

# Cub Scout Den Meeting Outline

Month: **September**

Week: **3**

Point of the Scout Law: **Helpful**

	Tiger	Wolf	Bear	Webelos	Arrow of Light
Before the Meeting	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.
Gathering	Cub Scout Word Search				
Opening	Dial 911 Opening				
Games	Fitness Circle Game, Crab Walk Relay, Bounce, Toss and Jump Relay, Over and Under the Waves Relay				
Business items/Take home	None	None	None	None	None
Closing	Safety Closing				
After the meeting					

**Materials:**

Gathering: copies of Cub Scout Word Search, pencils

Opening: flag, lines to read

Games: masking tape, balls that can be bounced, large ball, bean bag

Closing: None

Home assignments: None

**Copies:**

Cub Scout Word Search

Dial 911 Opening – lines to read

Advancement:

Tiger - None

Wolf – None

Bear – None

Webelos – None

Arrow of Light – None

## Cub Scout Word Search

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

### Find the following words:

Adventure

Akela

Arrow of Light

Bear

Den

Ethan

Handshake

Law

Motto

Oath

Pack

Salute

Sign

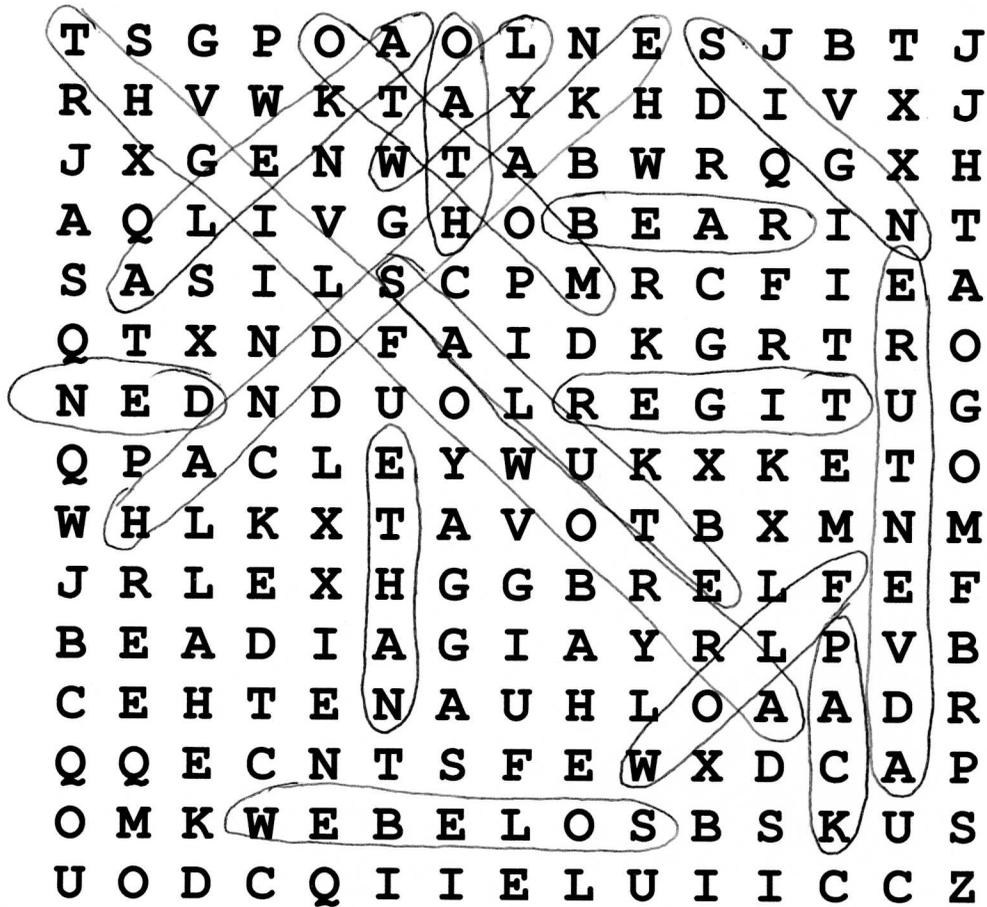
Tiger

Webelos

Wolf



## Cub Scout Word Search



Find the following words:

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Webelos

Wolf



# Dial 911 Opening



## Materials:

Lines for the characters to read

2 copies of script – for Older Cub Scout and Den leader

## Characters:

One older Cub Scout (a Webelos or Arrow of Light Scout)

Six younger Cub Scouts (Tigers, Wolves, or Bears)

Den leader

**Den leader:** “It is important to know when to dial 911. What do you know about 911?”

**Cub Scout #1:** “You only call it in an emergency.”

**Cub Scout #2:** “What is an emergency?”

**Older Cub Scout:** “You call 911 for emergencies you or your family can’t handle.”

**Cub Scout #3:** “What kind of emergency can my family not handle?”

**Older Cub Scout:** “Like, your house smells like natural gas, or it is on fire. If someone is really hurt, not breathing, or needs an ambulance.”

**Den leader:** “Wow that Cub Scout knows his stuff. What do you say to the 911 operator?”

**Cub Scout #4:** “I’m not supposed to talk to strangers.”

**Older Cub Scout:** “That’s true, but the 911 operator is there to help you. Go ahead and tell them your name.”

**Cub Scout #5:** “Then I hang up, right?”

**Older Cub Scout:** “No, you tell them what the emergency is and where it is. It is a good idea to know your address if the emergency happens while you are at home so they know where to go.”

**Cub Scout #6:** “Now I hang up?”

**Older Cub Scout:** “No, you will need to stay on the line until help arrives, speak clearly, and answer all the operator’s questions.”

**Den leader:** “He’s right! Dial 911 only for emergencies; tell the operator what the emergency is and where it is. Tell them your name, answer all their questions, and stay on the line until help arrives.”

**All:** “Scouting can teach us how to come to the rescue!”

**Cubmaster or Den leader:** “Thank you! Let’s all say the Pledge of Allegiance. ”



## Dial 911 Opening (Lines to read – cut lines)

**Den leader:** “It is important to know when to dial 911. What do you know about 911?”

**Cub Scout #1:** “You only call it in an emergency.”

**After Den Leader sums up at the end all say:** “Scouting can teach us how to come to the rescue!”

**Cub Scout #2:** “What is an emergency?”

**After Den Leader sums up at the end all say:** “Scouting can teach us how to come to the rescue!”

**Older Cub Scout:** “You call 911 for emergencies you or your family can’t handle.”

**Cub Scout #3:** “What kind of emergency can my family not handle?”

**After Den Leader sums up at the end all say:** “Scouting can teach us how to come to the rescue!”

**Older Cub Scout:** “Like, your house smells like natural gas, or it is on fire. If someone is really hurt, not breathing, or needs an ambulance.”

**Den leader:** “Wow that Cub Scout knows his stuff. What do you say to the 911 operator?”

**Cub Scout #4:** “I’m not supposed to talk to strangers.”

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**Older Cub Scout:** “No, you will need to stay on the line until help arrives, speak clearly, and answer all the operator’s questions.”

**Den leader:** “He’s right! Dial 911 only for emergencies; tell the operator what the emergency is and where it is. Tell them your name, answer all their questions, and stay on the line until help arrives.”

**After Den Leader sums up at the end all say:** “Scouting can teach us how to come to the rescue!”

**Cubmaster or Den leader:** "Thank you! Let's all say the Pledge of Allegiance."

# Fitness Circle Game

Have Webelos Scouts lead this game.

Practice the following exercises first in place (with the Cub Scouts and leaders standing in a group).

- hop up and down
- make yourself very small
- make yourself very tall and reach your hands over your head
- walk in place
- run in place
- walk in place, raising your knees high
- run in place, raising your knees high



**Now have all Cub Scouts and leaders make a VERY large circle with everyone facing the center.**

1. Have everyone start walking to the right in a circle and then keep walking between these exercises.
2. Stop walking. Hop on one foot several times. Start walking.
3. Make yourself as small as possible and keep walking.
4. Make yourself as tall as possible and keep walking. Reach your hands high above your head.
5. Bend over a little, grab your ankles and keep walking.
6. Walk as if the heel of one foot and the toes of the other foot are sore.
7. Walk stiff-legged.
8. Squat down and jump forward from that position.
9. Walk forward quickly (don't run) while swinging your arms vigorously.
10. Take giant steps while walking.
11. Walk, raising your knees as high as possible with each step.
12. Run and lift your knees up high.
13. Stop and walk backward.
14. Stop!

# Crab Relay

## Materials:

Masking tape for marking starting and finish lines

## Instructions:

1. Form equal teams of Cub Scouts.
2. Form equal teams. The first boy in each team sits on the floor with his back to the finish line.
3. On the "go" signal, he crab-walks backward on his hands and feet with his body parallel to the floor. When he reaches the finish line, he stands, runs back, and touches off the next player, who repeats the crab-walk action.
4. The team with all players to have done the crab-walk the fastest, win the relay.



## Bounce, Toss and Jump Relay

### Materials:

A ball that can be bounced for each team of 10-15 boys

A beanbag for each team of 10-15 boys

### Instructions:

1. Divide the Cub Scouts into teams of 10-15 boys – as evenly as possible.
2. Each team will get a ball and a beanbag that will be placed at a spot 20 feet in front of the team.
3. On “Go,” the first player on each team runs to the ball and beanbag, picks up the ball. He bounces the ball 10 times, tosses the beanbag in the air 10 times, and then jumps up and down 10 times. The first player then puts the ball and beanbag where he found them and then runs back to his team and tags the next player.
4. Play continues until all members of the team have had a turn.



# Over and Under the Waves Relay



## Materials:

Large ball for each team

## Instructions:

1. Divide teams equally and line up in relay formation.
2. The first Cub Scout on each team is given a large ball.
3. On the go signal, he passes the ball overhead to the second player who passes the ball between his legs to the third, who passes it overhead to the fourth player, and so on to the end of the line.
4. The last player runs to the head of the line and passes it as before.
5. The first, team back in its original order wins.

## Safety Closing

**Materials:**

None

**Cubmaster:**

Today we've spent quite a bit of time talking about how to help people when they are hurt and being safe.

In Cub Scouts we want to be as safe as possible. We have safety rules for many of the activities that we might do where someone could get hurt – like bicycling and swimming. You probably have safety rules at school and at home.

We need to make sure that we are following Akela wherever we are. Are we being safe and following safety rules? Can we be better in following those rules so that we don't get hurt and so our friends and family members don't get hurt?

Have a safe week, Cub Scouts!

