



4th Grade Webelos Scouts



Fourth-Grade Webelos Den Meeting #5

Forester activity badge (partial), Fitness activity badge (partial), Citizen activity badge (partial)

Preparation and materials needed:

- Bring a U.S. flag and the den flag.
- Bring poster board, colored pencils or markers, and a slice of a tree trunk showing growth rings.
- Read the Forester chapter in the *Webelos Handbook*.

Gathering:

- Collect den dues.
- Record attendance.

Opening ceremony:

- A Webelos Scout should plan and lead the flag ceremony (Webelos badge requirement 6).
- Recite the Pledge of Allegiance, the Cub Scout Promise, Law of the Pack, Scout Oath, and/or Scout Law.

Advancement:

Forester activity badge requirements:

5. Draw a picture showing
 - How water and minerals in the soil help a tree grow
 - How the tree uses sunlight to help it grow
6. Make a poster showing a tree's growth rings or examine the growth rings of a tree stump. Explain how the rings tell its life history. (Show your slice of a tree trunk showing growth rings.)

Fitness activity badge requirement:

1. With your parent, guardian, or Webelos den leader, complete the Health and Fitness Character Connection.
 - a. **Know:** Tell why it is important to be healthy, clean, and fit.
 - b. **Commit:** Tell when it is difficult for you to stick with good health habits. Tell where you can go to be with others who encourage you to be healthy, clean, and fit.

- c. **Practice:** Practice good health habits while doing the requirements for this activity badge.

Citizen activity badge requirement:

8. As a Webelos Scout, earn the Cub Scout Academics belt loop for Citizenship.
- Citizenship belt loop requirement 3: Participate in a family, den, or school service project. (Discuss with the Webelos Scouts the service project you will be conducting. Ask them to bring canned and nonperishable food items to the next den meeting.)

In the boys' *Webelos Handbooks*, sign the requirements met.

Closing:

- Ask boys to complete Fitness activity badge requirements 2, 3, 4, 5, 6, and 7 at home with their parents/guardians, who should sign the boy's handbook upon completion. Bring safety notebook (requirement 2) and record of meals (requirement 4) to the next den meeting. The Webelos Scout should be prepared to tell about what kinds of meals are best and why (requirement 3).
- Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony.
- Retire the colors.
- 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. Also see the boxed text for suggested wording.)

Family Information Letter

The Webelos den is working on the Fitness activity badge. Please have the Webelos Scouts complete all these requirements at home and return items 2, 3, and 4 to the next den meeting.

2. With a parent or other adult family member, complete a safety notebook, which is discussed in the booklet "How to Protect Your Children from Child Abuse" that is in your *Webelos Handbook*.
3. Read the meal planning information in the Fitness activity badge chapter. With a parent or other family member, plan a week of meals. Explain what kinds of meals are best for you and why.
4. Keep a record of your daily meals and snacks for a week. Decide whether you have been eating foods that are good for you.
5. Tell an adult member of your family about the bad effects smoking or chewing tobacco would have on your body.
6. Tell an adult member of your family four reasons why you should not use alcohol and how it could affect you.
7. Tell an adult member of your family what drugs could do to your body and how they would affect your ability to think clearly.

The Webelos den is also working on the Citizen activity badge. Please help your Webelos Scout

complete the following Citizen activity badge requirement before our next meeting:

8. Citizenship belt loop requirement 3: Participate in a family, den, or school service project. For our Webelos den service project, we are collecting nonperishable food items to donate to a local food bank. Please have your Webelos Scout bring canned or nonperishable packaged food items to our next meeting.

Next Up:

- For den meeting #6, bring a U.S. flag and the den flag.
- Bring poster board, markers, glue, scissors, and *Boys' Life* magazines.
- Read the Webelos badge requirements in the *Webelos Handbook*.
- Prepare permission slips for the field trip at den meeting #7.