



# Bear Cub Scouts



## Bear Den Meeting #8

*Achievement 9: What's Cooking? (completed at home); Achievement 11: Be Ready (partial)*

### Preparation and materials needed:

- Invite a parent or friend who is a doctor, a nurse, an emergency medical technician (EMT), or someone knowledgeable about first aid to attend the den meeting.
- Bring props (blanket, rope, cell phone, pole or branch) to act out different emergency scenarios.
- Bring a U.S. flag and the den flag.

### Gathering:

- Snack, collect den dues, record attendance.
- Verify completion of Achievement 9c: preparing one part of breakfast, lunch, and dinner.

### Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

### Advancement:

- Achievement 11g: Discuss the Character Connection for Courage.
  - **Know.** Memorize the courage steps: Be brave, Be calm, Be clear, and Be careful. Tell why each courage step is important. How will memorizing the courage steps help you to be ready?
  - **Commit.** Tell why it might be difficult to follow the courage steps in an emergency situation. Think of other times you can use the courage steps. (Standing up to a bully is one example.)
  - **Practice.** Act out one of the requirements using these courage steps: Be brave, Be calm, Be clear, and Be careful.
- Achievement 11a: Discuss, then act out, what to do in case of the following accidents at home: unconscious person; someone's clothes catch on fire; the house catches on fire.
- Achievement 11b: Discuss, then act out, what to do in case of a water accident.
- Achievement 11c: Discuss, then act out, what to do in case of a school bus accident.
- Achievement 11d: Discuss, then act out, what to do in case of a car accident.

**Closing:**

- Retire the colors.
- Hand out family information letter. Boys are to plan with their family escape routes from their home, and have a practice fire drill (Achievement 11e). (A sample family information letter can be found at [www.scouting.org/CubScouts/Resources](http://www.scouting.org/CubScouts/Resources) and on the CD in the Resources folder on the main menu.)
- Clean up.

**Next Up:**

- For den meeting #9, bring a U.S. flag and the den flag.