



Wolf Cub Scouts



Wolf Den Meeting #4

Achievement 3: Keep Your Body Healthy (completion); Elective 20g: Go bowling; Bowling belt loop (completion)

Preparation and materials needed:

- Make arrangements with a bowling alley to bring your den. Provide bowling alley staff with a copy of the Bowling belt loop requirements (see *Cub Scout Academics and Sports Program Guide*).
- Arrange transportation to the bowling alley.
- Submit a Local Tour Permit Application to your council service center two weeks before this 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.)
- Bring a small U.S. flag.
- Bring stick-on bandages for the boys to use on a “pretend” cut finger.

Gathering:

- Collect permission slips as boys arrive.
- Snack, collect den dues, record attendance.
- Collect from each boy his health habits chart and verify completion (Achievement 3a).

Opening ceremony:

- Conduct flag ceremony using a small U.S. flag. Remember to move through a rotation of the boys so each boy has a turn at every role in the flag ceremony (Achievement 2b). Have the Cub Scout leading the ceremony tell what the Pledge of Allegiance means (Achievement 2a).

Advancement:

- Achievements 3b and 3c: Complete the requirements while the boys are awaiting their turn at the bowling alley.
 - Let each boy demonstrate to the den leader or a parent helper how to use a stick-on bandage on a pretend cut.
 - Give each boy the opportunity to explain to the den leader or parent helper four ways to stop the spread of colds.

- Elective 20g: Go bowling (field trip to bowling alley).
- The Bowling belt loop can be earned at the bowling alley.
 - At some point during the game, have each boy explain to the den leader or adult partner the rules of courtesy and safety for bowling.
 - Have each boy show how to pick out a ball of proper weight and with finger holes that fit his hand.
 - Bowl a complete game.
 - Explain to boys that they will receive their Bowling belt loop (if the requirements were completed) at the next pack meeting.

Closing:

- Perform a Living Circle ceremony (see the *Cub Scout Leader Book*).
- 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.)
- Clean up.

Next Up:

- For den meeting #5, you will need a U.S. flag and the den flag.
- Bring the photographs of the boys that were taken at the first den meeting; bring picture frames to be decorated, paint and brushes or other materials to decorate the frames, and smocks (or old shirts that fit over the boys' uniforms) to protect the boys' uniforms from paint.
- Prepare permission slips for a field trip to a fire station at den meeting #6.