foil with cooking spray, lay the meat on the foil, and cover it with vegetables. Then add seasonings.
- Fold the foil to enclose the food in a tightly sealed pouch, then place it over your fire and cook for 35–45 minutes. Turn the foil once when cooking is half done.
- Unwrap or cut open the foil. Allow time for cooling, and enjoy!

Dutch Oven Dump Cake

Ingredients: Yellow cake mix; two 30-ounce cans of sliced peaches, drained; one can of lemon-lime soft drink; cinnamon for seasoning; ice cream (optional). **Supplies:** 24 charcoal briquettes; 12-inch Dutch oven.

- Pour the peaches into the bottom of the Dutch oven and spread evenly in the pan. Spread the dry cake mix on top of the peaches, and sprinkle with cinnamon. Pour in the soft drink, and stir to mix completely. Then place the lid on the oven.
- Bake for 45 minutes to one hour with 12 briquettes spread evenly on the lid and the others spread evenly on the bottom. Every 15 minutes, rotate the oven 90 degrees in one direction and rotate the lid 90 degrees in the opposite direction. Serve warm with ice cream, if desired. Serves 8–10.

Interfaith Graces

Morning Grace

Gracious giver of all good,
Thee we thank for rest and food.
Grant that all we do or say,
In thy service be this day. Amen.

Noon Grace

Father, for this noonday meal,
We wish to speak the thanks we feel.
Health and strength we have from thee.
Help us, Lord, to faithful be. Amen.

Evening Grace

Tireless guardian on our way,
Thou has kept us well this day.
While we thank thee, we request,
Care continue, pardon rest. Amen.

Sea Base Grace

Bless the creatures of the sea.
Bless this person I call me.
Bless these keys, You made so grand.
Bless the sun that warms this land.
Bless the fellowship we feel
As we gather for this meal. Amen.

Philmont Grace

For food, for raiment,
For life, for opportunities,
For friendship and fellowship,
We thank thee, O Lord. Amen.

Northern Tier Grace

For food, for raiment,
For life and opportunity,
For sun and rain,
For water and portage trails,
For friendship and fellowship,
We thank thee, O Lord. Amen.

Summit Grace

For this time and this place,
For your goodness and grace,
For each friend we embrace,
We thank thee, O Lord. Amen.

Gilwell Grace

O Lord, the giver of all good.
We thank thee for our daily food.
May Scouting friends, and Scouting ways,
Help us to serve thee all our days. Amen.

Sid Richardson Camp Grace

For the food we eat, for the friends we meet,
For the lives we live each day.
For the challenges we find, for peace of mind,
We thank-you, Lord, today. Amen.

Johnny Appleseed Grace

The Lord is good to me
And so I thank the Lord
For giving me the things I need,
The sun and rain and the appleseed.
The Lord is good to me. Amen.

Upon completion of the Cast Iron Chef adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.



NOTES




DUTY TO GOD AND YOU



RATIONALE FOR ADVENTURE

Scouts are reverent. They are reverent toward God. They are faithful in their religious duties and respect the beliefs of others. The BSA Statement of Religious Principle “maintains that no member can grow into the best kind of citizen without recognizing an obligation to God.” This adventure provides each Webelos Scout an opportunity to learn about and practice their religious faith.

TAKEAWAYS FOR CUB SCOUTS

- Learning about what duty to God means to you and your family.
- A Scout is reverent. 

Webelos Handbook, page 42

ADVENTURE REQUIREMENTS

Complete requirement 1 and at least two others.

1. Discuss with your parent, guardian, den leader, or other caring adult what it means to do your duty to God. Tell how you do your duty to God in your daily life.
2. Earn the religious emblem of your faith that is appropriate for your age, if you have not done so already.
3. Discuss with your family, family's faith leader, or other caring adult how planning and participating in a service of worship or reflection helps you live your duty to God.
4. List one thing that will bring you closer to doing your duty to God, and practice it for one month. Write down what you will do each day to remind you.

NOTES TO DEN LEADER

Webelos Scouts will fulfill the requirements for this adventure primarily at home.

Your local council service center can help you and the families in your den learn more about the religious emblems program. Families can also visit www.praypub.org or www.scouting.org/awards/religious-awards/

MEETING RESOURCES

Several of the requirements are reflective in nature. Invite Webelos to share faith-building experiences during the opening or closing parts of the den meeting.

“MY FAITH” QUIZ

- Each Webelos Scout could create a list of interesting details about their faith of choice. The list might include common terms, favorite scriptural verses or text, and historical figures or current leaders in that faith tradition.
- When Scouts finish their lists, they can use it to create “My Faith” flash cards. Scouts can then play a game with the cards, quizzing their family or the den to demonstrate the knowledge gained about that faith.

DECLARATION OF RELIGIOUS PRINCIPLE

Article IX. Policies—From the Charter and Bylaws of the Boy Scouts of America

Section 1. Declaration of Religious Principle, clause 1. The Boy Scouts of America maintains that no member can grow into the best kind of citizen without recognizing an obligation to God. In the first part of the Scout Oath or Promise the member declares, “On my honor I will do my best to do my duty to God and my country and to obey the Scout Law.” The recognition of God as the ruling and leading power in the universe and the grateful acknowledgment of His favors and blessings are necessary to the best type of citizenship and are wholesome precepts in the education of the growing members. No matter what the religious faith of the members may be, this fundamental need of good citizenship should be kept before them. The Boy Scouts of America, therefore, recognizes the religious element in the training of the member, but it is absolutely nonsectarian in its attitude toward that religious training. Its policy is that the home and the organization or group with which the member is connected shall give definite attention to religious life.



Section 1. Activities, clause 2. The activities of the members of the Boy Scouts of America shall be carried on under conditions which show respect to the convictions of others in matters of custom and religion, as required by the twelfth point of the Scout Law, reading, “Reverent. A Scout is reverent toward God. He is faithful in his religious duties. He respects the beliefs of others.”

Section 1. Freedom, clause 3. In no case where a unit is connected with a church or other distinctively religious organization shall members of other denominations or faith be required, because of their membership in the unit, to take part in or observe a religious ceremony distinctly unique to that organization or church. However, no church or religious organization holding a valid charter shall be required to accept as an adult leader any person whose espoused personal beliefs are in conflict with the chartered organization’s religious principles.

Section 1. Leaders, clause 4. Only persons willing to subscribe to these declarations of principles shall be entitled to certificates of leadership in carrying out the Scouting program.

SCOUT INTERFAITH SERVICE

The following is adapted from “Conducting an Interfaith Service,” www.scouting.org/training/adult/supplemental/interfaith-service/.

A **Scout interfaith service** is a brief worship or meditation, specifically designed for Scouting events where there may be members of more than one faith group. The intention of an interfaith service is to provide a spiritual focus during a camping experience that does not reflect the views of a particular denomination or faith, but rather includes elements appropriate for all who might be present. An interfaith service can be defined as a gathering of Scouts held to contribute to the development of their spirituality and to promote a fuller understanding of the Scout Oath and Scout Law, with emphasis on one’s duty to God. Let’s take a look at what this definition means.

An interfaith service is a gathering of Scouts consistent with the 12th point of the Scout Law. This can be in groups as small as two or as large as a world Scout jamboree, though groups of a few patrols work best. In smaller groups, Scouts are able to get involved, share their experiences, and learn that spirituality is something that affects everyone.

An interfaith service is held for the development of the Scouts’ spirituality. Spirituality is that which is beyond the material, that which gives meaning and direction to one’s life. Scouting is primarily concerned with how people live out their beliefs in everyday life.

Hence, an interfaith service should connect in some way to the Scout Law, the ethical code of Scouting. Usually, mentioning the Scout Law, making allusions to it, and/or including a recitation of the Law as part of an interfaith service provides this connection. An interfaith service may simply include ethical content that the Scouts themselves can connect to the Scout Law.

Lord Baden-Powell, the founder of the Scouting movement, believed that a person's religion is not in how he behaves; rather it is in what he believes. This is where the Scout Law intersects with spirituality. In developing character, Scouts may connect their spirituality to the Scout Law so that the living out of their religious faith is also an active expression of the Scout Law.

As explained herein, the goal is to provide an uplifting and positive experience for all attendees. It is not necessary to attempt to account for the sensitivities of every conceivable religion on Earth; rather, seek to account for those religions whose members reasonably might be expected to be present. As promoters of the religious emblems program, unit leaders should have a good sense of the religions of those unit members present on a campout. For larger camping activities, all unit leaders could be asked about members' religious preferences to ensure that reasonable care is given to inclusiveness.

In the event that an individual attendee becomes offended as an outcome of an interfaith service, an apology is in order in the spirit of "a Scout is friendly." Similarly, though, in the spirit of "a Scout is friendly," the individual offended should accept the apology graciously and explain how the service might have been conducted so as not to be offensive to him or her. The acts of seeking to make subtle theological distinctions or looking to be offended are grossly out of place at an interfaith service, particularly when the service is planned by youth members with adult mentoring and conducted by youth members.

Location of the Service

Any location separate from the noise and activity area is fine—a clearing in the woods, an empty campsite, the chapel area at a camp, a scenic overlook, an unused room in a building, the far corner of a gym.

Content of the Service

An interfaith service is an inspirational experience, usually built around a central theme, such as friendship, world peace, save the Earth, or appreciation of the world around us. Just about any topic is appropriate if it is consistent with the Statement of Religious Principle and program goals of the Boy Scouts of America. Scouts should be part of the planning process so that they learn and grow spiritually. Active adult coaching, consistent with the training provided herein, is critical for success.

The form of an interfaith service can range from lively to somber. While the content may take different forms, an interfaith service always should be conducted with reverence. Advance planning (and scripting) is critical because extemporaneous comments, while well-intentioned, may lead to discomfort on the part of members of some faith groups.

Songs (hymns) are best when accompanied by an instrument, like a guitar or harmonica, to help the singers with the melody. The simpler the song, the easier it will be for Scouts to sing along. Songs like "America the Beautiful," "God Bless America," or other well-known melodies are the easiest to sing if no accompaniment is available. The leader (or song leader) may choose to hum the opening note to help get everyone started, or have the accompanist give the first chord or note.

Planning an Interfaith Service

While the leader can be either a Scout or an adult, the content of an interfaith service needs to promote a meaningful and inclusive experience. To help ensure that nothing in an interfaith service would offend any participant, invite representatives of all faith groups with members present to participate in developing the service. Care must be used so that one person's religious traditions are not imposed to offend another person. For example, one should not direct all attendees to remove their hats before prayer, as those of the Jewish and Muslim faiths pray with heads covered. A more acceptable call to prayer would be: "Let us each prepare to pray according to his or her tradition." Similarly, stating, "This we ask in Jesus' name," while making the prayer personal to the person leading it, could be troubling to people of other religions.

As a leader you should ensure that youth members are included in the planning and conducting of the interfaith service. It is important that those chosen to conduct the service gather ahead of time to plan the service and bring along all the needed papers and material. Decide who will read what and who will provide accompaniment (ensuring that the songs are known or that musical scores are available), and determine where the service will be held. If time permits, those conducting the interfaith service should rehearse their parts as a group.

Interfaith Worship Service Planning Worksheet

Date: _____
 Location: _____
 Event: _____
 Leader: _____

Helper 1: _____
 Helper 2: _____
 Helper 3: _____
 Helper 4: _____

Include ✓ Y/N	Possible Elements in Order of Service	Sequence Number in Order of Service	Assigned to
	Processional with flags		
	Call to worship		
	Opening song (No. 1)		
	Prayer		
	Responsive reading		
	Offering, if appropriate		
	Song (No. 2)		
	Meditation		
	Suitable prayer		
	Song (No. 3)		
	Benediction or closing prayer		

Other notes: _____

Possible Elements in Order of Service

- Processional with flags
- Call to worship
- Song No. 1: “God Bless America” (*Cub Scout Songbook*)
- Prayer (excerpted from “We Thank Thee” by Ralph Waldo Emerson):

*For each new morning with its light,
Father, we thank-you.
For rest and shelter of the night,
Father, we thank-you.
For health and food, for love and friends,
For everything your goodness sends,
Father, in heaven, we thank-you.*
- Responsive reading
- Offering, if appropriate (such as for the World Friendship Fund)
- Song No. 2: “Kum Ba-Yah” (*Cub Scout Songbook*)
- Meditation
- Suitable prayer
- Song No. 3 (additional reverent songs are included in the *Cub Scout Songbook*)
- Benediction or closing prayer: *May the Lord bless thee and keep thee; may He show His face to thee and have mercy upon thee; may He turn His countenance to thee, and give thee peace. May the Lord bless thee. Amen.*

Presentation of Colors: Flagpole

Narrator	Actions
Attention. Will the audience please rise. (<i>Pause.</i>)	The color guard waits in the rear for the audience to become quiet.
Color guard, advance.	The U.S. flag guards and bearer walk in and take their positions near the flagpole, facing the audience.
Color guard, prepare to raise the colors.	The line is unwound. The flag is unfolded and attached to the rope.
Hand salute.	Everyone, with the exception of the U.S. flag guards and bearer, salutes.
Color guard, raise the colors.	The flag is raised quickly to the top of the pole, and the cord is wound back in place.
Please repeat with me the Pledge of Allegiance. (<i>All join in.</i>)	The U.S. flag guards and bearer stand at attention. The U.S. flag guards and bearer do not salute or say the Pledge of Allegiance.
Two.	The audience drops its salute.
Color guard, salute.	The U.S. flag guards and bearer salute.
Color guard, dismissed.	The color guard retreats to the back of the group.

Retrieval of Colors: Flagpole

Narrator	Actions
Attention. Will the audience please rise. <i>(Pause.)</i>	The color guard waits in the rear for the audience to become quiet.
Color guard, advance.	The U.S. flag guards and bearer walk to the flagpole. They stand behind the flag, facing the audience.
Color guard, salute.	The U.S. flag guards and bearer salute.
Color guard, prepare to retrieve the colors.	They unwind the cord and wait.
Hand salute.	Everyone, with the exception of the U.S. flag guards and bearer , salutes. The U.S. flag is quickly lowered.
Two.	As soon as the flag touches the hands of the guard, this command is given. Everyone drops the salute. The U.S. flag guard and bearer remove the flag from the rope and fold it correctly.
Color guard, retreat.	They retreat to the back of the group.

Additional resources for interfaith services, including religion history, videos, and faith-based activities, can be found at www.praypub.org.

Upon completion of the Duty to God and You adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.






FIRST RESPONDER



RATIONALE FOR ADVENTURE

This adventure will provide Webelos Scouts with an introduction to the skills and responsibilities of a first responder. Activities will cover essential personal safety and first-aid skills.

TAKEAWAYS FOR CUB SCOUTS

- Essential first-aid skills
- Essential personal safety skills
- Understanding of the role of the first responder in the local community
- A Scout is brave, courteous. 

Webelos Handbook, page 50

ADVENTURE REQUIREMENTS

Complete requirement 1 and at least five others.

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.
3. Show how to help a choking victim.
4. Show how to treat for shock.
5. Demonstrate how to treat at least five of the following:
 - a. Cuts and scratches
 - b. Burns and scalds
 - c. Sunburn
 - d. Blisters on the hand or foot
 - e. Tick bites
 - f. Bites and stings of other insects
 - g. Venomous snakebites
 - h. Nosebleed
 - i. Frostbite
6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
7. Create and practice an emergency readiness plan for your home or den meeting place.
8. Visit with a first responder or health-care professional.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

The den outing will take place first in this adventure, to provide context and inspiration for the other two meetings. Plan at least one month in advance for a den visit to an EMS station, fire department, emergency room, or other emergency first-aid service agency (requirement 8). Make sure to share with the service you are working with the requirements of the adventure and discuss how they can support them.

You will need to schedule the outing in advance. Work with families to plan transportation to and from the location. Make sure activity consent forms are distributed, signed, and collected.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Identify an EMS station, fire department, emergency room, or other emergency first-aid service agency in your community to visit with the Webelos Scouts. You should plan on contacting the service at least a month ahead of time to schedule the visit.
- Make transportation arrangements with families, and confirm who will attend, when you plan to go, where you will meet, and what the Webelos should wear or bring. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- An alternative may be to have an emergency first responder or health-care professional visit the den meeting. Provide the guest or host with a copy of the First Responder adventure requirements to prepare them for their visit.
- Index cards with suggested questions (see Gathering) and blank cards for the Scouts to write their own questions.
- Have thank-you notes prepared for Scouts to sign and give to anyone who helps with the outing.

GATHERING

- Review any questions the Webelos want to ask to make sure all are appropriate. Pass out blank index cards so Scouts can write down their questions and remember to ask them. Consider having these questions on hand, too:
 - What types of first aid do the first responders provide?
 - What is the most important thing a first responder should do when he or she arrives on the scene?
 - What are their greatest challenges?
 - What can the community do to help them?
 - In what ways is a first responder brave?
 - How can a person train to become a first responder? Will being a Scout help to prepare me?
 - What are some ways we can keep ourselves and others safe?
 - How can we apply what we are learning here to emergencies at home?

OPENING

- Introduce the First Responder adventure to the den.
- Emphasize that “a Scout is courteous,” and they should be on their best behavior. Also “a Scout is helpful”; today, they will learn how first responders are helpful citizens. Finally, “a Scout is obedient” to the rules of any place they enter.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.

ACTIVITIES (REQUIREMENT 8)

- Have Webelos introduce themselves to the staff member(s) who will be guiding the visit. An appropriate greeting might be as simple as, “Hello, my name is . . .”
- Tell the guide that the Scouts have questions they would like to ask after the session.

CLOSING

- Have Scouts give their thank-you notes to anyone who helped with the outing. They might also express appreciation with a handshake, den yell, or applause.
- Tell the members of your den that as this adventure continues, they will learn some of the same skills used by the first responders they met today. They should think about ways that a first responder serves the community as a good citizen, and how they can be “helpful” to their community by learning what to do in an emergency.

AFTER THE MEETING

- Serve refreshments, if desired. If appropriate, sharing refreshments with the first responders would be a nice gesture.
- Record completion of requirement 8.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Four index cards (Gathering)
- Set of scenario cards for the two Role-Play games (Activities 1 and 2)
- Materials for the Hurry Cases game (Activity 2): bandages and other first-aid supplies
- Prepare the den chief and several adult volunteers to serve as helpers, “patients,” and “accident victims” in the Hurry Cases game.

GATHERING

- As Scouts arrive for the meeting, divide them into groups of two or three and give each group an index card with one of these words: *strong*, *calm*, *clear*, and *careful*. Each group will huddle for a while and create a brief skit for the Opening that illustrates this way of showing bravery.
- You may wish to put the den chief in charge of this activity. If you have a small den, the den chief may also join one of the teams.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.
- Say: *In this meeting, we will learn that first responders are ALWAYS prepared. An important part of being prepared is to be BRAVE. Let’s look at some skits to figure out what we need to do to be brave.*
- As each group acts out its way of showing they are brave, ask the other Webelos: *Are they being strong? Or calm? Or clear? Or careful?* If necessary, guide the Scouts toward the correct answer. Then have them explain how the skit demonstrated that virtue.
- When the skits are finished, have the Scouts chant the four ways to show bravery: *Be strong! Remain calm! Give clear information! Be careful!*
- Remind the den of the traditional Scout motto: *Be Prepared*. Then lead them in a cheer; say, “Scouts, be prepared!” The Webelos will answer, “We are prepared!”

- Lead the den in this song (to the tune of “Row, Row, Row Your Boat”):

*Be, be, be prepared,
Always a good Scout!
Strong, calm, clear, and careful.
This is what we're about!*

TALK TIME (REQUIREMENT 1)

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Ask: *In what ways did the first responders you met last week serve as models for good citizenship? What did you learn from their example?* Have Scouts explain their answers.
- Start with a question: *Who can tell us something about the first responders outing last week?* Invite all the Scouts to reply; each answer should be listened to respectfully.
- Now ask: *What do you think FIRST AID really means?* Key takeaway: First aid is knowing what to do FIRST to AID in cases of injury or medical emergencies.
- Divide Webelos into three groups, and give each group a card with one of these scenarios:
 - There has been an accident! What must you do to help?
 - You are told to get help in an emergency. How will you do that?
 - Someone asks you to call 911 or the emergency number in your area. What are the main things you must tell the 911 operator?
- Give the groups two minutes to huddle and decide on an answer. Then they will share it with the rest of the den.

ACTIVITIES: ROLE-PLAY GAMES

These games allow Webelos to put into practice what they learned during the Talk Time. Create a set of scenario cards that briefly describe accidents or other incidents that require a 911 call and/or an EMS response. You may also use pictures to illustrate the scenes.

◆ Activity 1: Getting Help

As den leader, you will play the role of a 911 operator. In turn, give each Scout a phone and a scenario card, and have them answer your questions (see script in Meeting 2 Resources).

◆ Activity 2: Hurry Cases (Requirements 2, 3, and 4)

Now divide the Scouts into new teams and have them act out the Hurry Cases scenarios in Meeting 2 Resources, using the bandages and other materials you collected.

CLOSING

- Gather the Webelos in a friendship circle. Starting with the denner and moving right, have each Scout mention a way that first responders are “helpful” or “brave.”
- Then close with the cheer they learned in the Opening: “Scouts, be prepared!” “We are prepared!”



Do-at-Home Project Reminder:

Before Meeting 3, Webelos will work with their families to establish a simple emergency plan: How can they escape their homes in case of a fire or other emergency, and where should they assemble? The Scouts will share their plans next week

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 1, 2, 3, and 4.

MEETING 2 RESOURCES

ACTIVITIES: ROLE-PLAY GAMES

◆ Activity 1: Getting Help

Scout pretends to dial 911.

Operator: *What is your emergency?*

Scout responds, reading from the scenario card, and answers the following questions, one at a time:

Operator: *What is your name? What number are you calling from? Where are you located? Where are the nearest cross streets [or, in a rural area, significant landmarks]? Is anyone hurt?*

After all questions have been answered:

Operator: *OK, we will send help. Please stay on the line.*

After each Scout has had a turn, ask the den: *What went well? What could we do better? Why was it important to practice this?*

◆ Activity 2: Hurry Cases (Requirements 2, 3, and 4)

- Divide the Webelos into teams of two or three. The teams will rotate through stations representing the five hurry case scenarios in the *Webelos Handbook* as well as choking and shock incidents so they can learn how to cope with each emergency.
- Have a copy of the handbook at each station for reference. The den chief and adult volunteers can serve as helpers, patients, and accident victims at the following stations:
 - An accident victim is bleeding severely. (Food coloring or red markers on paper towels can simulate the blood.)
 - Someone has suffered a heart attack or sudden cardiac arrest.
 - A patient's breathing has stopped.
 - Another patient is showing symptoms of a stroke.
 - An empty cleaner bottle or pill container is found near a person who is severely vomiting.
 - Someone has been eating, then suddenly seems unable to speak and raises his hand to his throat (the international sign for choking).
 - An accident victim shows symptoms of shock: cool and clammy skin, nausea, and feeling faint.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- Materials for home first-aid kits (Gathering; see requirement 6 in the *Webelos Handbook*)
- Prepare the den chief and several adult volunteers to serve as helpers, "patients," and "accident victims" in the First Responder Relay (Activity 1). Print the tips and instructions for each emergency station (see Meeting 3 Resources).
- Ball to toss (Closing)

GATHERING (REQUIREMENT 6)

- Put together a sample first-aid kit and put it on a table with all the materials laid out. As Scouts arrive, have them assemble their own kits based on the instructions in the *Webelos Handbook*.
- In addition, you might provide sample items for car and personal first-aid kits (also in the handbook). Explain how each item might be useful in an emergency.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.

ACTIVITIES

◆ Activity 1: First Responder Relay (Requirement 5)

- Divide the den into teams of two or three and set up five to nine different “emergency stations” around a large space. At each station, the den chief and adult volunteers will present a scenario and assist the first responders in taking action, based on directions in the *Webelos Handbook*.
- Depending on your meeting place, the Scouts may go from room to room, around a gymnasium, or along the trail at a park. Be sure to arrange for volunteers who can serve as “patients” or “accident victims” and assist the den chief in keeping things moving. If necessary, the same people can be “patients” at multiple stations. Make sure to give them the index cards with tips and instructions for each station. (See “Realistic First-Aid Suggestions” below. The more you can do to make the scenarios seem real, the more the Scouts will learn from them. If you wish, each scenario can present a specific incident, e.g., a kitchen accident, auto wreck, knife wound, and so on.)
- Introduce the three C’s: *CHECK*, *CALL*, and *CARE*. At each station, the Scouts must first *CHECK* to see what happened and if it is a life-threatening situation or hurry case. Then they must *CALL* for help and *CARE* for the patient or accident victim using the first-aid kits they made in the Gathering.

◆ Activity 2: First-Aid Game

Have Scouts play this fun game, if time allows:

Pressure Pad Relay

- Divide the den into two teams.
- Review the precautions to take to prevent spreading blood-borne diseases. (See page 58 in the *Webelos Handbook*.)
- One member of each team is the “victim,” who has arterial bleeding from the left wrist.
- On a signal, the first person in each team runs to the victim and applies direct pressure to the wound, using a neckerchief as a pad.
- When the Scout’s technique is correct (see the *Webelos Handbook*), the judge (den leader or den chief) yells, “Off!” The Scout removes the pad, runs back to their team, and tags the next member. The first team to finish wins.

CLOSING

- Gather the Webelos in a circle. Have them toss a ball at random across the circle. As Scouts catch the ball, they say something they learned at this meeting about being a first responder, then toss the ball to another Scout. Continue until each person has had at least one turn.
- Close with the “Be Prepared” cheer from Meeting 2.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 5, 6, and 7.

MEETING 3 RESOURCES

ACTIVITIES

Activity 1: First Responder Relay (Requirement 5)

STATION

1

Requirement 5A

Cuts and scratches

Simulate a small cut with a red marking pen by drawing a line on the arm or hand of a helper, less than a half-inch in length. Be ready with small adhesive bandages and soap and water to simulate treatment.

CHECK – Review seriousness of injury.

CALL – Not necessary to activate EMS for this injury; it would be wise to inform an adult.

CARE – Clean wound. Apply bandage.

STATION

2

Requirement 5B

Burns and scalds

An overturned coffee cup (to imply a spill) could be used as a prop. The helper can hold out his or her arm and appear to be in pain. Carrying out this session near a sink would be helpful so the first responder can run cool water over the injury.

CHECK – Review seriousness of injury. A second-degree burn (partial thickness) requires contacting a doctor.

CALL – Not necessary to activate EMS for this injury; it would be wise to inform an adult.

CARE – A first-degree burn or scald that affects only a small patch of skin can be treated by running cold water over it.

STATION

3

Requirement 5C

Sunburn

Appropriate props for this station include a towel, aloe vera or other moisturizing lotion, and ibuprofen or other analgesic.

CHECK – Check status of injury. Describe the redness and potential swelling of sunburned skin.

CALL – If the skin has blisters and the blisters break open, call a doctor.

CARE – Suggest a cool shower or place a cool, damp towel over the burn. Apply moisturizer or aloe vera lotion to the affected area. A mild painkiller such as ibuprofen can be given, with a parent's supervision.

STATION

4

Requirement 5D

Blisters on the hand or foot

Use a washable marker to draw a pink ring on the heel of a helper's foot. This is a common place for blisters to form. Use an adhesive bandage to hold a gauze pad in place over the blister to keep it from breaking.

CHECK – Check state of blister.

CALL – There is no need to contact EMS. A blister that pops or tears may require medical attention.

CARE – The best approach is to prevent blisters from forming. Explain the value of wearing liner socks when hiking or show how to place a bandage over a "hot spot" if it feels tender or warm from rubbing.

STATION

5

Requirement 5E

Tick bites

Show a picture of a tick. Use a small seed to represent a tick. (A popcorn kernel or pumpkin seed colored dark brown with a marker would work well.) Show how to firmly grip the “tick” with a pair of tweezers—without crushing the tick—when removing the tick from the victim.

CHECK – See if a tick is attached.

CALL – There is no need to seek professional medical help unless the tick is a deer tick—a very tiny tick, about the size of a sesame seed. Deer ticks can harbor diseases such as Lyme disease.

CARE – With tweezers, gently grip the tick and slowly pull it away from the skin. Do not twist or turn the tick, as its mouth parts may break off and cause an infection. Wash with soap and water and watch site for signs of infection (swelling or redness). Lyme disease leaves a characteristic “ring” around the bite site and requires medical review.

STATION

6

Requirement 5F

Bites and stings of other insects

Have on hand an ice pack, a plastic card, soap and water, and an adhesive bandage. A bottle of antihistamine pills can serve as a prop for additional treatments.

CHECK – Be sure victim is safe from further stings.

CALL – If the victim has an allergy to venom, it is important to immediately alert EMS assistance.

CARE – Move the victim away from the source of the stings. Show how to use a plastic card to scrape away the stinger to prevent the release of additional venom. You may wash the area and apply a bandage as well. A cold compress with ice may help reduce swelling and discomfort. If the victim’s parent or guardian is around, check with them about giving an antihistamine such as Benadryl to reduce itching and swelling.

STATION

7

Requirement 5G

Venomous snakebites

A rubber snake would be a helpful prop for this station.

CHECK – Check markings on the snake if this can be done without endangering yourself; this will help in identifying the snake.

CALL – Call EMS.

CARE – Remove rings from fingers before swelling can take place. Help the victim remain calm. Treat for shock and keep the part of the body that received the bite below the level of the heart. Keep the victim from moving excessively, and don’t give him or her any caffeinated beverages.

STATION

8

Requirement 5H

Nosebleed

Prepare a tissue with red food coloring. The helper at this station should give the impression that he or she has just experienced a nosebleed.

CHECK – Review the status of the victim. If the nosebleed lasts for more than 20 minutes or happens because of an accident, a more serious injury might have taken place.

CALL – Seek medical assistance if the nosebleed lasts for more than 20 minutes or if it happened as a result of an accident or a blow to the head.

CARE – Have the victim lean forward, pinch the nose, and breathe through the mouth.

STATION

9

Requirement 5I

Frostbite

A pan with lukewarm water is an appropriate prop for this station.

CHECK – Watch for signs of frostbite when outdoors in the wintertime. The skin may look yellowish or gray and feel hard or wax-like. This is evidence that tissue is frozen and that the victim has frostbite.

CALL – Consulting with EMS is important, especially if numbness or pain remains after thawing or if blisters form.

CARE – It is best to avoid frostbite by getting out of the cold. Gradually warm the affected area by putting frostbitten hands or feet in warm water (104°F to 107°F). If the frozen body part may refreeze after thawing, do not thaw, as the repeated freezing and thawing will damage tissue even more.

STATION

10

Requirement 7

Emergency Readiness I

Wear a firefighter helmet to set the mood. When Webelos Scouts arrive at this station, ask (1) how they exit their home in case of emergency, (2) where their families gather after leaving their home, and (3) how long it takes them to leave their homes. If the Webelos Scouts have not practiced this with their families, encourage them to do so.

STATION

11

Requirement 7

Emergency Readiness II

Wear a firefighter helmet to set the mood. When Webelos Scouts arrive at this station, ask (1) how they think they should exit the den meeting location in case of emergency, (2) where their den should gather after leaving the meeting place, and (3) how long they think it will take them to exit and assemble at the designated meeting site. Practice this with the Scouts and ask how they think they could do it faster and better next time.

STATION

12

Emergency Services

Bring a phone book or an electronic device to search the internet. Practice how to locate a point of contact for the following:

- Power problems
- Gas leak
- Nonemergency police contact

REALISTIC FIRST-AID SUGGESTIONS

Use the following materials to make make-believe injuries look more realistic during first-aid practice: deep red and light red lipstick; cosmetic blusher; black wax crayon; “blood” mixture of red food coloring, powdered cocoa, and water; blue chalk or eye shadow; white glue or rubber cement; white eye shadow or glycerin and water solution (equal amounts) in an atomizer or squeeze bottle. Have the “victims” dress in old clothes so their uniforms don’t get stained.

- Outline a “cut” with deep red lipstick. Fill in the area with heavy lipstick application. Drop “blood” onto the cut.
- To simulate the appearance of a serious cut, first build up the “skin” with white glue. When it has dried considerably, make a groove down the middle and add “blood.”
- Apply makeup sparingly.
- Simulate abrasions with a little blue eye shadow. This is the “bruise.” Smear some glue onto the “injured” area. Let it dry a bit, and then roughen it with the edge of a plastic spoon. Finish off with a little “blood.”
- Simulate a simple burn by applying some blusher to the “injured” area. For a second-degree burn, simulate blisters by applying a little glue to the area. For third-degree burns, simulate charred skin by applying natural charcoal briquettes to the “injured” area. Then apply a light red lipstick and smear on glue. Let it dry a little, and then roughen it with the edge of a plastic spoon.
- Simulate the ashen face of a shock victim by applying light-colored foundation based on the skin tone of the victim. Work in the color for a smooth, pale complexion. Blend in blue eye shadow lightly over and under the eyes and then more heavily on lips and ear lobes.
- Simulate clammy skin by spraying glycerin and water solution onto the upper lip and forehead.
- You can use makeup for all kinds of cuts and bruises, such as an injured cheek, forehead, or lip.
- The first-aid practice will be more effective if the “victims” behave as if they were really in pain or dazed by injuries.

Upon completion of the First Responder adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack’s tradition.






RATIONALE FOR ADVENTURE

This adventure promotes physical fitness and good health.

TAKEAWAYS FOR CUB SCOUTS

- Increased level of fitness
- Feeling better about oneself both physically and mentally
- A Scout is friendly, clean. 

Webelos Handbook, page 78

ADVENTURE REQUIREMENTS

Complete requirements 1–3 and at least one other.

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
2. Do these activities and record your results: 20-yard dash, vertical jump, lifting a 5-pound weight, push-ups, curls, jumping rope.
3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week.
4. Try a new sport you have never tried before.
5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weightlifting, and running. Time yourself going through the course, and try to improve your time over a two-week period.
6. With adult guidance, lead younger Scouts by leading them in a fitness game or games.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Requirement 6 instructs your Webelos Scouts to teach younger Scouts fitness games. Coordination with your pack's Cubmaster and other den leaders in your pack can help your den complete this requirement.

There is no outing planned for this adventure.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Fitness chart (1 copy per Scout; see page 82 of the *Webelos Handbook*)
- Items for the fitness activities: jump rope; stopwatch, or any watch with a second hand; training cones; chalk; 5-pound bags of sugar, flour, or other pantry items (1 per Scout; check for allergies)

GATHERING: FITNESS CIRCLE GAME (REQUIREMENT 1)

- Add Scouts to the circle as they arrive. Then practice simple stretching exercises (see the *Webelos Handbook*) before the meeting starts.
- Form a circle with all the Scouts facing right, and start them walking in the circle at a moderate pace. Then, without pausing between exercises, they will:
 - Walk forward at a quicker pace, swinging their arms vigorously.
 - Walk while making themselves as tall as possible with arms high over their heads.
 - Walk while raising their knees as high as possible.
 - Hop around the circle on two feet.
 - Walk with knees slightly bent, holding their ankles.
 - Walk with long strides, bending one knee with each step.
 - Return to the moderate pace.
- Perform safe stretches as described in the *Webelos Handbook*.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- If your den has a den yell, do a den yell opening in the spirit of building energy for the physical activities of this adventure.

TALK TIME

- Carry out business items for the den.
- Explain the purposes of warming up and cooling down when exercising.
- Go over the requirements for this adventure. Explain that the Fitness Circle Game and stretching exercises helped them to warm up and stretch their muscles before doing the requirement 2 activities.
- Ask Scouts to share about a sport they currently play. What sport would they like to try or learn more about during this adventure (requirement 4)? Suggest that those who already participate in a sport might help a fellow den member to get involved in it. Remind everyone that “a Scout is helpful.”

ACTIVITIES

◆ Activity 1: Fitness Chart (Requirement 2)

- This activity will help Scouts create their own personal baseline for fitness by measuring their abilities.
- Team the Scouts in buddy pairs. Have each member of the den turn to the fitness chart for this requirement in the *Webelos Handbook*. They will do these exercises while their buddy records the score; then they switch places:
 - Run 20 yards as fast as possible. Record time.
 - Jump as high as possible near a wall with chalk on your fingers. Touch the wall at the top of the jump. Measure the height.

- Lift a 5-pound bag as many times as you can. Record the number of lifts.
- Do as many push-ups as you can. Record the number.
- Do as many curls as you can. Record the number.
- Jump rope as many times as you can. Record the number.
- When this is done, have each Scout select at least three activities that they want to improve on during the next month. They will track their progress at home and bring the results each week to share with the den.

CLOSING

- Tell Scouts that now they have an idea of how they can become stronger.
- They should not feel bad about physical activities that are difficult for them. Rather, they should feel proud of the things they do well and proud of the goals they are setting for themselves. Being physically active makes us all feel better about ourselves, and it is part of the Scout Oath: “On my honor I will do my best ... to keep myself physically strong. ...”



Do-at-Home Project Reminder:

Remind Webelos to keep doing at least three exercises at home during the next month and record their progress to share at the meetings.

Webelos Scouts also need to choose a sport that they want to try.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 1 and 2.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Balloons for the Gathering game (check for latex allergies)
- Items for the Fitness Fun Course: jump rope; basketball; large cardboard box for a tunnel; stopwatch, or any watch with a second hand; training cones; 5-pound weights or bags (1 per Scout; check for allergies if you use grocery products), etc.

GATHERING: JUMPING KANGAROOS

The Scouts line up side by side, each with an inflated balloon between their knees or ankles. On a signal, they hop across the playing field and back to the starting line. The first one to finish wins. Scouts who break their balloon are out of the race. Scouts who drop their balloon must retrieve it before they can go any farther.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, the Scout Oath and Scout Law.
- Have the Webelos sing and act out the “Head, Shoulders, Knees, and Toes” song. They should place their hands on each part of the body as it is mentioned. Then repeat the song three times, getting faster with each verse:

Head, shoulders, knees and toes, knees and toes.

Head, shoulders, knees and toes, knees and toes.

And eyes and ears and mouth and nose.

Head, shoulders, knees and toes, knees and toes.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts. Make sure they discuss their progress on the three physical activities they are practicing at home. Also, ask those who chose to try a new sport how it is going.
- Start a discussion about activities to include in the den's Fitness Fun Course, using the materials you collected. The activities should involve jumping, avoiding obstacles, weightlifting, and running. Encourage the Scouts to keep the course relatively simple so they can easily set it up again at the next meeting.
- Remind them that fitness is fun and they should include as many activities as possible. For example, a relay race can improve running ability. A basketball game gives you practice at jumping. A jump rope competition builds aerobic ability, aiding breathing and stamina. Carrying weights makes us better at weightlifting. An obstacle course can improve agility.

ACTIVITIES

◆ Activity 1: Planning the Fitness Fun Course

Have the Webelos work together on this project without your assistance; then they can share their plan with you. With guidance from an adult, they will also be helping younger Scouts by teaching them the games (requirement 6); bearing this in mind, they should plan games that are easy to adapt for all ages of Cub Scouts.

◆ Activity 2: Building and Practicing the Fitness Fun Course (Requirement 5)

Now the Scouts can set up and go through the course. As they do this, have an adult or the den chief record each Scout's time at the different activities. This will enable them to track their progress when they repeat the course the following week.

CLOSING

- Repeat together the Scout Oath.



Do-at-Home Project Reminder (Requirement 3):

Remind Webelos to keep doing their three exercises at home and record their progress for 30 days. They may also want to practice to improve their time in the Fitness Fun Course at the next meeting.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items needed to repeat the Fitness Fun Course
- At least two weeks in advance, invite members of a younger Cub Scout den to visit this meeting so they can take part in the Fitness Fun Course—unless this will be done at a pack meeting.

GATHERING: THREAD THE NEEDLE

- Have Scouts clasp their hands in front of their bodies. They bend forward and step through the loop formed by their arms—first with the right foot, then the left foot.
- Now they move in reverse, stepping backward with the left foot, then the right, still keeping the hands together. (If their hands are clasped near the floor, the action is easier to perform.)

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Lead a discussion about how much “stronger, faster, higher” the Scouts have gone in reaching their fitness goals and learning a new sport. Encourage everyone to continue their exercises at home, even after the month is over.
- In this adventure, they have begun the great journey of staying fit and feeling good about themselves. Celebrate this with a grand howl for the den: Starting from a crouching position, the den members make the Cub Scout sign, but instead of putting their hands over their heads, they touch the ground between their feet with those two fingers. Then, wolf-like, they raise their heads and howl, “Ah-h-kay-y-la! We-e-e’ll do-o-o ou-u-ur best!” As they yell the word “best” in unison, they jump to their feet, with their hands held high above their heads in the Cub Scout sign.

ACTIVITIES

- Set up and repeat the Fitness Fun Course. Have the den chief record each Scout’s time to see if it has improved since the last meeting (requirement 5).
- If younger members of the pack are visiting, invite them to run through the course with assistance from the Webelos Scouts. Otherwise, review plans for doing this at a pack meeting.

CLOSING

- Tell Scouts they should feel proud of their accomplishments this month in becoming stronger and faster, and reaching higher toward their fitness goals. Physical fitness is a lifetime goal.
- The Scouts also demonstrated several points of the Scout Law. They were “clean” in keeping their bodies fit; they were “helpful” to each other and younger Scouts in planning their Fitness Fun Course. They were “courteous” toward younger Scouts.

- Sing the Scout Vespers—with reverence—to the tune of “O Christmas Tree”:

*Softly falls the light of day,
While our campfire fades away.
Silently each Scout should ask:
“Have I done my daily task?
Have I kept my honor bright?
Can I guiltless sleep tonight?
Have I done and have I dared
Everything to be prepared?”*

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 3, 4, 5, and 6.

Upon completion of the Stronger, Fast, Higher adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack’s tradition.






WEBELOS WALKABOUT



RATIONALE FOR ADVENTURE

This adventure prepares Webelos Scouts for an outdoor experience and hiking activity.

TAKEAWAYS FOR CUB SCOUTS

- Planning hikes
- Collecting the needed gear
- Learning outdoor safety skills
- A Scout is brave, kind, cheerful. 

Webelos Handbook, page 90

ADVENTURE REQUIREMENTS

Complete requirements 1-4 and at least one other.

1. Plan a hike or outdoor activity.
2. Assemble a first-aid kit suitable for your hike or activity.
3. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.
4. With your Webelos den or with a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike, and clean up afterward.
5. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike or activity.
6. Perform one of the following leadership roles during your hike: trail leader, first-aid leader, or lunch or snack leader.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Do your best to prepare the den for successfully completing the 3-mile hike. Depending on the abilities or physical condition of the Scouts, you may wish to start with one or two shorter “pre-hikes” to build up endurance; this could be as simple as a walk around the block. You may also consider adding a short-distance den outing, with or without gear.

Confirm the hike plan with families, including transportation, all the necessary clothing, and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Compasses
- Sample first-aid kit prepared in advance and materials for Scouts to build their own kits (see *Webelos Handbook*)
- Collect information on locations in your area to lead hikes (and see Meeting 1 Resources for more tips). Find out the following:
 - What type of trail does each location have: dirt, asphalt, gravel, or a mixture?
 - Is water available?
 - Are there special things to see there?
 - Is there a place on the trail for eating lunch?
- Find a printed or digital map of the proposed hike location to share with the Scouts.

GATHERING: BALL LAUNCHER

- Place the center of a 1" X 4" X 4' board over a wooden block, like a seesaw. Attach a jar ring, jar lid, or other type of shallow cup to one end of the board and rest a soft ball or tennis ball on it.
- Webelos Scouts will stamp sharply on the high end of the board, making the ball soar into the air. Give points to players who catch their own fly balls.
- As an option, allow each player to adjust the fulcrum position and see who can send the ball the farthest distance.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.
- As a group, recite the Outdoor Code and the Leave No Trace Principles for Kids, which can be found in the *Webelos Handbook*. Brainstorm ideas for how Scouts can demonstrate those principles as they prepare for the hike and while they are on it. Remind Scouts that a requirement for this adventure is to recite both of these by memory. Scouts should practice saying them between this meeting and the next, when they will have the opportunity to demonstrate that they have learned them.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce the Webelos Walkabout adventure to the den, and let them know they will be planning and preparing for a hike. Build interest by describing the goals of the adventure and some of the activities that are planned.

ACTIVITIES

◆ Activity 1: Planning a Hike (Requirement 1)

- Introduce the hike. If you have a map, either printed or digital, this would be a good opportunity to share it with the Scouts so they can visualize the location and the path they will take. Tell Scouts the following:
 - Where the trail is, how long it is, and any other relevant hike details
 - What they will see there
 - What they need to do to get ready for the hike
- Have Scouts record the plan in their handbooks.

◆ Activity 2: Gear List and Weather

- Discuss the gear that Scouts will need to bring to be prepared for a hike. Include in the discussion the types of weather Scouts might encounter on the hike. Have them decide how they will be prepared for any possible emergency weather events. This is a good opportunity to make the connection to “A Scout is brave” as a Character Compass point.
- Have Scouts record the list in their handbooks.

◆ Activity 3: Building First-Aid Kits (Requirement 2)

- Display a prepared first-aid kit and give Scouts an opportunity to guess the items that are in the kit. Then take one item out at a time and ask Scouts why that item might be needed on a hike.
- Set additional quantities of each item out on a table so Scouts can build their own kits. Give each Scout a sturdy zip-top storage bag to contain the items. Allow the Scouts time to go around the table to gather the items and assemble their kits.

CLOSING: THE FOUR WINDS

- Say: *The Lakota people see special meaning in the direction of the wind. These ideas remind us to take care of our planet and preserve it, much as the Outdoor Code and Leave No Trace principles also remind us.*
- Scouts will use compasses to face in each of the four directions as you continue:
 - *From the east comes the sun. Light arrives in the morning and spreads over the earth. It is the beginning of a new day and new understanding. It helps us see new things and, traditionally, people look to the east for wisdom and understanding.*
 - *In the southern sky, the sun is at its highest. This direction stands for warmth and growth for all things.*
 - *At the end of the day, the sun sets and the great storms of the plains arrive. The west is the source of water: rain, lakes, streams, and rivers. Nothing can live without water, so the west is vital.*
 - *North brings the cold, harsh winds of the winter season. Scouts who face these winds have learned patience and endurance.*



Do-at-Home Project Reminder:

Remind Scouts to practice reciting the Outdoor Code and the Leave No Trace Principles for Kids to complete requirement 3.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 1 and 2.

MEETING 1 RESOURCES

ACTIVITIES

Activity 1: Planning a Hike (Requirement 1)

Where to Find Trails for Webelos Scouts

This may require some research on your part, depending on where you live. Some good resources include:

- **Other leaders in your pack or other packs.**
- **Troop leaders.** You will be getting to know several during your journey as a Webelos leader. This is a good icebreaker! Be sure they understand the parameters of your hike: 3 miles, in a rural setting if possible, appropriate for 10-year-olds and their parents with a place for lunch along the way.
- **The local parks and recreation department.** There may be established trails in your area at parks and other natural sites.
- **City, state, or national parks** often have easy trails as well. Just be sure they include the parameters mentioned above.

Other things to consider:

- A “loop” type of trail that starts and ends at the same point is best.
- Check the weather forecast and monitor any updates. If the weather will be extreme, cancel the event and return another day. In cases of light to moderate rain, remember that part of the adventure involves being prepared for weather changes, so this may be a good learning opportunity for your Scouts!
- Hike the trail ahead of time, or invite another adult who knows the area and can alert you to hazards, tell you where to find water and restrooms, and inform you of any fees.
- Enlist other adult volunteers. Possibilities include:
 - Transportation: making sure everyone has a ride, arranging carpools
 - Off-site emergency contacts to remain available by phone
 - Lunch coordinators to purchase and prepare the food before the hike (unless this is done at a den meeting)

Using a Compass

Tell Scouts that north, south, east, and west are the points of a compass. A compass can help them figure out what direction is north. Once they know that, they can decide which direction to go to move toward their destination. Scouts can also use a map and compass to figure out how to get from one place to another. Wherever they happen to be on earth, the compass needle will always point north.

- Have each member of the den hold a compass flat in their hand.
- Tell them to look down at the needle to see where it is pointing, then turn their body slowly. They should keep turning until the compass needle lines up with the north line or “N” on the grid.
- Remind Scouts that the floating needle is magnetized and the red end will always point to magnetic north. You can always figure out the other points of the compass when you stand facing north.
- When Scouts are facing north using a compass, east will be on their right, south will be directly behind them, and west will be to their left. If they forget, teach Scouts the phrase “Never Eat Soggy Waffles.”



MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Two buttons or other small items for the I Give You a Dog game (Gathering)
- Sign-up sheets listing the hike leadership roles in the *Webelos Handbook*, and supplies (markers, adhesive badges, safety pins, etc.) so Scouts can sign up for a role and make a corresponding nametag (Talk Time)
- Information collected from local websites about dangerous plants or animals that might be encountered on the hike
- Materials for Activity 1: Pencils, tape or pins, index cards with names of dangerous plants and animals selected from *Webelos Handbook*
- 3-foot piece of rope (one per Scout) for Closing
- Thank-you notes for anyone who will help with the den outing

GATHERING: I GIVE YOU A DOG

- Seat Scouts in a circle as they arrive for the meeting.
- Player 1 *turns to the right* and says to player 2, “I give you a dog.” Player 2 responds, “A what?” Player 1 repeats, “A dog,” and passes a button or other small item to player 2. The “dog” is then passed to player 3 and so on.
- When the first item has been in movement for a while, player 1 *turns to the left* and passes another button with the words, “I give you a cat.” The process is then duplicated on the left side of the circle. At some point, the “dog” and the “cat” will cross, which is amusing for all.
- After the game, lead a brief reflection to help everyone appreciate the value of communication.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.
- Give Scouts who are ready an opportunity to recite the Outdoor Code and the Leave No Trace Principles for Kids in order to fulfill requirement 3.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Pass around a sign-up sheet so each Scout can choose a leadership role for the hike (requirement 6). The roles are listed and described in the *Webelos Handbook*. If you have a large den, allow two Scouts to share some of the roles and take turns during the hike.
- Once Scouts have selected a role, have them create badges using the art materials you collected. They may decorate some of the badges to represent their roles.
- Collect the finished badges to be returned on the day of the hike and pinned on their uniforms.

ACTIVITIES

◆ Activity 1: Dangerous Plants and Animals Scramble (Requirement 5)

- Review with Scouts the dangerous plants and animals described in the *Webelos Handbook*. Share with them any information you were able to find on hazards that may be found in your area.
- Tape or pin one of the index cards naming a dangerous plant or animal to the back of each Scout's shirt, but don't let that Scout see the card.
- Players ask questions of each other to get clues to their own identities. They should ask each person only one question, and that person asks one question of them. Sample questions might be, "Am I an insect?" or "Do I sting?" Answers are limited to "yes," "no," "maybe," and "I don't know."
- Scouts continue asking questions until they think they know what their plant or animal is. They may use their *Webelos Handbooks* to help in the process.
- When all players believe they have identified their cards, gather in a circle. Take turns having Scouts tell what they think they are and how they reached that conclusion. Then remove the card to see if they were correct.
- After the game, talk about the ones they found difficult to guess. Which of the dangerous plants and animals are native to your area? If your research revealed any hazards that aren't in the handbook, share those with Scouts as well.

◆ Activity 2: Lunch Planning (Requirement 4)

- Help Scouts brainstorm a list of ideas for lunch on the trail. Guide Scouts to good options for nutritious, simple food that travels well, does not require refrigeration, and will be easy to dispose of responsibly. Encourage Scouts to consider options for incorporating different food groups.
- When Scouts have agreed on a lunch menu, have them record the menu and their responsibilities for the meal in their handbooks.

CLOSING

- **Square Knot Closing.** Give each Scout a 3-foot section of rope. Using square knots, they tie their ropes together to form a complete circle. Then everyone leans back carefully to form a taut circle. *Say: You are part of a group of close friends, held together by the square knot—a symbol of friendship.*
- Review details for Meeting 3, the den outing. Make sure all Scouts and their families know the plans, and remind them that they should come prepared with the Scout Basic Essentials in the *Webelos Handbook* (including their individual first-aid kits), as well as proper clothing and footwear.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Have Scouts sign thank-you notes for anyone who will help with the outing.
- Record completion of requirements 3 and 5.

MEETING 3 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Trail maps and compasses
- Nametags for leadership roles on the hike and pins to attach them
- All food and items needed for lunch. Be sure to bring a trash bag so you can pack out any garbage.
- Photo or drawing of a bird nest for Closing
- Signed thank-you notes for those who help

- Confirm that transportation to and from the event is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Confirm that each Scout is prepared with the Scout Basic Essentials (including individual first-aid kits), appropriate clothes and shoes, and any other items needed for the hike.
- If you would like a specific focus for this hike, select from the ideas in the Appendix 5. Prepare any necessary materials for the hike you select.

GATHERING

- Remind Webelos Scouts about expectations for the outing.
- Distribute nametags with the leadership roles, and have Scouts attach them to their shirts. If they will be taking turns for some roles, decide how this will be done and remember to signal when it is time to switch. Help Scouts who have questions about their roles.

OPENING

- Say the Pledge of Allegiance and the Scout Oath and Scout Law.
- Give Scouts who are ready an opportunity to recite the Outdoor Code and the Leave No Trace Principles for Kids in order to fulfill requirement 3.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Have Scouts share ways that they will demonstrate the Outdoor Code and the Leave No Trace Principles for Kids on their hike.
- Ask Scouts to name some of the dangerous plants and animals they discussed at the last meeting. Remind them to be aware of their surroundings as they hike and to keep an eye out for any of those plants or animals that can be found in your area.

ACTIVITIES

◆ Activity 1: Den Hike (Requirement 4)

- If you selected a theme for your hike from the options listed in Appendix 5, introduce the idea to Scouts before you begin.
- Help Scouts with their leadership roles along the way.
- Look for opportunities to point out items of interest in the natural surroundings, and be alert to any dangerous plants or animals the den might encounter.
- Monitor to ensure that everyone is keeping up comfortably and is on track to successfully complete the 3 miles. Encourage the trail leader to call for a break periodically to enjoy a view, look closely at some item of interest, and give everyone a break. Remind Scouts to drink water at each break.

◆ Activity 2: Lunch (Requirement 4)

- Have those who signed up as lunch leaders identify the best spot, organize the distribution of food, and supervise the cleanup.
- Be sure Scouts leave the lunch location cleaner than they found it.

CLOSING

Show a photo or drawing of a bird's nest. Say:

This nest might have been a home for baby birds. Those young birds are much like you in our den. As they grow, so do you. They will be fed and nurtured by their families and their experiences. They will watch the example of other birds as they fly through the skies around them. One day, the birds will leave their nest, just as birds have always done and will continue to do. They will have grown into adults and will play an important role in nature. You will do the same as you grow and "fly" into adulthood. You will become an important member of your community and your country and will be a leading citizen for everyone to see and admire.

To grow into adulthood, you must have nourishment for your body and mind. You must be nurtured by your family and community along the way, if your ideals and character are to develop. Our community and our country need this. Our den will fly only if we, as companions in this adventure, continue to be nourished through adventure, service, and fun.

AFTER THE MEETING

- Give thank-you notes to those who helped with the outing.
- Record completion of requirements 3, 4, and 6.

Upon completion of the Webelos Walkabout adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.








RATIONALE FOR ADVENTURE

The wide range of activities in this adventure will help Webelos Scouts become strong, participating citizens in their communities, their nation, and the world at large.

TAKEAWAYS FOR CUB SCOUTS

- Understanding that citizenship means helping the community, and is more than just saluting the flag.
- Creating a Scouting presence in the community.
- Providing an opportunity for the Scouts to thank public servants.
- Heroes do not actively seek recognition; awards are only given *after* a heroic act is performed— if at all. Not all heroism is recognized publicly.
- A Scout is loyal, thrifty, friendly. 

ADVENTURE REQUIREMENTS

Webelos Handbook, page 108

Complete the following requirements.

1. Explain the history of the United States flag. Show how to properly display the flag in public, and help lead a flag ceremony.
2. Learn about and describe your rights and duties as a citizen, and explain what it means to be loyal to your country.
3. Discuss in your Webelos den the term “rule of law,” and talk about how it applies to you in your everyday life.
4. Meet with a government or community leader, and learn about his or her role in your community. Discuss with the leader an important issue facing your community.
5. Show that you are an active leader by planning an activity for your den without your den leader’s help. Ask your den leader for approval first.
6. Do at least one of these:
 - A. Learn about Scouting in another part of the world. With the help of your parent, guardian, or den leader, pick one country where Scouting exists and research its Scouting program.
 - B. Set up an exhibit at a pack meeting to share information about the World Friendship Fund.
 - C. Under the supervision of your parent, guardian, or den leader, connect with a Scout in another country during an event such as Jamboree-on-the-Air or Jamboree-on-the-Internet or by other means.
 - D. Learn about energy use in your community and in other parts of the world.
 - E. Identify one energy problem in your community, and find out what has caused it.

NOTES TO DEN LEADER

Prepare several weeks in advance when inviting a guest to Meeting 1 and when planning Meeting 4, the den outing to a public meeting. Ideally, your den will present the colors at the public meeting as part of this adventure. In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Index cards for Scout Law Game (Gathering)
- Playing pieces for Rule of Law Game (Activity 2)
- Materials to create a den flag: fabric, scissors, glue, markers, etc. (Activity 3)
- Invite a local government leader—such as a school board or city council member—to visit the meeting and discuss a community issue and the “rule of law” concept (Activity 1). In advance, give the person you invite a copy of the adventure requirements and any other information that might help them plan for the talk.
- Have a thank-you note ready that Scouts can sign for their guest.

GATHERING: SCOUT LAW GAME

- As Scouts arrive, assign them to one of two teams. Write each of the 12 points of the Scout Law on separate index cards, and give a complete set of cards to each team. Before the game starts, pull one card from each set and place it on a table in front of the team.
- The goal is for teams to put the rest of their cards on the table in the same order as the Scout Law. When players take their turn, they may choose to put a new card on the table or switch the order of the cards that are already there.
- The first team to get all 12 points in order wins.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- **Note:** To fulfill requirement 1, each Scout will need to help lead a flag ceremony; work out a schedule for this in advance, and have each member of your den practice to ensure correctness. Each Scout will also plan a den activity to complete requirement 5. Set some guidelines so that no two Scouts will be planning the same thing.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce the Building a Better World adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- If the den has a local government leader as a guest at this meeting, review any questions the Scouts want to ask to make sure all are appropriate. Select one Scout to introduce your guest and another to say “thank-you” after the discussion.

ACTIVITIES

◆ Activity 1: Guest Speaker (Requirements 2, 3, and 4)

- Discuss with the invited guest what it means to be a citizen, and list some of the duties.
- Have your guest talk about the “rule of law” concept (see *Webelos Handbook*) and a community issue (e.g., water shortages, recycling, cleaning up local parks). Allow the Scouts time to ask their questions.

◆ Activity 2: U.S. and Den Flags (Requirement 1; see Meeting 1 Resources)

- Guide a discussion about the U.S. flag, proper ways to display it, and how to lead a flag ceremony. Use a U.S. flag to help lead the discussion. Ensure that there is as much showing and doing as there is telling.
- One option is to provide pairs of Scouts with a printed version of one historical flag described in the handbook adventure. Pairs can identify the flag, learn its background, and share what they have learned with the den.
- Practice a flag ceremony, and involve each Scout in the activity.
- Using the materials you collected, have the Scouts work together to create a den flag.

◆ Activity 3: “Rule of Law” Game

- Start by having several Scouts play different games with different rules and playing pieces. One Scout could have a ball, another a set of game cards, another a pair of dice, etc. Tell half of the den to see how many points they can gain and tell the other half to go for the least amount of points. Don’t tell them how to accumulate points. Then let them play for a few minutes before they figure out the plan is not working well.
- Say: *When playing a game, is it important that everybody knows the rules? Why? What if somebody plays by different rules? What would happen? In our country, we believe in the rule of law. That means that everybody has to obey the law, and the same laws work for everybody. It doesn’t matter where you are born, how you believe in God, or how much money you have. The law is made by the people’s representatives to protect all of us and to be fair to every person.*
- Now ask: *Could we make rules for a simple game with one set of these playing pieces?* Give the Scouts time to work together on this, and see what they come up with.

CLOSING

- Gather everyone in a friendship circle and recite the Scout Law. Starting with the denner and moving right, have each member of the den say something that the words “a Scout is loyal” mean to them.
- Retrieve the colors. Based on your planning, involve the Webelos in leading the ceremony.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Have Scouts present their thank-you note to the guest.
- Record completion of requirements 1, 2, 3, 4, and 5.

MEETING 1 RESOURCES

ACTIVITIES

◆ Activity 3: U.S. and Den Flags

Simple Ways to Include More Scouts in a Flag Ceremony

- Include more flags. Besides the American flag, your color guard can include the flags of your den, pack, state, or city, as well as the POW/MIA flag and historic flags.
- Include patriotic readings such as “I Am Old Glory” or Johnny Cash’s “This Old Flag.” Divide the poem or narrative into as many speaking parts as necessary to include all members of the den. Reading the words to patriotic songs such as “God Bless the USA” by Lee Greenwood can also be a great tribute.
- Present several historic flags and tell some of the history of each one.
- Read descriptions of the 12 points of the Scout Law from the *Webelos Handbook*. Set out 12 candles on single or multibranch candelabras, and have the Scouts take turns lighting a candle after each description.

Flag Trivia Test

1. When an American flag is properly folded, the only thing visible is:
a) the field of stars b) stripes c) gold trim
2. When a state flag is properly folded, what shape is it in?
a) triangle b) trapezoid c) square
3. Is it appropriate to stand at attention and salute when you hear a recorded version of “The Star-Spangled Banner”?
4. During a closing flag ceremony, when do you finish your salute?
a) when the flag has fully descended the flagpole
b) when the flag is completely folded
c) after the color guard has exited the building
5. When flags cross in front of the audience at an opening flag ceremony, does it matter which flag crosses in front of the other?
6. May you continue to fly the American flag in inclement weather?
7. How can you properly display the American flag 24 hours a day?
8. Is it OK to turn an old flag into a costume for a skit, as long as the theme is patriotic?
9. Is it OK to wear a Webelos Scout cap during a flag ceremony?
10. How long should an audience hold their salute when the flag is being raised?
11. Should the color guard salute?
12. Do you have to burn every flag that accidentally brushes the ground?
13. When should a flag be considered no longer usable?

1. a; 2 a; 3. False—You only salute when live music is played. For recorded music, stand at attention; 4. a—Wait until the flag has reached the bottom of the pole and a member of the color guard has touched it; 5. Yes—The American flag must cross closest to the audience; 6. Yes—if you have an all-weather flag; 7. If you keep a light shining on it—not just near it, but on it exclusively; 8. No—You never use the flag material as anything else; 9. Yes—if you are in uniform, you salute by touching the brim of your cap; 10. Until the flag reaches the top of the halyard; 11. Only if the color guard is given a specific command, separate from the command for the audience; 12. No—You only retire a flag when it can no longer be washed or mended and returned to service; 13. When it is faded or torn beyond repair.

Common Mistakes

1. **Following the flag up or down the pole with your head or eyes.** The correct position is with eyes looking straight forward and your head remaining still.
2. **Talking during flag presentation.** This is a problem particularly at sporting events. Presentation of the colors is a solemn ceremony and requires respectful silence. The only talking should be by the caller, or when the Pledge of Allegiance is recited.
3. **Not removing headwear during flag presentation.** The Flag Code specifically states that anyone not in military uniform should remove headwear and render a salute. Official BSA headgear may be worn while the unit or individual is participating in an indoor formal ceremony or service duty, except in religious institutions where custom forbids. Typical indoor activities of this type are flag ceremonies, inspections, orderly duty, or ushering service.
4. **Holding the salute too long.** The salute is only held while the flag is moving on the pole or moving through the room. The command to release the salute (“Two”) should be given when the flag reaches the top or bottom of the pole. When it reaches the bottom, the command should be given as soon as a member of the color guard physically touches the flag. For the remainder of the ceremony (folding, recitation of poetry, etc.), simply stand at attention.
5. **Color guard members saluting while holding the flag.** The color guard is guarding the flag, and therefore does not participate in the flag ceremony itself unless commanded to do so by the caller, and only after the flag is in place.
6. **Pausing as though there is a comma in the Pledge of Allegiance between the words “one nation” and “under God.”** “One nation under God” is written in the Pledge of Allegiance as one phrase; there should be no pause.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items to tie together in the Long Distance Knot Game (Gathering)
- Information on energy use and related issues in your community and other parts of the world (Talk Time; check with your local power company or the U.S. Energy Information Administration website at www.eia.gov)
- Materials for a World Friendship Fund exhibit (Activity 1; see Meeting 2 Resources)
- Rolled up sock(s) for Sock Baseball (Activity 2)
- Thank-you notes that Scouts can sign for anyone who will be helping with the den outing (Meeting 3)

GATHERING: LONG DISTANCE KNOT

- Tie objects together to make the longest chain possible before it’s time to start the meeting. Anything goes: shoelaces, old belts and shirts, etc. Once the chain is formed, it must be able to withstand one person on each end holding it and leaning back.
- As Scouts arrive, they can join in until it’s time to start the meeting. Then the challenge is to get everything untied!

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Be sure to involve any Scouts who did not help lead the ceremonies at the last meeting.

TALK TIME (REQUIREMENTS 6D AND 6E)

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Discuss energy usage in your community. Where does the bulk of your power come from—coal, nuclear, hydroelectric, or other sources? Why? Where is your power plant located?
- What are the energy issues or problems in your community (e.g., environmental impact, sustainability, cost to produce, water rights)?
- How do the local issues compare to concerns around the world?

ACTIVITIES

◆ Activity 1: Pack Meeting Exhibit (Requirement 6B)

- Have Scouts create a World Friendship Fund exhibit for the upcoming pack meeting (see Meeting 3 Resources), unless they chose a different option for the requirement.
- The exhibit should be easy to dismantle and set up again at the pack meeting.

◆ Activity 2: Sock Baseball

- This game is played the same as baseball, except the ball is made of one or more rolled up socks and no bats are used.
- Players hit the ball with their hands held together, and the field size is scaled down for a smaller number of players. This can easily be played in a small backyard.

CLOSING

- Lead Scouts in a patriotic song. One option is “America, the Beautiful,” below:

America, the Beautiful

*O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America! God shed his grace on thee,
And crown thy good with brotherhood
From sea to shining sea!*

—Katherine Lee Bates

- Retrieve the colors. Based on your planning, involve the Webelos in leading the ceremony.
- Review details for the upcoming outing in Meeting 3. Make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 6D and 6E.
- Have Scouts sign thank-you notes for anyone who helps with the outing.

MEETING 2 RESOURCES

World Friendship Fund Exhibit

Materials: brochures (may be obtained through your local service center); pictures of flags from other countries; world map with pins that mark Scouting locations around the world



- Through the World Friendship Fund, voluntary contributions of Scouts and leaders are transformed into cooperative projects that help Scouting associations in other countries to strengthen and extend their Scouting programs. The World Friendship Fund gives the youth members of the Boy Scouts of America an opportunity to help fellow Scouts who are in need of their support. It teaches Scouts that Scouting is global. Since the inception of the World Friendship Fund, American Scouts and leaders have voluntarily donated more than \$11 million to these self-help activities.
- The World Friendship Fund was developed during the closing days of World War II. At that time, there was a great need to rebuild Scouting in those nations that had been wracked by war and were just emerging from the shadows of totalitarianism.
- Over the years, this fund has provided Scouts from around the world with Scouting literature, uniforms, summer camp equipment, computers, and other Scouting-related supplies.
- Collections for the World Friendship Fund can be organized during camporees, roundtable meetings, den and pack meetings, summer camping programs, blue and gold banquets, or any other Scout activity. World Friendship Fund brochures, posters, and labels are available through your local council. Information for reaching international Scouts can be obtained from:

International Department, S221
Boy Scouts of America
1325 West Walnut Hill Lane
P.O. Box 152079
Irving, Texas 75015-2079
Fax: 972-580-2413
Email: international@scouting.org

MEETING 3 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Contact the outing location at least a month in advance to schedule the Scouts' attendance at a public meeting. If possible and appropriate, arrange for the den to conduct a flag ceremony at the meeting. Consider media coverage for the event. **Note:** Each Scout in the den should have led a flag ceremony by this date; perhaps the Scouts can vote on the ceremony they liked best and present it at this meeting or the next pack meeting.
- Confirm that transportation to and from the location is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Bring the thank-you notes the Scouts signed.

GATHERING

- Remind everyone of the importance of staying together and being on their best behavior.
- Use the buddy system.

ACTIVITIES

◆ Activity 1: Public Meeting

- If possible, conduct a flag ceremony at the meeting and express appreciation to the public servants in attendance.
- After the public meeting, lead a discussion on what Scouts learned about public service.

CLOSING

- Gather the den together and have each Scout share something they learned during the adventure that will help them in participating as a citizen in the community.
- Have Scouts report on their completion of requirement 6 if they chose options other than the pack meeting exhibit.

AFTER THE MEETING

- Serve refreshments, if desired and appropriate.
- Record completion of requirement 6.
- Give thank-you notes to anyone who helped.

Upon completion of the Building a Better World adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.






DUTY TO GOD IN ACTION



RATIONALE FOR ADVENTURE

Scouts are reverent. They are reverent toward God. They are faithful in their religious duties and respect the beliefs of others.

TAKEAWAYS FOR CUB SCOUTS

- The BSA Statement of Religious Principle “maintains that no member can grow into the best kind of citizen without recognizing an obligation to God.”
- This adventure provides Webelos Scouts an opportunity to learn about and practice their religious faith.
- A Scout is kind. 

Webelos Handbook, page 130

ADVENTURE REQUIREMENTS

Complete requirements 1 and 2 and at least two others.

1. Discuss with your parent, guardian, den leader, or other caring adult what it means to do your duty to God. Tell how you do your duty to God in your daily life.
2. Under the direction of your parent, guardian, or religious or spiritual leader, do an act of service for someone in your family, neighborhood, or community. Talk about your service with your family. Tell your family how it related to doing your duty to God.
3. Earn the religious emblem of your faith that is appropriate for your age, if you have not done so already.
4. With your parent, guardian, or religious or spiritual leader, discuss and make a plan to do two things you think will help you better do your duty to God. Do these things for a month.
5. Discuss with your family how the Scout Oath and Scout Law relate to your beliefs about duty to God.
6. For at least a month, pray or reverently meditate each day as taught by your family or faith community.

NOTES TO DEN LEADER

Webelos Scouts will fulfill the requirements for this adventure primarily at home and with the support of their family and spiritual leaders. Several Duty to God in Action requirements are reflective in nature. Invite Webelos to share faith-building experiences during the opening or closing parts of the den meeting.

Upon completion of the Duty to God in Action adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.






RATIONALE FOR ADVENTURE

In this Arrow of Light adventure, Scouts will go on campouts or other outdoor adventures where they can gain and develop new outdoor skills.

TAKEAWAYS FOR CUB SCOUTS

- Building on and improving outdoor skills
- Preparing for weather emergencies
- Tying bowline knots
- Outdoor Code and Leave No Trace Principles for Kids
- A Scout is helpful, trustworthy, thrifty. 

Webelos Handbook, page 140

ADVENTURE REQUIREMENTS

Complete Option A or Option B.

Option A:

1. With the help of your den leader or family, plan and participate in a campout.
2. On arrival at the campout, with your den and den leader or family, determine where to set up your tent. Demonstrate knowledge of what makes a good tent site and what makes a bad one. Set up your tent without help from an adult.
3. Once your tents are set up, discuss with your den or family what actions you should take in the case of the following extreme weather events:
 - A. Severe rainstorm causing flooding
 - B. Severe thunderstorm with lightning or tornadoes
 - C. Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.
4. Show how to tie a bowline. Explain when this knot should be used and why. Teach it to another Scout who is not a Webelos Scout.
5. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.

Option B:

1. With the help of your den leader or family, plan and participate in an outdoor activity.
2. Discuss with your den or family what actions you should take in the case of the following extreme weather events:
 - A. Severe rainstorm causing flooding
 - B. Severe thunderstorm with lightning or tornadoes
 - C. Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.
3. Show how to tie a bowline. Explain when this knot should be used and why. Teach it to another Scout who is not a Webelos Scout.
4. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.

NOTES TO DEN LEADER

A campout is an option for this adventure. The den meeting plans are written to prepare the den to participate in a campout. These meeting plans can be adjusted to meet the other option of an outdoor activity.

This adventure may require the assistance of expert volunteers for the Leave No Trace (LNT) training activities. The council or district can provide outdoor ethics training and other outdoor skills information; see if they host any special events to aid Webelos Scouts in this adventure.

Confirm plans for the pack campout with families, including transportation, all the necessary clothing, and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

Webelos den overnight campouts are parent-child events, under the direction of the Webelos den leader. It is required that at least one leader be trained in Basic Adult Leader Outdoor Orientation (BALOO), which is in addition to basic training. At the den overnight campout, the Webelos den leader may be assisted by the assistant Webelos den leader and the Webelos den chief. Sometimes, additional leadership from a troop may join you.

In most cases, Webelos Scouts are under the supervision of their own parent or guardian. If a parent or guardian cannot attend, the Scout's family should make arrangements for one of the other parents or another adult relative or friend to be a substitute at the campout. It's essential that each Webelos Scout is under the supervision of an adult and that every adult has a share of the responsibility for the campout. Follow all Youth Protection guidelines, including tenting policies and bathroom/shower policies.

Webelos dens are encouraged to participate in joint overnight campouts with a troop that the den members plan on joining. However, a parent or guardian of each Webelos Scout should still attend.

More details on planning Webelos den campouts may be found in the appendix to this *Webelos Den Leader Guide* and in the *Cub Scout Leader Book*.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Plans for the upcoming pack campout—location, fees, gear list, food arrangements, etc.
- 3- to 6-foot pieces of rope (one for every two Scouts) for tying bowline knots (Activity 1)
- Longer ropes for the Rope Relay (Activity 2, one rope per team)
- Outdoor Code and Leave No Trace Principles for Kids, written in large print on poster boards (Activity 3)
- Practice your own knot tying before the meeting. Once you have it down, try tying with only one hand. (Many websites offer information to help.)
- Arrange with the Cubmaster (or other adults in charge) to attend this meeting and help plan the upcoming pack campout.

GATHERING

- As Webelos arrive for the meeting, have them warm up by tying the knots they learned as Cub Scouts:
 - Two half-hitches
 - Overhand knot
 - Square knot
- If a Scout joined later and hasn't learned those knots, pair them with a buddy who can teach the knots.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.
- Have the denner lead a roll call. As the Scouts' names are called, have each share a favorite part of camping.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce the Camper adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Lead a discussion about the upcoming pack campout (requirements 1, 2, and 3) and all the preparations needed before the campout. (See den leader training and BALOO resources for assistance.)

ACTIVITIES

◆ Activity 1: Bowline Knots (Requirement 4)

- Each Scout will tie a bowline knot and learn when it is used (for rescues) and why (because it doesn't slip). See Meeting 1 Resources for one method; a number of animated knot-tying websites may also be useful.
- **Note:** Each Scout must also follow up after the meeting by teaching the knot to a younger Scout who isn't yet a Webelos Scout.

◆ Activity 2: Rope Relay

- Once Scouts have mastered the bowline knot, set up a rope relay. Divide the den into two teams. Give each team a rope and have them tie it to a fence, table, or other solid object so they have only one end to work with (simulating a rescue situation).
- The teams stand single file opposite their ropes and, in turn, each teammate runs to the rope, ties a bowline around their waist, then leans back until the rope is taut but doesn't slip.
- Have the den chief serve as judge to verify each knot is correct. Once this is done, the player unties the knot, returns to their team, and tags the next Scout, who repeats the process.
- The team that finishes first wins. If you have an uneven number of Scouts, the first player on one team will go twice.

◆ Activity 3: Outdoor Ethics (Requirement 5)

- Using the poster boards you prepared, lead the Webelos Scouts in reciting and learning the Outdoor Code and the Leave No Trace Principles for Kids. (See Meeting 1 Resources for more information.)
- **Outdoor Code:** *As an American, I will do my best to: Be clean in my outdoor manners. Be careful with fire. Be considerate in the outdoors. Be conservation-minded.*
- **Leave No Trace Principles for Kids:**
 - *Know before you go.*
 - *Choose the right path.*
 - *Trash your trash.*
 - *Leave what you find.*
 - *Be careful with fire.*
 - *Respect wildlife.*
 - *Be kind to other visitors.*
- Lead a discussion about ways the Webelos Scouts can demonstrate the code and principles while working on their Arrow of Light ranks.
- Cub Scouts learn the Leave No Trace Principles for Kids. As Scouts work on the Arrow of Light rank and prepare to join a troop, they should become familiar with the more advanced Leave No Trace Seven Principles as described in the Meeting 1 Resources.

CLOSING

- Gather the den in a circle and recite the Scout Law.



Do-at-Home Project Reminder:

Remind Scouts to practice reciting the Outdoor Code and the Leave No Trace Principles for Kids as part of requirement 5.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirement 4.
- Prepare thank-you notes for anyone who will be helping with the pack campout (Meeting 2).

MEETING 1 RESOURCES

ACTIVITIES

◆ Activity 1: Bowline Knots

- Give each Scout a 6-inch piece of rope and divide the den into buddy pairs. In each pair, one Scout holds one end of the rope while the other Scout makes a loop in the middle.



- The Scout tying holds the loop in their left hand and, with their right hand, passes the rope around their body. Now, the rope from the loop to the other person is the “tree,” the loop is the “hole,” and the free end of the rope is the “rabbit”: *The rabbit comes out of his hole, runs around the tree, and runs back down the hole.*
- Hold the free end against the rope and have the other person pull on their end; the result is a bowline. Now, if the rope is pulled, it should hold the tying Scout’s weight without the knot slipping.
- Have buddies switch places, untie the knot, and begin again so they both can learn.

◆ Activity 3: Outdoor Ethics

Leave No Trace

In the early years of our nation, you could have camped almost anywhere. The population of the country was small. In fact, most of the land was wilderness. Towns, roads, and farms were few. There weren't yet many demands on the land. As the nation grew, its needs began to turn much of the land into farms and cities. Dams tamed rivers to provide electrical power. People cleared forests for lumber and to make room for crops.

The open country that remains today is home to a rich variety of animals and plants. It is the source of clean water for everyone to drink, and its vegetation freshens the air we breathe. When you want to camp and hike, you can visit parks, forests, and Scout camps across the nation. With that freedom comes a duty to care for the environment. That means enjoying the outdoors, learning from it, and then leaving it as you found it. Scouts do this by following the principles of Leave No Trace—guidelines for traveling and camping without leaving any signs you were there.

Scouting's Trail to Outdoor Ethics

For more than a century, the Boy Scouts of America has been a leader in teaching the conservation of natural resources. The 1910 edition of the *Boy Scout Handbook* included a Conservation merit badge. To earn that badge, Scouts had to learn the value of timberland, the causes of water pollution, what made a farm field suitable for growing crops, and which game animals could be found nearby.

William T. Hornaday, director of the New York Zoological Park and a strong supporter of Scouting, made a plea in the *Handbook's* second edition (1914) for Scouts to help preserve wildlife habitat. The Gold Award of the Permanent Wild Life Protection Fund (later renamed the William T. Hornaday Award) was created to recognize Scouts who were making special efforts to care for the environment.

In the decades that followed, *Handbooks* continued to encourage Scouts to see themselves as protectors of nature. In 1948, the BSA introduced the Outdoor Code—a conservation pledge that Scouts could use during all of their outdoor adventures.

Scouts continued to increase their skills and to make their way deeper into the backcountry. They were paddling, pedaling, and climbing farther than ever before. They were learning to feel at home in wilderness areas. As they understood more about the impact they could have, they increased their efforts to protect trails and campgrounds. *Handbooks* and merit badge pamphlets discussed minimum-impact camping, and the BSA encouraged the use of camp stoves in places where campfires might scar the land. Other groups were moving in the same direction as they encouraged people who liked going to the outdoors to help care for it, too.

In the early 1990s, a number of federal land-management agencies agreed that Leave No Trace would give everyone basic guidelines for using the outdoors responsibly and a common language for discussing the best ways to minimize our recreational impacts. Today, the principles of Leave No Trace are used throughout America. Scouting is proud to be a partner in this ongoing effort.

Using Leave No Trace

Scouting's adventures cover a wide range of activities—from tenting at public campgrounds and BSA council camps to backpacking many miles through forests, deserts, and mountains.

Think about outdoor ethics and Leave No Trace wherever you hike, camp, or do any other outdoor activity, and do your best to follow its principles. Make them a guide for how you conduct yourself in the outdoors.

LEAVE NO TRACE SEVEN PRINCIPLES*

*The member-driven Leave No Trace Center for Outdoor Ethics teaches people how to enjoy the outdoors responsibly. This copyrighted information has been reprinted with permission from the Leave No Trace Center for Outdoor Ethics: www.LNT.org



1. Plan Ahead and Prepare

Good leadership happens when you have a vision of what a successful adventure will look like. Plan the steps to put yourself and your den into that picture. Being ready for the challenges that might arise is such an important part of Scouting that *Be Prepared* is the Scout motto! A lack of planning can lead to unintended damage to equipment and the land.

Planning and being prepared are important for protecting the outdoors, too. Plan ahead and you'll know what to expect wherever you are going. You can find out from land managers if there will be limits on the size of your group and what permission you might need to obtain. The land managers also might suggest other ways you can lessen your impact.

2. Travel and Camp on Durable Surfaces

Durable surfaces are areas that will not be damaged by your footsteps, bicycles, or tents. A trail is a good example of a durable surface. The soil of the trail tread has become so compacted that little can grow there. By staying on existing trails, you are protecting the surrounding landscape and the plants and animals that live there.

Scout camps and many public parks and forests already have durable campsites laid out. If there are no designated camping areas, make your camp on sand, gravel, rock, compacted soil, dry grasses, or snow. All of these are durable surfaces.

Carelessness in choosing a campsite and hiking or pedaling where there is no trail can harm the land in several ways. Campers walking to and from cooking areas, water sources, and their tents can trample plant communities, pack down the soil, and form unwanted pathways. Hikers and cyclists using the edges of trails or going off a trail to get around a rutted or muddy stretch can widen pathways unnecessarily. Taking shortcuts, especially down hillsides, almost always leads to damage from erosion.

Pitch your tents well away from streams and lakes. This will allow animals to reach the water and will lessen your impact on shorelines. In addition, try to camp in the forest away from meadows and the trees at their edge. Deeper in the woods you will be sheltered from sun and wind, and your camp will blend into its surroundings. You are also less likely to beat down meadow grasses or to frighten away animals that use meadows as feeding grounds. Camping away from meadows is especially important in mountainous regions. Camping on top of fragile alpine meadow vegetation can cause it serious harm. Make your high-elevation camps in established campsites or on bare ground or snowfields.

3. Dispose of Waste Properly

Getting rid of human waste outdoors requires special care. In campgrounds that have restrooms or outhouses, be sure to use them. Where there are no such facilities, follow the guidance of local land managers. They are likely to direct you to dig a cathole.

Digging a Cathole—Find a private spot at least 200 feet (75 steps) from water, campsites, and trails. Dig a hole 6 to 8 inches deep (4 to 6 inches in more arid areas) with your heel, a stick, or a trowel. Relieve yourself, and then refill the cathole with the soil. Organisms in the topsoil will safely break down the waste. Replace pine needles, leaves, or other ground cover. Push a stick into the ground to warn against digging in the same place. Always use a hand sanitizer afterward, or wash your hands with camp soap and plenty of water.

Disposing of Dishwater—Strain food bits out of your dishwater and put them in your trash. Carry dishwater and rinse water away from your camp and at least 75 steps from any streams or lakes. Give the water a good fling to spread it over a wide area.

For long stays at one site, dig a sump hole at the edge of camp and at least 75 steps from streams, lakes, or other open water. The sump should be about a foot across and 2 feet deep. Use a sieve to catch food particles as you pour dishwater into a sump. Empty the particles into a trash bag to carry home, or consult with a land manager on proper disposal. Fill the sump when you break camp. Replace any ground cover.

4. Leave What You Find

Among the joys of being outdoors is finding evidence of the natural world and of our past. Resist the temptation to collect antlers, petrified wood, unusual rocks, alpine flowers, and other natural souvenirs. Hikers coming after you will want to enjoy these items, too. Removing almost anything can change an environment in ways that might have a negative effect on wildlife and plant communities.

Leave a place in as good a condition as you found it by removing everything that you bring into an area. Don't leave structures or furniture at a campsite, and don't dig trenches. "Pack it in, pack it out" is good advice when it comes to food wrappers, cans, paper, and whatever else you have carried to camp or along a trail.

5. Minimize Campfire Impacts

Many Scouts use stoves rather than campfires on all their camping trips. Without a wood fire at the center of a camp, they often find that they are more aware of their surroundings and of the night sky. Stoves are clean, quick to heat water and cook food, and easy to light in any weather. Best of all, they leave no marks on the land.

Campfires have their place, too. A fire can warm you, dry your clothes, and provide a focal point for gathering with friends. Bright flames can lift your spirits on a rainy morning. At night, glowing embers can stir your imagination.

Good Scouts know how to build a fire, especially in an emergency. They also know there are often reasons not to light one.

- Campfires can char the ground, blacken rocks, and sterilize soil. Vegetation might have a hard time growing where a fire has been.
- Fires consume branches, bark, and other organic material that would have provided shelter and food for animals and plants.
- Campfires must be closely watched to prevent them from spreading into surrounding grasses, brush, and trees.

Find out ahead of time if the area where you want to camp permits the use of fires. If you build one, use an existing fire ring and use wood no thicker than your wrist. Dispose of ashes properly. Even where fires are allowed, a lightweight stove can make it easier for you to camp without leaving a trace.

6. Respect Wildlife

Among the great pleasures of outdoor adventure is sharing your surroundings with wildlife. When you are in the backcountry, you are visiting the creatures' homes. It is important to be a good guest.

Travel quietly and give animals enough space so that you don't disturb them. Avoid nesting sites, feeding areas, and other places critical to wildlife. Chasing or picking up wild animals causes them stress and can affect their ability to survive.

Many Scouts learn to track and stalk wildlife to study animals, photograph them, and learn about their habits. Do so with great care and respect. You are too close if an animal changes its activities because of your presence.

Plan your trips so that you can protect your food from wildlife. This is especially important when you will share the woods with bears. Bears that find food in campsites might come back for more, and that can be dangerous for the animals and for campers. Keep your camp clean and hang your food from trees or store it in bearproof containers.

7. Be Considerate of Other Visitors

Scouts are not alone in wanting to go on outdoor adventures. You're likely to pass a few people on a hiking trail, or perhaps dozens. You could find yourself sharing a council camp with other BSA troops. In public parks and forests, your patrol might spend the night near campers who are not Scouts.

Be considerate of everyone you meet along the way. They have come to the outdoors to enjoy nature, to hike, and to camp in the open air. Some want to get away from it all—including other people. Respect their privacy.

If you can, select campsites away from those of other campers. Trees, bushes, and the shape of the terrain can screen your camp from trails and neighboring campsites. Tents with muted colors that blend into the background will reduce the visual impact of your camp.

Leave portable music players at home and hold down noise in your den and pack. Keeping noise to a minimum will make it easier to appreciate the outdoors, and you will be less likely to disturb wildlife and other backcountry travelers.

Sometimes it might be appropriate to go with your adult leaders to introduce yourselves to nearby campers and let them know you are Scouts who follow the principles of Leave No Trace. Ask if there is anything you can do to help make the experience good for everyone.

MEETING 2 PLAN (Pack Campout)

NOTES TO DEN LEADER

This campout (Option A) is a great opportunity to hone the skills Webelos Scouts are learning in this adventure. They should also learn to participate in running campout activities for the younger Scouts. The campfire program is an optional activity; if it is done, it should be well-executed and the culmination of this adventure.

PREPARATION AND MATERIALS NEEDED

- Camping gear, including the Scout Basic Essentials listed in the *Webelos Handbook*
- Plan for transportation to and from camp location.
- Secure signed activity consent forms.
- Working with other dens, identify skits, songs, etc., to perform during the campout. The Webelos Scouts should assist in planning the campfire program.
- Be prepared to set up tents and to review plans for extreme weather evacuations (requirements 2 and 3).

GATHERING (REQUIREMENT 2)

- Once everyone has arrived at the campout site, allow Webelos Scouts to set up the tents. (See the *Webelos Handbook* and Meeting 2 Resources.)

OPENING

- Say the Pledge of Allegiance and the Scout Oath and Scout Law.
- Go over the planned activities.
- Share the time that dinner preparation will begin.
- Share the time the campfire will begin.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Give any den members who are ready a chance to recite the Outdoor Code and the Leave No Trace Principles for Kids. Remind Scouts to be alert during the campout to ways they are following the code and principles (requirement 5).

- Review plans for evacuations in case of extreme weather (e.g., severe rain or thunderstorms, tornadoes, fire, earthquakes). Discuss measures Scouts should always take to minimize danger (see *Webelos Handbook*).

ACTIVITIES

- Working with the other dens, present a campfire program that includes an impressive opening, songs, skits, a Cubmaster's Minute, and an inspirational closing ceremony (optional).
- Other activities may include games and additional bowline knot practice.

CLOSING

- Schedule a Cubmaster's Minute, or close with these thoughts from Lord Baden-Powell: "I think that when the sun goes down, the world is hidden by a big blanket from the light of heaven, but the stars are little holes pierced in that blanket by those who have done good deeds in this world. The stars are not all the same size: some are big, some are little, and some men have done small deeds, but they have made their hole in the blanket by doing good before they went to heaven. Try and make your hole in the blanket by good work while you are on Earth. It is something to be good, but it is far better to *do good*."
- Add: *Scouts, remember to think of Lord Baden-Powell's words as you try to do a Good Turn daily.*

AFTER THE MEETING

- Record completion of requirements 1, 2, 3, and 5.
- Work together to clean up the campsite.
- Give thank-you notes to those who helped.

MEETING 2 RESOURCES

CAMPFIRES

Why should we do a campfire? Campfires can be an exciting and inspirational part of the Cub Scout outdoor program. Ask any Cub Scout why they like going to campfires. Their answer will be one of the following:

Fun! It's hard not to have fun at campfires! There is enjoyment for all concerned.

Entertainment! Our families, friends, neighbors, and guests get pleasure from attending a pack campfire.

Fellowship! We can bring a den or pack closer together—a deeper feeling than just “fun.”

Action! Cub Scout-age children always have extra energy. Let's use it singing songs, doing cheers, and performing skits!

Adventure! A campfire is a great place to share someone else's adventure or start one of your own!

Training. Baden-Powell said it: “Scouting is a game ... with a purpose.” Our Cub Scouts can learn new things in an informal setting.

Inspiration. Campfires will inspire everyone to leave with a greater commitment to Scouting's ideals.

Many packs use indoor campfires as part of their regular programs. Let's make it even better by taking our Cub Scouts out for a real campfire, if possible. Don't let them miss this great experience.

Campfire Leadership

Most leaders will take a lot of time physically building a campfire. The location and construction are important, but above all, it's the *program* that counts. Campfires can be big, little, formal, informal, and can feature storytelling, dramatics, mystery, guest night, stunts, or a songfest.

Location Considerations

- A scenic spot
- Good drainage
- Protection from wind
- Freedom from insects
- Fire safety
- Firewood supply



Layout Considerations

- A stage area
- Lighting
- The fireplace
- Types of fires
- Sound—will it carry or will it get lost?

CUB SCOUT OUTDOOR PROGRAM CHECKLIST

Date(s) _____ Location _____

- BSA facility Council-approved non-BSA facility

I. Administration

- Activity consent forms Camp deposit/fee paid
 Health forms Local requirements
 Insurance Licenses and permits
 Camp reservation made (fishing, boat, campfire, parking, etc.)

II. Leadership

Event leader _____ Phone (____) _____
Assistant _____ Phone (____) _____
BALOO-trained leader _____ Phone (____) _____
Assistant _____ Phone (____) _____

III. Transportation

Driver	No. of seat belts	Driver License No.	Auto Insurance Yes/No
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Equipment hauled by _____

IV. Location

- Maps prepared _____
 Assembly location _____
 Departure time _____
 Camp arrival time _____
 Camp departure time _____
 Anticipated return time _____
 Stops en route (meal Y/N) _____

V. Equipment

- Personal equipment lists
- Program equipment
- Group
- Emergency

VI. Feeding

- Menu planned by _____
- Who buys food? _____
- Fuel supplied by _____
- Duty roster by _____
- Food storage _____

VII. Sanitation

- Special camp requirements _____

VIII. Safety

- Ranger contact _____ Phone (____) _____
- Nearest medical facility _____ Phone (____) _____
- Nearest town _____ Police number _____
- First-aid/CPR-trained leaders _____

IX. Program

- Program planned
- Special program equipment needed

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

Item(s) _____ Provided by _____

- Rainy-day activities planned

CUB SCOUT SIX ESSENTIALS

The following items should be available for each Cub Scout on an outdoor trip. Consider a small day pack or similar bag to organize the items and make them easy to carry without interfering with normal activities.

- First-aid kit
- Flashlight
- Sun protection
- Trail food
- Filled bottle
- Whistle

Overnighter Gear

- Tent or tarp, poles, and stakes
- Ground cloth
- Sleeping bag
- Pillow
- Air mattress or pad
- Rain gear or poncho
- Warm jacket
- Sweatshirt
- Sweatpants (for sleeping)
- Cup, bowl, knife, fork, spoon, mesh bag
- Insect repellent
- Extra clothing
- Toothpaste, toothbrush, soap, washcloth, towel, comb
- Cub Scout uniform
- Change of clothes
- Durable shoes/boots (depending on weather)
- Hat or cap

Optional Items

- Camera
- Notebook and pencil
- Binoculars
- Nature books
- Sunglasses
- Swimsuit, bath towel
- Fishing gear
- Prayer book

CAMPSITE CONSIDERATIONS

Cub Scout camping will be taking place in sites approved by the local council (council camps, local parks, campgrounds), so choices may be limited on arrival. There are still several considerations to keep in mind when laying out your campsite for a pack event.

Location. A campsite facing the south or southeast will get more sunlight and generally will be drier than one on the north side of a hill or in the shade of mountains or cliffs. Cold, damp air tends to settle, causing the bottoms of valleys to be cooler and more moist than locations a little higher. On the other hand, hilltops and sharp ridges can be very windy, and should be avoided in lightning-prone areas.

Size and shape. A good campsite has plenty of space for your tents and enough room to conduct your activities. It should be usable as it is, so you won't need to do any digging or major rock removal to reshape the area. The less rearranging you do, the easier it will be to leave the site exactly as you found it.

Protection. Consider the direction of the wind and the direction from which a storm will approach. Is your campsite in the open or is it protected by a hill or a stand of trees? Is there a solitary tree nearby that may attract lightning? Don't camp under dead trees or trees with dead branches that may come down in a storm or light wind. The best campsites are found near small, forested ridges and hills.

Insects and animals. Insects and other animals all have their favorite habitats. The best way to avoid mosquitoes and biting flies is to camp away from marshes, bogs, and pools of stagnant water. Breezes also discourage insects, so you might look for an elevated, open campsite. Don't forget to check around for beehives, hornet nests, and ant mounds. Their inhabitants usually won't bother you as long as you leave them alone, but give them plenty of room. The same goes for most animals.

Ground cover. Any vegetation covering a campsite will receive a lot of wear and tear. Tents will smother it, sleepers will pack it down, and walkers will bruise it with the soles of their shoes. Some ground cover is tough enough to absorb the abuse, but much of it is not. Whenever you can, make your camp on naturally bare earth, gravelly soil, or sand, or on ground covered with pine needles or leaves.

Drainage. While you'll want a campsite that is relatively flat, it should slope enough to allow rainwater to run off. On the other hand, you don't want to be in the path of natural drainage. Check uphill from where you're planning to set up your tent to make sure water won't run through your site. Never camp in a stream bed! You also want to avoid depressions in the ground, as even shallow ones can collect water in a storm.

Privacy. One of the pleasures of camping is being away from crowds and the fast pace of life. Select campsites that are out of sight and sound of trails and other campsites. That way you'll have your privacy while you respect the privacy and peace and quiet of other campers.

Beauty. The beauty of a campsite often is what first attracts visitors to it. Being able to look out from a tent and see towering mountains, glistening lakes, or miles of canyon land or rolling prairie is part of what camping is all about. Find a campsite that gives you spectacular scenery, but use it only if it is appropriate for every other reason, too. Remember to always leave your campsite better than you found it.

Tread Lightly. You can do a lot to protect the wilderness. Try to leave no trace of your visit. Leave no marks along the trail, keep your campsite clean and tidy, and leave it cleaner than you found it. You will preserve a true wilderness character for you and others to enjoy in the future. Be gentle on Mother Nature. Don't harm plants or animals, including insects. Take nothing but pictures; leave nothing but footprints; and kill nothing but time. This philosophy is as appropriate in a county park as it is anywhere else.

PACK CAMPING GEAR

In addition to individual equipment, the equipment listed below should be available for group use.

Required Items

- First-aid kit
- Food
- Cooking utensils as needed by menu, or cook kit
- Stove and fuel, or firewood, charcoal, and cooking grate
- Matches, fire starters, charcoal chimney-style lighters
- Aluminum foil
- Biodegradable soap
- Sanitizing agent (liquid bleach)
- Plastic scouring pads, dish mop, wash tubs
- 100 feet of quarter-inch rope
- Water containers
- Trash bags
- Paper towels
- U.S. flag, pack flag
- Repair kit (rubber bands, safety pins, sewing gear)
- Toilet paper
- Shovel
- Cooler
- Activity gear (game materials, craft supplies, etc.)

Spare Items

- Tent stakes
- Fuel canisters
- Ground cloth or tarp
- Insect repellent
- Eating utensils
- Blanket

Optional Items

- Dutch oven
- Marshmallows, popcorn, etc.
- Cooking fly or tarp
- Musical instruments
- Lawn chairs, camp stools

Personal Gear List

Cub Scout Six Essentials:

- | | |
|---------------------|------------|
| First-aid kit | Flashlight |
| Filled water bottle | Trail food |
| Sun protection | Whistle |

And to sleep overnight, we'll need:

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Group Gear List

Group items:

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<hr/>	<hr/>
<hr/>	<hr/>
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Upon completion of the Camper adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.






RATIONALE FOR ADVENTURE

This Arrow of Light adventure will provide Scouts with an introduction to the next step on their Scouting journey, Scout skills, and Scout spirit. Webelos Scouts will attend a troop meeting and accompany a troop on a campout or an outdoor activity.

TAKEAWAYS FOR CUB SCOUTS

- Identifying the key differences between a den/pack and a patrol/troop
- Demonstrating the patrol method
- Making the transition from the pack to a troop seamless
- Attending a troop campout or troop outdoor-oriented activity
- Developing Scout skills for rope care and knot tying
- Developing Scout skills of pocketknife usage, safety rules, and care
- Getting excited about the joining a troop
- A Scout is loyal, obedient. 

Webelos Handbook, page 156

ADVENTURE REQUIREMENTS

Complete the following requirements.

1. Prepare yourself to join a troop by completing at least A-C below:
 - A. Repeat from memory the Scout Oath, Scout Law, Scout motto, and Scout slogan. In your own words, explain their meanings to your den leader, parent, or guardian.
 - B. Explain what Scout spirit is. Describe for your den leader, parent, or guardian some ways you have shown Scout spirit by conducting yourself according to the Scout Oath, Scout Law, Scout motto, and Scout slogan.
 - C. Give the Scout sign, salute, and handshake. Explain when to use each.
 - D. Describe the First Class Scout badge, and tell what each part stands for. Explain the significance of the First Class Scout badge.
 - E. Repeat from memory the Pledge of Allegiance. In your own words, explain its meaning.
2. Visit a troop meeting with your parent or guardian and, if possible, your den members and leaders. After the meeting, do the following:
 - A. Describe how the Scouts in the troop provide its leadership.
 - B. Describe the four steps of Scout advancement.
 - C. Describe ranks in Scouting and how they are earned.
 - D. Describe what merit badges are and how they are earned.
3. Practice the patrol method in your den for one month by doing the following:
 - A. Explain the patrol method. Describe the types of patrols that might be part of a troop.
 - B. Hold an election to choose the patrol leader.
 - C. Develop a patrol name and emblem (if your den does not already have one), as well as a patrol flag and yell. Explain how a patrol name, emblem, flag, and yell create patrol spirit.
 - D. As a patrol, make plans to participate in a troop's campout or other outdoor activity.

4. With your Webelos den leader, parent, or guardian, participate in a troop's campout or other outdoor activity. Use the patrol method while on the outing.
5. Do the following:
 - A. Show how to tie a square knot, two half hitches, and a taut-line hitch. Explain how each knot is used.
 - B. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.
6. Demonstrate your knowledge of the pocketknife safety rules and the pocketknife pledge. If you have not already done so, earn your Whittling Chip card.

NOTES TO DEN LEADER

Please review all the den meeting plans and resources for the Scouting Adventure prior to beginning. Note that there are two options for outings involved in this adventure. The visit and the outing do not need to be with the same troop.

After reading about how a Scout troop works in the adventure in the handbook, contact a local Scout troop to arrange a date and time for the Webelos Scout den and their parents or guardians to attend one of the troop's meetings. This should be with a troop that the members of your den plan on joining; however, any Webelos den may participate with any troop as long as it does not conflict with the policies of either unit's chartered organization. Your Webelos Scout pack's chartered organization may also sponsor a troop and can provide contact information, or you can check with your local council service center for troops in your area. Your Cubmaster and your unit commissioner may also be able to provide points of contact. Troops often advertise during monthly roundtable meetings their interest in hosting visiting Webelos Scouts. The beascout.org website is another source of points of contact for local Scout troops.

Provide the Scoutmaster and/or assistant Scoutmaster of the troop you will visit the Scoutmaster Checklist found in the Meeting 1 Resources. Discuss how they can help the Webelos Scouts complete requirements 2, 3, 4, and 5 when the Webelos Scouts attend the troop meeting. It would be ideal if the instruction and guidance could be provided by Scouts in the troop to demonstrate the role of youth as leaders, teachers, and mentors.

You will also need to work with a troop's Scoutmaster and/or assistant Scoutmaster to attend a campout or an outdoor-oriented activity with that troop, such as Scouting for Food or a service project activity. While attending a campout or outdoor activity is required, Webelos Scouts and their parent or guardian are not required to spend the night. Confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

If the den does participate in a campout, there must be at least one adult present who is currently trained in Basic Adult Leader Outdoor Orientation. Follow all Youth Protection policies, including tenting and bathroom/shower use.

Webelos Scouts are tasked with practicing requirement 1 at home. Check that they are making progress on this requirement.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN (Troop Meeting Visit)

PREPARATION AND MATERIALS NEEDED

- Visit a weekly troop meeting. Prior to this meeting you will need to have established communication with a troop in your area and with the members of the den and their parents to schedule the visit. Inform the Scouts of the date and time of the troop meeting and tell them to bring their *Webelos Handbooks* with them.
- To be prepared for this visit and to prepare troop leadership, you will want to provide at least two weeks' notice to maximize success for all participants—Webelos Scouts and Scouts alike.

- When coordinating this meeting with the troop, speak to the unit leaders and emphasize the importance of having Scouts in the troop, especially first-year Scouts, involved in the process of instructing and helping the Webelos Scouts during their visit (such as a “shadowing” system to buddy up with a first-year Scout during the visit).
- Determine a time to gather as a den. Decide if the den members and parents will meet before and travel together to the troop meeting, or if the Webelos Scouts and their parents will drive separately and meet at the troop meeting site.

GATHERING

- Prepare for the troop meeting per the troop leadership’s instructions.

OPENING

- Discuss with the leadership of the troop your den will visit about how the Webelos Scouts will participate in the opening ceremony. Some troops may prefer that the Webelos Scouts are spectators; other troops may wish to have them stand in formation with the assembled Scouts as a patrol. Either is an appropriate way to involve the Webelos Scouts.

TALK TIME

- Depending on how the visit to the Scout troop is organized, the traditional Talk Time activities may be difficult to carry out. It may work better for your den to carry out these or other appropriate activities before the troop meeting starts or at the close of the troop’s business meeting during a separate gathering for the members of the Webelos den.

ACTIVITIES

◆ Activity 1 (Requirements 2A–2D)

Have the Webelos Scouts observe the troop meeting and talk with the leadership of the troop. (This could be any or all of the following: Scoutmaster, assistant Scoutmaster, senior patrol leader, and patrol leaders.)

ACTIVITY 2

Scouts will participate in a “Scout scavenger hunt” while they attend the troop meeting. The scavenger hunt will help encourage everyone to pay attention to key elements and experiences of a troop meeting while being engaged and active observers.

CLOSING

- Alternative: Include Talk Time activities after troop meeting visit.
- Before dismissing, give the Scouts two pieces of rope (or one 24-inch piece) and instruct them to learn the square knot that is described in the *Webelos Handbook*. Tell them to bring the ropes back to their next meeting to show how to tie a square knot.
- Inform the Scouts that at your next den meeting, the Scouts will elect a patrol leader as they model a patrol for this adventure. Explain that the patrol leader will be leading the Scouts for the next two meetings and on an outing with a troop with your guidance.
- Inform those Scouts interested in becoming patrol leader that they need to prepare a speech (talk) explaining why they would like to be the patrol leader and give it at the next meeting. Have those Scouts contact you and share with you their talk to make sure the message is appropriate.
- Inform all the members of the den that they will be choosing a patrol emblem for their patrol (if your den has not already done so) and making a flag with that emblem (if your den has not already done so) at your next meeting.



Do-at-Home Project Reminder:

Please take all of the information you collected today while visiting the Scout troop (such as patrol method, uniforms, youth-led meetings, etc.) and create a presentation of what you are looking forward to about joining a troop.

This can be done in many formats:

- Poster
- Collage
- Cartoon strip
- Media presentation
- Poetry
- Oral presentation
- Song

Please bring this presentation to the following meeting to share with the group.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirement 2 and any of requirements 1 and 3 that each Webelos Scout has completed.

MEETING 1 RESOURCES

DEN MEETING 1 TROOP MEETING PREPARATION

SCOUTING ADVENTURE

SCOUTMASTER CHECKLIST

Dear Scoutmaster:

Thank you for helping the Webelos Scouts of Den _____ Pack _____ to understand how a troop works by inviting them to attend the weekly meeting of Troop _____ and/or an outing of Troop _____.

Below is a checklist of requirement items they need to understand and fulfill with regard to preparing themselves to take the next step on their Scouting journey. Please use this checklist as a guide when they attend your meeting and/or outing. It would be ideal if the instruction and guidance could be provided by patrol members to demonstrate the role of youth in the troop as leaders, teachers, and mentors.

Part 1 – Troop Meeting

- Visit a Scout troop's weekly meeting together with your den members, their parents, and unit leaders.
- Describe how the youth of a troop provide its leadership.
- Describe what a merit badge is and how it is earned.
- Describe the rank badges in Scouting and how they are earned.
- List the three steps you will go through once you have completed all the requirements for a rank in Scouting. These are the Scoutmaster conference, board of review, and recognition.
- Explain what the patrol is and how it works.
- Identify the different patrols that a troop may have.
- List the differences between a new-Scout patrol and a traditional patrol in a Scout troop.

Part 2—Outing

- With your Webelos den leader and a parent or guardian, participate in a campout with a Scout troop or participate in an outdoor-oriented activity with a Scout troop.
- Prepare, plan for, and use the patrol method while on a troop campout or during a troop outdoor activity.
- Show how to tie a square knot, two half hitches, and a taut-line hitch and explain how each knot is used. (This may be done at a Webelos den meeting.)
- Show the proper care of a rope by demonstrating how to whip or fuse the ends of different kinds of rope. (This may be done at a Webelos den meeting.)
- Demonstrate your knowledge of the pocketknife safety rules and pocketknife pledge. Earn your Whittling Chip card if you have not already done so. (This may be done at a Webelos den meeting.)

ACTIVITY 2

Troop Meeting Scavenger Hunt (examples include):

- Troop meeting run by youth: Did you see the senior patrol leader start the meeting or did an adult begin the meeting?
- Patrol method used: Did you see smaller groups in patrols who are making decisions about troop activities?
- Skills: Were Scout skills taught to younger Scouts by older Scouts?
- Patrols: Did you see new-Scout patrols, traditional patrols, and experienced Scout patrols?
- Games: Did the troop play an interpatrol game to practice Scout skills?
- Program: What are the Scouts in the troop planning to do later in the month?
- Program: Where did the troop go to camp last summer and where is the troop planning to go to camp next summer?
- Uniforming: Were the Scouts and adult leaders wearing their uniforms?
- What kind of fun activities does this troop do?
- Adults: Did the Scoutmaster share a closing thought?
- Closing: Did you see the closing run by the Scouts in the troop?
- Did the Scouts seem to have fun at the meeting?

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- Paper for drawing pictures of the troop meeting
- Paper for ballots to record each Scout's choice for patrol leader
- Materials for making a patrol flag (cloth or canvas, markers or paint, for example)
- Extra paper and pencils to create a patrol name and emblem that is appropriate and aligns with the aims of Scouting
- 9 balloons (check for latex allergies)

GATHERING

- Give everyone time to show their square knots and how to tie them.
- For those who were unable to complete the at-home assignment or were absent from the previous meeting, have Scouts draw a picture of a troop meeting. The Webelos Scouts can make special note of aspects of the meeting they enjoyed. Ask them to state what badges they are most looking forward to earning their first year. They will share this with the other den members in the activity part of this den meeting.

- Have available copies of the First Class badge puzzle for each member of the den to assemble and repeat the meaning of each piece. Let them take the puzzle home to review with a parent for this part of requirement 1.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Inform the Scouts of the date and time of their outing with the Scout troop and let them know what they will be doing. Hand out an informational flier for the Scouts to take home to their parent or guardian regarding this activity.

NOTES TO DEN LEADER

If attending a troop campout at the end of this adventure, make sure the parents or guardians are aware that they are required to have an adult attend the campout with their child.

Determine a cost per person to cover the purchase of food and any other materials for the campout. For example, there might be an additional cost associated with the location. Keeping the cost low will ensure that all youth and adults can participate.

Establishing the cost per person will establish the budget for the planning meeting. The cost varies troop by troop. You may want to consult with the Scoutmaster of the troop you are camping with for a recommended cost per person.

The Scouts will be planning their meals for the campout in Meeting 3.

Let the members of your den and their parent or guardian know the total cost of the campout in your take-home flier, explaining what the money is for and that the amount needs to be brought to the next den meeting.

ACTIVITIES

◆ Activity 1: Presentations

Based on information they learned at the previous meeting and the at-home assignment, have Scouts present to the group what they are most looking forward to about joining a troop (this can be the creative representation they made) or have them state what badges they are most looking forward to earning their first year.

◆ Activity 2: Patrol Leader Vote (Requirement 3B)

- Patrol leader speeches: Have those Scouts who would like to be the patrol leader for this month give their brief speeches to the den.
- Pass out ballots for voting.
- Have the Scouts vote.
- Tally the votes and announce the patrol leader.

◆ Activity 3: Leadership Juggle Game

- Blow up balloons and label each one with a duty of the patrol leader, such as the following:
 - a. Meeting planning
 - b. Duty rosters
 - c. Meal planning
 - d. Equipment care
 - e. Communication in patrol

- f. Communication with other patrols
 - g. Promoting participation
 - h. Responsibilities for troop meetings
 - i. Responsibilities for troop outings
- Have the newly elected patrol leader try to hold on to all the balloons. If they can do it, start asking for some of them back in a specific order. The goal is to illustrate to the patrol leader AND the patrol that one Scout cannot do all the work; it's a team effort! Pass out the balloons, a couple to each member, and show how much easier it is to take care of patrol business when everyone pitches in.
 - Share with Scouts that patrols are the building blocks of a Scout troop. A patrol is a small group of Scouts who are similar in age, development, and interests. Working together as a team, patrol members share the responsibility for the patrol's success. They gain confidence by serving in positions of patrol leadership. All patrol members enjoy the friendship, sense of belonging, and achievements of the patrol and of each of its members.
 - Help your newly elected patrol leader by letting them know they are to provide leadership in working with the other members of the patrol to create a patrol name and emblem, a patrol yell, and a patrol flag (if the den does not have a den emblem, flag, or yell).

◆ Activity 4: Blind Square Game

Materials: Scouts' knot practice ropes; additional 20-foot length of rope; neckerchiefs or bandannas for blindfolds

- Direct members of the den to tie their practice ropes end to end with square knots. Tie the extra 20-foot length of rope to the smaller pieces of rope to make a continuous loop of rope.
- Ask Scouts to blindfold themselves and to then grasp the rope. While blindfolded, direct the Scouts to form a geometric figure: square, triangle, pentagon, etc. After each try, invite everyone to look at the figure they made. Webelos Scouts will likely struggle initially as they come up with a strategy to make the desired figure. Reflect on the experience using the following questions:
 - What did the group think the purpose of this activity was? (focus on task: to create the assigned figure)
 - How did being blindfolded make you feel?
 - How did being blindfolded change the way you had to work together?
 - How could they improve?
- Give the group the option of trying the activity a second time. Then ask these questions:
 - What happened this time that was different?
 - Can you think of specific examples when the group cooperated in completing this activity? Explain.
 - What did you learn from this experience?
 - What did you learn during this activity that will help your den/patrol work better as a team?

CLOSING

- Build in a reflection on the patrol method: What makes the patrol method an important part of a good troop?
- In keeping with the idea of modeling a troop, the troop meeting usually closes with an inspirational or thoughtful message called a Scoutmaster's Minute. Close this meeting by giving this Scoutmaster's Minute:

Do a Good Turn Daily. This is the slogan of the BSA.

Some Good Turns are big—saving a life, helping out after floods or other disasters, recycling community trash, working with your patrol on conservation projects.

But Good Turns are often small, thoughtful acts—helping a child cross a busy street, going to the store for an elderly neighbor, cutting back brush that is blocking a sign, doing something special for a brother or sister, welcoming a new student to your school.

A Good Turn is more than simple good manners. It is a special act of kindness. Remember, a Scout is kind.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Prepare the acting patrol leader for the upcoming third meeting. Let them know what you want them to be responsible for at that meeting—gathering activity, etc. (See preparation notes for Meeting 3.)
- Record completion of any of requirements 1 and 3 that each Webelos Scout has completed.

MEETING 2 RESOURCES

GATHERING: FIRST CLASS BADGE PUZZLE

Create a puzzle out of the parts of the First Class badge below so Scouts can assemble the parts and learn what each one means. Copy on heavy paper.



ACTIVITY 1: SAMPLE FLIER FOR A DEN OUTING

Who:

Webelos Scouts in Den 7

What:

Outdoor adventure with Troop 46

Where:

37 W. Big Timber Road (west of Randall Road), Elgin, Illinois

When:

Saturday, Nov. 3, 2018
Depart 8 a.m. from Davis School
Depart 4 p.m. from Camp Big Timber
Return to meeting place by 4:30 p.m.

Why:

Learn about the next step in your Scouting journey and have fun!

How:

Travel notes—If the parents attending can transport their own children, I will be able to accommodate the rest.

Medical form:

I have two of these already. Everyone (youth and adults) attending is required to complete Parts A and B of the Annual Health and Medical Record and bring it with them to the activity. If you bring it to the den meeting on Tuesday, I will organize all of the materials and expedite the check-in at camp.

The medical form is available at www.scouting.org/health-and-safety/ahmr/.

Cost:

\$4 per Webelos Scout and parent to cover the cost of the food the troop will provide

Special Notes:

- Please bring
- Warm coat
 - Snow pants (if desired)
 - Extra mittens and/or gloves
 - Boots
 - Hat
 - Scarf
 - Extra socks

Please note:

The activities may change due to weather conditions and circumstances beyond our control. The troop has reserved a cabin at camp to use as a warming space.

Contact:

Den Leader Name: _____

Phone: _____

Email: _____

MEETING 3 PLAN—Option A (Troop Campout)

PREPARATION AND MATERIALS NEEDED

- Work with the newly appointed patrol leader to determine what type of gathering activity they will lead the patrol in.
- Also help guide the patrol leader to understand they will be assigning patrol job descriptions for the campout during this meeting and leading the patrol in planning their meals for the campout based on the budget previously set. Help guide them on how and when to collect the money for each participant's share of the food cost. Guide them as to the equipment that will be needed for the campout, such as items needed to cook the meals and to clean up afterward.
- Determine if there is a need to contact the troop for help with any equipment. (For example, if a tent is needed, perhaps the troop has some extra tents the Webelos Scouts could use. The acting patrol leader should make this phone call to the troop's Scoutmaster with their parent's help. The den leader should alert the Scoutmaster to this in advance so that the call will not come as a surprise to the Scoutmaster and he or she can help a nervous Webelos Scout through the process.)
- Chart paper with patrol budget outlined
- Calculator
- Duty roster
- Cast Iron Chef adventure to cross-reference for meal planning
- A bundle of matches for the Scoutmaster's Minute

GATHERING

- Game or knot practice (determined by the acting patrol leader with your approval)

OPENING

- Conduct a flag ceremony of your choosing, led by the acting patrol leader, that includes the Pledge of Allegiance and the Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Patrol leader should review the troop campout date and time, and collect money from each member of the den for the campout.
- Remind Webelos that this is a Scout troop campout, and they will continue to learn about Scouting and Scout methods. Ask them to think about what questions they would like to ask the members of the troop they will meet and work with on the campout.

ACTIVITIES (REQUIREMENT 3D)

Help guide the acting patrol leader to give leadership as they:

- Explain the budget the den has for meals.
- Plan the meals for the campout. (You may need to remind them of their total available funds as they plan.)
- Determine who (one Scout and parent or the entire patrol and their parents) will go shopping for the food items and bring them to the campout. If shopping as a patrol, decide the date and time and determine the transportation that will be needed to go to the grocery store.
- Determine what cooking and cleaning items will be needed while on the campout.
- Determine who will bring the cooking and cleaning items to the campout. (It could be several patrol members. The goal is to assign responsibility and for the Scouts to take ownership of what they agreed to bring, which will be used to benefit the entire patrol.)

- Develop a duty roster for the campout to include:
 - Fire starting
 - Fire extinguishing
 - Cooks for each meal
 - Cleanup for each meal
- Review personal gear items (found in Webelos Walkabout den meeting plans) to bring on the campout by playing a camping gear relay. Review any location and weather concerns. (Check with Scoutmaster for any location concerns.)
- Remind the patrol of the date, time, and place to gather for the campout.

CLOSING

- Reflect on what went well and what could have gone better with the patrol method.
- Scoutmaster’s Minute: “Bound Through Scouting” (see Meeting 3 Resources)

AFTER THE MEETING

- Review with the acting patrol leader their leadership responsibilities for the upcoming campout and any follow-up actions they will need to do before that event.
- Record completion of requirement 3D.

MEETING 3 Option B (Troop Outdoor Activity)

PREPARATION AND MATERIALS NEEDED

- If needed, work with your troop contact to secure:
 - Different types of rope
 - Matches and candle to fuse the ends of the rope
 - A pocketknife for the pocketknife safety portion of this meeting
- You may also consider having the troop representative lead this segment for your Webelos den meeting.
- Carrying this out during an outing with a Scout troop, with the Scouts leading the instruction, provides a good alternative to a den meeting activity.

GATHERING

- Play the Future Game, a continuing story game in which each player adds something to the developing story.
- It begins like this: “I looked into the future and saw ...” For example, the first player might say: “I looked into the future and saw a duck.” The second player might say: “The duck was flying in space.” The third player might say: “The duck was flying in space and saw a satellite.” And so on, with each player adding to the story with a new sentence.
- Continue until no one can think of another element to add to the story to keep it going. Add players in as they arrive, in sequence.

OPENING

- Conduct a flag ceremony of your choosing, led by the acting patrol leader, that includes the Pledge of Allegiance and the Scout Law.

TALK TIME

- See sample Talk Time activities in the appendix.
- The acting patrol leader should review the outdoor activity planned with a troop. Share the date and time and where to meet, as well as any items that will be needed for the activity.

ACTIVITIES

- As a patrol led by the acting patrol leader, determine what tasks the patrol members could fulfill for this activity.

◆ **Option 1: Scouting for Food—Assignments for Webelos Scouts**

- One member may need to call and remind the other patrol members of the date and time of the activity.
- Another patrol member may need to communicate a reminder on the personal equipment that is needed for the activity (proper clothing, water, sunscreen, hats).
- One member may need to schedule the transportation to and from the activity with the adult leaders and parents.
- One member may need to distribute the Scouting for Food bags and be responsible for obtaining extra bags that may be needed.
- One member may need to organize a snack for the members of the patrol.

◆ **Option 2: Adopt-a-School Service Project**

- One member is needed to work with the principal or groundskeeper at a local school to determine a need that Webelos Scouts can address.
- One member may need to call and remind the other patrol members of the date and time of the activity.
- Another patrol member may need to communicate a reminder about the personal equipment that is needed for the activity (proper clothing, water, sunscreen, hats, trash bags, disposable gloves, simple tools such as a rake).
- One member may need to schedule the transportation to and from the activity with the adult leaders and parents.
- One member may need to organize a snack for the members of the patrol.
- One member can be assigned to take a picture of the den members and the project to share with the school.

Complete requirements 5 and 6:

- Show how to tie a square knot, two half hitches, and a taut-line hitch. Explain how each knot is used.
- Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.
- Demonstrate your knowledge of the pocketknife safety rules and the pocketknife pledge. If you have not already done so, earn your Whittling Chip card.

(See the appendix and the *Webelos Handbook* for rope care, knot tying, and pocketknife safety resources.)

CLOSING

- Reflect on what went well and what could have gone better with the patrol method.
- Discuss questions Scouts and families should consider when choosing a troop. Include items such as the size of the troop, the troop's location, the personality fit of the troop, the expected costs, the troop's record of advancement, and—of course—whether the Scouts are having fun! Have families review these items before the outing.
- Review details for the upcoming outing in Meeting 4. Make sure all Scouts and their families know the plans.
- Closing thought—"Bound Through Scouting" (see Meeting 3 Resources)

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Review with the acting patrol leader the leadership responsibilities for the upcoming outdoor troop activity.
- Record completion of requirement 3D.

MEETING 3 RESOURCES


CLOSING: SCOUTMASTER'S MINUTE

Bound Through Scouting

(You will need a small bundle of wooden matches and a rubber band. Gather up the matches and neatly bundle them together so that they will stand when you set them down. Adapt the text below to fit the specific experiences of your den.)

Our troop is much like these matches. (Stand the matches on end for everyone to see.) You might have noticed that we all stick together. It is the trust, friendship, and knowledge of everyone here that makes us feel this way. We know that when the going gets tough, like on our last campout (or event, etc.), if we stick together we will come out on top. On our campout, everyone did their job. (The tents were set up, the cooks prepared a fine meal, and the wood crew brought in enough firewood to last a week. We stuck together, etc.)

But what happens if we don't stick together? (Pick up the bundle of matches and take the rubber band off. Then set the bundle back on the floor. Let the matches fall and scatter.) If we don't stick together, we will all fall apart just as these matches did. When this happens, we cannot accomplish as much as we can as a team. Thanks for sticking together.



SCOUT TROOP PATROL DUTY ROSTER

Patrol: _____ Patrol Leader: _____

Campout Location: _____ Dates: _____

Patrol Members

1. _____ 5. _____

2. _____ 6. _____

3. _____ 7. _____

4. _____ 8. _____

	COOK	ASSISTANT COOK	CLEAN UP	ASSISTANT CLEAN UP	FIRE & WATER
SATURDAY BREAKFAST	1	2	3	4	5
SATURDAY LUNCH	6	7	8	1	2
SATURDAY DINNER	3	4	5	6	7
SATURDAY SNACK	8	1	2	3	4
SUNDAY BREAKFAST	5	6	7	8	1

MEETING 4 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Take part in a troop outing or campout. Prior to this activity you will need to have established communication with a troop in your area and the members of your den and their parents or guardians to schedule a campout or other outdoor-oriented activity with the troop. Inform the Scouts of the date and time of the activity and let them know if they need to bring any gear with them.

- If spending the night, either bring tenting and cooking gear or coordinate with the hosting troop to borrow needed equipment.
- See needed camping gear in the *Webelos Handbook*.
- Coordinate activities with host troop leadership. Members of the Webelos den should be able to complete requirements 5 and 6 during the outing. Share this information in advance with the Scoutmaster or designated point of contact.
- Confirm that transportation to and from the event is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.

ACTIVITIES (REQUIREMENT 4)

- The specific nature of the activities will depend on the troop program and how the Webelos Scouts will be involved in the program. Some troops may assign a helper to the den (a troop guide) to coach the Webelos patrol leader, or the troop may create a “round-robin” set of skills for the Scouts in the Webelos den to learn and practice required camping skills.
- Again, as with all of the activities in this adventure, be sure to coordinate with troop leadership to ensure that expectations are met, advancement is secured, and everyone has fun.

◆ Activity 1

For Webelos dens spending the night:

- Campsite setup
- Evening programming
- Campfire, game, skill practice

◆ Activity 2

- Reveille
- Breakfast/cleanup OR arrive at location for outing
- Morning activities
- Noon meal preparation/cleanup
- Afternoon programming
- Evening meal preparation/cleanup
- Evening programming
- Depart

AFTER THE MEETING

- Follow details established during planning phase for transportation home.
- Send thank-you notes to those who helped.
- Record completion of requirement 4, and of requirements 5 and 6, if not done previously.

RESOURCE ITEMS FOR DEN OUTING

Content needed for delivery of the den outing depends on program determined in advance.

Upon completion of the Scouting Adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack’s tradition.








AQUANAUT



RATIONALE FOR ADVENTURE

This adventure will introduce Webelos Scouts to the key principles of aquatics safety as they develop their swimming and boating skills.

TAKEAWAYS FOR CUB SCOUTS

- Improving water safety knowledge
- Developing aquatics skills
- A Scout is obedient. 

ADVENTURE REQUIREMENTS

Webelos Handbook, page 206

Complete requirements 1-4 and at least two others.

1. State the safety precautions you need to take before doing any water activity.
2. Discuss the importance of learning the skills you need to know before going boating.
3. Explain the meaning of “order of rescue,” and demonstrate the reach and throw rescue techniques from land.
4. Attempt the BSA swimmer test.
5. Demonstrate the precautions you must take before attempting to dive headfirst into the water, and attempt a front surface dive.
6. Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke, or elementary backstroke.
7. Invite a current or former lifeguard, or member of a rescue squad, the U.S. Coast Guard, U.S. Navy, or other armed forces branch who has had swimming and rescue training to your den meeting. Find out what training and other experiences this person has had.
8. Demonstrate how to correctly fasten a life jacket that is the right size for you. Jump into water over your head. Swim 25 feet wearing the life jacket. Get out of the water, remove the life jacket and hang it where it will dry.
9. If you are a qualified swimmer, select a paddle of the proper size and paddle a canoe with an adult’s supervision.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

An overview of BSA swimming and water activities is included in the appendix. In preparation for any in-water activity, you should complete the BSA online training for Safe Swim Defense. This training outlines how to help lead a safe swimming activity with a Cub Scout pack or den. The training is available at my.scouting.org. All Cub Scout aquatics activities must be executed in accordance with the *Guide to Safe Scouting* and your local council’s aquatics policies.

The den outing (Meeting 3) should be planned at a pool or swimming area with qualified supervision. Confirm the outing plan with families, including transportation, all the necessary clothing, and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

Because this is primarily a water adventure, a den may opt to do one meeting at its usual meeting place and then the second meeting and outing at a pool or swimming area to give everyone extra practice in the water. Meeting 2 will include a visit from someone who has served as a member of a lifeguard team, rescue squad, or armed forces division with swimming and rescue training. Make arrangements for the visitor in advance, and prepare thank-you notes from the Scouts.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

Although this elective is fun, it is very important that the Webelos Scouts understand the importance of the safety required when they are around water.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Whistle for den leader
- Life jackets to try on—at least two youth sizes are needed, but others of various sizes should be on hand if some Scouts are much larger or smaller than the rest of the group. **Note:** If you are unable to find someone in your pack with life jackets, contact a local Scout troop, your council aquatics committee, an outdoor sporting goods store, or a local parks and recreation department to see if you can borrow several from them.
- Items for Penny Toss (Gathering): dishpan or similar container, plastic lids from coffee cans, pennies (10 for each Scout)
- Words to the “Aquanaut Adventure” song (Opening), written in large print on a poster board
- Items for Swimming Ability Round-Robins (Activity 2):
 - Three large signs: “Nonswimmer,” “Beginner,” “Swimmer”
 - Swim tags and buddy tag board
 - Two jacket hangers
 - Four sets of swimming stroke cards for each team
 - Four small containers for each team (to hold the cards)
- Items for Aquanaut Uncovered Game (Activity 3):
 - Table
 - Two plastic squeak toys
 - Aquanaut Game Questions (see examples in Activity 3)
- 3-foot sections of rope (one per Scout) for Closing
- Thank-you notes that Scouts can sign in advance for their Meeting 2 guest(s) and anyone who will be helping with the Meeting 3 den outing

GATHERING: PENNY TOSS

- Fill a dishpan or other container with water. Float two plastic coffee can lids on top of the water. Give each Scout 10 pennies. Have Scouts stand back and throw their pennies to see how many can land on the lids without sinking them.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

- Sing the “Aquanaut Adventure” song (tune: “Row, Row, Row Your Boat”) or an aquatics-themed song of your choice.

*Aquanaut adventure,
Lots to learn and do,
Buddy checks and swimming tests,
I’m ready—how ’bout you?*

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce the Aquanaut adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.

ACTIVITIES

◆ Activity 1: Fitness Circle Exercise

- Gather all the Scouts in a circle, facing the same direction. They should be careful to avoid contact with each other. Then give a series of instructions:
 - Start walking in a circle and keep walking between these exercises.
 - Start hopping.
 - Make yourself as small as possible.
 - Make yourself as tall as possible and keep walking. Reach your hands over your head.
 - Bend your knees slightly, grasp your ankles, and continue walking.
 - Walk as if the heel of one foot and the toes of the other foot were sore.
 - Walk stiff-legged.
 - Squat down and jump forward from that position without bumping into others.
 - Walk on your hands and on one foot with the other foot held high, like a lame dog (if space allows).
 - Walk forward at a rapid pace (don’t run) while swinging arms vigorously.
 - Take giant steps at a regular pace.
 - Walk forward, raising your knees as high as possible with each step.
 - Jog, lifting your knees high.
 - Walk on both hands and feet.
 - Stop, stand up, and walk backward.
 - Stop.
- Ask the Scouts how they feel after the exercise. Help them recognize that physical exercise can be fun as well as good for getting the body warmed up before aquatics activities.

◆ Activity 2: Swimming Ability Round-Robins

- Divide the den into buddy pairs; allow one group of three if you have an uneven number of Scouts.
- Give out swim tags and have the Scouts write their names on them. Explain the use of the tags. Post a buddy tag board so everyone, including adults, can hang their tags there as they would in an actual swimming area.
- Divide the room into three swimming ability areas: nonswimmer, beginner, and swimmer. Each of these areas will be a “training” station. Explain to the Scouts how the round-robin will work. Remind them to move with their buddies when they move to each station (see Meeting 1 Resources).
- After the Scouts have visited all the stations, bring them back together and briefly review what they just experienced and learned. Explain that they will use what they learned in the next activity.

◆ Activity 3: Aquanaut Uncovered Game (Requirement 1)

- Set up the game area before the meeting starts. You will need a table and two squeak toys to use as buzzers.
- Divide the Scouts into two teams lined up behind either side of the table. Give each team a buzzer and have them do a practice run. Tell them that the first team to buzz when you signal “go” gets to answer a question about water safety precautions (see Meeting 1 Resources). The team member whose turn it is may answer the question on their own or consult with their team. When their turn is done, they go to the back of the line and the next Scout gets a turn.
- Here are some sample questions:
 - Can you name two swimming strokes?
 - What are the three classifications of swimming ability groups?
 - What is the proper way to wear a life jacket?
 - Name three safety precautions you need to take during swimming activities.

CLOSING: SQUARE KNOT CIRCLE

- Give each Scout a 3-foot section of rope. Have them tie their ropes together with square knots to form a complete circle. Then they lean back carefully to form a taut circle.
- Tell them: *In our den we rely on each other for support and help. We are all part of a group held together by the square knot. If one knot was not tied, the circle would not be formed. The same goes for our buddies when we are in and around water. We rely on each other for support then, just as we do at all other times.*

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirement 1.
- Confirm plans for a guest at Meeting 2. Identify pack leaders or parents who are experienced boaters or who know of any lifeguards or water safety and swimming instructors to invite. Troop leaders in your area could assist in the demonstration and help present aquatics information at the meeting.
- Have Scouts sign thank-you notes for their guest(s) in advance.

MEETING 1 RESOURCES

ACTIVITIES

Activity 2: Swimming Ability Round-Robins

- The round-robin method is an effective way to teach important concepts and to do hands-on activities. You will set up three stations and make sure you have adults or older Scouts from a troop to help lead the activity at each station.
- Have each group of Scouts spend at least seven to 10 minutes at each area. As the leader, you will need a whistle. At the end of each session, call a buddy check, and then have the Scouts move to their next station.
- Send the Scouts to each station as a den—unless you have a large den and dividing them in two will allow them to do the relays or games at each station.

Nonswimmer Station

- Explain to the Scouts that the nonswimmer classification is for those who have not completed the beginner or swimmer test. The nonswimmer area should be no more than waist to chest deep and should be enclosed by physical boundaries such as the shore, a pier, or lines.

- The enclosed beginner area should contain water of standing depth and may extend to depths just over the head.
- The swimmer area may be up to 12 feet in depth in clear water and should be defined by floats or other markers. The Scouts at this station will work on different swimming strokes. Demonstrate how to do the crawl, sidestroke, breaststroke, and elementary backstroke.
- When the Scouts have finished learning the strokes, have some fun:
 - Put pieces of paper with the different swimming strokes they just learned in a hat. A Scout will pick one and demonstrate the swimming stroke. Have the other Scouts guess which one it is. The Scout who guesses correctly gets to go next.
 - Now do a swimming stroke relay. Write each of the strokes (crawl, sidestroke, breaststroke, and elementary backstroke) on an index card. Make duplicate sets of cards for each team and put each card in a small container. Set a start line and finish line, spacing each team's four containers between the lines. On "go," a Scout on each team runs to the first container, takes the card, and demonstrates that swimming stroke. When their team has identified the swimming stroke, they move on to the next container and so on until they have demonstrated all four strokes and reached the finish line. Then the next Scout on the team can go. The first team to complete the relay wins.

Beginner Station

- Explain to Scouts that to be a beginner, they must jump feetfirst into water over the head in depth, level off, and swim 25 feet on the surface. Then they must stop, turn sharply, resume swimming, and return to the starting place.
- Scouts at this station will learn about life jackets and the proper way to wear and use one. Demonstrate this, and then have each Scout do the same and show how to check their buddy to make sure theirs fits correctly.
- Divide Scouts into two teams and hang a life jacket on a hanger for each team. A Scout puts it on, fastens it, hops to a certain place, then turns around and walks backward to the finish line. Once there, they remove the life jacket, run back, and give it to the next Scout. The team that finishes first wins.

Swimmer Station

- Explain to Scouts that to be a swimmer, they must jump feetfirst into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: crawl, sidestroke, breaststroke, or elementary (resting) backstroke; then swim 25 yards using an easy resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.
- In this station, review the safety precautions for engaging in water activities:
 - Be physically fit.
 - Have a qualified adult present whenever you swim.
 - Swim in areas that have already been checked for safe swimming.
 - If you can't swim, don't go in water that is more than 3½ feet deep. Enter deep water only if you are a good swimmer.
 - Swim with a buddy.
 - Obey the rules of the swimming area.
- Options: a) Write the sentences out and have buddy pairs take turns telling the group what one or more of the precautions means in their own words; b) Give each buddy pair the words to one of the precautions and have them put those words in order to create the sentence (this can be a relay); c) Have each buddy pair act out a precaution for the group.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Signed thank-you notes for guest(s)
- Items for Duck Races (Gathering): two metal rain gutters—or one long, large PVC pipe cut down the middle with caps on either end; two picnic tables; two rubber ducks; water guns (one per Scout)
- Life jackets
- Index cards for Activities 1 and 2
- Water, four buckets, and two sponges for Activity 3
- If guests are attending, any special preparations or planning required

GATHERING: DUCK RACES

- This game must be done outside and requires some setup, but it is lots of fun! Pour water into the two rain gutters or the cut PVC pipe, setting them on two picnic tables or a level field. Put a small rubber duck at the far end of each gutter.
- Divide the den into two teams lined up at each gutter. Using water guns, Scouts aim at their rubber duck and shoot water to make it travel along the gutter. The team whose duck finishes first wins.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Talk about the Scout motto as it relates to water activities. Have the Scouts say the motto in unison. Scouts need to “Be Prepared” when near water with their buddies, life jackets, ability groups, etc.

TALK TIME (REQUIREMENT 7)

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce any special guest(s) to the Scouts. Invite guests to share their experiences or information and allow time for Scouts to ask questions. If guests are open to further participation, ask them to stay and take part in the boating skills review and rescue activities.
- Before a guest leaves, be sure the Scouts show appreciation and present their thank-you note.

ACTIVITIES

◆ Activity 1: Boating Skills (Requirement 2)

- Start by covering these boating safety rules:
 - Know your boat—don’t overload it. In a rowboat, one person per seat is a good rule.
 - Put on a life jacket before getting into the boat. Tell Scouts the minimum age at which children must wear life jackets in your state.
 - Balance your load. Divide weight evenly from side to side and from bow (front) to stern (back).
 - Step into the center of the boat when boarding or changing seats, and always keep low.
 - If your boat tips over or fills with water, hang on. You can kick the boat to shore or drift in, but don’t leave it. Let help come to you.
 - Watch the weather. Head for shore if it begins to look bad. If you’re caught on the water in bad weather, seat your passengers on the floor of the boat. Have everyone in the craft sit as low as possible. Head your boat into the waves.

- If you use a motor when boating with your family, use one that is appropriate for the boat. Too much power can damage your boat or even swamp it. Look on the boat for the capacity plate. It shows how many people the boat should hold and the recommended horsepower for the motor.
- Sharp turns are dangerous, so take it easy.
- Keep a lookout for other boaters and for swimmers.
- Put the key words below on index cards. Divide the Scouts into teams. Have each team draw a card and explain the related skill to the rest of the group. For instance, if a Scout draws the word “overload,” they may say something like, “Don’t overload your boat; one person per seat is a good rule.”

Overload	Center of the boat	Motor
Life jacket	Hang on	Sharp turns
Balance	Weather	Lookout

Activity 2: Order of Rescue (Requirement 3)

1. REACH toward the person in the water with whatever is available or at hand. For instance, you can use your hand or foot, a tree branch, a canoe paddle, or a towel.
 2. THROW a line, a buoy, or a floating object (like a kickboard) to the person.
 3. ROW in a watercraft to the victim. A rowing rescue should only be made by someone who is classified as a “swimmer” and has the ability to handle the boat. A life jacket must be worn.
 4. GO, for help or into the water with support. Reach, throw, and row will not always work, such as when the person is on the bottom of a pool. Those who “go” to the victim and make a swimming rescue must be good swimmers and should be trained in lifesaving, which includes how to use flotation devices to avoid contact with active subjects.
- An order of rescues has been determined to help Scouts learn safe, effective water rescues. Although Webelos Scouts do only the first two methods (Reach and Throw) in water rescues, they need to be aware of all four methods.
 - The first two methods are the easiest and safest techniques because they do not require any swimming. **REMEMBER: In any water rescue, the Webelos Scout should never put himself in danger or at risk. If reaching and throwing don’t work, GO for HELP!**
 - Play a game of charades to reinforce the learning:
 - Put the words REACH, THROW, ROW, and GO on separate index cards along with the explanation of what is to be done. Have enough cards so that each buddy pair can pick one.
 - Scouts will act out what is on their card without talking. See if the other Scouts can guess what it is. Tell buddy pairs to be creative with their charades so the audience can tell what rescue it is and what should be done. You may want to have props on hand for the Scouts to use.

◆ Activity 3: Sponge or Bucket Relay

Note: Don’t worry about the length of your playing area. Just place the two buckets as far apart as possible to make the game challenging.

Sponge Relay

Materials: water, two sponges, buckets (two per team)

- Divide the Scouts into two teams lined up at the start line. Explain that they will use their sponge to transfer the water from the bucket on the start line to the bucket on the finish line.

- They should dip the sponge into the bucket, getting it really wet, and then cup it carefully in their hands as they go to the finish line, so as not to spill any water. Instead of walking quickly or running, have them hop, walk backward, etc.

Bucket Relay

Materials: water, buckets (two per team)

- Divide the Scouts into two teams. Fill half of each bucket at the start line with water and leave the other bucket empty.
- On “go,” the first player on each team runs while carrying the water-filled bucket to the finish line. Once there, the player pours the water into the other bucket, leaves the empty one there, runs back with the filled bucket, and gives it to the next player in line, who continues the relay. When all the players have run, the team with the most water left wins.

CLOSING

- Gather the den in a circle. Give each Scout a piece of paper and a pen or pencil. Ask them to write down one thing that everyone must remember to bring or do at next week’s den outing—completing requirement 4 and any one of requirements 5, 6, 8, and 9 at a pool or other local swimming area.
- When they are done, each Scout crumples up their paper and tosses it into the center of the circle. Then everyone picks up one of the papers, opens it, and reads it to the den. Finish with the Scout motto: “Be Prepared”!
- Review details for the upcoming outing in Meeting 3. Make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 2, 3, and 7.

MEETING 3 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- This meeting, a den outing to a local pool or other swimming area, may necessitate more than one visit for all the Scouts to complete the requirements. The size of your den may determine how you wish to proceed.
- Use the resources of your local council, such as the aquatics committee, for assistance.
- You might also consider local schools, colleges, YMCAs, or Boys & Girls Clubs, and the local Red Cross chapter.
- Contact the outing location at least a month in advance to schedule the visit. Give the staff a copy of the requirements so they can see what the Scouts are doing in this adventure and possibly plan a hands-on activity.
- Confirm that transportation to and from the location is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Remind Scouts of any gear they need to bring, including life jackets of the correct size for each Scout to complete requirement 8.
- Swimming instruction should be conducted ONLY by experienced, trained individuals. Arrange for assistance from qualified adult supervisors—those who have completed Safety Afloat training and Safe Swim Defense training during the last two years. A minimum of one adult leader present at the activities must have completed Safe Swim Defense online training at my.scouting.org; all leaders participating in the activity should take or renew that training.
- You may also want to invite a BSA Lifeguard.

- Follow all Safe Swim Defense rules and do a buddy check before allowing Scouts to enter the water and every 10 minutes throughout the session.
- Bring the signed thank-you notes for those who help.

GATHERING

As Webelos Scouts arrive for the meeting, have each one take turns leading the others in warm-up exercises.

OPENING

Have the Scouts form a circle and recite the Scout Law and motto.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Before the swimmer classification tests begin, bring all the Scouts together near the edge of the pool or anywhere outside of the water. Explain that each member of the den, including adults, will have an opportunity at this meeting to attempt the swimmer classification test.
- Review the water safety precautions they learned at Meeting 1.

ACTIVITIES

◆ Activity 1: Swimmer Classification Test (Requirement 4)

- Depending on the size of the pool or swimming area, Scouts may be able to complete other requirements as well. Make sure that there is adequate supervision at all times.
- Adults who plan on getting into the water must also complete the swimmer test; otherwise they are labeled nonswimmers. Adults may want to complete this prior to the meeting.
- Explain what is required for the swimmer classification (see below). One adult must work with one Scout at a time when the Scout attempts the test. The adult needs to understand the testing procedure, be able to perform a reaching assist, and be able to swim well. A lifeguard must provide surveillance at all times.
- Give each Scout an opportunity to attempt the test. Before the Scout is allowed to enter the water, you should ask if they have ever jumped into water over their head. It is very important to talk to the Scout so that you understand their comfort level. If they seem nervous about this part, they should be allowed to slide in the water or go down the ladder and be allowed to complete the swimming portion. If they seem more comfortable after this, then allow them to jump in and complete the swim check. Each Scout attempting the test will
 1. Jump into the water over their head, feetfirst.
 2. Level off and swim 75 yards with a strong forward stroke and at least one sharp turn.
 3. Swim 25 yards using the elementary backstroke.
 4. Float on their back for a brief time.

Note: Once a Scout has attempted to complete the swimmer classification test, whether or not they pass, they have completed requirement 4.

◆ Activity 2: Other Requirements

Scouts may also complete other requirements at this meeting, including requirements 5, 6, 8, and 9 (if the meeting is held at an appropriate boating location).

CLOSING

- Gather the den in a circle. Each Scout places their arms around the shoulders of the Scouts on each side of them. Den leader or den chief: *Now may the Great Master of all Scouts be with us until we meet again.*
- If desired, you may also offer an inspirational thought about what was accomplished at this meeting. Bring out points of the Scout Law that members of the den demonstrated at the meeting (e.g., obedient, brave, helpful, courteous, kind).

AFTER THE MEETING

- Serve refreshments, if desired and appropriate.
- Work to leave the location cleaner than you found it.
- Record completion of requirement 4 as well as requirements 5, 6, 8, and 9 if completed.

MEETING 2 RESOURCES

Information on all of the swimming strokes, the BSA swimming ability test, and rescue techniques is available in the *Aquatics Supervision* guide (No. 34737). Other BSA resources include the *Swimming* (No. 35957) and *Lifesaving* (No. 35915) merit badge pamphlets. There are also several online resources, including:

SAFETY AFLOAT

The guidelines that follow are also posted at www.scouting.org/health-and-safety/gss/toc/

AMERICAN RED CROSS

Toll-free telephone: 800-733-2767
Website: www.redcross.org

USA SWIMMING

Website: www.usaswimming.org

YMCA OF THE USA

Check local association websites

BSA SAFE SWIM DEFENSE

BSA groups shall use Safe Swim Defense for all swimming activities. Go to www.scouting.org/health-and-safety/gss/gss02/#d for detailed information about the eight principles.

1. Qualified supervision
2. Personal health review
3. Safe area
4. Response personnel (lifeguards)
5. Lookout
6. Ability groups
7. Buddy system
8. Discipline

Home Swimming Pool Safety for Unit Events

All elements of Safe Swim Defense apply at backyard pools even though they may be small, shallow, and familiar. The biggest danger is probably complacency. Adult supervision must be continuous while the pool is in use. A Cub Scout who can't swim can drown silently within 20 seconds of entering water over their head.

Aquatics Supervision contains safety information specific to both in-ground and above-ground backyard pools. That includes the following:

- Most such pools are too shallow for diving. Diving prohibition should be discussed at a tailgate review for all participants prior to the activity.
- Beginner and swimmer areas may be combined in small, relatively shallow pools.
- Make sure to control access. Many backyard pools are too small to accommodate an entire pack at once. If other activities are also taking place, it may be best to allow only one den into the water at a time rather than allowing Scouts to move at will in and out of the water.
- Many states require pool fencing, which may help with supervision.
- If the uniform depth of an in-ground pool is too deep for short nonswimmers, they may need properly fitted life jackets.
- Rescues, if needed, should be simple. Provide reaching and throwing devices for active victims. A wading assist may be feasible for passive victims.
- For above-ground pools without decks, have a plan to remove large unresponsive adults who suffer a heart attack or other debilitating condition.

Guarded Public Pools With Lifeguards on Duty

Aquatics Supervision also covers swimming at public pools, waterparks, and guarded beaches.

Important items include the following:

- Dens and packs do not need to assign and equip rescue personnel. Professionally trained lifeguards provided by the venue satisfy that need.
- Unit leaders are still responsible for medical screening, ability groups, the buddy system, discipline, and supervision.
- Many public pools will have a safety line at the 5-foot mark separating shallow and deep water that can be used to help designate appropriate areas for the different ability groups.
- Otherwise, appoint adult lookouts to make sure nonswimmers and beginners stay in their assigned areas.

Studies show that more than half of victims at public pools are spotted first by others rather than lifeguards. The buddy system is still very important for safety as well as instilling responsibility. It is likely awkward to conduct frequent buddy checks. Therefore, arrange a time for everyone to leave the water and meet at a given location. Then do a head count. Otherwise rely on unit lookouts, buddies, and lifeguards to maintain vigilance. At large waterparks, leaders should accompany dens moving from one feature to another after everyone in the group is accounted for.

SAFETY AFLOAT (Boating Safety)

BSA groups shall use Safety Afloat for all boating activities. Go to www.scouting.org/health-and-safety/gss/gss02/#i for more information on the nine principles.

1. Qualified supervision
2. Personal health review
3. Swimming ability
4. Life jackets
5. Buddy system
6. Skill proficiency
7. Planning
8. Equipment
9. Discipline

Water Rescue

Water rescue training for the lay rescuer often uses a reach, throw, row, go mnemonic to establish a safe, effective sequence for responding to water emergencies. That sequence is important to Cub Scout leaders for two distinct reasons. First it establishes the procedure that response personnel under Safe Swim Defense should follow. If professionally trained lifeguards are not available at a swimming location, then the qualified supervisor has to provide personnel and equipment suitable for likely emergencies. Fortunately, that is often not as difficult as it might first appear. For that reason, a review of the reach, throw, row, and go sequence is appropriate. Important detail can be found in *Aquatics Supervision*.

The other reason for reviewing the sequence is for age-appropriate training of youth. Drowning is the second-leading cause of accidental death for those of Cub Scout age. Therefore, there is a chance that Cub Scouts will be faced with seeing someone in trouble. That possibility is further supported by the Scouts in Action reports in *Boys' Life* magazine. Cub Scouts do save people from drowning.

However, there are also double drownings that occur yearly in the United States when well-meaning people of all ages attempt to save drowning victims. Those are often frantic friends and relatives whose swimming skills are no better than those of the person in trouble. Since Cub Scouts often lack swimming skills and the maturity to realize their limitations, it is important to modify the rescue sequence for Cub Scout training to reach, throw, row, and go for help.

Reach: This technique is appropriate to teach Cub Scouts, parents who are nonswimmers, and rescue personnel who are skilled in the water. People who can't swim often begin to struggle immediately after they step into or fall into water over their heads. That is likely to be very close to safety. If so, the rescuer should lie down, reach out, and grab the person. Laying down is necessary since the person in the water will likely stop all effort to remain afloat, and that sudden increase in weight can topple an unprepared rescuer into the water. If the victim is a bit farther out, an extension device such as a pole, paddle, or noodle can be used. Those should be swept to the person from the side, not used like a spear. Victims often cannot reach for an extended item, even if it is just a foot away. Rescuers should therefore be told to place the item under the person's arm or within his grasp. Rescuers should also be told to provide loud, clear, simple instructions to the victim, for example, "GRAB THIS!"

Throw: The second procedure in the sequence, used when the person is too far out to reach, is to throw the person an aid. A throwing rescue is also appropriate to teach to rescuers of any age and swimming ability. A float with a line attached is best, but any light floating item or a rope by itself may be used. An accurate first toss is required if a line is not attached, but throwing a line takes practice. Ring buoys are often found at hotel and apartment pools and are good devices for Cub Scout practice. Leaders may also fashion throwing devices from light floating line and a plastic jug with just a bit of water in it for weight. A throwing rescue is best suited to poor swimmers in trouble. Drowning nonswimmers will not be able to reach for the object unless it lands within their grasp, nor will passive victims floating face down or on the bottom.

Row: A boat can be used to provide a mobile platform from which to do reaching or throwing assists. Since Cub Scouts often do not have the skills needed for a safe rowing rescue, this procedure is not emphasized for that age group. A boat rescue is also not a common part of an emergency action plan for a unit swim since the swimming area is typically small and within easy reach of shore-based response personnel.

Go: For Cub Scout training, this item should be interpreted as "go for help." That is, they should first shout for help, and if no one responds, seek out a responsible person such as a parent, lifeguard, or park ranger. Poor swimmers should not enter the water to attempt a rescue. On the other hand, a unit swim cannot rely on reaching or throwing rescues for emergency planning. An in-water assist will be needed for a parent suffering cardiac arrest in the water. At guarded swims, GO also means going with equipment since lifeguards or response personnel should never be without appropriate rescue aids.

Upon completion of the Aquanaut adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.






ART EXPLOSION



RATIONALE FOR ADVENTURE

Many things inspire artists to create their work. People, nature, feelings, textures (how things feel), colors—almost everything can be an inspiration! In this adventure, Webelos Scouts will have the opportunity to find what inspires them by visiting an art museum or exhibit and creating their own pieces from any materials they choose.

TAKEAWAYS FOR CUB SCOUTS

- Art is a matter of personal taste and individual expression.
- Instruction and practice help us to develop existing talents and learn new skills.
- A Scout is thrifty. 

Webelos Handbook, page 228

ADVENTURE REQUIREMENTS

Complete requirements 1-3. Requirement 4 is optional.

1. Visit an art museum, gallery, or exhibit. Discuss with an adult the art you saw. What did you like?
2. Create two self-portraits using two different techniques, such as drawing, painting, printmaking, sculpture, and computer illustration.
3. Do two of the following:
 - A. Draw or paint an original picture outdoors, using the art materials of your choice.
 - B. Use clay to sculpt a simple form.
 - C. Create an object using clay that can be fired, baked in the oven, or air-dried.
 - D. Create a freestanding sculpture or mobile using wood, metal, papier-mâché, or found or recycled objects.
 - E. Make a display of origami or kirigami projects.
 - F. Use a computer illustration or painting program to create a work of art.
 - G. Create an original logo or design. Transfer the design onto a T-shirt, hat, or other object.
 - H. Using a camera or other electronic device, take at least 10 photos of your family, a pet, or scenery. Use photo-editing software to crop, lighten or darken, and change some of the photos.
 - I. Create a comic strip with original characters. Include at least four panels to tell a story centered on one of the points of the Scout Law. Characters can be hand-drawn or computer-generated.
4. Choose one of the following methods to show your artwork:
 - A. Create a hard-copy or digital portfolio of your projects. Share it with your family and members of your den or pack.
 - B. Display your artwork in a pack, school, or community art show.

NOTES TO DEN LEADER

If the den outing in Meeting 1 cannot be held at an art museum or gallery, consider going to a local school or community exhibit. In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Paint charts (with four to six colors) from a paint store for the Color Match game (Gathering)
- Small notebook and pencil for each Scout
- Sample art materials display (This may include chalk, paper, crayons, markers, pencils, molding clay, scissors, paint, craft sticks, chenille stems, felt, metal pieces, glue, or tape. See the *Webelos Handbook* for images or art project ideas.)
- Secure signed activity consent forms.
- Confirm all plans with staff at the location and with families:
 - Who will attend
 - When you are planning to go
 - How transportation will be handled
 - Where everyone will meet
 - What the Scouts should wear or bring

GATHERING: COLOR MATCH

- As Webelos Scouts arrive, give them one of the color charts. Their task is to find objects that match each color on the chart.
- If weather and other conditions permit, allow the Scouts to play this game outside before entering the museum or gallery.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.
- Select a Scout to read the inspirational message for the meeting: *(Imagination) enlarges one's vision, stretches the mind, challenges the impossible. Without imagination, progress would come to a halt.* — Albert Einstein

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Remind the members of the den that they will be creating their own art in the coming weeks. Provide them with notebooks and pencils and the following questions to write down and consider as they view the art pieces:
 - What did you notice first about the art piece (subject, colors, shapes, etc.)?
 - What general style is the art?
 - How does this piece “speak” without using words?
 - What do you think the artist wants the audience (you) to see or feel?
 - In what ways are you inspired by what you see?
- Discuss any rules at the museum or gallery (silence, not touching the exhibits, etc.), and remind Scouts of the expected behavior during the tour. (A Scout is courteous.)
- Review any questions the Scouts plan to ask to make sure all are appropriate.

ACTIVITIES

◆ Activity 1: Touring the Exhibit(s) (Requirement 1)

- Introduce the staff member who will be leading the visit.
- Enjoy touring the facility, and allow time at each stop for Scouts to study the artworks and take notes.
- When the tour is finished, give each Scout an opportunity to ask questions of the tour guide or other experts at the location.
- As appropriate, have den members show their appreciation to the staff and any adult volunteers who helped with the outing.

CLOSING

- Gather the Webelos Scouts together in a circle. Use what they learned about the role of color in art to talk about the American flag.
- Say: *To those who planned and designed the flag, red was a symbol of bravery, white was a symbol of purity, and blue was a symbol of love and devotion. What do the colors of the flag mean to you?*
- Starting with the denner and moving right, give each Scout a chance to contribute to the discussion. They may share thoughts about just one color or all three.

AFTER THE MEETING

- Serve refreshments, if appropriate and desired.
- Work together to clean up before leaving.
- Record completion of requirement 1.
- Urge Scouts to be thinking about which two art projects they would like to do at the third meeting (requirement 3).
- Prepare thank-you notes to be signed at the next meeting for anyone who helped with the outing.

MEETING 2 PLAN

PREPARATION AND MATERIALS

- U.S. and den flags
- Thank-you notes for Scouts to sign
- Items for Gathering:
 - Pictionary® board game
 - Pencils and drawing pads
 - Digital timer or sand hourglass
- Materials for various types of self-portraits (Activities 1 and 2). Check with Scouts in advance to see which types they want to work on. Categories may include (but are not limited to):
 - Drawing
 - Painting
 - Printmaking
 - Sculpture
 - Computer illustration

GATHERING

- When Scouts arrive, have them play Pictionary before the meeting begins. (See Meeting 2 Resources for directions.)

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Have Scouts discuss and vote on which two activities in requirement 3 they want to do in Meeting 3: drawing or painting, clay sculpture, clay pottery, origami/kirigami, computer illustration, logo /design creation, photo editing, comic strips, or creating a sculpture or mobile from wood, metal, papier-mâché, or recycled objects.
- Discuss options for showcasing their artwork (requirement 4)—in a hard-copy or digital portfolio, or as a public display.

ACTIVITIES: SELF-PORTRAITS (REQUIREMENT 2)

Have each Scout create two self-portraits using the techniques they chose before the meeting. Self-portraits are interesting to children of this age and can help them recognize what makes them unique within their families, as Scouts, and as individuals. Here is one possible scenario:

◆ Activity 1: Self-Portrait I

- Divide the den members into buddy pairs. Each Scout will take a close-up photo of their buddy in a way that represents the buddy's personality (e.g., climbing a tree, cooking in the kitchen, reading a book, etc.).
- Once the photos are shot, print them out.
- Now have each Scout recreate the photo of themselves using appropriate materials. The self-portrait may be done in pencil, ink, or paint.

◆ Activity 2: Self-Portrait II

Have each Scout do one more re-creation of the photo, this time using digital tools: a computer paint program, a more advanced creation tool like Photoshop®, or a basic animation program like Scratch.

CLOSING

- Gather the den in a circle. Starting with the denner and moving right, each member of the den will recite a part of the Scout Oath and say what that phrase means to them.
- Then have each Scout share one challenge and one success they had in making the self-portraits.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirement 2.
- Have Scouts sign thank-you notes to those who helped with the den outing.
- Before the next meeting, collect the materials Scouts will need for requirement 3 or make sure the Scouts are bringing them. Review requirement 3 in the *Webelos Handbook* to identify materials needed to create each option that the den selected during this meeting's Talk Time.
- The materials to prepare for requirement 4 will also depend on the types of projects chosen and whether Scouts will display the projects at an event or create portfolios. See the Meeting 3 plan for suggestions.

MEETING 2 RESOURCES

GATHERING

- Divide Scouts into two teams to play Pictionary. If you have a large den, you can form extra teams, but the game is more fun with fewer teams.
- Give each team a category card, pad of paper, and pencil. The cards show the letters of each category on the playing board: P for person, place, or animal; O for object; A for action, such as an event; D for difficult words; and AP for “all play.”
- Place the game board and deck of word cards in the center of the group. Put playing pieces on the starting square to represent each team. Have each team roll the dice; the team with the highest number starts the game.
- Since the starting space is labeled P, the teams will play in that category first. A team member draws the top card in the deck and looks at the word in the P category for up to five seconds without letting their teammates see it.
- Then a one-minute countdown begins on the timer and the player starts drawing picture clues on the pad (writing numbers or letters is not permitted). Teammates can guess continuously until the minute is over.
- If teammates guess the word before the timer runs out, they get to roll the dice, pick another card, and draw again. If teammates don’t guess the word in time, they pass the dice to the team on the left, and that team plays.
- Each team starts its next turn by drawing a card—not by rolling the dice—and teammates should draw cards in rotation. The dice should be rolled only when a team has guessed their word in time and their turn is continuing.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items for the Gathering games:
 - Large sheets of paper or poster board
 - Crayons or markers
 - Pencils and drawing pads
- Supplies for art projects (Activity 1) and displays (Activity 2), as determined by the projects selected by the den in Meeting 2
- For Activity 2, materials each Scout can use to create a display or a portfolio (hard-copy or digital)
- Poster boards showing words and hand motions for Closing

GATHERING

Crazy Artist Game. Divide the den into two teams for a relay drawing contest. Add Scouts as they arrive. Provide each team with a crayon or marker, and place two large pieces of paper or poster board on a wall or table across the room. The object of the game is for each team to draw a house, with each Scout drawing no more than two straight lines: A player from each team runs to the paper, draws two lines, then returns and hands the crayon or marker to the next player in line. The team with the best-looking house wins.

Five Dots. Give each Scout a drawing pad and pencil, and ask them to place five dots on the paper wherever they like. Players then exchange papers and each tries to fit a drawing of a person into the dots, with the head at one dot, the hands at two dots, and the feet at the other two dots.

OPENING

Handshake Opening. As the den chief calls the roll, each member of the den comes forward and gives the den chief the Scout handshake. After roll call, stand together and recite the Pledge of Allegiance.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.

ACTIVITIES

◆ Activity 1: Art Projects (Requirement 3)

Webelos Scouts will work on the two art projects they selected, using the collected materials.

Note: Depending on how much time is available, they may need to start or finish their projects at home.

◆ Activity 2: Displaying Art (Requirement 4)

- Once the projects are finished, have Scouts prepare methods of presenting their creations—either in portfolios or on public display.
- Scouts may want to present a collective den exhibit at the next pack meeting. If so, have them plan the exhibit now so they can quickly set it up later on. Three-dimensional projects, such as origami pieces or clay sculptures, would display nicely on a table with a tablecloth and boxes of various heights. Two-dimensional projects, such as comic strips or paintings, could be hung from a clothesline using clothespins or could be framed in simple, painted cardboard frames and hung.
- If the den chooses to create portfolios, the format could be digital (by taking photographs of each project and compiling them on a computer) or hard copy (by collecting actual pieces inside a protective folder). An easy way to create a protective folder is to attach two pieces of foam core board with duct tape to create a “book” and punch holes on the opposite side for twine or ribbon handles. The size can be adjusted to fit the pieces of art.

CLOSING

Taps with Hand Motions. Write the song and motion directions in large print on a poster board.

Webelos Scouts will practice and then perform taps for the Closing:

Day is done (hands out to sides, palms up)
Gone the sun (turn palms down)
From the lakes (hands in front at waist height, palms down)
From the hills (hands in front at shoulder height, palms down)
From the sky (hands high above head)
All is well (left hand to right shoulder)
Safely rest (right hand to left shoulder)
God is nigh (bow head after singing)

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 3 and 4.
- If the art projects will be shown at a pack meeting, make arrangements with Webelos Scouts and parents to bring them to the location, or keep them in one place until that time.

Upon completion of the Art Explosion adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.






AWARE AND CARE



RATIONALE FOR ADVENTURE

Everyone has challenges—and understanding the challenges of others leads to acceptance. In this adventure, Webelos Scouts will learn firsthand how people live with disabilities that affect their sight, hearing, dexterity, and mobility; with this new understanding, they can help educate their peers and prevent the hurtful exclusion of others.

TAKEAWAYS FOR CUB SCOUTS

- Recognition that all people are different and have challenges
- An understanding of challenges faced by others
- Seeing that people with challenges are not helpless and often give back to their community through service to others
- A Scout is friendly. 

ADVENTURE REQUIREMENTS

Webelos Handbook, page 252

Complete the following requirements.

1. Develop an awareness of the challenges of the blind or visually impaired through participation in an activity that simulates blindness or visual impairment. Alternatively, participate in an activity that simulates the challenges of being deaf or hard of hearing.
2. Engage in an activity that simulates mobility impairment. Alternatively, take part in an activity that simulates dexterity impairment.
3. With your den, participate in an activity that focuses on the acceptance of differences in general.
4. Do two of the following:
 - A. Do a Good Turn for residents at a skilled nursing facility or retirement community.
 - B. Invite an individual with a disability to visit your den, and discuss what activities he or she currently finds challenging or found challenging in the past.
 - C. Attend a disabilities event such as a Special Olympics competition, an adaptive sports event, a performance with sign language interpretation, or an activity with service dogs. Tell your den what you thought about the experience.
 - D. Talk to someone who works with people who have disabilities. Ask what that person does and how he or she helps people with disabilities.
 - E. Using American Sign Language, sign the Scout Oath.
 - F. With the help of an adult, contact a service dog organization, and learn the entire process from pup training to assignment to a client.
 - G. Participate in a service project that focuses on a specific disability.
 - H. Participate in an activity with an organization whose members are disabled.

NOTES TO DEN LEADER

Please consult with parents to see if any Webelos Scouts in the den may have extra sensitivity to activities in this adventure.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

The Signs, Signals, and Codes Merit Badge Braille Supplement, No. 621366, includes a Braille alphabet in raised dots and several phrases in Braille that Cub Scouts could use to practice. Contact your local council Scout shop for more information about this resource.

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Copies of the Aware and Care word scramble (Gathering; see Meeting 1 Resources)
- Pencils
- Materials for games (see Meeting 1 Resources)

GATHERING: WORD SCRAMBLE

- As Scouts arrive, give them a pencil and a copy of the Aware and Care word scramble. See how many words the Scouts can create from the letters.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce the adventure by discussing what disabilities are and how they affect people, especially children like the Scouts' peers. Tell the members of the den that in the next few weeks, they will get a chance to understand more about many different types of disabilities and how people face and overcome their challenges.
- The Department of Health and Human Services website at www.hhs.gov is a good resource for more information you can share with the den.

ACTIVITIES

◆ Activity 1: "Lost in Space" Game (Requirement 1)

See Meeting 1 Resources.

◆ Activity 2: "Don't Drop Humpty" Relay Game (Requirement 1)

See Meeting 1 Resources.

◆ Activity 3: "Did You Get My Message?" Game (Requirement 1)

See Meeting 1 Resources.

◆ Activity 4: "My Fingers Are Stiff" Game (Requirement 2)

See Meeting 1 Resources.

CLOSING

- Gather the den together and recite the Scout Law. Then, starting with the denner and moving right, have each Scout mention one point of the law and how it might apply to this adventure.



Do-at-Home Project Reminder:

Encourage Webelos Scouts to watch a TV show with the volume turned off and be ready to tell the den about it at the next meeting.

ACTIVITIES

◆ Activity 1: “Lost in Space” Game (Requirement 1)

Materials

A large, safe playing area like an empty gymnasium or an open lawn; blindfolds for every Scout except one

How to Play

Explain to the Scouts that they will be “lost in space.” Perhaps something has gone wrong with their space station and all the lights are out. They cannot see the space station, but they must find it to get out of danger.

One Scout—the only one without a blindfold—will be the space station. They will stay in one spot and not move, and all the others must find the space station without being able to see. Have the den chief and a few adult volunteers stand at the edges to keep the blindfolded Scouts from wandering out of the play area.

Wait until all the Scouts are blindfolded, spread out across the area. Then put the space station in place. Have the blindfolded Scouts turn around three times and start their search. They must rely on hearing, moving toward what they hope is the space station. Each time someone bumps into another searcher, they must say, “beep, beep,” and the person they bumped into says the same thing. When a blindfolded player reaches the goal, the space station Scout doesn’t answer the “beep, beep.” Instead they silently take that player’s hand, so the player knows they are home and safe. Keeping very quiet, the player then removes their blindfold and becomes part of the space station. The action continues until everyone is home.

Reflection

Ask Scouts: *Did you feel a little worried when you weren’t able to see anything? How did you figure out where the space station was? By listening closely for just a single “beep, beep” signal?*

Say: *It might be easy to just peek, but a person who is totally blind could never do that. They often rely on a guide dog or a cane to warn them if something is in their way. And people who are blind must use their other senses to do activities that a seeing person would do with just their eyes.*

People who are blind are not helpless. They get used to their surroundings, and once things are familiar, it becomes easier for them to get around. However, when something is moved from its usual place, they need to be told about the change so they can make adjustments. How might we be of help to people who cannot see when they are in a new place, or when things have been moved around? If you meet a person with a white cane who seems to need help finding an address, what could you do?

Note: If desired, you can substitute this game, “A Knight in the Dragon’s Den.” Divide the Scouts into two teams, the dragons and the knights. The dragons sit randomly in the dragon den (playing area). Keep the knights blindfolded with only the voice of a sighted guide from their team to direct them as they walk through the area. The dragons hiss very loudly the whole time, trying to mask the guide’s directions. If a knight touches a dragon, they sit down where they are and become a dragon.

◆ Activity 2: “Don’t Drop Humpty” Relay Game (Requirement 1)

Materials

Bottle of hand lotion; two spoons; two pairs of goggles; four bowls; an even number of hardboiled eggs

How to Play

Divide the Scouts into two teams, and give each team half of the hardboiled eggs, one spoon, two bowls, and a pair of goggles with lotion spread on the lenses. Teams will put their eggs in one bowl and place the other bowl on the opposite side of the room. On signal, one player from each team puts on the goggles, picks up one egg with a spoon, and moves it to the other bowl. Then they run back and pass the spoon and goggles to the next player. The object is to transfer as many eggs as possible without letting them drop.

Reflection

Ask the Scouts what it was like not to be able to see clearly. Did it affect how they walked? Could this be what walking is like for someone who has lost his glasses or was born with a visual impairment? How could they help a person in that situation?

Say: *People with different abilities must try to adapt to their differences, and sometimes it takes longer for them to do something. Since people adapt in different ways, what you felt and how you moved in this game is not necessarily how someone born with a visual impairment would always function.*

◆ Activity 3: “Did You Get My Message?” Game (Requirement 1)

Materials

A stack of 14 index cards, each with one of these phrases:

- A Scout is thrifty
- Be aware and care
- Be kind to others
- Be prepared
- Do a Good Turn daily
- Do your best
- Duty to God
- Follow the rules
- I am true to my word
- I love camping
- On my honor
- Tried and true
- Webelos is cool
- You are my friend

How to Play

Divide the Scouts into pairs—one with their lower palms placed firmly over their ears and the other with their hand pressed over their mouth. The second Scout draws a card and recites the phrase on it. The first Scout tries to guess what was said. Then they switch places to draw another card, and so on.

Reflection

Ask the Scouts if they have ever had to repeat something to someone who was hard of hearing. Challenge them to think about what they would do if they could not hear well or at all.

◆ Activity 4: “My Fingers Are Stiff” Game (Requirement 2)

Materials

A stopwatch or other timing device; adult-sized shirt with buttons down the front for each Scout to wear over their uniform; a pair of oversize gloves for each Scout, with craft sticks inserted into the same three fingers on all gloves.

How to Play

Start by timing the Scouts as they put on and button the shirts without wearing the gloves. Then have the Scouts put on the gloves and try to unbutton and rebutton the shirt while you time them again.

Reflection

Say: *Just as you all had trouble fingering the buttons with the gloves on, sometimes people cannot move their fingers easily because of an injury or disease. This often happens to people who are older. It isn't that they don't know how buttons work; it just takes them longer because they must adapt to the stiffness in their joints. How might you be helpful to someone who has this problem?*

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Copies of the Scout Oath in American Sign Language, one per Scout (Gathering; see *Webelos Handbook*)
- Potatoes (one per Scout) and a bag to hold them (Activity 1)
- Tape for Mobility Relay (Activity 2)

GATHERING

- As Scouts arrive, give them a copy of the Scout Oath in American Sign Language and have them practice it. Then challenge Scouts to communicate the Oath in ASL without looking at the example.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Have Scouts report on their do-at-home project—watching a TV show with the volume turned off. How difficult was it to understand the show?
- Brainstorm to decide which activity the Scouts will do next week to complete requirement 4. The meeting could be an outing to a disabilities event such as the Special Olympics or a visit to a nursing or retirement community. A person who lives with a disability or a service dog trainer might come and speak to the den. The Scouts may want to plan a service project focused on a particular disability. Explore all the options and have Scouts vote on their choice. **Note:** As den leader, you may want to do some research before the meeting to find out which activities are most feasible.

ACTIVITIES

◆ Activity 1: One Potato, My Potato (Requirement 3)

- The purpose of this game is to help Scouts explore their attitudes toward differences in people (gender, racial or ethnic backgrounds, physical appearance, and economic status). The boys will discover that each member in any group is a special individual. See Meeting 2 Resources for directions.

◆ Activity 2: Mobility Relay (Alternative Requirement 2)

See Meeting 2 Resources.

CLOSING

- Gather the den members in a circle and lead them in signing the Scout Oath in ASL.
- Review details if Meeting 3 will be a den outing decided on during the brainstorming part of Talk Time. Make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 2 and 3.

MEETING 2 RESOURCES

ACTIVITIES

◆ Activity 1: One Potato, My Potato

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Materials

Potatoes (one per Scout) and a bag to hold them

How to Play

Ask the Webelos Scouts if they agree with the statement, “All potatoes are alike.” If there is a difference of opinion, write down how many are on each side of the issue.

Roll the potatoes out of the bag and ask each Scout to take one. Scouts should look carefully at their potato and, without saying anything out loud, give it a name so they can introduce their new “friend” to the rest of the den. The potatoes must not be marked or scratched in any way. Give the group one minute of silence for this “getting acquainted” process.

Then each Scout in turn introduces their potato by name and tells a little story about it. Scouts may comment on their potato’s physical characteristics—perhaps a little dent caused by growing next to a stone or its multiple “eyes” for seeing in every direction. When all the potatoes have been introduced, have Scouts put them back in the bag. Observe to see if the Scouts handle their new friends, the potatoes, any differently than before. If so, comment on this.

Then roll out the potatoes again and ask Scouts if they think they can find their friends among the batch. Has anyone changed their mind about the statement, “All potatoes are alike”?

Now divide the Scouts into pairs and give them two or three minutes to discover something unique about each other. Stress the positive, such as hobbies, favorite foods, places they have visited, etc. Have each Scout introduce their fellow Scout, describing the unique feature that that they discovered.

Reflection

Explore a few more questions:

- Do we sometimes look at certain kinds of people—for example, members of a particular ethnic group or people who are overweight—and say “Oh, they’re all alike”?
- What does this tell us about the person who says that? Does it mean they have not bothered to get to know that person as an individual?
- How does it feel when you are the one being called a name?

If there is time and interest, the group may want to go on to talk about similarities. Although each person is in some way unique, it is sometimes important to know how they are similar. Go back to the potatoes, and ask Scouts what things their potatoes have in common. Make a list of the similarities they find and see how many different groups the potatoes could belong to.

Then finish by asking, *What are some ways that all people are alike?* The Scouts will start to see that people, like potatoes, can fit into a wide range of groups.

◆ Activity 2: Mobility Relay (Requirement 2)

Materials

Masking tape

How to Play

Divide the den into two teams, standing single file in two parallel lines. Using tape, mark a start line in front of each team and a turnaround line about 10 feet away.

On signal, the first Scout in each line drops to the ground and propels themselves to their team’s turnaround line, using only their arms to move. Then they go back the same way and tag the next Scout, who repeats the process.

Reflection

After everyone has finished, ask the Scouts if they found this game challenging. Say: *What would it be like if you had to do everything without the use of your legs? What if you could use just one leg? What if you were using a wheelchair, and you fell out of it?* **Note:** If you have access to a wheelchair or crutches, consider a relay with them.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- If this meeting will be a den outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring.
- Confirm that transportation to and from the event is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- If the den selects a Good Turn or service project, ensure that you have the appropriate materials.

GATHERING

- When they arrive, give the Webelos Scouts time to brainstorm about expected behavior for this meeting. (A Scout is helpful, friendly, courteous, kind.)

OPENING

- Have Scouts present the Scout Oath in American Sign Language.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.

ACTIVITIES

Hold the activity or outing you have planned for Scouts to complete requirement 4.

CLOSING

- One last time, present the Scout Oath using ASL.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirement 4.

Upon completion of the Aware and Care adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.






BUILD IT



RATIONALE FOR ADVENTURE

This adventure can assist Webelos Scouts as they develop building and motor skills, tool knowledge, and good safety practices. It also helps them gain appreciation for several forms of craftsmanship.

TAKEAWAYS FOR CUB SCOUTS

- Tool safety
- Building skills
- Motor skills
- A Scout is helpful: Some Scouts may need additional help as they journey through this adventure.
- A Scout is courteous: Scouts may need to wait their turn in using materials.
- A Scout is obedient: Scouts must follow safety rules as they work on projects. 

ADVENTURE REQUIREMENTS

Webelos Handbook, page 268

Complete the following requirements.

1. Learn about some basic tools and the proper use of each tool. Learn about and understand the need for safety when you work with tools.
2. With the guidance of your Webelos leader, parent, or guardian, select a carpentry project and build it.
3. List the tools that you use safely as you build your project; create a list of materials needed to build your project. Put a check mark next to the tools on your list that you used for the first time.
4. Learn about a construction career. With your Webelos den leader, parent, or guardian, visit a construction site, and interview someone working in a construction career.

NOTES TO DEN LEADER

This adventure can be completed in two den meetings and a den outing. If additional time is required to complete the building project, an extra den meeting may be planned.

Meeting 3 will be an outing to a building construction site. In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected. See if a building professional will be available to serve as a guide at the location and be interviewed by the Scouts; if this is not possible, the interview will need to be scheduled at one of the other meetings.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Identify parents (or other adults in the pack) who are handy with tools and could assist at the meetings. Use the Family Talent Survey as a way to identify parents or other family members who could help.
- Tools for practicing (Activity 1): hammer, handsaw, coping saw, flathead and Phillips head screwdrivers, tape measure, and level. Other tools may be added to the list and brought by the Scouts, borrowed from parents, or purchased from a home improvement store. Collect several of each item to allow as much hands-on experience as possible.
- Safety gear including a hard hat, vest, gloves, eye protection, ear protection (plugs or phones), and a simple face mask or dust mask. Again, try to collect several of each item.
- Nails and screws (both flathead and Phillips)
- Scrap lumber for sawing, cutting, or driving in nails
- Materials for the Safety Sam Relay (Activity 2): Two sets of safety equipment with at least three or four of the items listed above

GATHERING

- As Scouts arrive, have them play the “Simon Says” Tool Game. Follow the usual “Simon Says” rules, but with the following actions (add more if you wish).
 - Turn like a screwdriver—Scouts spin slowly around as they move forward.
 - Hammer—Scouts hop forward.
 - Cut like a saw—Scouts take one step forward, one step back, and repeat.
 - Measure one foot—Scouts take one step forward.
 - Measure two feet—Scouts take two steps forward.
 - Oops, made a wrong cut—Scouts take three steps backward.
 - Oops, hit my thumb—Scouts hop up and down, but do not move forward.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance, the Scout Oath, and the Scout Law.
- Give each member of the den one point of the Scout Law and have them name a tool that matches that characteristic. For example, a hammer might be trustworthy or an old tool might be loyal. There are no right or wrong answers.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce the Build It adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Show the woodworking tool display and demonstrate the proper use of each tool. Be sure the person doing this uses safety equipment. Then show the proper way to clean and store the tools.
- Remind Scouts that next week is the building project (requirement 2), and decide with them what the project will be. Together, create a list of the tools and materials they will need.

- Discuss tool safety using the information in the *Webelos Handbook*. Have the Scouts explain why tool safety is important and what can happen if safety rules aren't followed. Make certain each Scout participates in the discussion, and be sure to cover the following items:
 - Hand protection: Wear gloves when necessary (handling lumber, boxes of nails, etc.), and ALWAYS position your fingers and thumb carefully when cutting.
 - Head: Wearing a hard hat is a good idea when you are working in an area that may have falling items or debris.
 - Ears: Your hearing can be damaged very easily. Be certain you wear good quality ear protection when you are in an area that may have construction noise.
 - Eyes: Safety glasses are a must, ALWAYS AND ON EVERY PROJECT. If you wear prescription glasses, side shields can be purchased that slip onto the earpieces of the frame. This prevents debris and dust from entering your eye from the side.
 - Feet: Wear good quality leather shoes with thick soles if at all possible. This type of shoe will protect your foot if something falls on it, or prevent a puncture if you step on a nail. NEVER WEAR sandals, flip-flops, or open-toed shoes, etc.
 - Nose and lungs: Small dust particles can be inhaled quite easily through your nose and mouth. Cutting, sanding, drilling, etc., all create these particles. Simple and inexpensive masks are available at many stores; however, in a pinch you can also use your Webelos neckerchief or a bandanna tied around the lower portion of your face.

ACTIVITIES

◆ Activity 1: Tool Practice (Requirement 1)

- Using scrap lumber, tools, and the personal safety equipment, have each Webelos Scout: a) hammer in at least one nail, b) screw in at least one screw, and c) make a cut ¼- or ½-inch deep using both a handsaw and a coping saw.
- Dividing the Scouts into smaller groups doing different functions should keep this activity from running too long, which is why additional assistance from parents will be helpful.
- It is important that Scouts learn to use the tools properly. Before they finish, have each Scout demonstrate the correct way to clean the last tool they used, and how to store it.

◆ Activity 2: Safety Sam Relay

- Place two identical sets of safety equipment at one end of the room. Divide the Scouts into two teams. Then divide each team into two groups standing 10–15 feet apart with one group behind the safety equipment.
- On “go,” Scout 1 on each team properly puts on all the safety equipment, then races to the other end, where they take off the equipment and hand it to Scout 2. This teammate puts on the equipment and play continues until all Scouts have had a turn. The first team to finish wins.
- An alternative if you have a small den: Use a stopwatch to time how long it takes to put on all the equipment and then take it off. After each Scout has had a turn, compare the times; shortest time wins.

CLOSING

- **Den Leader's Minute.** Talk about the similarity between a building project and the building of friendships among Scouts. In both cases, we start at the beginning, proceed carefully, and end up with something great in the end. But everyone's building project will look different, and some may take longer to develop than others—just as our friendships do.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirement 1.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items for building project:
 - Specific hand tools, depending on the project
 - A completed sample of the project to serve as a visual aid
 - Safety equipment such as safety glasses/goggles, gloves, etc.
 - Materials and directions for building a step stool, paper towel holder, and wall shelf are included in the *Webelos Handbook*. Precut kits for various projects are available in many home improvement centers, hardware and hobby stores, and probably your local Scout shop as well. Be sure to pick something that is challenging but age-appropriate for Webelos Scouts. There should be several steps to the project using several different tools.
- Again, if needed get some assistance from parents within the pack, local carpenters, builders, hobbyists, or artists. Prepare thank-you notes in advance for Scouts to sign and give to the volunteers.
- Many hardware and home improvement stores can provide meeting spaces, project plans, and other resources, as well as project classes for young people. You may also consider using someone's home workshop or building shop. (If you choose not to meet in the usual place: Confirm that transportation to and from the location is in place. Secure signed activity consent forms.)

GATHERING

The location will guide you in selecting a Gathering activity. If meeting in the usual place, have a game of freeze tag. If you are in an alternate location with limited space, have Scouts play a round of "gossip" with a building theme:

Webelos Scouts stand or sit in a circle. The denner whispers some information to the Scout on their right, who in turn whispers it to the next person and so on. The last person to get the information shares aloud what they heard. Then have Scouts compare this last statement to what the denner said originally—the two may be quite different! An example of building-related information might be "Frank Smith drove to the lumberyard and purchased one hammer, two boxes of nails, and a dozen 2x4 boards."

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have each Scout fill in the blanks on this statement: *If I were a tool, I would be a _____ so I could fix (or build) a _____ for my _____.* (Example: If I were a tool, I would be a screwdriver so I could fix loose door handles for my parents.)

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Do a quick review of safety rules and how to use any safety equipment involved for this project.
- Show the den the sample of the completed project.
- Remind the den of three points of the Scout Law:
 - Helpful: They may need to assist others in the den.
 - Courteous: They may have to wait their turn if supplies are being shared.
 - Obedient: They must follow the safety rules.

ACTIVITIES

◆ Activity 1: Building Project (Requirements 2 and 3)

- Dividing the den into smaller groups will help with tool sharing and project help. Make certain each Webelos Scout understands the steps necessary to build the project. Then let them begin.
- Have each Scout record a list of the tools they use safely and those they use for the first time, to be entered in the *Webelos Handbook* (requirement 3). Or, to avoid interrupting the project, the den chief could keep a running list for reference after the meeting.
- Suggest the den members bring their projects to show at the next pack meeting.

CLOSING

- Gather the den together and recite the Scout Law. Have each Scout name a tool they used and say which point of the Scout Law is exhibited by that tool. There are no wrong answers for this exercise.
- Review details for the upcoming outing in Meeting 3. Make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Clean and store tools properly, and make certain the work area has been cleaned.
- Serve refreshments, if desired.
- Record completion of requirements 2 and 3.
- Sign thank-you notes for anyone who helped or provided meeting space.
- Coordinate with upcoming pack meeting to display completed projects. Make arrangements with Webelos Scouts and parents to bring the projects to that meeting, or keep them in one place until that time.
- Prepare more thank-you notes for those who help with the upcoming outing.

MEETING 3 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Several small lengths of rope for knot tying (Gathering)
- Thank-you notes for Scouts to sign after the outing
- Confirm that transportation to and from the construction site is in place. Secure signed activity consent forms.
- Make arrangements with the location at least a month in advance and see if a building professional will be available to guide the tour and be interviewed by the Scouts.
- Inform the Scouts and their families of any safety gear that may be required at the site and make arrangements to borrow it if necessary.
- Bring blank index cards and pens or pencils for Scouts to write their questions for the interview.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Alternatively, you may make arrangements to have the construction site visit and interview done virtually using the internet or other media source.

GATHERING

- Safety is extremely important at any construction site, as is keeping the group together.
- Have the Webelos Scouts tie knots while waiting for everyone to arrive. The den chief will choose the first knot to be tied. The first Scout who ties it correctly selects the next knot, and so on.

OPENING

- Recite the Scout Oath.

TALK TIME

- Carry out business items for the den, if this can be done easily and safely at the site.
- Allow time for sharing among Webelos Scouts.
- Review the Scouts' questions to ensure they relate to careers in construction and all are appropriate. Hand out index cards and pens or pencils to write down the questions.
- Remind the Scouts about appropriate behavior and using their best listening skills during the tour. (A Scout is courteous.)
- Have Scouts sign the thank-you notes to hand out before they leave.

ACTIVITIES

◆ Activity 1: Construction Site Tour (Requirement 4)

- Introduce the professional leading the tour and let this person know the Scouts have some questions they want to ask later on.
- Allow time for the interview after the tour.
- As appropriate, have den members present their thank-you notes and show appreciation to all who led or assisted with the outing.

CLOSING

- Gather the den together and have each Scout share one thing they learned during the construction site visit.

AFTER THE MEETING

- If it can be done safely, share refreshments with the host.
- Ensure that any necessary cleanup is done before leaving.
- Record completion of requirement 4.

Upon completion of the Build It adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.






CASTAWAY



RATIONALE FOR ADVENTURE

Survival skills are essential for anyone who might ever become lost in the wilderness—in a jungle, on a desert island, or, yes, during a Scout hike or campout! This adventure teaches several of those skills to Webelos Scouts, preparing them to deal with emergencies in an outdoor environment.

TAKEAWAYS FOR CUB SCOUTS

- Explores the pros and cons of different wilderness survival methods
- Introduces skills Scouts will need later in Scouting or in any survival situation
- Provides opportunities to do things they have never done before 

ADVENTURE REQUIREMENTS

Webelos Handbook, page 294

Complete the following requirements.

1. Complete A and your choice of B or C:
 - A. On a campout or outdoor activity with your den or family, cook two different recipes that do not require pots and pans.
 - B. With the help of an adult, demonstrate one way to light a fire without using matches.
 - C. Using tree limbs or branches that have already fallen or been cut, build a shelter that will protect you overnight.
2. Do all of the following:
 - A. Learn what items should be in an outdoor survival kit that you can carry in a small bag or box in a daypack. Assemble your own small survival kit, and explain to your den leader why the items you chose are important for survival.
 - B. With your den, demonstrate two ways to treat drinking water to remove impurities.
 - C. Discuss what to do if you become lost in the woods. Tell what the letters “S-T-O-P” stand for. Tell what the universal emergency signal is. Describe three ways to signal for help. Demonstrate one of them. Describe what you can do to help rescuers find you.
 - D. Make a list of four qualities you think a leader should have in an emergency and why they are important to have. Pick two of them, and act them out for your den. Describe how each relates to a point of the Scout Law. Describe how working on this adventure gave you a better understanding of the Scout motto, “Be Prepared.”

NOTES TO DEN LEADER

The theme of this adventure is survival. Each meeting will be more exciting and fun if it is done outdoors. Meeting 1 should be held in an organized camp setting or on a pack or den campout. For Meeting 3, plan an outing to a location where there are downed branches and other materials to build shelters (requirement 1C) and to gather tinder and kindling (requirement 1B).

Before each meeting held in these environments, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

These den meeting plans include preparing and serving food. Be sure to check with members of your den for any food allergies or restrictions.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Notebook and pen for Talk Time
- Secure an organized camp setting several weeks in advance, or plan the meeting to take place during a pack or den campout.
- Confirm that transportation to and from the location is in place. Secure signed activity consent forms.
- Distribute information to families, including travel details, needed gear, food, and fees for use of facility.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Prepare thank-you notes that Scouts can sign for those who help.
- Items for water treatment (Activity 1):
 - Water treatment tablets
 - Stove for boiling water
 - Large pot with cover
 - Quart-size water bottle
 - Water filter (optional)
- Ingredients for breakfast burritos (Activity 2; see Meeting 1 Resources)
- Hand-washing station
- List of items Scouts will bring next week to assemble their survival kits (see the *WebeLos Handbook*)

GATHERING: FOOD PREPARATION

- Remind Scouts to wash their hands.
- Chop meat and vegetables for burritos.
- Start pot of water boiling (see Activity 1).

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Sing an outdoor-oriented song. Here is one from the *Cub Scout Songbook*:

Be Kind to Your Web-Footed Friends

(tune: “Stars and Stripes Forever”)

*Be kind to your web-footed friends,
For a duck may be somebody's mother.
Be kind to your friends in the swamp,
Where the weather's always damp.
You may think that this is the end.
Well—it is!*

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce the Castaway adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Discuss leadership qualities that are important to have in case of an emergency. Ideally, some or all of these qualities should relate to points of the Scout Law. Have the den decide on the four most essential qualities; then write these down and give a copy of the four qualities to each Scout so they can prepare for Meeting 2 (see Do-at-Home Project Reminder below).
- To lead into the activities, a few comments about food safety would be helpful:
 - Keep hot foods hot, and cold foods cold.
 - Do not cross-contaminate foods.
 - Clean all utensils.
 - Wash hands before and after preparing or handling food items.

ACTIVITIES

Water Treatment (Requirement 2B)

- Add water to a quart water bottle and add treatment tablets according to directions. Set aside and let it stand for the indicated length of time (usually 30 minutes).
- Put a large pot of water on the stove and start heating it. Once water is at a rolling boil, time it for one minute. Water should now be safe to drink. Remove enough for everyone to taste after it cools. Leave boiling water on stove with heat on for breakfast burritos.
- Once the boiled drinking water you removed has cooled to the ambient temperature (or cooler), let everyone sample it. Have a blind taste-testing contest using regular tap water, boiled water, and treated water (add filtered water if you have a filter). See if the Scouts can tell which is which.
- Remind Scouts that all water that comes from an unknown source should be treated using one of the methods shown in the *Webelos Handbook*—especially any water from naturally occurring sources like lakes, rivers, etc. The water they are drinking may have traveled a long way to get to them, and there is no way of knowing where it passed or what *passed through it* along the way. Be safe!

◆ Activity 2: Cooking Without Utensils (Requirement 1A) (Breakfast Burritos)

Scouts will need to prepare two recipes for requirement 1A. Additional recipe options can be found in the Meeting 1 Resources and in the *Webelos Handbook*.

Ingredients

1–2 eggs per Scout

Chopped ham, cooked bacon, or sausage

Chopped onions, green peppers

Tortillas

Cooking quality 1-quart, plastic resealable freezer bags

Salt and pepper

Other seasonings to taste

- If you are cooking more than four burritos at a time, you may want to use two pots of water.
- While water is coming to a boil, have Scouts prepare their breakfast burritos.
- Show the Scouts how to crack eggs into the bags with minimal mess. Any meat items should be ready to eat—you only want to cook the eggs for this recipe. Squeeze most of the air out of the bags and seal them.

- Add the bags to the water still boiling on the stove from Activity 1. Avoid splashing! Don't let the bags touch the edge of the pot for extended periods of time. The water will stop boiling when you add the bags, then gradually warm up again. The hotter the water, the faster the eggs will cook.
- Using long tongs and a hot pad, glove, or towel, remove the bags occasionally and knead the eggs inside the bag. As the eggs cook, they will start to look like scrambled eggs. Once the eggs are firm, they are done. Then open the bag, drop the contents into a tortilla, and add desired seasonings. Roll up the tortilla and enjoy!
- Clean up the cooking area.

CLOSING

- Gather the den together and recite the 12 points of the Scout Law.



Do-at-Home Project Reminder (Requirement 2D):

Each Scout will pick two of the four leadership qualities and prepare to act out those two qualities for the rest of the den at Meeting 2. Each member of the den will also need to describe how both qualities relate to points in the Scout Law, and how working on this adventure is giving them a better understanding of the Scout motto: Be Prepared.

Remind each Scout and their family to collect the items needed for a survival kit—using the list in their handbooks—and bring them to the next meeting.

AFTER THE MEETING

- Serve additional refreshments, if desired.
- Work together to leave the outdoor location cleaner than you found it.
- Record completion of requirements 1A and 2B.
- Have Scouts sign their thank-you notes for those who helped.

MEETING 1 RESOURCES

ACTIVITIES

◆ Activity 2: Cooking Without Utensils (Requirement 1A)

Here are a couple of extra recipes, if desired. For more options, see requirement 1A in the *Webelos Handbook*.

Walking Tacos

1 pound hamburger
1 package taco seasoning
1 small onion
Chopped lettuce
Shredded cheese
Sliced black olives
Chopped tomato
Sour cream or dressing of your choice
Salsa
1-ounce bag of any type corn chip

- Before the meeting or campout, brown the hamburger and onion, drain, and add taco seasoning according to directions. Let simmer until the taco seasoning is absorbed.
- On the outing, press the corn chip bag to crush the chips. Turn the bag on its side and cut the top off with a pair of scissors. Add the hamburger mixture along with any of the toppings you desire. Take a plastic fork and enjoy!

Baked Campfire Apples

1 apple per serving
Brown sugar
Raisins, nuts, and/or red hot cinnamon candies
Heavy-duty aluminum foil

- Core the upper part of the apple, leaving the bottom half intact. Fill the center with raisins, nuts, and/or candies. Add brown sugar to taste.
- Double-wrap the apple in aluminum foil and place on hot coals for 20 minutes.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Materials for small survival kits in Activity 1 (requirement 2A). See *Webelos Handbook* for items needed, and add emergency whistles. Have Scouts bring their own items, while you may provide a few such as trail food, garbage bags, and duct tape. Collect a few nonessential items, too—as examples of what a Scout *shouldn't* take along.
- Consider inviting a local search-and-rescue worker to this meeting. Be sure your guest knows what you want to cover with the den. (Check with your local sheriff's department or fire and rescue team. Allow several weeks' lead time.)
- Prepare thank-you notes to be signed in advance for anyone who will be helping with the outing (Meeting 3).

GATHERING

- Have some 5-foot lengths of rope for the early arrivers to practice their knots. This would be a good opportunity for them to learn or refine their ability to tie the bowline, which can be used as a rescue knot because it will not slip or strangle someone if tied around the body.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Remind den members of last week’s outdoor meeting. Then lead them in singing “America the Beautiful.”

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Finish the discussion the den started last week on leadership qualities. Have each Scout say which pair of qualities they chose from the four, and how those two relate to points of the Scout Law.

ACTIVITIES

◆ Activity 1: Leadership Qualities (Requirement 2D)

- Give the Scouts a few minutes to come up with an impromptu skit illustrating the four qualities you just discussed. Tell them to imagine facing an emergency while on a hike or campout—how should they respond?
- Have them present the skit.

◆ Activity 2: Survival Kits (Requirement 2A)

- Have Scouts assemble their survival kits, while you lead a discussion on why each item is important.
- Ask: *Which items would be most handy if you were in a desert? A forest with lakes nearby? At the seashore? How about if you were in a high-altitude, rocky area?*

◆ Activity 3: Lost in the Woods (Requirement 2C)

- Have Scouts brainstorm scenarios in which they might become lost in the woods and how they would respond. Make sure to emphasize the S-T-O-P system in the *Webelos Handbook: Stop, Think, Observe, Plan*.
- Cover the ways Scouts might signal to help rescuers find them:
 - Shout three times in a row, or make three blasts on a whistle.
 - Start a campfire to create a bright light at night or smoke in the daytime; tossing grass or green leaves on the flames will provide even more smoke.
 - In daylight, spread your rain gear, sleeping bag, and bright-colored equipment in the open to catch a rescue pilot’s eye, or flash a mirror in the direction of aircraft.
- Other priorities include maintaining body temperature (cool in hot weather, warm in cool weather), finding adequate shelter, and drinking plenty of water. (Don’t worry as much about food. While being hungry is not pleasant, it’s also not a high priority. Unless you are an expert in plants and properly preparing animals to eat, it’s best to save the energy and concentrate on other matters.)

CLOSING

- Gather the den together and close with the Scout Oath.
- Review details for the upcoming outing in Meeting 3. Make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 2A and 2C.
- Have Scouts sign their thank-you notes for the outing.

MEETING 3 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Confirm that transportation to and from the event is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Items needed to make fire without matches (see requirement 1B in *Webelos Handbook*). You may want to recruit a Wilderness Survival merit badge counselor or an experienced leader in a troop.
- Outdoor Code in large print on poster board (Opening)
- Outdoor Code script (one copy for leader/narrator; see Meeting 3 Resources)
- Outdoor Code written on pocket-size cards (one per Scout)
- Firem'n Chit information to share with Scouts

GATHERING (REQUIREMENT 1C)

- When everyone has arrived at the campout site, have Scouts spread out and begin gathering material for making shelters: wood that has fallen from trees, pine needles, dry leaves, etc. (Remind everyone they must not cut wood or leaves from any tree or plant.)
- Ideally, each Scout will make their own shelter, but if time is limited the group might build one shelter that is large enough for a single Scout.
- Leave No Trace: Return the shelter material to a natural look.

OPENING: OUTDOOR CODE

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have Scouts read the Outdoor Code aloud from the poster board as you read the narrator lines provided in the Meeting 3 Resources. Give each Scout one of the pocket cards you prepared to reinforce the points of the code.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Discuss ways that an overnight shelter could be improved with other supplies (tarp, sleeping bag, etc.).

ACTIVITIES

◆ Activity 1: Fire Without Matches (Requirement 1B)

- Gather the Scouts around and demonstrate how to start a fire without matches. If you have time, consider demonstrating more than one of the methods shown in the *Webelos Handbook*—with a magnifying glass, flint and steel, or wood-on-wood friction.
- After a successful demonstration, have each member of the den try it themselves as you assist them. This exercise takes time and a little finesse, so give them plenty of opportunities.
- Remind Scouts they should do this only in a safe environment and under the close supervision of an adult.
- Review the Firem'n Chit Award information (see Meeting 3 Resources). Do not award the card or patch, but tell them this is something they can earn when they join a troop.
- Leave No Trace: When finished, make sure the area is returned to its natural state.

CLOSING

- Gather the den in a circle and review the leadership qualities Scouts should show in an emergency, as discussed at earlier meetings.
- Ask the den: *How has working on this adventure helped you understand the Boy Scout motto: "Be Prepared"?* Starting with the denner and moving right, let each Scout respond to the question (requirement 2D).

AFTER THE MEETING

- Serve refreshments, if desired and appropriate.
- Work together to leave the outdoor location cleaner than you found it.
- Record completion of requirements 1B, 1C, and 2D.
- Have Scouts sign their thank-you notes for those who helped.

MEETING 3 RESOURCES

OPENING: OUTDOOR CODE

Den members will read their words from the Outdoor Code poster board while the narrator reads from this script:

Den: As an American, I will do my best to ...

Narrator: The Outdoor Code reminds Scouts of the importance of caring for the environment. Its ideals take on special meaning whenever you are camping, hiking, and taking part in other outdoor events.

Den: Be clean in my outdoor manners. Be careful with fire. Be considerate in the outdoors.

Narrator: Being clean in your outdoor manners, careful with fire, and considerate means you can enjoy the outdoors in ways that do the environment no harm; that you can hike and camp in an area without leaving any sign you were there.

Den: And be conservation-minded.

Narrator: Being conservation-minded encourages the protection and thoughtful use of natural resources. You can do your part in service projects that improve the condition of wildlife, water, air, forests, and the land itself. Please give the Scout sign and repeat after me:




*I promise
On my honor as a Scout
To live by the Outdoor Code,
To take care of the world around me
Today
And from this day forward.*

ACTIVITIES

Activity 1: Fire Without Matches (Requirement 1B)

Firem'n Chit



<h2>FIREM'N CHIT</h2> <p>This is to certify that</p> <p>_____</p> <p>can carry fire-starting materials and build a campfire.</p> <p>This Scout has read the fire use and safety section in the <i>Scout Handbook</i>. This Scout knows that starting and building fires means being responsible, and accepts that responsibility. In consideration of the above, this Scout is hereby granted "Firem'n Rights."</p> <p>Signed _____ Smokey </p> <p> BOY SCOUTS OF AMERICA</p>	
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This certification grants a Scout the right to carry fire-lighting devices (matches, lighters, etc.) to build campfires. The Scout must show their Scout leader, or someone designated by their leader, an understanding of the responsibility to do the following:

1. I have read and understand use and safety rules from the *Scout Handbook*.
2. I will build a campfire only when necessary and when I have the necessary permits (regulations vary by locality).
3. I will minimize campfire impacts or use existing fire lays consistent with the principles of Leave No Trace. I will check to see that all flammable material is cleared at least 5 feet in all directions from fire (total 10 feet).

4. I will safely use and store fire-starting materials.
5. I will see that fire is attended to at all times.
6. I will make sure that water and/or a shovel is readily available. I will promptly report any wildfire to the proper authorities.
7. I will use the cold-out test to make sure the fire is cold out and will make sure the fire lay is cleaned before I leave it.
8. I follow the Outdoor Code, the *Guide to Safe Scouting*, and the principles of Leave No Trace and Tread Lightly!

The Scout's "Fireman's Rights" can be taken away if they fail in their responsibility.

Upon completion of the Castaway adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.





EARTH ROCKS!



RATIONALE FOR ADVENTURE

Through this adventure, Webelos Scouts will see the relevancy of earth science and how it impacts their daily lives. They will begin to understand the use of rocks and minerals in everyday items. Their investigations will give them an understanding of geological events and they will have the opportunity to learn about geological features in their own state.

TAKEAWAYS FOR CUB SCOUTS

- Learning about the science of geology
- Identifying and testing rocks and minerals
- Becoming aware of geological materials and landmarks in their area
- Geology/earth scientist career awareness
- Performing geological investigations while upholding the values of Leave No Trace



ADVENTURE REQUIREMENTS

Complete the following requirements.

Webelos Handbook, page 312

1. Do the following:
 - A. Explain the meaning of the word “geology.”
 - B. Explain why this kind of science is an important part of your world.
2. Look for different kinds of rocks or minerals while on a rock hunt with your family or your den.
3. Do the following:
 - A. Identify the rocks you see on your rock hunt. Use the information in your handbook to determine which types of rocks you have collected.
 - B. With a magnifying glass, take a closer look at your collection. Determine any differences between your specimens.
 - C. Share what you see with your family or den.
4. Do the following:
 - A. With your family or den, make a mineral test kit, and test minerals according to the Mohs scale of mineral hardness.
 - B. Record the results in your handbook.
5. Identify on a map of your state some geological features in your area.
6. Do the following:
 - A. Identify some of the geological building materials used in building your home.
 - B. Identify some of the geological materials used around your community.

NOTES TO DEN LEADER

The first meeting of this adventure is the suggested den outing—a rock hunt around your den meeting site or other conveniently accessible location. Have the Webelos Scouts complete requirement 1 and bring the information with them to discuss at the meeting.

In advance of the outing, the leader will need to make arrangements with the outing location or landowner and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN (Rock Hunt)

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Read the Earth Rocks! adventure and plan a rock hunt around your meeting place or other conveniently accessible location. Confirm that transportation to and from the rock hunt site is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- If your rock hunt involves a site where the Scouts can dig, make sure you have received permission to do so from the landowner. Verify if permission is also given for the Scouts to collect and keep the rocks they find, and review Leave No Trace guidelines regarding rock collecting. If permission is not given, encourage the Scouts to bring cameras or smartphones to capture their rock collections virtually for display at a den or pack meeting.
- Each Scout will need the appropriate tools (see “Geologist’s Equipment” in the *Webelos Handbook*). Scouts should also bring their handbooks to help with identification of specimens.
- Notify Scouts of any personal items and special clothing they will need (water bottles, sunscreen, hats, closed-toe shoes).
- Consider bringing other rock collecting field guides from local libraries or geology clubs.
- Invite a geologist or rock collector to attend the outing and help in the identification of rocks.
- Prepare thank-you notes that Scouts can sign for those who help with the outing.

GATHERING: ROCK HOUND

- Scouts can play this game like rock-paper-scissors but substituting hammer, magnifying glass, and glove. Hand signals in this version are as follows:
Hammer = Close your fist (hammer beats magnifying glass).
Magnifying glass = Make a circle with your fingers and hold up to your eye (magnifying glass beats glove).
Glove = Lay one hand over the other (glove beats hammer).

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME (REQUIREMENT 1)

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Review the Leave No Trace Principles for Kids and how they relate to rock hunting.
- Have Scouts share what they learned before the meeting about the meaning of the word “geology” and why this field of science is important.

ACTIVITIES

◆ Activity 1: Rock Hunt (Requirements 2, 3, and 6)

- If the Scouts are permitted to dig, remind them to leave the location as it was before digging, putting dirt back where it belongs. If Scouts cannot dig, they can take photos to create a visual display.
- Have the Scouts look for different kinds of rocks and identify what types they find according to their handbooks, which show the three main rock groups and provide an explanation of minerals.
- Scouts should also try to identify any rocks that are typically used as building materials. Do they recognize any that were used in building their homes? In their communities?

CLOSING

- **Den Leader’s Minute:** Compare experiences during the outing to points of the Scout Law. For example, *courteous*: Thank the Webelos Scouts for being courteous “rock hounds” while on their hunt. Or *helpful*: The Scouts assisted one another in finding rocks or while walking on rough terrain. Perhaps rocks could remind one of being *brave*—facing the elements of rain, heat, or ice—or *reverent* in the construction of houses of worship.

AFTER THE MEETING

- Serve refreshments, if desired and appropriate.
- Work together to leave the outdoor location cleaner than you found it.
- Record completion of requirements 1, 2, 3, and 6.
- Have Scouts sign their thank-you notes for those who helped.

MEETING 1 RESOURCES

ACTIVITIES

Activity 1: Rock Hunt

A den meeting in the field where Scouts can look for rock and mineral specimens will be very exciting for them as they become real rock hounds! Make sure the Scouts have their handbooks to help them identify the three kinds of rocks, review the explanation of minerals, and record what they find. If you don't have an expert along, you could also take one of the excellent handbooks on rocks and minerals that can be found in the public library or possibly find an app if you have a smartphone that could help identify what you find.

An excavation, a riverbank with steep sides, or a highway cut would be a good place to find mineral samples. Rocks can be found along roadsides, in streambeds, on riverbanks, or on hillside ledges. Take along pencils, magnifying glasses, heavy gloves, a rock hound's pick and chisel, and safety glasses or goggles.

Check local laws before digging for rocks or minerals. In some states, laws prohibit digging rocks and other things from the ground. If permission is given for the Scouts to dig, permission might also be given for them to start their very own rock collections.

Encourage Scouts to look for golf ball-size specimens or smaller. You don't want to pick up every rock you see; for example, attempting to pick up a 50-pound rock should be discouraged! If permission was not given for the Scouts to keep the rocks, practice the Leave No Trace guidelines—leave it where you find it—and encourage everyone to replace the rocks and dirt they may have dug up after they have identified them.

If you search carefully, you may also find some fossils—the remains of ancient plants and animals. Fossils can be found almost anywhere, even in your own driveway. But much more likely sites are old quarries, river bluffs and banks, gravel pits, excavations, and highway cuts—the very places you'll be looking for rocks and minerals. When you find a fossil embedded in another rock, be patient in taking it out.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- *Webelos Handbooks*
- Items for making pet rocks (Gathering):
 - Medium-sized river rocks from craft stores
 - Other craft items (wiggly eyes, felt, yarn, glue, construction paper, etc.)
- Collection of rocks from your den outing (if allowed), a geological society, or a local school or university's science department
- Field guide to rocks (found at library or through local rock clubs)
- State road map for locating geological landmarks (Activity 1)
- Materials for a mineral testing kit (Activity 2). Besides the minerals, you will need a penny, a small piece of glass, a piece of unglazed tile, a file or pocket knife, a small bottle of vinegar, and an eye-dropper. Each Scout could be assigned to bring one or more of those items.

GATHERING: PET ROCKS

- As Scouts arrive, have them create pet rocks using the supplies you collected.
- Each Scout may give their rock a name, make a “costume” for it, and “teach” it a joke or trick. At home they can take their rock for a walk, write a journal about what it does each day, or photograph the rock and create a blog—all strictly for fun!

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law. Emphasize that the Scout Law is a guidepost for all we do in life, not just in Scouting.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.

ACTIVITIES

◆ Activity 1: Finding Geological Sites (Requirement 5)

- Set the state road map on a table and help the Scouts locate sites near rivers, lakes, or mountains where they might find good geological specimens. Scouts who have visited the locations with their families may offer suggestions.

◆ Activity 2: Mineral Testing (Requirement 4)

- Set out the items for a mineral testing kit and explain what the kit is used for.
- Show the Scouts how to do streak, scratch, and fizz (acid) tests on the minerals, following the directions in the *Webelos Handbook*. Have them test different types of minerals and record the findings in their handbooks.

CLOSING

- **Den Leader’s Minute:** If there are hiking trails nearby, the Scouts may have noticed piles of rocks left at different spots on the trail. If not, simply note that trails are often marked with *cairns*—piles of rocks left to mark something significant like a summit, a turn, or anything of particular interest.
- Likewise, every Webelos Scout who follows the 12 points of the Scout Law becomes a marker—a cairn—for those who look to them as a model, especially the Lion, Tiger, Wolf, and Bear Scouts in the pack.



AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 4 and 5.

MEETING **3** PLAN (OPTIONAL DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Confirm that transportation to and from the location is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- If traveling to a landmark, remind Scouts of any items needed for that outing: handbooks, appropriate clothing, sunscreen, hat, water bottles, etc.
- If visiting a geologist or earth scientist, contact the location at least a month in advance and give this professional a copy of the adventure requirements so he or she will know what has been done before the outing. Bring index cards for Scouts to write down any questions they would like to ask during the visit.
- Bring the signed thank-you notes for those who help.
- Another option would be for a geologist or earth scientist to visit the den at your usual meeting site. Likewise, someone from the U.S. Natural Resources Conservation Service might be invited to come.

GATHERING

- If the meeting is outside, take the opportunity for a theme-related game of tag. Standard rules apply except that a Scout is “safe” and cannot be tagged if they are touching a particular rock (rock tag) or something made of minerals (mineral tag).
- If indoors, each Scout could move a number of small rocks from one spot (a small, shallow bowl, a saucer, or a circle drawn on a piece of paper) to another spot using two toothpicks. This could be a relay, a time contest, or just a game of skill.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law. A relatively quiet opening might be best, particularly if meeting in someone’s office.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Review questions to make sure all are appropriate. Provide index cards so Scouts can write down the questions for reference.

ACTIVITIES

◆ Activity 1: Geology Outing or Visit With Science Professional

- If meeting at a geological landmark, divide Scouts into buddy pairs and explore the area.
- If visiting an office or hosting professionals at your den meeting, let them know the Scouts have questions they would like to ask during or after the tour or presentation. When the visit ends, be sure the Scouts show appreciation and give their thank-you notes to everyone who helped.

CLOSING

- Reflect on what the den has learned in this adventure about our earth and the types of rocks and minerals it holds.
- Moving around the circle, have the Scouts share ways they can help to protect our earth and keep it clean (11th point of the Scout Law).

AFTER THE MEETING

- Serve refreshments, if appropriate and desired.
- Work together to clean up the meeting place or to leave the outdoor location cleaner than you found it.

Upon completion of the Earth Rocks! adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.



NOTES



ENGINEER



RATIONALE FOR ADVENTURE

This adventure will provide a fun way to learn about science and mathematics technologies and introduce Scouts to career options in engineering.

TAKEAWAYS FOR CUB SCOUTS

- A basic understanding of the engineering world: what an engineer does and the impact of engineering on our daily lives
- Learning about career choices in engineering and schoolwork that can help prepare them
- Awareness of the Engineering merit badge, which offers more advanced learning and projects than this adventure



ADVENTURE REQUIREMENTS

Webelos Handbook, page 330

Complete requirements 1 and 2.

Requirements 3 and 4 are optional.

1. Pick one type of engineer. With the help of the internet, your local library, or an engineer, discover three things that describe what that engineer does. (To use the internet, be sure that you have a current Cyber Chip or that you have permission from your Webelos den leader, parent, or guardian.) Share your findings with your Webelos den.
2. Learn to follow engineering design principles by doing the following:
 - A. Examine a set of blueprints or specifications. Using these as a model, prepare your own set of blueprints or specifications to design a project.
 - B. Using the blueprints or specifications from your own design, complete your project. Your project may be something useful or something fun.
 - C. Share your project with others at a den or pack meeting.
3. Explore other fields of engineering and how they have helped form our past, present, and future.
4. Pick and do two projects using the engineering skills you have learned. Share your projects with your den, and also exhibit them at a pack meeting.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Meeting 3 will be a den outing to visit a city or county engineer, to tour a college of engineering or a U.S. Army Corps of Engineers project—or any trip that would enhance the Scouts' learning experience. In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

You may also invite local engineers to assist at Meetings 1 and 2. Share the adventure requirements with each guest so he or she can be prepared. Engineers may be found through government offices, acquaintances, phone directories, internet searches, construction firms, or local colleges or universities. Other potential guests include electricians, plumbers, surveyors, architects, and heavy equipment operators.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Sample set of blueprints or plans (Guests may be able to provide these, or you might borrow them from a building contractor or find them in a local library.)
- Have Scouts prepare for Meeting 1 by starting or completing requirement 1—to research one type of engineer and record some basic information in the *Webelos Handbook*. Then they can share what they learned at the meeting.
- Items for Tower Game (Gathering): wooden dowels, empty thread spools, paper cups, blocks of wood
- Items for the Block and Tackle Challenge (Activity 1): rope and two lengths of broomstick or large dowels
- Items for creating blueprints or plans (Activity 2): graph paper or large regular paper, pencils, erasers, rulers
- Prepare thank-you notes that Scouts can sign for their guest(s).

GATHERING

- Have Scouts work as a team, creating the tallest structure they can by stacking the items you collected.
- To increase the challenge, include items of different sizes. A Scout could try stacking with their eyes closed or with the opposite hand from the one they naturally prefer.

OPENING

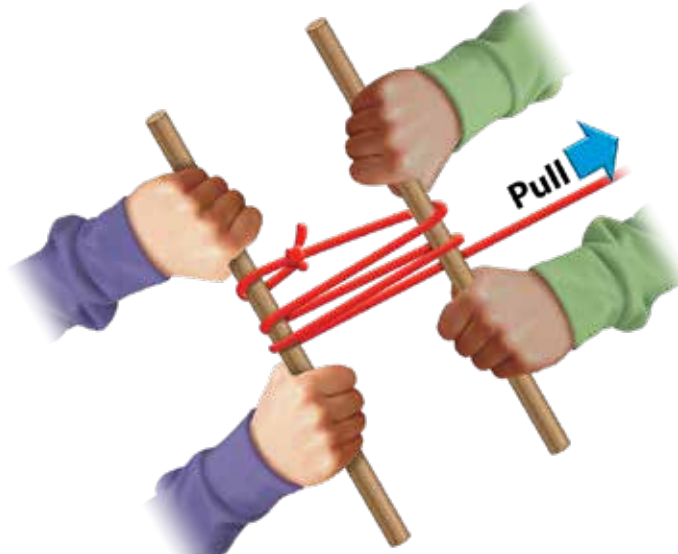
- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- If you have access to a flagpole with a rope and pulley system, point it out.

TALK TIME (REQUIREMENT 1)

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce the Engineer adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Have Scouts share the information they researched on a chosen type of engineer. This may be done through discussion, a drawing, a computer presentation, or any appropriate means.
- Show the sample blueprints or plans you collected and allow some time for review.
- Review the project planning process in the *Webelos Handbook*.
- Now introduce any guests you have, and ask them to describe their jobs, field of practice, why they chose that field, and what type of schooling they needed.

ACTIVITIES

◆ Activity 1: Block and Tackle Challenge



This activity will help Webelos Scouts develop their engineering skills:

- Keep the two lengths of broomstick 1 foot apart and wrap the rope loosely around both sticks.
- While two Scouts hold the sticks and pull toward themselves, a third Scout pulls the rope.
Note: The rope should be pulled steadily; do NOT allow the rope to be jerked.
- The Scout pulling on the rope should be able to pull the two sticks together, no matter how hard the other two Scouts holding the sticks try to hold back.
- Play several rounds as Scouts take turns pulling on the sticks and pulling the rope. Wrap the rope around the sticks more or fewer times with each round. The Scouts should find that having more wraps makes it easier to pull the sticks together.

◆ Activity 2: Designing a Project (Requirement 2A)

- Webelos Scouts will create a plan or drawing for their selected project.
- This activity may be completed at home with assistance from parents or the den may choose to extend or add a meeting.
- The Scouts may use graph paper or regular paper. No special supplies are required, other than paper, pencil, eraser, and a ruler or straight edge.

CLOSING

- Gather the den together and recite the Scout Law. Are any points of the law especially relevant to engineers? Perhaps *helpful*, because an engineer applies scientific principles to practical problems—which helps us in our daily lives.



Do-at-Home Project Reminder:

Each Scout will complete requirement 2B at home, constructing a project—“something useful or something fun”—from the plan developed at this meeting. The den members may share the projects at Meeting 2, or save them for display at a pack meeting (requirement 2C).

Each Scout should also decide what two projects they want to do for requirement 4, and bring the materials for at least one of the projects to the next meeting.

Requirement 3—to “explore other fields of engineering”—may be completed on the internet at home (with permission from the Scout’s parent) or by doing research at a local library. It could also be part of the Meeting 3 den outing if you go to a college of engineering or similar location.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 1 and 2A.
- Have Scouts sign the thank-you notes for their guests.
- Call each Scout before Meeting 2 and remind them to bring materials for one or both of their requirement 4 projects.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Thank-you notes that Scouts can sign for anyone who may help with this meeting or the den outing (Meeting 3)
- Items for Gathering activities:
 - Water-Free Water Slide—bucket, several feet of flexible hose material (e.g., dryer venting, plumbing flex hose, old garden hose), round object that will easily fit through the hose (e.g., golf ball, Wiffle ball, marble)
 - Strong Paper—three same-size glasses, one sheet of construction paper
- Materials brought by each Scout for one or both requirement 4 projects. Directions are included in the *WebeLos Handbook* for making a craft stick launcher (defense engineering); paper airplanes and a stomp rocket (aerospace); a block and tackle (architectural); a spaghetti bridge (civil); a telegraph machine (electrical); changing a penny's color (chemical); and a weather vane and pinewood derby experiments (mechanical). See Meeting 2 Resources for two more mechanical engineering options: building a pulley or a belt drive.
- The requirement 4 projects can be voted on by the den or individual Scouts may choose their own, but encourage exposure to more than one engineering field. A Scout may pick an activity that isn't listed here, provided it meets the criteria for one of the listed fields.
- An extra meeting may be scheduled for Scouts to complete requirement 4, or they can finish the projects at home.

GATHERING

Water-Free Water Slide

- Lay the hose out straight on the ground or floor. Space the Scouts out along the hose. Have them pick up the hose and hold it at waist height with one end over the “pool” (bucket). The den chief or another Scout will start rolling the ball at the opposite end to see if they can get it to the bucket.
- Have Scouts work together to decide the best way of holding the hose (higher at one end than the other?), the best order to have everyone stand in, and whether the Scouts nearest the bucket should kneel so gravity can help.
- To pose an extra challenge, have them raise the hose overhead, or put some crooks and turns in it by repositioning the Scouts.

Strong Paper

(from Cub Scout Leader How-To Book)

- Ask whether anyone has seen “the new strong paper” that will support a glass.
- Show an ordinary piece of paper and lay it as a bridge between two glasses. Naturally, it won’t support a glass.
- Then make ½-inch pleats in the paper and lay it on the two glasses again. Now it will support another glass.



OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME (REQUIREMENTS 2B AND 2C)

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- If Scouts brought their do-at-home projects for requirement 2B, allow some time for showing their work. Have each Scout share one thing they especially liked about the project. The projects may also be displayed at the upcoming pack meeting along with those for requirement 4.

ACTIVITIES

◆ Activity 1: Engineering Projects, Part 1 (Requirement 4)

- Give each Scout room to set out the materials for their first project.
- Have Scouts build the projects according to directions in the *Webelos Handbook*—with assistance, if needed, from invited guests.

◆ Activity 2: Engineering Projects, Part 2 (Requirement 4)

- If time allows, Scouts can also work on their second projects.

CLOSING

- Recite the Scout Law or offer a closing thought.
- Review details for the upcoming outing in Meeting 3. Make sure all Scouts and their families know the plans.



Do-at-Home Project Reminder:

If necessary, Scouts may finish their second project for requirement 4 at home, or you can schedule a fourth meeting to do this before or after the den outing.

Scouts should also complete requirement 3 before the last meeting of the adventure, unless the den outing will be at a college or similar location where the Scouts can explore various engineering fields.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 2B and 2C.
- Have Scouts sign their thank-you notes for guests at this meeting or those who will help with the outing.

MEETING 2 RESOURCES

ACTIVITIES

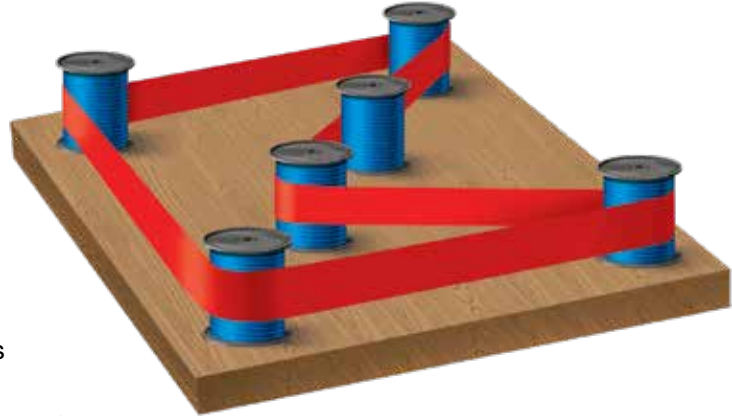
Engineering Project: Build Your Own Pulley

Materials: Heavy wire (such as a wire hanger), spool(s), light cord or rope, and a weight

Instructions: Center the spool on 8–10 inches of wire and bend the wire ends into a triangle. Hang the wire from a suitable place. Then tie one end of the cord to the weight and pull the other end over the spool. Pull the cord to lift the weight.

Engineering Project: Model Belt Drive

- Many machines have multiple moving parts that turn or rotate. One method of connecting these parts is to use a drive belt. Belts are used in washing machines, sewing machines, and many other appliances. Most modern automobiles use a single belt to drive several parts under the hood, especially the air conditioning compressor and alternator. This is called a serpentine belt, because it “snakes” around several pulleys to turn all of them at the same time.
- A belt drive runs around several pulleys, carrying the turning forces from one to the next. There must be friction between the belt and each pulley so that it doesn’t slip, but if it is too tight, it will break or pull the pulleys out of line.



To build a model belt drive, gather the following materials:

- Sandpaper
- Small board (exact size doesn’t matter)
- Small Velcro strips
- Wide ribbon or cloth (for the belt)
- Several spools (a range of diameters is preferable)
- Wooden dowel (or nails) that will fit the holes in the spools
- Glue a strip of sandpaper around each spool; this will provide friction to keep the belt from slipping.
- Cut the dowel into short lengths, slightly longer than each spool. Drill holes into the board, just big enough so the dowel pins fit snugly.
- Put a dowel into each hole, and put a spool over each dowel pin. Check that the spools turn freely.
- One spool should have a hole between its rim and its center hole. Put a small dowel pin in this hole to serve as a handle for turning the whole contraption.
- Run a length of ribbon around the spools so that it touches each spool. Join the ends of the ribbon with Velcro, which will allow adjustment to ensure that the belt is neither too loose nor too tight.
- Experiment with spools of different diameters. A wide spool will turn more slowly than a narrow spool because the belt has to move farther around the wide one.
- Test the finished model. Do all the spools turn the same direction?

MEETING 3 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Contact the outing location at least a month in advance to schedule the visit. Provide a copy of the requirements so they can see what the Scouts are doing in this adventure.
- If Scouts will be meeting a professional engineer at his or her workplace, assist in developing appropriate questions. To avoid forgetting, have them carry the questions on index cards.
- Confirm that transportation to and from the location is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Scouts who haven't completed requirements 1 or 3 may be able to do so on this outing—depending on where you go. A college of engineering with testing labs would be a good choice. Other options include:
 - Arranging an organized tour of a U.S. Army Corps of Engineers office, if one is in the area.
 - Visiting the city or county engineer or city planner.
 - Visiting a municipal waterworks or waste treatment facility to observe how machines are used to move materials from one area to another.
 - Direct access to a large construction site may not be possible due to safety considerations, but you can probably observe the site from a safe distance. Scouts would see how cranes work along with other equipment that lifts heavy loads.
 - Many large buildings have an “office of the building” with engineering responsibilities such as operation of elevators and safety equipment.
 - Utility companies may offer tours or have someone who could speak about the operation of their facilities.
 - Any location should have several bridges in the vicinity. Take a short tour and look at two or three bridges. Note how the construction varies depending on the width and depth of the area to be crossed.

GATHERING: BADEN-POWELL SAYS

- This game could be played like Simons Says: The leader stands in front of a line of Scouts and gives a command to perform an action (e.g., “Stand on your left foot”). If the leader starts the command with the phrase “Baden-Powell says,” all the Scouts should do it.
- If the phrase isn't used and a Scout still performs the action, they are out. Those Boys who perform an action different from the one spoken are also out.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law. A relatively quiet opening might be best, particularly if meeting in someone's office.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.

ACTIVITIES

◆ Activity 1: Engineering Visit or Tour

- Introduce the tour guide or host and mention that the Scouts have questions they would like to ask during or after the visit. When the visit ends, be sure the Scouts show appreciation and give their thank-you notes to everyone who helped.

CLOSING

- Recite the Scout Law or offer a closing thought.

AFTER THE MEETING

- Serve refreshments, if desired and appropriate.
- Work together to clean up if needed.
- Record completion of requirements 3 and 4, as applicable.

Upon completion of the Engineer adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.






GAME DESIGN



RATIONALE FOR ADVENTURE

Scouts will use technology safely in this adventure to make fun games fueled by their own ideas. They will learn to plan, organize, and execute those ideas while working as a team to create a finished product.

TAKEAWAYS FOR CUB SCOUTS

- Using technology to create something fun
- Learning, then teaching others
- Teamwork
- Internet safety
- A Scout is trustworthy. 

ADVENTURE REQUIREMENTS

Webelos Handbook, page 386

Complete the following requirements.

1. Decide on the elements for a game.
2. List at least five of the online safety rules that you put into practice while using the internet on your computer or smartphone. Skip this if your Cyber Chip is current.
3. Create your game.
4. Teach an adult or another Scout how to play your game.

NOTES TO DEN LEADER

Before the adventure, you should do some research on what makes a good game and develop an understanding of the various game components. Reading the *Game Design* merit badge pamphlet is a great start. Review the suggested websites ahead of time and download any software the den might use.

If the Cyber Chip has not already been introduced, this would be a good opportunity to do so. Make sure that parents are aware of what Webelos Scouts will be doing in this elective. The Scouts should be reminded not to download anything from the internet without first getting permission from their parents.

You may want to invite parents to Meeting 2 where the den will review internet safety, the Internet Safety Pledge, and what to consider when downloading gaming software. This would give parents a chance to ask questions and get a better understanding of the elective.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items for Gathering games: narrow-mouth jar; 10 clothespins per Scout; large hat or bucket; deck of playing cards
- Whiteboard and markers (or blackboard and chalk)
- Paper and pencils
- Computers for Scouts to use (or one computer with screen projector)

GATHERING

- As Scouts arrive, have them play these two games:

Clothespin Drop. Place a narrow-mouth jar upright on the floor. Give each Scout in turn 10 clothespins and have them stand over the jar. They hold the pins at eye level and try to drop them in one at a time. Keep score on the number of pins each Scout drops into the jar.

Card Toss. Place a hat or bucket on the floor about 6 feet from a chair. Have Scouts take turns sitting in the chair and tossing playing cards one at a time into the hat or bucket. Keep score on the number of cards each Scout tosses in.

OPENING

- The den forms a tight circle with the den flag in the center. Each Scout grasps the flagstaff with their left hand, makes the Scout sign with their right hand, and says the Scout Oath.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce the Game Design adventure to the members of your den and explain that at this meeting they will learn about game design and have some fun creating a game together. Review the different types of physical and virtual games they enjoy playing and what they like about each one. What parts of those games are the most fun? What makes some games more fun than others?
- Have the Scouts as a group come up with their own definition of what a game is. Examples include:
 - A game is something you play and can win.
 - A game is something you play with rules.
 - A game is something you can play by yourself or with others.
- Tell the Scouts that today, everyone will get to be a game designer. Review the following points with the den for designing a game. Write them on chart paper for Scouts to reference when creating their games. (In addition to the *Webelos Handbook*, you can find two good resources for this discussion at www.eduweb.com/schaller-games.pdf and serc.carleton.edu/introgeo/games/goodgame.html.)

Narrative or Story. What is the game about? What is the point of playing it?

Goals and Mechanics. What are the challenges you have to overcome in the game? How does a player win and what can players do to advance in the game?

Aesthetics. How does your game look and sound? Will it be colorful? What will your characters (players) see, feel, smell, and taste?

Medium. What are the materials and/or technologies needed to make your game possible? This may range from paper, pencils, and blocks to computers and lasers, etc.

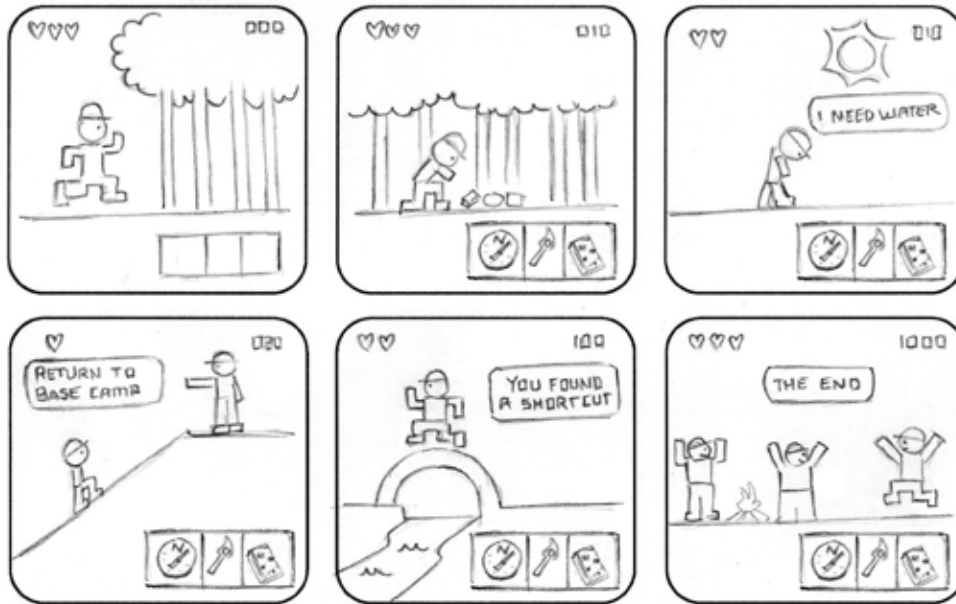
ACTIVITIES

◆ Activity 1: Gamestorming (Requirement 1)

- Divide the den into game design teams of three or four Scouts each. Have each team brainstorm an idea for a game—asking and answering the questions above to make sure their game contains the four basic elements.
- They should then create a design document to record and organize their ideas for the game. The document must be written clearly in a way that a reader who is unfamiliar with the game can understand. It must address all four of the basic elements. The ideas in a design document are not necessarily final; they may change or add things after the document has been written. However, the document should then be updated to reflect the changes.
- Now, to help the teams better visualize their game ideas, have them create storyboards with scenes of what happens in the game and the sequence of events. The Moviemaking adventure has a basic storyboard template to copy, or Scouts could create their own on poster board. The storyboards may include but are not limited to:
 - Background (or setting where the game takes place)
 - Character(s)
 - Sounds
 - Levels
 - Points
 - Colors

◆ Activity 2: Presentation

- Each team will present its idea to the rest of the den using storyboards and game design documents.
- Have Scouts point out what they like about the ideas each team came up with. Remind everyone to be supportive—not discouraging—if they have any suggestions to offer, and to be patient when listening to other teams' ideas. (A Scout is helpful, courteous.)



◆ Activity 3: Game Creation Software

- Ask whether any of the Scouts have used game creation software programs before and, if so, which ones they used. Mention some of the free programs online like Scratch (<https://scratch.mit.edu>) that they can use to make their own games.



Do-at-Home Project Reminder:

Before the next meeting—and with the permission and supervision of their parents—Scouts will browse the Scratch website and, if possible, download the program and watch a few tutorials to get acquainted with it. Scouts designing a non-video game should bring any necessary supplies to the next meeting.

CLOSING

- Form a circle. Starting with the denner and moving right, have the Scouts mention something they enjoyed learning at this meeting.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirement 1.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items for Gathering activities: dried beans, pencils, and the Computer Match game (one copy per Scout)
- Copies of the following handouts (one per Scout; see Meeting 2 Resources):
 - Internet Safety Pledge
 - Create Your Own Game Using Scratch
 - Appropriate Video, Computer, and Mobile Games
- Markers and paper for Activity 1
- Materials for Making Games (Activity 2):
 - Set up computers with the Scratch program loaded for making video games (for teams that designed video games last week).
 - If any team designed a non-video game, have those Scouts bring the items and supplies they need to create the game.

GATHERING

As Scouts arrive, have them play these two games:

- **Bean Balance.** Give these directions to Scouts: Pick up a dried bean with your left hand. Transfer the bean to your right hand, then put the bean on the back of your left hand. While still balancing that bean, pick up another one with your left hand, transfer it to the right, and back again—repeating the process until a bean falls off. The Scout who balances the most beans wins.
- **Computer Match.** Give each member of the den a copy of this game (in Meeting 2 Resources) to see how many computer terms can match with the definitions.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Proudly stand together and give your den yell!

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- If any of the teams didn't get a chance to present their game idea in the first meeting, have them do so now.
- Ask the Scouts what games they have played on the internet. Do they know the safety rules to follow when doing anything online? Review the Internet Safety Pledge (Meeting 2 Resources).

ACTIVITIES

◆ Activity 1: Bringing Your Game to Life

- Explain to Scouts how real-life game designers test to see if their game ideas work by role-playing the games. Have each team test their idea together. They can do this by acting out what they put in their storyboards and game design documents.
- This may require materials like markers and paper to bring their games to life, so provide as needed. Ask Scouts if they discovered anything that can improve their ideas and to share it with other game design teams.

◆ Activity 2: Making Games (Requirement 3)

- Give each team the following options:
 - If the game they designed last week was a video game, see if the team can create it here using the computers you set up and the “Create Your Own Game Using Scratch” handout. If necessary, the games may be finished at home, but make sure each Scout has parental permission.
 - If a team designed a non-video game, have them create it here using the items and supplies they brought. These games may also be finished at home.
- All teams will share their games with the rest of the den at Meeting 3.

CLOSING

Form a circle and have den members pass the Scout handshake around until it reaches the Scout who started it. As Scouts receive the handshake, they silently make a wish and pledge to do their best and Be Prepared.



Do-at-Home Project Reminder:

Teams that haven't yet finished their games will do so at home before Meeting 3. If working on a computer and/or browsing online, each Scout must have parental permission. Next week the Scouts will teach their games to the other den members, and everyone will get a chance to play them (requirement 4). Invite parents to attend and join in the fun.

Also at Meeting 3, each Scout will say the five rules they follow when going online with a computer or smartphone, according to the Internet Safety Pledge (requirement 2).

Finally, suggest that each Scout play one of the video, computer, or mobile games, with approval from a parent or guardian, that you listed in another handout (see Meeting 2 Resources)—and be ready to identify the story, goals, aesthetics, and medium of that game.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.

MEETING 2 RESOURCES

GATHERING

◆ Computer Match

Match each of these computer-related terms with its definition.

- | | |
|------------------|--|
| 1. Data | A. A set of steps or a list of instructions that tells a computer to do something. |
| 2. Input | B. The process that a computer goes through when you turn it on. It gets itself ready for you to use. |
| 3. Process | C. A portable, battery-powered computer, small enough to comfortably fit on a person's lap. |
| 4. Output | D. A worldwide network of computers that allows people to exchange information with machines all over the world. |
| 5. Internet | E. A small package containing important electronic circuits. |
| 6. Program | F. Material that is stored in a computer. It can be letters, words, paragraphs, decisions, pictures, or even ideas. |
| 7. Laptop | G. Convert data into information. |
| 8. Computer Chip | H. Information that is given out by the computer. This information may be displayed on a screen, printed on a printing device, or shown in other ways. |
| 9. Hard Disk | I. Data that is given to a computer. Usually this data will be processed into information. |
| 10. Booting | J. Permanent memory device. |

Answers (by number): 1-F; 2-I; 3-G; 4-H; 5-D; 6-A; 7-C; 8-E; 9-J; 10-K; 11-B

Answers (by letter): A-6; B-11; C-7; D-5; E-8; F-1; G-3; H-4; I-2; J-9; K-10

TALK TIME

Internet Safety Pledge

1. I will tell my trusted adult if anything makes me feel sad, scared, confused, or uncomfortable.
2. I will ask my trusted adult before posting photos or sharing information like my name, address, current location, or phone number.
3. I won't meet face-to-face with anyone I meet in the digital world.
4. I will respect the online property of others.
5. I will always use good "netiquette" and not be rude or mean online.

ACTIVITIES

Activity 2: Making Games

Create Your Own Game Using Scratch (<https://scratch.mit.edu>)

To get started:

<https://resources.scratch.mit.edu/www/guides/en/Getting-Started-Guide-Scratch2.pdf>

To create your own program:

https://scratch.mit.edu/projects/editor/?tip_bar=home

You can create a simple character by either uploading an image, choosing from the available library

of images, or drawing one in Paint. Then you can easily give it a simple animation using the basic kid-friendly coding language where you place one command (“Walk 10 steps”) into another command (“When I press space bar”).

Video tutorials: <https://scratch.mit.edu/search/projects?q=tutorials>

Intro article on the whys and hows of Scratch:

<http://web.media.mit.edu/~mres/papers/Scratch-CACM-final.pdf>

Intro video, webinars, and video tutorials for making your first Scratch project:

<http://scratched.gse.harvard.edu/resources/new-scratch>

Appropriate Video, Computer, and Mobile Games

Video games on consoles:

- Mario Kart
- Skylanders Spiro’s Adventure
- Lego Harry Potter
- Super Mario 3D Land

Computer Games:

- Roblox: www.roblox.com
- Minecraft: <https://minecraft.net>
- Super Hero Squad: www.theheroup.com/new-visitor

Mobile (iPad/iPhone) Games:

- Cut the Rope: www.cuttherope.net
- Words With Friends: <https://zynga.com/games/words-friends>
- Angry Birds: www.angrybirds.com

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Computers
- Computer games
- 26 index cards with a letter of the alphabet on each one (three sets)

GATHERING

- As Scouts arrive, they will choose seven letters from the index cards and then try to make words out of those letters that relate to Scouting.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have Scouts reflect for a minute on the Scout Law. Choose one of the 12 points of the Law and discuss how it relates to playing games. Include the parents in the Opening.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Discuss the five rules of the Internet Safety Pledge and how to put those rules into practice when using the internet (requirement 2).
- Ask if the Scouts played some of the suggested video, computer, and mobile games. Did they see how the four basic elements—narrative or story, goals and mechanics, aesthetics, and medium—fit into those games?

ACTIVITIES

◆ Activity 1: Sharing the Games (Requirement 4)

- Scouts will teach and play each other's games. It may be best to do this in rotation, with separate stations set up for each game. Be sure to have enough computers on hand for games that require them.
- Consider posting a parent or volunteer at each station so they can also learn the game. As the games are being taught, adults should lead the Scouts in reviewing how the game uses the four basic elements.
- After each game has been played, Scouts will discuss how it went, what they enjoyed about the game, and how it might be improved.

CLOSING

- Scouts and parents join hands in a circle. The den leader or den chief begins by squeezing the hand of the person on the right. As they each squeeze a hand, have them think about something that they are thankful for.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 2, 3, and 4.

Upon completion of the Game Design adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.






INTO THE WILD



RATIONALE FOR ADVENTURE

In this adventure, Scouts will learn about our ecosystem and grow in their appreciation of nature.

TAKEAWAYS FOR CUB SCOUTS

- Being knowledgeable, responsible, and comfortable in the outdoors
- A Scout is kind. 

ADVENTURE REQUIREMENTS

Webelos Handbook, page 394

Complete at least six of the following requirements.

1. Collect and care for an “insect, amphibian, or reptile zoo.” You might have crickets, ants, grasshoppers, a lizard, or a toad (but be careful not to collect or move endangered species protected by federal or state law). Study them for a while and then let them go. Share your experience with your Webelos den.
2. Set up an aquarium or terrarium. Keep it for at least a month. Share your experience with your Webelos den by showing them photos or drawings of your project or by having them visit to see your project.
3. Watch for birds in your yard, neighborhood, or area for one week. Identify the birds you see, and write down where and when you saw them.
4. Learn about the bird flyways closest to your home. Find out which birds use these flyways.
5. Watch at least four wild creatures (reptiles, amphibians, arachnids, fish, insects, or mammals) in the wild. Describe the kind of place (forest, field, marsh, yard, or park) where you saw them. Tell what they were doing.
6. Identify an insect, reptile, bird, or other wild animal that is found only in your area of the country. Tell why it survives in your area.
7. Give examples of at least two of the following:
 - A. A producer, a consumer, and a decomposer in the food chain of an ecosystem
 - B. One way humans have changed the balance of nature
 - C. How you can help protect the balance of nature
8. Learn about aquatic ecosystems and wetlands in your area. Talk with your Webelos den leader or family about the important role aquatic ecosystems and wetlands play in supporting life cycles of wildlife and humans, and list three ways you can help.
9. Do one of the following:
 - A. Visit a museum of natural history, a nature center, or a zoo with your family, Webelos den, or pack. Tell what you saw.
 - B. Create a video of a wild creature doing something interesting, and share it with your family and den.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Meeting 4 will be a den outing to visit a museum of natural history, nature center, or zoo (requirement 9A). In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

Before the first meeting, have each Scout decide what type of insect, reptile, or amphibian they would like to keep for a week in their “zoo” (requirement 1). The Scouts may catch their specimens at home or during the meeting, but remind them that each creature must be released back into the same environment in the same area where it was found.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items for Bird Match game (if weather prevents going outside): Pictures of birds that live in your area, printed small—about the size of playing cards. Print two of each so they can be paired.
- Items for Talk Time:
 - Worm jar, prepared a week in advance (see Meeting 1 Resources)
 - Bird flyway map
- Items for making insect zoos (Activity 1; see Meeting 1 Resources):
 - For crickets: small plastic or glass jars; screen mesh; rubber bands; bottle caps
 - For ants: large-mouth bottles; large piece of white cloth or paper; cardboard; garden trowel; screen mesh or cheesecloth; rubber bands; bottle caps

GATHERING

- As Scouts arrive, weather permitting, send them outside to look for insects in the grass, under rocks, or near the sidewalk. Ask each member of the den to observe what the insects are doing and where they might be going. Have them look up and around for any birds in the area; can they identify them?
- If unable to go outside, try one or both of these options:

Inchworm Walk. Each Scout supports their body on their hands and feet with their legs extended backward. Keeping their hands in place and their knees stiff, they walk on tiptoe with short steps until their feet are near their hands. Then, without moving their feet, they walk forward on their hands with short steps until their original position is attained. They continue “walking” alternatively with feet and hands, like an inchworm.

Bird Match. Shuffle the two sets of bird picture cards and stack them facedown. The Scouts will take turns turning over the cards and looking for a match. The Scout with the most matches wins. When a Scout makes a match, see if they can tell what bird it is. You may want to have a sheet with all of the birds listed to help the Scouts identify and learn about them.

OPENING

- The den forms a tight circle with the den flag in the center. Each Scout grasps the flagstaff with their left hand, makes the Scout sign with their right hand, and says the Scout Oath.

TALK TIME (REQUIREMENTS 4 AND 6)

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Introduce the Scouts to the Into the Wild adventure. Explain that they will be exploring the world of animals, insects, reptiles, fish, arachnids (spiders), and amphibians. The den will look at how these creatures affect our lives and how we affect theirs.
- Show the Scouts the worm jar. Explain what the worms have been doing and how what they do can help the environment and the world we live in. Explain the work that the worms do in helping air and water to get into our soil. Remind the Scouts that all living creatures, even the smallest ones, have a part in creating our environment. This is just one example of how we help each other.
- Ask the Scouts to share about what they found outside; were they able to identify the various birds, insects, and other creatures?
- Ask Scouts if they have observed birds in their own neighborhoods. Do the birds live there year-round or only at certain times of the year? Show the bird flyway map and lead a discussion about seasonal bird migrations (requirement 4).
- Ask the Scouts if the same animals live all over the country. If they say no, ask why not. Ask: *What types of conditions affect wildlife?* Answers could include climate, availability of food, altitude, or other wildlife in the area. Can the Scouts think of one insect, reptile, bird, or wild animal that is found only in their area? Why does it survive only there (requirement 6)?
- Discuss plans for the Meeting 4 den outing to a museum of natural history, nature center, or zoo (requirement 9A).

ACTIVITIES

◆ Activity 1: Keeping a “Zoo” (Requirement 1)

- Each Scout will start an “insect, amphibian, or reptile zoo” of their choice, using the materials you collected or things the Scouts have brought. (The *Webelos Handbook* also includes several options; see Meeting 1 Resources for directions on keeping a cricket or ants. Scouts may catch the specimens near the meeting site or somewhere else before or after the meeting; however, each creature must be released within seven days in the same place where it was found.) Creating these zoos and sharing what they discover will give everyone an opportunity to study and learn about different creatures.
- Scouts will need to check on their specimens every day and care for them. They should consider the creatures as visitors and return them to their natural outdoor habitat after observing them for several days.

◆ Activity 2: Habitat Knee-Sit

- See Meeting 1 Resources for directions.
- Explain that food, shelter, water, and space are the basics of life on earth. We can do without one of those basic elements for a short time, but eventually, like every living thing, we need all four of the basics to survive. This game will help demonstrate that truth.

CLOSING

- Gather the den together and recite the Scout Law. Reflect on the 12 points of the Law and discuss which ones might relate to this adventure: A Scout is kind, thrifty.
- Say: *Being thrifty means preserving our resources, and being kind means not harming or killing another living thing.*



Do-at-Home Project Reminder:

During the next week the Scouts will study the creatures in their zoos. They must set the insects, reptiles, or amphibians free in the same place after several days and share what they learned with the rest of the den (requirement 1).

Each Scout will also watch for birds in the local area. They will keep a written record of which birds they saw, and when and where they saw them (requirement 3).

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 4 and 6.

MEETING 1 RESOURCES

TALK TIME

Worm Jar

- One week before the first meeting, prepare a worm jar to help Scouts see how some creatures work hard to aerate (let air and water into) our soil, which in turn allows plants to grow and gives other creatures food to eat.
- Put 4 to 5 inches of moist, rich soil in a large glass jar with six earthworms. Add water if necessary, but not enough to cause the soil to drip water when you ball the soil in your fist and squeeze.
- On top of the soil, put an inch of light, dry sand. Sprinkle a layer of cornmeal on top of the sand. If possible, take a picture of the jar at this point so Scouts will know what the jar looked like before the worms began to work. Wrap black paper around the jar to shut out the light, and cover the jar with a section of black pantyhose secured with a rubber band. Keep the jar out of the sun.
- When you uncover the jar one week later, Scouts will see that the worms have moved dark soil up into the sand and sand down into the soil. They will see tunnels along the walls of the jar that mark where the worms have traveled.

ACTIVITIES

◆ Activity 1: Keeping a “Zoo” (Requirement 1)

Crickets

- To catch a cricket, place a small plastic or glass jar into the soil so the top of the rim is level with the surface of the ground. Put a small amount of a sweet, goey mixture in the jar. You could use a mixture of two parts molasses and one part water or the mashed pulp of an overripe fruit. The smell will attract beetles or crickets and they will fall into the jar. You can also look for crickets under rocks or logs.
- After you catch them, you will need to make a home or “zoo.” You can use a wide-mouthed plastic jar as a home for the cricket. Punch air holes in the lid (to avoid accidents, make sure only an adult does this) or make a lid out of screen mesh and put a rubber band around it to secure it to the jar. Put in an inch of moist soil; you can use the soil from the area where you found the cricket. Use a bottle cap for a water dish and add a rock or small stick—crickets like to crawl underneath things.
- Keep the jar out of direct sunlight. For food, try lettuce, a very small wedge of a raw potato, or some dry cat or dog food. Give the cricket food and clean water every day. Keep the jar clean by removing leftover food and any droppings. Remember that crickets can be noisy as they like to chirp!

Ants

- To capture ants, you need a 2-foot-square piece of white cloth or paper, two large-mouth bottles with lids, a piece of cardboard, and a trowel.

- Find an anthill or ant nest under rocks. (**Caution:** Don't try to collect fire ants or other aggressive ants. Black carpenter ants are the most common ant in North America and are least likely to be aggressive toward humans.) Stir the anthill gently with your trowel. When the ants come out to investigate, use the cardboard to guide them into one jar. Put some dirt from the anthill in with them. Some ants may be carrying white objects, which are the larvae and pupae, two stages of ant development. Collect some of these too.
- Now find the colony's queen—if you can. Some ant queens live very deep in the ground, and when the nest is disturbed, the other ants carry her off to safety. That is because the queen produces all of the colony's young. She will be larger than the other ants. As you look for the queen, spread the dirt on the white cloth, and she should show up against the white background. Put the queen into the second bottle and add some dirt.
- To create an ant house, you can use a wide-mouthed jar with screening (if the holes are small enough to keep ants from climbing out) or cheesecloth on top to let in air. Put your ant colony in the jar, including the queen, along with the dirt from the anthill. Add ordinary soil until the jar is about two-thirds full. Keep the soil moist, but not wet, by putting in a few drops of water when it looks dry. Fill a bottle cap with water for the ants to drink.
- Keep the house covered when you aren't watching the ants at work. Ants like to work in the dark. You can cover the jar with black paper or cloth held on by rubber bands. Handle the ant house with care, and don't jerk or jiggle it. For food, put in bits of sugar, peanuts, apples, and bananas every few days. Remove uneaten food each time you put in new food.

◆ Activity 2: Habitat Knee-Sit

- Have Scouts stand shoulder to shoulder in a circle. Assign each Scout a name as follows: 1 = "food," 2 = "water," 3 = "shelter," and 4 = "space"—then back again to 1.
- Ask Scouts to turn toward their right, at the same time taking one step toward the center of the circle. They should be standing close together, with each Scout looking at the back of the head of the Scout in front of them. Scouts place their hands on the shoulders of the person in front of them. The leader says, *Food, water, shelter, and space are what is needed to have a good habitat for all living things on earth.*
- Now ask the Scouts, on the count of three, to slowly sit down on the knees of the person behind them—keeping their own knees together to support the person in front. When this is done, the leader says, *Each component is important to our life, but sometimes, these necessities are no longer available. We will see what happens. Remember which necessity each of you are—food, water, shelter, or space.*
- Say: *It is a drought year. The water supply is reduced by the drought conditions. Water is no longer available. Water, move away from the circle. Everyone else, try to keep together!* Scouts should try to keep their circle together.
- Say: *Conditions are getting even worse. Fire has burned our shelters and our crops have burned. Food and shelter, leave the circle.* At this point the circle will collapse.
- Explain that food, shelter, water, and space are the basics of life on Earth. For a short period, we can do without one of these things, but eventually, we, along with all other living things, need all of them to survive.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items for making animal track casts during nature hike (Activity 1):
 - Plastic zip-top bags filled with ½ cup of dry plaster of paris
 - Strips of cardboard 1½ inches wide
 - Paper clips
 - Water
- Pens and note pads for taking notes during the hike
- Bag and gloves for picking up litter

GATHERING

- Have Scouts play Nature Hide and Seek before the meeting starts.
- The first Scouts to arrive will be the “prey.” They must hide or camouflage themselves so that predators will not notice them. They can do this by crawling under something, holding very still, or staying out of sight, but they must always be somewhere in the designated playing field.
- The last Scouts to arrive are the “predators.” Send them to the field to find their prey. As they point to Scouts they see, the prey come out and join the predators. Any prey that hasn’t been discovered will come out at the end of the game.
- If time permits, let everyone take a turn as predator and as prey.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME (REQUIREMENTS 1, 3, AND 7)

- Carry out business items for the den.
- Give each Scout time to tell about their “zoo”—which creature(s) they collected and what they found out about them (requirement 1).
- Have Scouts been observing birds during the last week? Ask which birds they identified and where and when they saw the birds. Have them discuss the information they recorded (requirement 3).
- Introduce the subject of producers (plants, trees), consumers (those that eat what the producers provide), and decomposers (those that return organic matter to the soil to be recycled). Ask each Scout to give two examples of each (requirement 7).
- Lead a discussion about how humans can affect the balance of nature and what each person can do to protect that balance. Encourage each Scout to take part in the conversation (requirement 7).
- If any Webelos Scouts chose to create a video of a wild creature (requirement 9B), give them an opportunity to show it to the rest of the den.

ACTIVITIES

◆ Activity 1: Nature Hike (Requirement 5)

- Take Scouts on a walk through the neighborhood to see how many wild creatures they can spot along the way. Make sure each Scout observes at least four—reptiles, amphibians, arachnids, fish, insects, or mammals—and write down where they found the creatures and what they were doing. Remind everyone that they must walk carefully and quietly, just as they did when pretending to be prey, so the creatures won’t be frightened.
- Look for signs in nature such as scat, nests, scratch marks on trees, holes in the ground, or holes in leaves or trees. Do the Scouts know what creatures might have left those marks?
- If possible, bring ingredients for making plaster casts of animal tracks during your hike (see Meeting 2 Resources for directions). Also bring a bag and gloves so Scouts can pick up litter during their walk.
- You may want to take the walk yourself before the meeting to look for interesting stopping points. The purpose of this activity is to teach Scouts to notice animals and other creatures in their environment. Help them by stopping now and then so they can discover signs of wildlife activity that they would not ordinarily notice. Mention that many creatures are active while we sleep, or the creatures are small and usually escape our attention.

CLOSING

- Form a circle and recite the Outdoor Code.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 1, 3, 5, and 7.

MEETING 2 RESOURCES

ACTIVITIES

Activity 1: Nature Hike (Requirement 5)

Making Plaster Casts of Animal Tracks

- You will find the best tracks for casting near streams, muddy banks, or beaches. After you find some tracks you want to cast, brush away any twigs, stones, or dirt from around them.
- Surround the tracks with a cardboard strip in the shape of a ring and fasten the ends of the strip with a paper clip. Push the cardboard into the mud around the track.
- Add a little water to each Scout's bag of plaster. Have them knead the securely sealed bags until the mixture inside is smooth (about the consistency of oatmeal). Bring a little extra plaster to add if needed, to ensure the right thickness in each bag.
- Slowly turn the bag inside out, carefully pouring the plaster from one side to the other over the tracks inside the ring. This way, the air will be pushed out of the plaster and there will be no bubbles.
- After about 15 minutes, depending on humidity, the plaster should be hard enough for the cast to be removed. While the casts are still damp, have the Scouts mark their cast in some way, such as with initials, leaves, or twigs. When the track cast is thoroughly dry, remove the cardboard ring and lift the cast from the ground.
- If desired, the casts may be used later to make prints for each Scout.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items for making aquariums or terrariums (Activity 1; see *Webelos Handbook* and Meeting 3 Resources)
- Thank-you notes that Scouts can sign for anyone who helps with the Meeting 4 den outing

GATHERING

- **Frog Handstand.** As Scouts gather for the meeting, have them squat and place their hands flat on the floor between their legs. Then they lean forward slowly, shifting the weight of their bodies onto their hands and elbows, until their feet swing free of the floor. (This is the first step in learning to do a handstand.) See how long each Scout can remain in that position.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Sing "The Bear Song" (see Meeting 3 Resources).

TALK TIME (REQUIREMENT 8)

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.

- Lead a discussion about aquatic ecosystems and wetlands in your area. Talk about the important role these play in supporting the life cycles of both wildlife and humans. What are three ways that Scouts can help preserve these systems? Allow time for each Scout to come up with ideas (requirement 8).
- In preparing for the conversation, you can get information from the U.S. Fish and Wildlife Service at www.fws.gov.

ACTIVITIES

◆ Activity 1: Aquariums and Terrariums (Requirement 2)

- Each Scout will make an aquarium or terrarium using the collected materials. They will take the project home and photograph or draw pictures throughout the next month so they can share what happens with the rest of the den. (See fish aquarium and terrarium directions in the *Webeles Handbook*, and directions for an insect aquarium in Meeting 3 Resources.) Tell Scouts to bring to the next meeting photos or drawings of their projects to share their progress with the den.

◆ Activity 2: “Into the Wild” Game

- See Meeting 3 Resources for directions.

CLOSING

- Form a circle and pass the Scout handshake from one to another until it reaches the Scout who started it. As Scouts receive the handshake, they silently make a wish and pledge to do their best and Be Prepared.
- Review details for the upcoming outing in Meeting 4. Make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirement 8.
- Have Scouts sign their thank-you notes for guests at this meeting or those who will help with the outing.

MEETING 3 RESOURCES

OPENING

“The Bear Song”

(tune: “Sipping Cider Through a Straw”)

The leader sings a line, which the den repeats. After the verse is complete, all sing the verse together. Then the leader moves on to the next verse.

*The other day
I met a bear
Out in the woods
Away out there.*

*He looked at me,
I looked at him.
He sized me up,
I sized up him.*

*He said to me,
“Why don’t you run?
I see you ain’t
Got any gun.”*

*And so I ran
Away from there,
And right behind
Me was the bear.*

*And then I see,
Ahead of me,
A great big tree,
O glory be!*

*The lowest branch
Was 10 feet up.
I’d have to jump
And trust to luck.*

*And so I jumped
Into the air.
I missed that branch
Away up there.*

*Now don’t you fret,
And don’t you frown,
I caught that branch
On the way back down.*

*That’s all there is,
There ain’t no more,
Unless I see
That bear once more.*

ACTIVITIES

Activity 1: Aquariums and Terrariums (Requirement 2)

Aquatic Insect Aquarium

Materials: Aquatic insects, wide-mouth gallon jar, wire mesh, sand, rocks, plants, tank

- This project requires aquatic insects, which should be collected before the meeting or during a family or den visit to a brook, pond, swamp, or lake. All of these aquatic insects are common and can be easily caught:
 - The *water strider* walks and runs on spiderlike legs across the water’s surface.
 - A beetle called the *backswimmer* clings to the underside of the water surface while its hind legs propel it along.
 - *Whirligig beetles* skate over the surface of the water, chasing one another in a crazy patch of circles.
 - A scuba diver insect, called the *water boatman*, keeps its air supply in a bubble between its front legs and moves through the water with its oar-like hind legs.
 - *Naiads (nymphs)* swim through the water, catching and eating smaller insects, and then finally crawl onto a log or rock above the surface and turn into dragonflies and damselflies.
- Using a wide-mouth jar, put sand, rocks, and plants on the bottom of your aquarium as you would for fish. Fill the tank halfway with water, and add your specimens. Cover the aquarium with wire mesh. Feed flies, mosquitoes, mosquito wrigglers, ants, and grasshoppers to the aquatic insects by dropping them on the surface of the water.
- After enjoying your aquarium, return the insects to their natural environment.

Activity 2: “Into the Wild” Game

- This game will offer a good opportunity for Webelos Scouts to show what they are learning in this adventure.
- Divide the den into two teams. Set up a table and have the teams line up on either side. Provide two noisemakers (e.g., squeak toys) that the Scouts can use to determine which team answers a question first; the leader will ask each question and the team that makes the noise first will get to answer it.

- A Scout may answer the question alone or may confer with their team. If the Scout answers the question incorrectly, the other team tries to answer it. The team that gives the correct answer gets the first turn with the next question. The team with the most points wins. Have some fun!
- Below are sample questions that you could ask. Feel free to adapt them to the area in which you live and to add others that you talked about as a den:
 - What is a “producer”?
 - What is a “consumer”?
 - What is a “decomposer”?
 - Name three birds you can see in our area.
 - What is a bird flyway?
 - What is the closest bird flyway to our area?
 - Where do birds go when they leave this area?
 - What types of animals will you find in the forest?
 - What do insects eat?
 - What is an arachnid?

MEETING 4 PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Contact the outing location at least a month in advance to schedule the visit. Give the staff a copy of the requirements so they can see what the Scouts are doing in this adventure and possibly plan a hands-on activity.
- Confirm that transportation to and from the location is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Review any questions the Scouts want to ask to ensure all are appropriate. To avoid forgetting, have them carry the questions on index cards.
- Remind Scouts of any gear they need to bring, especially if the den is going to a nature center or other outdoor location.
- Bring the signed thank-you notes for those who help.

GATHERING

- If visiting a nature center or zoo, review the Leave No Trace Principles for Kids and how they relate to this outing.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME (REQUIREMENT 2)

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Have Scouts share the drawings or photos of their aquarium/terrarium projects. What have they learned so far from the project?

ACTIVITIES

◆ Activity 1: Visit or Tour (Requirement 9A)

- If a tour guide or host will be leading you through the museum of natural history, nature center, or zoo, introduce this person and mention that the Scouts have questions they would like to ask during or after the visit.
- When the visit ends, be sure the Scouts show appreciation and give their thank-you notes to everyone who helped.

CLOSING

- Gather the den together and have each Scout share something they enjoyed learning during the outing or the rest of the adventure.

AFTER THE MEETING

- Serve refreshments if desired and appropriate.
- If the visit was outdoors, work to leave the location cleaner than you found it.
- Record completion of requirements 2 and 9A.

Upon completion of the Into the Wild adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.



NOTES




INTO THE WOODS



RATIONALE FOR ADVENTURE

In this adventure, Scouts will learn to identify plants and trees and how they differ in locations around the world. They will gain knowledge about ecosystems and the importance of conserving our natural resources.

TAKEAWAYS FOR CUB SCOUTS

- Understanding our interconnection with the plant world
- Being knowledgeable, responsible, and comfortable in the outdoors
- A Scout is reverent. 

Webelos Handbook, page 418

ADVENTURE REQUIREMENTS

Complete requirements 1-4 and one other.

1. Identify two different groups of trees and the parts of a tree.
2. Identify four trees common to the area where you live. Tell whether they are native to your area. Tell how both wildlife and humans use them.
3. Identify four plants common to the area where you live. Tell which animals use them and for what purpose.
4. Develop a plan to care for and then plant at least one plant or tree, either indoors in a pot or outdoors. Tell how this plant or tree helps the environment in which it is planted and what the plant or tree will be used for.
5. Make a list of items in your home that are made from wood and share it with your den. Or with your den, take a walk and identify useful things made from wood.
6. Explain how the growth rings of a tree trunk tell its life story. Describe different types of tree bark and explain what the bark does for the tree.
7. Visit a nature center, nursery, tree farm, or park, and speak with someone knowledgeable about trees and plants that are native to your area. Explain how plants and trees are important to our ecosystem and how they improve our environment.

NOTES TO DEN LEADER

This adventure has activities that have seasonal considerations. Read through the complete adventure to determine the best time of year the related activities can be done.

This adventure has several choices based on which activities you choose to do with your den. This den meeting plan, when followed as written, meets the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

Meeting 3 will be a den outing to visit a nature center, nursery, tree farm, or park (requirement 7). In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure activity consent forms are distributed, signed, and collected.

Note also that part of Meeting 1 will be a hike to complete requirements 2 and 3 by identifying trees and plants in the area.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- For Gathering activity: a stethoscope for listening to a tree OR materials for the “What Kind of Leaf Am I?” game: paper, pencils, nontransparent bags, tree and plant identification book
- Items for making bark rubbings during the Nature Hike (Activity 1): crayons, masking tape, rice paper or other thin paper

GATHERING

Scouts may do one or both of these activities while waiting for everyone to arrive:

Listen to a Tree

- Find a deciduous tree in your area at least 6 inches in diameter with thin bark. Have Scouts stand near the tree and listen to the leaves and branches moving in the wind.
- A tree is a living, growing thing. It eats, rests, and has circulation just as we do, as water comes in through the roots, moves through the trunk, and then goes out the leaves. The “heartbeat” of a tree—that is, the water and sap moving through it—is a wonderful sound. The best time to hear that heartbeat is in early spring when the tree sends the first sap upward to its branches, preparing them for another season of growth.
- Some species of trees have a louder heartbeat than others. Help the Scouts to press the stethoscope firmly against the tree, keeping it motionless so they won’t hear any interfering noises. They may need to try several different places on the tree trunk before they find a good listening spot.

“What Kind of Leaf Am I?”

- On a table, set out pencils, paper, and samples of leaves from the three basic tree types listed below. Place each sample in its own bag labeled only 1, 2, or 3. Scouts will reach into each bag and try to identify the type of leaf they feel without looking at it. On a sheet of paper, have them draw and identify the leaf as they imagine it. (The samples may be real, plastic, or silk artificial leaves. Replicas may also be cut from felt to the correct shape.)

Conifers. These trees can be either deciduous (loses its leaves in autumn) or evergreen (has leaves all year long)—but most of them are evergreen. Conifer leaves are narrow and sharply pointed (e.g., pines, firs, juniper).

Broad-Leaved. This means having relatively broad rather than needle-like or scale-like leaves. The leaves on all broad-leaved trees are arranged in one of two ways: opposite or alternate. Examples include oak, elm, and eucalyptus trees.

Palms. These trees (e.g., palmetto, Washingtonia, California fan) have divided leaves that grow from a single stem with no branches. The trees do not increase in girth with age. Though considered part of the broad-leaf family, palms are technically not considered true trees because they have no wood in their trunks.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, the Scout Oath and Scout Law.
- Lead the den in singing “This Land is Your Land.”

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Explain that the den will be going “Into the Woods” this month, experiencing the life of trees and plants, and how they help us.
- If Scouts played the “What Kind of Leaf Am I?” game, review the tree types. Tell Scouts that the game helped them complete half of requirement 1 as they identified different types of trees by feeling the leaves.

- If Scouts did the “Listen to a Tree” activity, tell them that now they know for sure that a tree is a living thing. Ask them what they think they heard. Explain that this demonstrates the parts of a tree and how water and minerals move from the roots and through the trunk toward the crown.

ACTIVITIES

◆ Activity 1: Nature Hike (Requirements 1, 2, and 3)

- Take Webelos Scouts on a walk through the neighborhood, a large backyard, or a nearby park to observe trees.
- Begin your hike by asking everyone to smell the trees and plants. (Some have very distinctive odors, especially pines and eucalyptus.)
- Bring pencil and paper to make bark rubbings. Have Scouts determine which type of leaves each tree has, and see if they can identify the different parts of each tree. Bring a tree and plant book as well, so the Scouts can take turns looking through it as they make their identifications. If there is any confusion, help them come to a consensus about each tree and plant.
- Have Scouts call out when they see something made from wood. How many different things can they find?
- Before returning to the meeting place, record how many trees and plants the Scouts identified that are common to your area. Make sure you discuss how both wildlife and humans use those trees and plants.

CLOSING

- Gather the den together and recite the Outdoor Code.



Do-at-Home Project Reminder:

Each Scout will complete requirement 5 before the next meeting—listing useful items in their home that are made from wood so they can share with the den.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 1, 2, and 3.

MEETING 1 RESOURCES

ACTIVITIES

◆ Activity 1: Nature Hike (Requirements 1, 2, and 3)

Bark Rubbings

- At each tree, allow Webelos Scouts to make a bark rubbing by taping a sheet of paper to the trunk and rubbing a crayon over the paper to copy the texture. Different types of trees have very different bark—thick and deeply furrowed, smooth with pock marks, etc.
- Make sure the Scouts identify other characteristics of each tree, such as leaves, fruit, nuts, height, and girth. Together, these things will help them to identify the tree. Tell them: *To positively identify each tree, you have to narrow the possibilities.*
- This activity will give each Scout the tools to identify many trees. They may want to create an identification booklet by putting leaf and bark rubbings from a different tree on each page with the name of the tree written below the rubbings. The den members could use these booklets on their next hike!
- Another option is for Scouts to photograph the leaves and bark of each tree with a camera or smartphone, and print those photos to make their booklets or make a digital presentation.

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Items for Gathering activity: pens or pencils, slice of a tree stump, strips of paper, and nails, pins, or thumbtacks. Tree “cookies,” or slices, can be purchased from a number of online retailers or might be donated by a lumberyard or town dump.
- Paper or cardboard tree leaves for the Opening—one per Scout, each with a phrase from the Scout Oath written on it (e.g., “On my honor,” “duty to God,” “and to obey the Scout Law”)
- Items for planting a tree or plant: seedlings, water, mulch, and a pot (if needed). Your local nursery or home improvement center might help you to choose the right plants or seedlings (infant trees). The Arbor Foundation is also an excellent source for seedlings.

GATHERING

As Scouts arrive, have them play History Stump (from the *Cub Scout Leader How-To Book*):

- Have a large slice of a tree trunk that shows the rings (sanding the slice can help bring the rings out).
- Count the rings and calculate what year each ring represents. Scouts write down important events and the date they happened on small strips of paper. Attach them to the corresponding rings on the stump with pins or small nails.
- You might like to mark birthdays or some dates from Scouting’s history or the history of your pack along with other historical events.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Provide each Webelos Scout with a paper or cardboard tree leaf on which is written a portion of the Scout Oath (if the den is large, you may need to limit each phrase to only a few words). Begin the meeting with each member of the den reading their portion of the Oath in the proper sequence.
- When finished, have each Scout put the leaf in their pocket. They must carry it with them until they do one of the responsibilities under the Oath during the coming week.

TALK TIME (REQUIREMENTS 5 AND 6)

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Discuss how all the elements they see in a tree cutting (outer and inner bark, cambium, sapwood, heartwood, thinning, and fire scars) tell part of the tree’s life story. (See the *Webelos Handbook* for diagram.)
- Discuss what bark does for a tree and the different types of bark the Scouts found when they made their rubbings.
- Have each Scout report on the useful items they found in their home that come from wood.
- Talk about or demonstrate the proper way to plant a tree or plant (see the *Webelos Handbook*).

ACTIVITIES

◆ Activity 1: Planting (Requirement 4)

- Have Scouts work together to start a tree or a plant, either outdoors or indoors in a pot. (See the *Webelos Handbook* for directions.)
- After the planting is done, discuss how the plant or tree will help the environment and what it may be used for.

- A Scout may also want to plant a tree at home or in their neighborhood. This will help them to understand their connection to the natural world. Planting new trees is the key to sustainable forestry, which could allow people in the future to have the same abundant forests that we enjoy today.

◆ Activity 2: Squirrel in a Tree

- Start this game by lining up the Scouts and giving each one a number: 1, 2, or 3.
- Scouts with numbers 1 and 2 will team up to form “hollow trees” by holding hands, facing each other. Scouts with number 3 become the squirrels. (Be sure there are fewer trees than squirrels. Increase the number of squirrels if necessary.)
- When the leader calls out, “Squirrel in the tree!” the “trees” will hold their arms high so a “squirrel” can go under them. Once a squirrel is standing inside, the trees lower their arms so no other squirrel can enter.
- When the leader calls out, “Squirrels out of the tree!” the trees hold up their arms again, and each squirrel must go to a different tree. This gives any “homeless” squirrel a chance to claim a tree. If the squirrel reaches it in time, they get to be part of the tree—and one of the tree Scouts becomes a squirrel.

CLOSING

- Gather the den and have the Scouts name some of the roles trees serve in the world. These might include:
 - Food for insects and animals
 - Food for us
 - Shelter for insects and animals
 - Shelter for us (in the form of lumber for homes)
 - Furnishings for our homes (beds, chairs, tables, etc.)
 - Keeping us cool in the summer by giving shade
 - Keeping us warm in the winter by guarding us from the wind
 - Helping to filter the air and remove pollutants and dust
 - Adding oxygen to the air, without which none of us could survive
 - Providing fuel for our campfires and fireplaces
 - Providing beauty
 - Protecting the soil from erosion
- Keep track of how many things the Scouts name. When they reach the 12th one, mention that there are also 12 points of the Scout Law. The Law is how we as Scouts serve in the world. Finish by reciting the Law together.
- Ask everyone to be creative and think during the next several days about which benefits of trees might relate directly to points of the Scout Law (e.g., *helpful* for all the reasons listed above). They can follow up next week by discussing any connections they made.
- Review details for the upcoming outing in Meeting 3. Make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 4, 5, and 6.
- Have Scouts sign thank-you notes for those who will help with the outing.

MEETING **3** PLAN (Den Outing)

PREPARATION AND MATERIALS NEEDED

- Contact the outing location at least a month in advance to schedule the visit. Give the staff a copy of the requirements so they can see what the Scouts are doing in this adventure and possibly plan a hands-on activity.
- If a tour guide won't be available on-site, arrange for an expert on ecosystems to accompany you so he or she can show Scouts some of the trees and plants that are native to the area and talk about the importance of ecosystems.
- Confirm that transportation to and from the location is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Review any questions the Scouts want to ask to ensure all are appropriate. To avoid forgetting, have them carry the questions on index cards.
- Remind Scouts of any gear they need to bring, especially if the den is going to a nature center or other outdoor location.
- Bring the signed thank-you notes for those who help.

GATHERING

- Together as a den, recite the Leave No Trace Principles for Kids and ask the Scouts how they relate to the outing location.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- As Scouts arrive, ask them what connections they thought of between the benefits of trees and points of the Scout Law. (One answer might be that trees allow us to be *thrifty* because wood products are recyclable.)

ACTIVITIES

◆ Activity 1: Visit or Tour (Requirement 7)

- If a tour guide or host will be leading you through the nature center, nursery, tree farm, or park, introduce this person and mention that the Scouts have questions they would like to ask during or after the visit.
- When the visit ends, be sure the Scouts show appreciation and give their thank-you notes to everyone who helped.

CLOSING

- Gather the den together and have each Scout share something they enjoyed learning during the outing or the rest of the adventure.

AFTER THE MEETING

- Serve refreshments, if desired and appropriate.
- If possible, work together to leave the location cleaner than you found it.
- Record completion of requirement 7.

Upon completion of the Into the Woods adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.



NOTES




SPORTS



RATIONALE FOR ADVENTURE

Sports are all about honesty, respect, fair play, and being physically fit. Playing a sport will build a Webelos Scout's body and improve their skills—and learning to play more than one sport will help develop a lifelong habit of physical activity.

TAKEAWAYS FOR CUB SCOUTS

- Experiencing new sports individually and in teams
- Practicing good sportsmanship and learning its importance
- A Scout is clean. 

ADVENTURE REQUIREMENTS

Webelos Handbook, page 488

Do all of these:

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
2. Participate in two sports, either as an individual or as part of a team.
3. Complete the following requirements:
 - A. Explain what good sportsmanship means.
 - B. Role-play a situation that demonstrates good sportsmanship.
 - C. Give an example of a time when you experienced or saw someone showing good sportsmanship.

NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. Note that requirement 2 can be completed in Meeting 2 (individual sports) or in Meeting 3 (team sports). If your den prefers, you can use an activity from each of those meetings so Scouts participate in one individual sport and one team sports.

Before starting this adventure, discuss and try to get a consensus on sports the Scouts would like to participate in as individuals (e.g., bicycling, disc golf, fishing, skating, skateboarding, and swimming) and sports they would like to play in teams (e.g., badminton, basketball, bowling, doubles tennis, kickball, ultimate, or volleyball). Be sure to check the *Guide to Safe Scouting* to find approved sports for Webelos Scouts, and highlight those options for the den.

Many team sports can work well with small groups, even if the rules need to be adjusted somewhat (example: two three-person teams for basketball). If two dens wish to combine for team sports, baseball, flag football, soccer, or softball could be added to the list. This discussion should help you decide whether requirement 2 will be completed at the regular meeting site or during den outings to one or more locations. The sports selected will depend upon interest and available resources, including space and equipment.

If Meeting 2 and/or Meeting 3 will be outings, the leader will need to make arrangements with the outing location(s) and confirm the plans with families, including transportation, seasonal weather considerations, and any additional items they need to bring. If desired, a fourth den meeting can be planned as an outing to watch a local sports event. Invite parents to participate at each meeting. Make sure activity consent forms are distributed, signed, and collected.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Board games for Gathering
- Knowledge of hand signals for baseball, basketball, football, hockey, or soccer (Activity 1; see the *Webelos Handbook*). A junior high or high school coach may be able to help, or you may consider inviting a sports official to attend the meeting and demonstrate not only the signals but also some of the equipment he or she uses.
- Strips of paper (one for each Scout) with the Scout Law printed on one side and the word “Sportsmanship” on the other side (Activity 2)
- Sportsmanship scenarios (Activity 3; see Meeting 1 Resources)
- Foam ball for Closing
- Thank-you notes for the Scouts to sign if a guest is attending

GATHERING

- Set out several board games for Scouts to play before the meeting.
- Choose games that are easy to set up and finish in a short time frame (e.g., checkers, mancala, marbles).

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Remind the Scouts that many sporting events traditionally begin with the national anthem. So because the den is working on a sports adventure, open this meeting with “The Star-Spangled Banner.”

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Ask questions about the Gathering games: *Were you using your mental skills or your physical skills as you played? What materials did you need? Were the rules complicated?* The answers should establish the contrast between games that are played for casual fun and sports, which are more complex and require both physical and mental skills.
- Introduce the Sports adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.

ACTIVITIES

◆ Activity 1: Hand Signals (Requirement 1)

- Have the Scouts stand in a circle and mimic the hand signals that you give them, following the rules of Simon Says.
- Use the signals for baseball, basketball, football, hockey, or soccer, as shown in the *Webelos Handbook*.
- Ask: *Why might these signals be important when you are playing the sport? What would happen if no signals or the wrong signals were used? Have you ever played a game where there weren't any rules? What happened?*

◆ **Activity 2: Sportsmanship and the Scout Law (Requirement 3A)**

- Recite the Scout Law. Say: *What does “good sportsmanship” mean? What parts of the Scout Law relate to playing a sport?*
- Give each Scout one of the slips of paper with the Scout Law on one side and the word “Sportsmanship” on the other, as a reminder that all points of the law relate to sportsmanship in one way or another.

◆ **Activity 3: Sportsmanship Scenarios (Requirement 3B)**

- Divide the den into buddy pairs. Give each pair one of the scenarios from Meeting 1 Resources. Give them a few minutes to get ready, and then have each pair act out how the scenario would end if players showed good sportsmanship.
- As time allows, relate each scenario to the Scout Law and to the elements of honesty, fair play, and respect that combine to make someone a good sport.

CLOSING

- Gather the den in a circle and have them throw a foam ball from one Scout to another. As Scouts receive the ball, they will tell about a time when they saw good sportsmanship or experienced it firsthand.
- Review plans for the next meeting, where each Scout will play two individual sports (requirement 2). If the meeting will be a den outing to another site, make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place.
- Record completion of requirements 1 and 3.
- Have Scouts sign thank-you notes for any guest who came to this meeting and/or anyone who is scheduled to help at Meetings 2 and 3.

MEETING 1 RESOURCES

ACTIVITIES

Activity 3: Sportsmanship Scenarios (Requirement 3B)

Here are some scenarios Scouts can use for their role-play demonstrations of good sportsmanship.

- Your team is behind by one point. There is only one minute left in the game, and the ball goes out of bounds. You think the ball should go to your team, but the referee says that it belongs to the other team.
- Your team played hard but lost the game. Your friend refuses to congratulate the winning team because he is angry about the loss. What do you do?
- Your team is about to play a big game against one of its key rivals. How can you prepare to play your best game ever, but also be ready in case of defeat?
- A player from the other team does not follow all the rules during the game. What should your team do?

MEETING 2 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags, if meeting will be held at the regular site
- Several index cards, each labeled with a different sport (if Scouts will be playing the charades Gathering game)
- Equipment needed for playing the selected individual sports
- If this is a den outing:
 - Contact the location a few weeks in advance to schedule the visit.
 - Confirm that transportation to and from the location is in place. Secure signed activity consent forms.
 - The den leader should bring a copy of the *Guide to Safe Scouting*.
 - Bring the signed thank-you notes for those who help.

GATHERING

- **Charades.** One Scout picks up a card and reads it but does not reveal the sport written on it. They then act out the game, using actions but no words. Have other Scouts watch for at least 10 seconds before trying to guess the sport. The first to guess correctly will pick the next card.
- **What Are You Doing?** Line up the den members single file, and have Scout 1 stand in front of the others, silently acting out a sport of their choice—perhaps golf. Scout 2 asks, “What are you doing?” Scout 1 replies, “I’m swimming” (or any sport other than the one being demonstrated) and goes to the back of the line. Scout 2 then stands in front and pretends to be swimming. Continue this pattern, switching to a new sport for each player, until the den has played one or two rounds. Tell Scouts they need to act out and name a different sport each time so there will be a variety represented.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Have the denner or another Scout call roll. Each Scout answers with the name of their favorite sports figure. Then finish with the den yell.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.
- Review all of the essential safety rules for the planned sports at this meeting and ensure that everyone has the necessary equipment, especially safety gear such as cycling and skating helmets.
- With help from the Scouts, outline the rules of the sport(s) that they are about to play. Expectations for good sportsmanship should also be covered.

ACTIVITIES

◆ Activity 1: Individual Sports (Requirement 2)

- Play the sports agreed upon earlier. If desired, play can be limited to 15–20 minutes for a sport before moving on to the next one.
- Remind the Scouts to cheer on their den mates and support them in their individual sports. If space or equipment are limited and Scouts have to take turns, one Scout could play a sport while their buddy watches and makes constructive suggestions—sportsmanship in action!

CLOSING

- Line up the Scouts and have them high five or fist bump each other. Coaches (leaders or parents) should also display good sportsmanship by shaking hands.
- Review plans for the next meeting, where each Scout will participate in two team sports (requirement 2). If the meeting will be a den outing to another site, make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place or to leave the outdoor location cleaner than you found it.
- Record completion of requirement 2.
- Give thank-you notes signed by the Scouts to anyone who helped.

MEETING 3 PLAN

PREPARATION AND MATERIALS NEEDED

- U.S. and den flags, if meeting will be held at the regular site
- Equipment needed for playing the selected team sports
- Pencils and copies of the Invent a Team Sport form (Meeting 3 Resources) for Activity 2 (optional)
- Consider these tips for playing den-sized team sports:
 - Reduce the size of the playing area. For example, a volleyball court that is about 15 feet wide and 30 feet long will work for two-person teams.
 - Use an oversized, undersized, or under-inflated ball, whatever will limit the distance the ball travels when hit or kicked, or use a foam ball for the same effect.
 - Baseball can be played with plastic bats and balls, or a foam swimming noodle can serve as a bat.
 - For baseball, an offensive team could have fewer than nine players by employing “ghost runners” to occupy bases, and they advance no farther than the batter. Defensive players can rotate in to become offensive players.
- If this is a den outing:
 - Contact the location a few weeks in advance to schedule the visit.
 - Confirm that transportation to and from the location is in place. Secure signed activity consent forms.
 - The den leader should bring a copy of the *Guide to Safe Scouting*.
 - Bring the signed thank-you notes for those who help.

GATHERING

Lead-Up Games. Divide Scouts into buddy pairs as they arrive (or pair a Scout with their parent), and have them play lead-up games to practice team sports. These are small-scale adaptations of games—good for practice when you don’t have enough players for the large-scale versions. For example, your meeting site may not allow 18 holes of golf, but Scouts can still practice putting with a few golf balls and a tin can.

OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.

TALK TIME

- Carry out business items for the den.
- Allow time for sharing among Webelos Scouts.

ACTIVITIES

◆ Activity 1: Team Sports (Requirement 2)

- Play the sports agreed upon earlier. If desired, play can be limited to 15–20 minutes for a sport before moving on to the next one.
- Remind Scouts to cheer for their own team but to also congratulate their opponents for a good play or the final outcome.

◆ Activity 2: Invent a Team Sport (optional)

- Ask: *If you could invent a team sport, what would it be? Be open to ideas from all the Scouts.*
- If possible, group together Scouts who have similar ideas and give them time to develop their team sport using the form in Meeting 3 Resources.
- Allow Scouts time to practice playing their new sports. Then bring the whole den back together for a reflection. How did the games turn out? Did they find ways to show good sportsmanship as they played? Would they be able to explain the rules to other Scouts so they, too, might play the game? If so, consider presenting the new sports at an upcoming pack meeting.

CLOSING

- Bring the Webelos Scouts and leaders together in a Living Circle. Have the denner recite or lead this fair play pledge: I promise to do my best at work or at play. I will follow the rules and never cheat and will help other members of my team. I will always try to make my family, my neighborhood, my school, my pack, and my friends proud of the things I do.
- If the den will be holding an optional fourth meeting to go a local sports event, make sure all Scouts and their families know the plans.

AFTER THE MEETING

- Serve refreshments, if desired.
- Work together to clean up the meeting place or to leave the outdoor location cleaner than you found it.
- Record completion of requirement 2.
- Give thank-you notes signed by the Scouts to anyone who helped.

MEETING 3 RESOURCES

Activity 2: Invent a Team Sport (optional)

Game name: _____

Number of players needed: _____ Equipment/materials needed: _____

Space needed: _____

Rules of play:

1. _____

2. _____

3. _____

4. _____

Game ends when: _____

Notes:

MEETING 4 PLAN (OPTIONAL DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Copies of officials' signals for the sport being observed
- Attend any sports event—football, baseball, soccer, hockey, tennis, etc. This may include professional or semiprofessional events, local college or high school sports teams, local youth sports, or even junior high/middle school events, particularly if the Scouts in the den will be attending that school.
- Another option is to attend a high school team's practice session. At most high schools, football and basketball games will be relatively crowded, while other sports teams may well be begging for fans!
- If needed, contact the location a few weeks in advance to make arrangements.
- Confirm that transportation to and from the location is in place. Secure signed activity consent forms.
- The den leader should bring a copy of the *Guide to Safe Scouting*.
- Bring the signed thank-you notes for those who help.

GATHERING

- A Gathering activity will depend on where the den is meeting and the type of facility. For example, meeting at the usual location before departing will afford opportunities that would be out of place at the local high school or other public arena. Here are two options:
 - **Soccer Dodge Ball.** This is played like regular dodge ball, except that the players around the circle kick the ball at the player inside the circle instead of throwing it. If any of the Scouts lack experience with soccer, have a short period of instruction in soccer-style kicking.
 - **Backyard Hockey.** Lay out a backyard hockey rink on a driveway or in the grass. Play parents against Scouts, or divide everyone into equal teams. Teams stay outside the rink along their sideline and defend the goal to their right. Sticks may not be swung above knee height. When the "puck" goes out of bounds, have a face-off between opposing players who were nearest to it.

ACTIVITIES

◆ Activity 1: Visit to a Sporting Event

- During the event, tell the Scouts to observe whether players and teams are showing good sportsmanship.
- Lead a reflection after the game about what was observed.

CLOSING

- Gather the den together and have each Scout share something they enjoyed learning during the adventure. Then recite the Scout Oath or Scout Law.

AFTER THE MEETING

- Serve refreshments, if desired and appropriate.
- If needed, work together to leave the outdoor location cleaner than you found it.
- Give thank-you notes signed by the Scouts to anyone who helped.

Upon completion of the Sports adventure, your Webelos Scouts will have earned the adventure pin shown here. Make sure they are recognized for their completion by presenting the adventure pins, to be worn on their uniforms, as soon as possible according to your pack's tradition.



APPENDIX

The appendix gathers information that you may find helpful for leading any of the adventures.

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APPENDIX 1

PARTS OF YOUR MEETING

GATHERING ACTIVITIES

◆ BADEN-POWELL SAYS

This game is played like Simon Says. The leader is at the front and gives a command to perform an action (i.e. “Stand on your left foot.”). If the leader begins the command with “Baden-Powell says,” then everyone does the action. If the action is done incorrectly, the Cub Scout is out. If the command does not begin with “Baden-Powell says,” and the action is performed, the Cub Scout is out.

◆ CONCENTRATION

Select pairs from a deck of cards depending on the size of the den. Lay the cards out on the top of the table face down. Each player turns over two cards. If they match, the Cub Scout keeps the pair and wins a point. If they do not match, the Cub Scout turns the selected cards face down in the same place, and the game continues to the next player. The Scouts can make their own sets of cards by selecting pictures from magazines to cut in half and mount on card stock.

◆ CRAFT STICK PUZZLES

Give each Scout the same number of craft sticks, laying them side by side to form a square. Each Scout draws a picture covering all the sticks. Once drawn, they trade pieces with another Scout, and try to put the puzzle back together.

◆ HOT OR COLD

Select a player to leave the room while an object is hidden. Select an item to hide in the meeting room. Once the player leaves the room and the item is hidden, the player comes back in and tries to locate the object. The player is given clues to the location by getting directions from the den such as “You’re getting hotter” as they move closer, or “You’re getting colder” as they move away from it. Signals can also be given by beating on the bottom of an aluminum pie plate with a spoon. As the player nears the item, the drum beats faster and louder; as the player moves farther away, the drum beats slower and softer.

◆ MARBLE GOLF

Create a three-hole marble “golf” course using items such as coins or buttons as the tee boxes and cups as the holes. Place each cup on its side several feet away from its tee box. Each Scout shoots a marble from the tee box toward the hole. The Scout should count the number of shots needed to get to the hole. Once the first hole has been conquered, the Cub Scout moves on to the next hole. The Scout with the lowest score wins. You can make the course harder by putting obstacles in the way.

◆ MILK JUG TOSS

Gather enough milk jugs for each member of the den to have one. Cut the bottom of the milk jug out so that it is large enough to catch a bean bag, ping-pong ball, rolled up sock, or Wiffle ball. Make sure to toss an item that will not hurt if it strikes the player and is soft enough not to break whatever it strikes.



◆ ODD OR EVEN

Every player starts with five pennies. They select a number between 0 and 5, and put that number of pennies in one fist. Go to different players and ask, “Odd or even?” If the players guess right, they win a penny. If they guess wrong, they lose a penny. Continue circulating among the players until time is up. (It is acceptable to ask the same player multiple times.)

◆ PONG

Create pairs of players, and seat them across from each other with table space between them. Each player has a straw, and each pair of players has a pingpong ball or cotton ball. Put the ball between the two players and say “Go!” The object is to blow the item off the table on your opponent’s side.

◆ PUZZLE MANIA

Provide one small puzzle for each Scout. Place each puzzle in a plastic bag; however, put some of the pieces in different bags so that Scouts will each have to go to the other Scouts to hunt for the pieces that match their puzzles. To make this more challenging, do not show them the completed puzzle pictures.

◆ STOPLIGHT (SIMILAR TO RED LIGHT, GREEN LIGHT)

The caller stands at the front of the room with one green bandanna, one red bandanna, and one yellow bandanna. The other Cub Scouts should be lined up away from the leader. With their back to the players, the leader will hold up one bandanna at a time. The leader should keep the bandannas as hidden as possible to keep the next action a surprise. Red means stop, green means go, and yellow means go slow. The first one to reach the leader becomes the leader and the game begins again.

OPENING CEREMONIES AND IDEAS

The following guidelines will help the den participate in ceremonies that are well prepared and well received:

- An opening ceremony signals the beginning of the den meeting. It also sets the tone for the meeting. Most opening ceremonies include a flag ceremony, which provides an opportunity to teach youth how to handle and present the U.S. flag in a respectful way. A closing ceremony brings the meeting to a close for the Scouts.
- Know your audience. Keep your openings and closings appropriate for children of Cub Scout age. Simple ones are more effective than long, elaborate ones because children this age have short attention spans.
- Rotate responsibilities among the Cub Scouts in your den for the opening, flag, and even closing ceremonies at your den meeting. When Scouts are involved, it is easier to hold their attention during the meeting.
- Use a variety of ceremonies to hold everyone’s interest. Keep track of which ones you use and avoid repeating them meeting after meeting. Variety is as important as length. Den openings and closings should be kept short. Openings should be no longer than two or three minutes. Closings may be a little longer but still should be age-appropriate.
- You may adapt any ceremony to meet your needs. Dens come in many different sizes, and youth come with different skill levels. Younger children may need to have someone read their lines while they perform an action or hold a sign. No ceremony is written in stone. Feel free to make changes to work for you!
- **NOTE:** A prayer can also be added to each opening or closing.



CUB SCOUT/WEBELOS SCOUT LIGHT

The den leader asks den members to sit on the floor in a circle and dims the lights. Have a small candle and larger candle, plus matches, on a table. Flashlights or battery-operated candles may be used instead of regular candles and matches.

DEN CHIEF: I will light this small candle. It represents the goodwill given by one Cub Scout. See how it shines? The rays from several Cub Scouts make a brighter light. Each Scout lets their light shine by doing their best and helping other people.

DEN LEADER: I'll light this large candle. This represents that there is a brighter light that leads us all. Let us always think first of God, second of others, and finally of ourselves.

◆ DEN FLAG OPENING

The den forms a tight circle with the den flag in the center. Each member of the den grasps the flagpole with their left hand, makes the Cub Scout sign with their right hand, and says the Scout Oath.

◆ DEN YELL OPENING

Give your den yell.

◆ HANDSHAKE OPENING

The denner calls the roll, and each member of the den comes forward and gives the Scout handshake.

◆ OPENING/CLOSING SONG CEREMONY

Select a song from the *Cub Scout Songbook* to sing as your opening or closing. You might also select a song related to the adventure to sing as the opening or closing ceremony.

◆ OUTDOOR CODE OPENING

Preparation: Five Cub Scouts walk in with the U.S. flag.

CUB SCOUT 1: *As an American, I will do my best to be clean in my outdoor manners.*

NARRATOR: I will treat the outdoors as a heritage. I will take care of it for myself and others. I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

CUB SCOUT 2: *As an American, I will be careful with fire.*

NARRATOR: I will prevent wildfire. I will build my fires only where they are appropriate. When I have finished using fire, I will make sure it is cold-out. I will leave a clean fire ring or remove all evidence of my fire.

CUB SCOUT 3: *As an American, I will be considerate in the outdoors.*

NARRATOR: I will treat public and private property with respect. I will use low-impact methods of hiking and camping.

CUB SCOUT 4: *As an American, I will be conservation minded.*

NARRATOR: I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy. I will urge others to do the same.

CUB SCOUT 5: *Let us think about these responsibilities as we stand and sing "America the Beautiful."*

◆ PLEDGE OF ALLEGIANCE OPENING

The den gathers in a semicircle or horseshoe formation. One Cub Scout presents the colors (the U.S. flag) at the open end of the horseshoe. In turn, each Scout steps forward, gives the Cub Scout salute, and steps back. Follow with the Pledge of Allegiance.

◆ ROLL CALL OPENING

The denner calls roll, and the Cub Scouts respond by naming an item related to the adventure.

◆ SCOUT LAW OPENING

The den forms a circle, gives the Cub Scout salute, and says the Scout Law. (Webeles Scouts may give the Boy Scout salute.)

◆ SCOUT OATH OPENING

The Cub Scouts form a large circle. Their parents, guardians, or other caring adults (if present) form an outer circle by standing behind their Scouts. All say the Scout Oath in unison.

◆ SCOUT OATH OR SCOUT LAW MEANING OPENING

Select a phrase from the Scout Oath or Scout Law, and talk about its meaning.

◆ ROLL CALL OPENING

(Can be adapted for Wolf or Bear Scouts)

As the den meeting host calls roll, each Tiger team responds with a loud tiger growl.

FLAG CEREMONIES TO OPEN AND CLOSE DEN MEETINGS

Most den meetings will include the Pledge of Allegiance to the U.S. flag. It is appropriate to have a presentation of the colors and the Pledge of Allegiance at the beginning of the den meeting, with the retirement of the colors at the conclusion. On occasion, you can vary the opening ceremony and not use the flag. Patriotic ceremonies should be meaningful and inspirational. During flag ceremonies, those who are leading the ceremony or holding the flag should be in complete uniform and well groomed.

◆ FLAG CEREMONY PLANNING

When you take the time to plan ahead, the Cub Scouts will be prepared for a successful experience.

- When younger Cub Scouts are responsible for a flag ceremony, make sure the flags are not too heavy for the Cub Scouts to carry.
- Check the ceiling height beforehand to determine whether the flags will clear it. If they won't, post the colors before the meeting.
- Rehearse the ceremony. Make sure everyone knows their part and walking route.

◆ CREATE YOUR OWN OPENING CEREMONY WITH THE U.S. FLAG

Use the following suggestions to make your ceremony effective:

- Have the color guard post the colors and retreat.
- Post the flag, and then create a slight breeze with an electric fan.
- Shine a flashlight or spotlight on the flag.
- Follow the flag with a flashlight or spotlight while the color guard walks in.
- Use background music.
- Prerecord music and play it, making it louder or softer as your ceremony progresses.
- Use songs that are appropriate for the occasion, such as "The Star-Spangled Banner," "America, the Beautiful," "You're a Grand Old Flag," "God Bless America," seasonal songs, marching songs, or spiritual songs.

◆ FLAG CEREMONY COMMENTS

Keep in mind the following guidelines:

- When in uniform, stand at attention and salute with your right hand.
- When not in uniform, stand at attention and place your right hand over your heart. You should remove your non-uniform hat.
- When in uniform, with your head covered or uncovered and either indoors or outdoors, stand at attention and salute with your right hand when the U.S. national anthem is played, the colors are raised or lowered, the Pledge of Allegiance is recited, or the U.S. flag passes by in a parade.
- The color guards do not participate in saluting, singing, or saying the Pledge of Allegiance with the group because their job is to guard the flag at all times. They should salute after the U.S. flag is posted.
- The U.S. flag is posted on the left, as you look toward the front.
- Any person can write to their U.S. senator or U.S. representative and, for a reasonable fee, receive a flag that was flown over the U.S. Capitol in Washington, D.C.
- For more information regarding the U.S. flag, refer to the BSA booklet *Your Flag*.
- You can find additional information on the U.S. flag from government websites and from veterans' groups.
- Make sure that you include all youth in your flag ceremonies at different times of the year. Scouts with physical disabilities can proudly act as narrator or even flag bearers when adults see these events as possibilities instead of barriers.
- Sometimes we hear people say the phrase "one nation (pause) under God." When this phrase was added by House Joint Resolution 243 and approved by President Dwight D. Eisenhower on June 14, 1954, it was added without a comma or pause after the word "nation." The correct phrasing is "one nation under God."

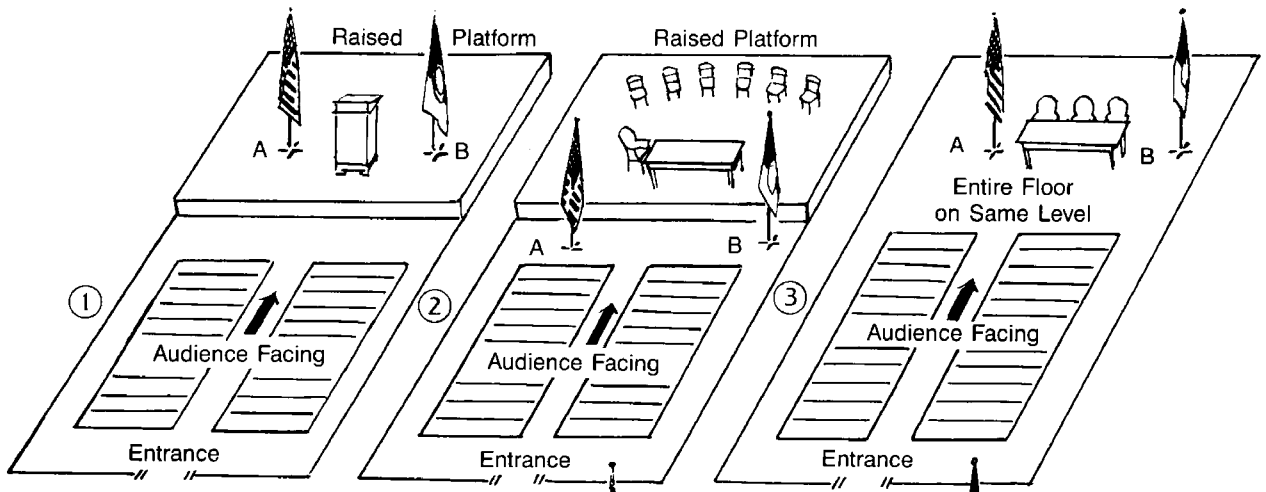
◆ STANDARD INDOOR FLAG CEREMONY USING FLAG STANDS

Preparation: Put flag stands in place at the front of the room. Looking to the front, the U.S. flag stand is on the left. Flag guards are in the back of the room holding the flags. They have already checked to make sure that the flags fit in the flag holders and that the flags clear the ceiling.

Personnel: Narrator and color guard

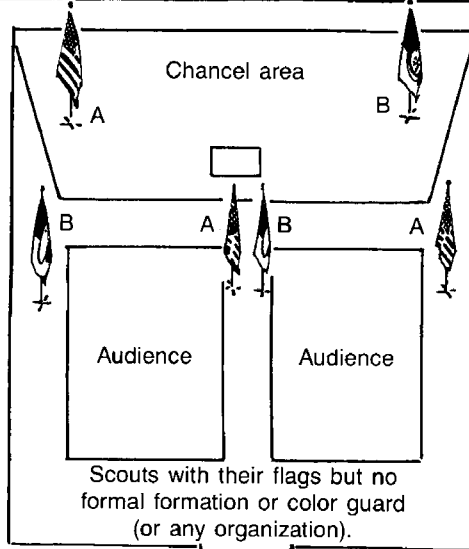
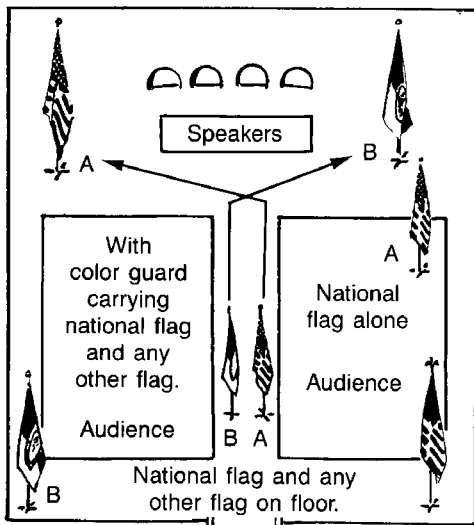
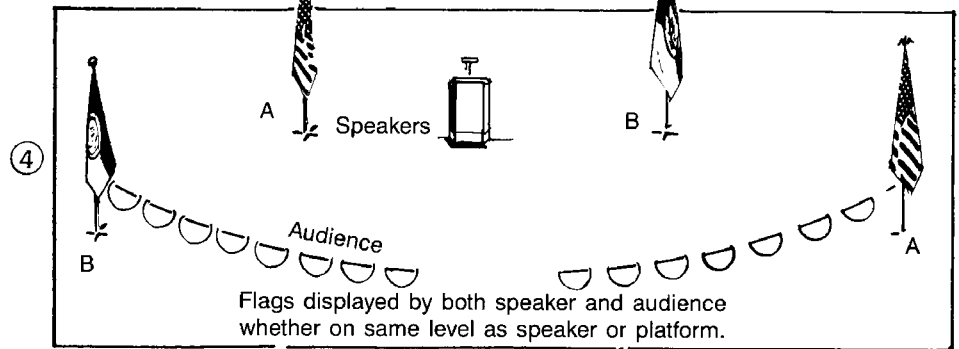
Materials: U.S. flag and a den flag if available

NARRATOR WILL CALL:	ACTIONS
<i>Attention. Will Scouts please rise.</i>	(Pause.) The color guard waits in the back of the room for the Scouts to stand and become quiet.
<i>Color guard, advance.</i>	The den flag guards and bearer are on the left, and the U.S. flag guards and bearer are on the right. With the U.S. flag in the lead, they walk in and cross so that the U.S. flag will be on the left side of the room when you look toward the front. The bearers and guards take their positions near the flag stands, facing the audience and holding the flags vertically.
<i>Hand salute.</i>	Everyone, with the exception of the flag bearers and guards, salutes.
<i>Please say with me the Pledge of Allegiance.</i>	All join in. The bearers and guards stand at attention and continue to hold the flags. The den flag is lowered slightly so that the U.S. flag stands taller. The U.S. flag guards and bearer and den flag guards and bearer do not salute or say the Pledge of Allegiance.
<i>Two.</i>	The den drops its salute. The den flag is raised to its vertical position again.
<i>Color guard, post the colors.</i>	The den flag is placed in its stand. Its guards and bearer step back into place. The U.S. flag is then posted. Its guards and bearer step back into place. The U.S. flag is then posted. The color guards then salute the flag.
<i>Color guard, dismissed.</i>	The U.S. flag guard leads the procession to the back of the room with the narrator following last.



Note: A stands for the national flag, B stands for any other flag.

Diagrams 1-2-3-4 apply to lecture halls, classrooms, club rooms, churches, auditoriums, etc.



◆ RETRIEVAL OF COLORS INDOORS

NARRATOR WILL CALL:	ACTIONS
<i>Attention. Will Scouts please rise.</i>	(Pause.) The color guard waits in the back of the room for the audience to rise and become quiet.
<i>Color guard, advance.</i>	The U.S. flag guard and bearer and pack flag guard and bearer walk down the aisle and to the flags. They stand behind the flags, facing the audience.
<i>Color guard, salute.</i>	The guards and bearers salute.
<i>Color guard, retrieve the colors.</i>	The U.S. flag is removed first (just slightly ahead of the den flag).
<i>Hand salute.</i>	Everyone, with the exception of the guards and bearers, salutes. The U.S. flag stays on its “marching right” as the guards and bearers proceed down the aisle to the rear of the room.
<i>Two.</i>	Everyone drops the salute.

◆ STANDARD OUTDOOR FLAG CEREMONY USING A FLAGPOLE

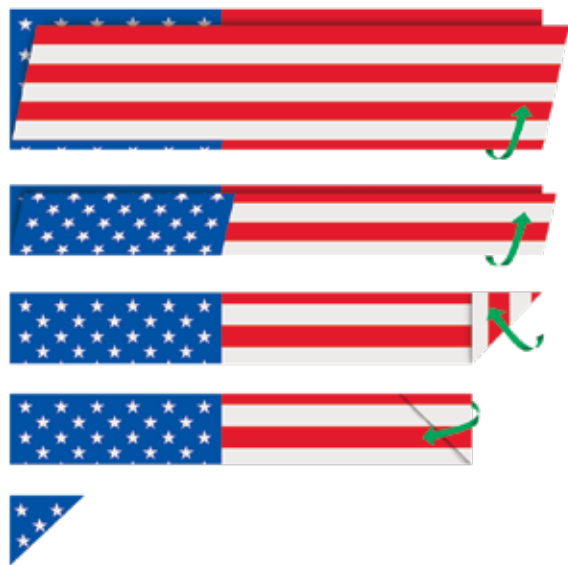
Preparation: Check the flag against the rope to make sure the attachments line up before the flag ceremony. It helps to lower the loops to the base of the flagpole so it is ready for the ceremony. Rewind the cord to hold in place.

Personnel: Narrator and color guard

Materials: U.S. flag and a pack flag

Remember that the outdoor program runs like a thread through the Scouting program. When dens and packs are outdoors, ceremonies are appropriate—and important!

- Outside noises from wind and water can make it difficult to hear voices. Keep the group close together and have the speaker face the crowd.
- Plan your flag ceremony carefully. If you do not have a secure flag holder, have the Scouts present the flag and continue to hold it during your flag ceremony. Then have them retreat with the flag. Whether you are inside or outside, give the U.S. flag the same respect and handle it properly.
- Use nature as a backdrop. Look around and choose a location that showcases your event.
- Sweep the area and walkways, looking for loose rocks and tree roots that might trip a child or adult.



NARRATOR WILL CALL:	ACTIONS
<i>Attention. Will the audience please rise.</i>	(Pause while everyone stands and remains quiet.) The color guard waits in the rear for the audience to become quiet.
<i>Color guard, advance.</i>	The U.S. flag guards and bearer walk in and take their positions near the flagpole, facing the audience.
<i>Color guard, prepare to raise the colors.</i>	The line is unwound. The flag is unfolded and attached to the rope.
<i>Hand salute.</i>	Everyone, with the exception of the U.S. flag guards and bearer, salutes.
<i>Color guard, raise the colors.</i>	Then the flag is raised quickly to the top of the pole, and the cord is wound back in place.
<i>Please say with me the Pledge of Allegiance.</i>	The U.S. flag guards and bearer stand at attention. (All join in.) The U.S. flag guards and bearer do not salute or say the Pledge of Allegiance.
<i>Two.</i>	The den drops its salute.
<i>Color guard, salute.</i>	The U.S. flag guards and bearer salute.
<i>Color guard, dismissed.</i>	The color guard retreats to the back of the group.

◆ RETRIEVAL OF COLORS—FLAGPOLE

NARRATOR WILL CALL:	ACTIONS
<i>Attention. Will the audience please rise.</i>	(Pause.) The color guard waits in the rear for the audience to become quiet.
<i>Color guard, advance.</i>	The U.S. flag guards and bearer walk to the flagpole. They stand behind the flag, facing the audience.
<i>Color guard, salute.</i>	The U.S. flag guards and bearer salute.
<i>Color guard, prepare to retrieve the colors.</i>	They unwind the cord and wait.
<i>Hand salute.</i>	Everyone, with the exception of the U.S. flag guards and bearer, salutes. The U.S. flag is quickly lowered.
<i>Two.</i>	As soon as the flag touches the hands of the guard, this command is given. Everyone drops the salute. The U.S. flag guard and bearer remove the flag from the rope and fold it correctly.
<i>Color guard, retreat.</i>	They return to the back of the group.

TALK TIME SUGGESTIONS

This section of the meeting is set aside to cover the “business items” that need to be covered for den and pack activities in the near future. Some of these items will be covered every meeting, some may only be covered once a year.

It may be handy to have a prepared handout to send home with the Scouts or hand to their parents, especially if it involves logistics—such as meeting somewhere different for a tour or items the Scouts need to bring from home for the next meeting, etc. Communicating with parents and guardians of Cub Scouts can be done several different ways. In the Family Talent Survey, parents and guardians are asked what method of communication they prefer. Some dens or packs use social media sites, while others use text messages.

◆ DUES

If your pack uses the dues you collected to fund your den operations, then you will need to come up with a system to collect them regularly and record who has paid and who has not. This is a perfect job for an assistant den leader, if you have one, or it could be taken care of by a parent who is willing to help. You may want to collect something every week or on a monthly basis. Some parents prefer to pay for the entire year so their Scout is taken care of. Decide how much (based on the expenses of providing the program supplies), when you want to collect it, and how it will be recognized; then tell the Scouts’ parents so they are aware of your process.

Obviously, it will be important for you to keep good records of your den purchases and dues collections in case there are any questions. Some packs do not use individual den dues, but instead cover den expenses from the pack budget or sponsoring organization. You will need to find out how your pack handles this.

It may be convenient to collect dues as part of your gathering activity time.

◆ ADVANCEMENT

Your Scouts may work on advancement with their parents as well as in your den activities. You may also assign them “Do-at-Home Projects” from time to time—items to finish at home and bring back to show the rest of the den. It may be convenient to record this information during this part of the meeting. An assistant den leader will work well for this duty as well.

You will need to have a method to record this advancement. The BSA has colorful wall advancement charts that can be used to keep track of each of your Scouts’ adventures. Using colored pencils or a signature to designate a requirement as completed can work well with this type of chart. You may also choose to use Scoutbook, which is an online tool to help you track advancement digitally instead of filling out advancement reports. You can learn more at Scoutbook.com. You can learn more about digital tracking at my.scouting.org. There are also paper pages available from BSA and other sources to assemble a binder and mark off individual requirements.

However you decide to track advancement, it is an important part of your den leader job. Figure out a method that works for you, and go for it!

If Cub Scouts have completed an advancement item with their family or at school, have them give a short report to the rest of the den, so they can see that all advancement does not have to happen in the den meetings.

This may also work well in the gathering activity time if you have help and the activity will not be interrupted.

Name	Scout Oath	Scout Law	Citizenship	First Aid	Swimming	Cycling	Hiking	Camping	Leave No Trace	Public Speaking	Reading	Writing	Arts and Crafts	Music	Dance	Sports	Community Service	Den Meetings	Pack Meetings	Council Meetings	Total
	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆

◆ OUTINGS OR TOURS

Traveling with Cub Scouts and their families can be a lot of fun! It can also create opportunities for confusion and misdirection. To keep the experience positive for all families in the den and yourself, be sure to communicate—and communicate often—with everyone.

Preparing a printed or electronic handout, flier, or brochure to give to the families with *ALL* the information needed will save you a lot of headaches. Depending on the trip, you may have a few items to pass along or a couple of pages. Here are some samples:



Den 1 TV Station Tour!

Den 1 and their families will be touring TV station KCUB next Wednesday, May 14. We will be meeting at Tamkin School at our regular meeting time, 6:30 p.m., and then car-pooling to the station together. The tour is free, but we will be stopping for ice cream at Dairy Village on the way home. Cones can be purchased for \$2, and of course, their full menu will also be available.

The station needs to know an approximate head count, so please contact me by Friday, May 9, with the number of family members attending. You can reach me by email at dljanet@email.com, or call 702-555-0111.

This should be a very interesting trip, and the Scouts will be completing our current adventure with this trip. Hope to see you all there!

DL Janet



Flaming Arrow Den Spring Campout

ALOHA! The Flaming Arrow Webelos den will be holding our Spring Campout next month at the Rocky Willows Scout Camp near Random Lakes on June 10-12. The theme this year is "Hawaiian Luau"!

Cost for this event is \$15 per person, which will include all meals, supplies, and a cool patch! Webelos Scouts and their parents are invited to attend (no siblings on this trip). The fee is due on June 6 at the pack meeting.

We will meet at the camp. The physical address of the camp is 342 Scout Camp Drive [city, state, and zip code]. Attached is a map. The trip is about 20 miles and will take about 30 minutes.

Attached to this sheet is a gear list that each person will need. We have access to camping gear if you need to borrow sleeping bags or tents for your group. The weather is always a little cooler at the camp, so be sure to pack warm clothes.

We will be holding a planning meeting at 6:30 p.m. on May 20 at Spohn Elementary. Everyone planning on attending should be there. All of your questions will be answered!

The Webelos Scouts had a great time on this event in the fall, and are looking forward to another exciting weekend!

Any questions? Email camperbob@email.com, or call 702-555-0112.

Always be sure to provide all the important information you can, including:

- Dates
- Location (include physical address)
- Cost
- Transportation method
- Items needed
- A contact person

Try to put yourself in the place of new parents, and give them all the information they need to feel welcome and ready! Asking the new parents from last year what information they would have liked to have known early will help you identify information to include.

Here is a good extended version of a trip planner from the BALOO (Basic Adult Leader Outdoor Orientation) training. While you may not need to fill in all the blanks, it may help you uncover some holes in your planning.

Cub Scout Outdoor Program Checklist

Date(s) _____

Location _____

BSA facility

Council-approved non-BSA facility

I. Administration

Guide to Safe Scouting reviewed

Camp reservation made

Parent permission slips

Camp deposit/fee paid

Health forms

Local requirements

Insurance

Licenses and permits
(fishing, boat, campfire, parking, etc.)

II. Leadership

Event leader _____ Phone (____) _____

Assistant _____ Phone (____) _____

Program leader _____ Phone (____) _____

Assistant _____ Phone (____) _____

III. Transportation

Driver	No. of seat belts	Driver License No.	Auto Insurance Yes/No
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Equipment hauled by _____

IV. Location

Maps prepared _____

Assembly location _____

Departure time _____

Camp arrival time _____

Camp departure time _____

Anticipated return time _____

Stops en route (meal Y/N) _____

V. Equipment

- Personal equipment lists
- Program equipment
- Group
- Emergency

VI. Feeding

- Menu planned by _____
- Who buys food? _____
- Fuel supplied by _____
- Duty roster by _____
- Food storage _____

VII. Sanitation

- Special camp requirements _____

VIII. Safety

- Ranger contact Phone (____) _____
- Nearest medical facility Phone (____) _____
- Nearest town Police number _____
- First aid/CPR-trained leaders _____

IX. Program

- Program planned
- Special program equipment needed
 - Item(s) _____ Provided by _____
 - Item(s) _____ Provided by _____
 - Item(s) _____ Provided by _____
 - Item(s) _____ Provided by _____
 - Item(s) _____ Provided by _____
 - Item(s) _____ Provided by _____
 - Item(s) _____ Provided by _____
- Rainy day activities planned

◆ COMMUNICATING THE PACK AND DEN CALENDAR TO PARENTS

Your pack will be holding some special events that may require additional help or more time to prepare than normal meetings. Some of these events might be:

Blue and Gold Banquet: Inviting other family members

Pinewood Derby/Raingutter Regatta: Distributing kits, holding workshops to help build the racers, running the race

Pack Campouts: Providing important information, gear needed, who can attend, what events will be happening, etc.

Bridging Ceremonies: Possible change in location, special guests invited, special ceremonies and inspiration

Holiday Parties or Other Celebrations: Preparing decorations, songs, skits, treats

Additional events provide by the council or district such as:

- District pinewood derby
- Fun days at the park/ballgame/zoo/trail or other special “Scout only” events
- Day camp/resident camp/overnighters

These all need to be promoted at the den level so your Scouts can take advantage of the opportunities. You should be able to find out about them at roundtable or by talking to your unit commissioner.

◆ CUB SHARING TIME

Periodically, it is a good idea to let the Scouts share what’s happening in their lives—something fun they did with their families, a good thing that happened at school, a fun game they’ve learned, or a new toy or Scout gear they have acquired. Set up some ground rules, such as:

- Time limit per Scout, perhaps only one Scout per meeting
- Only positive, fun things—nothing derogatory or hurtful
- Props—do you want it to turn into “show and tell”?
- Topic—defined by you (favorite pet, favorite game, etc.), or let them decide
- Related to the Scout Oath or Scout Law—how they helped other people or did their best that week

It may be helpful to screen the first couple you do for the year, just to make sure they get off on the right track. This can be a lot of fun for you and the Scouts, and provide some insight for you into their lives.

◆ DENNER INVESTITURE

A denner is a member of your den who has been given special responsibilities for your group for a fixed period of time, usually a month. They will be given some jobs to do at the meeting, such as:

- Setting up games for the Gathering activity and then picking them up afterwards
- Preparing a simple snack for the group, if you use one as part of your plan
- Setting up craft or activity items for the activity portion of the meeting
- General cleanup after the meeting
- Leading Opening and Closing ceremonies
- Keeping track of attendance records
- Other duties as the occasion arises

Talk Time is a great time to award the denner cord to your denner. The denner wears a denner cord over the left shoulder. The cord is removed at the end of the month, and presented to the new denner for the period of service. This responsibility mirrors leadership tasks the Scout will need for rank advancement in the troop when they get older. You should have specific tasks designated for the denner to do, and praise them when they are done, especially when they are done without being asked.



◆ MEETING INFORMATION

Use a small portion of this time to tell the den what is going to happen. Are you:

- Starting work on a new adventure?
- Finishing up one you've already started?
- Working on skills and projects for an upcoming pack event?
- Playing a new game?
- Learning a new skill?
- Preparing thank-you notes for people who have helped them out recently?

Set the stage for another exciting meeting! This will let them know what they're doing AND it will show their parents that you have a plan and are working it! Be sure to include the reason for the activities in that night's meeting.

◆ GROUNDWORK FOR FUTURE ADVANCEMENT

If part of next month's adventure requires some homework that might take a little time to complete, let them know a few weeks early and keep reminding them—and their parents! This is probably a good time to send a flier or other announcement home so the parents have all the details on what is needed.

CLOSING CEREMONIES

◆ CUB SCOUT CIRCLE CLOSING

Form the den in a circle. Each member of the den places a left arm around the shoulder of the person on the left and a right arm around the shoulder of the person on the right.

Den leader or den chief: *Now may the Great Master of all Scouts be with us until we meet again.*

◆ FLAG FOLDING CLOSING

Have three Scouts fold the flag while the other members of the den stand respectfully in a semicircle.

◆ FRIENDSHIP CIRCLE CLOSING

Den leaders and members form a friendship circle. Cross arms with right arm over left and grasp the hands of people on each side. They then sing a closing song.

◆ HANDSHAKE CLOSING

Have the members of the den form a circle and pass the Scout handshake from one to another around the circle until it reaches the person who started it. As each Scout receives the handshake, they silently make a wish and pledge to do their best.

◆ LEADER'S MINUTE CLOSING

This is a closing inspirational thought. It can be a brief story about the Scout Oath, the Scout Law, the motto, or something patriotic. It could reflect ideals such as being kind to animals and people, showing sportsmanlike behavior, or participating in school activities. It is told without moralizing.

◆ LIVING CIRCLE CLOSING

Based on an American Indian custom, the living circle may be used alone or as a part of another ceremony. It reminds a Cub Scout of the friendships made in Cub Scouting.

Cub Scouts and leaders stand in a close circle, facing inward and slightly to the right. With their right hands, they make the Cub Scout sign. With their left hands, they reach into the center of the circle. Each thumb is pointed to the right, and each person grasps the thumb of the person on their left, making a complete Living Circle with the handclasps. The Cub Scout motto can then be repeated. One version is to pump joined hands up and down seven times as all say, "Akela! We'll—do—our—best!" You can also use the Scout Oath, the Cub Scout motto, or your own personal words in place of this chant.

◆ MOUNTAIN CLIMBING CLOSING THOUGHT

Ask the Cub Scouts in your den to sit in a circle.

Den leader: *Picture a very high mountain. It is beautiful but very dangerous. It has slippery glaciers and high rocky places you can climb only with special equipment and with help from other people. Mountain climbers depend on each other. They must be able to trust their friends at the other end of the rope. When you pick your friends, think about whether this is a person you could trust at the end of that rope. Let's have a moment of silence as we think about the good friends we have chosen.*

◆ MY FLAG CLOSING

Right before the ending, the den leader asks the Cub Scouts to write a sentence about what the U.S. flag means to them. For the closing ceremony, read the statements.

◆ PATRIOTIC SONG CLOSING

Den members form a circle around the U.S. flag. Everyone salutes and sings “America,” “God Bless America,” or another patriotic song. (See the *Cub Scout Songbook* for ideas.)

◆ SQUARE KNOT CLOSING

Give each Cub Scout in your den a 3-foot section of rope. Have them tie their ropes together with square knots to form a complete circle. They all lean back carefully to form a taut circle.

Den leader: *You are part of a group of close friends, held together by the square knot—a symbol of friendship.*

◆ WE MEET AS CUB SCOUTS CLOSING

Have the Cub Scouts in your den form a circle.

Den 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.*

DEN OUTINGS

Excursions and field trips provide some of the most exciting parts of Scouting. Cub Scouts enjoy many outdoor experiences as they participate in the variety of activities that can be held outside, such as field trips, hikes, nature and conservation experiences, and outdoor games.

◆ OUTINGS

Children this age enjoy visiting museums, business establishments, parks, and other attractions. Here are some suggestions:

How Things Are Made: Visit manufacturing plants such as aircraft, automotive, appliance, or electronic manufacturers; chemical, paper, plastic, paint, furniture, or toy plants; and handicrafts or other small-craft industries.

How Your Community Runs: Visit power, water, and sewage plants; a gas company; police and fire stations; city hall; municipal buildings; the county jail; a telephone company; the post office; the Red Cross; hospitals; newspaper plants; and radio, television, and weather stations.

How Your Community Is Fed: Visit truck and dairy farms, flour mills, and bakeries; food processing, canning, or bottling plants; stockyards and meat or poultry packing houses; a fish hatchery; beverage, candy, and ice-cream companies; markets; and food distributors.

Learn About Your Culture and Heritage: Visit art galleries, museums, and memorials; celebrated old homes, monuments, and other historic sites; places of worship; civic centers; important local buildings; summer theaters and band concerts; and local historical celebrations.

When these field trips are coordinated with the Cub Scouting adventures, they can help bring learning to life by allowing Cub Scouts to experience firsthand the things they have been learning about.

◆ HIKES

A hike is a journey on foot, usually with a purpose, a route, and a destination. All ranks in Cub Scouting will have several opportunities for taking hikes related to specific adventure requirements. See the Outdoor Appendix for more information on hikes.

◆ PLANNING DEN OUTINGS AND EXCURSIONS

When planning a trip or excursion for your den or pack, keep the following guidelines in mind:

- Make sure that all activities are age-appropriate. Especially for pack excursions, which include Cub Scouts of various ages, make sure there's something that appeals to everyone.
- While it's OK to include some activities just for the fun of it, make sure the featured event is relevant to the values of Scouting and has educational value.
- Refer to the *Guide to Safe Scouting*, No. 34416, to ensure that all activities are conducted in a safe manner. The online version, which will always be the most current, can be found by visiting www.scouting.org and selecting "Guide to Safe Scouting" from the site menu.
- Be sure to file the proper forms and permits. An activity consent form should be signed by the parent or guardian of every Cub Scout, even if the parent or guardian is attending. The form can be accessed at www.scouting.org.

APPENDIX 2

WORKING WITH CUB SCOUTS

CHILD BEHAVIOR

Rewarding positive behavior and not accepting negative behavior is the key to teaching Cub Scouts proper behavior. Remember that each child (just like all of us) has emotional needs that need to be fulfilled. These needs include being accepted, getting noticed, belonging, receiving praise and encouragement, feeling safe and sound, letting off steam, experimenting (and making some mistakes in the process), and having fun.

How each child tries to fulfill these needs is what makes them unique. One child may be timid and quiet, and another, loud and rowdy; but both are afraid they won't be accepted. Den leaders must plan ahead and be prepared to make Cub Scouting a positive experience for everyone in their den.

HOW TO ACHIEVE POSITIVE BEHAVIOR

The den meeting is a time when the den leader and Cub Scouts socialize and plan for future activities. For the den meeting to be productive for everyone, it must run smoothly. A good atmosphere is essential to managing behavior. Many times, that simply means recognizing and rewarding good behavior. Here are some suggestions for encouraging good behavior.

◆ EXPECTATIONS

Be sure that all Cub Scouts and their parents or guardians understand the purposes of Cub Scouting, the advancement system, the structure of the den and pack, and the expectations of the family in the program. A letter to parents and guardians with a follow-up face-to-face meeting within a couple of days of joining Cub Scouts will ensure this. Encouraging parents and guardians to stay for den meetings and involving them with their Cub Scout reinforces the family aspect of Scouting.

Den leaders wear their uniforms to strengthen a visual connection between the leader and the Cub Scouts in their den. The uniform serves as a reminder for Cub Scouts to be on their best behavior. The full uniform is a method of Scouting. It provides a level playing ground by covering up all differences of social or economic background. As the den leader, you set the example. The power of a uniform is also used in team sports. It shows that regardless of the position you play, you are a member of this team. In Scouting, you are part of not only a den, a pack, but also a worldwide movement.

◆ CODE OF CONDUCT

A code of conduct is a list of behavioral expectations and consequences if the code is broken. With your guidance, Cub Scouts in your den create the code of conduct. Three or four points will be sufficient, and they should be positive; the words *no* or *don't* have no place in a code of conduct. Include a final rule such as "Have fun!" Also consider including the 3 R's: Respect for others, Responsibility for yourself and your things, and Reasonable behavior. Members of the den, including the den leader, should sign the code of conduct, and it should be displayed at every den meeting. Using the 12 points of the Scout Law can serve as a strong foundation for a code of conduct, and also reinforce the values of Scouting.

◆ TWO-DEEP LEADERSHIP

For the most up-to-date information, see www.scouting.org.

◆ THE DEN CHIEF

The den chief is a wonderful resource for the success of a den. Although den chiefs are not part of the two-deep leadership because they are not adults, they can help manage the den by being prepared with a game, story, stunt, song, or other brief activity that provides some variety in the den program. See the *Cub Scout Leader Book* and *Den Chief Handbook* for more information on den chiefs.

◆ DEN MEETING STRUCTURE

Following the den meeting structure as outlined in this den leader guide will go a long way to making a meeting run smoothly. Every part of the den meeting structure plays a vital role in the success of the meeting.

◆ LEADER/SCOUT RELATIONSHIP

The relationship between a leader and the Scouts is central to managing behavior. For instance, if the den leader enjoys the den meeting, so will the Cub Scouts and their families. Children and parents model what they see, so be a good model by having a positive attitude.

- **Be consistent and fair in all your dealings.** Treat all members of your den the same when they break any rules, but do this in a manner that allows Cub Scouts to keep their dignity. Give them a chance to tell their side of the story. Allow them the opportunity to apologize. Your example of fairness will carry over into other aspects of the Cub Scouts' lives.
- **Be a good listener.** When a Cub Scout wants your attention, look them in the eye. If you are busy, look them in the eye and ask them to wait a minute. Honor their patient waiting by turning to them with your full attention as soon as possible.
- **Give each Cub Scout a chance to participate in discussions.** To encourage members of your den to speak one at a time and to listen carefully, you might try a "talking stick." Only the person holding the talking stick is allowed to speak, and everyone else must listen respectfully without interrupting. A talking stick can be a dead branch from a tree, a dowel rod, or even a shortened broomstick handle.
- **When you notice a Cub Scout's good behavior, comment on it!** Let everyone know exactly what you liked. Soon, you'll have all the den members copying that behavior. Comments such as "I like the way you kept trying," or "Good thinking," or "Now you have the hang of it" encourage and build self-esteem. The more specific you are, the more likely the communication has been effective and the activity will be repeated. When you see a Cub Scout's parent or guardian before or after meetings, be sure to let them know about positive behavior. The Cub Scout may get additional positive reinforcement at home.

TRACKING BEHAVIOR

The methods below highlight the use of positive reinforcement to encourage good behavior. Positive reinforcement is giving something, such as a reward, to promote the behavior you want. Taking something away after it has been earned is not part of positive reinforcement and is not a method used in Cub Scouting.

◆ CONDUCT CANDLE

Use the same candle each week. The den leader or assistant den leader lights the candle at the beginning of the den meeting, and the candle is allowed to burn as long as all den members show good behavior. But if someone misbehaves or breaks the code of conduct, the candle must be blown out for the rest of the meeting. As soon as the candle burns down, the den is entitled to a special outing or special treat that they have chosen. On average, a den meeting lasts for a little over an hour. Be sure to use a candle that will take four hours to burn uninterrupted. The key to this method is making sure there is not too much time between the positive behavior and the reward. A large candle that takes six months' worth of den meetings to burn will not be as effective as a candle that only takes two months.

◆ TICKETS

Buy tickets at teacher or party supply stores, or make them yourself. Give those in a den a ticket when they do something good. (Try to give each person in the den an opportunity to receive a ticket during a meeting.) They write their names on the back of their tickets. The tickets are placed in a jar, and a drawing is held at the end of the den meeting for a small treat (gum, candy, stickers, small toy, etc.). At the end of the month, hold a drawing for a "big" winner.

◆ MARBLE JAR

Use a glass jar so it makes lots of noise when you put a marble in. Draw a line on the jar high enough so that it will take the Cub Scouts in your den six weeks or so to earn enough marbles to fill it to that point. Explain that when marbles reach the line, the den will get a treat. Drop a marble in the jar when someone in the den does something good. Make a production out of it. Celebrate with the den when they reach their goal. Do not take out marbles for bad behavior. This is not consistent with the positive reinforcement method of working with Cub Scouts.

◆ STICKERS AND CERTIFICATES

Give big flashy stickers for good behavior. Use them only occasionally, or they lose their appeal. Make certificates by hand or with a computer. Use gold seals or other decorative stickers. You can also purchase certificates at teacher supply stores.

◆ SUPERSTAR PINS

Decorate clothespins, one for each Cub Scout, with stars. As you notice good behavior, pin one on the Scout. At the end of the meeting, Cub Scouts with pins on can pick something from a "treat bag" consisting of a variety of food items; a small, healthy snack; or inexpensive items that appeal to the Cub Scouts in your den (stickers, old patches, small toys, pencils). Vary the items in the treat bag often.

◆ SUPERSTAR NOTES

These notes to parents and guardians are good for praising Cub Scouts when they get back home. You can make your own by hand or with a computer or buy them at a teacher supply store. The Cub Scouts in your den will know you really appreciate it if you tell their families how well they did.

◆ COUP STICK

Some American Indian tribes used coup sticks (“coo sticks”) as a way to display accomplishments. Items such as beads, feathers, bear claws, or eagle claws were awarded at tribal meetings for deeds of note (not unlike badges Cub Scouts earn!). These were attached to the coup stick for display, bringing honor to the coup stick owner.

Make a den coup stick by drilling a hole through a wooden dowel at the top and bottom. Loop a long piece of heavy-duty string or leather cord through the holes so it runs the length of the dowel. Award small items at den meetings for good behavior. Use beads, feathers, stamped leather pieces, stamps on poster board pieces, etc., and attach them to the string on the coup stick. Take the coup stick to pack meetings to bring honor to your den!



DEN DOODLES AND DEN FLAGS

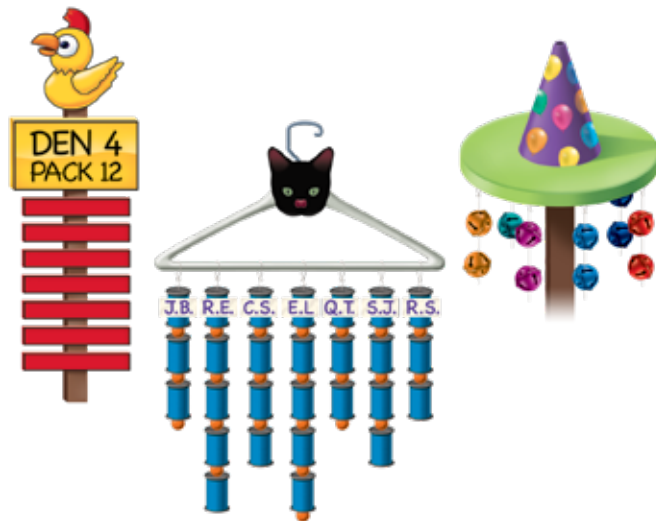
◆ DEN DOODLES

A den doodle is a clever way to record advancement progress and other accomplishments of the Scouts as well as a colorful decoration for the den meeting place. It can be something as simple as a chart, much like the den advancement chart, or it can be a simple structure consisting of a cutout mounted on a stand. No two den doodles are alike.

With the help of members of your den, choose a design that “fits” the den. Den doodles can be made from wood, cardboard, foam board, or other materials; they can be a tabletop or floor design; or they can hang on the wall or from the ceiling. Include the den’s number and a place for each Cub Scout’s name and advancement record or accomplishment.

Add something to the den doodle at each meeting, recognizing attendance, proper uniforming, and behavior as well as completed adventures. Colored beads and shells slipped onto leather lacing are common items for symbols of progress.

Dens may earn simple awards (sometimes called dingle dangles) for a variety of things, such as perfect attendance, good behavior, participation in service projects, or responsibilities at the pack meeting. For example, the den leading the flag ceremony at the pack meeting or at school might earn a small flag to hang on their den doodle; the den that leads a song might earn a musical note made of felt. You can find more examples of den doodles in *Cub Scout Ceremonies for Dens and Packs*.

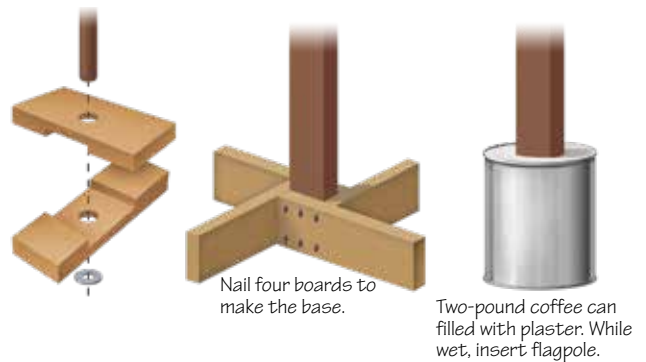


◆ DEN FLAGS

Den flags are simple flags that represent each den and give den members a sense of camaraderie and identification. The flag is blue and yellow with the den number on it. Den flags are available at your local Scout shop or at www.scoutshop.org. The flag may go home with a different Cub Scout family after each meeting or may be the responsibility of the denner for the month. The flag should be brought to each pack meeting and mark the place where the den sits.

◆ BASES FOR DEN DOODLE OR DEN FLAG

Make bases from wood or from a 2-pound coffee can filled with plaster, as shown. Cover the end of the flagpole with aluminum foil and grease with a thick layer of petroleum jelly so it will slip out easily after the plaster hardens. Or use a piece of PVC pipe that has an opening slightly larger than the diameter of the flagpole. Cover the bottom end of the PVC with foil and set it into the wet plaster. It should stick several inches out of the plaster. When dry, the pole will slip easily into the PVC pipe.



DEN LEADER “SURVIVAL” KIT

At times, even the best plans go awry. A bag packed as a leader “survival” kit comes in handy when unexpected things happen, all your planned activities for the meeting have been exhausted, or the den just needs a change of pace. Your survival kit will grow as you and your den work together and discover the things the den likes best—you will base your survival kit on those activities. The goal is to pack your bag with lightweight, multiple-use objects—and take it to every den meeting.

Here are some suggestions for your leader survival kit. Remember that each item should have multiple uses. Newspapers, for example, can be rolled and taped to become bats or batons to pass during a relay; left flat, they can become a “base” for use during a game; opened, they can act as a drop cloth for messy projects; folded, they can become hats. Newspapers can also be torn and taped and shaped into instant costumes. Your imagination is the only limit.

- Balls—a couple of tennis balls and at least one soccer ball
- Blindfolds—at least two
- Safety pins
- Duct tape
- Newspapers
- Markers, pens, pencils, chalk
- Blank paper, various colors
- Lightweight rope
- Scissors
- Balloons
- Empty 16-ounce drink bottles with caps—at least six
- Magic tricks
- Puzzles

GUIDELINES FOR SPECIFIC TYPES OF SPECIAL NEEDS AND DISABILITIES

Every child has needs. Three important ones are to feel accepted by a group, to feel a sense of competence when approaching a task, and to feel a sense of self-satisfaction at its completion.

For some, these needs are easily met. For others, it takes a little more thought and planning on the part of families and leaders. The parents or guardians of a Cub Scout with special needs will be the best resource for information about the Cub Scout’s abilities, limits, and goals. Other resources include the Cub Scout’s teachers and the *Cub Scout Leader Book*.

Many people wonder how children who are different from other members of the den will be accepted. You will find that with proper preparation of the den, they will be accepted into the fellowship of the den easily.

If a Cub Scout has any of the following disabilities, these ideas might be helpful. Always ask if they need, or want, help. Ask *how* you can help.

◆ MOBILITY IMPAIRMENTS

- Remember that people who use adaptive equipment (wheelchairs, crutches, etc.) often consider their equipment an extension of their bodies.
- Never move equipment out of the person's reach.
- Before you go out with someone who has a mobility impairment, make sure facilities at the destination are accessible.
- Never pat a person in a wheelchair on the head. This is a sign of disrespect for adults.
- When helping, ask how equipment works if you are unfamiliar with it.
- Prevent strained necks by standing a few feet away when talking to someone in a wheelchair.
- Find a place to sit down for long talks.

◆ HEARING LOSS

- Make sure the person is looking at you before you begin to talk.
- Speak slowly and enunciate clearly.
- Use gestures to help make your points.
- Ask for directions to be repeated, or watch to make sure directions are understood correctly.
- Use visual demonstration to assist verbal direction.
- In a large group, remember that it's important for only one person to speak at a time.
- Speakers should never stand with their backs to the sun or light when addressing people with hearing loss.
- Shouting at a person who is deaf very seldom helps. It distorts your speech and makes lip-reading difficult.

◆ VISION IMPAIRMENTS

- Identify yourself to people with vision impairments by speaking up.
- Offer your arm, but don't try to lead the person.
- Volunteer information by reading aloud signs, news, changing street lights, or warnings about street construction.
- When you stop helping, announce your departure.
- If you meet someone who has a guide dog, never distract the dog by petting or feeding it; keep other pets away.
- If you meet someone who is using a white cane, don't touch the cane. If the cane should touch you, step out of the way and allow the person to pass.

◆ SPEECH/LANGUAGE DISORDERS

- Stay calm. The person with the speech disorder has been in this situation before.
- Don't shout. People with speech disorders often have perfect hearing.
- Be patient. People with speech disorders want to be understood as badly as you want to understand.
- Don't interrupt by finishing sentences or supplying words.
- Give your full attention.
- Ask short questions that can be answered by a simple yes or no.
- Ask people with speech disorders to repeat themselves if you don't understand.
- Avoid noisy situations. Background noise makes communication hard for everyone.
- Model slow speech with short phrases.

◆ COGNITIVE DISABILITIES

People whose cognitive performance is affected may learn slowly and have a hard time using their knowledge.

- Be clear and concise.
- Don't use complex sentences or difficult words.
- Don't talk down to the person. "Baby talk" won't make you easier to understand.
- Don't take advantage. Never ask the person to do anything you wouldn't do yourself.
- Be understanding. People with below-average cognitive performance are often aware of their limitations, but they have the same needs and desires as those without the disability.

◆ SOCIAL/EMOTIONAL IMPAIRMENTS

People with social/emotional impairments have disorders of the mind that can make daily life difficult. If someone is obviously upset,

- Stay calm. People with mental illness are rarely violent.
- Offer to get help. Offer to contact a family member, friend, or counselor.

◆ AUTISM SPECTRUM DISORDER

Here are some tips for leaders.

- Provide consistent, predictable structure. Be patient. Allow extra time for activities.
- Provide a visual schedule with words and pictures. All Scouts will find this useful. Don't put times in the schedule because a Scout with autism may expect you to follow it to the minute!
- Let the Scout know about transitions early by saying, "In five minutes we'll be ending this activity and starting another."
- Give the Scout information about new activities ahead of time.
- Break up tasks into smaller steps.
- Alert the Scout's parents if there is going to be an activity that may cause sensory difficulties for their child. Consider moving noisy activities outside where the noise can dissipate. If the Scout has issues with food taste and texture, carefully plan the menus around these issues so the Scout can eat the same things as other members of the unit as much as possible.

◆ ATTENTION DEFICIT DISORDER

Leaders can have a positive effect on children with attention deficit disorder (ADD). Here are some ways leaders can help.

- Structure Scout meeting time, activities, and rules so that the Scout with ADD knows what to expect. Post a calendar of events.
- Be positive. Praise appropriate behavior and completion of tasks to help build the Scout's self-esteem.
- Be realistic about behavior and assignments. Many children with ADD simply can't sit for long periods or follow detailed instructions. Make learning interesting with plenty of hands-on activities.
- Monitor behavior through charts and explain expectations for behavior and rewards for reaching goals. This system of positive reinforcement can help the Scout stay focused.
- Begin a formal achievement program. Weekly reports to parents could increase their involvement.
- Work closely with parents and members of the education team. People working together can make a big difference.
- Be sensitive to the Scout about taking their medication. Avoid statements such as, "Johnny, go take a pill."
- Simplify complex directions. Give one or two steps at a time.

◆ LEARNING DISABILITIES

Learning disabilities (including minimal brain damage, perceptual abilities, communication disorders, and others) are usually disorders of the central nervous system that interfere with basic learning functions.

- Listen and observe carefully to find clues as to how this Scout approaches problems and what their difficulties are.
- Remember that praise and encouragement can help build self-esteem.
- Let other den members use their friendship and support to show the Scout that they belong.
- Use short, direct instructions that help the Scout know what is expected of them.
- As much as possible, stay with a regular den schedule, allowing the Scout to help with assigned duties.
- Give the Scout extra time when needed. Don't rush their answers. Reword instructions if necessary.
- Introduce and recite new materials (such as new songs or the Scout Oath and Scout Law) together as a group. Provide repeated opportunities for Scouts to practice and learn them.

APPENDIX 3

CRAFTS

WHY WE USE CRAFTS

As Cub Scouts work on craft projects, they not only learn to make useful items but also get valuable experience in using and caring for basic tools and materials, learning to follow directions, using their imaginations, and developing coordination and dexterity. Craft projects can be used for advancement requirements or just for fun.

Making a craft project calls for creativity in every member of the den. As Cub Scouts embark on projects, they may need to measure, trace a pattern, cut or saw, sand, and assemble a project with nails, screws, or glue. Crafts develop a child's ability to understand and satisfy an urge to experiment. Furthermore, physical development and mental growth are by-products of the craft program. Muscle coordination comes from lifting, moving, sawing, drilling, hammering, and pounding. Painting helps improve arm and hand control. Folding, cutting, shaping, filing, and sanding craft materials help develop eye and hand coordination.

As we work with crafts, we learn to shape materials into useful articles. While decorating them, we also learn that useful things can be beautiful art, gaining confidence to experiment with materials and tools and learn new ways to do things. A completed craft project enables each of us to shout "I did my best!"

TEACHING CRAFTS TO CUB SCOUTS

As a den leader, you have an opportunity to stimulate the interest and curiosity of all Cub Scouts in your den and to encourage them to "Do Your Best," the Cub Scout motto. It is important to allow them to create and be proud of their creations. They are making more than just "things"; the projects help build their mind, body, and future.

All Cub Scout leaders have different backgrounds and experiences, so their knowledge of craft techniques and tools will vary. Those with limited experience may enlist parents and other adults to teach specific techniques or to provide materials and tools.

The *Cub Scout Leader Book* provides some excellent tips for leaders on craft projects. In addition, the following steps will help leaders teach crafts:

1. Choose a project with the help of the members of your den. Make sure the project is something that has a purpose and that they will enjoy making.
2. Make a pattern, if needed. Have enough pattern pieces available so that no one has to wait to trace them.
3. Make a sample to show the Scouts. Remember that these are age-appropriate crafts, so don't go overboard and make your sample too elaborate.
4. Gather enough materials and tools so everyone can work at the same time.
5. Teach the craft step by step:
 - Cut out parts, as required.
 - Put them together.
 - Finish it (sand, polish, paint, etc.).
 - Clean up.
6. Whenever possible, start a craft in a den meeting that can be finished at home with family help. Be sure, however, that the family is aware of the responsibility and has any instructions and materials necessary.
7. Display the craft projects at a pack meeting.



Leaders should guard against crafts that are simply “busywork” of the “cut-and-paste” type that are below the abilities and interests of the Cub Scouts in your den. Crafts should be more than mere handwork: They should be a creative outlet and a form of expression, as well as a way to learn skills. Sometimes, leaders think they need to have a craft project at every den meeting. But remember that crafts are only one of many activities used to accomplish the purposes of Cub Scouting. Overemphasizing crafts may discourage families and Scouts whose interests and abilities lean in other directions.

HELPING CUB SCOUTS WITH CRAFTS

- Encourage the natural creative urge in each member of the den. If you don't, the urge may disappear and be replaced by lack of confidence in their own abilities.
- Through praise, you can help them build self-confidence in their abilities.
- Learning by doing is important.
- Show enthusiasm for progress. Don't be overly critical.
- Show them how, but don't lose patience and take a tool away because you can do it better or faster. This will be discouraging and destroy self-confidence.
- Be patient. Remember: Cub Scouts may have to be shown over and over how to use a tool.
- Be tactful. Offer your help during difficult parts of a job by saying, “Let's work on this part together.”

RESOURCES FOR CRAFT MATERIALS

Materials for crafts should be simple and inexpensive. In most cases, you can find scrap materials for crafts around the home. Most communities have many resources for craft materials. Although you may have to purchase some specialized items at craft and hobby stores, you can acquire most through salvage and surplus or donation.

Begin an internet search for places where you might be able to obtain aluminum foil, burlap, canvas, clay, cord, floor covering, leather and vinyl scraps, nails, paper bags, plastic rope, sandpaper, spools, etc.

Here's a “starter” list of possible resources for craft materials. Most of the sources listed have scrap that is available for the asking, or at minimal cost.

- **Lumber Company:** Wood scraps, sawdust, and curls of planed wood may be given away by the boxload. Make your contact and request, and then leave a marked box to return and pick up later.
- **Grocery Stores:** Check grocery stores for boxes of all sizes and shapes. Discarded soft drink cartons are excellent for holding paint cans.
- **Telephone Company:** Empty cable spools make great tables; use colorful telephone wire for many different projects.
- **Soft Drink Company:** Plastic soft drink crates may be available at a minimal charge. Use them for storage or for projects. Also, use plastic six-pack rings for various projects.
- **Gas Stations and Garages:** Tires and bike tubes are great for games and obstacle courses.
- **Wallpaper Stores:** You'll find wallpaper sample books of discontinued patterns.
- **Carpet Stores or Outlets:** Discontinued rug samples and soft foam under-padding can add to craft projects.
- **Tile Stores:** Use broken mosaic tiles for many craft projects.
- **Appliance Stores and Furniture Stores:** Large packing crates are handy for skit props and puppet theaters.
- **Newspaper Companies:** Ask about end rolls of newsprint.
- **Printing Companies:** You can never have too much scrap paper and cardstock.

- **Pizza Restaurants:** Cardboard circles are good for making shields and other craft projects.
- **Upholstery Shops and Drapery Shops:** You'll find a wide variety of fabric and vinyl scraps.
- **Picture Framing Shops:** Leftover mat boards make great awards or bases for other projects.

◆ USING SALVAGE

Many items that are destined for the trash can be used for Cub Scout craft projects. Ask families to be on the lookout for scrap materials. If you live in a community that has a manufacturing company nearby, you may be surprised at the scrap wood, plywood cutoffs, and odd pieces of metal, cardboard, leather, and plastics that you can get just by asking. Ask families to save things such as tin cans; the cardboard rolls inside paper towels, toilet paper, and wrapping paper; boxes; tree branches; plastic bottles; buttons; cloth; pinecones; and wire hangers.

Here's a partial list of useable scrap materials:

- Bottle caps—for Christmas tree ornaments, foot scrapers, wheels, construction projects, markers for games
- Bottles—for musical instruments, containers
- Broom handles—as dowels for projects
- Cardboard cartons—for construction projects, stage props, puppet stages, storage
- Catalogs—for decorations, designs, cutouts
- Chenille stems—for simple sculptures
- Clothespins—for human figures, fastening items together, games
- Coat hangers—for wires for mobiles and other constructions, skeletons for papier-mâché work
- Coffee/juice cans—for storage, planters, games
- Coloring books—for patterns for nametags, etc. Patterns can be enlarged for craft projects.
- Corrugated cardboard—for stage props and scenery, bulletin board, shields, swords
- Ice cream cartons (3-gallon)—for trash cans, drums, masks
- Ice cream spoons—for mixing paint, spreading paste, figures
- Jars—for containers for paint, paste, and brushes; decorate them for gifts.
- Juice-can lids—for tin punch projects, awards
- Leather or vinyl scraps—for key chains, bookmarks, neckerchief slides, coin purses
- Macaroni—for stringing for jewelry, pictures, and frames
- Margarine tubs—for storing small objects (lids can be used like flying saucers in games)
- Newsprint—for covering tables, papier-mâché, flip chart, growth charts, large backgrounds and scenery
- Old shirts or pajama tops—for paint smocks (cut off the sleeves), costumes
- Paper bags and old socks—for hand puppets
- Paper plates—for plaques, masks, games
- Paper towels—for papier-mâché, cleanup
- Plastic water bottles and milk jugs—for planters, games, costumes
- Shelf paper—for finger painting
- Soap bars—for carving
- Sponges—for painting, printing, cleanup
- Straws—for holiday decorations, party favors, games
- Tin cans—for metal work, storage containers, planters
- Tongue depressors and craft sticks—for mixing paint, modeling tools

- Wallpaper—for book covers, paper for painting
- Wrapping paper—for murals, painting
- Yarn—for hair for wigs and puppets, holiday ornaments

◆ TIPS FOR PAINTING

Acrylics: Jar acrylic is more economical, but acrylic paint is also available in tubes. It can be thinned with water. Brushes clean easily with water. Acrylics are nontoxic, good for painting almost anything, and don't need a finishing coat.

Tempera: Water-based paints such as tempera are great for Cub Scouts. Powdered paint is more economical but messier. Mix powdered tempera with water and add a little liquid starch, which helps the paint go further and not run.

Cleaning Brushes: Different paints need different cleaners. For tempera, poster paint, or acrylics, use water. Scouts can clean up after using these paints; adults should supervise cleanup for other media. To clean varnishes, oils, or enamels, use turpentine, mineral spirits, or kerosene. For shellac, use shellac thinner. For model paint, use the recommended thinner. For lacquer, use lacquer thinner. These solvents are flammable and should be used outside and well away from sparks and flames. Adequate ventilation and adult supervision are required when working with any of these paints or solvents.

Finishing Coats: Objects painted with tempera or poster paint will have a dull finish and will not resist moisture. For a shiny finish and for protection, spray with clear plastic or clear varnish, or finish with a coat of diluted white glue. Acrylic paint does not need a finishing coat.

Paintbrush Substitutes: For large items such as scenery, use a sponge dipped in tempera. For small objects, use cotton swabs.

Painting Plastics: For painting plastic milk containers or bottles, mix powdered tempera with liquid detergent instead of water or starch. The paint will adhere better.

Painting Plastic Foam: Some types of paint will dissolve plastic foam, so only use one that is recommended. Test it first on a scrap.

Painting Wood: It is best to give raw wood a coat of wood sealer or thin shellac before painting to prevent the paint from soaking into the wood.

Spray Painting: A spray bottle works well for spray painting large items. Use diluted tempera or poster paint. If using commercial spray paints, be sure to read the label and follow any instructions.

◆ TIPS FOR ADHESIVES

- To save money, buy white glue in quart sizes and pour into small glue containers.
- To make heavy-duty glue, mix cornstarch with white glue until the mixture is as thick as desired.
- For small glue jobs, put glue in bottle caps and use toothpicks or cotton swabs.
- Clear silicone is the best glue for plastic bottles and milk containers. It is available at hardware stores and requires adult supervision.
- Egg white is a good adhesive for gluing kite paper. It is strong and weightless.
- Tacky white glue is the best adhesive for plastic foam. A little goes a long way.
- Wheat paste (wallpaper paste) is a good paste for papier-mâché. Flour and water make a good paste too.
- Masking tape and cellophane tape can be used successfully in many projects.



APPENDIX 4

GAMES

WHY WE USE GAMES

Games are part of all the fun of Cub Scouting. Skills and interests developed early on teach self-confidence, independence, and the ability to get along with others. Children learn through play.

For these reasons, games are an important part of Cub Scouting. Games not only help to accomplish Cub Scouting's overall objectives of citizenship training, physical fitness, and character development, they have educational benefits, too. Games teach us how to follow rules, to take turns, to respect the rights of others, to give and take, and to play fair. Some games help to develop skills, body control, and coordination. Some teach self-confidence and consideration for others. Games stimulate both mental and physical growth, as well as providing an outlet for excess energy.

HOW TO CHOOSE GAMES

When choosing a game, you should consider three things: the physical aspects, mental values, and educational values of the games as they relate to Cub Scouting.

Consider first the physical aspect: the release of surplus energy. An active game should be satisfying to the strongest and yet not overtax the weakest. It should stimulate the growth and development of muscles. Most outdoor games meet this test.

Children of Cub Scout age are growing rapidly. They like to run, jump, climb, lift, balance, crawl, bend, yell, chase, and hide. Generally, long walks or runs and other exercise involving endurance are not as suitable for children of this age.

Some games are selected for their mental values because they have an element of excitement or accomplishment. Games can help develop quick thinking, alertness, and strategy. Many games offer opportunities to express feelings and emotions, which is healthy.

Children need to learn to play fair and to follow the rules. They also need to learn that they can't always be winners. Many children of Cub Scout age have not yet learned to lose gracefully. Your task as leader is to make it clear that losing a game is not the end of the world and that a loss should be an incentive for Scouts to try to improve their skills.

Some games are selected for their educational value. Children's minds are more receptive to learning when learning is fun. Their interest and concentration are probably never higher than during play. Games are a way to help Scouts learn that rules and self-discipline are necessary and that doing one's best is important. Most Cub Scout games help in character development because they require teamwork, fair play, and consideration for others.

Consider these factors when choosing games:

- Purpose (physical, mental, educational)
- Space available
- Number of players
- Equipment available
- Skills and abilities of players

Whether the game involves group competition with team winners or individual competition or is just for fun, the results should be positive and lead to building character and helping youth grow and develop.

SUGGESTIONS FOR LEADING GAMES

Cub Scouts and their families will like most games if leaders have fun leading them. Anyone can be a successful games leader by following these simple suggestions:

- Know the rules of the game and have the necessary equipment on hand. Plan not only what you are going to do, but how you are going to do it.
- Start with your best game—one that is easy to explain and enjoyable to play. In addition to bolstering your own confidence, a successful game can enhance the morale of the players.
- Make sure the space available is large enough so everyone can play. Mark off boundaries for active outdoor games with brightly colored cones.
- Remove potential hazards from the play area. Follow health and safety rules.
- Get the full attention of the group and then explain the rules of the game simply, briefly, and in proper order. Be enthusiastic.
- For team games and relay races, you must have equal numbers of players on each team. If the teams are unequal, one or more players on the smaller team must compete or race twice.
- As a rule, Webelos Scouts are larger and stronger than first-grade Tigers and second- and third-grade Cub Scouts. For some pack competitions, have Cub Scouts in the same grade compete against each other, but not against older or younger Cub Scouts. With this method, several winners can be recognized.
- An alternative is to mix the groups so that each team has Cub Scouts from each age or grade.
- Remember to adapt your game to meet the needs of any Scouts with special needs.
- Teach the game by steps or through demonstration.
- Ask for questions after explaining and demonstrating the game.
- Be sure everyone follows the rules. Insist on good sportsmanship and fair play.
- If the game is not going right, stop it and explain the rules again.
- Don't wear a game out. Quit while everyone is still having fun. When players start wanting to change the rules, it is a good sign they have lost interest in the game and that it's time to move on to the next activity.
- Have enough leaders to handle the group.
- Keep It Simple; Make It Fun (KISMIF).

Teach games with the hope that members of the den will be able to play and lead these same games independently in other settings, such as at school or in the neighborhood.

Coach your den chief in leading games. This will enhance their leadership role. Find creative ways to develop leadership skills among the Cub Scouts in your den so that they may soon be able to play on their own without the assistance of a den leader or den chief.

CHOOSING “IT” AND TEAMS

There are many ways to choose the player who will be “It” for any game. Here are some suggestions, but make up others that work for your group.

- By birthdays, starting with January 1
- By alphabet, using first or last names
- By drawing a name out of a box. After a name is drawn, it goes into a second box. When all names are in the second box, put them back in the first box to begin again.

When choosing teams, try one of these ideas:

- Even-numbered birthdays against odd-numbered birthdays
- First half of the alphabet against the last half
- Drawing names from a box. Each Cub Scout decorates a craft stick with their name on it and any other creative artwork. When you need teams for a game, pull out two sticks and put them in separate piles. Continue to pull out pairs of sticks, separating them into two piles, which will be your teams. When you are finished, replace all the sticks so they will be ready for the next team game.

COOPERATIVE GAMES

Cooperative games emphasize teamwork and creative thinking as players face a particular challenge. Leadership opportunities within the group often arise during play. Cooperation between group members is essential. Everyone “wins” as they help and cheer each other on to a successful outcome.

In general, cooperative games:

- Include questions that have no expected solution; thus there is no “right” or “wrong” answer.
- Stimulate one’s imagination and thinking process.
- Emphasize playing rather than being eliminated from the competition.
- Are fun!

MAKING GAMES COUNT— LEADING REFLECTIONS

A reflection is a discussion led by a leader that helps Scouts learn from games and other activities. It is helpful and important to ensure that Scouts and leaders learn this process well in order to benefit most from it. As their time in Scouting continues, reflections will be led by experienced Scouts for other Scouts.

Reflection really includes two processes—thinking about what occurred and making sense of it. Reflection helps to integrate the experience into life. This is how we learn from experience. A reflection can help young people see how the skills they use to overcome challenges when playing games are the same sort of skills that they can use to overcome challenges in life.

Facilitate the discussion. As a leader, avoid the temptation to talk about your own experiences.

Reserve judgment about what the Scouts say to avoid criticizing them. Help the discussion get going, then let the Scouts take over with limited guidance from you. If you describe what you saw, be sure your comments don’t stop the participants from adding their own thoughts. Above all, be positive. Have fun with the activity and with the processing session!

Use thought-provoking questions. The following types of questions are useful in reflecting:

- **Open-ended questions** avoid yes and no answers. “What was the purpose of the game?” and “What did you learn about yourself?”

- **Feeling questions** require participants to reflect on how they feel about what they did. “How did it feel when you started to pull together?”
- **Judgment questions** ask the participants to make decisions about things. “What was the best part?” or “Was it a good idea?”
- **Guiding questions** steer your Scouts toward the purpose of the activity and keep the discussion focused. “What got you all going in the right direction?”
- **Closing questions** help Scouts draw conclusions and wrap up the discussion. “What did you learn?” “What would you do differently?” “How might you use this skill in other settings?”

Reflecting on an activity should take no more than 4–5 minutes for Tiger-aged youth. For older Cub Scouts, the reflection may last up to 10 minutes. The more you do it, the easier it becomes for both you and your Scouts. Remember that the value and values of Scouting often lie beneath the surface. Reflection helps you ensure that these values come through to your Scouts.

It is very important to use open-ended questions during reflections. Your goal is to help young people learn from their experiences. Rather than direct a Scout to specific outcomes (e.g., “Did it make you feel bad?”), allow individuals to come to their own understanding of the activity. The use of closed questions and asking/telling children what they are experiencing with an initiative game and the reflection that accompanies it will undermine the value of the process.

The sequence below is a helpful way to organize the questions you pose during the reflection. You want to have your participants identify (1) the purpose of the activity, (2) the challenges they encountered while taking part in the activity, and (3) what they might do differently next time (how to better apply the skill for greater future success).

Questions	Responses to elicit
Focusing Questions	<i>What did you do?</i>
What was the purpose of the game?	Have participants identify the specific actions they were to undertake. The answer should be as concrete and specific as possible.
Analysis Questions	<i>What did you do? or, How did you do it?</i>
Ask questions that help them analyze the success or challenges they encountered while playing the game. The questions should help frame the challenges they experienced in the game or activity around actions—and not around people. Later in Scouting, they will analyze obstacles to success in terms of leadership skills that games help them explore.	Seek to elicit answers to identify challenges in completing the task and how a particular obstacle was overcome.
Generalization Questions	<i>How will you use what you learned?</i> <i>How can participants use this skill more effectively?</i>
What will happen next time the group encounters obstacles related to the application of this skill?	The Scouts should demonstrate the ability to generalize from the challenges encountered in the game or activity to “real world” applications of the skill.

GAMES

◆ ACTIVE GAMES WITH EQUIPMENT

BALLOON BATTLE ROYAL

Activity Level: High

Needed: Any number of players, balloons, string

Arrange Cub Scouts in a large circle, each with an inflated balloon tied to the ankle. On a signal, players try to break all other balloons by stamping on them, while not letting their balloon get broken. When a balloon is broken, that player leaves the game. The game continues until only one player is left.



CAT'S TAIL

Activity Level: Moderate

Needed: Even number of players; pieces of cloth or yarn, different colors for each team

Divide the group into two teams. Hide several pieces of cloth or yarn—a different color for each team. One Cub Scout on each team is a Cat Without a Tail. On a signal, all players search for “tails” of their color. As each is found, it is tied to the belt of their Cat. The winner is the team whose Cat has the longest tail at the end of five minutes.

◆ ACTIVE GAMES WITHOUT EQUIPMENT

BEAR IN THE PIT

Activity Level: High

Needed: Any number of players

Have the Cub Scouts in your den form a circle. One player inside the circle is the Bear. While the others hold hands tightly, the Bear tries to get through the ring by force or by dodging under their arms. The Bear may not use hands to break the grip of the players in the ring. When the Bear does break through, the others try to catch the Bear. The first one to tag them is the next Bear.

SHERE KHAN (THE TIGER GAME)

Activity Level: High

Needed: Large room or outdoor area, any number of players

One Cub Scout is Shere Khan, the tiger, and stands in the center of the playing area. All others line up against a wall. The object of the game is to cross to the opposite wall without being tagged. To start the game, Shere Khan says, “Who’s afraid of Shere Khan?” The others answer, “No one,” and immediately run across the open space toward the opposite side. All Cub Scouts tagged help Shere Khan tag the remaining players in the next round. The last one tagged becomes Shere Khan the next time.

Variation: With a big field and a large number of players, half can be Shere Khans and half Cub Scouts.

◆ BALL GAMES

BUCKETBALL

Activity Level: High

Needed: Large room or playing area; even number of players; ball; two baskets, boxes, buckets, etc., for goals

This basketball-type game can be played with any type of ball that bounces and a couple of large containers such as laundry baskets, bushel baskets, or large wastepaper baskets. Place the baskets (goals) about 60 feet apart (closer if necessary because of space). Divide the den into two teams and play using basketball rules. No points are scored if the ball doesn't remain in the basket or if the basket turns over.

MONKEY IN THE MIDDLE

Activity Level: Moderate

Needed: Medium-sized playing area, three players, playground ball or volleyball

Three players play this game. Choose one to be the Monkey. The other two players stand about 10 feet apart while the Monkey stands between them. The two end players toss the ball back and forth, trying to keep it high enough or moving fast enough so the Monkey can't catch it. If a player fails to catch the ball, the Monkey can scramble for it, or they can intercept it as it is thrown back and forth. If the Monkey gets the ball, they change places with the player who threw the ball.

◆ BICYCLE GAMES

BIKE RELAY

Activity Level: Moderate

Needed: Large paved area, even number of riders, bike and helmet for each rider

Establish a starting line and mark off turning lines about 50 feet away in opposite directions. Divide the group into two teams. The teams will ride in opposite directions. The teams should be about 20 feet apart to avoid collisions as the riders return to the start-finish line. On a signal, the first rider on each team races to their turning line and back. The next rider may not start until the first rider's front wheel has crossed the line. Continue until all have raced.

COASTING RACE

Activity Level: Moderate

Needed: Large paved area, any number of riders, bike and helmet for each rider

The object of this race is to see which rider can coast the longest distance. Each rider pedals as hard as possible for a set distance (at least 15 feet) to a starting line, and then must stop pedaling and coast as far as they can. Mark the spot where a rider's foot touches the ground. The next rider tries to better that mark.



◆ KNOT GAMES

GIANT SQUARE KNOTS

Two Scouts hold the free ends of a 10-foot-long rope in their right hands. Working together, they try to tie and tighten a square knot without letting go of the rope.

KNOT CARD GAME

Separate the den into groups. The leader hands to each group a set of cards. On each card is the name of a knot, hitch, or lash that the den has learned. The first group with all the knots, hitches, and lashes correct wins.

◆ NONCOMPETITIVE, COOPERATIVE, AND TEAM-BUILDING GAMES

BATTING DOWN THE LINE

Activity Level: Low

Needed: Large indoor or outdoor playing area, any number of players, inflated balloons

Two or more groups may play this game simultaneously. Arrange groups in parallel lines with members spaced about 2 feet apart. On a signal, the first player bats the balloon with either hand toward the person next to them, who bats it to the next, and so on until the balloon reaches the end of the line. If the balloon touches the ground, a group member must take it to the starting line, and the group members must begin again. Try varying the spacing between players. Is it more challenging to play the game with people closer together or farther apart?

BLANKET BALL

Activity Level: Low

Needed: Indoor or outdoor area, any number of players, two sheets or blankets, two balls or large soft objects (even rolls of toilet paper work well)

Form two groups. Group members grab hold of a blanket's edges, with a ball in the center of the blanket. Players practice throwing the ball up and catching it by moving the blanket up and down in unison, trying to get the ball as high as possible. After the groups have developed some skill in catching their own ball, they toss the ball toward the other group to catch on their blanket. Groups continue throwing the balls back and forth. Group members might reflect on how they decided to toss the ball to the other team.

Variation: Try using water balloons outdoors on a hot day.

◆ PARACHUTE GAMES

PARACHUTE VOLLEYBALL

Place a small (6- to 10-inch) playground ball in the middle of the parachute. Players distribute themselves evenly around the rim of the chute, with the players along one half being team A and the others, team B. The object is for one team to flip the ball off the parachute on the other team's side to score a point. The high scoring team after a certain time, or the first team to attain a certain score, wins.

Variation: Keep a running tabulation of the scores instead of individual team scores. Play several times to see how low the score can be after a predetermined length of time.

THE UMBRELLA

Players grasp the parachute waist-high using an overhand grip, making sure the hole of the parachute is on the ground. On the count of "one," everyone flexes their knees to a squatting position. On the count of "two, three, and UP!" everyone stands and raises arms overhead, pulling the parachute up and over their heads. As the chute billows out, the players will be pulled to their tiptoes and their arms will be stretched high in the air. The parachute is allowed to remain aloft and then slowly settle back to the ground. This can be done from a sitting or kneeling position—or even from wheelchairs.

◆ RELAYS AND RACES

BALLOON SWEEPING RELAY

Activity Level: High

Needed: Even number of players, balloons, brooms

Arrange teams in parallel lines. Place an inflated balloon on the floor in front of each team. Give the first Cub Scout in each team a broom. On a signal, they sweep the balloon to a turning line and back and then hands the broom to the second player, who repeats this action.

BALLOON KANGAROO JUMPING

Activity Level: High

Needed: Any number of players, balloons

Have the Cub Scouts in your den line up side by side, each with an inflated balloon between their knees. On a signal, everyone hops to the other side of the room and back to the starting line. The one finishing first wins. If someone breaks their balloon, they are out of the race. If someone drops their balloon, they must replace it between their knees before they can keep going.

◆ PHYSICAL FITNESS ACTIVITIES

CIRCLE HOP

Draw a circle about 6 feet in diameter and stand two Cub Scouts inside it. They face each other with their arms folded and one leg extended in front. On a signal, they try to upset or force each other from the circle by using the extended leg. They may hook or lift with the leg but must not touch their opponent with any other part of the body. Kicking or pushing with the uplifted leg is not permitted.

CRAB WALK

From a squatting position, Cub Scouts reach backward and put their hands on the floor without sitting down. They walk forward, keeping their heads and body in a straight line.



◆ QUIET GAMES WITH EQUIPMENT

CLIP IT

Materials: Small dish with paper clips for each team

Each team has a small dish filled with paper clips. On a signal, the first person joins two paper clips together and passes the dish and beginning of the chain to the next person. That player adds another clip to the chain and passes it on. After a set time (five to eight minutes), the paper clip chains are held high in the air to see which team has the longest. This can be a good game to play at a blue and gold banquet, with each table having a dish with paper clips.

BLOWBALL

Materials: Small table or large box, table tennis balls

Have the Cub Scouts in your den sit at a table small enough so they are close together. Put a table tennis ball in the center of the table. On a signal, the players, with their chins on the table and their hands behind them, try to blow the ball away from their side of the table. If the ball falls on the floor, return it to the center of the table and continue.

◆ QUIET GAMES WITHOUT EQUIPMENT

ABOVE AND BELOW

Have the Cub Scouts in your den stand in a circle. One at a time, call out the names of things that are found either above or below the ground. For example, strawberries grow above the ground; potatoes grow below the ground. When you call the name of something that is found above the ground, the players stand; if it is found below the ground, they sit down. Players who respond incorrectly are eliminated. The last player to remain in the game wins.

Variation: Call out the names of things that fly and crawl.

ELECTRIC SQUEEZE

Players form a circle and hold hands, with “It” in the center. One player starts the “shock” by squeezing the hand of one of the players next to them. That player passes it on. The shock may move in either direction. “It” watches the faces and hands of the players, trying to spot the location of the shock. When they guess correctly, the player caught becomes “It.”

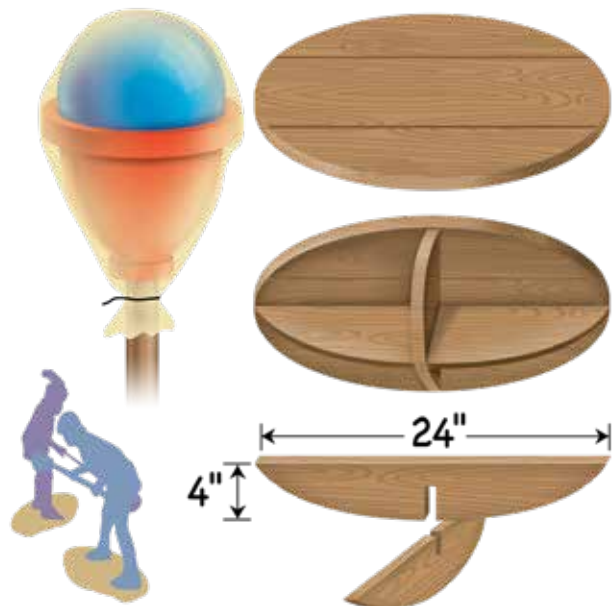
◆ HOMEMADE GAMES

HOMEMADE RING TOSS

Invert a shallow cardboard box and push old-fashioned clothespins (not the spring-type) through the cardboard. Mark each pin with a number of points. Cub Scouts toss rubber, metal, or plastic rings from a distance away.

TEETERBOARD JOUSTING

Make two teeterboards as shown (24 inches in diameter with 4-inch-high rockers). Make the padded jousting poles from plumber’s suction cups, soft rubber balls, and squares of cloth. Place the boards so that the players are just within reach of each other. Each “knight” tries to push the opponent off the board. When any part of a knight’s body touches the floor, that knight is defeated. *Only pushing is permitted; do not permit swinging or hard thrusting of the poles!*



◆ TIRE GAMES

ROLL FOR DISTANCE

Each Cub Scout rolls a tire as hard and as fast as they can up to a stopping line. The player whose tire rolls the farthest wins.

TIRE ROLLING RELAY

Form two teams and give the first Cub Scout on each team a tire. Place a stake or chair opposite each team on a turning line. On a signal, the first player rolls the tire to the turning line, around the stake or chair, and back to their team to the next player.

◆ WATER GAMES

UP AND UNDER

Swimming Ability Level: Nonswimmers and up

Materials: Playground ball

Dens line up in relay formation in waist-deep water. The first Cub Scout on each team has a large ball. On a signal, they pass the ball overhead to the second player, who passes it between their legs to the third, who passes it overhead, and so on to the end of the line. The last player runs to the head of the line and passes it as before.

CORK RETRIEVE

Swimming Ability Level: All players should be of the “Swimmer” ability level.

Materials: Ample supply of corks or wooden blocks

Scatter a dozen or more corks or blocks of wood on the far side of the pool. On a signal, Cub Scouts jump in and try to retrieve the corks, bringing them back to the starting point one at a time. The Cub Scout with the most corks wins.

LIVE LOG

Swimming Ability Level: All players should be of the “Swimmer” ability level.

Establish a goal at one end of the pool. One Cub Scout is the “log.” They float on their backs in the center of the pool. The others swim around the “log.” At any time the “log” may roll over and begin chasing the others, who race for their goal. Any player who is tagged becomes another “log,” and the game resumes. Continue until there is only one player left who has not been tagged.

◆ WINTER GAMES IN THE SNOW

FOX AND GEESE

Needed: Freshly fallen snow on an open playground

In a large flat area, make a circle about 30 yards in diameter in the snow. Inside, make crisscrossing paths in any direction. Some may be dead ends. Where the paths cross in the center, make a safe zone. Make more than one circle, depending on the number of players, and make sure the circles are connected. One player (the Fox) chases the others (the Geese), but all must stay on the snow paths. When the leader says “Go,” the Fox chases the Geese, trying to tag one of them. A Goose can’t be tagged while standing in the safe zone, but if another Goose wants to use the safe zone, the first Goose must give it up. When Geese get caught by the Fox, they become the new Fox.

SNOWBALL SHARPSHOOTING

Materials: Old sheet or blanket or piece of cardboard, clothespins, scissors

Hang an old sheet or blanket on a clothesline with plenty of clothespins. Cut three or four holes in the sheet, each 8 to 12 inches across. Players stand 12 to 15 feet away and try to throw snowballs through the holes. Each snowball that goes through a hole is worth one point. If players become real sharpshooters, have them move farther away to throw.

Variation: For Tigers or younger children, use a hula hoop as the target. Suspend it from a tree or clothesline. A player could hold the hoop and use it as a moving target, slowly moving up or down as the other players aim and shoot.

APPENDIX 5

OUTDOORS

Outdoor activities are an important part of Cub Scouting. We all learn to appreciate and care for the beautiful environment all around us as we hike, explore, and investigate the world. The Cub Scouting outdoor program is a foundation for the outdoor adventure Cub Scouts will continue to experience when they move on to a troop.

All Cub Scouts should have opportunities to enjoy the outdoors. Remember: You don't need to go far to share the wonder of nature with children. There are many opportunities for everyone to have outdoor experiences—even just in the neighborhood. Also remember that Cub Scouts with special needs can often enjoy outdoor activities with only minor modifications to the activity.

WHAT TO DO IF LOST

Have everyone learn the following suggestions using the visual cue of a stop sign.

S – T – O – P!

S = Stay calm. Stay where you are. Sit down, take a drink of water, and eat a little trail food. Stay where you can be seen. Don't hide! You are not in trouble.

T = Think. Think about how you can help your leaders or others find you. Stay where you are, and be sure people can see you. Make yourself an easy target to find. Remember, people will come to look for you. Stay put, be seen, and help them find you!

O = Observe. Listen for the rest of your group or people looking for you. Blow your whistle three times in a row, then listen. Three of any kind of signal means you need help, and everyone will try to help you.

P = Plan. Stay calm, stay put! Plan how to stay warm and dry until help arrives. Don't worry, you will be found.



HEALTH AND SAFETY

The health and safety of everyone in the den must be one of the first considerations in planning any outdoor activity. Try to anticipate and eliminate hazards—or at least warn against them. Most accidents can be prevented. The *Guide to Safe Scouting* should be the primary resource for safety policies and procedures, and the most current version is available online at www.scouting.org. Additionally, see the *Cub Scout Leader Book* for outdoor safety rules, and see Safe Swim Defense (swimming) and Safety Afloat (boating) information at www.scouting.org/health-and-safety/gss/gss02.

Also, follow these tips when planning and conducting an outdoor activity:

- Always get permission from parents or guardians for activities that are held away from the regular den and pack meeting places. Parents and guardians of the Cub Scouts in your den should always be invited and feel welcomed to participate.
- Be sure to have enough adult leaders for the activity planned. Always follow the policy of two-deep leadership.
- Check out the site before the activity. Find out about gathering places, restroom facilities, and safe drinking water. Look for hazards such as poison ivy.
- If applicable, get permission from the owner to use the property.

- Use the buddy system to prevent anyone from getting lost. Coach everyone who is attending in advance about what they should do if they get lost. (Refer to the lesson at the beginning of Appendix 5.)
- Carry a first-aid kit and know how to use it. Know basic emergency first-aid procedures.
- Have adequate and safe transportation.
- When leaving the site, take everything you brought with you. Leave the site in its natural condition.

FUN ON HIKES

When did you last watch a colony of ants scurrying about as they worked hard? Or investigate a hollow tree? Or travel an unbeaten path? These are just a few things that you can do when you go hiking. The fun lies in observing everything around you as you hike, and while observing, talking about what you see. Enjoy nature—but *don't remove growing things from their natural habitats.*

You can hike in your own neighborhood or a nearby park, or you can travel to an out-of-the-way location. Or go to a nature center. Many nature centers include wheelchair-accessible trails so all can participate.

There are many types of nature hikes, some of which include nature activities. Several nature hikes are described here. See the *Cub Scout Leader Book* for other types of hikes and for hiking safety rules.

Note: Always use the buddy system on hikes for safety and to prevent anyone from getting lost. Buddies should remain together at all times.



TYPES OF HIKES

◆ SEASONS HIKE

Materials: Pencils and crayons, notebooks for data collection, field guides

Choose a hiking area that you can hike in each season of the year. Each season, Cub Scouts make a list of things they see along the way. Have them draw a particular area along the trail and how it changes. Which things remained the same each season? How many things changed as the seasons changed? (It's a good idea to collect and keep these notebooks between seasons.)

◆ WEB OF LIFE

Materials: Pencil, paper

Animals, plants, and habitats rely on each other and form a “web of life.” The soil nourishes the tree; the tree shelters the animal; the animal dies and adds nutrients to the soil. Everything in nature is affected by the many other things living around it.

Have the Scouts in your den draw 12 small circles on paper where the numbers would be on a clock face. In each circle they draw or write the name of something they see along the hike. Encourage them to include different types of things: rocks, animals, plants, river, etc. Then have them draw a line from one circle to everything it affects or is affected by it. Continue doing the same with the other 11 circles. They have now created a web of life for this area. Was there anything that didn't have lines and didn't affect anything else? What would happen if you covered up one of the circles and it was gone from your area? How many other things would its absence affect?

◆ TRACKS AND SIGNS

Be a keen observer whenever you are out in nature. Look for all types of signs of animals and birds. Identify bird and animal tracks. Make plaster casts of animal tracks.

◆ MICRO HIKE

Materials: Strings 3 to 5 feet long, magnifying glasses (if available)

Lay strings out along an area to study, and provide everyone with a magnifying glass if possible to add to the experience. The Scouts inch along the string trail on their stomachs, with their eyes no higher than 1 foot off the ground. They may see such wonders as grass blades bent by dewdrops, colorful beetles sprinkled with flower pollen, powerful-jawed eight-eyed spiders, and more. Ask questions to stimulate their imaginations: “What kind of world are you traveling through?” “Who are your nearest neighbors?” “Are they friendly?” “Do they work hard?” “What would life be like for that beetle—how would it spend its day?”

◆ NATURE SAFARI

Materials: Field guides, pencils, paper

This hike will help everyone learn to identify animals. See how many different species each Cub Scout can see on this local safari.

◆ SENSE OF TOUCH

This hike will illustrate the many textures of nature. Make sure that Cub Scouts are instructed to examine the objects they find, not take them. Examples of what the Scouts may look for:

- The hairiest leaf
- The roughest rock
- Something dry
- The softest leaf
- The roughest twig
- Something warm
- The smoothest rock
- Something cool
- Something bumpy

Ask questions such as: “What did you find that was dry? Why was it dry?” “How might it be different tonight? Next summer/winter?” “How did it get there?” “Does it belong there?” “Did people have anything to do with it being there?” “Has it always been the way it is?”

◆ NATURE BABIES

Look for “nature babies”—birds, ferns, leaves, snails, insects, etc. How are the babies protected? How are they fed? Do not touch baby birds or animals. Look only from a little distance. Most babies that seem abandoned by their parents really aren’t. Mother or father may be nearby.

◆ NATURE NOISES

This is a great way to help everyone on the hike notice and enjoy the sounds around them. Stop along the hike at different points. Have everyone sit or stand very still and listen. As they hear a new sound, they raise their hand as a signal. They can “collect” different sounds on their fingers, holding up a finger for each sound they hear. Can you count to 10 in between sounds? Listen for birds, animals, wind in the trees, falling leaves, or rushing water.

◆ COUNT THE COLORS

Materials: Crayons, paper, pencils

Each Cub Scout selects five crayons and colors an area on a piece of paper with each crayon. Take the paper on a hike and write each object found that matches the colors. Write them under the colored area on the paper. Ask how many colors they can see without moving from where they are.

◆ INCH HIKE

Materials: Small rulers

Find as many objects as possible that are 1-inch high, long, etc. Use the small rulers to measure. This helps Cub Scouts notice the small things that they might otherwise overlook.

◆ A-B-C HIKE

Materials: Pencils, paper

Write the letters of the alphabet vertically on a piece of paper. On the hike, find an object, sound, or smell in nature for each letter and write it down.

◆ STRING-ALONG HIKE

Materials: 36-inch piece of string

Take the piece of string on your hike. Every now and then, place the string in a circle on the ground. See how many different things you can find enclosed in the circle. Then stretch the string in a line and see how many different things touch it.

◆ SURPRISE BREAKFAST HIKE

Materials: Breakfast fixings for everyone

Make arrangements ahead of time with the parents of your Cub Scouts to go on a “surprise” hike. Everyone meets early in the morning and heads out on an early morning hike, cooking (or providing) breakfast outdoors.

◆ NIGHT HIKE

In areas where it is safe to walk at night, try a hike after dark. This activity works best during a bright full moon. See how different things look, smell, and sound at night. Don't use flashlights, as they will lessen your ability to see and reduce your awareness of what is happening in the dark. Carry flashlights for emergency use only.

◆ SILENT HIKE

This hike can be difficult to accomplish but powerful in helping everyone on the hike appreciate the world around them. Have the Cub Scouts in your den sit alone and a few feet apart for a short period of time. On the den leader's signal, the group begins to move along the trail tapping shoulders and pointing to share the sights and sounds of the hike. No talking!

HIKING GAMES

While out on a hike you might want to stop to have a rest, enjoy lunch, or play a game. Here are some ideas for activities while taking a hiking break.

◆ KNOW YOUR ROCK

Materials: Tape, pencil, rocks found on your hike

Each Cub Scout finds a fist-sized rock, remembering where they found it so they can return it after the game. All sit in a circle with eyes shut, holding their rocks. Tell them to “get to know” their rocks by the feel, texture, smell, etc. After a few minutes, collect the rocks, mix them up, and redistribute them. The Cub Scouts pass the rocks around the circle and try to identify their own rock with their eyes still shut. To help prevent any disagreements, affix a small piece of tape to each rock with the owner's initials. Be sure to remember to remove the tape when you leave the rock behind!

◆ KNOW YOUR LEAF

Materials: Leaves

This is similar to Know Your Rock. With eyes open, Cub Scouts each get to know a leaf by its shape, size, color, veins, etc. Then put all leaves in a pile and let Scouts try to find their own leaves one at a time, explaining to the group how they did it and what they looked for.

◆ GRAB BAG

Materials: 15 items from nature, 15 small paper bags

Collect 15 items from nature, such as pinecones, nuts, shells, etc., and place each in a small paper bag. Pass the bags around the circle of Cub Scouts and let them try to identify the object by feeling the outside of the bag.

◆ NATURE PHOTOGRAPHER

For this activity, Cub Scouts work in buddy pairs, with one acting as the “camera” and the other as the “photographer.” The photographer guides the camera, who has their eyes closed, to an interesting nature picture. When the photographer is ready to “take the picture,” they tap on the camera’s shoulder to signal them to open and close their eyes. The photographer can “adjust” a camera to take tight- and wide-angle shots and to use interesting angles and perspectives. The camera and photographer should talk as little as possible to enjoy this experience. The photographer should also remember to guide the camera safely. After several pictures have been taken, it will be time for the photographer and camera to switch positions and begin again.

◆ NATURE KIM’S GAME

Materials: Nature items, towel or jacket

Gather nature items such as pinecones, leaves, twigs, rocks, etc. Place them in an area for the Cub Scouts to study. After a few minutes, cover the items with the towel or jacket and have them try to remember all the now-hidden items.

◆ CAMOUFLAGE TRAIL

Materials: 15 or 20 human-made objects

This game can open doors to a discussion about how an animal’s color can help protect it. Along an area of trail, place 15 or 20 human-made objects. Some objects should stand out and be bright colors. Some should blend in with the surroundings. Keep the number of objects a secret. Cub Scouts walk along the section of trail, spotting as many objects as they can. When they reach the end, they whisper to you how many they saw. Invite them to go back and see whether they can spot any that they missed. Be sure to track the objects you have placed and collect them all when the game is finished.

◆ NATURE SCAVENGER HUNT

This hunt is intended to test everyone’s knowledge of nature in an exciting competition. It is run like any scavenger hunt—each group gets a list of objects from nature with the goal of finding as many as possible within a given time limit (10 to 20 minutes). Set boundaries for the hunt, and list 20 to 50 objects from nature that can be found within the area. Objects should be common enough that a Cub Scout can identify most of them. Make sure that they are marking these items off their list and leaving the items themselves undisturbed. Your list will reflect nature items that can be found in your locale, but here are some common suggestions:

Anthill	Oak leaf	Maple leaf
Dandelion	Insect	Cocoon
Spider web	Animal track	Bird’s nest
Needle from an evergreen	Barrel cactus	Acorn

BSA OUTDOOR ETHICS PROGRAM

Wilderness conservation depends on understanding and respect for wild places. It also supports the idea that that we do not inherit wildlands from previous generations, but instead we are borrowing these places from our children. What we use now—and what we use up now—will be compromised for future generations.

The Boy Scouts of America has long had a commitment to outdoor ethics and conservation practices.

The Cub Scouting program includes outdoor stewardship and care for the environment as demonstrated through the BSA's Outdoor Code and the Leave No Trace Principles for Kids. These guiding principles serve as part of an overall program supporting ethical decision making in the outdoors and are an appropriate place to start with Cub Scouts.

THE OUTDOOR CODE

As an American, I will do my best to—

- ◆ Be clean in my outdoor manners,
- ◆ Be careful with fire,
- ◆ Be considerate in the outdoors, and
- ◆ Be conservation minded.

LEAVE NO TRACE* PRINCIPLES FOR KIDS

Know Before You Go

Choose the Right Path

Trash Your Trash

Leave What You Find

Be Careful With Fire

Respect Wildlife

Be Kind to Other Visitors



**The member-driven Leave No Trace Center for Outdoor Ethics teaches people how to enjoy the outdoors responsibly. This copyrighted information has been reprinted with permission from the Leave No Trace Center for Outdoor Ethics: www.LNT.org.*



BSA resources for outdoor ethics are available here:
www.scouting.org/outdoorprogram/outdoorethics.aspx

APPENDIX 6

RESOURCE GUIDE FOR AQUATICS ACTIVITIES

WATER SAFETY

Water activities can make good den or pack activities, but safety rules are very important any time a pack is holding an event around water. Some of the Cub Scouts are probably nonswimmers, and it is likely that some who think of themselves as swimmers can't swim very far or safely in deep water.

To ensure safe aquatics activities, the Boy Scouts of America requires implementation of Safe Swim Defense and Safety Afloat plans whenever Scouting units engage in swimming or boating activities. Swimming or boating activities must be supervised by at least one adult with current training in the appropriate program. That training may be obtained at my.scouting.org or at various other Scouting venues. (However, training not done online is valid only if the participants are shown the same video viewed online.)

Safe Swim Defense and Safety Afloat provide awareness training of the procedures and skills needed to keep youth safe in and on the water. A conscientious adult who completes the training should learn enough to decide if he or she is sufficiently experienced and well-informed to make appropriate decisions to prevent incidents and to plan for and respond appropriately during emergencies. Additional information to make that assessment is found in the BSA publication *Aquatics Supervision*, No. 34346. Refer to Appendix 9: Additional Resources for more information.

Aquatics Supervision also serves as the text for *Aquatics Supervision: Swimming and Water Rescue*, and *Aquatics Supervision: Paddle Craft Safety* training. Those two adult training courses teach the skills needed to implement Safe Swim Defense and Safety Afloat procedures in various settings. Each course takes approximately eight hours. Check with your council service center for course offerings.

Leaders may also obtain skilled help to plan and conduct safe aquatics activities by consulting with the local council aquatics committee. Check with your council service center for contact information.



BSA SAFE SWIM DEFENSE

BSA groups shall use Safe Swim Defense for all swimming activities. Go to <https://www.scouting.org/health-and-safety/gss/gss02> for detailed information about the eight principles.

1. Qualified supervision
2. Personal health review
3. Safe area
4. Response personnel (lifeguards)
5. Lookout
6. Ability groups
7. Buddy system
8. Discipline

HOME SWIMMING POOL SAFETY FOR UNIT EVENTS

All elements of Safe Swim Defense apply at backyard pools even though they may be small, shallow, and familiar. The biggest danger is probably complacency. Adult supervision must be continuous while the pool is in use. A child who can't swim can drown silently within 20 seconds of entering water over their head.

Aquatics Supervision contains safety information specific to both in-ground and above-ground backyard pools. That includes the following:

- Most such pools are too shallow for diving. Diving prohibition should be discussed at a tailgate review for all participants prior to the activity.
- Beginner and swimmer areas may be combined in small, relatively shallow pools.
- Make sure to control access. Many backyard pools are too small to accommodate an entire pack at once. If other activities are also taking place, it may be best to allow only one den into the water at a time rather than allowing Scouts to move at will in and out of the water.
- Many states require pool fencing, which may help with supervision.
- If the uniform depth of an in-ground pool is too deep for short nonswimmers, they may need properly fitted life jackets.
- Rescues, if needed, should be simple. Provide reaching and throwing devices for active victims. A wading assist may be feasible for passive victims.
- For above-ground pools without decks, have a plan to remove large unresponsive adults who suffer a heart attack or other debilitating condition.

GUARDED PUBLIC POOLS WITH LIFEGUARDS ON DUTY

Aquatics Supervision also covers swimming at public pools, waterparks, and guarded beaches.

Important items include the following:

- Dens and packs do not need to assign and equip rescue personnel. Professionally trained lifeguards provided by the venue satisfy that need.
- Unit leaders are still responsible for medical screening, ability groups, the buddy system, discipline, and supervision.
- Many public pools will have a safety line at the 5-foot mark separating shallow and deep water that can be used to help designate appropriate areas for the different ability groups. Otherwise, appoint adult lookouts to make sure nonswimmers and beginners stay in their assigned areas.

It is likely awkward to conduct frequent buddy checks. Therefore, arrange a time for everyone to leave the water and meet at a given location. Then do a head count. Otherwise rely on unit lookouts, buddies, and lifeguards to maintain vigilance. At large waterparks, leaders should accompany dens moving from one feature to another after everyone in the group is accounted for.

BSA SAFETY AFLOAT (Boating Safety)

BSA groups shall use Safety Afloat for all boating activities. Go to www.scouting.org/health-and-safety/gss/gss02/ for more information on the nine principles.

1. Qualified supervision
2. Personal health review
3. Swimming ability
4. Life jackets
5. Buddy system
6. Skill proficiency
7. Planning
8. Equipment
9. Discipline

WATER RESCUE

Water rescue training for the lay rescuer often uses a *reach, throw, row, go* mnemonic to establish a safe, effective sequence for responding to water emergencies. That sequence is important to Cub Scout leaders for two distinct reasons. First it establishes the procedure that response personnel under Safe Swim Defense should follow. If professionally trained lifeguards are not available at a swimming location, then the qualified supervisor has to provide personnel and equipment suitable for likely emergencies. Fortunately, that is often not as difficult as it might first appear. For that reason, a review of the reach, throw, row, and go sequence is appropriate. Important detail can be found in *Aquatics Supervision*.

The other reason for reviewing the sequence is for age-appropriate training of youth. Drowning is the second-leading cause of accidental death for those of Cub Scout age. Therefore, there is a chance that Cub Scouts will be faced with seeing someone in trouble. Cub Scouts have saved people from drowning.

However, there are also double drownings that occur yearly in the United States when well-meaning people of all ages attempt to save drowning victims. Those are often frantic friends and relatives whose swimming skills are no better than those of the person in trouble. Since Cub Scouts often lack swimming skills and the maturity to realize their limitations, it is important to modify the rescue sequence for Cub Scout training to reach, throw, row, and go for help.

Reach: This technique is appropriate to teach Cub Scouts, parents who are nonswimmers, and rescue personnel who are skilled in the water. People who can't swim often begin to struggle immediately after they step into or fall into water over their heads. That is likely to be very close to safety. If so, the rescuer should lie down, reach out, and grab the person. Lying down is necessary since the person in the water will likely stop all effort to remain afloat, and that sudden increase in weight can topple an unprepared rescuer into the water. If the victim is a bit farther out, an extension device such as a pole, paddle, or noodle can be used. Those should be swept to the person from the side, not used like a spear. Victims often cannot reach for an extended item, even if it is just a foot away. Rescuers should therefore be told to place the item under the person's arm or within grasp. Rescuers should also be told to provide loud, clear, simple instructions to the victim, for example "GRAB THIS!"

Throw: The second procedure in the sequence, used when the person is too far out to reach, is to throw the person an aid. A throwing rescue is also appropriate to teach to rescuers of any age and swimming ability. A float with a line attached is best, but any light floating item or a rope by itself may be used. An accurate first toss is required if a line is not attached, but throwing a line takes practice. Ring buoys are

often found at hotel and apartment pools and are good devices for Cub Scout practice. Leaders may also fashion throwing devices from light floating line and a plastic jug with just a bit of water in it for weight. A throwing rescue is best suited to poor swimmers in trouble. Drowning nonswimmers will not be able to reach for the object unless it lands within their grasp, nor will passive victims floating face down or on the bottom.

Row: A boat can be used to provide a mobile platform from which to do reaching or throwing assists. Since Cub Scouts do not have the skills needed for a safe rowing rescue, this procedure is not emphasized for that age group. A boat rescue is also not a common part of an emergency action plan for a unit swim since the swimming area is typically small and within easy reach of shore-based response personnel.

Go: For Cub Scout training, this item should be interpreted as “go for help.” That is, they should first shout for help, and if no one responds, seek out a responsible person such as a parent, lifeguard, or park ranger. Poor swimmers should not enter the water to attempt a rescue. On the other hand, a unit swim cannot rely on reaching or throwing rescues for emergency planning. An in-water assist will be needed for a parent suffering cardiac arrest in the water. At guarded swims, GO also means going with equipment since lifeguards or response personnel should never be without appropriate rescue aids.

SWIM CLASSIFICATION TESTS

The following content on swim classification tests is taken from the BSA *Aquatics Supervision* guide.

Safe Swim Defense and Safety Afloat guidelines tailor activities to swimming ability. Therefore, the unit leader needs to provide opportunities for swim classification before aquatics outings. Swim tests conducted by council personnel during or just before summer camp give the unit one way to determine swimming ability. However, not all unit members attend camp, new members may join the unit at any time, and some units plan aquatics activities in lieu of summer camp. Therefore, the unit should be able to safely conduct its own swim tests.

SWIMMER CLASSIFICATIONS

Scouting recognizes three basic swimming classifications: **swimmer**, **beginner**, and **nonswimmer**. Swim classification tests should be renewed annually, preferably at the beginning of the season.

The **swimmer** test demonstrates the minimum level of swimming ability required for safe deepwater swimming. The various components of the test evaluate several distinct, essential skills necessary for safety in the water. A precise statement of the swimmer test is:

Jump feetfirst into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

The test administrator must objectively evaluate both the ease of the overall performance and the purpose of each test element. Any conscientious adult who is familiar with basic swimming strokes and who understands and abides by the following guidelines can administer the test.

1. “Jump feetfirst into water over the head in depth. Level off . . .”



The swimmer must be able to make an abrupt entry into deep water and begin swimming without any aids. Walking in from shallow water, easing in from the edge or down a ladder, pushing off from the side or bottom, and gaining forward momentum by diving do not satisfy this requirement. If the swimming area available for the test is not quite over the swimmer’s head in depth, or does not provide a platform for jumping into deep water, then a person may be provisionally classified as a swimmer if able to easily bob repeatedly up and down in the water, then level off and begin swimming. The head must submerge without the legs touching bottom. Ideally, the feetfirst entry should be tested at the next available opportunity.

2. “. . . swim 75 yards in a strong manner . . .”



The swimmer must be able to cover distance with a strong, confident stroke. The 75 yards is not the expected upper limit of the swimmer’s ability. The distance should be covered in a manner that indicates sufficient skill and stamina for the swimmer to continue to swim for greater distances. Strokes repeatedly interrupted and restarted are not sufficient. The sidestroke, breaststroke, or any strong over-arm stroke, including the back crawl, are allowed in any combination; dog paddling and underwater strokes are not acceptable. The strokes need to be executed in a strong manner, but perfect form is not necessary. If it is apparent that the swimmer

is being worn out by a poorly executed, head-up crawl, it is appropriate for the test administrator to suggest a change to a more restful stroke. A skilled, confident swimmer should be able to complete the distance with energy to spare, even if not in top physical condition. There should be little concern if a swimmer is out of breath because the distance was intentionally covered at a fast pace. However, a swimmer who barely has the energy to complete the distance will benefit from additional skill instruction.

3. “. . . swim 25 yards using an easy, resting backstroke.”



The swimmer must demonstrate a restful, free-breathing backstroke that can be used to avoid exhaustion during swimming activity. It is placed at the end of the distance requirement to emphasize the use of the backstroke as a relief from exertion and may actually be used by some swimmers to catch their breath if they swam the first part more strenuously than needed. The change of stroke must be done without support from side or bottom. Any effective variation of the elementary backstroke is acceptable. The form need not be perfect. For example, a modified scissors kick may be substituted for a whip kick. Restful strokes

are emphasized in Scouting as important safety skills that can be used whenever the swimmer becomes exhausted or injured. Some swimmers, particularly current or former members of competitive swim teams, may not be familiar with the elementary backstroke. A back crawl will suffice for the test if it clearly provides opportunity for the swimmer to rest and catch the breath. However, individuals successfully completing the test with the back crawl should be encouraged to learn the elementary backstroke.

4. “The 100 yards must be completed in one swim without stops and must include at least one sharp turn.”



The total distance is to be covered without rest stops. It is acceptable for someone to float momentarily to work out a kink in a muscle or to tread water to avoid collision with another swimmer, but not to make up for a poorly executed stroke by repeatedly floating, grasping the side, or touching the bottom. The sharp turn demonstrates the important skill of reversing direction in deep water without support. There is no time limit for completion of the test.

5. “After completing the swim, rest by floating.”



This critically important component evaluates the swimmers’ ability to support themselves indefinitely in warm water when exhausted or otherwise unable to continue swimming. Treading water will tire the swimmer and is therefore unacceptable. The duration of the float is not significant, except that it should be long enough for the administrator to determine that the swimmer is in fact resting and could continue to do so. A back float with the face out of the water is preferred, but restful facedown floating is acceptable. If the test is

completed except for the floating requirement, the swimmer may be retested on the floating only (after instruction), provided the test administrator is confident that the swimmer can initiate the float in deep water when exhausted.

A precise statement of the **beginner** test is:

Jump feetfirst into water over the head in depth, level off, and swim 25 feet on the surface. Stop, turn sharply, resume swimming, and return to the starting place.

The entry and turn serve the same purpose as in the swimmer test. The swimming may be done with any surface stroke. Underwater swimming is not allowed. The stop assures that the swimmer can regain the stroke if it is interrupted. The test demonstrates that the beginner swimmer is ready to learn deepwater skills and has the minimum ability required for safe swimming in a confined area in which shallow water, sides, or other support is less than 25 feet from any point on the water.

Anyone who has not completed either the beginner or the swimmer test is classified as a **nonswimmer**. The title is descriptive and nonjudgmental. It may represent those just learning to swim who do not yet have the skills to safely venture beyond shallow water. It may also apply to those who have not yet been tested or who have elected to forego the test and to accept the limitations on activities imposed by the classification.

Both nonswimmer and beginner classifications prevent a Scout from gaining the full benefit of aquatics programming. Unit leaders should promote swimming ability to all members and strive to have everyone in the unit classified as swimmers. Such a goal increases each Scout's safety and confidence, provides more recreational and instructional opportunities, and makes it easy for units to administer their own aquatics programs. Note that the beginner test is a requirement for Boy Scout Second Class rank, whereas the swimmer test is a requirement for First Class rank. A unit's ability to conduct swim classification tests also makes it easier to administer rank advancement.

TESTING PROCEDURE

Beginners:

- ✓ Jump into deep water.
- ✓ Swim 25 feet.
- ✓ Turn.
- ✓ Return.
- ✓ Total: **50 feet** with entry and turn

Swimmers:

- ✓ Jump into deep water.
- ✓ Swim 75 yards with strong forward stroke.
- ✓ Swim 25 yards with restful backstroke.
- ✓ Rest by floating.
- ✓ Total: **100 yards** with entry and turn

All swimming activities, including swim classification tests, follow the elements of Safe Swim Defense. The health history of each individual should be reviewed before testing. No one should be allowed in the water against the recommendations of parents, guardians, or medical providers, such as a physician (MD or DO), nurse practitioner, or physician's assistant. Those who are not allowed to enter the water for whatever reason do not automatically fall into the nonswimmer category. Normally, nonswimmers are encouraged to participate in aquatics activities as an incentive to improve their skills. If the aquatics activities are conducted by the unit, then the adult in charge of the event should know the difference between those classified as nonswimmers on the basis of skill, and those not allowed to swim due to a chronic or temporary physical condition that limits water contact.



Swim tests are done one-on-one, with the examiner and youth as buddies.



Participant is asked to describe test and confirm comfort with each task. If there is any hesitation, check ability first in shallow water.

The unit may be asked to conduct swim classification tests before participation in a multiple-unit event, such as summer camp or jamboree. In those cases, care should be taken to preclude participation in an event as a nonswimmer by someone who should not be in the water. The unit leader should discreetly communicate such situations to the event supervisor. The youth should be privately put on their honor not to circumvent any restrictions.

Situations may arise when special consideration should be given to those with temporary medical conditions. For example, yearly swim classification renewals may be scheduled just before a canoe trip. A medical provider may approve a person with an ear infection or a sutured wound to go on the trip, but caution against submerging the head or the bandage. Since it would be difficult to administer the swim test without getting the ears or the wound wet, the adult leader might classify the Scout temporarily as a nonswimmer. That, however, would prevent the Scout from paddling in a canoe with their buddy. If the unit leader has sufficient evidence that the Scout is indeed a good swimmer—one who has earned the Lifesaving merit badge, for example, or is a member of a swim team—then an extension of the Scout's previous swimmer classification is appropriate until he heals sufficiently to retake the test.

The ideal place to conduct a swim test is a swimming pool with straight stretches of 25 to 50 yards and clear water at least 7 feet deep at the point of entry. Those taking the swimmer test can then be instructed simply to swim either four or two lengths as appropriate. A pool 25 or 50 meters in length is easily adapted by placing a turning mark or line at the yard mark, or by having the person swim the short extra distance. (Recall that the swimmer test is not meant to demonstrate the maximum distance a person can swim.) The course may also be laid out such that the swimmer follows a circular pattern around the pool rather than back and forth, but be sure to incorporate the sharp turn required by both beginner and swimmer tests.

Very small backyard or apartment pools (less than roughly 20 feet in the maximum direction) are fine for a unit swim, but should be avoided as locations for swim classification tests since likely contact with the sides and bottom during all the turns makes it difficult to judge how well the person can swim. Such pools may also be too shallow to meet the criterion for a feetfirst entry into water over the head in depth.

Any natural body of water that satisfies Safe Swim Defense requirements may be used for swim classification tests. Clear water is preferred over murky water; warm water over cold water. A pier that extends from shore to deep water is ideal for the feetfirst entry in the requirements, but a floating platform can also be used.

If a pool open to the public is used for testing, try to schedule a time when the pool is less crowded. Inform pool personnel of what you are doing. A guard may be willing to clear an area briefly if you have only one or two Scouts who need the test.

During swim classification tests, the swimmer and the test administrator form a buddy pair. If there is a large group needing tests, then several testers are useful. Individual testing is required. Unit members should not be aligned at each lane and started at once, as in a swim competition.

Although the tests may be explained to the unit as a whole, the test administrators should briefly review the tests with each participant. Each person should be asked if he or she would like to first try the beginner or the swimmer test. If the person asserts the ability to easily swim 100 yards, then it is not necessary to take the beginner test before the swimmer test. Youth who are hesitant may take the beginner test first and follow it with the swimmer test if that seems appropriate. Those who fall just short of the required distances may be given a few pointers, a rest, and another try. Those who cannot complete the tests should be congratulated



Tests measure comfort in the water but do not require perfect form.



Rest stops are not allowed. However, the course should be close to the side to allow for resting and easy assists if needed.

on how far they got, encouraged to practice, and told that they will be able to retake the test at a later date. If a person in a swimsuit at the swimming area decides not to take either test, they should be encouraged to slip into shallow water and show what they do know. That is, professed nonswimmers should be part of the overall unit activity, not shunted aside in the interest of time. Everyone should be encouraged to try to swim to the best of their ability, but no one should be coerced into the water.

Some participants may be willing to jump into water over their head even though they have never done it. Therefore, every participant should be asked if they have jumped into deep water before. If they have not, first confirm that they can swim in shallow water and then see if they are comfortable in deep water with a slide-in entry at the edge. The test may proceed once the person demonstrates comfort in deep water.

With proper screening, those taking the test should not be at risk of a bad experience. Nevertheless, test administrators should be ready and able to provide immediate assistance if the swimmer does need help, perhaps due to a cramp or exhaustion. Ideally, the course for the beginner test should be alongside a pool deck or pier so that the swimmer is always within a hand's reach or a single stroke from support. The course for the swimmer test should be within reach of a pole. The best way to keep poles ready for use is to lay them along the edge of the pool or pier. A pole is then within easy, unobtrusive access at all times. If the course incorporates a floating dock in a natural body of water, then the feetfirst entry and first few strokes should be within easy reach. If the course then extends beyond the reach of a pole, the swimmers should be either within reach of rescue personnel in a rowboat or canoe or within easy throwing distance of a ring buoy on a line or a throw bag. If a person taking the test succeeds in leveling off after the feetfirst jump, then the most likely need will be to encourage a tired swimmer to come to the side under their own power. In a few cases, a reaching assist may be needed immediately after the feetfirst entry. Test administrators should be skilled in basic rescue techniques to satisfy Safe Swim Defense guidelines for trained safety personnel. If there are others in the water not taking part in the testing, then additional response personnel (lifeguards) are needed. In either case, a lookout is required to monitor all in-water activity.

SWIM TEST ANXIETY

Both the unit leader and the test administrator should be sensitive to those who may be fearful of the water, uncertain of their ability, worried about peer reaction, otherwise apprehensive, or simply confused about the process and what is expected of them. The unit leader should work with the test administrator to help prepare such Scouts for the swim test, particularly when it is conducted by someone the Scout is unfamiliar with, such as staff at resident camp or at a multiunit, council-organized swim test prior to camp.

The first day of a camp program may be an overwhelming experience for Scouts for many reasons—being away from home and the support systems that home provides, the thrill but uncertainty of what they will experience at camp, and perhaps thoughts of how they will measure up in comparison to their buddies. At summer camps, the swim test is often the first program activity where Scouts both interact significantly with those outside the unit and are asked to perform to a standard. That experience may produce significant anxiety for a small number of youth. However, there is no justification for fears to be realized. The unit leader can help prepare those Scouts both before and at camp so that the swim test is a positive experience. The following items should help leaders recognize and reduce anxiety about the testing process:

- **Early identification.** Scouts who may be anxious around the water or with the swim test process should be identified well before summer camp or other event for which the test is required. Comfort around the water should be included in the leader's discussion with parents for youth who join the unit. The leader should also talk to the Scouts themselves. For Cub Scouts, check to see if swimming is an interest. Be sure to watch for nonverbal cues to see if their body language matches what they say.
- **Year-round swimming programs.** A year-round swimming program provides meaningful and fun activities and allows the leader to observe firsthand the comfort level of Scouts around the water. It also provides an opportunity to see how unit members respond to those reluctant around the water or with lesser swimming ability.

- **Prepare the unit for the test.** The leader should familiarize Scouts with the swim test process. Explain the purpose of the test and how it will be conducted. Explain that each Cub Scout's swimming ability may be different and that the better swimmers are expected to encourage and support those with lesser ability. Remind everyone that opportunities to retake the test will be provided to those who don't make it as far as they would have liked. Encourage any Cub Scout who needs to speak with the leader away from their peers to do so. And remember that no one should be forced—whether by anyone's statement or through peer pressure—to take either test if they choose not to.

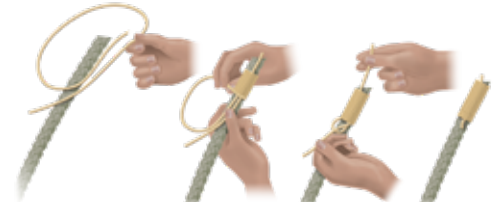
APPENDIX 7

LEADER HELPS

KNOTS AND ROPES

◆ WHIPPING A ROPE

Ropes are made of twisted fibers. When a rope is cut, the fibers separate. You can whip the ends in place with string so the rope won't unravel.



Cut off the part that has already unraveled. Take a piece of strong string, dental floss, or thin twine at least 8 to 10 inches long. Make a loop and place it at one end of the rope.

Wrap the string tightly around the rope. When the whipping is as wide as the rope is thick, slip the end through the loop. Then firmly pull out the string ends and trim them off.

◆ FUSING A ROPE

Rope and cord made of plastic or nylon will melt when exposed to high heat. Cut away the frayed part of the rope. Then, working in a well-ventilated area, hold each end a few inches above a lighted match or candle to melt and fuse the strands together. Melted rope can be hot and sticky—don't touch the end until it has cooled. Do not try to fuse ropes made of manila, sisal, hemp, cotton, or other natural fibers, because they will burn rather than melt.



◆ KNOTS FOR CAMPING

You will use rope for many purposes when you go camping. These knots will come in handy for different situations.

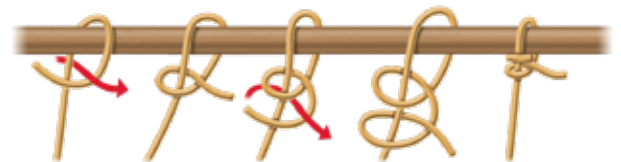
1. **Square Knot:** For tying two ropes together and for tying bandages in first aid.



2. **Taut-line Hitch:** For tightening and loosening a rope easily and for use on tent guy lines. Tighten or loosen the knot by pushing the hitch up or down.



3. **Two Half Hitches:** For tying a rope to a post or ring. This knot is strong but is easy to loosen.



4. **Bowline:** Used when you want a loop that will not slip or close up. It is often used in rescue work.



APPENDIX 8

AWARDS

AWARDS CUB SCOUTS CAN EARN

The following awards can be earned by Cub Scouts. Visit Scouting.org to learn more about each individual award and to find current requirements.

◆ CONSERVATION GOOD TURN AWARD

The Conservation Good Turn is an award packs may earn by partnering with a conservation or environmental organization to choose and carry out a Good Turn in their home communities.



◆ OUTDOOR ACTIVITY AWARD

Tiger, Wolf, Bear, and Webelos Scouts have the opportunity to earn the Cub Scout Outdoor Activity Award. Scouts may earn the award in each of the program years as long as the requirements are completed again each year. Cub Scouts complete specific requirements for each rank, including a number of different outdoor activities.



◆ NATIONAL SUMMERTIME PACK AWARD

The National Summertime Pack Award encourages packs to be active when school is out for the summer. Youth and adult pack members can earn the award by taking part in one activity per month in June, July, and August.



◆ WORLD CONSERVATION AWARD

The World Conservation Award for Cub Scouts provides an opportunity for individual Wolf, Bear, and Webelos Scouts to “think globally” and “act locally” to preserve and improve our environment. This program is designed to make youth members aware that all nations are closely related through natural resources, and that we are interdependent with our world environment.

Requirements for this award must be completed *in addition to* any similar requirements completed for rank. This award may not be earned by Lions or Tigers.



NOTES

APPENDIX 9

ADDITIONAL RESOURCES

RESOURCES, FORMS, AND APPLICATIONS

- * Items with an asterisk are available at scouting.org.
- † Items with a dagger symbol are available at www.scoutshop.org or at your local Scout shop.
- ★ Items with a star are available at my.scouting.org or through local council training.

◆ DEN AND PACK MANAGEMENT

- Bear Den Leader Guide*, No. 37001 †
- BSA Annual Health and Medical Record, No. 680-001 *
- Cub Scout Den Record *
- Cub Scout Leader Book*, No. 33221 †
- Den Chief Handbook*, No. 33211 †
- Lion Kit, No. 39003 †
- Meeting Place Inspection Checklist *
- Monthly Den Dues Envelope, No. 34209 †
- Pack Overnighter Site Approval Form, No. 13-508 *
- Tiger Den Leader Guide*, No. 37002 †
- Webelos Den Leader Guide*, No. 37003 †
- Webelos Den Record *
- Wolf Den Leader Guide*, No. 37004 †

◆ UNIFORMING

- Adult Leader Uniform Inspection Sheet, No. 34048 *†
- Guide to Awards and Insignia*, No. 33066 †
- Tiger, Wolf, and Bear Uniform Inspection Sheet, No. 34282 *†
- Webelos Scout Uniform Inspection Sheet, No. 34635 *†

◆ TRAINING

- Aquatics Supervision, No. 34346 †
- BALOO (Basic Adult Leader Outdoor Orientation)*, No. 510-033 ★
- Belay On*, No. 430-500 *
- Climb On Safely ★
- Cub Scout Leader Position-Specific Training ★
- Cub Scout Leader Fast Start Training ★
- How Do I Rate as an Effective Leader? *
- Safe Swim Defense, No. 34370 †★

◆ MEMBERSHIP RECRUITING AND LEADERSHIP SELECTION

Adult Registration Application, No. 524-501; in Spanish, No. 524-502 *†

Family Talent Survey Sheet *

Family Information Letter Samples (5) *

Leadership Transfer Notice, No. 28-401 *

Selecting Cub Scout Leadership, No. 522-500 *

Youth Application, No. 524-406; in Spanish, No. 524-423 *

◆ ADVANCEMENT

Advancement Report, No. 34403 *†

Arrow of Light Pocket Certificate, No. 34219 †

Bear (Den) Advancement Chart, No. 34191 †

Bear Pocket Certificate, No. 34221 †

Bear Handbook, No. 33451 †

Bobcat Pocket Certificate, No. 34218 †

Cub Scout Cycle, No. 13-027 *

Cub Scout Insignia Stickers—Large, No. 34650 †

Den Advancement Report *

Lion (Den) Advancement Chart, No. 39000 †

Pack Graduation Certificate, No. 33751 †

Tiger (Den) Advancement Chart, No. 34715 †

Tiger Handbook, No. 34713 †

Tiger Pocket Certificate, No. 34714 †

Webelos Handbook, No. 33452 †

Webelos Scout (Den) Advancement Chart, No. 34187 †

Webelos Scout Pocket Certificate, No. 34222 †

Wolf (Den) Advancement Chart, No. 34182 †

Wolf Handbook, No. 33450 †

Wolf Pocket Certificate, No. 34220 †

◆ PROGRAM PLANNING

Activity Consent Form, No. 680-673 ★

BALOO (Basic Adult Leader Outdoor Orientation), No. 510-033 ★

BSA Cub Scout World Conservation Award *

Buddy tags

Campfire Program Planner *

Climb On Safely brochure, No. 430-099 *

Cub Scout Ceremonies for Dens and Packs, No. 33212 †

Cub Scout Day Camp Administration Guide, No. 430-338 *

Cub Scout Den Meeting Program *

Cub Scout Grand Prix Pinewood Derby Guidebook, No. 33721 †
Cub Scout Leader How-To Book, No. 33832 †
Cub Scout Magic, No. 33210 †
Cub Scout Outdoor Activity Award *
Cub Scout Songbook, No. 33222 †
Cub Scout/Webelos Scout Outdoor Program Guide *†
Den Chief Handbook, No. 33211 †
Fun for the Family, No. 33012 †
Group Meeting Sparklers, No. 33122 †
Guide to Safe Scouting, No. 34416 *†
Individual Campout Checklist for Pack Overnighter *
National Camp Standards, No. 430-056
National Den Award *
National Summertime Pack Award, No. 33748 *†
Pack Meeting Planning Sheet *
Pack Meeting Plans *
Pack Program Planning Chart, No. 26-004 *
Safe Swim Defense, No. 34370 †
Unit Money-Earning Application, No. 34427 *†
Webelos Den Meeting Program, No. 33852 *
Webelos Scout Overnight Checklist *
Your Flag, No. 33188 †

◆ RECOGNITION

Assistant Denner Shoulder Cord, No. 385 †
Den Chief Badge of Office (cloth), No. 387 †
Den Chief Service Award (certificate), No. 33726 †
Den Chief Service Award (shoulder cord), No. 389 †
Den Chief Shoulder Cord, No. 388 †
Denner Shoulder Cord, No. 368 †
National Den Award Ribbon, No. 17631 †
National Summertime Pack Award pins:
 Tiger National Summertime Award pin, No. 14332 †
 Wolf National Summertime Award pin, No. 14333 †
 Bear National Summertime Award pin, No. 14334 †
 Webelos National Summertime Award pin, No. 14335 †
Pack Leader Appreciation Certificate, No. 33755 †
Progress Record for the Cub Scout Den Leader Award *
Progress Record for the Cub Scout Leader's Training Award *
Progress Record for the Cubmaster's Key Award *

Safe Swim Defense Certificate, No. 34243 †
Troop Junior Leader Certificate (for den chiefs), No. 33745 †
Webelos Den Chief Shoulder Cord, No. 457 †
Whittling Chip Certificate, No. 34223 †

◆ CUB SCOUTING FOR CHILDREN WITH DISABILITIES

Cub Scout Leader How-To Book, No. 33832 †
A Guide to Working With Scouts With Special Needs and DisABILITIES, No. 510-071 **
Scouting for Youth With Disabilities Manual, No. 34059 *

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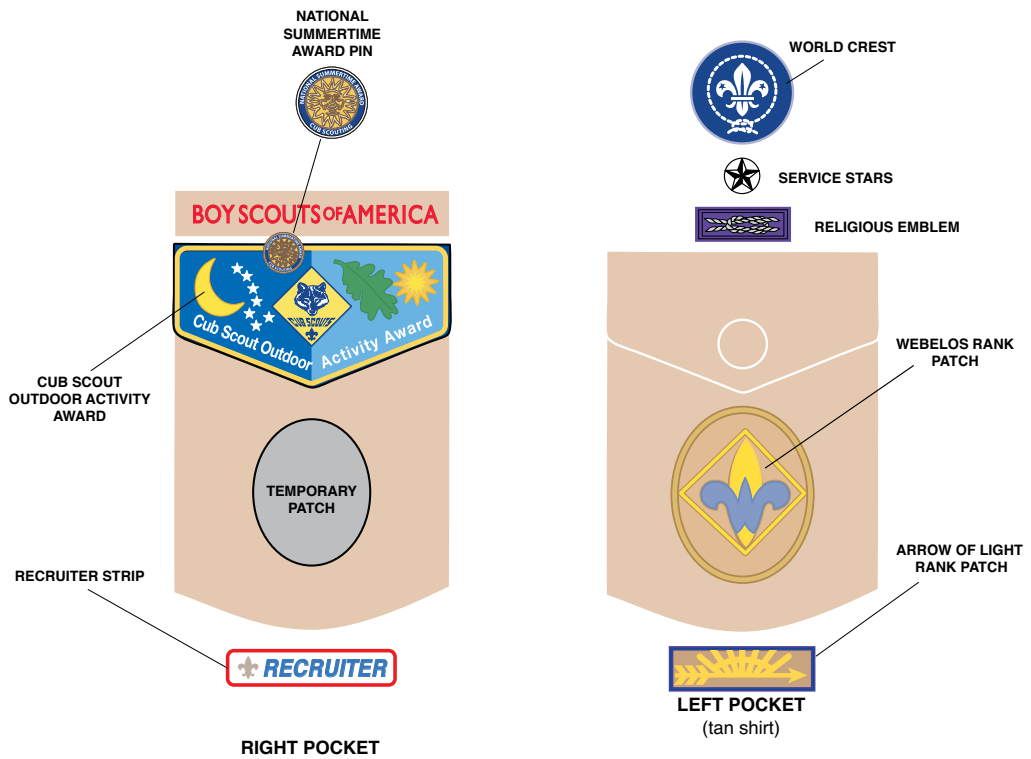
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NOTES

Official Placement of Insignia



SCOUT OATH

On my honor I will do my best
To do my duty to God and my country
and to obey the Scout Law;
To help other people at all times;
To keep myself physically strong,
mentally awake, and morally straight.

SCOUT LAW

Trustworthy
Loyal
Helpful
Friendly
Courteous
Kind
Obedient
Cheerful
Thrifty
Brave
Clean
Reverent



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