



Bear Cub Scouts



Bear Den Meeting #1

Achievement 8: The Past Is Exciting and Important (partial); Achievement 16: Building Muscles (partial)

Preparation and materials needed:

- Prepare a family history chart (Achievement 8d, below) for distribution to each boy at the end of the meeting.
- Bring an empty scrapbook (or three-ring binder) for use as the den scrapbook.
- Print enough blank den scrapbook pages for each boy (see sample below).
- Bring index cards printed with the Cub Scout Promise and Law of the Pack for use by any new boys and adults during the flag ceremony.
- Bring a U.S. flag and the den flag.
- Prepare permission slips for the field trip at den meeting #2.

Gathering:

- Welcome new and returning Cub Scouts and parents.
- Snack, collect den dues, record attendance, review code of conduct for den meetings.

Opening:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack. Provide index cards printed with the Cub Scout Promise and Law of the Pack for use by any new boys and adults.

Advancement:

- Review the Bobcat requirements: Cub Scout Promise; Law of the Pack; Cub Scout motto, sign, handshake, salute; meaning of *Webelos*.
Suggestion: Start with Bobcat Relay Race. Den divides into two teams, lining up for relay race on one end of room or field, with leaders and/or parent helpers on the other end, to test on the Cub Scout Promise, Law of the Pack, Cub Scout motto, sign, handshake, salute, and meaning of *Webelos*. The first boy on each team walks to the leader, answers the Bobcat-related question, then returns to tag the next Cub Scout. If the Cub Scout can't answer, he can go back and get help, then return and answer the question.
- Achievement 8c: Start or add to an existing den or pack scrapbook. See the sample page below.

- Achievement 8g: Complete the Character Connection for Respect.
 - **Know.** As you learn about what Cub Scout-age life was like for adults you know, does what you learn change what you think about them? Tell how it might help you respect or value them more.
 - **Commit.** Can you think of reasons others might be disrespectful to people or things you value? Name one new way you will show respect for a person or thing someone else values.
 - **Practice.** List some ways you can show respect for people and events in the past.
- Achievement 16a: Have boys do physical fitness stretching exercises, then curl-ups, push-ups, standing long jump, and softball throw. Create a record of each boy's numbers for the den scrapbook (see the sample sheet below). Repeat these activities in future meetings to measure progress when you need a physical activity.

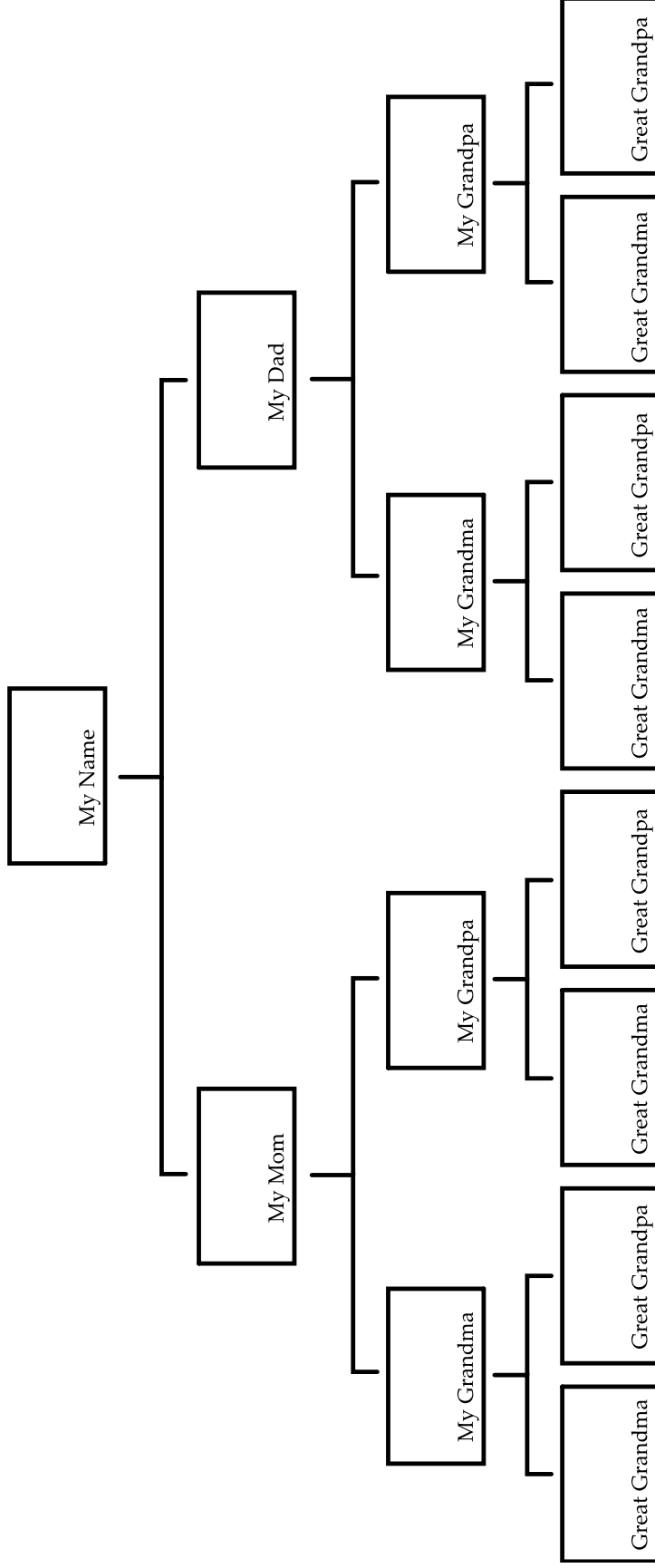
Closing:

- Hand out family information letter. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)
- Hand out permission slips for the field trip at den meeting #2.
- Hand out a family history chart (below) to be completed and returned at the next den meeting (Achievement 8d).
- With the help of parents, Cub Scouts should find out about two famous Americans (Achievement 3b). They should be prepared to report at the next meeting on what these people did or are doing to improve our way of life.

Next Up:

- For den meeting #2, make arrangements to take a field trip to a local historical place of interest.
- Submit a Local Tour Permit Application to your council service center two weeks before your field trip. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu.)
- Invite someone who was a Cub Scout a long time ago to accompany your den. Ask the historical place of interest if they have a tour guide/host who was a Cub Scout. If not, see if a dad or grandfather was a Cub Scout. Ask that person to be prepared to tell the boys what Cub Scouting was like then. Also, if that person is comfortable doing so, ask that person to complete Achievement 8g, the Character Connection for Respect, with the boys. Provide the Know, Commit, Practice discussion points in advance.
- Research when your state was admitted to the Union; its state bird, tree, and flower; and the symbolic elements of the state flag. Bring a U.S. flag, den flag, and state flag.
- Prepare permission slips for the field trip to a bicycle shop at den meeting #3.

**Bear Cub Scouts
Achievement 8d: Family Tree**



Den Scrapbook Page

Pack _____ Den _____

My Name: _____

My Family (Parents, Brothers, Sisters, etc.): _____

My Pets: _____

My Favorite Places: _____

My Favorite Things to Eat: _____

Things I Like to Do With My Family: _____

Things I Like to Do With My Friends: _____

Bear Cub Scouts— Achievement 16a

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

Name: _____

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

Name: _____

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

Name: _____

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

Name: _____

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

Name: _____

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