

# Your Role as a Cub Scout Leader

Refer to the Advancement and Leadership chapters of the Cub Scout Leader Book for more details. Training for all positions is available in your local district. Your local Cub Scout roundtable will provide theme-related monthly activities to assist you in your role.

## TIGER CUB DEN LEADER

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**With the host Tiger Cub and adult partner, prepare and run each den meeting and ...**

- Introduce the Tiger Cubs and their families to Cub Scouting using the Tiger Cub Handbook.
- Encourage boys to complete requirements for their Bobcat badge and Tiger Cub badge.
- Organize Go See Its.
- Attend the pack meetings with the Tiger Cub den.
- Help the den prepare a contribution to the pack meeting.
- Provide immediate recognition to all Tiger Cubs.
- Help your Tiger Cubs make the transition into a Wolf Cub Scout den.



## CUB SCOUT DEN LEADER (WOLF AND BEAR)

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**Prepare and run the den meetings and ...**

- Help all boys to earn their Bobcat badge, followed by their badge of rank.
- Sign books and record advancement weekly.
- Provide immediate recognition for boys who complete achievements.
- Help the den prepare a contribution to the pack meeting.
- Encourage boys to continue advancement opportunities at home.
- Provide opportunities for Character Connection discussions in the den meeting.
- Oversee and plan for outings.
- Transition the den into the next level.



## WEBELOS DEN LEADER

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**Prepare and run the den meetings and ...**

- Use the Webelos Leader Guide, as your primary resource.
- Help the boys complete activity badges.
- Help the den prepare a contribution to the pack meeting.
- Lead boys in completion of the requirements for the Webelos badge and the compass points emblem.
- Provide den camping opportunities for the Webelos Scouts.
- Work fifth-grade or 10-year-old Webelos Scouts with a Scoutmaster to provide joint den and troop camping opportunities.
- Help boys to complete the Arrow of Light Award.
- Explore troops in your area for second-year boys to join.
- Transition the boys into the Boy Scout troops of their choosing.



## PACK COMMITTEE CHAIR

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**Call and run the monthly pack leaders' meetings and ...**

- Oversee the pack's finances and maintain records.
- Oversee award presentations for boys.
- Coordinate special activities (pinewood derby, raingutter regatta, space derby, blue and gold banquet, etc.).
- Complete the rechartering of the pack each year.



## CUBMASTER

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**Organize and oversee the pack meeting and other pack activities and ...**

- Provide fun, active, and fast paced pack meetings.
- Ensure that awards are presented in a fun and festive way to all boys.
- Involve parents in all the meetings and activities.
- As a role model, demonstrate the positive traits of leadership.
- Deliver a monthly Cubmaster minute to help boys understand the values associated with the monthly theme as well as Cub Scouting's positive values emphasis.



## PACK TRAINER

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**Conduct orientation of new families and pack leaders and...**

- Encourage den and pack leaders to attend Cub Scout Leader Basic Training, which includes New Leader Essentials and Cub Scout Leader Specific Training.
- Help with Unit Leadership Enhancements during pack leaders' meetings.
- Encourage pack leaders to attend ongoing training such as Youth Protection Training, roundtable, pow wow, BALOO, Outdoor Leader Skills for Webelos Leaders, and Wood Badge.
- Remain current with training material and program updates.
- Keep track of pack training records.
- Encourage den chiefs to attend Den Chief Training.





# NOVEMBER 2009

## ▶▶▶ Cub Scout Salute

Webelos Activity Badges: **Craftsman/Readyman**



This month Cub Scouts salute the heroes who help keep us safe. Can only adults be heroes? No. Heroes are often ordinary kids who do something out of the ordinary. A den can decide what makes a hero and who the heroes of tomorrow might be by looking at people the boys know today. Learn about heroes in your own community. Learn about those who have earned BSA Heroism Awards. Have your Cub Scouts invite their hometown heroes to a den or pack meeting. Your den can become “silent heroes” by performing service for others without seeking recognition. Visit a fire station, veterans’ hospital (Veteran’s Day is this month), or police station and give a “Cub Scout salute” for their heroism. Work on a Good Turn for America project and the Citizenship belt loop and pin.



### Pack Planning

The pack meeting this month salutes Cub Scouts and their families. Boys will tell about their hero. Why did they choose the person? What did this person do that makes them a hero?

Appoint the following committees:

**Decorations Committee.** Decorate the room with pictures of heroes. These will be used in the Hero Match-Up gathering activity (page 17).

**Welcoming Committee.** Make welcome signs and hero name tags.

**Program Committee.** Determine the order of the boys’ presentations.

**Refreshments Committee.** Purchase ingredients for hero sandwiches. Don’t forget plates and napkins.

**Some of the purposes of Cub Scouting developed through this month’s theme include:**

**Good Citizenship.** Cub Scouts see firsthand what it means to be a good citizen as they evaluate who their heroes are.

**Friendly Service.** Boys will have opportunities to express their gratitude to the people around us who happily serve us every day.

**This theme is designed to promote character development by emphasizing these core values:**

**Respect.** Cub Scouts will respect their heroes when they see them make good choices.

**Responsibility.** Heroes and Cub Scouts have a responsibility to be good examples.



### Membership Moment

Invite families who are not involved in Scouting to participate in your pack’s Good Turn for America project. Help them to see that service to others is an integral part of Scouting. At the conclusion of the project, pin a Hero Medal (page 17) on each guest who assisted.



### Pack Meeting

#### BEFORE THE MEETING

All committees arrive early to set up their section of the meeting area. The decorations committee decorates the meeting room with several pictures of heroes (number the pictures). The program committee prepares a list of quotes or descriptions for the pictures used. Make enough copies for everyone in the pack. Ensure there is a U.S. flag for the opening ceremony. Help lay out the awards. Bring supplies for the Forehead Squeeze Relay (*Cub Scout Leader How-To Book*). The refreshments committee prepares an area to make hero sandwiches (page 18) at the end of the pack meeting. Be sure to have garbage cans.

#### GATHERING

The welcoming committee greets families at the door. Have each person write his or her name on a name tag. Direct Cub Scouts to the area designated for displaying den projects. Explain the Hero Match-Up gathering activity (page 17).

#### MAIN PART OF THE MEETING

##### Opening

Conduct the What Do We Have in This Box? opening ceremony (page 17). Or choose an alternate ceremony from *Cub Scout Ceremonies for Dens and Packs*.

##### Prayer

A preselected Cub Scout comes forward and gives the Our Heroes prayer (page 17).

##### Welcome and Introductions

The Cubmaster welcomes everyone. Be sure to welcome any special visitors to the pack meeting. “This month, Cub Scouts have been talking

about heroes. Tonight they are going to tell us a little bit about their heroes. I have a hero, too. It is *(name)*.” Tell about who your hero is and why this person is your hero.

##### Song

The song leader leads the group in “Cub Scout Heroes” (page 17).

##### Den Demonstrations

Each den is called upon to tell about the hero they have selected. Boys should tell why they chose this person, what he or she has done that is special, and how this person is a good role model. (In small packs, each boy may be able to tell about his personal hero.) Dens should inform the program committee of their selected hero in advance so that duplicated heroes may be placed appropriately in the program.

## Game

Play the Forehead Squeeze Relay (*Cub Scout Leader How-To Book*). Explain that heroes often act alone, but at times need help and cooperation. This game will show Cub Scouts that cooperation will get them far.

## Recognition

Conduct the Everyday Heroes advancement ceremony (page 17) or select a different recognition ceremony from *Cub Scout Ceremonies for Dens and Packs*.

## Announcements

Announce the upcoming pack Good Turn for America project. Announce the date, time, and location for next month's Works of Art pack meeting.

## Cubmaster's Minute

Use the Cubmaster's Minute: Cub Scout Salute (page 18).

## Closing

A den presents the Thank You closing ceremony (page 18).



## Cubmaster Corner

### Showing Appreciation

The leaders and parents who have supported the pack deserve special recognition for their service. People are more likely to continue to serve if they feel like their help is appreciated. A simple token to show appreciation goes a long way. See page 18 for the Neckerchief Arch appreciation ceremony and thank-you awards.



## Ceremonies, Games, Songs, Stunts

### GATHERING ACTIVITY: HERO MATCH-UP

Give each person a pencil and a list of quotes by or descriptions of the heroes pictured. Participants match the quotes or descriptions to the pictures on the wall. Here are ideas to get you started:

Picture	Quote/Description
1. Abraham Lincoln	President who freed the slaves
2. Martin Luther King, Jr.	"I have a dream."
3. Neil Armstrong	"That's one small step for a man, one giant leap for mankind."
4. Lance Armstrong	A cancer survivor who holds several Tour de France titles
5. Tiger Woods	Shot a 48 on a nine-hole golf course at the age of 3

### OPENING CEREMONY:

#### WHAT DO WE HAVE IN THIS BOX?

*Personnel:* Cubmaster, two Cub Scouts

*Equipment:* Box, folded U.S. flag

CUBMASTER (*holds box so everyone can see it; opens lid and looks inside*): What do we have in this box? (*Passes box to Cub Scout 1*)

CUB SCOUT 1: We have HISTORY in this box. We have the search for a new home. We have expeditions in the wilderness. We have a voyage to the moon. (*Passes box to Cub Scout 2*)

CUB SCOUT 2: We have PEOPLE in this box. We have George Washington. We have Abraham Lincoln. We have you and me. (*Passes box back to Cubmaster*)

CUBMASTER: In this box, we have ... (*removes flag from box*) the flag of the United States of America. Please stand. Let's all give a Cub Scout salute to our flag. Please join me and repeat the Pledge of Allegiance.

### PRAYER: OUR HEROES

We are thankful for the people who serve us and help us every day. And we thank you for our families who are our heroes. Help us to do our best to be a hero, too. Amen.

### SONG

#### Song: Cub Scout Heroes

*Tune:* "Are You Sleeping?"

Cub Scout heroes, Cub Scout heroes,  
Everywhere, everywhere.  
Doctors, soldiers, brothers,  
Firefighters, mothers—  
They are brave, they are brave.

Cub Scout heroes, Cub Scout heroes,  
Salute them now, salute them now.  
Always helping others,  
And it is no bother—  
Scout salute, Scout salute.

### ADVANCEMENT CEREMONY: EVERYDAY HEROES

*Personnel:* Cubmaster, den leaders

*Equipment:* Handmade Everyday Hero medals

*Preparation:* Cut 3-inch circles from cardboard. Cover with aluminum foil. With permanent marker, write "Hero" on each medal. Punch a hole in the top and attach a length of ribbon or yarn to put around boys' necks. Den leaders gather information about a good deed each boy has done.

CUBMASTER: You can be a hero every day. Heroes are people who work for others, who

make the day easier for those around them. By doing your best every day at home and at school, you make the lives of your family and teachers easier. Tonight we would like to recognize this kind of heroism.

*A den leader calls the entire den forward. The Cubmaster presents awards earned. The den leader announces that (name of Cub Scout) has earned the Everyday Hero medal for (relate a good deed). When the entire den has received awards and medals, the next den leader comes to the front and calls forward the next den.*

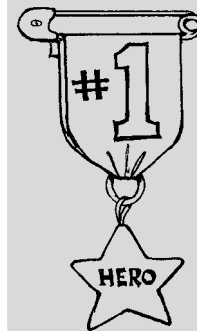
CUBMASTER: As you can see, we are surrounded by young men who know how to do the right thing. I hope that each of you strives to be a hero every day.



### Prop: Hero Medal

*Supplies:* Paper, cardboard, wide ribbon, large safety pin

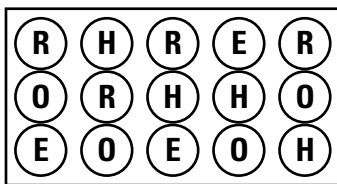
Cut a star out of paper. Trace the star on cardboard; cut it out. Decorate with markers and stickers; write "Hero" on the star. Fold a wide ribbon in half and glue the ends to the back of the star. Slip a large safety pin through the fold in the ribbon.



### GAMES

#### Hero

*Materials:* Buttons (five per Cub Scout) and target (piece of paper with circles drawn on it; each circle has the letter H, E, R, or O)



Place the paper on the floor. The Cub Scout stands upright over the paper and drops his buttons from waist height. The object of the game is to get one button in an *H* circle, one in an *E* circle, one in an *R* circle, and one in an *O* circle.

### Who's the Leader?

*This is a good game for a small pack or a den. Larger packs might break into groups to play.*

Choose a den chief or responsible Cub Scout to be "It." Send "It" out of the room. Form a circle and choose a leader who remains in the perimeter of the circle and initiates various actions for everyone to mimic. Actions may be clapping hands or rubbing nose, scratching an elbow, etc. When "It" comes in, all of the boys make the motions indicated by the leader. They only change when the leader changes his motions. "It" stands in the middle of the circle and tries to figure out who the leader is. When he spots him, then the leader becomes "It."

### CUBMASTER'S MINUTE: CUB SCOUT SALUTE

Cub Scout families, I salute you. I salute you for your belief in the Cub Scout and Boy Scout program and how it instills values in our youth. I salute you for your dedication to your son and your family. I salute you for all that you are doing to help our pack deliver the Cub Scout program of fun and activities to your family and to others.

Cub Scouts, I salute you. I salute you for all the hard work you do in your school. I salute you for the part you play in your family. I salute you for always doing your best. *(Give Cub Scout salute.)*

### CLOSING CEREMONY: THANK YOU

*Equipment:* Cards spelling *T-H-A-N-K-Y-O-U* with each boy's speaking part written on the back

CUB SCOUT 1: **T** stands for *teachers*.

CUB SCOUT 2: **H** is for *helpful*.

CUB SCOUT 3: **A** is for *appreciation*.

CUB SCOUT 4: **N** is for *noble*.

CUB SCOUT 5: **K** is for *knowledge*.

CUB SCOUT 6: **Y** is for *youth*.

CUB SCOUT 7: **O** is for *opportunity*.

CUB SCOUT 8: **U** is for *understanding*.

ALL: Together we stand,  
A "thank you" we share.  
We mean it sincerely,  
We really do care.  
The lessons we're learning,  
The character you mold—  
We Cub Scouts say "thank you"  
As our futures unfold.

### SKIT: THE UNKNOWN HERO

CUB SCOUT 1: I hear the unknown hero is coming! Have you seen this person?

CUB SCOUT 2: No. Is our hero as strong as Paul Bunyan?

CUB SCOUT 3: Or John Henry?

CUB SCOUT 4: Is our hero as courageous as Casey Jones?

CUB SCOUT 5: Can our hero lead like Daniel Boone?

CUB SCOUT 6: Our hero is better than all those heroes put together!

ALL: Here's our hero! *(Cubmaster enters and grins and flexes his or her muscles.)*

### APPLAUSES

**Champion Cheer.** To the count of four, do the following: *stomp, stomp, clap, pause*. To the beat, say: "We-ee do, we-ee do, thank you!"

**Drummer Applause.** Pat the tops of your legs slowly, then faster and faster.

**Hero Applause.** Give yourself a big hug and say, "My hero!"

### REFRESHMENTS: HERO SANDWICHES

*Ingredients:* Hoagie rolls or small rolls, assorted cold cuts, sliced cheeses, lettuce, tomatoes, pickles, mustard, mayonnaise

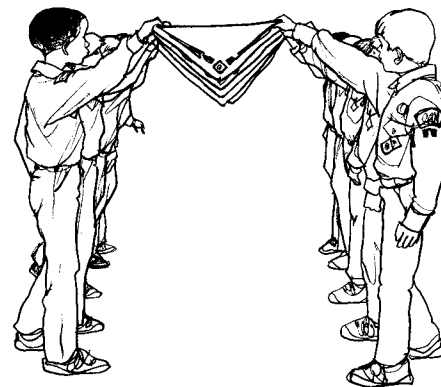
Encourage everyone to wash their hands before making a sandwich.

If using hoagie rolls, cut in half lengthwise. Spread each cut half with mustard and mayonnaise. Place other ingredients on the bottom half of bread. Place top of bread on sandwich. Cut into individual slices. The advantage to this method is that sandwiches could be made in advance.

If using small rolls, let everyone make his or her own sandwich. The advantage to this method is that people can make sandwiches to their liking.

### APPRECIATION CEREMONY: NECKERCHIEF ARCH

*This is a good way to recognize the important adult assistance that has "made the pack go" to this point in the program year.*



Boys remove their neckerchiefs, then form a line facing each other and hold the neckerchiefs with their right hands. On signal, they hand the loose end of the neckerchief to the boy facing them. All neckerchiefs are raised to form a neckerchief arch. Have the Cubmaster, den leaders, and pack committee members walk under the arch. The committee chair presents each person with an award.

**First Aid Award** (*adhesive bandage*)—For the person giving you aid when you need it

**Fire Hat Award** (*small fire hat*)—For the person who came to your rescue

**Megaphone Award** (*small megaphone*)—For the person who is soft-spoken but gets the job done and never shouts

**The Rope Award** (*piece of rope*)—For the person who always ties up the loose ends

**Key to Success Award** (*key*)—For the person who was key to making it happen

**Heartfelt Thanks Award** (*large heart cut from felt*)

**Thanks a Million Award** (*million dollars in play money*)

**Marbelous Job Award** (*bag of marbles*)

**Shining Example Award** (*small flashlight*)

## November Pack Program Page: Cub Scout Salute

### ACADEMICS AND SPORTS PROGRAM

#### Cub Scout Academics

**Citizenship.** As citizens of the United States of America, we all have a responsibility to serve our country. Cub Scouts will learn ways to be better citizens while earning the Citizenship belt loop and pin.

**Heritages.** Cub Scouts may be surprised to discover they have family heroes as they research their ancestors. Working on the Heritages belt loop and pin will be an inspiring activity for the whole family.

#### Cub Scout Sports

**Physical Fitness.** We don't know when someone will need our help. Completing the requirements for the Physical Fitness belt loop and pin will help boys be physically prepared to help.

### DID YOU KNOW?

#### BSA Heroism Award



National awards for lifesaving and meritorious action are made only for outstanding and unusual acts that demonstrate unusual heroism, skill, or bravery and reflect Scouting ideals. "Heroism" is defined as conduct exhibiting courage, daring, skill, and self-sacrifice. "Skill" is defined as the ability to use one's knowledge effectively in execution or performance. Special attention is given to skills earned in Scouting. For more information, contact your local council.

### GOOD TURN FOR AMERICA

Be involved in a Veteran's Day celebration. Help place flags at local areas that plan a celebration for Veteran's Day or to recognize gravesites of veterans.

### BSA RESOURCES HIGHLIGHT

**Boys' Life magazine.** Each issue of *Boys' Life* features a "Scouts in Action" article. These true stories of heroism are written in comic-book style. The subjects come from the BSA National Court of Honor. "Scouts in Action" is also available online as an audio re-creation. Go to [www.boyslife.org](http://www.boyslife.org) to listen to a story of a heroic Scout.

### PACK LEADERS' PLANNING MEETING

Pack leaders meet a week or two before the November pack meeting to check final details and prepare for December's meeting.

- What are the dens' plans for the pack meeting? Each den can select a hero and have each den member say one sentence about their hero. Boys could dress up like their hero, do a skit, or present a puppet show. Or is the pack going to invite one or more guest speakers who can share personal stories of heroism? Check with your local council to see whether someone who has earned a BSA Heroism Award could be a guest speaker. Be sure to tell your guests how much time they have. Check for any needs such as a microphone.
- December's theme is Works of Art. If your pack meeting is usually held toward the end of the month, the pack committee might consider moving to an earlier date. If the date is changed, remember to send a reminder to families.
- Discuss the pack's plans for a Good Turn. Plan something special to share the holiday spirit.
- The pack trainer conducts Unit Leadership Enhancement No. 12, Planning Special Events, or another Unit Leadership Enhancement that best meets your pack's current needs. See the *Cub Scout Leader Book* for suggested topics. Select a topic for next month.

### LOOKING AHEAD

Begin planning now for the blue and gold banquet that will be held in February. The theme is Happy Birthday, BSA. Select a committee to begin preparations for this event. Have the committee verify the date, time, and location. The Webelos-to-Scout transition should be in place and arrangements completed for the Boy Scout troop to participate in a meaningful ceremony.

### PACK TRAINER HIGHLIGHT

Review the training opportunities for all leaders and any district or council events, including Cub Scout leader roundtable. Does your district or council have a Cub Scout leader pow wow or University of Scouting? Get the details; find out when this training event will be held.

### VETERAN'S DAY CELEBRATION

Veteran's Day is November 11. The pack may want to honor local veterans by hosting a celebration. Invite local veterans, an historical organization, or a patriotic organization to liven up your celebration. They might provide period-uniformed flag bearers, fife-and-drum corps, or other marching units. They may also provide speakers with unique military experiences. The celebration might include a moment of silence, musical program, and poster contests. Find more information about organizing a Veteran's Day celebration at [www1.va.gov/opa/vetsday](http://www1.va.gov/opa/vetsday).



# DECEMBER 2009

## Works of Art

Webelos Activity Badges: **Craftsman/Scientist**



December is a time of celebration and giving. Involve friends in doing good deeds and creating holiday magic through art. Cub Scouts can create holiday decorations, gifts, and cards. Put their artwork on display in nursing homes, churches, schools, or homes, the packing meeting, or the chartered organization. As a Good Turn for America, make cards and ornaments to share with a local retirement community, children's hospital, or community center. Boys can discover different forms of art, write poems, attend a musical or performance-art show, or visit an art museum. Works of art can become gifts for family members. In conjunction with these projects, work on the Academics belt loop or pin in Art or Music.



## Pack Planning

The pack meeting for December is a good way to bring families together to learn about helping others and doing good deeds. Although people have different ideas about what is "good" art, they all will agree that positive results happen when boys are creative.

Appoint the following committees to help with the meeting:

**Decorations Committee.** Display the work of famous and local artists around the meeting area. Create a warm and inviting room for the holidays, giving pack members the opportunity to learn how people celebrate in different ways at this time of year. Bring out the diversity in your pack!

**Program Committee.** Make sure all the items necessary for opening, closing, and advancement ceremonies are in the room and ready to go.

**Good Turn Committee.** Set up tables with activities to engage the Cub Scouts: tables with supplies to make cards, ornaments, decorations, or gifts; tables for caroling sign-ups; tables for collecting food donations.

**Refreshments Committee.** Purchase ingredients for Cookie Art (page 23). Set up refreshments area so that all pack members can participate.

**Some of the purposes of Cub Scouting developed through this month's theme include:**

**Spiritual Growth.** Boys will understand that talents are gifts to be treasured.

**Family Understanding.** Cub Scouts and families will enjoy working together to create works of art and share them with others.

**This theme is designed to promote character development by emphasizing these core values:**

**Faith.** Cub Scouts will explore a special part of their faith when they give of themselves.

**Positive Attitude.** Boys will have good attitudes as they express their talents in positive ways, earn recognition, and see the effect they have on others.



## Membership Moment

Cub Scouts create handmade works-of-art invitations to give to non-Scouting friends, inviting them to the December pack meeting. Allow guests to participate in making holiday projects, then invite their families along for your pack's holiday visit.



## Pack Meeting

### BEFORE THE MEETING

All committees arrive early to set up their sections of the meeting area. The decorations committee arranges tables for each den's exhibit. The Good Turn committee will require a large amount of space: Have tables available for Cub Scouts and siblings to make cards to share with others. If collecting for a Good Turn project, set up a special area for item drop-off. The refreshments committee sets up tables and arranges a clean area for creating Cookie Art.

### GATHERING

Greeters welcome the Cub Scout families and show them where to place their contributions. Direct Cub Scouts and siblings to the Good Turn area to create items. Direct adults to the Let's Get Acquainted activity (page 21).

### MAIN PART OF THE MEETING

#### Opening

Conduct the Colors of Art opening ceremony (page 21) or select a different ceremony from *Cub Scout Ceremonies for Dens and Packs*.

#### Prayer

A preselected Cub Scout gives the Good Turn prayer (page 21). Invite all pack members to join in prayer according to their custom.

### Icebreaker

Ask the audience the Speaking in Color questions (page 21).

### Welcome and Introductions

The Cubmaster wears a beret, a smock, and a badge that says "Art" and holds a painter's palette. "Let me introduce myself. I'm Art. Some people make a living through their art. For others, art is a hobby. Our Cub Scouts have been learning about and making their own works of art this month. Tonight we will enjoy the work of the great artists in our pack!"

### Song

The song leader leads a holiday song or one selected from the *Cub Scout Songbook*.

## Den Demonstrations

Dens are invited to share information about their activities this month. Dens may sing a song, perform a skit, show den projects completed, or share information from their trips in the community or Good Turns.

## Game

Play Glove-Clothespin Relay (page 22).

## Recognition

Use the Works of Art advancement ceremony (page 22) or another of the suggested advancement ceremonies.

## Announcements

The committee chair or another adult comes running into the meeting with a box. He or she explains that inside the box is a powerful

object, and every boy in the pack will get one. The Cubmaster replies that it can't be that powerful. After their exchange, announce the theme for January—Power Up!—and distribute pine-wood derby cars to all boys. Announce the meeting details (date, time, location, weigh-in time, etc.). Highlight pack plans for the upcoming meeting and all Good Turn opportunities.

## Cubmaster's Minute

Use the Cubmaster's Minute: Helping Others (page 22).

## Closing

Boys present the Do Your Best closing ceremony (page 22). Or choose a different ceremony from *Cub Scout Ceremonies for Dens and Packs*.



## Cubmaster Corner

### Community Outreach

This month's many Good Turn options help the pack present the historically best-known side of Scouting to the community. With the 100th Anniversary of the Boy Scouts of America just around the corner, use this opportunity to solidify the pack's relationship with your community by showcasing the Good Turns practiced by Cub Scouts.



## Ceremonies, Games, Songs, Stunts

### CEREMONIES, GAMES, SONGS, STUNTS

#### Activity: Good Turn Gathering

Have four or five tables or stations set up with activities for the Cub Scouts and siblings to do while everyone is arriving. Set up the tables/stations so that those who arrive late can work on something after the meeting ends. Stations might include card making, ornament making, holiday decorations, gifts, etc. Make sure the materials needed for each project are on hand. Have samples of the completed projects for Cub Scouts to see. Have a table for sign-ups for caroling or for visiting nursing homes to deliver the finished crafts.

#### GATHERING ACTIVITY: LET'S GET ACQUAINTED

Using the Family Talent Survey Sheet found in the *Cub Scout Leader Book*, create a sheet with 10 to 15 (or more, depending on the size of your pack) phrases or descriptions that fit parents in the pack, such as "someone who is a police officer," "someone who works in transportation," "someone who was a Cub Scout as a child," or "someone who is an Eagle Scout." Leave a space next to each description for the appropriate parent to sign his or her name. The purpose is to get everyone to meet and learn about each other. During the pack meeting, the Cubmaster can ask the parents to tell what they learned and about whom they learned it. It's exciting for the boys to have their parents spotlighted.

At the top of the sheet, include these instructions: "Let's get acquainted! Find people in the pack who fit each of the following descriptions. Introduce yourself and have each person sign the line next to the phrase that fits. Be sure to have a different name on each line and have a person sign only once."

#### OPENING CEREMONY: COLORS OF ART

*Equipment:* U.S. flag

LEADER: Colors are around us everywhere. We see colors in the works of art we have here tonight. We also see colors in our American flag. Our flag has three: red, white, and blue. As we celebrate the artistry of our Cub Scouts tonight, let us also celebrate the artistry of the founders of our country for the dynamic colors of our flag. Please repeat with me the Pledge of Allegiance.

#### PRAYER: GOOD TURN

Let us be thankful for the things that we are blessed with and are able to share with others. Let us remember to do a Good Turn every day and help others whenever possible. Amen.

#### ICEBREAKER: SPEAKING IN COLOR

*See if you know the meaning of these colorful phrases:*

1. If your den leader says you have a GREEN THUMB, it means
  - A. You are lucky.
  - B. You can grow plants very well.
  - C. You need money.

2. If someone in your den is SEEING RED, it means
  - A. He is wearing sunglasses.
  - B. He is visiting an eye doctor.
  - C. He is angry.
3. If the character in a story in *Boys' Life* has a YELLOW STREAK, it means
  - A. He colors his hair.
  - B. He is an artist.
  - C. He is not very brave.
4. If your brother is FEELING BLUE, it means
  - A. He is frightened.
  - B. He is very serious.
  - C. He is sad.
5. If the den chief is WEARING ROSE-COLORED GLASSES, it means
  - A. He is watching a 3-D movie.
  - B. He has lots of energy.
  - C. He is optimistic.
6. If your friend says he is GREEN WITH ENVY, it means
  - A. He is out of breath.
  - B. He is jealous.
  - C. He is seasick.
7. If your doctor says you're IN THE PINK, it means
  - A. You are very warm.
  - B. You are very healthy.
  - C. You should get more exercise.
8. If your teacher says today is a RED-LETTER DAY, it means
  - A. Report cards will be sent home.
  - B. Today is Saturday.
  - C. This is a very important day.

## SKIT: LOOKING FOR CHRISTMAS

As the narrator reads the story, Cub Scouts arrive with the items named and stand onstage.

NARRATOR: Once upon a time, there was a den of Cub Scouts. The boys decided to go out and find Christmas and bring it back to their den.

The first Cub Scout thought he had found Christmas and came back with a *Christmas tree*.

The second Cub Scout thought he had found Christmas and came back with a *gift* for his family.

The third Cub Scout thought he had found Christmas and came back with a *stocking*.

The fourth Cub Scout came back to the den *singing a carol*.

The fifth Cub Scout thought he, too, had found Christmas; he brought back some *snow*.

The sixth Cub Scout was sure he had found Christmas; he came back to the den with *Santa Claus*.

The seventh Cub Scout searched a long time, but he couldn't find anything that he thought was Christmas. So he came back to the den with nothing. But his *heart* was full of love and goodwill, so he truly had brought back Christmas.

Let us enjoy that Christmas spirit of love and goodwill all year-round. Christmas greetings from Den \_\_\_\_!

## ADVANCEMENT CEREMONIES

### Works of Art

*Materials:* Large copy of a Norman Rockwell or Joseph Csatori painting, placed at the front of the room

CUBMASTER: Boys, this is a very special painting by *(artist)*. The artist worked for many days or months to create this. It's a real accomplishment. We have boys in our pack who have been working on major accomplishments themselves—their advancements.

*(Call forward those who have earned their Bobcat badge.)* Like an artist who learns about colors and shades, these boys learned many of the basics of Cub Scouting.

*(Call forward those receiving their Tiger Cub badge.)* Like an artist who works with a model, these Tiger Cubs have worked with their adult partner to earn their Tiger Cub badge.

*(Call those receiving the Wolf badge.)* Like an artist who learns about using the right tools, these Wolf Cub Scouts have learned about tools for fixing and building, among many other things.

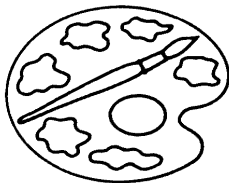
*(Call those receiving the Bear badge.)* Like artists who learn how to prepare their paints and supplies, these Bear Cub Scouts have learned how to prepare for different situations.

*(Call those receiving the Webelos badge.)* Like an artist who learns about different kinds of artistic styles, these Webelos Scouts have earned many activity badges to reach their goal: their Webelos badge.

*(Call those receiving the Arrow of Light Award.)* The highest rank in Cub Scouting is the Arrow of Light Award, which represents a wealth of knowledge and experiences gained by Cub Scouts in our pack. What's the highest recognition for an artist? Perhaps having their works displayed in a museum. For our Cub Scouts, the Arrow of Light Award is worn on their uniform and then transfers to the Boy Scout uniform. That's a really important work of art!

Join me in congratulating all our Cub Scouts who have advanced this month.

### Paint Your Advancement



The Cubmaster wears a beret and painter's smock and stands by an easel. Using watercolors, the Cubmaster paints a diamond in

each color on poster paper, explains the significance of the color (light blue—Bobcat; orange—Tiger Cub; red—Wolf; aqua—Bear; dark blue—Webelos; bright yellow—Arrow of Light Award), and shares a few things the boys have accomplished in earning their awards.

### Artist Palette

Create a palette shape with blotches of color (using construction paper) representing each of the ranks. The Cubmaster pulls off each color in sequence and awards the corresponding rank to the boys. Be sure to involve the parents in the ceremony by handing them the badges, which they then award to their boys.

### Framed

*Equipment:* Large picture frames

Call up boys who are receiving awards, one at a time. Have each boy hold a picture frame in front of his face. The Cubmaster says things like: "Isn't this a fine picture we have here?"; "Notice the fine detail"; "This picture is truly one-of-a-kind"; "This picture is priceless."

## GAMES

### Think Fast

Divide the boys into groups. Ask the following questions and score one point for the group that gives a correct answer first.

1. What letter is a beverage? (T)
2. What letter is a bird? (J)
3. What letter is a vegetable? (P)
4. What letter is a body of water? (C)
5. What letter is a female sheep? (U)
6. What letter is an insect? (B)
7. What letter is a question? (Y)

### Glove-Clothespin Relay

*Equipment:* For each team, a pair of large canvas work gloves, a jar with a lid, and five clothespins

This relay is for everyone in the family. Divide the group into equal teams. In front of each team, place a pair of large canvas work gloves and a jar with a lid on it. Put five clothespins in the jar. On signal, the first player in each team runs to the collection, puts on the gloves, empties the jar, picks up the pins, puts them back into the jar, screws on the lid, lays down the gloves, and runs back to tag the next player.

### CUBMASTER'S MINUTE: HELPING OTHERS

This is a time of year when we can do good deeds and help others. We can share our works of art to brighten the lives of those who may be less fortunate or not feeling well. During this time of giving and sharing, do your best to help others and continue to do so in all the months that follow.

### CLOSING CEREMONY: DO YOUR BEST

*Personnel:* Seven Cub Scouts onstage, three holding signs: *DO, YOUR, BEST*

CUB SCOUT 1: DO unto others as they should do unto you.

CUB SCOUT 2: That's called the Golden Rule.

CUB SCOUT 3: Cub Scouts of gold and blue ...

CUB SCOUT 4: The Law of the Pack is YOUR special tool.

CUB SCOUT 5: The BEST way we know to celebrate the season ...

CUB SCOUT 6: Is in giving your best to others.

CUB SCOUT 7: And now we wish you, for that reason ...

ALL: A happy holiday season!



## REFRESHMENTS: COOKIE ART

*Ingredients:* Holiday-shaped sugar cookies, frosting, sprinkles, assorted candies

Pack members create their own works of art as they decorate sugar cookies.

Get special  
100th Anniversary  
Program Helps at  
[www.Scouting.org/100years](http://www.Scouting.org/100years)



## December Pack Program Page: Works of Art

### ACADEMICS AND SPORTS PROGRAM

#### Cub Scout Academics

**Art.** Encourage boys to explore their artistic abilities using various media. As the boys learn about works of art, encourage them to earn the Art belt loop and pin.

**Music.** This is a good month to earn the Music belt loop and pin. The holiday season wouldn't be the same without music, an important art form.

#### Cub Scout Sports

**Ice Skating.** Ice skating is a fun way to get moving and to get some much-needed exercise in the winter. How about earning the Ice Skating belt loop and pin?

### DID YOU KNOW?

#### Your District Executive

Your district executive may be the person you recognize from the monthly Cub Scout leader roundtable, the one who provides the fliers that you distribute for recruitment events. This individual is your paid professional. He or she has attended training events to identify the best resources available to help you in your Scouting activities and needs. The "DE" also provides a link to community groups and the chartered organization. The next time you see your district executive, say "thank you" for being your partner. The best interest of boys is your common goal.

### GOOD TURN FOR AMERICA

The pack meeting will give boys, siblings, and families the opportunity to help provide a warm greeting or gift to many individuals. Deliver the cards, ornaments, gifts, and food donations from the pack meeting gathering activity to the homes or shelters that the pack chose. Boys can then sing carols to the recipients and help to make a happy holiday for all.

### BSA RESOURCES HIGHLIGHT

**Pack Record Book (No. 33819).** This book will be a help to pack treasurers and all who are concerned with record keeping for the pack. Along with a concern for following BSA guidelines and policies, attention to the details of receipt keeping, accurate records, and conscientious control of pack finances will help provide a solid pack program for Cub Scout families.

### PACK LEADERS' PLANNING MEETING

Pack leaders meet a week or two before the December pack meeting to check final details and prepare for January's meeting.

- Outline the den contributions to the pack meeting. Leaders report what their boys will do so den efforts won't be duplicated.
- Next month's theme is Power Up! January is the pinewood derby month. Be sure the needed committees and volunteers are in place. If any position needs filling, explain that job at the pack meeting and invite a pack member to fill the void.
- The blue and gold banquet committee reports on the plans for this important event.
- The pack trainer conducts Unit Leadership Enhancement No. 1, Advancement. Explain that advancement for boys is more than badges; it is accomplishment. Counsel leaders who have boys who are not advancing and reach general agreement on numbers of advancements that will likely be completed by the blue and gold banquet in February. Choose a topic for next month.

### LOOKING AHEAD

The 100th Anniversary of the Boy Scouts of America happens in February. Verify your local council's plans for this occasion. Plan the pack's participation.

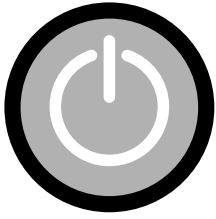
For Webelos Scouts who are close to earning the Arrow of Light Award, be sure opportunities are available for these boys to complete specific requirements.

### PACK TRAINER HIGHLIGHTS

Ensure that all the leaders have completed training for their current position. Prepare a pack training record sheet that notes the dates a leader completes Fast Start, Position-Specific Leader Training, pow wow or University of Scouting, Youth Protection training, BALOO and/or Outdoor Leader Skills for Webelos Leaders, Wood Badge, and trainer development conference. Encourage all leaders to attend your local Cub Scout leader roundtable. Invite a leader to attend with you and show them the value in this monthly activity. Have dates, times, and locations of local district training opportunities.

### WORLD FRIENDSHIP FUND

Briefly explain the purpose of the BSA's World Friendship Fund and distribute copies of the World Friendship Fund brochure (No. 22-159). Encourage the leaders to conduct a collection for the fund at the December pack meeting. For more information, contact the International Department at the BSA national office, 1325 West Walnut Hill Lane, P.O. Box 152079, Irving, Texas 75015-2079.



Boys explore the science of energy through solar, electrical, and wind power and how this energy is used in everyday life. They can explore different ways to conserve energy and protect the world we live in. Work on the Science or Weather belt loop and pin. Boys can invite friends to join in the pinewood derby and discover the power behind those little cars. What types of things are powered up by the flip of a switch? A field trip to the local waterworks or power plant might be part of the den's monthly plan. Finish the month with a real power-packed pack meeting. The boys can power up by being physically fit and working on the Physical Fitness belt loop and pin.



## Pack Planning

The January pack meeting features the pinewood derby, a highlight of the program year for most packs. The pack leaders will want to make sure the derby is well run and all the boys and parents have a good time. This month's pack meeting emphasizes individual workmanship and parental involvement in encouraging individual achievement.

Appoint the following committees:

**Decorations Committee.** Decorate the room with racing pennants and checkered flags.

**Welcoming Committee.** Welcome families and direct them to the derby car registration area.

**Pinewood Derby Committee.** Running the pinewood derby involves track setup, registration, judges, timekeepers, and scorers.

**Awards Committee.** Ensure that all rank advancements and other awards have been picked up and are ready to be presented.

**Refreshments Committee.** Purchase or make Power Bars (page 26).

**Some of the purposes of Cub Scouting developed through this month's theme include:**

**Family Understanding.** Cub Scouts and their families develop communications skills as they work together on their pinewood derby cars.

**Sportsmanship.** With the competitive environment of a pinewood derby, boys should strive to demonstrate good sportsmanship at all times.

**This theme is designed to promote character development by emphasizing these core values:**

**Responsibility.** Cub Scouts learn that everyone should share in the responsibility of conserving energy.

**Compassion.** The boys will learn compassion for all the pinewood derby participants, winners and losers alike.



## Membership Moment

The pinewood derby would be a great time to invite new boys to join Scouting and join in the fun that happens this month. Set up a display of derby cars in a local library with joining information available.



## Pack Meeting

### BEFORE THE MEETING

Committee members who are helping set up the pinewood derby track should arrive well in advance. Tables are needed for weighing in and inspecting the derby cars, and for organizing the event during the derby. Additional tables will be needed for the dens to display their projects. Hang plenty of banners and racing posters. Rope off an area near the track for cars to be placed once they have been checked in and registered. The refreshments committee prepares an area to serve Power Bars (page 26).

### GATHERING

As parents arrive, direct them to the weigh-in tables for the derby cars and to the den tables where den projects are displayed. After boys have registered their cars, have them do the Spell an Energy Word gathering activity (page 25). Judges begin their work during the gathering period. Every boy is a winner. Be sure to give every boy an award for participating.

### MAIN PART OF THE MEETING

#### Opening

A preselected den performs the Power of Scouting opening ceremony (page 25). Or choose a different ceremony from *Cub Scout Ceremonies for Dens and Packs*.

#### Prayer

A preselected Cub Scout gives the Power Up prayer (page 25).

#### Icebreaker

Do the Zip! Zap! activity (page 25).

#### Welcome and Introductions

The Cubmaster welcomes everyone to the pack meeting. Introduce and thank those who are helping with the different parts of the pinewood derby race. Now, let's get started. Gentlemen, prepare to start your engines!

#### Song

The pack song leader leads "Pinewood Derby Time" (page 25).

## Den Demonstrations

Dens demonstrate the Power Up! projects or activities they have brought to share.

## Pinewood Derby

Start the racing of the pinewood derby cars on the preset track. Throughout the derby, emphasize that everyone is a winner. Run the race in a predetermined order and promptly recognize the winners.

## Game

Play Electric Squeeze (page 26).

## Recognition

Conduct the Racetrack advancement ceremony (page 26) or select a different recognition ceremony from *Cub Scout Ceremonies for Dens and Packs*.

## Announcements

Highlight items from the pack newsletter. Briefly remind families about upcoming dates or deadlines and refer the pack members to the information in the newsletter. A member of the blue and gold committee goes over the banquet details: date, time, place, and banquet/dining procedures decided upon.

## Cubmaster's Minute

The Cubmaster shares You Have the Power (page 26).

## Closing

Use The Elements of Scouting (page 26) or choose a different closing ceremony from *Cub Scout Ceremonies for Dens and Packs*.



## Cubmaster Corner

### Parent Pins

Show your pride in your son's advancement in Cub Scouts with a parent pin to match his earned rank. Boys receive their rank recognition in the form of a cloth badge, and parents are presented a parent pin during the advancement ceremony. After a few years, each parent will have accumulated a collection. Parents can wear the pins on a parents-pride ribbon. This special ribbon allows parents to keep adding rank-advancement pin recognitions, beginning with Bobcat. It's a family memory that starts today and continues through the highest Boy Scout rank possible.



## Ceremonies, Games, Songs, Stunts

### GATHERING ACTIVITY:

#### SPELL AN ENERGY WORD

Unscramble the letters to spell energy words.

- |                |             |
|----------------|-------------|
| 1. DIWN        | WIND        |
| 2. NSU         | SUN         |
| 3. LOI         | OIL         |
| 4. TERCIELYITC | ELECTRICITY |
| 5. GEYRNE      | ENERGY      |
| 6. LOSRA       | SOLAR       |
| 7. TNARLAU SGA | NATURAL GAS |
| 8. OEPWR       | POWER       |

### OPENING CEREMONY: POWER OF SCOUTING

NARRATOR: Our theme for the month is "Power Up!" We use different types of power each day of our lives. There is solar power (*a Cub Scout walks through carrying a cardboard sun*). There is electrical power (*a Cub Scout carries an extension cord and another one carries an electrical gadget*). There is wind power (*several Cub Scouts blow on pinwheels or sway like they are blowing in the wind*). But there is one other source of power that is often untapped, and that is ... (*entire den runs to the front and yells*). "CUB SCOUT POWER!"

### PRAYER: POWER UP

A preselected Cub Scout comes forward. After asking the pack members to prepare for prayer, he shares these words: "Dear God, thank you that we are all here to enjoy each other and the pinewood derby tonight. Help us to be kind to everyone and remember that the real power is when we do our best. Amen."

### ICEBREAKER: ZIP! ZAP!

Form a circle with the leader in the center. When the leader points to someone and says, "Zip!" the player must give the name of the person on his/her right before the leader counts to 10. If the leader says, "Zap!" the player must name the person on his/her left. When anyone gives the wrong name or cannot answer quickly, the play moves to the next player who can answer.

### SONG: PINEWOOD DERBY TIME

*Tune: "Farmer in the Dell"*

It's pinewood derby time.  
It's pinewood derby time.  
Good for me and good for you,  
It's pinewood derby time.

The pinewood cars are here.  
The pinewood cars are here.  
Mom and dad and grandma, too,  
Will root for me and you.

The track is mighty fast.  
The track is mighty fast.  
Some are first and some are not,  
And one it will be last.

We all will do our best.

We all will do our best.

That's what Cub Scouts always do:  
It puts us to the test.

We're having lots of fun.

The pinewood race is run.

Now we all will celebrate,  
'Cause derby time is done!

### ADVANCEMENT CEREMONY: RACETRACK

*Personnel:* Cubmaster, den chief

*Equipment:* Racetrack with cutouts of racing cars; green, blue, white, and black-and-white checkered flags

CUBMASTER: Tonight we will honor our race-car drivers who have advanced in their Cub Scout rank. An announcer starts a race by telling the drivers: "Gentlemen, start your engines." We have several boys who have started their engines and earned the Bobcat rank. Will the boys who have earned their Bobcat rank please come forward? (*Den chief places cars on the track representing each boy who has earned the Bobcat badge.*)

The first step in any race is to establish a qualifying time. Tonight we have some new Tiger Cubs who have qualified as drivers on the Cub Scout track. Those boys who have qualified as Tiger Cubs, please come forward. (*Place cars on the track representing each boy who has earned the Tiger Cub badge.*)

The green flag symbolizes those drivers who have qualified for a Wolf Cub Scout position on our advancement track. (*Have boys come forward, and place cars as above.*)

A blue flag informs the drivers that faster cars are approaching and the drivers should allow those cars to pass. The boys who are receiving their Bear badges are driving fast, so watch out for them! (*Have boys come forward, and place cars on the track.*)

The white flag is waved when only one lap is left. The boys who are receiving the Webelos badge, please come forward. Congratulations! You are on your last lap! (*Place cars on the track.*)

The checkered flag announces the end of the race. It shows that the driver has reached the goal. Will the following boys come forward for our highest track award, the Arrow of Light. (*Place cars on the track.*)

Victory Lane, also known as the winner's circle, is the spot on each racetrack's infield where the race winner parks the winning car and enjoys his victory celebration. Let's cheer the boys in our pack who have all made it to Victory Lane!

### **ADVANCEMENT CEREMONY: DERBY CARS**

Have extra pinewood derby cars in colors that correlate to the Cub Scout ranks (light blue—Bobcat, orange—Tiger Cub, red—Wolf, aqua—Bear, dark blue—Webelos, yellow—Arrow of Light). Attach the rank cards and advancement badges to each corresponding car. *To present:* The Cubmaster holds up each derby car, describes the color, and takes the advancement badges and cards off the car.

### **GAMES**

#### **Electric Squeeze**

Cub Scouts hold hands in a circle, with "It" in the center. One player starts the "shock" by squeezing the hand of one of the Cub Scouts next to him. That player passes it on. The shock may move in either direction. "It" watches the players' faces and hands, trying to spot the shock's location. When he guesses correctly, the player caught becomes "It."

#### **Electricity Rescue Tag**

This is a modified freeze-tag game. When a Cub Scout is tagged by "It," he must freeze in place. "It" tries to tag and freeze all of the players.

To unfreeze a frozen player, another player must "complete the circuit" by touching him. Then that player is free to run again.

### **CLOSING: POWER OF IDEALS**

The Cubmaster introduces the den to perform this closing and emphasizes that there is great power in things other than electricity or water: there is great power in people. Cub Scouts hold up cards with slogans as they read their lines.

CUB SCOUT 1: **Do your best** in everything you do on life's way.

CUB SCOUT 2: **Always be friendly** to brighten another's day.

CUB SCOUT 3: **Give away your smiles**, for it is rewarding indeed.

CUB SCOUT 4: **Be prepared** to help others in their daily need.

CUB SCOUT 5: **Be honest and sincere** toward others you meet.

CUB SCOUT 6: **Be loyal and true**, a most commendable feat.

CUB SCOUT 7: **Count your blessings**, being thankful each day for life's wonderful opportunities that come your way.

CUB SCOUT 8: **Good night** to each and every one of you. May these thoughts stay with you, your whole life through.

### **CUBMASTER'S MINUTE: YOU HAVE THE POWER**

Cub Scouts, you have learned about power this month. You also need to remember that you have the power.

You have the power. You are the future of our community, of our state, of our country.

You have the power. You are the future teachers, you are the future doctors, you are the future senators.

You have the power. You will build the homes of the future. You will build the world of the future.

As we close our meeting tonight, let's recommit ourselves to live by the Cub Scout motto: *Do Your Best*. Now let's all join together and repeat the Cub Scout Promise (*repeat*).

Cub Scouts, remember as we move into the next hundred years of Scouting in America, you have the power.

### **CLOSING CEREMONY: THE ELEMENTS OF SCOUTING**

Ahead of time, prepare a picture (large enough to be easily seen) with a boy on one side and a man on the other. Make strips of paper with one "element" per strip and tape or adhesive on the back. Begin by showing the picture of the boy and saying, "It takes all the elements of Scouting . . ." Then list the following elements as you attach each to the picture until the boy's image is covered:

FUN  
FIELD TRIPS  
CITIZENSHIP  
LEARNING TO FOLLOW DIRECTIONS  
OUTDOOR EXPERIENCES  
PRIDE IN UNIFORM  
PHYSICAL FITNESS  
MEMBERSHIP IN A GROUP  
MORAL FITNESS  
PARENTAL SUPPORT  
SOCIAL DEVELOPMENT  
ADULT LEADERSHIP

Say: "It takes all the elements of Scouting to turn a boy into a responsible adult." Turn the picture, covered with the elements, around so that the picture of the man is now seen. Then say: "Thank you all for your support and participation in our Scouting program. As we celebrate the 100th Anniversary of the Boy Scouts of America next month, we have many things to be grateful for. Thank you for your continued support of our pack."

### **APPLAUSES**

**Power Up Applause.** Start in a crouched position and slowly move to a standing position. While moving upright, shout "Power!" When reaching a standing position, shout "Up!" and then jump into the air.

**Light Bulb Applause.** Pretend you are screwing in a light bulb. Say "bright, bright, bright."

### **REFRESHMENTS: POWER BARS**

*Ingredients:*  $\frac{3}{4}$  cup butter,  $\frac{1}{3}$  cup brown sugar, 1 teaspoon vanilla extract,  $\frac{1}{4}$  cup all-purpose flour, 5 cups unsweetened granola

Melt butter in pan. Add brown sugar, vanilla, and flour; mix well. Stir in granola. Spoon into greased 9-inch square baking dish and press flat. Bake at 375 degrees for about 15 to 20 minutes until top is golden brown. Let cool, and cut into bars.

## January Pack Program Page: Power Up!

### ACADEMICS AND SPORTS PROGRAM

#### Cub Scout Academics

**Science.** Boys have an opportunity to use the scientific method when they earn the Science belt loop. They will enjoy making an electric motor and using simple machines as they earn the Science pin.

**Weather.** Boys will learn how weather affects our everyday lives and the importance of conserving resources. This is a good time for boys to earn the Weather belt loop and pin.

#### Cub Scout Sports

**Volleyball.** Did you know one of the positions in volleyball is the outside hitter (also known as the power hitter)? Boys will have fun learning to play the game, and they will be able to earn the Volleyball belt loop and pin.

### DID YOU KNOW?

#### Unit Commissioners

A unit commissioner is a volunteer Scouter who works with the pack to help it successfully deliver a quality program. He or she can help with uniform inspections, assist with the pack's annual charter renewal, and help the pack earn the Centennial Quality Unit Award. This person can also offer suggestions for solving problems. A unit commissioner is a friend. Pack leaders should get to know him or her. If your pack does not have a unit commissioner, talk to your district executive, the district commissioner, or the district chair about getting one.

### GOOD TURN FOR AMERICA

In much of the United States, January is colder—often much colder—than other months. To help people in need, boys can coordinate a warm-clothing drive. Collect all sizes of coats, mittens, gloves, scarves, and headgear. Donate to a local clothing bank or organization that serves homeless individuals and distributes these types of items.

### BSA RESOURCES HIGHLIGHT

**Cub Scout Leader Roundtable.** Once a month, your local district has a place for you to meet other leaders, find out about training opportunities, see the next month's Cub Scout program in action, and have a fun evening learning from and sharing with other adults interested in presenting an effective Cub Scouting program for boys. Check your local district calendar or call your council service center for the date, time, and location of your district Cub Scout leader roundtable.

### PACK LEADERS' PLANNING MEETING

The pack leaders meet one or two weeks before the pack meeting to check final details for the pinewood derby (January) and progress on the banquet (February).

- The leaders organize derby judges, timekeepers, scorers, and others from among the pack parents. Secure awards in advance. Check Scout shops or local council service centers for derby trophies, medals, and ribbons. The *Cub Scout Leader How-To Book* section on special pack activities provides a helpful checklist so no detail is overlooked.
- The blue and gold banquet committee reports on site confirmation and food-service plans. Invitations for special guests, the chartered organization representative, and school officials for the schools that serve the pack's youth should be sent several weeks ahead of the event.
- Conduct the Unit Leadership Enhancement that best meets your pack's needs. See the *Cub Scout Leader Book* for detailed outlines. Choose a topic for next month.

### LOOKING AHEAD

February and March are filled with ceremonies. Many boys are reaching their advancement goals, and Webelos Scouts earn the Arrow of Light Award and cross over into Boy Scouting. Review needs for ceremonial props to create the best memories for your Cub Scouts. These may be props that your pack owns, or you may borrow from another pack. Verify with Webelos den leaders that all activities needing to be done with local Boy Scout troops have been completed.

### PACK TRAINER HIGHLIGHTS

Review upcoming training opportunities. Review the progress of each leader toward completing the requirements (including tenure, training, and activities) for his or her adult leader recognition award. Advise individuals who need to complete specific activities. Find out when the next BALOO training will be offered. Ensure that the leader giving leadership to the next pack overnight outing has completed or has plans to complete this training.

### DERBY TIME

The pinewood derby, raingutter regatta, rocket derby, and more are special events in Cub Scouting. Families may feel pressure in the competition of preparing the best car possible. Remind parents that this is a project for each boy to complete with parental assistance if needed. Boys should prepare their entry with the Cub Scout motto in mind: *Do Your Best*.



# NOVEMBER 2009

## TIGER CUB DEN MEETINGS

Each Tiger Cub and his adult partner should attend all meetings as a team. Dens may meet in the evening or on weekends.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
<p>The Tiger Cub den leader shares leadership with a Tiger Cub adult partner. This team should review plans before each meeting and check the equipment needed.</p>				
<b>BEFORE THE MEETING STARTS</b>	Have a U.S. flag and materials for Flag Neckerchief Slides.	Have a U.S. flag; have beads and materials for Beaded Key Rings.	Call the Go See It destination to confirm arrangements, times, fees, etc.	Host team writes a thank-you note to the destination of last week's Go See It.
<p>Den leader may collect dues. Den leader checks boys' books for completed advancement requirements and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.</p>				
<b>GATHERING</b>	Start the meeting outdoors and play the Cub Scout Salute game.	Play Hot Potato ( <i>Cub Scout Leader How-To Book</i> ).	<p>Take a Go See It to a police station (<b>Achievement 2G</b>)</p> <p>OR</p> <p>Take a Go See It to a fire station (<b>Achievement 2G</b>).</p> <p>At the end of the trip, lead a reflecting discussion with boys and adult partners about their outing.</p> <p>A Tiger Cub Immediate Recognition bead may be presented for participation and completion of <b>Achievement 2G</b>.</p>	<p>Participate in the monthly pack meeting by sharing the Tiger Cub song and wearing the Flag neckerchief slides. Also share information about the den's Go See It.</p> <p>Tiger Cubs and adult partners sign the thank-you note.</p>
<b>OPENING</b>	Conduct the Salute All opening ceremony.	Say the Pledge of Allegiance and conduct a flag ceremony ( <b>Achievement 2D</b> ).		
<b>SHARE</b>	Den leader explains the Cub Scout Salute theme and how the den will practice citizenship skills.	Play the Hero game. Lead the Character Connection for Respect.		
<b>DISCOVER</b>	Make a flag neckerchief slide.	Make a beaded key ring in red, white, and blue.		
<b>SEARCH</b>	Decide on a destination for this month's Go See It.	Finalize plans for the Go See It next week. Discuss expectations for appropriate behavior from the Tiger Cubs.		
<b>CLOSING</b>	Boys form a circle and say the Cub Scout Promise.	Sing "I've Got That Tiger Cub Spirit" ( <b>Elective 6</b> ).		
<p>This week's shared leadership team reviews the meeting. The den leader should meet briefly with the Tiger Cub and adult partner who will share leadership at the next den meeting.</p>				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with local council service center for Go See It outing.	Talk to the Tiger Cub team in charge of the next month. Offer resources or ideas as needed.	Den leader fills out Den Advancement Report for the pack leaders' meeting.	Den leader mails thank-you note.
<p>ADULT PARTNER RECORDS ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE TIGER CUB'S HANDBOOK.</p>				

## Advancement possibilities highlighted this month: *Achievements 2D, 2G; Electives 6, 35*

What is a hero? Who can be a hero? Anyone can be a hero, and Cub Scouts can explore this aspect of the world around them. Saluting the flag, their adult partner, and each other will give the boys practice in showing respect for others. A special outing to a police or fire station will bring Tiger Cubs face-to-face with heroes in their community. In the future, one of these boys may elect to pursue the dream of being a firefighter or police officer. Heroes also value and show respect for their country. Tiger Cubs learn that the flag represents our country, and they learn the importance of respecting the flag. Making a Flag Neckerchief Slide or Beaded Key ring helps bring that aspect of the Cub Scouting home for each boy in the den.

### OPENING CEREMONY: SALUTE ALL

#### (Achievement 2D)

*Equipment:* U.S. flag

Adult partners march in a line and form a straight line in front of the U.S. flag. Tiger Cubs follow in a straight line, and then form their line across from the line of adults. Start at one end: The Tiger Cub salutes his adult partner and then the flag. The adult partner salutes him back. The next boy in line repeats the action. When all boys have saluted their adult partners, the den leader announces: "Our Cub Scout Salute is just beginning. Please join me in saluting our flag and our country as we say the Pledge of Allegiance together."

### GAMES

#### Hero Game

*Materials:* Box; cards with titles of various occupations

Put occupation cards in the box. Each boy reaches into the box and picks out a card. He then tells the group why he thinks that person is a hero. *Suggested occupations:* police officer, firefighter, doctor, soldier, teacher, crossing guard, nurse, environmental officer

#### Cub Scout Salute

#### (Elective 35)

Outdoors, set up two parallel lines with 8 feet of open space between. One boy is Steve Scout and stands in the center of the playing area (in the open area between the lines). All others line up next to each other on one of the parallel lines. The object of the game is to cross to the opposite line without being tagged.

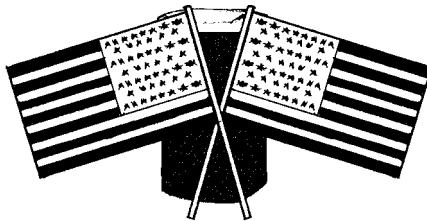
To start the game, Steve Scout gives the Cub Scout salute to the line of boys; they salute back. Then Steve Scout asks, "What's the Cub Scout motto?" Boys in line answer, "Do Your Best," and immediately run across the open space to the other side. Steve Scout tries to tag

the boys as they cross. Those who are tagged are now also Steve Scouts.

In the next round, all of the tagged Tiger Cubs tag the remaining players as they run across the open area. The last one tagged becomes Steve Scout for the next game.

#### FLAG NECKERCHIEF SLIDE

*Materials:* For each boy, use two paper flags on toothpicks (sold at party supply stores); 1-inch length of ½-inch PVC pipe



Glue the two U.S. flags crossing each other on the outside of the PVC-pipe slide ring.

#### CHARACTER CONNECTION: RESPECT

**LEADER:** Tiger Cubs, we just played the Hero game. How do you feel about these heroes? Do you have respect for them and what they do? Do you know what "respect" means? How do you show respect for people like your parents, your teacher, or your church leader? Let's think of ways we can practice showing respect for other people.

#### SONG: CUB SCOUT HEROES

*Tune:* "Yankee Doodle"

We have learned of many heroes,

We are going to shout it:

Cub Scouts want to be like them,

And don't you ever doubt it!

Heroes and the Cub Scouts, too,

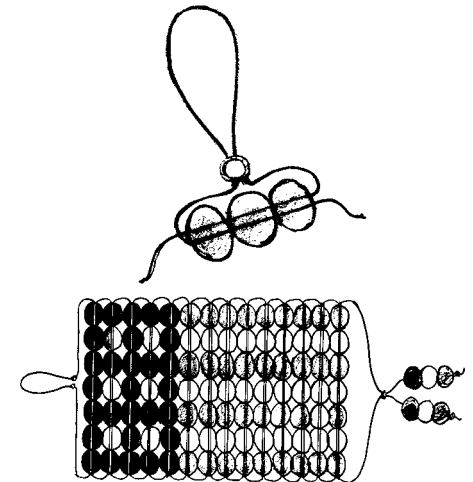
Both promise they will live right.

When they do the things they should,

They'll help to make the day bright.

#### BEADED KEY RING

*Materials:* For each boy: 31 blue, 29 white, and 38 red beads; 2 yards satin cording; one lanyard hook



This is a good activity for the Tiger Cub and his adult partner to do together. As shown in the pattern, fold the cording in half and run the loop through the bottom of the lanyard hook. Tie a knot. Arrange each row of beads as shown. Bring each end of the cording through the row of beads (go in from the left and out on the right, and vice versa). Continue through each row of beads. Tie off when you reach the end of the flag pattern. At the end of the trailing length of cording, add the last three beads and tie off, bringing the end in through the last bead and back out.



## TIGER CUB DEN MEETINGS

Each Tiger Cub and his adult partner should attend all meetings as a team. Dens may meet in the evening or on weekends.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
<p>The Tiger Cub den leader shares leadership with a Tiger Cub adult partner. This team should review plans before each meeting and check the equipment needed.</p>				
<b>BEFORE THE MEETING STARTS</b>	Have red, blue, and yellow paints for Color Mixing. Have paper and markers for Modern Art Portraits. Have U.S. flag.	Have U.S. flag. Prepare cards for the Color Game and the Statue Maker game. Prepare coat hangers for Work of Art Mobile.	Call the Go See It destination to confirm arrangements, times, fees, etc.	Host team writes a thank-you note to the destination of last week's Go See It.
<p>Den leader may collect dues. Den leader checks boys' books for completed advancement requirements and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.</p>				
<b>GATHERING</b>	Tiger Cubs and partners play Modern Art Portraits.	Play the Color Game. Gather the toys or clothing from the boys for their chosen drive <b>(Elective 11)</b> .	<p>Take a Go See It to a museum <b>(Achievement 1G)</b></p> <p>OR</p> <p>Take a Go See It to a library <b>(Achievement 1G)</b>.</p> <p>At the end of the trip, lead a reflecting discussion with boys and adult partners about their outing.</p> <p>A Tiger Cub Immediate Recognition bead may be presented for participation and completion of <b>Achievement 1G</b> and for <b>Achievement 1F</b> if Tiger Cub and partner did a chore together at home.</p>	<p>Participate in the monthly pack meeting by sharing paintings Tiger Cubs painted and information about the den's Go See It.</p> <p>Boys may also choose to tell about their toy or clothing drive or sing a song.</p> <p>Tiger Cubs and adult partners sign the thank-you note.</p>
<b>OPENING</b>	Gather around the flag for the Pledge of Allegiance; say the Cub Scout motto.	Sing a holiday song or two. Tiger Cubs select the songs they would like to sing.		
<b>SHARE</b>	Tiger Cubs share how their families celebrate the winter holidays <b>(Elective 1)</b> .	Tiger Cubs and partners share photos and items they brought from home.		
<b>DISCOVER</b>	Do the Color Mixing activity and paint a picture. Play "Tell It Like It Isn't" <b>(Achievement 4D)</b> .	Make Work of Art Mobile <b>(Elective 5)</b> . Play Statue Maker.		
<b>SEARCH</b>	Discuss the Go See It to an art museum or other location where works of art may be viewed. Make plans for a toy or clothing drive; collect items at next meeting <b>(Elective 11)</b> . Remind families to bring to the next meeting items or pictures for Work of Art Mobile.	Discuss the code of conduct that boys will need to follow during the museum visit next week. Share all information on location, costs, time, driving directions, etc. Remind Tiger Cubs to do a chore with a family member at home <b>(Achievement 1F)</b> .		
<b>CLOSING</b>	Sing "Do Your Best."	Do the Living Circle closing. Shout the Cub Scout motto.		
<p>This week's shared leadership team reviews the meeting. The den leader should meet briefly with the Tiger Cub and adult partner who will share leadership at the next den meeting.</p>				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with local council service center for Go See It outing.	Talk to Tiger Cub team in charge of the next month. Offer resources or ideas as needed.	Den leader fills out Den Advancement Report for the pack leaders' meeting.	Den leader mails thank-you note.

ADULT PARTNER RECORDS ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE TIGER CUB'S HANDBOOK.



**Advancement possibilities highlighted this month: *Achievements 1F, 1G, 4D; Electives 1, 5, 11, 15***

What better way to celebrate the giving and caring of this holiday season than by collecting toys or clothing to share with others who are not as fortunate as the boys in this Tiger Cub den? Explain to boys that this is a real work of art—their caring and generosity toward others. Tie this activity in with the Go See It and drop off the donations at your preselected charity while en route to the museum, if possible. During the second week, the Tiger Cubs will be asked to sing a holiday song.

**COLOR MIXING**

**(Elective 15)**

*Materials:* Red, blue, and yellow paint (optionally white); paper plates or small bowls; paintbrushes; toothpicks; paper

Give each boy a paper plate to use as a palette. Start by squirting approximately ½ teaspoon of the three primary colors (red, blue, yellow). Suggest that boys move a dot of the paint to the side and mix with another dot of paint of a different color. Share the name of the resulting color (red + blue = purple; red + yellow = orange; yellow + blue = green; etc.). Explain that these are called secondary colors. Continue until all secondary colors are created. To add creativity, add white paint and watch as boys discover that red + white = pink, etc.

After mixing colors, give each boy a large piece of paper and a paintbrush. Boys paint a picture using the colors they have created.

**GAMES**

**Color Game**

*Materials:* For each boy, prepare a set of cards with the primary colors—one red card, one yellow, one blue.

Boys place cards in front of them, face up. The den leader says one of the secondary colors (e.g., green) and the boys lift up the two cards with the two colors that are used to make that color. Next, the den leader may say “red,” and the boys lift up the card with the color red. This could also be done as a team game with the first boy in line giving the response.

**Statue Maker**

*Materials:* Cards describing possible statue poses such as “Tiger About to Leap,” “Tiger Roaring,” or “Tiger Snarling”

Each Tiger Cub team chooses a card. The boy positions the adult partner into the pose on the card; the den tries to guess what it is.

**Five Dots**

*Materials:* Paper and markers

Give each Tiger Cub a piece of paper and tell him to place five dots on it wherever he wants. He then gives the paper to his adult partner, who tries to make a drawing of a person with the head at one dot, the hands at two dots, and the feet at the two remaining dots. Next, try the activity in reverse—the adult partner draws the first five dots. Follow by trying the activity with different subjects (house, cat, car, etc.).

**MODERN ART PORTRAITS**

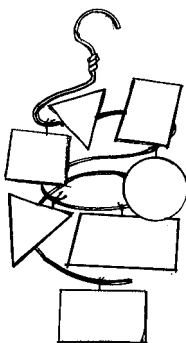
*Materials:* Copy paper, markers

Fold paper in half lengthwise. Boy draws half a face on one side—one eye, half a nose, and half a mouth, ending on the fold. Turn the paper over. Adult partner draws half a face on the other side, trying to match nose, mouth, and eye with the half-face on unseen boy’s side. Unfold the paper to see a Picasso-like portrait.

**WORK OF ART MOBILE**

**(Elective 5)**

*Materials:* Wire coat hanger, pliers, thread, tape, family pictures or items or drawings of items symbolizing Tiger Cub’s family, colored paper cut into various geometric shapes



Adult partners use pliers to open up and straighten a coat hanger, then twist into the desired shape such as a spiral, a circle, or a line. Boys glue family pictures or items onto colored paper shapes, then attach the shapes to the mobile with tape, thread, or clear fishing

line. The hook at the top lets the mobile hang from a hardware hook in the ceiling.

Hint: If using thread, secure to the wire with small pieces of clear tape so the threads don’t slide down the length of the hanger.

**SONG: DO YOUR BEST**

*Tune:* “Jingle Bells”

Do your best, do your best,  
In everything you do.  
Keep the Promise and the Law;  
Be a Cub Scout true.  
Do your best, do your best,  
Be a loyal Scout.  
Do your duty to your God  
And help your country out.

**SKIT: DRAWING**

*Equipment:* Drawing pad on an easel

Setup: One boy is drawing on the pad. Other boys come in one at a time and watch and make comments.

TIGER CUB 1: What are you doing?

TIGER CUB 2: Drawing.

TIGER CUB 3: What are you doing?

TIGER CUB 2: Drawing.

TIGER CUB 4: What are you doing?

TIGER CUB 2: Drawing.

(Continue with each Tiger Cub having a part.)

LAST TIGER CUB: What are you drawing?

TIGER CUB 2: A crowd of onlookers!

**CLOSING: LIVING CIRCLE**

Tiger Cubs and adult partners form a close circle, placing left hands into the center of the circle. Each thumb in the circle is pointed to the right, and each person grasps the thumb of the person on his or her left. The right hand goes straight up in the Cub Scout salute. Shout the Cub Scout motto.



## TIGER CUB DEN MEETINGS

Each Tiger Cub and his adult partner should attend all meetings as a team. Dens may meet in the evening or on weekends.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
<p>The Tiger Cub den leader shares leadership with a Tiger Cub adult partner. This team should review plans before each meeting and check the equipment needed.</p>				
<b>BEFORE THE MEETING STARTS</b>	Collect food pictures from newspapers and magazines. Have props for PSA skit.	Gather materials needed for the Physical Fitness Challenge activities, MyPyramid kites, and snack items. Have U.S. flag.	Call the Go See It destination to confirm arrangements, times, fees, etc.	Host team writes a thank-you note to the destination of last week's Go See It.
<p>Den leader may collect dues. Den leader checks boys' books for completed advancement requirements and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.</p>				
<b>GATHERING</b>	Cut out pictures for the MyPyramid poster.	Do the Physical Fitness Challenge activities.	<p>Take a Go See It to see a game <b>(Achievement 3G)</b></p> <p>OR</p> <p>Take a Go See It to a sporting event.</p> <p>At the end of the trip, lead a reflecting discussion with boys and adult partners about their outing.</p> <p>A Tiger Cub Immediate Recognition bead may be presented for participation and completion of <b>Achievement 3G.</b></p>	<p>Participate in the monthly pack meeting by sharing the MyPyramid public service announcement and kites, and information about the den's Go See It.</p> <p>Tiger Cubs and adult partners sign the thank-you note.</p>
<b>OPENING</b>	Recite the Pledge of Allegiance and the Cub Scout Promise.	Tiger Cubs practice the public service announcement (PSA) that they wrote last week <b>(Elective 20)</b> .		
<b>SHARE</b>	Introduce the MyPyramid concept and use the foods to be mixed for snacks to demonstrate some foods in the different groups. Make the MyPyramid poster <b>(Achievement 3D)</b> .	Tiger Cubs talk about what they ate for breakfast and lunch today. They should try to tell what food groups the foods they ate were in. Talk about what physical activity they did today.		
<b>DISCOVER</b>	Create the MyPyramid poster and enjoy with milk. While eating, help the Tiger Cubs write a public service announcement <b>(Elective 20)</b> . Assign parts and practice.	Make and fly MyPyramid inside kites.		
<b>SEARCH</b>	Talk about a Go See It to a game or sporting event.	Finalize plans for the Go See It and learn the rules of the game or sport.		
<b>CLOSING</b>	Say the Law of the Pack. Then say the Cub Scout motto three times. Each time, get louder and end with "I will do my best."	Close the meeting with Tiger Cubs shouting, "Tiger Cubs do their best." Add a roar!		
<p>This week's shared leadership team reviews the meeting. The den leader should meet briefly with the Tiger Cub and adult partner who will share leadership at the next den meeting.</p>				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with local council service center for Go See It outing.	Talk to Tiger Cub team in charge of the next month. Offer resources or ideas as needed.	Den leader fills out Den Advancement Report for the pack leaders' meeting.	Den leader mails thank-you note.
<p>ADULT PARTNER RECORDS ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE TIGER CUB'S HANDBOOK.</p>				

**Advancement possibilities highlighted this month: *Achievements 3D, 3G; Elective 20 (when boys create an original skit)***

Tiger Cubs will explore how eating the correct foods and getting enough physical activity will help them to power up. The boys will learn what types of foods they should eat and how much activity they need. They will participate in fun physical activities and make a kite they can fly indoors! This month, Tiger Cubs will also learn the rules of a sport and have the opportunity to observe serious athletes compete in the sport. You can be sure that those serious athletes eat right and get plenty of physical activity. Now the Tiger Cubs will know how they, too, can prepare to be fit and ready for sports or for life's challenges—and have fun doing it.

## PHYSICAL FITNESS CHALLENGE

**Materials:** Instruction card and equipment needed for each chosen activity

Choose three or four physical fitness activities from the *Cub Scout Leader How-To Book* or from the activities given here. Set up separate stations for each activity; have the instruction card and all the necessary equipment for three or four Tiger Cubs to do the activity at each station. Travel from station to station in a single direction; e.g., clockwise or counterclockwise.

**Stick Twist.** Tiger Cub holds a broom handle or stick in both hands, palms down, horizontally in front of himself. He lowers the stick, still horizontal, and steps over it. Without letting go, he moves the stick up his back, over his head, and back to the original position. He'll have to twist his arms a bit to complete the circuit.

**Greet the Toe.** Tiger Cub tries to touch his forehead with his right toe while standing on his left foot.

**Seal Walk.** From lying with their bellies on the floor, the Tiger Cubs get up on their hands and toes, with all their weight on their hands and toes and their backs straight. They now need to move around the floor in this position. They can follow a course or just move to the next station in this manner.

## MYPYRAMID POSTER

### **(Achievement 3D)**

**Materials:** Pictures, models, or samples of foods from the different food groups; copy of MyPyramid from a Web site such as [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids)

Follow directions in the Tiger Cub Handbook for Achievement 3D and make a poster.

## MYPYRAMID SNACK MIX

### **(Achievement 3D)**

**Ingredients:** Whole-grain cereals; freeze-dried peas (available at oriental food stores or where backpacking supplies are sold); dried fruits such as raisins, apricots, pineapple, or cranberries; peanuts or soy nuts

Using MyPyramid as a guide, review the food group that each ingredient belongs to. Point out the number of servings recommended. As food is introduced, add it to a large plastic bag. (Note any allergies and provide alternatives if necessary.) When everything has been added, mix well. Add a representative of the milk group—drink milk with your snack.

## PUBLIC SERVICE ANNOUNCEMENT SKIT

**Materials:** Ball, MyPyramid poster, pieces of fruit and vegetables, empty milk carton

**Sample PSA skit:**

**NARRATOR:** Do you want more energy to run, play, and keep up with your friends or maybe even beat them? (Some boys run through, throwing a ball back and forth.)

**NARRATOR:** Did you know that the U.S. Department of Agriculture has put together a program to help you do just that? (Tiger Cubs look surprised and pretend to ask each other about it as they walk by the narrator.)

**NARRATOR:** MyPyramid gives you guidelines to not only help you eat better but also be more active so you will be healthier, have more energy, and can do more Scouting! (*Tiger Cubs walk in with a poster of MyPyramid, sample fruits and vegetables, whole-grain items, a milk carton, and a fish or other meat.*)

**NARRATOR:** This public service announcement is brought to you by the Tiger Cub den of Pack \_\_\_\_\_. (Tiger Cubs wave at audience.)

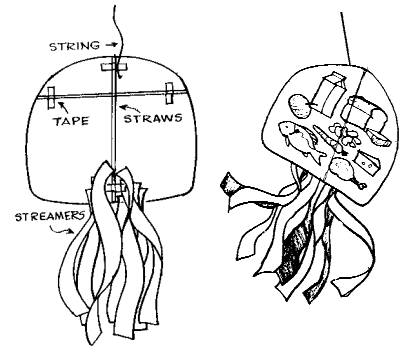
**TIGER CUBS** (shout out together): We learned all this in Tiger Cub den meetings!

**NARRATOR:** Now go out there and eat well and get plenty of exercise. See you at the next pack event! (Everyone walks off waving.)

## MYPYRAMID KITE

**Materials:** Pictures representing food groups, 8½-by-11-inch piece of cardstock, crayons, two straws, tape, hole punch, kite string (3 feet), strips of tissue paper (18 inches long), glue

Tiger Cubs color a MyPyramid onto a piece of cardstock (which will become the outside of the kite). Fold the cardstock in half, with the blank side inside. Lay a straw in the fold, then a second straw at its end so they form one large support straw. Crease one side of the paper around the straw and tape in place. This secures and firms the kite's central ridge.



Punch a hole 3 inches from the top end and next to the centerfold line. Tie kite string through the hole; reinforce with tape. Tape tissue-paper streamers to the bottom of the kite. Glue cutout pictures on the appropriate food areas.

**To fly:** Walk fast, run, or spin the kite over your head in a large circle.

## GAME: POWER OF A MINUTE

**Equipment:** Clock or stopwatch to count down one minute

The leader has the clock or watch. Players stand in a line. Tell the players they are to guess when exactly one minute has elapsed. The leader notes the start of the clock, which is visible only to him or her. As each player thinks one minute has passed, he sits down. Continue until all players think one minute has elapsed. The winner is the one who guessed closest to one minute.



*Be sure to give safety alerts before spinning kites indoors. Boys could take turns so only one is spinning at a time.*



### WOLF CUB DEN MEETINGS

*Dens may meet after school, in the evening, or on weekends. Review theme pages before planning den meetings.*

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Have a U.S. flag. Gather rope for the Square Knot Race.	Have a flashlight, pie tin, and washers. Gather materials needed for the flag poster.	Call the destination of your outing to confirm arrangements, times, fees, etc.	Denner writes thank-you to last week's destination. Have ingredients for Graham Cracker Flags.
Den leader collects dues.				
<b>GATHERING</b>	Den chief shows boys how to raise a U.S. flag for an outdoor ceremony ( <b>Achievement 2e</b> ).	Collect permission slips. Play Pie-Tin Washer Toss ( <b>Elective 4a</b> ).	Collect permission slips.	Boys sign thank-you note or card. Make Graham Cracker Flags.
<b>OPENING</b>	Form a semicircle around the U.S. flag. Denner leads boys in the Pledge of Allegiance ( <b>Achievement 2a</b> ).	Form the den in a square formation. Assigned boys lead a flag ceremony ( <b>Achievement 2b</b> ).		Sing the first verse of "The Star-Spangled Banner" ( <b>Elective 11b</b> ).
Den leader checks boys' handbooks for completed achievements and electives and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Lead a discussion of the meaning and history of the Pledge of Allegiance. Boys can follow in their <i>Wolf Handbook</i> ( <b>Achievement 2a</b> ). Discuss the Cub Scout Salute theme and what it means to be a hero.	Review the requirements for the BSA Heroism Award (Pack Program Page, 19 NOV). Practice showing how to fold the flag properly for the den's pack meeting contribution.	Visit an important community location, such as the local police station, fire station, or veterans' hospital ( <b>Achievement 4f</b> )  OR Place small flags at the veterans' national cemetery in your community; participate in a Veteran's Day parade; or invite a local veteran or hero from your community to visit with the boys at their den meeting.	Practice once more how the den will give a demonstration at the pack meeting of how to properly fold the U.S. flag.
<b>ACTIVITY</b>	Learn how to fold the U.S. flag correctly ( <b>Achievement 2g</b> ). Play the Square Knot Race game ( <b>Elective 17a</b> ).	Make Five-Pointed Stars and combine to make a flag poster. Den chief leads the boys in the Salute Race game.	At the end of the trip, lead a reflecting discussion with boys about their outing.	Pick up litter in your local area ( <b>Achievement 7d</b> ).
<b>CLOSING</b>	Have the boys stand in a circle. Ask them to pass the Cub Scout handshake around the circle. As each boy leaves, have him give the Cub Scout salute to the den leader. Send home permission slips for outing on THIRD WEEK.	Turn off the lights, shine a flashlight on the U.S. flag, and sing the first verse of "America" ( <b>Elective 11a</b> ).		Deliver the Den Leader's Minute: Our Flag. Ask boys to observe a moment of reverence, and then quietly leave the meeting place.
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with council service center for outing planned for THIRD WEEK.		Den leader fills out advancement report for the pack leaders' meeting.	Den leader mails thank-you note.
ENCOURAGE FAMILIES TO RECORD ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE CUB SCOUT'S HANDBOOK.				

**Advancement possibilities highlighted this month: Achievements 2a, 2b, 2e, 2g, 4f, 7d; Electives 4, 11a, 11b, 17a**

This month Cub Scouts will learn more about their country's flag and how to display it properly. Assign different boys den-meeting opportunities to present the opening and closing flag ceremonies and demonstrate their skills. As boys talk about heroes and what it takes to be a hero, encourage them to find out more about the different kinds of work that people do, for all individuals have the ability to be heroes to others. Perhaps the den will do a service project this month for your community or neighborhood, such as helping an elderly neighbor with leaf raking or yard cleanup, joining a planting conservation project, or making a difference with a litter cleanup project. Your Cub Scouts will be someone's hero.

**Encourage Cub Scout families to work on additional achievements and electives that support this theme, such as:**

- **Achievement 12**, Making Choices: Families can discuss any of the different exercises.
- **Achievement 9b**, Keep Safe at Home: Heroes keep people safe. Keeping safe at home is a good thing for everyone to practice.
- **Elective 16a**, Family Alert: Families can evaluate the ways to keep safe by being prepared for what to do in an emergency.

**GAME: SQUARE KNOT RACE**

*(Elective 17a)*

*Materials:* One 3-foot length of rope per boy

Have the den chief teach the boys how to tie a square knot. Then have them form a circle, and give each boy a 3-foot length of rope. Each ties his rope with a square knot to the rope of the boy on his right. When all knots are tied, the leader calls the names of two boys in the circle. They untie their rope, race around the outside of the circle carrying the rope, and retie the knots back at their place. The first to finish with both knots tied correctly wins the round. Continue the game until all boys have raced.

**SALUTE RACE**



Form two teams. Give the boys a few minutes to practice their salutes, then have one team line up in front of the den leader and one in front of the den chief. On signal, the first player on each team runs to his leader, snaps to attention, and salutes. If the salute is correct, the leader calls out "Right!" If it isn't correct, the leader calls "Wrong!" After saluting, the boy runs back to tag the next boy on his team, who repeats the action. The first team to make 10 correct salutes wins.

**YANKEE DOODLE HANDICAP**

*Materials:* Crackers

The den leader first makes sure all boys can whistle "Yankee Doodle." To play: Form teams. On signal, the first boy on each team runs to a leader and is given a cracker. He eats the cracker and whistles one verse of "Yankee Doodle." Then he runs back to touch off the next boy, and so on. The first team finished wins.

**VETERAN'S THANK-YOU**

Send a thank-you card or holiday well-wishes to military service members. Send signed cards to:

Red Cross Holiday Mail Call  
P.O. Box 5456  
Capitol Heights, MD 20791-5456

Your local VFW or American Legion chapter may have other suggestions for how Cub Scouts can make a difference with a kind act.

**FLAG POSTER WITH FIVE-POINTED STARS**

*Materials:* Thin paper cut into 4-inch squares, large poster board, markers

**Step 1:** Fold 4-inch squares of very thin paper as shown.

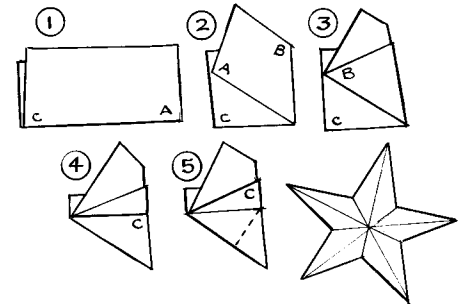
**Step 2:** Fold corner A and crease.

**Step 3:** Fold corner B to touch A and crease.

**Step 4:** Fold corner C over other folds and crease.

**Step 5:** With scissors, snip across folds on dotted line.

**Step 6:** Unfold small triangle, and you have a five-pointed star.



When you have made enough stars, place them on a sheet of poster board and color a blue background. Add red stripes to create a U.S. flag.

**SNACK: GRAHAM CRACKER FLAGS**

*Ingredients:* Graham crackers, white frosting, red and blue food coloring, craft sticks, small paper cups

Give each boy three paper cups with a tablespoon of frosting in each. Drop food coloring into two of the cups (one red, one blue), leaving one with white frosting. Give each boy a stick and have him mix the food coloring into the frosting. Using the colored and white frostings, boys design a U.S. flag on a graham cracker. Eat and enjoy.

**DEN LEADER'S MINUTE: OUR FLAG**

Form a circle. The den leader shares this thought: "We've spent this month learning about our flag and what it means. The flag is a symbol of our country. Let's join together in saluting our flag as each of you leaves our circle." Each boy steps out of the circle, and with the step salutes the flag, then exits the meeting room.



### WOLF CUB DEN MEETINGS

*Dens may meet after school, in the evening, or on weekends. Review theme pages before planning den meetings.*

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Prepare wood and supplies for bookends; have hammer and safety goggles for each boy ( <b>Achievements 5d–e</b> ). Have extra nails and wood pieces.	Have paper and markers for drawing. Have supplies for finishing the bookends started last week.	Call the destination of your outing to confirm arrangements, times, fees, etc.	Denner writes thank-you to last week's destination.  Have copies of the current Food Guide Pyramid available for boys. Have supplies for Mosaic Magic Treats.
Den leader collects dues.				
<b>GATHERING</b>	Den chief shows the correct way to use a hammer ( <b>Achievement 5d</b> ). Boys practice driving nails into wood.	Collect permission slips.  Make a drawing ( <b>Elective 12a</b> ).	Collect permission slips.	Boys sign thank-you note or card.  Assistant den leader leads a role-play with boys for <b>Achievement 4c</b> .
<b>OPENING</b>	Denner leads the flag ceremony in the den ( <b>Achievement 2b</b> ).	Learn and sing "The Star-Spangled Banner" ( <b>Elective 11b</b> ).		The den forms a Living Circle. Denner leads the Cub Scout Promise.
Den leader checks boys' handbooks for completed achievements and electives and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Discuss the importance of art and how it affects people's lives. How do different types of music and art make you feel? Have a few examples of famous art to show.	Discuss preparations for the pack meeting this month.  Discuss different types of art: painting, sculpture, mosaic, design.		Explain that the den will lead the Art Consequences game for the pack at the pack meeting. Bring plenty of paper and pencils.
<b>ACTIVITY</b>	With a buddy, make bookends ( <b>Achievement 5e</b> ).  Give boys paper and markers, crayons, or paint to make a drawing for their bookends.	Finish and paint the bookends.  Play Art Consequences (Cub Scout Leader How-To Book).	Take a field trip to a local art museum, college art gallery, or commercial art gallery.  At the end of the trip, lead a reflecting discussion with boys about their outing.	Review the Food Guide Pyramid for <b>Achievement 8a</b> .  Create Mosaic Magic Treats. Denner says a grace. (Use the Cub Scout Songbook for suggestions.)
<b>CLOSING</b>	Have each boy share his drawing and tell who will receive the bookends. Den leader closes with a comment praising the creativity and caring of the Cub Scouts in the den.  Send home permission slips for outing on THIRD WEEK.	Take one minute of complete silence as a time for each boy to reflect on what faith means to him. This is a personal time; there is no need to share.		Say the Law of the Pack.  Remind boys to share with their responsible adults what they have done for <b>Achievement 4c</b> .
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with council service center for outing planned for THIRD WEEK.	Verify that no one is allergic to the snack ingredients for FOURTH WEEK.	Den leader fills out advancement report for the pack leaders' meeting.	Den leader mails thank-you note.
ENCOURAGE FAMILIES TO RECORD ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE CUB SCOUT'S HANDBOOK.				

## Advancement possibilities highlighted this month: *Achievements 2b, 4a, 4c, 4f, 5d, 5e, 8a; Electives 11b, 12a*

Van Gogh? Rembrandt? Klimt? Who knows what member of this Wolf Cub Scout den is a budding artist. Give the boys a chance to find out by encouraging them to create different works of art. Elective 12a provides plenty of opportunities to unleash that inner Renoir. Local libraries often have quality copies of famous works of art. Bring some in and spread them around your den meeting place. Boys will prepare a work of art to adorn the bookends they make. Perhaps these will be a gift for someone special; maybe they'll be used at home to hold the maker's Cub Scout handbook.

### Additional achievements and electives that support this theme:

- **Achievement 5a**, Tools for Fixing and Building: With an adult, visit a local hardware store. Look at and name seven tools. Play the "I Spy" game: to give hints about the object "spied," describe its features (black rubber handle, long silver cutting edge, etc.).
- **Achievement 5c**, Tools for Fixing and Building: Help an adult organize the screws in a container or tool box. Learn the difference between a Phillips head and a standard screw. Practice driving a screw and removing it.
- **Elective 12b**, Be An Artist: Make a holiday story card. Tell a holiday story by drawing three cartoons on folded cardstock.

## BOOKENDS

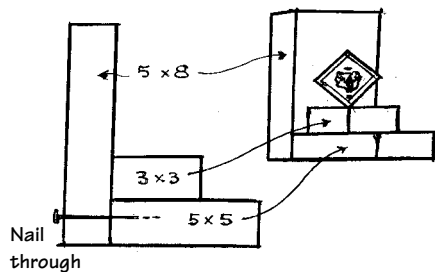
### (Achievements 5d, 5e)

*Materials:* Sandpaper, nails (at least 1½ inches long), glue, artwork such as a paper drawing, paints; wood pieces for each boy, from 1-inch-thick wood:

Two 5-by-8-inch pieces (sides)

Two 5-by-5-inch pieces (bottoms)

Two 3-by-3-inch pieces (decorative inserts for holding artwork)



**Week 1:** Sand all pieces of wood. Boys nail the side (longer) piece to the bottom piece from the back.

**Week 2:** Glue artwork to the 3-by-3-inch insert. Glue the insert into the corner. The insert may first be painted, then the artwork attached when the project is completely dry.

## KEY HOLDER

### (Achievement 5e)

*Materials:* For each boy, a 3-by-8-by-¾-inch piece of wood, paint or stain, paintbrushes, 1-inch ruler, one picture hanger with teeth, two small nails, hammer, five cup hooks

**Week 1:** Sand wood piece. Write your name on the back with pencil. Stain or paint the wood.

**Week 2:** Center a picture hanger on the back 1 inch down from the top; secure with two small nails. Turn over and place cup hooks approximately 1½ inches apart down the center.

## EMERGENCY PHONE LIST

### (Achievement 4a)

*Materials:* 6-by-8-inch piece of white paper, piece of colored cardstock or poster board, glue

On white paper glued to colored cardstock, make a list of the phone numbers needed in an emergency. Place the emergency phone list by the phone at home or hang it on a bulletin board close to the phone. Have boys add their home phone number to the list in case it's needed by a guest or babysitter.

## PHOTO JOURNAL

### (Achievement 4f)

*Materials:* Photos, cardstock, hole punch, glue, lacing (ribbon, yarn, or leather)

Take pictures of important places you visit in your community. Choose the pictures that you want to use in your journal. Make sure you have enough pages of cardstock for all your photos. Punch holes in the cardstock for lacing; make sure the holes match up in your pages. Put glue on the back of your pictures and place them in your journal in the sequence you have chosen. After the glue dries, lace the pages together. Enjoy and share with your den.

## COLOR-CODE-IT FOOD

### (Achievement 8b)

*Materials:* Paper, pencil, crayons

Plan the meals you and your family should have for one day. Make a color code for each of the types of food and put the code on the top of your

meal plan. For example, you could use green for vegetables. Use your color code to check that you have foods for each of your meals from at least three food groups on the Food Guide Pyramid.

## GAME: COLOR RELAY

*Materials:* Inexpensive paper plates, colors or markers, scissors, two large paper sacks

*Preparation:* Make two sets of primary and secondary color wheels from Elective 12c. Cut into pie slices.

Into each paper bag, put one set of primary-color pie slices and one set of secondary-color slices. Set up the playing area, placing bags 10 to 15 feet from the start/finish line.

Form two relay teams. Beginning at the start/finish line, each player travels to his team's bag, grabs one color slice, and returns to the line to touch off the next boy. Boys can do the crab crawl or ankle grab, or they may run, depending on each boy's ability. They could set up a pattern of different ways to get to the finish line, alternating which boy does what, according to skill level. The team that assembles its two complete color wheels the fastest wins.

## SNACK: MOSAIC MAGIC TREATS

*Ingredients:* ½-inch precut squares of different types of cheese, meat, fruit, etc., with a toothpick in each

Give each boy a paper plate and about 12 different choices of foods "on a stick." Each boy arranges the food items on his plate into a design, shape, or mosaic of color (keeping toothpicks inserted). Boys show the mosaics they have created. Eat and enjoy.



### WOLF CUB DEN MEETINGS

Dens may meet after school, in the evening, or on weekends. Review theme pages before planning den meetings.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Have materials for health habits charts <b>(Achievement 3a).</b>	Make copies of the Scientific Method word find. Gather objects to recycle for Recycling Where You Live.	Call the destination of your outing to confirm arrangements, times, fees, etc.	Denner writes thank-you to last week's destination. Have materials for Button Toy.
Den leader collects dues.				
<b>GATHERING</b>	Den chief sets up a den recycling center and shows boys how to sort items.	Collect permission slips. Assistant den leader and den chief teach the song, "I've Got That Cub Scout Spirit" <b>(Elective 11c).</b>	Collect permission slips.	Boys sign thank-you note or card.  Do a final check of recyclable items brought to the meeting this month.
<b>OPENING</b>	Denner leads a flag ceremony <b>(Achievement 2b).</b>	Boys form a straight line facing the den leader. Say the Cub Scout Promise.		Gather boys together and ask what the Cub Scout motto is. They respond: "Do Your Best."
Den leader checks boys' handbooks for completed achievements and electives and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Discuss the Power Up! theme and the importance of good health habits. Discuss how much sleep boys get.	Review the Science belt loop requirements 1 and 2 (scientific method).		Lead a discussion of what it means to do your best.  Practice the song from two weeks ago to share at the pack meeting.
<b>ACTIVITY</b>	Make health habits charts. Do the "blast-off" activity from the Wolf Handbook <b>(Achievement 1f).</b> Boys can measure how high they can jump.	Discuss ways to save energy. List three ways you can save energy, and challenge boys to do them <b>(Achievement 7c).</b>  Leader discusses how to recycle from the Recycling Where You Live activity. Encourage boys to recycle materials brought to the meeting.  Divide boys into teams and do the Scientific Method Word Find.	Visit a recycling plant or center  OR  Visit a power plant, board of public utilities, or water purification plant.  Boys and adults can pick up litter <b>(Achievement 7d).</b>  At the end of the trip, lead a reflecting discussion with boys about their outing.	Boys report back to the den about the ways they saved energy <b>(Achievement 7f).</b>  Create Button Toys. Boys can compare the amount of time that each of their buttons will spin based on how tightly wound their string becomes. See who can make their button spin the longest.
<b>CLOSING</b>	Send home a note outlining pinewood derby® car construction and when the pack meeting race will be.  Send home permission slips for outing on THIRD WEEK.	Sing "I've Got That Cub Scout Spirit" ( <i>Cub Scout Songbook</i> ).		Boys form a line facing the den leader. Denner starts a chant of "One, two, three." On "three," all boys shout: "Power up!"
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with council service center for outing planned for THIRD WEEK.	Call your destination to see if there is a scientist on staff who would talk with the Cub Scouts on their field trip next week.	Den leader fills out advancement report for the pack leaders' meeting.	Den leader mails thank-you note.
ENCOURAGE FAMILIES TO RECORD ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE CUB SCOUT'S HANDBOOK.				



**Advancement possibilities highlighted this month: *Achievements 1f, 2b, 3a, 7c, 7d, 7f; Elective 11c***

Power up! Cub Scouts will have an opportunity to learn about energy in their world. It takes energy to turn on a light and to keep the refrigerator cold, and it takes energy for each of us to do the things we do. Boys may learn about electricity, water power, or recycling, depending on their outing. This month the boys will chart their health habits and learn the importance of good habits. They may also learn about the methods of science as they work on the Science belt loop. Throughout the month, they are encouraged to bring recyclable materials to the den meeting.

**Encourage Cub Scout families to work on additional achievements and electives that support this theme, such as:**

- **Achievement 11a**, Duty to God: Many people find inner strength based on their trust in a higher power. Boys can explore their family faith this month.
- **Achievement 12g**, Making Choices: Representatives of power companies and utilities always have identification. This scenario is a good one to discuss with Cub Scouts.
- **Elective 5g**, Spare-Time Fun: Finish any work that needs to be completed for your pinewood derby car. The wheels are generally the last items placed on the car. Tip: Be careful to not break the grooves for the axles.

**HEALTH HABITS CHART**

**(Achievement 3a)**

*Materials:* Cardstock or poster board, straight edge or ruler, copy paper, markers

Draw chart on copy paper. Set up the chart for two weeks of keeping track.

Day	Sleep	Bathe/Wash	Exercise	Brush
Sun				
Mon				
Tues				
(etc.)				

**GAME: RECYCLE**

*Materials:* Recyclable plastic bottles, safety cones, recycling bin

Use only plastic bottles for this game. Set up an obstacle course (with safety cones, chairs, or other objects) for two teams. The boys must zig and zag around the obstacles to get the plastic to the recycling bin. Change obstacles and set up the course so boys of the same athletic abilities go against one another or each team is balanced. Make sure the playing area is free of sharp objects.

**SCIENTIFIC METHOD WORD FIND**

Reproduce the word-search puzzle shown. Divide boys into teams. The first team finding all the words (up, down, forward, diagonal) wins.

**EXPERIMENT, POWER, PURPOSE, SCIENCE, HYPOTHESIS, LABORATORY, MATERIALS, MOTOR, DATA, METHOD, CONCLUSION, COLLECT**

H N O I S U L C N O C  
 I Y R O T A R O B A L  
 E X P E R I M E N T E  
 C B U O C F G O K P T  
 N N R A T A D L O L C  
 E L P M R H O W P U E  
 I R O T O M E W T J L  
 C I S H S R P S E R L  
 S M E T H O D T I C O  
 S M A T E R I A L S C

**PICK IT UP**

**(Achievement 7d)**

*Materials:* Gloves, heavy-duty garbage bags

For a den service project, you can pick up trash outside your chartered organization or adopt a park to clean up. Check with the appropriate authorities before you plan this activity. Buddy the boys in pairs with two adults. Review the *Guide to Safe Scouting* ([www.scouting.org/HealthandSafety/Resources/Guidetosafescouting](http://www.scouting.org/HealthandSafety/Resources/Guidetosafescouting)). Have refreshments after the work is completed. Be sure to have hand-washing capability available.

**RECYCLING WHERE YOU LIVE**

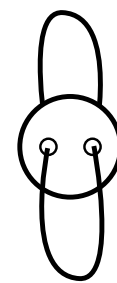
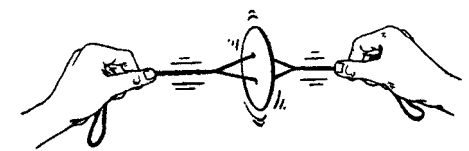
**(Achievement 7c)**

*Materials:* Three or four cardboard boxes, permanent markers

Find out what is recycled in your community. Set up a den recycling center at your meetings. Let the boys know what they need to bring, and that they need to rinse and dry all containers before bringing them. Show boys how to sort and what markings to look for on the objects. Show them items and lead a discussion on what kinds go in which recycling bins (e.g., paper and cardboard, aluminum cans, plastics). Show the recycle symbol on the bottom of items and explain what it means.

**BUTTON TOY**

*Materials:* Large button (or wooden disk) with two holes, paint or markers, 36 to 40 inches of string



Using paint or markers, decorate the button or disk. Thread string through both holes in the button. Knot the ends of the string together. Hold the ends of the string with both hands, with the button in the center. Place the button against your body or a table and roll it along until the string is wound tightly. Then alternate pulling your hands apart and relaxing them back together. The button will make a great noise and will spin, first one way, then the other.



### BEAR CUB DEN MEETINGS

*Dens may meet after school, in the evening, or on weekends. Review theme pages before planning den meetings.*

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Prepare and make copies of the Learn the Meaning of the Pledge of Allegiance activity.	Bring magazines, newspapers, and library books for the famous Americans activity ( <b>Achievement 3b</b> ).	Call the destination of your outing to confirm arrangements, times, fees, etc.	Denner writes thank-you to last week's destination. Have paper for making paper hats.
Den leader collects dues.				
<b>GATHERING</b>	Do the Learn the Meaning of the Pledge of Allegiance activity.	Collect permission slips.  Discuss <b>Achievement 11d</b> , what to do in a car accident.	Collect permission slips.	Boys sign thank-you note or card.  Den chief and assistant den leader help boys to write what makes America special to them ( <b>Achievement 3a</b> ).
<b>OPENING</b>	Denner leads a flag ceremony ( <b>Achievement 3f</b> ).	Form a semicircle. Denner leads the Cub Scout Promise.		Conduct the Stepping Forward for Your Flag opening.
Den leader checks boys' handbooks for completed achievements and electives and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Explain that the month's theme is Cub Scout Salute. Ask boys what they think that might mean. Explain that in three weeks they will be writing about what makes America special to them ( <b>Achievement 3a</b> ), and that their writings will be shared at the pack meeting.	Boys look at the books and magazines the den leader provides and find information about two famous Americans. They should be prepared to tell about the things those people do (or did) to improve our way of life ( <b>Achievement 3b</b> ).	Participate in a neighborhood cleanup project <b>Achievement 6g</b> . An additional field trip might be to a veteran's memorial in your community. At the end of the trip, lead a reflecting discussion with boys about their outing.	Practice how the boys will share their writings about America at the pack meeting.  Have boys share their experience in telling someone they have done a good job ( <b>Achievement 24d</b> ).
<b>ACTIVITY</b>	Prepare Fruit Skewer Treats. Play the Smart Salute game.	Ask boys if they can think of any heroes in their community. Ask if firefighters are heroes.  Play the Firefighters Relay.		Make paper hats.
<b>CLOSING</b>	Have boys tell one person that they did a good job today ( <b>Achievement 24d</b> ). Den leader challenges boys to tell another person during the week that they did a good job. Prepare to share during the FOURTH WEEK's den meeting. Send home permission slips for outing on THIRD WEEK.	Observe a moment of silence, remembering all the veterans who have sacrificed to keep America free and safe.		Recite the Law of the Pack.
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				

## Advancement possibilities highlighted this month: *Achievements 3a, 3b, 3f, 6g, 11d, 24d*

A salute shows respect. A salute is a way to give attention to another. A salute is a good thing for a Cub Scout to learn and practice. As boys explore the idea of heroes around them, the obvious focus may be on citizenship. Boys will prepare for the pack meeting, where they will share their thoughts on America. If certain boys are uncomfortable about getting up and sharing, the den leader could share out loud some of their writings. Leaders will want all boys to participate in their own way.

### Encourage Cub Scout families to work on additional achievements and electives that support this theme, such as:

- **Achievement 3c**, What Makes America Special? Exploring older homes near where boys live may reveal that historic heroes occupied these homes.
- **Achievement 22d**, Tying It All Up: Boys can learn how to coil a rope and toss it with accuracy.
- **Elective 19**, Swimming: Learning the basic skill of swimming will be an achievement with lifelong benefits.

## GAMES

### Match the Heroes

Obtain 16 photos or prints of men or women. Ten of them must be famous from the present or the past. Six can be anybody; they are decoys. For each famous hero, write a short descriptive phrase. *Examples:* "The father of our country" (Washington); "The inventor of a practical electric light" (Edison); "The mother of the civil rights movement" (Rosa Parks). Boys line up in relay fashion, facing a board with the photos mounted. The leader reads a descriptive phrase, and the first boy in each team races to the board to touch the correct picture. Score one point for the first to touch correctly. Continue through the 10 heroes.

### Smart Salute

Boys sit in a circle. The leader should have his or her legs crossed. To play, give the Cub Scout salute and tell everyone that he must salute his neighbor the same way you do. Then observe each boy's salute and say "yes" or "no." The trick? The boys must also have their legs crossed. Have the assistant den leader in on the trick. Continue, giving hints and exaggerating the crossing of legs if needed until a Cub Scout solves the mystery of the Smart Salute.

### Firefighter's Relay

Form relay teams. One person from each team stands on the opposite side of the playing area—he is the firefighter. On the start signal—"FIRE! FIRE!"—the firefighter from each team runs across the playing area to save his team members from a burning building. He takes one person by the wrist or hand and runs with him to the original position. (If desired, make the route an obstacle course, requiring boys to "crawl beneath the smoke" for a distance.)

When the firefighter and the rescued person reach safety, the rescued boy becomes the firefighter and races to rescue another team member from the opposite end of the playing area.

### OPENING CEREMONY: STEPPING FORWARD FOR YOUR FLAG

Form a straight line in front of the U.S. flag. Boys say the Pledge of Allegiance. Then, starting at the beginning of the line, each boy steps forward, salutes the flag, and steps back into line.



*Cub Scout Ceremonies for Dens and Packs* contains many flag ceremonies that will help leaders build great, memorable patriotic ceremonies.

### LEARN THE MEANING OF THE PLEDGE OF ALLEGIANCE

*Directions:* Circle the word that means the same as the word on the left.

PLEDGE	Polish	Family	Promise
ALLEGIANCE	Puppy	Loyalty	Garden
NATION	Country	Cereal	Building
INDIVISIBLE	United	Paint	Can't be seen
LIBERTY	Market	Lesson	Freedom
JUSTICE	Promise	Simple	Fairness
REPUBLIC	Bank	County	Form of government
CITIZEN	Suit	State	Person
FLAG	Banner	Rule	Pole

### SNACK: FRUIT SKEWER TREATS

*Ingredients:* Assorted fruits such as blueberries, large blackberries, or other dark (bluish) fruit; strawberries or cherries; banana slices or large chunks of pineapple; large (not miniature) marshmallows; wooden skewers

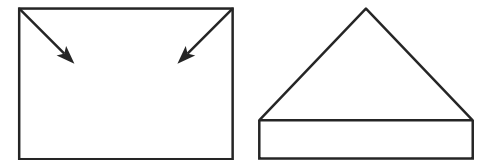
Lay out the fruit and marshmallows in a red-white-and-blue pattern and skewer the individual items or slices.

### RESPONSE TO CAR ACCIDENT SCENARIO

*(Achievement 11b)*

Assistant den leader, parent, or den chief leads a role-play activity about what boys should do in a car accident. You might bring toy cars, draw a typical intersection on paper, and show various scenarios for role-playing.

### HOW TO FOLD A PAPER HAT



Start with a sheet of newspaper. Fold the upper corners down to make a triangle shape, approximately 2 inches above the lower edge. Then take the lower edge and fold one side up above the folded triangle shape. Turn the paper over and fold the other side up above the folded triangle shape. Open to reveal a hat.

### DEN LEADER'S MINUTE

Cub Scouts, we have explored what it is to be a hero. Did you know that you are heroes? Every time you help others, every time you show kindness to others in your class or church, every time you show your Cub Scout spirit and do your best, you show what a hero is. I salute you all.



### BEAR CUB DEN MEETINGS

*Dens may meet after school, in the evening, or on weekends. Review theme pages before planning den meetings.*

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	<p>Call a local retirement home or children's hospital to schedule a time for your den to come Christmas caroling.</p> <p>Have supplies for Jingle Bell Bracelets and Artist Palette neckerchief slides.</p>	<p>Have paper, markers, and pens for creating holiday cards. Have U.S. flag and ornament-making supplies.</p>	<p>Call the destination of your outing to confirm arrangements, times, fees, etc.</p>	<p>Denner writes thank-you to last week's destination.</p> <p>Have a set of horseshoes and set up the playing area outside. Have U.S. flag.</p>
Den leader collects dues.				
<b>GATHERING</b>	<p>Make Jingle Bell Bracelets to take caroling during THIRD WEEK activity.</p> <p>Assign each boy an "artist name" for the month, such as Roger Renoir, Mark Monet, Daniel Donatello.</p>	<p>Collect permission slips.</p> <p>Practice singing the holiday songs the den will share when caroling during the outing.</p> <p>Make Holiday Ornaments.</p>	<p>Collect permission slips.</p> <p>Speak with boys about the conditions they may see in the hospital or retirement home. Encourage them to speak clearly and frankly with the patients or residents.</p>	<p>Boys sign thank-you note or card.</p> <p>Play horseshoes (<b>Achievement 15a</b>).</p>
<b>OPENING</b>	<p>Boys answer roll call with their artist name. Sing a holiday song.</p>	<p>Den chief leads the boys in the Cub Scout Promise and the Law of the Pack.</p>		<p>Perform a flag ceremony and say the Pledge of Allegiance (<b>Achievement 3f</b>).</p>
<p>Den leader checks boys' handbooks for completed achievements and electives and records them on Den Advancement Chart.</p> <p>Boys record own advancement on den doodle, if den has one.</p>				
<b>BUSINESS ITEMS</b>	<p>Discuss the Works of Art theme and the plans for the meetings this month.</p> <p>Elect a denner and assistant denner for the month (<b>Achievement 24b</b>).</p>	<p>Explain the Works of Art theme and talk about next week's caroling.</p>	<p>Visit a local retirement home or children's hospital and go caroling.</p> <p>At the end of the trip, lead a reflecting discussion with boys about their outing.</p>	<p>Discuss the pack meeting plans and practice singing the songs the den will lead.</p>
<b>ACTIVITY</b>	<p>Do <b>Achievement 16a</b>, fitness stretching.</p> <p>Play Snowball Tag.</p> <p>Make Artist Palette neckerchief slides.</p>	<p>Create holiday cards to hand out next week at the children's hospital or retirement home.</p>		<p>Play the Who Is Missing? game.</p> <p>Play the Colors game. If weather permits, take this game outdoors.</p>
<b>CLOSING</b>	<p>Cub Scouts shout out their den yell.</p> <p>Send home permission slips for outing on THIRD WEEK.</p>	<p>Form a Living Circle and say the Cub Scout motto.</p>		<p>Den lines up before the U.S. flag. Boys observe a moment of silence. Wish each other "Happy New Year" as boys leave. Say good-bye using their "artist name."</p>
<p>Denner supervises putting away equipment.</p> <p>Den leader, den chief, and denner review the meeting and check details for the next meeting.</p>				
<b>AFTER THE MEETING</b>	<p>Den leader files local tour permit with council service center for outing planned for THIRD WEEK.</p>	<p>Verify with the outing destination the time of arrival, location, and duration allowed for your visit.</p>	<p>Den leader fills out advancement report for the pack leaders' meeting.</p>	<p>Den leader mails thank-you note.</p>
<p>ENCOURAGE FAMILIES TO RECORD ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE CUB SCOUT'S HANDBOOK.</p>				

## Advancement possibilities highlighted this month: *Achievements 3f, 15a, 15b, 16a (partial), 24b; Elective 9a*

What fun when each boy has an artist to identify with and learn about! The National Gallery of Art ([www.nga.gov](http://www.nga.gov)) has an index of artists from A to Z. There's a name for every boy. Start the month with a fun neckerchief slide to remind the wearer of the importance of art in everyone's life. Cub Scouts will do a Good Turn this month, visiting a local retirement center or children's hospital and sharing holiday songs. End the month at the pack meeting, singing those songs one more time with the whole pack joining in. This is a great way to close out 2009.

### Encourage Cub Scout families to work on additional achievements and electives that support this theme, such as:

- **Achievement 9c**, What's Cooking? For many families, cooking together is an art form.
- **Achievement 12b**, Family Outdoor Adventures. Hikes can be fun in cooler weather. Your local community may have holiday light displays to enjoy.
- **Elective 9a**, Art: Find a favorite outdoor location and draw or paint it. Cub Scouts can compare the way their favorite places look in winter to the way they look during other seasons.

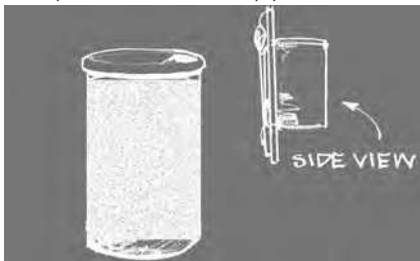
## JINGLE BELL BRACELETS

*Materials:* Chenille stems, jingle bells

Boys feed the end of a chenille stem through the clasp at the top of a bell and twist the stem to secure. Then twist the length of the stem around the wrist to make an easy musical instrument. Each Cub Scout should make at least one bracelet. Boys may wear and use them when they go caroling.

## ARTIST PALETTE NECKERCHIEF SLIDE

*Materials:* Palette shape cut from ¼-inch-thick wood, drilled with a thumb hole; sandpaper; paints; toothpicks; low-temperature glue gun; ½-inch piece of ½-inch PVC pipe



Boys sand all edges of the wood with sandpaper. To create a miniature paintbrush, paint the tip of a toothpick black (the bristles) and paint the opposite end black (the handle) with a ¼-inch ring of white separating them. Add spots of different paint colors to the palette. Glue the dried miniature paintbrushes to the top of the palette. Glue a length of PVC pipe to the back to make the slide ring.

## FITNESS STRETCHING

### (Achievement 16a)

Have the boys stand in a circle with enough room to stretch. The leader starts by doing a stretch and telling a story that goes with it. For example: "Last year when the snow was so deep, I bent over to make a snowball." Everyone stretches toward their feet. The leader then asks the Scout to the right, "What did you

do last year when the snow was so deep?" The Scout repeats the process, creating his own story and his own stretch. This repeats until every participant has an opportunity to tell his version of the story and do his stretch.

## GAMES

### Snowball Tag

#### (Achievement 15b)

*Materials:* Three to five soft play balls; or, in areas with snow, play outdoors with the real thing.

Form two teams. On signal, boys start to throw the balls to the other side. The object is to hit a player with the ball; then that player joins the team the thrower belongs to. If a boy catches a ball in the air, the player who threw it must join the opposite team. The only balls that count are those hitting below the waist.

### Who Is Missing?

Boys form a circle and commence to walk around in a circle. On the leader's signal, all players cover their eyes with their caps or their hands. The leader touches one boy on the shoulder; that boy leaves the room as quickly and quietly as possible while the others continue to walk with their eyes closed. When the leader calls "Stop," the boys stop walking and uncover their eyes. The first one to shout out the name of the missing boy is the winner.

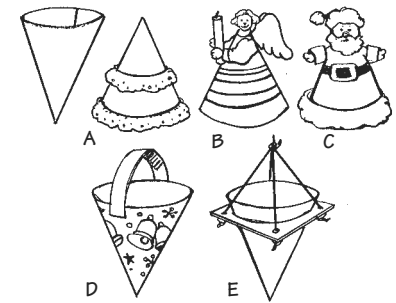
### Colors

The den leader sits in the middle of the circle, points to a player, and calls out a color; e.g., "red." Before the leader can count aloud to 10, the Cub Scout must name an object that is red (tomato, fire engine, etc.). The same object cannot be repeated. If a player fails to think of an object before the leader has counted to 10, the two switch places. Continue with other colors.

## HOLIDAY ORNAMENTS

### (Elective 9a)

*Materials:* Cone-shaped drinking cups, construction paper, cotton balls or white fur, beads, etc.



Several different ornaments can be made from these cups. *A*, *B*, and *C* are ornaments for the tip-top of Christmas trees. *A* is made from two cups, fringed and curled, then painted red and gold. *B* is an angel with stiff paper arms, wings, and candle; she is gold and white. *C* is a red Santa with cotton-fur trimmings. *D* and *E* are candy baskets brightly colored and decorated with beads.

### Serve As a Denner

#### (Achievement 24b)

The denner and assistant denners are elected positions in the den, responsible for helping the den chief and den leaders in meetings. They might help with setup and cleanup, lead opening and closing ceremonies, or have other special duties. The denner wears a gold double-strand shoulder cord on his left shoulder; the assistant denner wears a gold single-strand shoulder cord.

There are different ways to share this leadership position. Some dens will require that elections are held with only those boys who have not held the position being eligible. Encourage every boy to have a meaningful opportunity to serve as the denner.



### BEAR CUB DEN MEETINGS

*Dens may meet after school, in the evening, or on weekends. Review theme pages before planning den meetings.*

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Gather equipment for game and Making Electricity activity, have supplies for popcorn treats, and have U.S. flag.	Have table-tennis balls for Blow Ball game, library books with pictures of wind farms, and materials for Power Pull game. Have U.S. flag.	Call the destination of your outing to confirm arrangements, times, fees, etc.	Denner writes thank-you to last week's destination.  Have paper and envelopes for writing cards and supplies to make wind socks.
Den leader collects dues.				
<b>GATHERING</b>	Play Perpetual Motion game (Cub Scout Leader How-To Book).	Collect permission slips.  Play Blow Ball (Cub Scout Leader How-To Book).	Collect permission slips.	Boys write a thank-you note or card. This might be to the place visited last week, to a parent helper, or to another person such as a teacher or clergy member who has helped a Cub Scout ( <b>Achievement 17e</b> ).
<b>OPENING</b>	Gather in front of the flag and recite the Pledge of Allegiance.	Conduct a flag ceremony ( <b>Achievement 3f</b> ).		
Den leader checks boys' handbooks for completed achievements and electives and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Talk about when and how electricity was discovered and that our theme this month is Power Up! Ask boys what we use electricity for. Invite boys to plan for a game to lead during the next few meetings.	Talk about wind power. Show pictures of wind farms.  Give boys time to lead a game for the den ( <b>Achievement 15c</b> ).	Visit the local electric company, wind farm, solar electric facility, or lighthouse.  At the end of the trip, lead a reflecting discussion with boys about their outing.	Discuss the pack meeting plans for this month. For the pinewood derby, remind boys of the starting times and check-in rules.  Play charades ( <b>Achievement 17b</b> ).
<b>ACTIVITY</b>	Do the Making Electricity activity.  Have Powerful Party popcorn treats.	Each boy makes a Power Pull game piece. Play the game.		Make Wind Socks (Cub Scout Leader How-To Book).  Play the Name That Power game.
<b>CLOSING</b>	Den forms a circle and repeats the Cub Scout Promise.  Send home permission slips for outing on THIRD WEEK.	Denner gathers everyone together and all join in to shout the den yell.		Do the Cub Scout Power closing.
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with council service center for outing planned for THIRD WEEK.		Den leader fills out advancement report for the pack leaders' meeting.	Den leader mails thank-you note.
ENCOURAGE FAMILIES TO RECORD ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE CUB SCOUT'S HANDBOOK.				

## Advancement possibilities highlighted this month: *Achievements 3f, 15c, 17b, 17e*

Power is in the air around us, whether static electricity or wind power, or created by us using chemicals and tools. Boys can explore different types of power that they have the ability to control. Cub Scouts will create one type of electricity and harness another. Boys will be finishing up their achievements this month for the Bear badge, and time is planned for them to present the necessary items or activities to the den. Den leaders and den chiefs will be a big help in making sure the Bear Cub Scouts are successful in their presentations.

**Encourage** Cub Scout families to work on additional achievements and electives that support this theme, such as:

- **Achievement 16**, Building Muscles: Stretching exercises and different physical movements help boys see the power that comes from being physically fit.
- **Elective 2**, Weather: The power of weather elements is another type of power to explore. Boys can learn how to read a thermometer, a good life-skill to have.
- **Elective 4**, Electricity: Boys can explore how electrical connections work by creating a doorbell and more at home.

## MAKING ELECTRICITY

**Materials:** Playing card (not plastic), sheet of copier paper, comb, piece of tissue paper or cleansing tissue

By rubbing two unlike objects together, you can produce a type of electricity known as static electricity. It will not shock or hurt you. Do these four experiments to learn some of the ways that static electricity is produced.

1. Rub a playing card rapidly back and forth on a wool sweater or jacket. Press the card against the wall. If the wallpaper is not too slick or oily, the card will stick.
2. Rub a piece of copier paper quickly back and forth on the wall. If conditions are right, the paper will stick to the wall.
3. Comb your hair briskly with a dry comb. Hold the comb close to your hair and see how the static electricity draws the ends of the hair to the comb. If your hair is wet or oily, this experiment will not work.
4. Briskly comb your hair with a dry comb and touch it to a small piece of tissue. As the comb lifts the tissue from the table, watch as the tissue clings to the comb from the static electricity that was formed.

## SNACKS

### Powerful Party Spicy Popcorn

**Ingredients:** 1 cup popcorn kernels, ½ cup vegetable oil, one 1-ounce package taco seasoning mix, one 12-ounce jar unsalted dry-roasted peanuts

In a large pot, warm the vegetable oil over medium-high heat for a minute or two. Add the popcorn kernels. Cover and cook, shaking the pot until the kernels stop popping. Remove from heat and pour half the popcorn into a large

paper bag. Add taco seasoning and peanuts (be aware of any allergies). Add the remaining popped corn. Fold over the top of the bag. Shake well and serve.

### Powerful Party Fun Popcorn

**Ingredients:** 2 cups miniature marshmallows, ½ cup melted butter, 3 quarts popped popcorn, one 3-ounce package fruit-flavored gelatin

Combine marshmallows and butter. Pour over popped corn and mix well. Sprinkle gelatin all over and toss to mix.

## GAMES

### Power Pull

**Materials:** Empty disposable cup, piece of string 3 feet long, wad of paper (or other small object that is easy to tie a string around)

One player gets the cup and the other gets the string and paper ball. Put the paper ball in the middle of a table top, between the two players. The cup person tries to trap the paper ball under the cup before the other player can pull the ball off the edge of the table to safety. When the ball has been trapped five times, players switch places and start a new round. Catching the string doesn't count. The ball must be under the cup to be trapped.

**Next:** Try the game on the floor with boys on their knees. Pull the string and ball "to safety" out of the playing area between the two boys.

## CHARADES

### (Achievement 17b)

Write down different sources of power for boys to use in their charades pantomimes.

### Name That Power

Boys sit in a circle. The denner starts the game by saying, "I know something that takes power." The next boy must name something

related to power that begins with the last letter of the word at the end of the sentence. Thus, Boy 1 says "power" and Boy 2 must say a word starting with *R*, such as "run." The third boy will say a word starting with *N*, such as "nuclear plant." If a player is unable to supply a word, the play passes to the next player. The game continues until no words can be found.



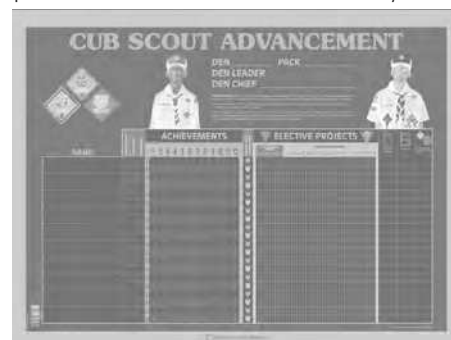
Find ideas for games for the Bear Cub Scouts to present (**Achievement 15c**) in the *Cub Scout Leader How-To Book*.

## CLOSING: CUB SCOUT POWER

Boys join together and chant, "Cub Scout—Power Up!" While chanting, clap five times, then stomp five times. The five-beat cadence goes *one and two and three-four-five*.

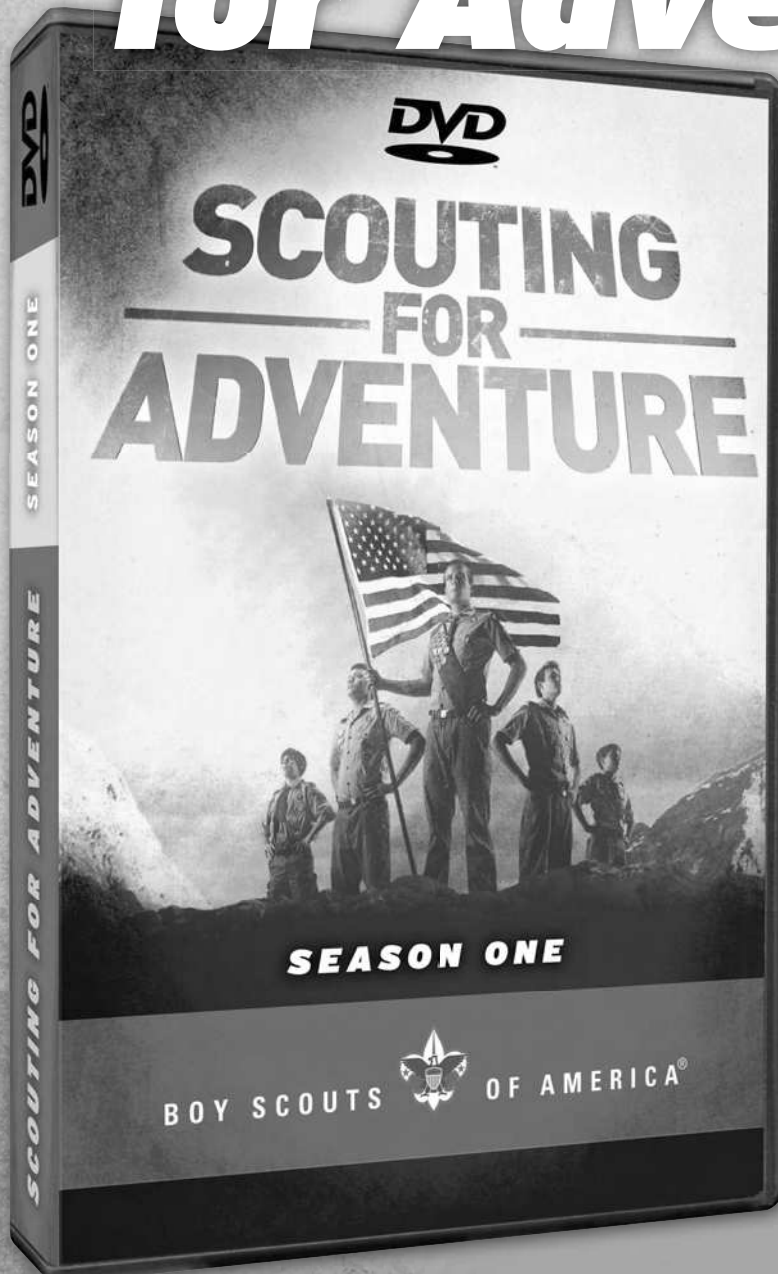
## DEN LEADER NOTE

Many boys likely will finish their Bear badge requirements this month in time for presentation of the award at the blue and gold banquet next month. Check with individual boys to see whether they will need to have additional time set aside for the sharing activities that are required for specific achievements. Use your Cub Scout Advancement wall chart to provide a quick reference to the status of each boy.





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