

Year A



Delivery System Manual Cub Scout Program



BOY SCOUTS OF AMERICA®

Year A



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Advancement

Advancement is tracked by attendance, so it is very important to keep track of boys each week. Using a sign-in sheet for each meeting will help with this. You should also use an Attendance Summary sheet so after each meeting leaders can record attendance on a sheet that shows all 36 weeks of program and all of their boys. Use the [Advancement Help](#) section to determine which advancement awards each rank of Cub Scouts should get at each awards ceremony.

All rank badge requests should be submitted on an Advancement Report provided by the council. Throughout the school year you will only need Bobcat Badges for Cub Scouts that are new to the program. Other rank badges such as Tiger, Wolf, Bear, Webelos, and Arrow of Light will not be earned until the end of the school year after all syllabus weeks have been completed. The Arrow of Light is an individual award that Webelos II Scouts can earn. It cannot be earned simply by attending meetings. The requirements for earning this award can be found in the [Advancement Help](#) section. It is the responsibility of the Cubmaster to make sure each requirement has been met.

Items such as progress beads, belt loops, and Webelos pins do not need to be turned in on an Advancement Report. For convenience we have included four (one for each Awards Ceremony) [Advancement Request Forms](#) for these items.

The boxes at the end of each syllabus week list the actual requirements from the Cub Scout handbooks that are completed during that particular week.

In Year A, Webelos have the opportunity to earn six pins in meetings throughout the school year and one at home if they want to. There is also one optional belt loop opportunity for Cubs to work on at home and there are three belt loops that can be earned in meetings. Since the Cub Scout Belt is not a part of uniform assistance, most of our boys do not have one to put these loops on (and they don't fit on regular belts). We advise boys to use a leather strap to display their loops, or have a special place at home (such as a shoe box or container) to keep all of their awards that do not go on the uniform (Fun patches, rank cards, belt loops, etc.)

You can also give out Progress Toward Rank/Immediate Recognition kits, usually in the first awards meeting. Tracking beads can be a little confusing since Tigers earn one bead for every achievement completed and Wolves and Bears earn one bead for every three achievements completed. To make this easier you can find charts to help you figure out which beads to give out for each awards ceremony in the [Advancement Help](#) section. The other awards we supply are certificates for perfect attendance, consistently wearing uniforms, good turns, and popcorn sales.

Go See It

In the Tiger Cub program there are a number of "Go See It" opportunities. Unfortunately our program does not allow us to take many field trips. "The Go See It" requirements are in the syllabus as things that we talk about and we ask the boys, "Have you ever been to _____ with your family before?" Many things, like the zoo for example, are places that families have visited. If children have not been to the place that is being talked about that week, and the resources to get them there are not available, it's suggested that they talk to their parents about going on their own.

Reminders

At the end of each syllabus week there is a list of reminders and upcoming events.

Materials Needed for Each Syllabus Week

Syllabus Week #	Activities	Materials Needed
1	 Introduction to Cub Scouts  Games	Blank applications for new Cubs Straws (1 per boy) 1-3 Ping-Pong balls <i>Youth Protection Parent's Guides</i> (1 per boy)
2	 Makeup Week: Memorial Day	2-5 blank sheets of paper
3	 Health and Safety  Make a First Aid Kit	Health Habit chart (1 per boy) Small, air-tight canisters (1 per boy) Band-Aids (2 per boy) Individual antiseptic or alcohol wipes (1 per boy) Individual antibiotic cream (1 per boy) First Aid label (1 per boy)
4	 Health and Safety continued	First Aid Match-Up game cards
5	 Health and Safety continued  Emergency Preparedness	Fire Escape Plan sheets (1 per boy) Help List cards (1 per boy)
6	 Healthy Eating Habits	Food Pyramid worksheet (1 per boy) Webelos Meal Planning pages Poster board (1 per Pack) Glue Scissors *Grocery ads 1 blindfold 1 bean bag
7	 Healthy Eating Habits continued  Making Trail Mix	1 box of cereal (per pack) 1 large box of raisins (per pack) 1 large bag of M&Ms or chocolate chips (per pack) 1 bag of pretzel pieces (per pack) Sandwich-sized plastic bags (1 per boy) Permanent markers Plastic spoons 1 bag of dried soup beans (per pack)
8	 First Awards Ceremony	Awards (all that apply) Face paint (blue, yellow, and green) Safety pins (1 for each Bobcat badge)
9	 Makeup Week  Games	Index cards or strips of scrap paper Masking tape Markers
10	 Makeup Week  Games	1 coin

*signifies items that may take a while to collect

Syllabus Week #	Activities	Materials Needed
11	 Citizen	United States flag Washable ink pad Finger Printing Sheets (1 per boy)
12	 Learn About Respect  Make a Scrapbook	Guest speaker—elderly Scout 12"x18" plain paper (1 per boy) Two pieces of cardboard or card stock 4 7/8" x 6 1/8" (per boy) Markers/crayons Glue Scissors Optional Heritage Belt Loop form (1 per boy)
13	 Makeup Week  Games	None
14	 Learn About Cooperation and Family Duties  Make a Board Game	Game pattern 1 and 2 printed on different colored papers (1 set per boy) Tape/glue Scissors Markers
15	 Learn About Collections and Positive Attitudes  Make a Pet Rock  Make a Picture Frame	*Medium- to large-size rock (1 per boy) Wiggly eyes Glue Permanent markers or paint Popsicle sticks (4-8 per boy) Card stock Invitation Forms
16	 Folklore/Tall Tales  Act Out Stories  Learn Two Songs	Folklore cards copied and cut (1 set per pack) Copies of folk songs Internet access (optional)
17	 Second Awards Ceremony	Awards (all that apply) Face paint (blue, yellow, and green) Safety pins (1 for each Bobcat badge)
18	 Learning About Maps  Community Map	Copy of map (1 per boy) Webelos Traveler Pin card (1 per Webelos Scout) Blank paper (1 per boy) Markers/crayons
19	 Makeup Week	1 large sheet of colored construction paper or butcher paper
20	 Map/Compass Reading  Physical and World Maps	Compass (at least 1) Copy of world map (1 per boy) Markers/crayons (red, green, black, brown) Copy of physical map (1 per boy)

Syllabus Week #	Activities	Materials Needed
21	<ul style="list-style-type: none">  Complete any leftover maps from last week  Two-Person Contests  Make a Helicopter 	2"x5" piece of card stock or cardboard (1 per boy) 2"x5" piece of tissue paper (1 per boy) Helicopter pattern sheet (1 per pack) Rubber band (1 per boy) Paper clip (1 per boy) Scotch tape
22	<ul style="list-style-type: none">  Tools 	Tool Match-Up cards Pliers Screwdrivers (Phillips head and flat head) Hammers Nails/screws Blocks of scrap wood
23	<ul style="list-style-type: none">  Makeup Week 	None
24	<ul style="list-style-type: none">  Pinewood Derby Cars! 	Pinewood Derby Car kits (TSG uses pre-cut cars) Hammers Paint/markers Paint brushes Blank labels Sandpaper Newspaper Masking Tape Balls or bean bags (1 for every 2 boys)
25	<ul style="list-style-type: none">  Pinewood Derby Cars continued  Relay Races 	Same as week 24 Blank invitations or blank paper
26	<ul style="list-style-type: none">  Begin Showmanship  Public Service Announcements  Singing Songs  Making Puppets 	Song copies (1 per boy or per 2 boys) Paper lunch bags/markers Paper
27	<ul style="list-style-type: none">  Showmanship Continued  Make an Instrument 	4 types of music *TP rolls or paper towel rolls (1 per boy) Wax paper Markers Rubber bands (1 per boy) CD or cassette player
28	<ul style="list-style-type: none">  Honesty  Writing  Play Charades 	Blank or lined paper (3 per boy) Writing utensils
29	<ul style="list-style-type: none">  Third Awards Ceremony 	Awards (all that apply) Face paint (blue, yellow, and green)

Syllabus Week #	Activities	Materials Needed
30	<ul style="list-style-type: none">  Nature/Cleanup  Leaf Rubbings  Chia Pet Craft 	Trash bags Collected leaves Blank paper (1-2 per boy) *Old crayons that can be peeled of paper *Old nylons/pantyhose *Sawdust Grass seed Rubber bands (1-2 per boy) Permanent markers Plastic or Styrofoam plates (1 per boy) Water access
31	<ul style="list-style-type: none">  Being Athletic  Stretches  Exercise 	Athlete Record form (1 per boy) Measuring tape Stopwatch/watch with a second hand Tape, rope, or plank Writing utensils
32	<ul style="list-style-type: none">  Being Athletic continued  Backyard Bowling  Kickball 	Same as previous week plus kickball *Empty 20 oz bottles (1 per boy) Tape Food coloring Glitter Permanent markers Water 4 objects to use as bases
33	<ul style="list-style-type: none">  Webelos/Boy Scout info 	Cub Scout/Boy Scout note cards (1 set per pack)
34	<ul style="list-style-type: none">  Final Awards Ceremony 	Awards (all that apply) Face paint colors: red, blue, yellow, green, white, and black Arrow of Honor (1 per Arrow of Light recipient) Safety pins (1 per rank badge)
35	<ul style="list-style-type: none">  Games 	Slips of paper
36	<ul style="list-style-type: none">  Games 	None

Some items cannot be purchased and must be collected. It is important to ask your Scouts and parents to help you obtain these supplies ahead of time. It is the paraprofessional/program aide's responsibility to obtain these materials for their personal Packs. If extra materials are collected, please share them with other paraprofessional/program aides. Supplies to be collected are:

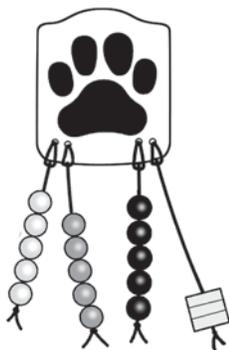
-  Small, air-tight canisters
-  Grocery ads
-  Rocks (fist-size)
-  Toilet paper or paper towel rolls
-  Old crayons (paper peeled off)
-  Old nylons/panty hose
-  Sawdust
-  Scrap blocks of wood
-  Empty, clear plastic 20 oz bottles



Advancement Help

Tiger

There are five achievements in **Tiger Cubs** and each achievement has three parts. A boy receives a totem bead as he completes each part. The following table shows which syllabus A week numbers Tiger Cubs (**first graders**) earn a bead for attending. These beads go on the first three strands of the Tiger Cub Immediate Recognition Emblem. (The fourth strand is for Tiger Track beads, which we don't track on our Cub Scout Syllabus. See page 18 of your Tiger book for details.)



Week #	Bead Color
1	3 Orange
5	1 White
6	1 Orange
11	1 Black
12	1 Orange 1 Black
14	2 White
18	1 White
26	1 Black
30	1 Orange 1 White 1 Black
32	1 black

Wolf

There are 12 achievements in the **Wolf Cub** program. When a Wolf completes any three achievements, he earns a yellow totem bead. The following table shows which Syllabus A week numbers Wolf Cubs (**second graders**) earn a bead for attending. The Progress Toward Ranks emblem is a diamond with a plastic thong that is worn on the button of the right pocket of the uniform shirt.



Achievement #	Week #	Bead
3	3	
9	3	
12	3	1 Yellow
8	6	
2	11	
4	5, 14	1 Yellow
10	14	
11	14	
6	15	1 Yellow
5	15, 22	
1	24, 25, 31	
7	30	1 Yellow

Bear

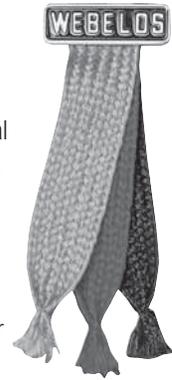
Bears are required to do 12 of the 24 available achievements. When a Bear completes any three achievements he earns a red totem bead. The following table shows which Syllabus A week numbers Bear Cubs (**third graders**) earn a bead for attending. The Progress Toward Ranks emblem is a diamond with a plastic thong that is worn on the button of the right pocket of the uniform shirt.



Achievement #	Week #	Bead
15	1	
11	5	
9	6, 7	1 Red
7	4, 5, 11	
3	11	
8	12	1 Red
24	12	
1	14	
10	14	1 Red
4	16	
16	21, 25, 31	
18	25, 28	1 Red

Webelos

Webelos Scouts have the opportunity to work on 20 Webelos Scout Activity Badges (Webelos pins). Activity badges are colorful metal emblems you pin on your Webelos colors (which come with a Webelos uniform). Webelos colors are gold, green, and red ribbons you wear on your right sleeve. If boys do not have Webelos colors, they can pin their activity badges on their shirt or hat. Webelos Scouts are for those boys who have completed the third grade and are not yet 11 years old (**fourth and fifth graders**). These are the Webelos Activity Badges (pins) that will be earned this school year through Syllabus Year A. Additional Webelos Activity Badges can be earned at home or by attending summer camp.



Webelos Activity Badges (pins)	Week #
Fitness	6
Readyman	3, 4, 5
Citizen	11
Traveler	18 + Home
Craftsman	15, 21, 22, 24, 26
Showman	26, 27
Athlete	31, 32



Belt Loops—All Cub Scout Ranks

Belt Loops can be earned by any Cub Scout no matter what his rank. The emphasis of the program is to try new things and to put forth a best effort, not of achieving proficiency or winning. This program is one method of addressing the third aim of Scouting: the development of physical, mental and emotional fitness. Fitness includes the body (well-tuned and healthy), the mind (able to think and solve problems), and the emotions (self-control, courage, and self-respect). There are different Sports and Academic Belt Loops. Some are completed in meetings and others are simply optional for boys to do on their own.

Optional: Optional Belt Loop forms are sent home during the week related topics are discussed. Any boy who brings back the Belt Loop form signed by their parents qualifies for earning it.

Optional Belt Loop for this year is—**Heritage Belt Loop**.

Completed in Meetings:

Fitness Belt Loop—Any Cub Scout that participated during syllabus week 6 qualifies.

Map and Compass Belt Loop—Any Cub Scout that participated during syllabus weeks 18 and 20 qualifies.

Geography Belt Loop—Any Cub Scout that participated during syllabus weeks 18 and 20 qualifies.

Advancement Request for Awards Ceremony 1

Paraprofessional/Program Aide Name: _____

Date advancement is needed by: _____



***Remember** any badges needed must be submitted on an advancement report.

Pack #	# of Active Tigers	# of Active Wolves and Bears	Fitness Belt Loops (All Cubs Week 6)	Webelos Fitness Pin (Week 6)	Webelos Readyman Pin (Weeks 3, 4, 5)

Remember:

- Bobcat**—New Cubs
- Tigers**—1st Grade
- Wolves**—2nd Grade
- Bears**—3rd Grade
- Webelos I**—4th Grade
- Webelos II**—5th Grade
- Boy Scout**—11-17 Years old

Advancement Request for Awards Ceremony 2

Paraprofessional/Program Aide Name: _____

Date advancement is needed by: _____



***Remember** any badges needed must be submitted on an advancement report.

Pack #	Fitness Belt Loops (All Cubs Week 6)	Heritage Belt Loop (any Cubs who turned in a completed Heritage Belt Loop form)	Webelos Citizen Pin (Week 11)

Remember:

Bobcat—New Cubs

Tigers—1st Grade

Wolves—2nd Grade

Bears—3rd Grade

Webelos I—4th Grade

Webelos II—5th Grade

Boy Scout—11-17 Years old

Advancement Request for Awards Ceremony 3

Paraprofessional/Program Aide Name: _____

Date advancement is needed by: _____



***Remember** any badges needed must be submitted on an advancement report.

Pack #	Map and Compass Belt Loop (Weeks 18, 20)	Geography Belt Loop (Weeks 18, 20)	Heritage Belt Loop (any Cubs who turned in a completed Heritage Belt Loop form)	Webelos Traveler pin (Week 18 plus home form)	Webelos Craftsman pin (Weeks 15, 21, 22, 24, 27)	Webelos Showman pin (Weeks 26, 27)

Remember:

- Bobcat**—New Cubs
- Tigers**—1st Grade
- Wolves**—2nd Grade
- Bears**—3rd Grade
- Webelos I**—4th Grade
- Webelos II**—5th Grade
- Boy Scout**—11-17 Years old

Advancement Request for Awards Ceremony 4

Paraprofessional/Program Aide Name: _____

Date advancement is needed by: _____



*Remember any badges needed must be submitted on an advancement report.

Pack #	Heritage Belt Loop (any Cubs who turned in a completed Heritage Belt Loop form)	Webelos Athlete Pin (Weeks 31, 32)	Webelos Traveler pin (Week 18 plus home form)

Remember:

Bobcat—New Cubs

Tigers—1st Grade

Wolves—2nd Grade

Bears—3rd Grade

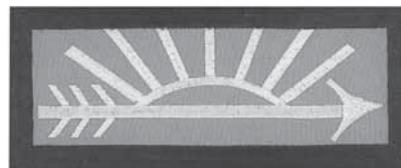
Webelos I—4th Grade

Webelos II—5th Grade

Boy Scout—11-17 Years old

Webelos Arrow of Light Check-off Sheet

Note: The Arrow of Light must be requested on an advancement report. This sheet is to help you determine if your second-year Webelos qualify for the Arrow of Light, which is the highest award in Cub Scouting.



Name: _____ Pack: _____ Cubmaster: _____

1	Be active in your Webelos den for at least six months since completing the fourth grade (or for at least six months since becoming 10 years old), and earn the Webelos badge.	Active Since:
2	Show your knowledge of the requirements to become a Boy Scout by doing all of these:	Date Completed:
	Repeat from memory and explain in your own words the Scout Oath or Promise and the 12 points of the Scout Law. Tell how you have practiced them in your everyday life.	
	Give and explain the Scout motto, slogan, sign, salute, and handshake.	
	Understand the significance of the First Class Scout badge. Describe its parts and tell what each stands for.	
	Tell how a Boy Scout uniform is different from a Webelos Scout uniform.	
	Tie the joining knot (square knot).	
3	Earn five more activity badges in addition to the three you already earned for the Webelos badge. These must include:	Date Completed:
	Fitness (already earned for the Webelos badge)	
	Citizen (already earned for the Webelos badge)	
	Readyman	
	Outdoorsman	
	At least one from the Mental Skills Group Badge: _____	
	At least one from the Technology Group Badge: _____	
	One more of your choice Badge: _____	
4	With your Webelos Den visit:	Date Completed:
	One Boy Scout Troop Meeting Troop #: _____	
	One Boy Scout-Oriented Outdoor Activity Activity: _____	

5	Participate in a Webelos overnight campout or day hike.	
6	After you have completed all five of the above requirements, and after a talk with your Webelos den leader, arrange to visit, with your parent or guardian, a meeting of a Boy Scout troop you think you might like to join. Have a conference with the Scoutmaster.	
7	Complete the Honesty Character Connection .	Date Completed:
	Know: Say the Cub Scout Promise to your family. Discuss these questions with them. What is a promise? What does it mean to keep your word? What does it mean to be trustworthy? What does <i>honesty</i> mean?	
	Commit: Discuss these questions with your family. Why is a promise important? Why is it important for people to trust you when you give your word? When might it be difficult to be truthful? List examples.	
	Practice: Discuss with a family member why it is important to be trustworthy and honest. How can you do your best to be honest even when it is difficult?	

Week 1

The purpose of this week is to get the boys interested in Scouting. The focus is on completing the application to join the pack.

Opening

Lead the boys in the Pledge of Allegiance and Cub Scout Promise. (Utilize the posters to help.) Have them hold the flag so all can see it. Have the Cub Scouts place their right hand over their hearts since they are not in uniform. Teach them the Cub Scout salute. As the Scout leader in uniform, you will do the Cub Scout salute.

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.



Cub Scout Salute

Make the Cub Scout salute with the right hand. Hold your fingers as you do for the Cub Scout sign. Keep the first two fingers together. Touch the tips of your fingers to your cap. If you are not wearing a cap, touch your right eyebrow.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Tell the boys that you will begin many meetings with the Pledge of Allegiance and the Cub Scout Promise. Other meetings you will begin with the Law of the Pack and the Cub Scout promise. Introduce them to the Law of the Pack now:

Practice the Law of the Pack and Cub Scout handshake before filling out applications

Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*



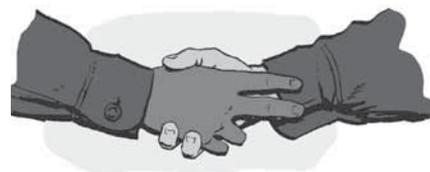
Reminder: Have the Scouts make the Cub Scout sign with the right hand.

Law of the Pack Meaning

Akela: pronounced "Ah-KAY-la." Akela means a good leader. Akela can be a Scout leader, a teacher, or a parent. The Cub Scout does things with his pack. The pack does fun things for the Cub Scout. The Cub Scout helps others with a smile.

Cub Scout Handshake

 The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



 **WEBELOS** (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words: **WE'**ll **BE LO**yal **S**couts.

 **Review the Cub Scout Motto:** *Do Your Best.*

Discussion

What is a promise, what does it mean to keep your word?

Why might it be difficult to keep your word?

Why is a promise important?

Why is it important for people to trust you when you give your word?

Why is it important to be trustworthy?

Explain to the boys that they will be working toward different ranks depending on what grade they are in. Make sure each of them understands which rank they are. You can help them remember by placing a picture of each rank at a table and having the boys in the correct grade sit there for the remainder of the meeting. Also explain that although many of them are different ranks everyone will earn the Bobcat patch if they have not done so already.

Tigers: 1st grade, **Wolves:** 2nd grade, **Bears:** 3rd grade, **Webelos:** 4th/5th grade

Ask

We all know what bobcats, tigers, wolves and bears are but what is a Webelos?

*Webelos stands for **WE'**ll **BE LO**yal **S**couts. Have the boys repeat this back to you. Tell the boys some of the things they will be doing this year—earning awards, making crafts, playing games, pinewood derby, and summer camp.*

"Now that you know what kind of Scouts you are, we have to do some paperwork to make sure we get each of you registered. If you have any friends who you think would like to be Cub Scouts also, bring them to our next meeting."

Applications

Cub Scouts is for boys in first through fifth grade regardless of age. *Pay attention to boys in fourth or fifth grade who are 11 years or older. If there are several boys in this category, we will likely organize a Boy Scout troop at that location.*

1. Every Cub Scout must have a completed application to be registered in Scouting.
2. The application must be completed in full. The best way to accomplish this is to walk the boys through the application line-by-line.
3. Be sure to include the proper pack number in the top left corner.
4. Fill in your address with one number or letter in each box.
5. The boy's date of birth, including year, and age must be filled in.
6. We request to know their ethnic background and school—but this is optional.

Game: Tell It Like It Isn't

Materials: None

Have the boys form a line. Whisper a message to the first boy in line (such as "Scouting is Fun."). He must then whisper it to the next boy and so on. The boy at the end of the line must say what he heard out loud. See how close it was to the original sentence. Take turns and play a few more times.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist

- Collect Ping-Pong balls.
- Throw used straws away.
- Give out *Youth Protection Parent's Guides*.

Reminders

1. Bring back signed Cub Scout applications and money.
2. Bring back signed (white) *Youth Protection Parent's Guides*.
3. Popcorn Sales will start soon.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1-8	2d, 4d	2a	15b, 15c	Cit. 5, Fitness 2

Week 2

Review last week, making sure a solid foundation is established.

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Game: Lily Pads

Materials: One piece of paper for every three boys

Divide the pack into two teams.

For every three boys, the team gets one piece of paper.

The object of the game is for each team to get their entire team from one end of the room to the other, but no one is allowed to touch the ground on the way to the finish line. They are only allowed to stand on the paper (lily pads).

They have to figure out how to get the whole group across using only the paper. If any group member touches the floor (the water), they whole group has to start all over again. They are allowed to pick up the lily pads and replace them if needed.

Game: People Machine

Materials: Open area

Divide the boys up into equal groups. Each group has the task of becoming a machine, such as a washing machine, camera, or DVD player. Each individual must be a working part with a suitable sound. The machines are then presented to the rest of the group, which must try to guess what machine is being portrayed.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist

- Collect any unused supplies.

Reminders

1. Bring back signed Cub Scout Applications and money.
2. Bring back signed (white) *Youth Protection Parent's Guides*.
3. Save small, air-tight canisters and bring them next week.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6				

Week 3

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a “V” shape. The right arm is held straight up in the air. **The two fingers stand for “help others” and “obey.”** Make this sign when saying the Promise or Law of the Pack.



Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to “do your best?” (*Try as hard as you can.*)
-  WEBELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:
WE’ll BE LOYal Scouts.

Discussion

For the next few weeks we will be talking about first aid.

Ask the following questions and give the boys the opportunity to answer.

What is first aid?

The first help given to a person with an injury or illness.

How do you treat cuts and scratches?

- *Wash with soap and water.*
- *Apply antiseptic cream to prevent infection.*
- *Cover with a bandage. (For big cuts, get help fast from an adult.)*
- *Keep the wound clean until it heals. Replace the bandage daily.*
- *If it is a BIG cut or scratch, call 911.*

How do you treat burns?

First aid depends on the type and degree of the burn.

- **1st degree.** *The skin is red, from sunburn or from touching something hot. Apply cold water until the burn stops. Keep clean.*
- **2nd degree.** *Blisters form on the skin. Protect the blisters from breaking with a soft bandage wrapped loosely. DO NOT apply cream or spray. Seek medical attention.*
- **3rd degree.** *The skin is charred or burned away. The victim may feel no pain. DO NOT try to remove clothing. Cover with a clean bed sheet. Seek immediate medical attention at a hospital.*

How do you treat nosebleeds?

- *Usually will stop in a few minutes.*
- *Take precautions to make sure you do not get blood on you—wear latex gloves.*
- *Have the victim lean forward so the blood does not run down their throat.*
- *Have the victim pinch their nose shut for several minutes.*
- *Have the victim wipe up any blood with a wet cloth after the bleeding stops.*

How do you treat bee or wasp stings?

Before treating, make sure you are not in danger of being stung.

- ***DO NOT squeeze the stinger.***
- *Scrape away the bee or wasp stinger with something other than your finger.*
- *Apply ice to reduce the swelling.*
- *If the victim has trouble breathing or breaks out in spots, call 911.*

How do you treat spider bites?

- *Watch for redness and swelling.*
- *Victims may vomit, sweat a lot, and have cramps.*
- *Treat for shock and take the victim to a hospital quickly.*

What is frostbite and how do you treat it?

- *Frostbite is the freezing of skin and flesh. This can happen when you do not cover your skin in extremely cold weather.*
- *Move the victim to a warm area.*
- ***DO NOT rub frostbitten skin as it can do more damage.***
- *Remove gloves. Place frostbitten hands under your armpits to get them warm.*
- *Frostbitten toes should be placed against someone's stomach.*
- *Encourage the victim to move their fingers and toes.*
- *Hold frostbitten areas under warm (NOT hot) water.*
- *Seek medical treatment.*

How do you treat snakebites?

- *Snakebites are rare to humans and are rarely fatal. Snakes bite when they are scared or feel threatened.*
- *Remain calm.*
- *Try to identify the type or colors of the snake.*
- *If you must wait for medical attention, have the person lie down with the bitten area lower than their heart to reduce the spread of poison.*
- *Treat for shock.*
- ***DO NOT make any cuts around the bite.***
- ***DO NOT apply ice to the wound.***
- *Get the victim medical attention as soon as possible.*

How do we stay healthy?

- *Eat well-balanced meals.*
- *Drink lots of water: 6–8 glasses of water a day.*
- *Bathe or shower every day with soap.*
- *Brush your teeth before you go to bed and after meals.*
- *Wash your hands before eating and after using the toilet.*
- *Run, play, and exercise outdoors. Wear sunscreen to protect yourself from skin cancer.*
- *Sleep 8–10 hours each night. Take naps if you are tired.*

How can we stop the spread of colds at home or school?

- *Stay away from other people as much as possible.*
- *Get lots of rest.*
- *Cover your mouth and nose when you cough or sneeze.*
- *Wash your hands often, especially after you sneeze.*

The First-Aid Method in Action: Caring for Someone Who Is Choking

The following scenario shows how you could use the steps of the first-aid method to take care of a person who is experiencing a choking emergency.

Suppose that during a meal you notice that a man at the table is in trouble. His face is turning red. It looks as though he is choking, and he grabs his throat with his hands. Take a moment to recognize what is happening—a man is choking. Ask someone to call 911. Then tell the choking man that you know first aid and that you are there to help.

If the choking man can cough, speak, or breathe, you'll know that some air is getting into his lungs. Encourage him to cough up whatever is blocking his airway. If he is coughing weakly or making high-pitched noises, or if he can't cough, speak, or breathe, you will need to help him clear the object from his throat by using the following method.

Step 1—If the man is conscious, stand behind him and place your arm across his chest. Lean him forward and firmly strike his back with the heel of your hand five times. If he still cannot breathe, continue to steps 2 and 3.

Step 2—Stand behind the victim, put your arms around his waist and clasp your hands together. The knuckle of one thumb should be just above the navel but below the rib cage.

Step 3—Thrust your clasped hands inward and upward with enough force to pop loose the object that is blocking the airway. Repeat up to five times.

Repeat steps 1 through 3 until the object is coughed up, medical help arrives, or the person becomes unconscious.

Once you have restored breathing, treat the man for shock while waiting for help to arrive. Treat any injuries he might have suffered during the choking episode. If medical help is delayed, decide how to care for the choking victim while waiting for emergency personnel. You might decide to comfort him and watch his condition closely so that you can offer additional first aid if needed.

Your first-aid method guided you to treat the choking man correctly.

- **Check the scene.** You took a moment to figure out that the man was choking.
- **Call for help.** You asked someone to call 911.
- **Approach safely.** You carefully made your way to the choking man and introduced yourself.
- **Provide urgent treatment and protect from further injury.** You saw that the man could not breathe normally, and you took steps to help him.
- **Treat every accident victim for shock.** Once breathing was restored, you treated the man for shock as you waited for help to arrive.
- **Do a thorough examination.** You checked to see if the man suffered any injuries that needed attention.
- **Plan a course of action.** You monitored the man's condition while waiting for medical help so that you could provide additional first aid if needed.



Activity: Health and First Aid

Materials: Health Habit Chart (1 per boy)

Give each boy a copy of the Health Habit Chart and ask them to take it home and record health habits for two weeks. Ask them to bring their charts back in two weeks to share.

Fun activity: Pocket First Aid Kits

Materials: (1) small, air-tight canister, (2) Band-Aids, (1) antiseptic or alcohol wipe, sample antibiotic cream (if available), (1) first aid label page

Stuff all items into the small, air-tight canister. Have each boy write his name on a label. Remove the label and place it around the outside of the first aid kit. This small kit can be carried in a pocket or book bag and is waterproof. Talk about each item in the kit and ask the boys what they could use them for.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist

- Collect all unused supplies.

Reminders:

1. Bring back signed Cub Scout Applications and money.
2. Bring back signed (white) *Youth Protection Parent's Guides*.
3. Popcorn Sales will start at the end of this month.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a, 3a, 3b, 3c		Cit. 5, Readyman 2, 4, 7, 12

Week 4

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Discussion

We are going to continue talking about first aid this week. If there is an emergency and you have to help someone, you need to remember the four courage steps:

Be Strong, Be Calm, Be Clear, and Be Careful.

Ask the boys the following questions; give everyone a chance to respond.

Why do you think it might be hard to follow these steps in an emergency?

When could you use these steps in situations other than an emergency?

Standing up to a bully, avoiding fights, being fair, not stealing or cheating when tempted.

If you had an emergency situation, who would you call for help?

911, parents, friendly neighbor, etc.

- *If you think someone is having a heart attack, call 911 immediately.*

What do you know about heart shock?

- *Shock can occur when someone has been in an accident, lost a lot of blood, or other great stress.*
- *Victim feels weak, is pale, cold and clammy, may shiver or vomit.*
- *Treatment:*
 - *Have victim lie down.*
 - *Raise the feet higher than the head (unless there may be injury to head, back, or other areas).*
 - *If it is cool, cover with a blanket to keep warm. If it is hot, do not cover.*
 - *Seek medical help quickly.*

Fun activity: First Aid Match-Up Game

Materials: First Aid Match-Up game cards

Have the following conditions listed on cards: cuts and scratches, burns and scalds, choking, blisters, insect bites, nosebleed, and sunburn. Divide the Scouts into two teams. Place the condition cards in one stack and the action cards in another. The Scouts match up the conditions with the appropriate action cards. One boy selects a condition card and then decides which action is correct. If he gets it correct, his team receives two points. If he does not get it correct, another may answer and earn the points. Teams with the most points win. **REMEMBER: They are ALL winners!**

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- **Collect game cards.**

Reminders

1. First Awards meeting in two weeks.
2. Popcorn Sales will start at the end of this month.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6				Readyman 1, 3, 5, 6, 8

Week 5

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.

Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  WEBELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:
WE'll BE LOyal Scouts.

Ask

Why is it important to be trustworthy and honest and how can you do your best to be honest when you are doing the activities in Cub Scouting?

Activity: Emergency Readiness

Ask the following questions to your pack and discuss their responses:

-  *What is responsibility?*
-  *How does being responsible help us to be safe?*
-  *Within the past week, how did you show responsibility?*
-  *What happens when people are not responsible?*
-  *What things help you become more responsible?*

Today we are going to talk about being responsible in case an emergency or an accident occurs in your home. What would you do in the following situations?

What do you do before you leave your house?

- *Turn off all the lights, and make sure all doors and windows are locked.*

What do you do if you are at the mall with your parents and you get lost?

- *Ask a security guard or store clerk for help. Do not wander the mall by yourself.*

There is a water accident: A boat overturns and you are in it!

- *Don't panic! Grab onto the boat and stay with it.*
- *DO NOT try to swim ashore. Make sure everyone else you were boating with does the same.*
- *Wait for help to arrive.*

A family member needs help because their clothes have caught on fire:

- *Stop them from panicking and running!*
- *Running will make the flames spread.*
- *Force them to the floor and roll them over to smother the flames. Wrap them in a rug, or blanket. If you can't catch them, tell them to STOP, DROP, and ROLL.*
- *Have them cover their face so the flames don't burn them.*



If there is a school bus/car accident

If there is a bus accident, follow the directions from the bus driver. Stay calm and use the emergency exits. Move to the side of the road away from traffic. If there is a car accident, remember to be calm and do what the adult driver tells you to do. All passengers should get out of the car and away from traffic.

Ask

Where do you think most accidents happen in your home?

- *The kitchen, the stairs, and bathrooms are where the most accidents happen.*

Do you know the rules of bike and street safety?

- *Always wear a helmet.*
- *Obey all traffic laws (stop at "stop" signs, give signals for turns, avoid busy streets).*
- *Observe local laws.*
- *Drive with traffic, not against it.*
- *Watch out for hazards (potholes, drain gates).*
- *Don't carry passengers on your bike.*
- *Never hitch a ride (trailing).*
- *Ride a safe bike.*



Activity: Fire Escape Plan

Materials: Family Escape Plan sheet (2 per boy, 1 for home and 1 for meeting place), red markers

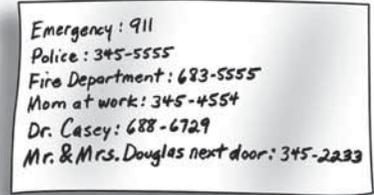
Encourage the boys to check their home for fire hazards and practice a fire drill with their family. They can share the results of their drill at the next meeting. Using the Family Escape Plan practice sheet, have the boys design an escape route for their meeting place to use in case of a fire. Using a red marker, have the boys draw flames in different areas of their escape plan. Ask the boys to explain what they would do depending on where the flames are on their route. Review the fire plan that is already on the wall of your meeting place.

Have the boys locate a fire escape plan in the school or building your pack meets in. Look over the map and practice the fire escape route it shows.

Activity: Emergency Phone Numbers

Materials: 1 red help list card for each boy, writing utensils

Explain that it is important to always be prepared in case of an emergency. Tell them they need to know how to get help in case something goes wrong and they are home alone. Pass a red help list out to each boy and have him fill in the phone numbers that he knows. Tell them to take their help lists home and have their parents help them fill out the rest. Encourage the boys to post their help list near a phone in their home.



Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect all unused materials.

Reminders

1. Do a fire drill at home with your family, check your home for hazards, and know how to make your home safe. Fill out Fire Escape Plan sheet.
2. Service project for Webelos (fourth and fifth grade boys), and Boy Scouts (11 years old and older).
3. Cub Scout Fishing Derby (example)
4. Cub Scout Fun Day (example)

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d, 3f, 3a, 3b	2a, 4a-d, 4f, 9a-d, 9e, 12a, 12b, 12c, 12e, 12h	7e, 7c, 11a-e, 11g	Cit. 5, Readyman 11, 13

Week 6

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



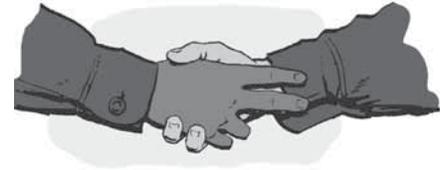
Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Discussion

Today we are going to talk about having good health habits.

What does fitness mean?

Being healthy and in good physical and mental shape.

To be fit you must take care of your body, including good hygiene, eating well, exercising, and avoiding drugs.

Why is it important to be healthy, clean, and fit?

When is it difficult for you to stick with good health habits?

Where can you go to be with others who encourage you to be healthy, clean and fit?

The heart is an important muscle that sends blood all around your body. It works like a pump by receiving blood from the body and pumping it to your lungs, and then receiving blood from your lungs and pumping it out to the body. When you run around a lot, your heart beats faster because your body needs more oxygen-filled blood. You can check your pulse by pressing on the side of your neck or inside your wrist just below your thumb.



Have the boys find their pulse and time them for one minute.

This was your resting pulse, which should be between 70 and 100 beats per minute.

Now have the boys run in place or do jumping jacks for a few minutes and have them find their pulse again.



What are the bad effects of smoking or chewing tobacco?

It causes lung cancer, heart disease, and other ailments. It reduces a person's ability to breathe deeply. Athletes who smoke cannot play as hard or as long as those who don't. Smoke may irritate the eyes, making them red and sore. Smoke stains teeth and fingers. Chewing tobacco is as dangerous as smoking. Tobacco can damage the delicate tissues of your mouth. It causes diseases and stains your teeth.

How could alcohol affect you?

Alcohol slows down the brain and body. It destroys balance. It may make a person see double or even pass out. Alcohol makes some people do things they would never consider doing when they are sober. Drunk drivers are responsible for thousands of deaths every year.

What are four reasons you should not use alcohol?

What could drugs do to your body?

Some drugs make people drowsy. Some make it hard to know what is real and what is not. Others make people feel awake and active and they cannot relax and rest. Overdoses can kill a person.

How could they affect your ability to think clearly?

Some drugs are prescribed to you by doctors to ease pain or relieve symptoms of disease, but prescription drugs are dangerous if they are misused. You should never take a prescription drug unless it is prescribed for you by a doctor. All other drugs are dangerous for you—whether they have been legally prescribed for someone else or sold illegally on the street.

How to plan meals:

To be successful in planning meals, you must know about the food guide pyramid and serving sizes.

Encourage the boys to do the following things at home with their families: Fix their own breakfast; help fix a family meal; and plan and cook a meal outside. Find out which boys have already done these things.

Also, encourage them to: Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw. We will be doing all of these things later in the school year, but it is good to start practicing them now.

Activity: Food Guide Pyramid Worksheet

Materials: 1 worksheet per boy, writing materials, poster board or chalkboard

Tell them that by using the pyramid as a guide, they can plan a balanced diet that includes protein, vitamins, minerals, carbohydrates and fiber.

Have the boys write or draw pictures of what goes into each section of the food guide pyramid. This pyramid is very different from the old one that many of us are used to because it has added exercise. It also has a section for oils. Make sure to explain to boys that oils are not a food group, but you do need some oils for good health. Some examples of oils include oil from fish, nuts, and liquid oils such as corn, soybean, and canola oil.



Discuss the difference between healthy snacks and junk food. On the back of your poster board (or on the chalkboard) have the boys help you list types of food that fit into the categories “Healthy” and “Junk” foods.

On the other side of the worksheet have the boys follow the directions by filling in what they ate yesterday and making plans for tomorrow.

Activity: Meal Planning (Webelos only)

Materials: Copies of the meal planning pages out of the *Webelos Handbook*

Encourage your Webelos (fourth and fifth graders) to either read pages 248-258 from the *Webelos Handbook* or read over the copies provided.

Tell them that by using the pyramid as a guide, they can plan a balanced diet that includes protein, vitamins, minerals, carbohydrates, and fiber. Explain that they need the most servings each day from the widest area at the bottom of the food pyramid (bread, cereal, rice, and pasta). They should eat 2 cups a day of fruit and 2 ½ cups a day of vegetables. Tell them that much of their protein comes from the milk or dairy group, and the meat, poultry, fish and egg group.

Discuss the difference between healthy snacks and junk food. On the back of your poster board have the boys help you list types of food that fit into the categories “Healthy” and “Junk” foods.

Show the boys the snack record worksheet and explain how it is used. Ask the boys to use it to keep a record of all the snacks they eat in one week.

Ask

When is it difficult to eat healthy food?

When there is junk food to choose from.

What foods are best for your health and growth?

Healthy foods such as fruits and vegetables from the food pyramid instead of cookies and candy.

Craft: Make a Group Food Pyramid

Materials: Scissors, glue sticks, grocery ads, poster board (with the food pyramid line pre-drawn)

Assign each boy to a section of the food pyramid. If you have more than six boys, assign them into groups to work together. For example, the first group is the grain group, the second is vegetables, and so on. Give the boys six to eight minutes in their groups to find as many pictures of their food group as they can and cut them out. Have each group come up and glue their pictures on the poster board.

Activity: Hot Potato

Materials: 1 potato (bean bag), 1 blindfold

Boys sit on the floor in a circle. One boy is selected to be blindfolded in the middle of the circle. On the “go” command, the boys in the circle begin passing the potato from one boy to the next going around the circle. When the boy in the middle says “stop,” all boys put their hands behind their back. The boy in the middle removes his blindfold and tries to guess which boy has the potato. If he guesses correctly, the two exchange places. If not, the boy remains in the middle.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-ia, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect blindfold and bean bag.
- Clean up any paper scraps.

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6	3d	8a-e	9d	Fitness 1, 3, 4, 5, 6, 7
Fitness Belt Loop 1, 2, 3				

Week 7

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a “V” shape. The right arm is held straight up in the air. **The two fingers stand for “help others” and “obey.”** Make this sign when saying the Promise or Law of the Pack.



Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to “do your best?” (*Try as hard as you can.*)
-  **WE**BELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:
WE'll **BE** **LO**yal **S**couts.

Ask

Have you ever helped your family make snacks or desserts? What kinds of things have you made?

Snack Activity

Materials: Cereal, M&Ms or chocolate chips, pretzel pieces, permanent markers, raisins, sandwich-sized plastic bags, plastic spoons

Have the boys make trail mix by adding their favorite ingredients to a baggie. Be sure to have each boy put his name on the outside of the bag and seal it carefully to maintain freshness.

Activity: Play Crazy Bean

Materials: One bag of dried soup beans

Line up boys at one end and place a leader, with back turned, at the other. Scatter the beans over the playing area. On signal, the boys start to pick up the beans as fast as possible. When the leader turns to face them, they freeze. A boy caught moving must drop all of his beans and return to the starting point. Boys must collect a minimum of 20 beans and then try to tag the leader—be sure to count the beans. That boy then scatters his beans and becomes the new leader. If several boys tag the leader at the same time, the boy with the most beans becomes the new leader.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Clean up any messes.
- Collect beans and return for a later craft.

Reminders:

1. Our First Awards meeting is next week.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a	9b, 9e, 9f, 18d	Cit. 5, Athlete 10

Week 8–First Awards Meeting

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

I, (say your name), promise to do my best

To do my duty to God and my country,

To help other people, and

To obey the Law of the Pack.



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

The Cub Scout follows Akela.

The Cub Scout helps the pack go.

The pack helps the Cub Scout grow.

The Cub Scout gives goodwill.

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Today is our first Awards Ceremony. Our next one will be held just before Winter Break. Before we start we are going to make sure everyone is awake! This is a simple song to remember, here are the words:

**I like Bananas, Coconuts, and Grapes,
I like Bananas, Coconuts, and Grapes,
I like Bananas, Coconuts, and Grapes,
That's why they call me
TARZAN OF THE APES!!!!**

Sing this song several times, each time softer and softer, except for the last line which is literally screamed!

Progress Toward Rank Awards

Tigers:

Tiger Cubs (first graders) should receive a Tiger Cub Immediate Recognition emblem to wear on the right pocket of their uniform. Throughout the school year there are five achievements in Tiger Cubs and each achievement has three parts. A Tiger receives a totem bead as he completes each part. Today Tigers who participated on the following weeks will receive a bead for that achievement:

Week 1—3 Orange

Week 5—1 White

Week 6—1 Orange



Wolves:

Wolf Cubs (second graders) should receive a Progress Toward Ranks emblem to wear on the right pocket of their uniform shirt. There are 12 achievements in the Wolf Cub program. When a Wolf completes any three achievements, he receives a yellow totem bead. Today Wolf Cubs who participated in the following weeks will receive a yellow totem bead for those three achievements:

Week 3 and 5—1 Yellow



Bears:

Bear Cubs (third graders) should receive a Progress Toward Ranks emblem to wear on the right pocket of their uniform shirt. Bears are required to complete 12 out of 24 available achievements. When a Bear completes any three achievements, he earns a red totem bead. Today Bear Cubs who participated in the following weeks will receive a bead for those three achievements:

Weeks 1, 5, 6 and 7—1 Red



Webelos Activity Pin Ceremony (if no one qualifies, skip this portion)

To qualify: Fitness (fourth and fifth graders who participated week 6), Readyman (fourth and fifth graders who participated weeks 3, 4, 5).

Today we also have the privilege of recognizing Webelos Scouts that have earned an activity pin. We have _____ Webelos Scouts who have earned their _____ pins. Would Webelos Scouts (names) and their parents please come forward?

(Name of first scout), I have shown that you have earned the _____ pin. Would you like to share one thing that you did to earn this pin? I would like to give this to your parents and ask that they pin it on your Webelos colors on your right sleeve.

Belt Loop Presentation (if no one qualifies, skip this portion)

To qualify: Any Cub Scout that participated week 6 qualifies for the **Physical Fitness belt loop**.

Today we also have the privilege of recognizing Scouts that have gone above and beyond expectations and worked at home on belt loop requirements. We have _____ Scouts who have earned their **Physical Fitness** belt loop(s). Would Scouts (names) and their parents please come forward?

(Name of first scout), I have shown that you have earned the **Physical Fitness** belt loop. Would you like to share one thing that you did to earn this belt loop?

Perfect Attendance Certificates (optional)

These are certificates for boys who have attended every meeting from your first meeting up until the awards ceremony.

Attending meetings is very important for advancing in Cub Scouts. Currently we have _____ Scouts that have attended every single meeting we have had since the start of the school year. Would _____ (names) please come forward and receive your certificate?

Uniform Certificates (optional)

These are for boys who consistently remember to wear their uniforms to meetings.

Uniforms are not mandatory, but they are encouraged. Wearing your uniform to Scout meetings shows that you are responsible and proud to be a Scout. Sir Robert Baden-Powell once said, "The uniform makes for brotherhood, since when universally adopted it covers up all differences of class and country." Currently we have _____ Scouts who consistently remember to wear their uniform. Would _____ (names) please come forward and receive your certificate?

Thanks to the parents and guests for coming today.

Bobcat Presentation (if no one qualifies, skip this portion)

To qualify: Any Cub Scout who has attended at least two meetings and has gone over the *Youth Protection Parent's Guide* with their parents/guardians. Check your pack's advancement records to find out which boys have not yet earned this rank.

As I call your name, please come forward with your parents.

Scouts, with the help of your parents, you have passed the first test of Cub Scouting. You have attained the rank of Bobcat. I will now ask your parents to assist in the ceremony that recognizes your accomplishment.

The blue is from the sky. The blue paw print of the Bobcat on your forehead is the spirit of the bobcat and is to remind you to DO YOUR BEST on the Cub Scout trail.

The yellow is from the sun. The yellow marks under your eyes will help you see the light of the Cub Scout Trail and will symbolize the bright spirit of Cub Scouting.

The white on your nose is for purity and is to help you know right from wrong as you go along the Cub Scout Trail.

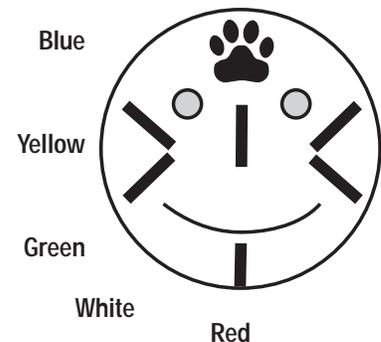
The red mark on your chin is for courage to always speak the truth.

Finally, the green mark on your cheek symbolizes the spirit of nature to guide the Cub Scout in living in harmony with the great outdoors.

Remember your marks of this evening, Bobcats. Have fun along the Cub Scout Trail. Parents, will you present this Bobcat badge to your son making him an official Cub Scout? This privilege will be yours for every badge he earns.

Will all the parents in the audience please stand and join these new Cub Scout parents in the parent's participation promise by repeating after me:

*We, the parents of a Cub Scout,
Promise to assist our son
In earning his Cub Scout badges.
We will be faithful in our attendance at meetings
And assist in every way possible
As we assist our son to do his best.*



Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Clean up any mess.

Reminders

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6				

Week 9

If your pack is right on schedule, you can do the following activities for fun. If your pack is behind on weeks, this week can be skipped.

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.

Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  **WEBELOS** (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words: **WE'**ll **BE** **L**oyal **S**couts.

Activity: Good Morning, Captain Game

Materials: None

***Note:** This game works best for packs who know each other's names.

The pack sits facing the front. One Scout stands in front of the group, facing the group. He is the chooser. Another Scout stands next to the chooser and he is the captain, but facing away from the group.

To play, the chooser points to a Scout in the group who then becomes the speaker. The speaker says, "Good morning, captain!" in a disguised voice. The captain must guess who said it. If he is right, he continues as captain. If he is incorrect, the Scout repeats, "I said, 'Good morning, captain!'" If the captain fails a second time, he returns to the group, the chooser is the new captain, and the speaker is the new chooser.

Activity: Vegetable Soup game

Materials: Strips of paper or index cards, markers, masking tape

Have the boys make cards that say either "Beans," "Potatoes," or "Carrots." Make sure you have approximately the same number of each. Tape their card on their shirt so it can be easily read.

Have the boys divided into two teams facing each other about six feet apart. Use masking tape to make lines for each team to stand behind. One boy is the head cook and stands between the two lines of boys. When the head cook calls the name of one of the vegetables (beans, carrots, or potatoes), those boys must run to the other team without getting tagged by the head cook. **WARNING! THIS IS NOT TACKLE FOOTBALL. IT'S A SIMPLE TAG.** If the head cook tags any boys, they become soup and do not have any tagging or blocking rights. Then the head cook calls for another ingredient and, again, those boys must run to the other side trying not to be tagged. Continue until the head cook has all the ingredients for the "vegetable soup."

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Clean up any mess.

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a		Cit. 5

Week 10

This week, we will not be doing anything advancement-related. If your pack is right on schedule, you can do the following activities for fun. If your pack is behind on weeks, this week can be skipped. Talk to your locations and see if there is anything you can do to recruit new Scouts while they have parents in the building.

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Game: I've Lost My Dog

Materials: None

Players stand in a ring facing inwards. The leader stands in the center. He addresses one of the players, saying, "I've lost my dog." The player asks, "What is it like?"

The leader describes any other person in the ring—trying to make the description fit a dog. When the questioner guesses the identity of the person described, the one described leaves his place and is followed round the circle by the questioner. Both race in the same direction, each returning to his place. The last to get back becomes the one to whom the leader will speak when the game begins again.

Game: Smile Tag

Materials: 1 coin

Players form two equal lines facing each other and about three feet apart. One is heads, the other is tails. The leader tosses a coin and calls out the side turned up. If it is heads, the heads laugh and smile while the tails must remain solemn. The heads try to make the tails laugh. Those who laugh have to join the heads' side. The coin is tossed again and, if it comes up tails, the tails have to try to make the heads smile. In five to seven minutes, the line with the greatest number of players is the winner.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Clean up any mess.

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6				

Week 11

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.

Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  WEBELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:
WE'll BE LOyal Scouts.

Activity

Work ahead of time to try to get a police officer to come to your sites and talk. Ask them to talk about the following things:

- *What kind of training they had for their job?*
- *What do they like about their job?*
- *How do you help the community in your job?*
- *Answer questions the boys may have.*

Ask the boys:

Tell three things you can do that will help law enforcement agencies.

- *If you see a crime being committed or some dangerous activity, tell an adult or call the police.*
- *Don't put yourself in danger!*
- *Always make sure homes and cars are locked.*

What are some of your rights as a citizen of the United States of America?

- *Worship where you like.*
- *Say what you think (freedom of speech).*
- *Join other people at peaceful meetings (the right to assemble).*

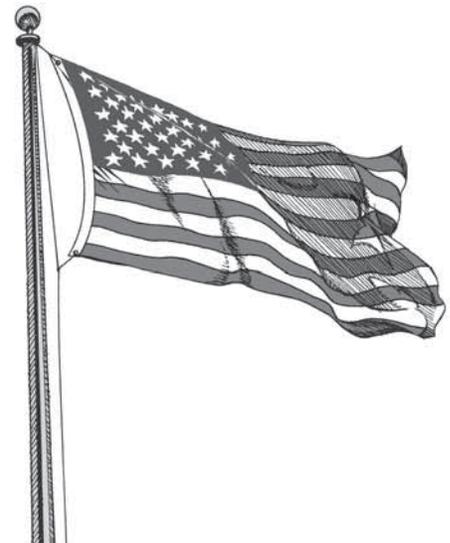
- *Own property and choose where to live.*
- *Go to a good school.*
- *Vote (at age 18 or older).*
- *Have a trial by jury.*
- *Keep people from searching your home, unless they have a special paper called a warrant, issued by a judge.*

How can you show respect for the rights of others?

Understand that although others are different than you, they do have the same rights.

What are some of your duties as a citizen?

- *Obey laws.*
- *Respect the rights and property of others.*
- *Keep informed on what is going on around you.*
- *Help change things that are not good.*
- *When you are an adult you should:*
 - *Vote*
 - *Pay taxes*
 - *Serve on a jury*



How can you be a good citizen and influence others to be good citizens?

- *Respect the rights of others.*
- *Know what your government is doing.*
- *Show respect for the flag.*
- *Learn the Star-Spangled Banner.*
- *Know your rights and duties.*
- *Obey the law.*
- *Be fair and honest with everyone.*
- *Make your community, state, or nation better.*
- *Do your best.*

Good Citizens also help to save our natural resources. What can good citizens do to save our natural resources?

- *Pick up litter and clear trash out of a lake or stream.*
- *Take part in a block clean-up campaign.*
- *Plant trees. Trees provide shelter and food for birds and animals. Trees also take in carbon dioxide and give off oxygen making the air purer.*
- *Save water and energy at home. Fix leaks and don't use more water than necessary when you shower and brush your teeth.*

Ask each boy to name three people that he knows who are good citizens and what makes them a good citizen.

Know the names of the president and vice president of the United States.

Know the names of the elected governor of your state and head of your local government.

Ask the boys to name some special days when the U.S. flag should always be flown.

- *New Year's Day, January 1*
- *Inauguration Day, January 20 (after a presidential election)*
- *Martin Luther King Day, third Monday in January*
- *Presidents Day, third Monday in February*

- *Mother's Day, second Sunday in May*
- *Armed Forces Day, May 20*
- *Memorial Day (half-staff until noon, full-staff to sunset), last Monday in May*
- *Flag Day, June 14*
- *Father's Day, third Sunday in June*
- *Independence Day, July 4*
- *Labor Day, first Monday in September*
- *Constitution Day, September 17*
- *Veterans Day, November 11*
- *Thanksgiving Day, fourth Thursday in November*

Talk about when to salute the American Flag.

If you are in uniform, give the Cub Scout Salute.

- *When the U.S. flag is being hoisted or lowered.*
- *When the U.S. flag passes by or you pass the U.S. flag. In a parade, salute just before the U.S. flag passes and hold it until it has gone by.*
- *When you recite the Pledge of Allegiance.*
- *If you are not in uniform, greet the U.S. flag by placing your right hand over your heart. Take off your hat or cap if you are wearing one.*



Talk about retiring worn-out flags.

When the U.S. flag is worn and tattered beyond repair, it should be burnt thoroughly and completely on a modest, but blazing fire. This should be done in a simple manner with dignity and respect. Be sure the flag is reduced to ashes and unrecognizable as a former flag.

Activity: Folding the Flag

Materials: One U.S. Flag

It takes at least two people to properly fold the U.S. flag. The flag is folded in a special way until only the blue field and the stars are showing. **Remember**, never let the flag touch the ground, floor, or water. Follow these steps to properly fold the U.S. flag:

1. Hold the flag parallel to the ground.
2. Fold the flag in half lengthwise, then in half lengthwise again. Make sure the blue starred area is on the outside.
3. Begin making triangular folds starting with the striped end.
4. Continue folding until only the blue field is showing.
5. Tuck the loose end of the flag into the folded portion.

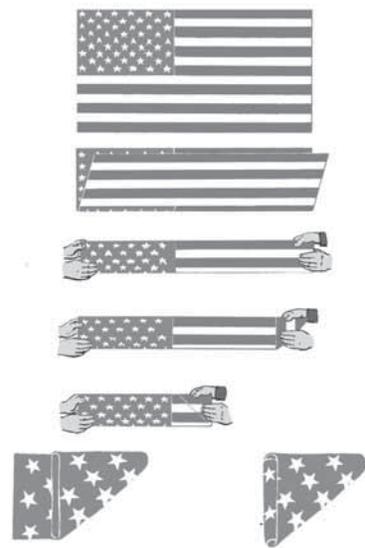
Go over the following ways to show respect of the country's flag.

Respect for the Flag

The national flag should never be used as part of the covering of a monument at a unveiling, although it may take a prominent part in the ceremony.

The flag should not be used to cover a table or desk or be draped or festooned as a decoration. The flag should always be allowed to fall free.

The only exception to using the flag as a covering is when it is laid on the casket at certain funerals.



No part of the flag should be used as a costume or athletic uniform. The wearing of a replica of the U.S. flag to designate this country's representation is permissible.

The flag should not be embroidered on cushions or handkerchiefs and the like, nor printed or impressed on any article designed for temporary use and discarded.

Through the years, Congress and most state legislatures have passed laws providing penalties for infractions of the Flag Code.

The U.S. Constitution and its amendments guaranteeing freedom of thought and expression have, at times been interpreted to negate the penalty provisions of the Flag Code.

However, everyone should bear in mind that good taste, courtesy, and respect are due the symbol of those freedoms that protect the right of dissent—your flag!

Activity: Finger Printing

Materials: Finger printing sheets, ink pads

Have the boys make fingerprints in the appropriate boxes. They need to press straight down on the paper so they do not smear their prints. Be sure to have them wash their hands afterward.

Activity: Write about America

Materials: Done at home

I'd like each of you to write about what you think makes America Special and bring it next week for us to talk about. If you are not sure what to write about, ask your family for ideas on what they think makes America Special.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect unused supplies.
- Wipe off ink/wash hands.

Reminders:

1. Bring your writing assignments next week to share.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webeles
1, 3, 4, 7	2d, 2g	2a-g	3a, 3j, 3g, 3h, 7a, 7b, 7f	Cit. 1a, 1b, 2, 3, 4, 5, 7, 9, 13

Week 12

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Activity: Have an Elderly Person Come to Visit

Ask the boys what respect means to them. Give examples. Compare their responses to those of an older person regarding expectations/demonstration of respect during their youth. Consider the following—addressing people (Mr. or Mrs.), making requests (please and thank you), entering doors, etc.

Ask the boys:

Does what you learn about older people and how they lived when they were your age change what you think about them? How does learning from them help you respect or value them more? Can you think of reasons others might be disrespectful to people or things you value?

Name one new way you will show respect for a person or thing someone else values.

Help the boys to make a list of ways to show respect for people and events in the past. Tell them you would like them to compliment or tell two different people that they did a "good job" over the next week.

What do you think leadership is? Have you thought about choosing a way even when not everybody likes your choice?

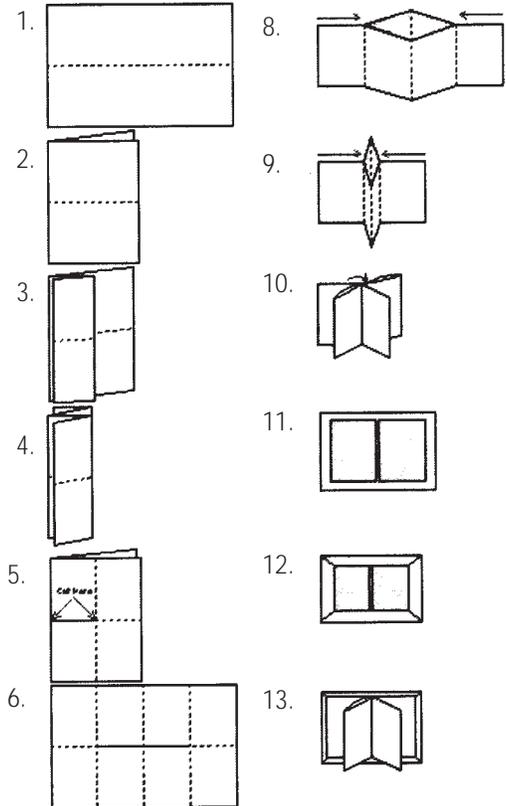
- *Have you ever been in a position where you were the leader?*
- *Why, as a leader, is it important to show kindness and concern for other people?*
- *What ways can you show you care about the thoughts and feelings of others?*

- *Why must a good leader consider the ideas, abilities, and feelings of others?*

Activity: Make a Scrapbook

Materials: Writing utensils, 12"x8" plain paper (1 per boy), two pieces of cardboard or card stock measuring 4 7/8" x 6 1/8" (per boy), blank cardstock, glue stick, scissors.

1. Fold paper in half lengthwise. Crease. Open back up.
2. Fold in half in the other direction.
3. Fold back one quarter of the sheet as shown in the illustration at right.
4. Fold back the last quarter. Crease all folds well.
5. Open the last two folds and cut along the center fold until you reach the halfway point, cutting through both halves.
6. Open the paper up completely.
7. Fold the sheet in half lengthwise.
8. Holding both ends, push together letting the middle open up.
9. Let the middle flatten out to form two more pages.
10. Bring the last page around to make a little booklet and crease all folds well.
11. Lay decorative paper upside down on your work surface. Place two pieces of cardboard side-by-side on top with one-eighth inch between them.
12. Fold the decorative paper over the cardboard, turning in the corners as if you were wrapping a present. Crease well. Glue in place.
13. Glue the first and last pages of your booklet to the cover, completely covering the cardboard.
14. Cut out designs to glue to the cover. Use the inside to scrapbook or journal.



Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Clean up materials from scrapbook making.

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webeles
2, 4, 5, 6	1d		8a-c, 8g, 24d-f	

Week 13

This week, we will not be doing anything advancement-related. If your pack is right on schedule, you can do the following activities for fun. If your pack is behind on weeks, this week can be skipped.

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  WEBELOyal Scouts. Webeelos (*WEE-buh-lows*). Webeelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:

Activity: The Big Wind Blows

Materials: None

All boys sit in a chair except for the caller. The caller stands in the middle and begins the game by saying, "The big wind blows," completing the sentence with a description that applies to himself or to at least two other players, such as "anyone wearing a Scout uniform," or "everyone with blue eyes." All of the players to whom the description applies must get up and dash across the circle to another seat, maneuvering around other relocating players, including the caller. The player left without a seat becomes the caller for the next round.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).

Post-Meet Follow-up and Checklist:

- Clean up any mess.

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a		Cit. 5

Week 14

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



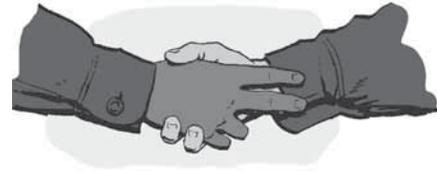
Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Discussion

What is cooperation?

Working together towards a common goal.

Why do people need to cooperate when they are doing things together?

People are happier when they cooperate.

Name some ways that you can be helpful and cooperate with others.

Open doors, be polite, take out the trash, answer questions honestly.

What makes it hard to cooperate?

Not understanding or agreeing with the goal or the project.

How do listening, sharing, and persuading help us cooperate?

We get to understand why other people think the way they do. We may not agree, but we can understand other people better.

What is Family?

A group of people who care for one another and share their lives and their love.

🐾 What is duty to family?

Giving support and love to each other, and doing chores to help out.

- *How did your family agree on these chores?*

🐾 What are family meetings?

A family meeting happens when the whole family takes time to talk about what is happening in their lives, and about plans and decisions they need to make together.

🐾 Have each boy share what his family does for fun. Make a list of fun things families might do together for little cost. Make sure each boy gets an opportunity to speak.

Please be careful in the following discussion as to not offend anyone's beliefs. The purpose of this discussion is only to share the different ideas and beliefs of the families in your pack.

🐾 What is Faith?

An inner strength based on the trust in a higher power (whatever that power may be).

🐾 Can you think of some people that have shown faith? What are some good qualities these people have? What problems did these people have to overcome to follow or practice their beliefs?

🐾 What challenges might you face in doing your duty to God? Who can help you with these challenges?

🐾 Can you name some ways you practice your beliefs? How can you help your church, synagogue, mosque, temple or religious fellowship?

🐾 Talk to your family about what they believe is their duty to God.

Next, we will make a game for you to play with your family!



Activity: Tic-Tac-Toe game

Materials: Game patterns printed on two different colors of card stock (two patterns for each boy), scissors, glue or tape, markers

Place three strips side-by-side with the contrasting color in the middle. Begin with the contrasting color to weave over and under each of the side by side strips.

The extra ends can be folded to the back and glued down (this also adds strength to the game card). Have the boys cut out six triangles of one color and six circles of the other color. These are the "X" and "O" for the game. To play, each boy decides which shape he wants to be and the first boy places his shape on one of the colors. The second boy then places his shape on one of the colors. The object of the game is to have three like shapes in a row—down, across, or diagonally.

BLUE	YELLOW	BLUE
YELLOW	BLUE	YELLOW
BLUE	YELLOW	BLUE

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Clean up any mess.
- Collect extra supplies.

Reminders:

1. Next week everyone needs to bring a rock about the size of your fist.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6	1f	10a-g, 4e, 11a-d	1a, 1b, 10a, 10b, 18d	

Week 15

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.

Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  WEBELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:
WE'll BE LOyal Scouts.

Discussion

What does having a positive attitude mean to you?

Is having a positive attitude important? Why or why not?

Have each boy tell about a collection he has at home such as cards or rocks. Give everyone the opportunity to speak then ask them:

- *Have you had any difficulties in obtaining items for your collections?*
- *How did you overcome those difficulties?*
- *Does being hopeful and cheerful help you to keep looking for items for your collections?*

For next week I would like you to make a collection at home of 10 things and put them together in a neat way. Either bring them in next time or tell us about it. If you can't bring your collection to the next meeting, show someone at home. Who can think of some examples of collections you could bring? What are some ways you can display your collections in a neat way?

- *Ideas for collections: rocks, stamps, leaves, coins, patches.*
- *Ideas for displays: poster board, place in egg cartons, shoe boxes.*

Activity: Pet Rocks

Materials: Small rocks, wiggly eyes, glue, colored markers

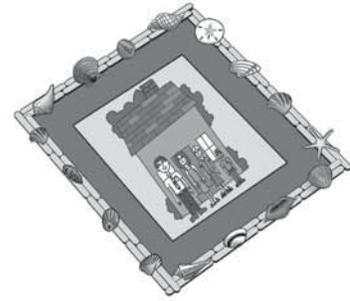
Explain to the boys that they will be making pet rocks. Hopefully each boy brought a rock to decorate. If not, give them an extra that you have collected to decorate into some sort of animal. Have them give each animal a name. They may glue wiggly eyes onto their rocks and draw on them with permanent markers.

Activity: Picture Frame Project

Materials: 4 popsicle sticks per boy, 1 square piece of card stock per boy, glue, markers

Have each boy decorate their square of card stock with a holiday message for someone, or whatever they wish. Encourage them to decorate in the middle of their square because the edges will be covered with the frame.

Glue the 4 popsicle sticks as a boarder around the picture. They may decorate their frame as they wish.



Activity: Invitations

Materials: Invitation forms or blank paper, writing utensils

Have the boys write invitations to their family members and teachers for the awards ceremony two weeks from now.

***Note-**Many packs have snacks for their awards ceremonies. If you want to have snacks for your pack, you can ask parents to bring something in to help celebrate. Please ask them to bring unopened store-bought snacks, that way ingredients can be checked for children who might have allergies. For safety reasons, do not accept homemade foods.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Clean up any mess.
- Collect extra supplies.

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a, 5e, 6a-c		Cit. 5, Craftsman 3

Week 16

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a “V” shape. The right arm is held straight up in the air. **The two fingers stand for “help others” and “obey.”** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Ask

Did anyone bring in a collection to share?

Activity: Folklore Characters

Materials: Folklore cards, printed and cut

Pass out the 20 folklore cards (one per boy or put the boys in pairs). Each boy (or pair) must read about their character and present that character to the rest of the pack by acting out their story. Give boys ample time to read about their character and plan how they are going to present it. After each boy or group has had a chance to present, ask the pack the following questions to see what they remember.

Questions and Answers:

1. Which character isn't a man, but a something? (*Sasquatch/Big Foot*)
2. Which characters carried the mail? (*Pony Express riders*)
3. Who leveled a forest with one swing of his ax? (*Paul Bunyan*)
4. Who rode a strange “horse”? (*Pecos Bill*)
5. Who warned settlers of an attack? (*Johnny Appleseed*)
6. Which character is famous in Kentucky? (*Daniel Boone*)
7. Who died in the Alamo? (*Davy Crockett*)

8. Who beat a machine? (*John Henry*)
9. Who protected victims from a cruel governor? (*Zorro*)
10. What was built of precious metal? (*El Dorado*)
11. Who stood up to Stonewall Jackson? (*Barbara Fritichie*)
12. Who got tired of the sea? (*Old Stormalong*)
13. Who was scared by a headless horseman? (*Ichabod Crane*)
14. Who helped rescue people from the sinking Titanic? (*Molly Brown*)
15. Who fell asleep for a long time? (*Rip Van Winkle*)
16. What was the name of the chief that Longfellow wrote about? (*Hiawatha*)
17. Who was the female stage coach driver? (*Charlie Parkhurst*)
18. What is the name of the missing gold mine? (*The Lost Dutchman*)
19. Who ruled what is now Hawaii for 37 years? (*King Kamehameha*)
20. Who stayed with his train even though it was going to crash? (*Casey Jones*)

Activity Summary: Folk Songs

Materials: Folk song music sheets (1 per boy), internet access (if available)

Sometimes music tells us stories. Folk songs are based on stories handed down from generation to generation. Many times songs are so old that no one knows the original composer. Two famous folk songs are about the folk tale heroes Davy Crockett and John Henry.

Read or sing the songs with the boys and, if you have internet access, go to the links provided on the song sheet and actually listen to the songs. You may want to point out the "Southern dialect" in the songs. For example, a line from Davy Crockett is "*Kilt him a b'ar when he was only three,*" meaning, "*Killed him a bear when he was only three.*"

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect cards and music sheets.

Reminders:

1. Next week is our second Awards meeting.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6			4a-c	Showman 11

Week 17

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.

Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  WEBELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:
WE'll BE LOyal Scouts.

First we are going to sing a song!

Alice the Camel

Alice the camel has 5 humps

Alice the camel has 5 humps

Alice the camel has 5 humps

So go, Alice, go!

BOOM BOOM BOOM

Repeat with... 4 humps, then 3...etc

Alice the camel has NO humps

Alice the camel has NO humps

Alice the camel has NO humps

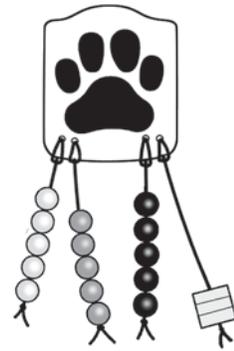
'Cause Alice is a HORSE!

Progress Toward Ranks Awards

Tigers:

Tiger Cubs (first graders) should receive a Tiger Cub Immediate Recognition emblem to wear on the right pocket of their uniform. Throughout the school year there are five achievements in Tiger Cubs and each achievement has three parts. A Tiger receives a totem bead as he completes each part. Today Tigers who participated on the following weeks will receive a bead for that achievement:

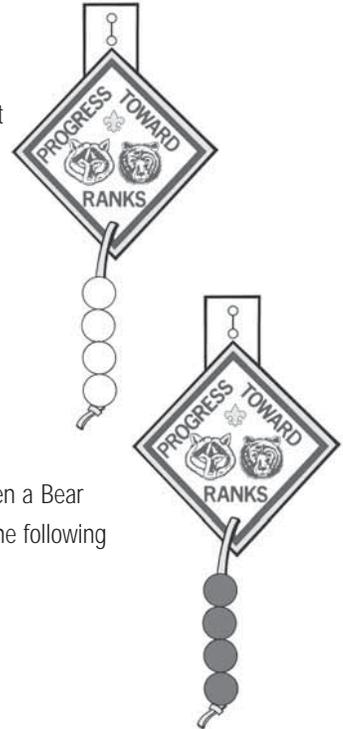
- Week 11—1 Black
- Week 12—1 Orange, 1 Black
- Week 14—2 White



Wolves:

Wolf Cubs (second graders) should receive a Progress Toward Ranks emblem to wear on the right pocket of their uniform shirt. There are 12 achievements in the Wolf Cub program. When a Wolf completes any three achievements, he receives a yellow totem bead. Today Wolf Cubs who participated in the following weeks will receive a yellow totem bead for those three achievements:

- Weeks 5, 6, 11, 14—1 Yellow
- Weeks 14, 15—1 Yellow



Bears:

Bear Cubs (third graders) should receive a Progress Toward Ranks emblem to wear on the right pocket of their uniform shirt. Bears are required to complete 12 out of 24 available achievements. When a Bear completes any three achievements, he earns a red totem bead. Today Bear Cubs who participated in the following weeks will receive a bead for those three achievements:

- Weeks 4, 5, 11, 12—1 Red
- Weeks 12, 14—1 Red

Webelos Activity Pin Ceremony (if no one qualifies, skip this portion)

To qualify: Citizen (fourth and fifth graders who attended week 11)

Today we also have the privilege of recognizing Webelos Scouts that have earned an activity pin. We have _____ Webelos Scouts who have earned their **Citizen** pins. Would Webelos Scouts (names) and their parents please come forward?

(Name of first scout), I have shown that you have earned the **Citizen** pin. Would you like to share one thing that you did to earn this pin? I would like to give this to your parents and ask that they pin it on your Webelos colors on your right sleeve.

Belt Loop Presentation (if no one qualifies, skip this portion)

Today we also have the privilege of recognizing Scouts that have gone above and beyond expectations and worked at home on belt loop requirements. We have _____ Scouts who have earned their _____ belt loop(s). Would Scouts (names) and their parents please come forward?

(Name of first scout), I have shown that you have earned the _____ belt loop. Would you like to share one thing that you did to earn this belt loop?

Perfect Attendance Certificates (optional)

These are certificates for boys who have attended every meeting from your first meeting up until the awards ceremony.

Attending meetings is very important for advancing in Cub Scouts. Currently we have _____ Scouts that have attended every single meeting we have had since the start of the school year. Would _____ (names) please come forward and receive your certificate?

Uniform Certificates (optional)

These are for boys who consistently remember to wear their uniforms to meetings.

Uniforms are not mandatory, but they are encouraged. Wearing your uniform to Scout meetings shows that you are responsible and proud to be a Scout. Sir Robert Baden-Powell once said, "The uniform makes for brotherhood, since when universally adopted it covers up all differences of class and country." Currently we have _____ Scouts who consistently remember to wear their uniform. Would _____ (names) please come forward and receive your certificate?

Thanks to the parents and guests for coming today.

Bobcat Presentation (if no one qualifies, skip this portion)

To qualify: Any Cub Scout who has attended at least two meetings and has gone over the *Youth Protection Parent's Guide* with their parents/guardians. Check your pack's advancement records to find out which boys have not yet earned this rank.

As I call your name, please come forward with your parents.

Scouts, with the help of your parents, you have passed the first test of Cub Scouting. You have attained the rank of Bobcat. I will now ask your parents to assist in the ceremony that recognizes your accomplishment.

The blue is from the sky. The blue paw print of the Bobcat on your forehead is the spirit of the bobcat and is to remind you to DO YOUR BEST on the Cub Scout trail.

The yellow is from the sun. The yellow marks under your eyes will help you see the light of the Cub Scout Trail and will symbolize the bright spirit of Cub Scouting.

The white on your nose is for purity and is to help you know right from wrong as you go along the Cub Scout Trail.

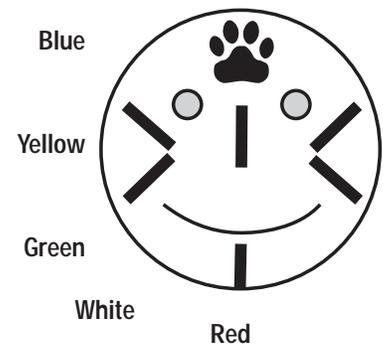
The red mark on your chin is for courage to always speak the truth.

Finally, the green mark on your cheek symbolizes the spirit of nature to guide the Cub Scout in living in harmony with the great outdoors.

Remember your marks of this evening Bobcats. Have fun along the Cub Scout Trail. Parents, will you present this Bobcat badge to your son making him an official Cub Scout? This privilege will be yours for every badge he earns.

Will all the parents in the audience please stand and join these new Cub Scout parents in the parent's participation promise by repeating after me:

*We, the parents of a Cub Scout,
Promise to assist our son
In earning his Cub Scout badges.
We will be faithful in our attendance at meetings
And assist in every way possible
As we assist our son to do his best.*



Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect any materials.

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6				

Week 18

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Today we're going to learn about map reading and each of you will make your own.

Activity: Maps of Our Community

Materials: A map of your state, city, or community, writing utensils

Review the legend symbols with the boys, as well as cardinal directions. Pick out areas the boys in each particular area would be familiar with and have them locate things on their maps such as schools, streets, rivers, etc. Once they find them, have them draw a line to those areas on their map.

Activity: Make a Map

Materials: Blank paper (one per boy), writing utensils

This activity requires a lot of detail. You may want to draw a sample map together as a group and let the boys work in pairs for their own maps. Older boys may be able to complete this task on their own. Ask the boys to draw a map of their neighborhood, or the area around your meeting location. Have them include the following:

- A map key or legend of map symbols
- Label street names

- Plot a route you take to get to a place you often visit
- Show natural (rivers, lakes) and manmade (bridges) features

Activity: Advancement Opportunity for WEBELOS ONLY—Traveler Pin

*Skip if you do not have any fourth or fifth graders in your pack

Materials: Webelos Traveler cards (1 per Webelos Scout)

Remind the boys that Webelos work toward earning pins for their uniform instead of beads like other Cub Scouts. There are many different types of pins and some of them can only be completed at home. Pass out Webelos Traveler Pin cards and explain that they have already completed two of the requirements for this pin, but there are others that they can complete at home if they want to receive the Traveler pin. Tell them to earn the pin they must complete the other requirements and have their parents fill out this card. They have until the end of the school year to return it.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-ia, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6	2f			Traveler 1, 9
Belt Loops: Map and Compass 1, 2; Geography 1				

Week 19

This week, we will not be doing anything advancement-related. If your pack is right on schedule, you can do the following activities for fun. If your pack is behind on weeks, this week can be skipped.

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.

Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  **WEBELOS** (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:
WE'll BE LOyal Scouts.

Ask

Do you know what tolerance is?

(It is a word used to describe attitudes and practices that prohibit discrimination against groups of people that might be disappointed of by most people.)

Can you think of anyone who fought for tolerance or believed that everyone should be treated as equals?

Activity: Tolerance Lesson 1

Materials: Large paper (brightly-colored mural or construction paper is best), tape

Using craft or construction paper, trace and cut out an outline of a person. Avoid gender or race specific figures when choosing the color.

Introduce the boys to their new "pack member" (you can give the figure a name such as Greenie or Bluey to avoid any association with a real person). Explain that new members often have trouble fitting in because they are entering a pack where Scouts have already formed bonds of friendship. Point out that some people will automatically put up barriers to that new member deciding quickly, without even trying to get to know him, that they don't like him.

Ask the boys to imagine that Greenie (for example) has just started with their pack and everyone already has formed friendships before he joined. The atmosphere is very unwelcoming. Invite the boys, one at a time, to say something mean to Greenie. They will have to use their imaginations because Greenie has no specific features they can pick on. You can start the ball rolling by saying something like, "We don't want you here, Greenie," or "We don't like people who are different than us." Each time a mean thing is said to Greenie, tear off a piece of Greenie's body and hand it to the person who made the comment (instruct them to hold on to it for now).

*When ripping large chunks it will need to be obvious where each chunk fits into the whole so Greenie can be pieced back together.

After everyone has had a chance to say something mean to Greenie, it's time to start taping Greenie back together. Invite each boy who said something mean about Greenie to come up and use tape to reattach his piece in the proper place. As each piece is reconnected, the Scout must apologize to Greenie for saying the mean thing that was said.

When the body is fully repaired—no matter how the boys have tried to piece him back together—Greenie will not look the same as when they first met him. Ask questions to lead students to the understanding that although some of the damage has been repaired, Greenie will never be exactly the same. His feelings were hurt, and the scars remain. Chances are those scars will never go away. Hang Greenie on the wall as a reminder of the power words have to hurt.

Activity summary: Tolerance Lesson 2

Materials: None

Read the following song lyrics by Peter Paul and Mary to the boys (if the actual music is available let them listen to them) and ask the questions provided.

Right Field

Saturday summers, when I was a kid
We'd run to the schoolyard and here's what we did
We'd pick out the captains and we'd choose up the teams
It was always a measure of my self esteem
Cuz the fastest, the strongest, played shortstop and first
The last ones they picked were the worst
I never needed to ask, it was sealed
I just took up my place in right field.
Playing...

Chorus:

*Right field, it's easy you know.
You can be awkward and you can be slow
That's why I'm here in right field
Just watching the dandelions grow*

Playing right field can be lonely and dull
Little Leagues never have lefties that pull
I'd dream of the day they'd hit one my way
They never did, but still I would pray
That I'd make a fantastic catch on the run
And not lose the ball in the sun
And then I'd awake from this long reverie
And pray that the ball never came out to me
Here in

(Chorus)

Off in the distance, the game's dragging on,
There's strikes on the batter, some runners are on.
I don't know the inning, I've forgotten the score.
The whole team is yelling and I don't know what for.
Then suddenly everyone's looking at me
My mind has been wandering; what could it be?
They point at the sky and I look up above
And a baseball falls into my glove!

Here in right field, it's important you know.
You gotta know how to catch, you gotta know how to throw,
That's why I'm here in right field, just watching the dandelions grow!

Ask

*How does the kid in the song feel about playing right field?
Does he think he is a great ball player?
What does he do while out in the field?
Is he paying close attention to the game?
Does he feel part of the game?
Does he feel part of the team?
Can you tell how he feels about always being picked last?
Have you ever felt like that?*

Don't Laugh At Me

I'm a little boy with glasses
The one they call a geek
A little girl who never smiles
'cause I have braces on my teeth
And I know how it feels to cry myself to sleep
I'm that kid on every playground
Who's always chosen last
A single teenage mother
Tryin' to overcome my past
You don't have to be my friend
But is it too much to ask

Chorus:

*Don't laugh at me
Don't call me names
Don't get your pleasure from my pain
In God's eyes we're all the same
Someday we'll all have perfect wings
Don't laugh at me*

I'm the beggar on the corner
You've passed me on the street
And I wouldn't be out here beggin'
If I had enough to eat

And don't think I don't notice
That our eyes never meet

(Chorus)

I'm fat, I'm thin, I'm short, I'm tall
I'm deaf, I'm blind, hey, aren't we all
I'm black, I'm white and I am brown
I'm Christian, I'm Jewish, and I am Muslim
I'm very, very young, I'm quite aged
I'm very wealthy, I'm very, very poor

(Chorus)

My country 'tis of thee
Oh, sweet land of liberty
It is of thee that I sing

Ask

- Who are some of the people mentioned in the poem/song who are feeling pain?*
- Why are they feeling that way?*
- The poem includes the words, "I'm fat, I'm thin, I'm short, I'm tall, I'm deaf, I'm blind, hey, aren't we all." What do those words mean?*
- How might we all be "blind" to some people?*
- Do you think most people can relate to the words of this song?*
- Have you ever felt the way the people mentioned in the song feel?*
- Is it fair to say that tolerance is one of the main themes of this song?*

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- **Collect/clean up all supplies.**
- **Double check and make sure each boy is registered or has a registration form to take home!**

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a		Cit. 5

Week 20

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Two weeks ago we looked at and made our own street maps. This week we are going to take a look at a physical map of our state and a World Map.

Activity: Physical Map

Materials: Physical map of your state (1 per boy or enough for the pack to share copies), a color geological map (if available)

A physical map shows landmarks such as mountains, rivers, lakes, oceans, and other permanent geographic features. Let's take a look at this physical map and see what landmarks we can find.

Encourage them to look at the same landmark on both maps.

Activity: World Map

Materials: World map (1 per boy), crayons or markers, globe (if available)

Pass out maps and read over the coloring directions. This activity can be done in small or large groups, or individually.



Continents—Continents are large land masses on Earth. We have seven continents: North America, South America, Africa, Europe, Asia, Antarctica, and Australia. Color the continents on your map **green**.

Oceans—Oceans are continuous bodies of water, which cover most of the Earth. The Earth is made up of five different oceans: Atlantic, Pacific, Indian, Arctic, and Southern. Color the oceans **blue**.

Equator—The equator is an imaginary line that divides the Earth into Northern and Southern Hemispheres. Trace the equator line in **red**.

Longitude—Lines of longitude are vertical lines that run north and south on maps. These lines can help us find exact locations on Earth. Use the color **brown** to draw lines of longitude across your map.

Latitude—Lines of latitude are horizontal lines that run east to west on maps. These lines help us find exact locations on Earth. Use the color **black** to draw lines of latitude across your map.

*If you have a globe available to you, encourage boys to try to find the items you just talked about on it.



Longitude



Latitude

Activity: Basic Compass Information

Materials: At least one compass, more if available

Compasses are used to help us find the position of landmarks and which direction we need to travel. Inside the Earth there is a large ball of iron. This ball of iron produces a magnetic field. The lines of this field all lie in one direction and point toward what we call "magnetic north." There is a needle on the inside of a compass that has a small magnet on the tip of it. This magnet is attracted to the magnetic field inside the Earth and the needle always points toward the magnetic north. To use a compass you turn it until the north arrow on the compass's face is aligned with the north end of the pointer.

The letter "N" stands for north.

Ask: Does anyone know what the other letters stand for?

- E—east
- S—south
- W—west

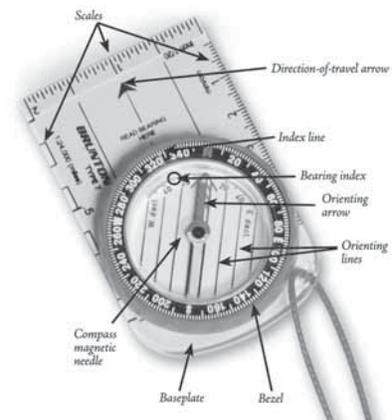
If you turn and face any direction with the compass in the palm of your hand, the needle will move to show you which way is north.

Give each boy the opportunity to experiment with the compass.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webeles
2, 4, 5, 6				
Belt Loops: Map and Compass 3, Geography 2, 3				

Week 21

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a “V” shape. The right arm is held straight up in the air. **The two fingers stand for “help others” and “obey.”** Make this sign when saying the Promise or Law of the Pack.



Ask

- What is a promise? (*Keep your word. Do what you say you will do.*)
- What does it mean to “do your best?” (*Try as hard as you can.*)
- WEBELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words: **WE**’ll **BE** **LO**yal **S**couts.

*First complete any leftover map/compass activities from previous weeks

Activity: Two-Person Contests

Materials: None

Have each boy pick a partner and try the following two-person contests

Seated Back-To-Back Push: Sit back-to-back. Fold your arms across your chest. Using your feet on the floor, try to push your friend over a line. Don’t push or butt with your head.

Foot Push: Sit facing your friend. Have the soles of your feet touch with your knees bent. Try to push your friend out of a circle or over a line. Feet must always be touching feet. Push on the floor with your hands.

Elbow Wrestle: Lie on your stomach, facing your friend (who is lying on his stomach). Place your right elbow on the floor and clasp your friend’s right hand. Try to force his hand to the floor at the command “Go.” Elbows must not leave the floor. Try it with left hands.



One-Person Push Over Line: Face your opponent. Grasp his shoulders. On the word "Go," try to push him across the line. Your goal line is 10 feet in front of you; your opponent's is 10 feet behind you. Only pushing is permitted.

One-Person Pull Over Line: Face your friend three feet away from him. Grasp his wrists and try to pull him across the goal line 10 feet behind you. Only pulling is allowed.

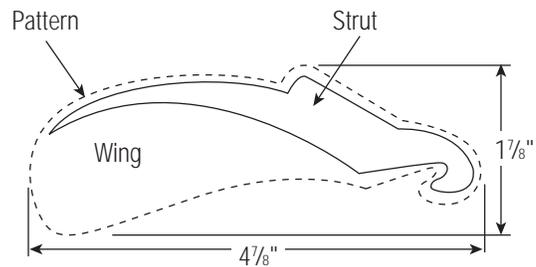
One-Legged Hand Wrestle: Hold your left ankle with your left hand. Take your friend's right hand. On the word "Go," try to get him to let go of his foot or lose his balance.



Activity: Helicopter Wings

Materials: One strut pattern, one wing pattern, two rectangles of card stock, 2"x5" rectangles of tissue paper, paper clips, 3/4" transparent tape, rubber band

Trace and cut out the strut pattern. Place the strut on the tissue paper as shown. Cover completely with six inch strips of sticky tape, overlapping them by 1/16". Trace and cut out wing pattern. Position the wing on the tissue paper and tape layout as shown. To fly the helicopter wing, slide a paper clip onto the wing as shown. You may hand-launch the wing by throwing it into the air or shoot it straight up into the sky with a rubber band.



Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a		Cit. 5, Craftsman 4

Week 22

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Today we are going to learn about using tools because in a few weeks we will start working on our Pinewood Derby Cars.

This is from Tool Safety in the *Webelos Handbook*:

"Whether you are working with wood, leather, plastic, or some other material, you will need certain tools. Handle each one as if it could hurt you—because it could!"

Can you name some tools that cut? What do you know about using them and taking care of them?

- *Saws, knives, and shears.*
- *They should be kept sharp. If you let them get dull, you might have to use a lot of force to make them work and you can slip and cut your hand while working on your project.*
- *Keep your hands away from saw teeth and knife blades because they are sharp.*
- *Under adult supervision, practice using these tools until you know how to handle them well.*
- *Protect your tools because they can be expensive. When you're not using them put them away so they don't cause accidents.*

Today we are going to practice using three types of tools: hammer, screwdriver, and pliers. What are some ways to safely handle these tools?

- Watch where you swing the hammer.
- Instruct people to stand back if you are using a tool.
- Hold them properly.
- Do not play with them

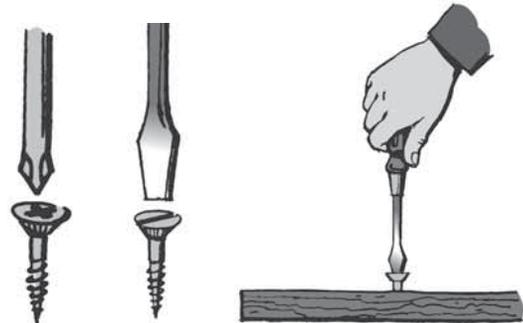
Activity: Using Tools

Materials: Hammer, Phillips head screw driver, flat head screw driver, pliers, nails, screws, blocks of scrap wood

It might be easier showing boys how to use each individual tool as a large group and then break them up into smaller groups to practice using each tool.

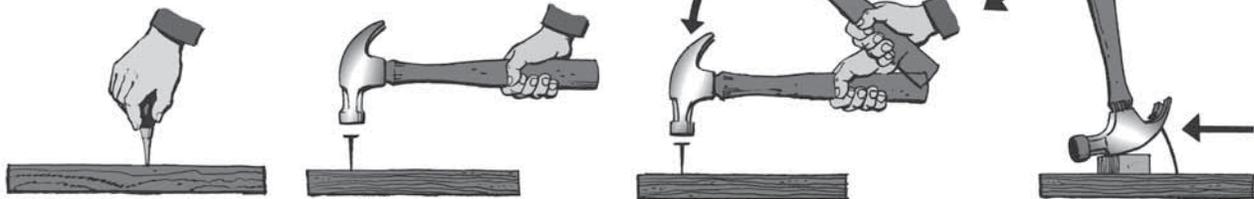
Screw Drivers

Show the boys the difference between flat head and Phillips head screw drivers. Let them attempt to use one to put a screw in a piece of wood and take it out. Talk to boys about how using a power drill makes it a lot easier, but using a screw driver is safer and less expensive buy.



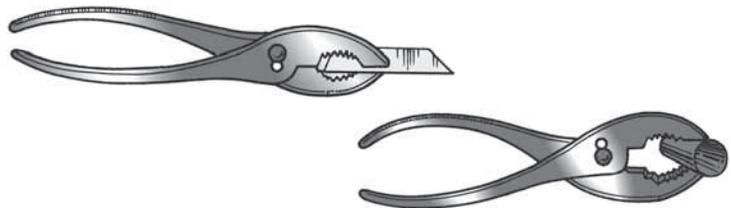
Hammer

Show the boys how to use a hammer. Let them drive a nail into a piece of wood and practice pulling it out.



Pliers

Show each boy how to use a pair of pliers. Let them practice trying to pick up small objects with them.



Activity: Tool Match Up

Materials: Tool Match-Up cards, printed and cut

Distribute the Tool Match-Up cards and have the boys try to match up the pictures of tools with the description of what they are used for.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Pull all nails and screws out of blocks of wood.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6				

Week 23

This week, we will not be doing anything advancement-related. If your pack is right on schedule, you can do the following activities for fun. If your pack is behind on weeks, this week can be skipped.

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a “V” shape. The right arm is held straight up in the air. **The two fingers stand for “help others” and “obey.”** Make this sign when saying the Promise or Law of the Pack.

Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to “do your best?” (*Try as hard as you can.*)
-  **WEBELOS** (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:
WE’ll **BE** **LO**yal **S**couts.

Game: Smile Toss

Materials: None

Seat the boys in a circle. Warn them to maintain a serious expression. The leader standing in the center of the circle smiles, then wipes the smile from his face and tosses it to another boy in the circle, calling the boy’s name as he does so. The smile catcher must put on the smile, wear it for a moment, then wipe it off and pass it to another boy. The boy who does not wipe the smile completely off, or smiles out of turn, must stand up. Since smiling is contagious, the entire group will soon be standing as well as smiling.

Game: What Am I?

Materials: None

The Cubs sit in a circle. One Cub goes outside the room. While he is away, the others decide what he should be when he comes back. If they decide on a policeman, for example, they call him back and he has to ask each Cub in turn what he has to buy for himself. One will say black boots, another a whistle, another a flashlight, and so on. If the shopper goes right round the pack without guessing what he is, he must go out again, and the Cubs will choose something else.

Game: Who Is Missing?

Materials: None

The Cubs walk in a circle. When the leader gives a signal, they all cover their eyes with their caps or their hands. The leader touches one of the Cubs on the shoulder and he leaves the room as quickly and as quietly as possible while the others still walk with their eyes closed.

When the leader calls "Stop," the Cubs stop walking and uncover their eyes.

The first one to give the name of the missing Cub is the winner.

Note: The Cubs should not walk in a circle for too long as they will become dizzy. Watch out for any Cubs who are cheating by peeping through their fingers.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a		Cit. 5

Week 24

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



We Are Making Pinewood Derby Cars!

Activity: Pinewood Derby Cars

Materials: Pinewood Derby kit (1 per boy), sandpaper cut into small squares, paint, paint brushes, newspaper (please bring your own), water source for rinsing brushes, hammer, blank labels

***Tip: It is best to take all the wheels and nails out of the box before you give it to the boys so they don't get lost. The cars must be painted/decorated before putting the wheels in place. This way, if it takes you multiple meetings to complete this project, you can hold on to the nails and wheels so they don't get lost.**

Making a pinewood derby car is simple.

1. Boys need to use small squares of sandpaper to sand around the edges of their car to make it smooth.
2. Using a hammer, have the boys attach wheels.
3. Boys may paint/color/decorate their cars as they wish. Encourage them to bring in any additional stickers they want to use to make their car unique.
4. After drying, each car **needs to have a label** on the bottom containing the boy's first and last name, pack number, and rank.

5. Ranks:

1st Grade: Tiger

4th Grade: Webelos

2nd Grade: Wolf

5th Grade: Webelos

3rd Grade: Bear

*Note: This is not a Boy Scout Event.

- Please make these labels **CLEAR AND LEGIBLE**. If this means you writing them out for the boys, please do so.

Customize your local pinewood derby information. Prepare a notice about when the pinewood derby is going to be held and information about the event.

Activity: Park Your Car Game

Materials: Masking tape to mark up a game board on the floor, finished pinewood derby cars

The boys in your pack can have some fun with finished pinewood derby cars.

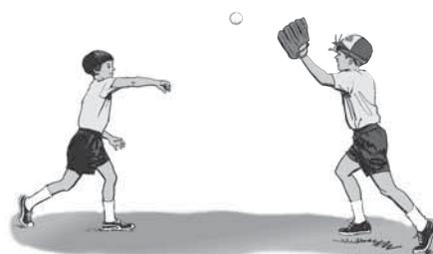
Mark off a course about 10-15 feet long on a smooth bare floor. Boys take turns pushing their pinewood derby cars toward the target, trying to make them stop in numbered spaces.

Let the boys make up rules about how to score a car when it straddles a line.

Activity: Catch

Materials: One ball or bean bag for every two boys, a wide area

Have each boy pick a partner. Each set of partners should stand arm's length from each other. Give each set of partners a ball or bean bag to toss. Each set of partners will be playing catch starting at arm's length. After each toss is caught, they must each take one step away from each other. If a group misses a catch, they must sit down. See which group can last the longest.



Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- **Collect/clean up all supplies.**
- **Find a safe place to store wet cars until next week (check with office or location staff.**
- **Double check and make sure each boy is registered or has a registration form to take home!**

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6		1a		Craftsman 2

Week 25

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.

Ask

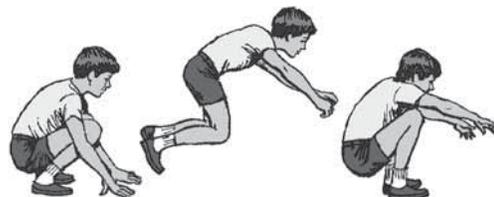
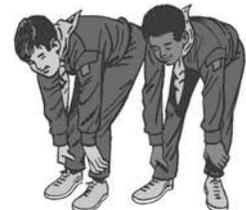
-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  **WE**BELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:
WE'll **BE** **LO**yal **S**couts.

Continue working on pinewood derby cars if needed. Boys who have completed theirs should do the following relay races:

Activity: Relay Races

Materials: Lots of space

Divide the boys into two teams and have each team form a line next to each other. Stand about 30 yards away from each team. When you say "Go," the first person in each line must run to where you are, turn around, and run back to the end of their team line and sit down. When the first person returns to their team line, the second person may begin. A team wins when the entire team has had a turn, and returned to their line in the sitting position. Play this game five more times (if time allows) using the crab walk, kangaroo walk, elephant walk, gorilla walk, and frog leap.



Activity: Invitations

Materials: Invitation forms or blank paper, and writing utensils

Have the boys write invitations to their family members and teachers for the awards ceremony four weeks from now.

***Note-**Many packs have snacks for their awards ceremonies. Multicultural Markets does not cover the cost of having snacks at these ceremonies. If you want to have snacks for your pack, you can ask parents to bring something in to help celebrate. Please ask them to bring unopened store bought snacks that way ingredients can be checked for children who might have allergies. For safety reasons do not accept homemade foods.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Find a safe place to store wet cars if needed (check with office or location staff).
- Wash and dry paint brushes.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a	16c, 18d	Cit. 5

Week 26

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Discussion: Talk About Public Service Announcements

Explain how every day we see a lot of advertisements on television or in newspapers and magazines. Advertisements tell people about something and are usually trying to persuade people to buy a product. Some advertisements are called public service announcements. Public service announcements give people information that can help people's lives or make them better citizens. A public service announcement might tell people about the dangers of smoking, or where you can get help in your community if you need it.

Later today you will be making your own public service announcement, telling people why you like Cub Scouts and why other boys should join Cub Scouts.

Ask

Who can name some things you like about Cub Scouts, or reasons why other boys should join?

Activity: Singing

Materials: Copies of songs

Practice the following two Cub Scout songs with the boys. Sing them each until the boys get the hang of them. Choose one of them to sing outside. After it has been sung, ask the boys to tell you what they did differently when they sang outside.

I've Got That Cub Scout Spirit

I've got that Cub Scout spirit
Up in my head,
(WHERE?)
Up in my head,
(WHERE?)
Up in my head;
I've got that Cub Scout Spirit
Up in my head, up in my head to stay!

Replace "up in my head" with other words in the other four verses:

Second verse: *Deep in my heart*

Third verse: *Down in my feet*

Fourth verse: *All over me*

Fifth verse: *I've got that Cub Scout spirit*

Up in my head, deep in my heart, down in my feet, I've got that Cub Scout spirit All over me, all over me to stay!

Good Night, Cub Scouts

Tune: "Good Night, Ladies"

Good night, Cub Scouts.
Good night, Cub Scouts.
Good night, Cub Scouts,
We're going to leave you now.

Merrily we Cub along, Cub along, Cub along.
Merrily we Cub along, up the Cub Scout trail.

Sweet dreams, Cub Scouts.
Sweet dreams, Cub Scouts.
Sweet dreams, Cub Scouts,
We're going to leave you now.

Activity: Making puppets

Materials: 1 paper bag per boy, markers

Have each boy make his own paper bag puppet. Leave the bag folded. Place it fold-side up on the table. Mark where you want eyes and nose and other features to go. The eyes, nose, and the top of the mouth should go on the bottom of the bag, and the bottom of the mouth should go on the front of the bag. Let the boys decorate their puppet as they want.

After the puppets are finished, let the boys create a public service announcement and act it out. Sing one of the previous songs with the puppets as well.



Activity: Play/Public Service Announcement

Materials: Puppets, paper, writing utensils

Have the boys work in groups or pairs to come up with a public service announcement (or commercial) about Scouting. They can use their puppets as speakers or act the parts out themselves. Give them time to write out and practice their ideas and then have them present it to the rest of the pack. Boys can vote on their favorite public service announcement at the end.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6		11c, 11f		Showman 2, 3, 5, 6, 9

Week 27

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  WEBELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words: WE'll BE LOyal Scouts.

Discussion

Who can tell me what kind of puppets we made last week?

(Paper bag puppets)

Can you think of other types of puppets that you could make at home?

(Sock puppets, finger puppets, stick puppets, marionettes)

Does anyone know what a monologue is?

A monologue is a poem, story, or essay that a single actor recites alone. A monologue is something that is practiced and memorized by the actor and can show humor, sadness, or excitement.

Can anyone think of a story or poem that they know well that they can recite?

Give any boy who volunteers a chance to recite their monologue. Ask each boy to try to think of a short monologue to recite at the next meeting on a subject of their choice, such as patriotism, humorous, or holiday subjects.

Now we are going to talk about music. Does anyone know what folk music is?

Folk music is music based on tunes that have been handed down from generation to generation with no known composer. People heard them, learned to play them, and sang them. Folk music tells of people's joys and sorrows of the past. Some are funny, and some are sad. The fiddle, guitar, banjo, and dulcimer are all instruments that are often used to play folk music. One example of a song written in folk style is "This Land Is Your Land," written by Woody Guthrie.

Ask

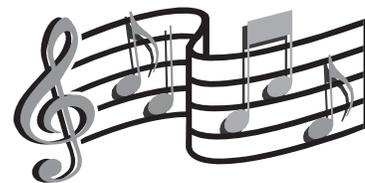
Why do you think music is important?

Give each boy an opportunity to answer.

Activity: Four Types of Music

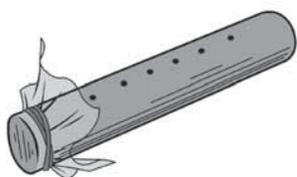
Materials: A CD or cassette player, four different types of music (of your choice). Make sure music is appropriate.

Play four different types of music for the boys and ask them to identify the genre. (Try and pick four completely different types.) Ask the boys which types they liked best.



Activity: Cardboard Tube Kazoo

Materials: 1 empty TP tube or paper towel roll cut in half (per boy), markers, wax paper (1 6" circle per boy), 1 rubber band (per boy)



Cut a six-inch circle from wax paper. Rubber-band the wax paper securely over one end of the TP tube. To use your kazoo, make loud tooting sounds into the open end.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webeles
1, 3, 4, 7	2d	2a	8a, 8c	Cit. 5, Showman 7, 11, 15, 16

Week 28

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*



Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.

Discussion

Why is it important to be honest and trustworthy with yourself and others?

Imagine you had reported something inaccurately and tell how you could set the record straight.

Give reasons that honest reporting will earn the trust of others.

Activity: Writing

Materials: Blank or lined paper (3 per boy), writing utensils

For this activity, boys must communicate through writing in three different ways. Boys may need help with ideas on who/what to write about. It might be easiest to set up three different writing tables and have the boys rotate through them to make sure they complete each writing activity. These are the writing assignments:

1. **To Do list:** Make a list of things to do this week. Keep your list somewhere safe and cross off items as you complete them.
2. **Write a letter:** Write a letter to a friend or relative. Make sure to be clean and accurate in your writing. Mail or deliver the letter to that person.



3. **Thank You note/card:** Write a thank you note or card to someone. This can be done individually or as a whole pack. Here are some ideas on who to write to:
- *A parent*
 - *A friend*
 - *A teacher*
 - *The principal*
 - *A Scout Leader*

Game: Charades

Materials: Bits of paper to write messages on

Write items that boys can act out on slips of paper (bike riding, monkey, football, ice cream, etc). Choose a boy to start and have him draw a random slip of paper. The player must act out what is written on his paper without making any noises. The other players then try to guess what he is. The player who guesses what he is acting out will get to act next.

ASK

What made it difficult to do the writing assignments?

Which is harder—writing to communicate or communicating through body language?

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- **Collect/clean up all supplies.**
- **Double check and make sure each boy is registered or has a registration form to take home!**

Reminders:

1. Next week is an Awards Ceremony.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6			18a, 18b, 18e, 18h	

Week 29

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  WEBELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:
WE'll BE LOyal Scouts.

Welcome to Pack _____'s meeting and award ceremony. Today we are going to recognize some Cub Scouts who have achieved various badges, beads, and activity pins.

First we are going to sing a song to make sure everyone is awake!

The Bear Song

The other day,

(Cubs repeat)

I met a bear

(Cubs repeat)

A great big bear

(Cubs repeat)

Oh, way up there

(Cubs repeat)

(All sing in unison)

The other day,

I met a bear

A great big bear

Oh, way up there



Continue the following verses in the same manner (first repeated and then in unison)

I looked at him,
He looked at me
I sized up him
He sized up me

He said to me,
Why don't you run?
I see you ain't
Got any gun

And so I ran,
Away from there
But right behind
Me was that bear

In front of me
There was a tree
A great big tree
Oh glory be
The nearest branch

Was ten feet up
I'd have to jump
And trust my luck

And so I jumped
Into the air
But I missed that branch
On the way up there

Now don't you fret
And don't you frown
'Cause I caught that branch
On the way back down

This is the end
There ain't no more
Unless I meet
That bear once more

And so I met
That bear once more
Now he's a rug
On my cabin floor

Progress Toward Ranks Awards

Tigers:

Tiger Cubs (first graders) should receive a Tiger Cub Immediate Recognition emblem to wear on the right pocket of their uniform. Throughout the school year there are five achievements in Tiger Cubs and each achievement has three parts. A Tiger receives a totem bead as he completes each part. Today Tigers who participated on the following weeks will receive a bead for that achievement:

Week 18—1 White

Week 26—1 Black

Wolves:

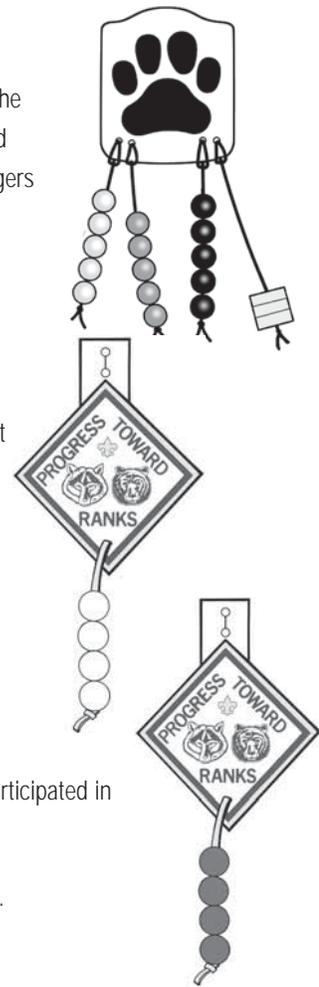
Wolf Cubs (second graders) should receive a Progress Toward Ranks emblem to wear on the right pocket of their uniform shirt. There are 12 achievements in the Wolf Cub program. When a Wolf completes any three achievements, he receives a yellow totem bead. Today Wolf Cubs who participated in the following weeks will receive a yellow totem bead for those three achievements:

*Not enough Wolf achievements were completed between weeks 18 and 28 to qualify for a bead.

Bears:

Bear Cubs (third graders) should receive a Progress Toward Ranks emblem to wear on the right pocket of their uniform shirt. Bears are required to complete 12 out of 24 available achievements. When a Bear completes any three achievements, he earns a red totem bead. Today Bear Cubs who participated in the following weeks will receive a bead for those three achievements:

*Not enough Bear achievements were completed between weeks 18 and 28 to qualify for a bead.



Webelos Activity Pin Ceremony (if no one qualifies, skip this portion)

To qualify: Traveler—fourth and fifth graders who attended week 18 and completed the additional requirements at home (must turn in signed Traveler form).

Craftsman—fourth and fifth graders who attended weeks 15, 21, 22, 24, and 27

Showman—fourth and fifth graders who attended weeks 26 and 27

Today we also have the privilege of recognizing Webelos Scouts that have earned an activity pin. We have _____ Webelos Scouts who have earned their _____ pins. Would Webelos Scouts (names) and their parents please come forward?

(Name of first scout), I have shown that you have earned the _____ pin. Would you like to share one thing that you did to earn this pin? I would like to give this to your parents and ask that they pin it on your Webelos colors on your right sleeve.

Belt Loop Presentation (if no one qualifies, skip this portion)

To qualify: Traveler—fourth and fifth graders who attended week 18 and completed the additional requirements at home (must turn in signed Traveler form).

Craftsman—fourth and fifth graders who attended weeks 15, 21, 22, 24, and 27

Showman—fourth and fifth graders who attended weeks 26 and 27

Today we also have the privilege of recognizing Scouts that have gone above and beyond expectations and worked at home on belt loop requirements. We have _____ Scouts who have earned their _____ belt loop(s). Would Scouts (names) and their parents please come forward?

(Name of first scout), I have shown that you have earned the _____ belt loop. Would you like to share one thing that you did to earn this belt loop?

Perfect Attendance Certificates (optional)

These are certificates are for boys who have attended every meeting from your first meeting up until the awards ceremony.

Attending meetings is very important for advancing in Cub Scouts. Currently we have _____ Scouts that have attended every single meeting we have had since the start of the school year. Would _____ (names) please come forward and receive your certificate?

Uniform Certificates (optional)

These are for boys who consistently remember to wear their uniforms to meetings.

Uniforms are not mandatory, but they are encouraged. Remembering to wear your uniform to Scout meetings shows that you are responsible and proud to be a Scout. Sir Robert Baden-Powell once said, "The uniform makes for brotherhood, since when universally adopted it covers up all differences of class and country." Currently we have _____ Scouts who consistently remember to wear their uniform. Would _____ (names) please come forward and receive your certificate?

Thanks to the parents and guests for coming today. You are always welcome to join us at our weekly meetings or help us with activities. Our final awards meeting will be in the beginning of May.

Bobcat Presentation (if no one qualifies, skip this portion)

To qualify: Any Cub Scout who has attended at least two meetings and has gone over the *Youth Protection Parent's Guide* with their parents/guardians. Check your packs advancement records to find out which boys have not yet earned this rank.

As I call your name, please come forward with your parents.

Scouts, with the help of your parents, you have passed the first test of Cub Scouting. You have attained the rank of Bobcat. I will now ask your parents to assist in the ceremony that recognizes your accomplishment.

The blue is from the sky. The blue paw print of the Bobcat on your forehead is the spirit of the bobcat and is to remind you to DO YOUR BEST on the Cub Scout trail.

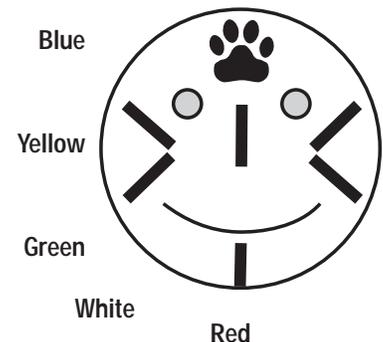
The yellow is from the sun. The yellow marks under your eyes will help you see the light of the Cub Scout Trail and will symbolize the bright spirit of Cub Scouting.

The white on your nose is for purity and is to help you know right from wrong as you go along the Cub Scout Trail.

The red mark on your chin is for courage to always speak the truth.

Finally, the green mark on your cheek symbolizes the spirit of nature to guide the Cub Scout in living in harmony with the great outdoors.

Remember your marks of this evening Bobcats. Have fun along the Cub Scout Trail. Parents, will you present this Bobcat badge to your son making him an official Cub Scout? This privilege will be yours for every badge he earns.



Will all the parents in the audience please stand and join these new Cub Scout parents in the parent's participation promise by repeating after me:

*We, the parents of a Cub Scout,
 Promise to assist our son
 In earning his Cub Scout badges.
 We will be faithful in our attendance at meetings
 And assist in every way possible
 As we assist our son to do his best.*

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- **Collect/clean up all supplies.**
- **Double check and make sure each boy is registered or has a registration form to take home!**

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a		Cit. 5

Week 30

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Discussion

What things have people done to show a lack of respect to our world?

Litter, pollute, etc.

Why is it important to respect our environment and natural resources?

Our world is the only one we have; if we destroy it, we are destroying our home.

How can you show respect for your environment?

Pick up trash, don't pollute, recycle, and conserve energy.

How do you feel when you see places in your neighborhood that have lots of litter?

What are some ways that land, air, and water can get dirty?

Littering, air pollution, etc.

Besides recycling there are other ways to save energy; can you think of any?

Don't litter, turn off lights to conserve energy, conserve water, carpool, walk, or ride bikes so you aren't using as much gas, run your heat/air conditioner minimally, etc.

Today we are going to clean up around our meeting location and use some recycled materials to make a craft.

Activity: Cleanup

Materials: Trash bags

Take a walk outside and pick up litter around the building where the meeting is held. Caution boys not to pick up sharp or dangerous objects with their hands.

While on your walk, keep your Scouts together and have them make observations about the weather outside. Also, have them collect as many different leaves as they can find and bring them inside.

***Note: The following two activities can be set up at two separate tables so the boys can rotate through.**

Activity: Leaf Rubbings

Materials: Variety of collected leaves, old crayons that can be peeled of paper, blank paper

Instruct the boys to pick out a leaf and lay it on the table so the flat side of the leaf is down and the veins of the leaf are up. Lay a white piece of paper over top of the leaf. Using a crayon peeled of its paper, color over the paper where the leaf is and a rubbing of the leaf will appear. This works best if you peel the paper from the crayon and hold it horizontally.

Activity: Chia Pet

Materials: Old nylons/pantyhose, sawdust, grass seed, rubber bands (1 per boy), markers, Styrofoam or plastic plates (1 per boy)

If not enough nylons were collected for each boy in your pack to make one geo-dude, then just make one for the entire pack so that it can be kept at your meeting place and observed. One full set of pantyhose can make multiple geo-dudes.

Begin by cutting a 6" length of hose or sock. Put a hand full of grass seed into the end of the hose (if both ends are open, first tie a knot in one end). Then add sawdust until it is almost full. Tie off the other end with a rubber band or a knot if you have enough length left over. Turn the ball over so that the end with the grass seed is on top. Draw eyes, nose, mouth, and ears on the nylon/sock. Place the ball on a plate and add water to the top (ball may also be dipped in a bucket of water, but this will be messy). Keep the ball moist and green hair (grass) will begin growing out of the top of the head.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6	5f, 5d, 5g	7a-f		

Week 31

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.

Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  WEBELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words: **WE'**ll **BE LO**yal **S**couts.

Discussion (from *Webelos Handbook*, page 125)

Strength and good health are important to you now for sports and games. They'll be important to you all your life. Athletes know that a good training program includes exercises that build strength and endurance. Endurance means the ability to keep going in a race or in playing a sport.

We are going to see how the more you work on a skill, the more you will improve and the higher your rating should be. As you improve, this means you're growing stronger. Can you explain what it means to be physically and mentally healthy?

When your body feels good and you aren't sick, you are physically healthy. When you are happy, enjoy being with other people, and deal with change and other difficult situations easily, you are mentally healthy.

Activity: Five-Minute Stretches/Warm-Up

Materials: None

Before doing any major exercises, we are going to stretch for five minutes. This will limber up our muscles.



Trunk Bend:

This stretch strengthens trunk muscles. Bend sideways and down. Touch your toes—first left, then right. Spread your legs. Keep the elbows and knees straight.



All the Way

This stretch strengthens stomach muscles for tough jobs. Lie back on the floor, with your hands above your head. With your arms and legs straight, raise your body and touch your toes.



Trunk Stretch

This stretch strengthens the back and stretches the chest muscles. Lie face down with your hands at the back of the neck and elbows out. Raise your head and chest and hold.



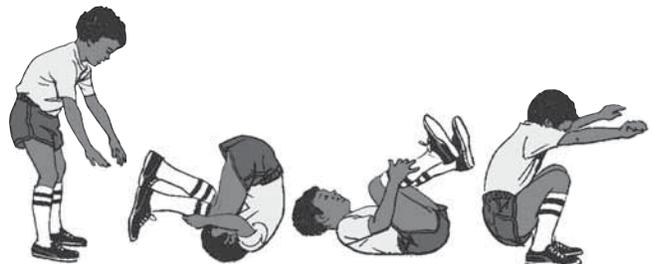
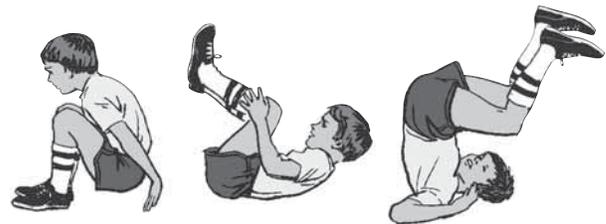
Stretcher

This stretch is done best in slow motion. Curl your body slowly from a flat-on-your-back position until your knees touch your chin. Count to five. Return to the starting position.

Activity: Physical Fitness Skills

Materials: Plank and tape or rope to use as a line

- Walk a line back and forth and sideways
- Do a front roll
- Do a back roll
- Do a falling forward roll



Activity: Exercise

Materials: Athlete Record (1 per boy), writing utensils, stopwatch, tape measure, chalkboard/white board (or large sheet of paper on the wall)

Allow the boys to pick a partner and explain that their partner is going to help them with their exercises by helping them count. They will then record their scores on their Athlete Record sheet. (Leaders might want to hold on to these records for next week so they don't get lost.)

Curl-Ups

Time the boys for one minute to see how many curl-ups they can do. Have them record their results on their Athlete Record page. Allow for each partner to have a chance.

Starting position: Lie on your back with your legs bent and feet flat on the floor. Cross your arms over your chest. Have a partner hold your ankles to keep your feet on the floor and count each curl-up.



Action: Sit up and touch your elbows to your thighs. Return to the starting position.

Count one curl-up each time you go back to the starting position.

Pull-Ups (If a pull-up bar or playground equipment is available.)

Starting Position: Hold the bar with your thumbs facing one another. Hang with your arms and legs fully out and feet not touching the floor.

Action: Pull your body up with your arms until your chin is over the bar, and then lower your body until your arms are straight.

Rules: The pull must not be a snap movement. Don't raise your knees or kick your legs. Don't let your body swing. If this happens, your partner should stop the motion. Count one pull-up each time you place your chin over the bar. Record your results.



Push-Ups

Starting position: Lie face down on the ground or floor. Put your hands on the ground beside your shoulders.

Action: Push up with your arms, keeping your back and legs as straight as possible, then lower your body and touch your chest to the ground. Repeat as many times as possible and record your results.

Rules: For each push-up your body must be straight and your arms must be extended full length. Count one push-up each time your chest touches the ground.



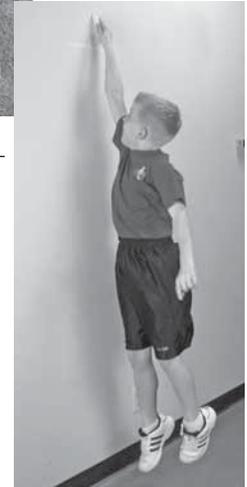
Standing Long Jump

(Designate a starting line.)

Starting position: Stand with your feet apart and your toes just behind the starting line. Prepare to jump by bending your knees and swinging your arms back and forth.

Action: Jump, swinging your arms ahead and upward hard. Take off from the balls of your feet.

Rules: Three jumps are allowed. Distance is measured from the starting line to the place nearest the starting line that your body touches. Record the best of the three jumps.



Vertical Jump

Starting Position: Stand next to a chalkboard/white board with your feet flat on the floor. With the chalk/ marker in your hand, reach as high as you can and make a mark.

Action: Now jump as high as you can and make a mark above the first one. Your score is the number of inches between the two marks.

Post Discussion

Did you feel frustrated or angry when you were doing exercises?

What did perseverance have to do with that?

Name another type of task for which you will need to persevere.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a	16a	Cit. 5, Athlete 1-6

Week 32

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Activity: Five-Minute Stretches/Warm-Up

Materials: None

Repeat the five-minute stretches from the previous week.

Activity: Exercise

Materials: Athlete Record from last week (1 per boy), writing utensils, stopwatch, tape measure, chalk board/white board (or large sheet of paper on the wall)

Repeat the exercise activities from the previous week and have the boys record their progress.

Activity: Backyard bowling

Materials: Kickball, empty, clear plastic 20oz bottles (1 per boy), tape, water, food coloring, glitter, markers

Making homemade bowling pins:

Let each boy write his name on a plastic bottle and fill it half-full of water (to give it weight). Put a drop of food coloring in the water and glitter for decoration. Put the cap on tight and wrap it in masking tape.

Backyard Bowling:

Take the pins to an open area and line them up in the usual bowling formation. The formation should be at least 20 feet from where the boys roll the ball. Divide the boys into two teams. Each boy gets a turn to roll the ball in an attempt to knock the pins over. Each pin equals one point for his team. After his score is recorded he sets the pins upright for the next boy. Decide ahead of time on the number of points to win the round. Figure at least 10 points per boy, therefore 10-boy teams will need 100 points to win. The first team to reach that number wins.

Activity: Kickball

Materials: 1 kickball, 4 objects to be used as bases

Take the boys outdoors to play a game of kickball. Kickball is played on a field with four bases arranged on the corners of a diamond-shaped infield. There is an infield and an outfield. The infield contains the positions that involve the bases, while the outfield is mainly designated for catching or retrieving the ball when it is kicked out of the infield.

Game play goes as follows: the ball is rolled towards home plate, and the player who is up (kicking) tries to kick the ball. If the ball is caught in the air, the kicker is out. A player is also out if the ball is thrown at him, and hits him while he is not touching a base. If a thrown ball misses him, he may only run to the next base, which is known on the kickball field as the "one base on an overthrow" rule. Also similar to baseball, if the ball is thrown to the player at first base, and is caught while he is touching the base, the player running to the first base is out. This is known as a "forced out," in that the runner was forced to run to that base. A "forced out" can occur on any base that the runner is forced to run to. Once a team gets three outs, the teams switch sides. A team gets one point for having a runner make it all the way around the bases and back to home base.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Our final Awards Ceremony is: _____.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6	3g		15a, 16a	Athlete 1-6

Week 33

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.

Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)

Discussion

Next year all of our Bear Scouts will be Webelos and all of our first-year Webelos boys will become second-year Webelos. We are going to take a few minutes to talk about some things that all Webelos should know.

What does WEBELOS mean?

We'll Be Loyal Scouts.

(Long ago it stood for Wolf, Bear, and Lion Scouts, but "Lions" are no longer part of the Cub Scout program.)

What does the Webelos Badge stand for?

The Webelos badge has a Webelos Emblem on it, which contains a blue W for Webelos.

What type of uniform does a Webelo wear?

Webelos Scouts may wear either the blue uniform they wore as Cub Scouts, or the tan shirt and olive green pants they will wear as Boy Scouts. You and your parents can decide which to wear.

With either uniform the Webelos Scouts can wear the Webelos cap, Webelos neckerchief, Webelos neckerchief slide, and Webelos colors (ribbons of gold, green, and red worn on the right sleeve).



When do you wear your uniform?

To all meetings, campouts, or other activities, service projects, and during Scouting's Anniversary week in February.

When should you not wear your uniform?

When you are involved in any distinctly political activity, appearing on stage professionally, or when you are participating in demonstrations not authorized by the Boy Scouts of America.

Discussion

Next year our second-year Webelos, and maybe some of you who are turning 11 years old, will be moving on to Boy Scouts. We are going to take a few minutes to learn about the Boy Scout program.

In Boy Scouts there are seven ranks (patches) to earn instead of five like in Cub Scouts (Bobcat, Tiger, Wolf, Bear, Webelos). The highest rank in Boy Scouts is Eagle Scout and not very many boys make it that far. Boy Scouts also earn things called Merit Badges, kind of like how Webelos earn separate pins. Instead of being in a pack, like we are, Boy Scouts are members of troops.

Activity: Learn the Boy Scout Sign, Salute, and Handshake

Boy Scout Sign

Make the Scout sign by covering the nail of the little finger of your right hand with your right thumb, then raising your right arm with your elbow at a right angle and holding the three middle fingers of your hand upward.



Boy Scout Salute

Form the Scout sign with your right hand, then finish the salute by bringing that hand up, palm down, until your forefinger touches the brim of your hat or the tip of your right eyebrow. The Scout salute is a form of greeting that also shows respect. Use it to salute the flag of the United States of America. You may also salute other Scouts and Scout leaders.



Boy Scout Handshake

The Scout handshake is made with the left hand as a token of friendship and to show that you are a Scout.



Utilize your Scout Posters to practice the Scout Oath, Scout Law, and Outdoor Code.

Scout Oath

*On my honor I will do my best to do my duty to God
And my country and to obey the Scout Law; to help
Other people at all times; to keep myself physically
strong, mentally awake, and morally straight.*

Scout Law

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.

Explain Meanings

Trustworthy—A Scout tells the truth. He is honest, and he keeps his promises. People can depend on him.

Loyal—A Scout is true to his family, friends, Scout leaders, school, and nation.

Helpful—A Scout cares about other people. He willingly volunteers to help others without expecting payment or reward.

Friendly—A Scout is a friend to all. He is a brother to other Scouts. He offers his friendship to people of all races and nations, and respects them even if their beliefs and customs are different from his own.

Courteous—A Scout is polite to everyone regardless of age or position. He knows that using good manners makes it easier for people to get along.

Kind—A Scout knows there is strength in being gentle. He treats others as he wants to be treated. Without good reason, he does not harm or kill any living thing.

Obedient—A Scout follows the rules of his family, school, and troop. He obeys the laws of his community and country. If he thinks the rules and laws are unfair, he tries to have them changed in an orderly manner rather than disobeying them.

Cheerful—A Scout looks for the bright side of life. He cheerfully does tasks that come his way. He tries to make others happy.

Thrifty—A Scout works to pay his way and to help others. He saves for the future. He protects and conserves natural resources. He carefully uses time and property.

Brave—A Scout can face danger although he is afraid. He has the courage to stand for what he thinks is right even if others laugh at him or threaten him.

Clean—A Scout keeps his body and mind fit. He chooses the company of those who live by high standards. He helps keep his home and community clean.

Reverent—A Scout is reverent toward God. He is faithful to his religious duties. He respects the beliefs of others.

Outdoor Code

As an American, I will do my best to—

Be clean in my outdoor manners

Be careful with fire

Be considerate in the outdoors

Be conservation-minded.

Practice the Scout Motto and Slogan.

Scout Motto

Be Prepared.

Someone once asked Robert Baden-Powell (founder of Boy Scouts), “Be prepared for what?” and he replied, “Why, for any old thing.” *Be Prepared* means you are always ready to do your duty and to face danger, if necessary, and to help others.

Scout Slogan

Do a Good Turn Daily.

This doesn't mean you're supposed to do one *Good Turn* and then stop. It means you do at least one *Good Turn* a day. It means looking for chances to help and then helping quietly without boasting about it. A *Good Turn* is an extra act of kindness, or something you go out of your way to do.

Activity: Cub Scout or Boy Scout Relay

Materials: Note cards with Cub Scout/Boy Scout images and words

Divide the pack into two teams and have them stand in parallel lines. Place a bucket or container in between the two teams and fill it with the note cards. Place two cards that say “Boy Scout Pile” and “Cub Scout Pile” about six feet in front of each team. At “Go,” the first person from each team must pull out a random card, decide if the text or image represents something from Boy Scouts or Cub Scouts, then place it in the correct pile and go to the end of their line. Once the first person returns from placing his card the second person may begin. (See diagram for clarification)



When all cards have been distributed the game is over. Each card placed in the correct spot counts as one point. Tally up the points and see which team is the winner. Make sure to discuss why the cards that were put in the wrong piles didn't belong there.

Answers

Cub Scout Pile

Akela: pronounced "Ah-Kay-La"

The Meaning of Webelos: We'll Be Loyal Scouts

Law of the Pack

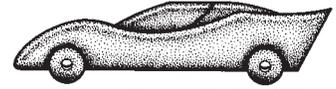
The Cub Scout follows Akela.

The Cub Scout helps the pack go.

The pack helps the Cub Scout grow.

The Cub Scout gives goodwill.

1st-5th grade



Boy Scout Pile

Outdoor Code

As an American, I will do my best to—

Be clean in my outdoor manners

Be careful with fire

Be considerate in the outdoors

Be conservation-minded.

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.

Troop

Do a Good Turn Daily

Be Prepared

At least 11 years old



***For a further challenge you can pull out each of the cards depicting a Cub/Boy Scout Rank and have the boys try to put them in order:**

Bobcat, Tiger, Wolf, Bear, Webelos, Scout, Tenderfoot, Second Class, First Class, Star, Life, Eagle Scout

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-ia, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Collect/clean up all supplies.
- Double check and make sure each boy is registered or has a registration form to take home!

Reminders:

1. Our final Cub Scout meeting is: _____.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a		Cit. 5, Webelos 3, 4, 7a-c

Week 34

Note: Talk with your location and decide when is the best time to do the final awards ceremony. Some packs prefer to do it on the last day they meet before summer break and others like to get it done early.

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.

Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*



Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.

Welcome to Pack _____'s meeting and award ceremony. Today we are going to recognize some cub scouts who have achieved various badges, beads, and activity pins.

First we are going to sing a song to make sure everyone is awake!

The Grand Old Duke of York
The Grand old Duke of York,
He had ten thousand men.
He marched them up the hill,
(Everyone stands up)
And marched them down again.
(Everyone sits or squats down)
And when you're up, you're up;
(Everyone stands up)
And when you're down, you're down.
(Everyone sits or squats down)
And when you're only halfway up,
(Everyone half-way up)
You're neither up nor down!

*Challenge them to do it faster and faster.

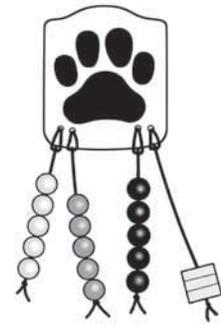
Progress Toward Ranks Awards

Tigers:

Tiger Cubs (first graders) should receive a Tiger Cub Immediate Recognition emblem to wear on the right pocket of their uniform. Throughout the school year there are five achievements in Tiger Cubs and each achievement has three parts. A Tiger receives a totem bead as he completes each part. Today Tigers who participated on the following weeks will receive a bead for that achievement:

Week 30—1 Orange, 1 Black, 1 White

Week 32—1 Black



Wolves:

Wolf Cubs (second graders) should receive a Progress Toward Ranks emblem to wear on the right pocket of their uniform shirt. There are 12 achievements in the Wolf Cub program. When a Wolf completes any three achievements, he receives a yellow totem bead. Today Wolf Cubs who participated in the following weeks will receive a yellow totem bead for those three achievements:

Weeks 15, 24, 25, 30, 31—1 Yellow



Bears:

Bear Cubs (third graders) should receive a Progress Toward Ranks emblem to wear on the right pocket of their uniform shirt. Bears are required to complete 12 out of 24 available achievements. When a Bear completes any three achievements, he earns a red totem bead. Today Bear Cubs who participated in the following weeks will receive a bead for those three achievements:

Weeks 16, 21, 25, 28, 31—1 Red



Webelos Activity Pin Ceremony (if no one qualifies, skip this portion)

To qualify: Athlete—fourth and fifth graders who attended weeks 31 and 32

Today we also have the privilege of recognizing Webelos Scouts that have earned an activity pin. We have _____ Webelos Scouts who have earned their _____ pins. Would Webelos Scouts (names) and their parents please come forward?

(Name of first scout), I have shown that you have earned the _____ pin. Would you like to share one thing that you did to earn this pin? I would like to give this to your parents and ask that they pin it on your Webelos colors on your right sleeve.

Belt Loop Presentation (if no one qualifies, skip this portion)

Today we also have the privilege of recognizing Scouts that have gone above and beyond expectations and worked at home on belt loop requirements. We have _____ Scouts who have earned their _____ belt loop(s). Would Scouts (names) and their parents please come forward?

(Name of first scout), I have shown that you have earned the _____ belt loop. Would you like to share one thing that you did to earn this belt loop?

Perfect Attendance Certificates (optional)

These are certificates are for boys who have attended every meeting from your first meeting up until the awards ceremony.

Attending meetings is very important for advancing in Cub Scouts. Currently we have _____ Scouts that have attended every single meeting we have had since the start of the school year. Would _____ (names) please come forward and receive your certificate?

Uniform Certificates (optional)

These are for boys who consistently remember to wear their uniforms to meetings.

Uniforms are not mandatory, but they are encouraged. Wearing your uniform to Scout meetings shows that you are responsible and proud to be a Scout. Sir Robert Baden-Powell once said, "The uniform makes for brotherhood, since when universally adopted it covers up all differences of class and country." Currently we have _____ Scouts who consistently remember to wear their uniform. Would _____ (names) please come forward and receive your certificate?

Thanks to the parents and guests for coming today.

Materials for badge presentations:

Face paint colors:

Bobcat—red, blue, yellow, green, and white

Tiger—black, yellow, and red

Wolf—black, red and yellow

Bear—blue, yellow and red

Webelos—blue, yellow and red

Arrow of Honor for each Arrow of Light recipient—safety pins (one per badge)

Bobcat Presentation (if no one qualifies, skip this portion)

To qualify: Any Cub Scout who has attended at least two meetings and has gone over the *Youth Protection Parent's Guide* with their parents/guardians. Check your packs advancement records to find out which boys have not yet earned this rank.

As I call your name, please come forward with your parents.

Scouts, with the help of your parents, you have passed the first test of Cub Scouting. You have attained the rank of Bobcat. I will now ask your parents to assist in the ceremony that recognizes your accomplishment.

The blue is from the sky. The blue paw print of the Bobcat on your forehead is the spirit of the bobcat and is to remind you to DO YOUR BEST on the Cub Scout trail.

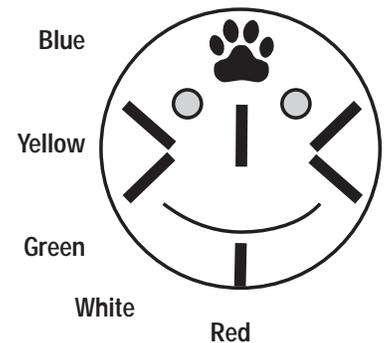
The yellow is from the sun. The yellow marks under your eyes will help you see the light of the Cub Scout Trail and will symbolize the bright spirit of Cub Scouting.

The white on your nose is for purity and is to help you know right from wrong as you go along the Cub Scout Trail.

The red mark on your chin is for courage to always speak the truth.

Finally, the green mark on your cheek symbolizes the spirit of nature to guide the Cub Scout in living in harmony with the great outdoors.

Remember your marks of this evening Bobcats. Have fun along the Cub Scout Trail. Parents, will you present this Bobcat badge to your son making him an official Cub Scout? This privilege will be yours for every badge he earns.



Will all the parents in the audience please stand and join these new Cub Scout parents in the parent's participation promise by repeating after me:

*We, the parents of a Cub Scout,
Promise to assist our son
In earning his Cub Scout badges.
We will be faithful in our attendance at meetings
And assist in every way possible
As we assist our son to do his best.*

Tiger Presentation (skip if no one qualifies)

To qualify: Any first grader who has been active this school year.

Would the Tiger Cubs and their parents please come forward?

This school year, you and your family have explored new and exciting things and places. You have taken each part of the Tiger Cub Motto: Search, Discover, Share, and used it in your home, school, and neighborhood. You have searched out new activities, which have shown you how people work and have fun together.

Do you want to wear the sign of the Tiger? If you do, please say "Yes."

Tiger Cubs: Yes.

We will give you the sign of the Tiger, which will start you on your journey along the Scouting trail. You will need lots of support from your family as you try to attain Cub Scoutings' highest honor, The Arrow of Light.

The black on your cheeks is for the happiness along the Tiger Trail

(Paint two horizontal stripes on each cheek)

The yellow on your chin is for sunlight along the Wolf Trail.

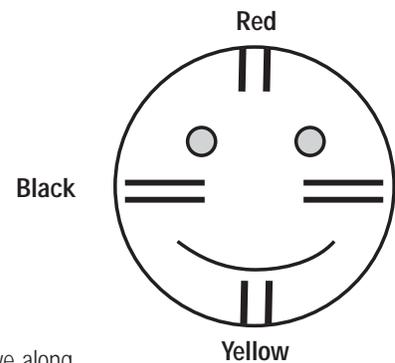
(Paint two vertical stripes on chin)

The red on your forehead is for bravery when you attempt the Bear trail.

(Paint two vertical stripes on forehead)

Tiger Cubs, remember the meaning of your Tiger paint. It shows that you are ready to move along the upward trail of Scouting.

I will now present you with your badges.



Wolf Presentation (skip if no one qualifies)

To qualify: Any second grader who has been active this school year.

When a boy joins a Cub Scout pack, he earns the badge of the Bobcat and starts on an upward trail. This trail will lead him through the footsteps of the Wolf, the Bear, and the Webelos brave, and on his way to the highest honor of Cub Scouting, the Arrow of Light. Tonight, we honor those Scouts who have made a significant advancement along this journey. Would the Wolf Scouts please step forward?

Recite with me the Cub Scout Promise:

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*

Do you want to wear the sign of the Wolf? If you do, please say "Yes."

Wolf Cubs: Yes.

You have worked hard to fulfill the Wolf requirements. You are now ready to wear the sign of the Wolf.

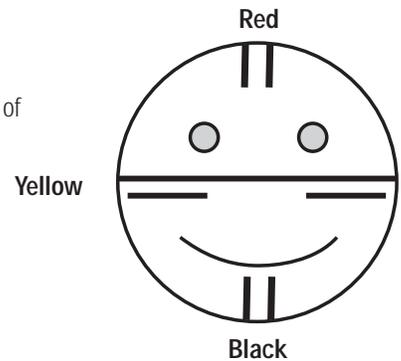
The black on your chin stands for happiness from your days as a Tiger Cub
(Paint two vertical black strips on chin)

The red on your forehead is for bravery when you become a Bear
(Paint two vertical stripes on forehead)

The yellow across your nose is for sunlight along the Wolf trail
(Paint a yellow ramp across the nose from ear to ear with a stripe under the ramp on each cheek)

Wolf Cubs, remember the meaning of your Wolf paint.
It shows that you are ready to move along the upward trail of Scouting.

I will present your badge to your parent who will pin it on to your uniform when you go back to your seat.
Congratulations to you and your family on completing this part of the Cub Scout trail.



Bear Presentation (skip if no one qualifies)

To qualify: Any third grader who has been active this school year.

Tonight we are honoring some Cub Scouts who have reached a new rank. They have worked hard to earn the sign of the Bear.

Would the Bear Cubs and their parents please come forward?

Do you want to wear the sign of the Bear? If you do please say "Yes."

Bear Cubs: Yes.

You are well on your way along the Cub Scout Trail to reach the honor of the Arrow of Light, and eventually start the Boy Scout trail to seek the sign of the Eagle.

To help you along your journey, we will give you the sign of the Bear.

The yellow on your chin stands for sunlight from the Wolf Trail.
(Draw two vertical yellow stripes on chin)

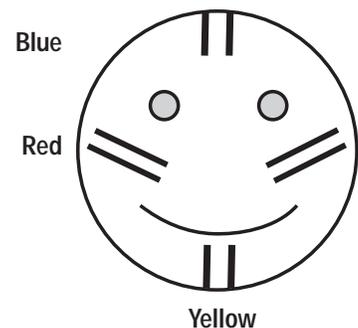
The blue on your forehead is for loyalty when you become a Webelos.
(Draw two vertical blue stripes on forehead)

The red on your cheeks is for courage and the hard work you did to achieve the Bear Rank.
(Draw two upward slanting lines on each cheek)

Bear Cubs, remember the meaning of your bear paint. It shows that you are ready to move along the upward trail of Scouting.

I will present your badge to your parent who will pin it to your uniform when you go back to your seat.

Congratulations to you and your family on completing this part of the Cub Scout Trail.



Webelos Presentation (skip if no one qualifies)

To qualify: Any fourth grader who has been active this school year or fifth grader who has been active this school year and has not previously earned this rank.

Webelos stands for "We'll Be Loyal Scouts"

Would the Webelos Scouts please come forward?

The sign of the Webelos Scout signifies a major step on the Cub Scout Trail. Just as Indian boys became warriors and were painted in the colors of their tribe we will paint you with the colors of Scouting.

Do you want to wear the sign of the Webelos? Please say "Yes."

Webelos Scouts: Yes.

You are well on your way along the Cub Scout Trail to reach the honor of the Arrow of Light and eventually start the Boy Scout trail to seek the sign of the Eagle.

To help you with your journey, we will give you the sign of the Webelos.

The blue "W" across your nose is for strength as you work on the Arrow of Light.
(Paint a large "W" from ear to ear across the bridge of nose.)

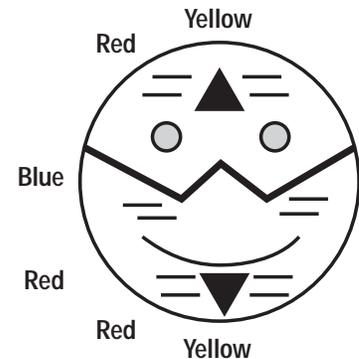
The yellow on your chin and forehead is the color of sunlight and will light your way along the Scouting trail.
(Paint a yellow triangle on chin pointing down and on forehead pointing up.)

The red stands for fire so that you have a burning desire to explore new areas.
(Paint red stripes on each side of the chin and forehead triangles and under the W on each cheek.)

All of these colors together form the Webelos symbol. You should be very proud to wear it.

I will present your badge to your parent who will pin it to your uniform when you go back to your seat.

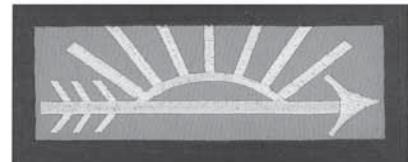
Congratulations to you and your family on completing this part of the Cub Scout Trail.



Arrow of Light presentation (Skip if no one qualifies)

To qualify: Any fifth grader who has completed the Arrow of Light requirements.

Our second year Webelos have brought great honor to our pack as they have climbed the Scouting trail together. They have worked hard on activity badges and have attained Cub Scouting's highest award, the Arrow of Light. After earning the Arrow of Light, everyone knows that the Cub Scout is ready to become a Boy Scout. The Arrow of Light is given in recognition of their accomplishments as they graduate from Cub Scouting.



Would the following boys and their parents please come forward: (read boys' names).

Each one of you has an Arrow of Honor that has been given to you by the pack. This arrow will help you to remember the fun and hard work you have had as a Cub Scout.

(Read if arrows have been painted: The colored bands honor your individual ranks and achievements. Orange is for Tiger, Black is for Bobcat, Red is for Wolf, Green is for Bear, Dark Blue is for Webelos, White is for Webelos achievements and the band of Yellow represents the Arrow of Light Award.)

But the parts of the arrow itself hold special significance, too.

The three feathers symbolize the family, the pack and the scout. We have all worked together to help you grow into a fine young man. May you always fly straight and true to the mark.

These feathers in turn are joined by the blue and gold crests of Cub Scouting.

The blue crest stands for faith and loyalty, as deep and as true as the vast expanse of the sky above us. May you always be faithful and loyal.

The gold crest stands for warmth and good cheer, like the golden rays of the sun. May you always be of good cheer.

The arrowhead represents courage and strength, like the stone from which it is crafted. May you always be courageous and strong.

The shaft of the arrow, fashioned from the hardest wood, stands for honesty and fairness. May you always be truthful and straight as the arrow.

The lashing that holds the arrowhead to the shaft represents the friendship that has bound us together in Scouting, and will bind us together in memory.

You who are now graduating from Cub Scouts have shown all the qualities represented by this arrow during your time in this pack—loyalty, faith, good cheer, courage, strength, honesty and friendship. May this arrow remind you to keep them always in your character, and keep us always in your memories.

It is now my pleasure to present your Arrow of Light award. The Arrow of Light patch displays an American Indian sign for the sun and arrow. The seven rays of the sun stand for each day of the week. They remind you to do your best every day as you follow the arrow that leads to Boy Scouting. The Arrow of Light awards is the only Cub Scout badge you can wear on your Boy Scout uniform. Your parent will pin it on your uniform.

Congratulations!



Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).

Post-Meet Follow-up and Checklist:

- Collect any materials.

Reminders:

1. Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6				

Week 35

*Note: All advancement for the school year has been completed. These last few weeks are only games for those packs that have completed all previous weeks and are still meeting before summer break.

Pledge of Allegiance

I pledge allegiance to the flag
Of the United States of America
And to the republic for which it stands
One nation under God, indivisible
With liberty and justice for all.

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Ask

-  What is a promise? (*Keep your word. Do what you say you will do.*)
-  What does it mean to "do your best?" (*Try as hard as you can.*)
-  WEBELOS (*WEE-buh-lows*). Webelos are fourth and fifth grade Scouts. It comes from the first few letters of these words:
WE'll BE LOyal Scouts.

Activity: Birds of a Feather Game

Materials: Slips of paper with a bird name written on each one (example: chicken, turkey, goose, duck, chickadee, crow, etc.). If you have 24 people, make four each.

This is a game where groups will constantly change so there is no real team that wins. It should only take about three minutes to get a winner, so multiple rounds can be played.

On "Go," Scouts mill about the room exchanging slips as many times as they can with as many different Scouts as possible. They do not look at what is written on their paper.

On "Stop," Scouts stop and look at their paper.

On "Find your Flock," Scouts try to find all others of their kind and sit down together. The last group to sit is out, taking their papers with them. Repeat until one flock is left.

Activity: Caterpillar Race Game

Materials: Make a starting line, place a chair or cone about 20-25 feet away for each team

Each team lines up in single file. The first Scout bends over with hands on the ground. Each successive Scout bends over and holds onto the ankles of the person ahead of him to create a caterpillar.

On "Go," each team races forward around the chair and back to the finish line.

If the caterpillar breaks, it must stop and reform before continuing on.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Post-Meet Follow-up and Checklist:

- Update accordingly.

Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
1, 3, 4, 7	2d	2a		Cit. 5

Week 36

Opening

Lead the Scouts in the Cub Scout Promise and the Law of the Pack. (Utilize the posters to help the boys learn them.)

Cub Scout Promise

*I, (say your name), promise to do my best
To do my duty to God and my country,
To help other people, and
To obey the Law of the Pack.*



Cub Scout Sign

Have the Scouts make the Cub Scout sign with the right hand. The first two fingers form a "V" shape. The right arm is held straight up in the air. **The two fingers stand for "help others" and "obey."** Make this sign when saying the Promise or Law of the Pack.



Law of the Pack

*The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.*

Cub Scout Motto: DO YOUR BEST

Cub Scout Handshake

The Cub Scout handshake is made with the right hand, like an ordinary handshake. However, extend the first two fingers, as in making the Cub Scout sign, along the inside of the other Scout's wrist.



Let the boys vote on any past games that they really enjoyed and wish them a fun and safe summer.

Closing: The Living Circle

Form the Living Circle by standing in a close circle, facing inward. Ask everyone to turn slightly to the right in the circle and extend his left hand into the center, palm downward and left thumb pointing to the right. Have each boy grasp the extended thumb of the person to his left, thus making a living circle.

Each person should then hold his right hand high above his head in the Cub Scout sign. Everyone can pump the left hands up and down and say, "Ah-Kay-la, we'll do our best!" or "We'll Be Loyal Scouts," (as you see sports teams break in a huddle).



Advancement Achievements

Bobcat	Tiger	Wolf	Bear	Webelos
2, 4, 5, 6				

My Two-Week Health Habit Chart

Write down the number of times (or make tally marks) that you complete the following habits each day.

Week 1

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
#of times you bathe or shower							
# of times you wash your hands							
# of times you brush your teeth							
# of times you drink water							
# of times you play outdoors or exercise							
# of hours you sleep							

Week 2

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
#of times you bathe or shower							
# of times you wash your hands							
# of times you brush your teeth							
# of times you drink water							
# of times you play outdoors or exercise							
# of hours you sleep							

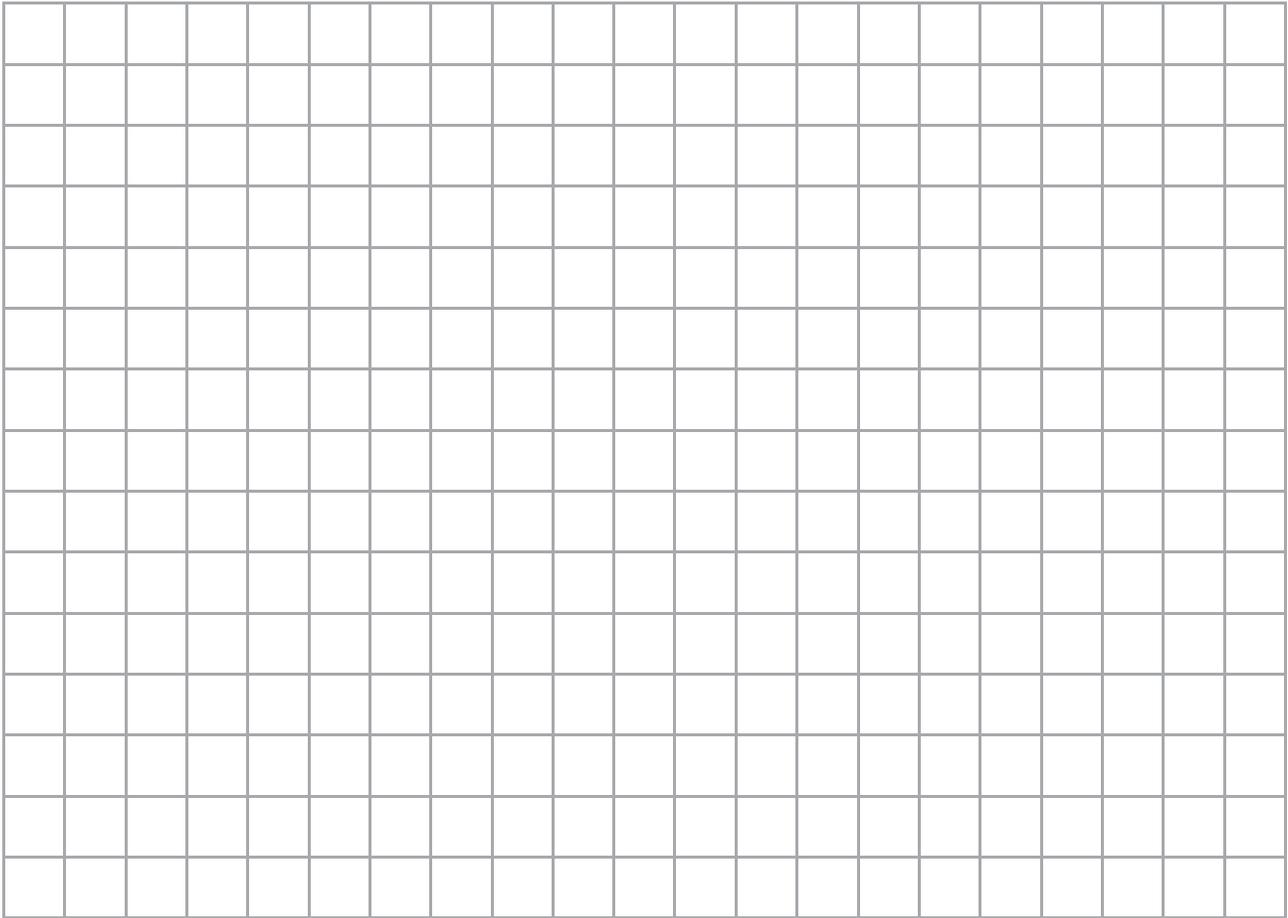
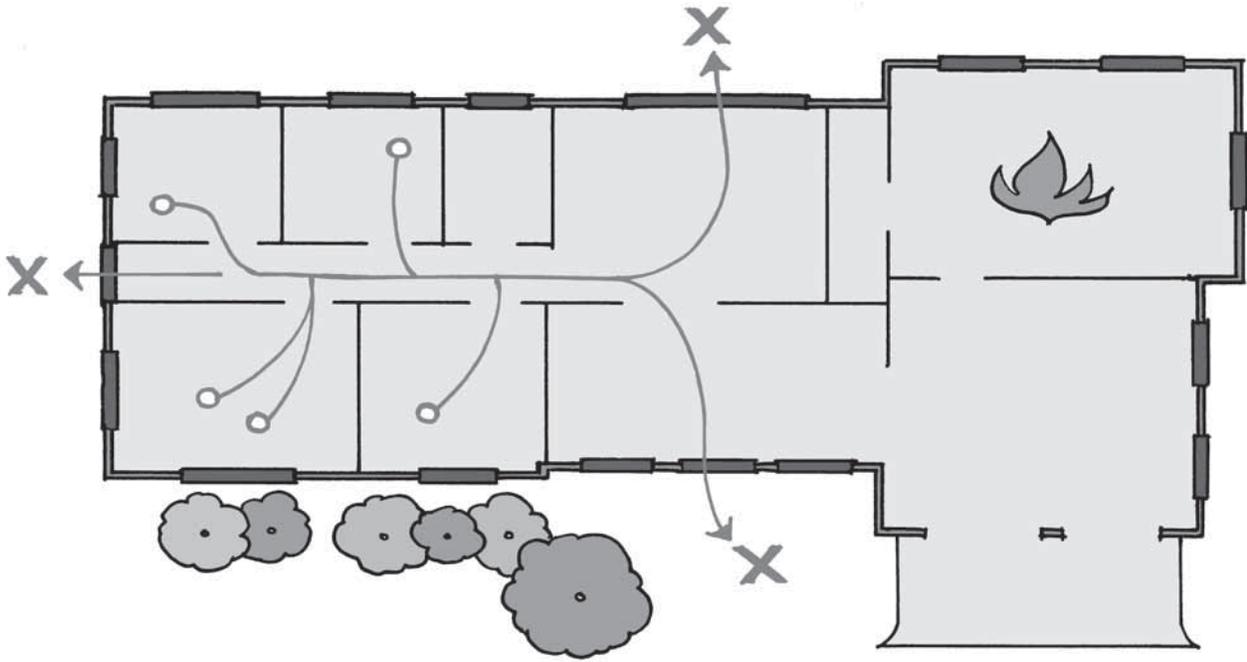
When completed, please discuss this chart with your parents and show it to your Cubmaster at your next Scout meeting.

First Aid Match-Up Game Cards

COLDS	CUTS AND SCRATCHES
BURNS	CHOKING
SNAKE BITES	BEE/WASP STINGS
SPIDER BITES	FROSTBITE
SHOCK	NOSEBLEED

<ol style="list-style-type: none"> 1. Wash hands often. 2. Cover nose when sneezing. 3. Get plenty of rest. 	<ol style="list-style-type: none"> 1. Wash with soap and water. 2. Apply antiseptic cream to prevent infection. 3. Cover with a bandage. (For big cuts, get help fast from an adult.) 4. Keep the wound clean until it heals. Replace the bandage daily.
<ol style="list-style-type: none"> 1. Blisters form on the skin. 2. Protect the blisters from breaking with a soft bandage wrapped loosely. 3. DO NOT apply cream or spray. 4. Seek medical attention. 	<ol style="list-style-type: none"> 1. Have the victim lean forward so the blood does not run down their throat. 2. Have the victim pinch their nose shut for several minutes. 3. Have the victim wipe up any blood with a wet cloth after the bleeding stops.
<ol style="list-style-type: none"> 1. If the man is conscious, stand behind him and place your arm across his chest. Lean him forward and firmly strike his back with the heel of your hand five times. If he still cannot breathe, continue to steps 2 and 3. 2. Stand behind the victim, put your arms around his waist and clasp your hands together. The knuckle of one thumb should be just above the navel but below the rib cage. 3. Thrust your clasped hands inward and upward with enough force to pop loose the object that is blocking the airway. repeat up to five times. 	<ol style="list-style-type: none"> 1. If you must wait for medical attention, have the person lie down with the bitten area lower than their heart to reduce the spread of poison. 2. Treat for shock. 3. DO NOT make any cuts around the bite. 4. DO NOT apply ice to the wound.
<ol style="list-style-type: none"> 1. DO NOT squeeze the stinger. 2. Scrape away the stinger with something other than your finger. 3. Apply ice to reduce the swelling. 4. If the victim has trouble breathing or breaks out in spots, call 911. 	<ol style="list-style-type: none"> 1. Watch for redness and swelling. 2. Victims may vomit, sweat a lot, and have cramps. 3. Treat for shock and take the victim to a hospital quickly.
<ol style="list-style-type: none"> 1. Move the victim to a warm area. 2. DO NOT rub the skin as it can do more damage. 3. Remove gloves. Place cold hands and toes against warmer skin under your armpits or stomach. 4. Encourage the victim to move their fingers and toes. 5. Hold damaged areas under warm (NOT hot) water. 6. Seek medical treatment. 	<ol style="list-style-type: none"> 1. Have the victim lie down. 2. Raise the feet higher than the head (unless there may be injury to head, back, or other areas) 3. If it is cool, cover with a blanket to keep warm. If it is hot, do not cover. 4. Seek medical help quickly.

Fire Escape Plan



Help List Cards (Front)

My address is:	
My phone number is:	
Police	911
Fire	911
Doctor	
Dentist	
School	
Poison Control	
Parent Cell	
Parent Work	
Neighbor	
Friend	

My address is:	
My phone number is:	
Police	911
Fire	911
Doctor	
Dentist	
School	
Poison Control	
Parent Cell	
Parent Work	
Neighbor	
Friend	

My address is:	
My phone number is:	
Police	911
Fire	911
Doctor	
Dentist	
School	
Poison Control	
Parent Cell	
Parent Work	
Neighbor	
Friend	

My address is:	
My phone number is:	
Police	911
Fire	911
Doctor	
Dentist	
School	
Poison Control	
Parent Cell	
Parent Work	
Neighbor	
Friend	

Help List Cards (Back)

My Help List



Pack Number _____

My Help List



Pack Number _____

My Help List



Pack Number _____

My Help List



Pack Number _____

Food Guide Pyramid

How to Plan Meals

There's a great advantage to requirement 3: You help choose the menus for meals you might eat for a whole week! But choose wisely and include foods that are best for you.

How to start? You'll find what you need for planning right here:

- The MyPyramid Plan, explained below and on page 248 of the *Webelos Handbook*, shows you types of foods to include and tells how much of each you need each day.
- The sample serving list gives you examples of foods to include and tells how much equals an ounce (grains and meats) or cup (vegetables, fruits, milks).
- The sample menu for a day on page 253 of the *Webelos Handbook* gives you an idea how meal planning is done. It's really easy if you use the tools on www.mypyramid.gov.

Plan your menus with a parent or family member. If you or any family member has any dietary restrictions, keep those in mind.

MyPyramid Helps You Plan

In 2005, the U.S. Department of Agriculture (USDA) replaced their Food Guide Pyramid with the MyPyramid Plan. Because one size *doesn't* fit all, MyPyramid Plan can help you choose the foods and amounts that are right for *you*. All you have to do to find out what and how much you need to eat is go to www.mypyramid.gov and enter your age, sex, and activity level.

MyPyramid.gov has tools to help you plan your meals, and can also give you a detailed assessment of your own food intake and physical activity level over time with MyPyramid Tracker. You can use the advice "Inside MyPyramid" to help you make smart choices from every food group, find your best balance between food and physical activity, and get the most nutrition out of your calories.

Every member of your family has different nutritional needs, and each of them can go to mypyramid.gov to find out what those are. (Or you can do it for them.) That information is what you need to be ready to plan family meals.

By using MyPyramid, you'll plan a balanced diet that includes protein, vitamins, minerals, carbohydrates, and fiber. You need all of these to grow and stay healthy and strong. See the pyramid on the next page. You need the most each day from the widest areas of the pyramid, and the least amounts from the narrowest areas.

Grains—Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta.

Vegetables—Vary your veggies. Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens. Eat more orange vegetables like carrots and sweet potatoes. Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

Fruits—Focus on fruits. Eat a variety of fruit. Choose fresh, frozen, canned, or dried fruit. Go easy on fruit juices (they are high in sugar and low in fiber).

Milk—Get your calcium-rich foods. Go low-fat or fat-free when you choose milk, yogurt, and other milk products. If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

Meat and beans—Go lean with protein. Choose low-fat or lean meats and poultry. Bake it, broil it, or grill it (don't fry it). Vary your protein routine—choose more fish, beans, peas, nuts, and seeds.

Fats, sugars, and salt (sodium)—Choose these with caution. Get most of your fat from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard. Check nutrition labels to keep your intake low on saturated fats, trans fats, and sodium. Choose foods and beverages that are low in added sugar.

Water—Not on the pyramid. but essential. Be sure you drink plenty of water, too, especially if you've been playing hard, hiking, or exercising. Source: www.mypyramid.gov



How Much at a Meal?

The serving size for a meal can vary for different foods and different people. MyPyramid tells you how many ounces of grains and meats you need daily, and it uses cups to measure vegetables, fruits, and milk. As you plan your meals, check the following list of examples from each food group. The list may give you ideas for meals, too.

If five or six ounces from the bread, cereal, rice, and pasta group seems like a lot, look at the list carefully. You already may be eating that much, because you get two servings in a sandwich or in one cup of pasta.

Some dishes are combinations. Pizza combines a bread crust, cheese, tomato sauce, and possibly vegetables and meat. You'll have to guess at the serving sizes in a piece of pizza.

Grains (Bread, Cereal, Rice, and Pasta)

These are examples of what to count as one ounce:

- 1 slice of bread (a sandwich has two servings)
- 1 tortilla
- ½ cup cooked rice, pasta, or cereal
- 1 ounce ready-to-eat cereal
- ½ hamburger bun, bagel, or English muffin (one whole bun has two servings)
- 3 to 4 plain crackers (small)
- 1 pancake (a stack of three pancakes has three servings)
- ½ doughnut or Danish (medium)
- ⅙ cake (average)
- 2 cookies (medium)
- ½ pie (two-crust)

Vegetables

These are equivalent to a half cup of vegetables:

- ½ cup chopped raw or cooked vegetables
- 1 cup raw, leafy vegetables
- ¾ cup vegetable juice
- ½ baked potato

Fruits

These are equivalent to a half cup of fruit:

- 1 apple, banana, orange, pear, nectarine, peach, or melon wedge
- ¾ cup fruit juice
- ½ cup chopped, cooked, or canned fruit
- ¼ cup dried fruit

Milk

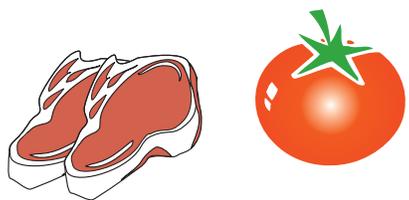
These are equivalent to a cup of milk:

- 1 cup low-fat or skim milk
- 1 cup yogurt
- 1½ ounces natural cheese
- 2 ounces processed cheese
- ½ cups cottage cheese
- 1 cup frozen yogurt

Meat and Beans

These are equal to 1 ounce of meat, poultry, or fish:

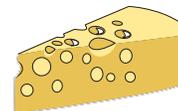
- $\frac{1}{2}$ cup cooked beans
- 1 egg
- 2 tablespoons peanut butter
- $\frac{1}{3}$ cup nuts



Fats, Sugars, and Salt

Use sparingly. Examples of fats and oils in your diet are:

- One pat (1 tablespoon) butter or margarine
- Oils used in cooking
- Shortening used in pastry
- Salad dressings (read the label) Fat-free dressings are available.



Sweets include most desserts, cookies, candy, cakes, pies, puddings, and syrups. Some reduced-fat and reduced-sugar products are available.

What About Snacks?

Everyone likes snacks! You'll want to include a couple of healthful snacks in each day's plan. A snack can provide nutrients and give you energy between meals. The low-fat snacks listed below are good choices.

Fruits

- 1 apple, banana, orange, pear, nectarine, or peach
- $\frac{3}{4}$ cup orange or grape juice
- $\frac{1}{2}$ cup pineapple or grapes
- $\frac{1}{4}$ cup prunes or raisins

Vegetables

- 1 carrot
- $\frac{3}{4}$ cup mixed vegetable juice
- 1 stalk celery (1 cup chopped)

Grains

- 1 graham cracker, wheat cracker, $\frac{1}{2}$ English muffin, or rice cake
- $\frac{1}{2}$ bagel
- 1 low-fat granola bar
- 1 cup popcorn, light (not much fat added)
- 1 ounce pretzels

Milk

- 1 ounce skim mozzarella cheese
- 1 cup of 1 percent chocolate milk
- 1 cup powdered breakfast drink made with skim milk
- 1 cup skim milk
- 8 ounces yogurt with fruit

Mixtures

- 1 cup low-sodium (low-salt) chicken noodle or vegetable soup
- 1 cup low-sodium (low-salt) chicken broth

Sugars

- 1 slice angel food cake (bread group)
- 3 gingersnaps or vanilla wafers (bread group)
- $\frac{1}{2}$ cup ice milk (milk group)
- 1 juice bar (fruit group)

A Sample Menu

Make different daily plans with a variety of foods. Check to see if you have enough servings from each food group.

Sample Menu for a 2,000-Calorie/Day Diet

	Group				
	Grains	Vegetables	Fruits	Milk	Meat and Beans
Breakfast					
Orange			½ medium		
Milk				1 cup	
Cereal with raisins	½ cup		(¼ cup in cereal)		
Whole-grain toast	1 slice				
Lunch					
Ham sandwich on whole-grain bread	2 slices bread	Lettuce leaf			2.5 oz. ham
Carrot sticks		½ cup			
Apple			1 medium		
Milk				1 cup	
Afternoon Snack					
Celery		1 stalk			
Dinner					
Chicken					3 oz.
Peas		½ cup			
Brown rice	½ cup				
Tossed salad		1 cup			
Low-fat salad dressing					
Ice milk				1 cup	
Evening Snack					
Popcorn	½ cup				
Daily Total	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
The amounts you need may be different than these. See www.mypyramid.gov to find out your daily amounts of each food group.					

What About Fat?

You hear and read a lot about people avoiding fat in foods. But our bodies actually need some fat in our diets, and we can't avoid fat altogether, anyway.

But a diet high in fat can be harmful in terms of weight gain and health. A good rule is to eat a balanced diet, be aware of high-fat foods, and make low-fat choices when you can.

Apples, bananas, and other fruits are obvious low-fat choices for snacks. Skim milk has very little fat compared with whole milk. Although children younger than 2 years need whole milk, a better choice for older children, teens, and adults is low-fat or skim milk.

If you make good choices every day, an occasional higher-fat choice, like fast food or real ice cream, shouldn't be a problem.

One way to identify high-fat foods—and learn more about foods you eat—is to read food labels.

Read Those Labels

You can learn a lot from a food label. Compare these labels from two snack food products.

Look at each label. What makes one serving for each? Is that about the amount you might eat for a snack, or would you eat more?

A *calorie* is a unit of energy stored in food. Notice the calories in one serving and the number of calories from fat. In one serving of the cheese-flavored snack are 150 calories, and 90 of those calories come from fat. That's 60 percent of the calories from fat. You can figure it this way:

$$90 \text{ (calories from fat)} \div 150 \text{ (calories per serving)} = 0.60 \text{ (60\% of calories from fat)}$$

(Note: If the label lists only grams of fat, you can figure calories yourself:
1 gram fat = 9 calories.)

Experts say we should get no more than 20 percent to 35 percent of our daily calories from fat. You can see how a person who eats many high-fat items in a day may end up getting too many of his calories from fat. In other words, he's not getting the most nutrition out of his calories.

If you read labels, you begin to get an idea of the nutritional content of different types of foods. Some have higher sodium (salt) content than others. Some products have protein, potassium, vitamins A and C, calcium, and iron, and some have little or none. Some have fiber, and some don't. Some have extra sugars that add calories but few nutrients. Read the ingredient list and make sure that added sugars (with names like sucrose, glucose, and high fructose corn syrup) aren't one of the first few ingredients.

Eating right is a kind of balancing act. What you don't get from one food you may get from another. The more you learn about what your body needs, the better prepared you'll be to make wise choices about food.

Fat-free pretzels

Nutrition Facts			
Serving Size 1 oz. (28g/About 12 pretzels)			
Servings Per Container 15			
Amount Per Serving			
Calories 110		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	520mg		22%
Total Carbohydrate	23g		8%
Dietary Fiber	1g		5%
Sugars	less than 1g		
Protein 2g			
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	•	Carbohydrate 4
		•	Protein 4

Cheese-flavored snack food

Nutrition Facts			
Serving Size 1 oz. (28g/About 12 pieces)			
Servings Per Container 10			
Amount Per Serving			
Calories 150		Calories from Fat 90	
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	2.5g		12%
Cholesterol	less than 5mg		1%
Sodium	350mg		14%
Total Carbohydrate	15g		5%
Dietary Fiber	less than 1g		1%
Sugars	1g		
Protein 2g			
Vitamin A	0%	•	Vitamin C 0%
Calcium	2%	•	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	•	Carbohydrate 4
		•	Protein 4

Finger Printing Page

Scout's name: _____ Pack: _____

Left hand

Little finger	Ring finger	Middle finger	Index finger	Thumb

Right hand

Little finger	Ring finger	Middle finger	Index finger	Thumb

Finger Printing Page

Scout's name: _____ Pack: _____

Left hand

Little finger	Ring finger	Middle finger	Index finger	Thumb

Right hand

Little finger	Ring finger	Middle finger	Index finger	Thumb

Earn the Cub Scout Belt Loop for Heritage

To earn the Cub Scout Belt Loop for Heritage you must do the following requirements and have them signed off by your parent or Scout Leader. Return this form to your Scout Leader to receive your Heritage Belt Loop at your next awards meeting.

Cub Scout's Name _____ Pack # _____

Requirements:

1. **Talk with members of your family about your family heritage, its history, traditions, and culture.**

Date of discussion: _____ Parent Signature: _____

2. **Make a poster that shows the origins of your ancestors. Share it with your Pack.**

Date of Pack meeting: _____ Scout Leader Signature: _____

3. **Draw a family tree showing members of your family for three generations**

Date of Pack meeting: _____ Scout Leader Signature: _____

Cub Scout's Name _____ Pack # _____

Requirements:

1. **Talk with members of your family about your family heritage, its history, traditions, and culture.**

Date of discussion: _____ Parent Signature: _____

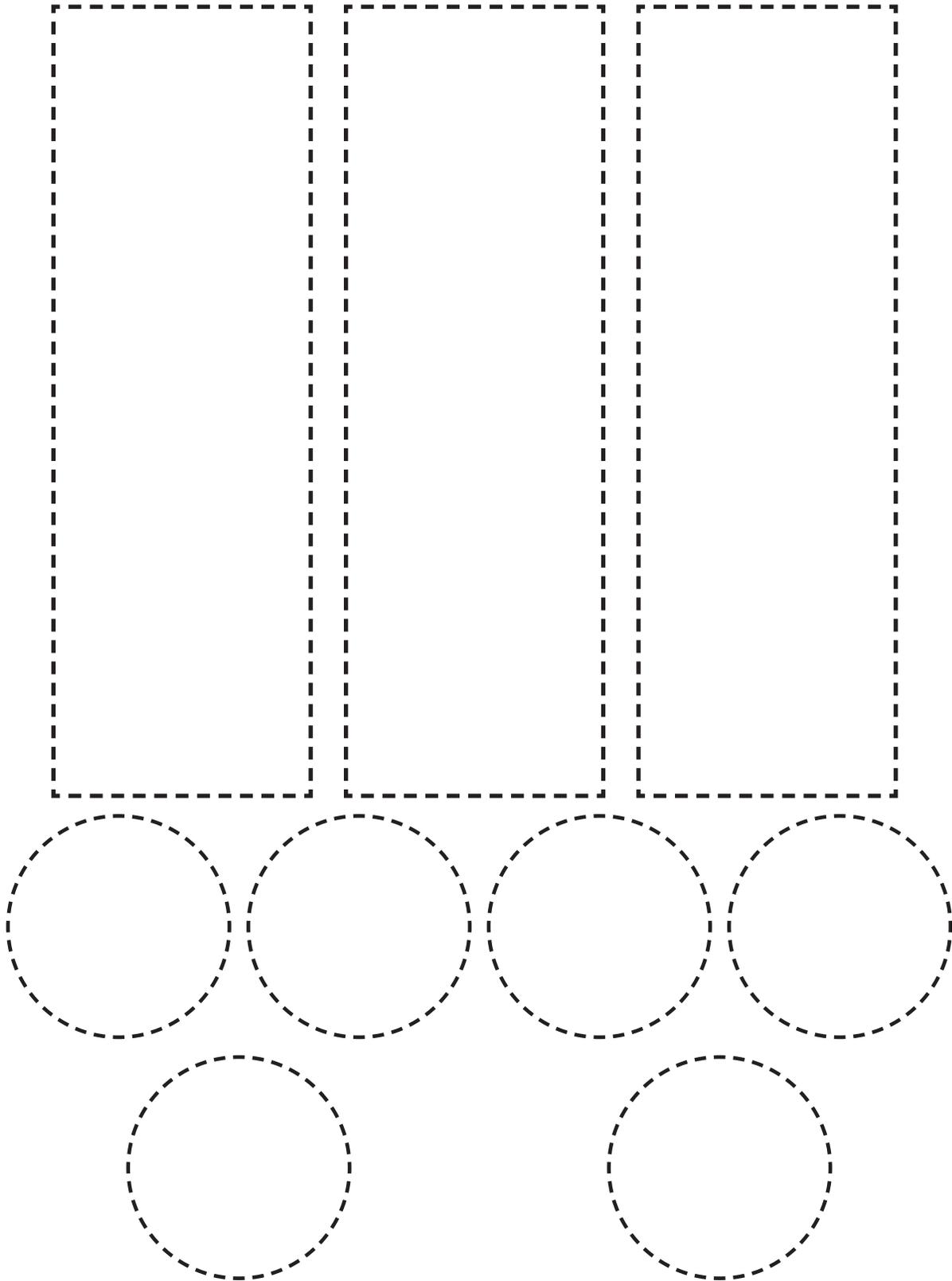
2. **Make a poster that shows the origins of your ancestors. Share it with your Pack.**

Date of Pack meeting: _____ Scout Leader Signature: _____

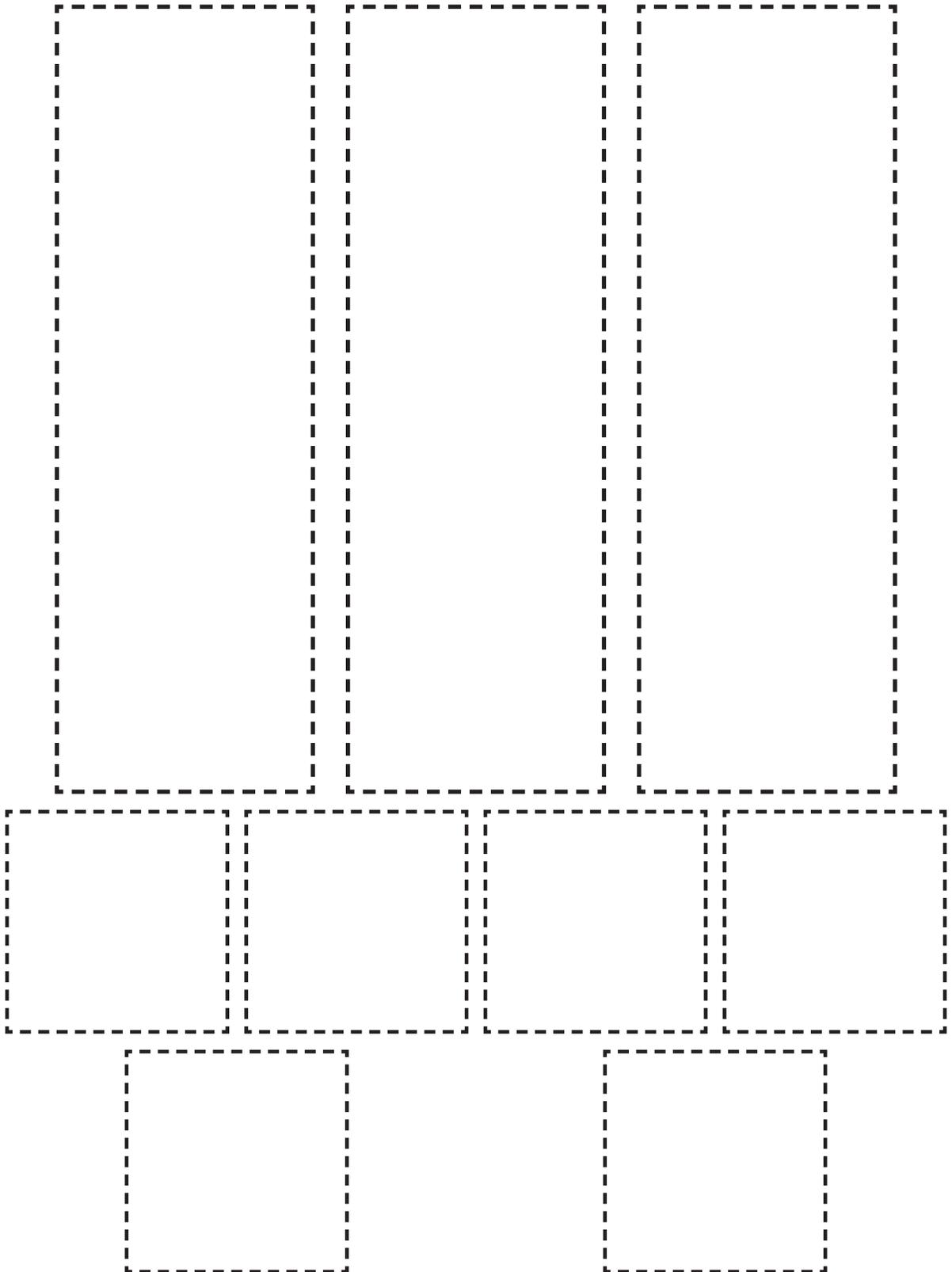
3. **Draw a family tree showing members of your family for three generations**

Date of Pack meeting: _____ Scout Leader Signature: _____

Game Pattern 1



Game Pattern 2



Folktale Cards

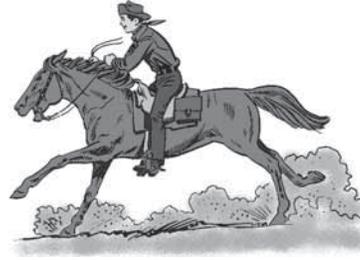
Sasquatch or Bigfoot

A giant humanlike creature of the Pacific Northwest. Huge footprints and fleeting glimpses are all that anyone has seen of it.



Pony Express Riders

Between 1860 and 1861, riders carried the mail from Missouri to California. They rode at a gallop for 2,000 miles, changing horses every 10 miles.



Pecos Bill

A tall-tales cowboy who was raised by coyotes. He fought a 10-foot rattlesnake, tamed it, and used it as a whip. He caught and rode a mountain lion like a horse and he staked out New Mexico and dug the Grand Canyon.

Casey Jones

A famous engineer who stayed with his train to warn others that it was going to crash. He died with one hand on the whistle and one hand on the brake. Old 638 crashed into a freight train that had not cleared the siding.

Hiawatha

The main character of Longfellow's poem about an American Indian Chief:

*You shall hear how Hiawatha
Prayed and fasted in the forest . . .
Not for the triumphs in the battle,
And renown among the warriors,
But for profit of the people
For advantage of the nations*

Rip Van Winkle

The hero of Washington Irving's story about a man who went into the mountains to hunt. There he found a group of little men playing ninepins. He joined them and after the game laid down to take a nap, which lasted 20 years.

Paul Bunyan

A tall-tales lumberman who leveled a forest with one swing of his ax. Then he trimmed the trees and stacked the logs for Babe, the blue ox, who swooshed them out of the woods in one haul.



The lost Dutchman

A mine, not a man, that is still lost. Somewhere in the Superstition Mountains of Arizona there is a hole in the ground loaded with gold.



Daniel Boone

Hunter, pioneer, and trailblazer who led settlers over the Allegheny Mountains into Kentucky. Some say he was part man, part horse, and part alligator.

Charlie Parkhurst

A stagecoach driver before there were railroads. Charlie was unusual, because Charlie was a lady.



Davy Crockett

Backwoods hero, member of congress and one of the defenders of the Alamo who died in its defense.

John Henry

A steel-driving champion whose record has never been equaled. In 35 minutes John Henry drove two 7-foot shafts into solid rock while a steam drill made only one 9-foot shaft.

Zorro

A hero who lived on his father's hacienda (large ranch) in southern California when it was a colony of Mexico ruled by a governor who taxed and oppressed the people. Hiding his identity behind the mask of Zorro, Don Diego would ride to protect the cruel governor's victims.



El Dorado

The American Indians told the Spaniards that somewhere in the West was a fabulous city of gold.



Barbara Frietchie

Took up the flag hauled down by Confederate soldiers and defied Stonewall Jackson. "Shoot, if you must, this old gray head, but spare your country's flag," she said. A poem by John Greenleaf Whittier

Ichabod Crane

An awkward schoolmaster in Washington Irving's "The Legend of Sleepy Hollow" who was scared out of town on Halloween night by the ghostly headless horseman (who was not really a ghost, but a jealous rival dressed as the horseman).

Old Stormalong

A tall-tales sailor who grew tired of the sea and said he was going to put his oar on his shoulder and walk west until someone asked: "What's that funny-looking stick on your shoulder?" There he vowed to settle down.

Molly Brown

A tough frontier lady from the Colorado silver-mining town of Leadville who helped save some of the survivors of the Titanic.

Johnny Appleseed

Jonathan Chapman was his real name. A Christian missionary who planted orchards in the wilderness, he was a friend of the American Indians and settlers. During the war of 1812 he saved the settlers from a surprise attack.

King Kamehameha

For 37 years, the ruler of Hawaii long before Hawaii was a part of the United States. He began his rule in 1782 and died in 1819.

Folktale Songs

Davy Crockett

Version as produced by Walt Disney Records

Lyrics by Tom Blackburn

Music by George Burns

To listen to this song go to www.televisiontunes.com/Davy_Crockett.html

Born on a mountain top in Tennessee
The greenest state in the land of the free
Raised in the woods so's he knew ev'ry tree
Kilt him a b'ar when he was only three
Davy, Davy Crockett, king of the wild frontier

Fought single-handed through many a war
Till the enemy was whipped and peace was in store
And while he was handlin' this risky chore
He made himself a legend forever more
Davy, Davy Crockett, king of the wild frontier

He went off to Congress and served a spell
Fixin' up the Government and the laws as well
Took over Washington, so I heard tell
And he patched up the crack in the Liberty Bell
Davy, Davy Crockett, king of the wild frontier

When he came home his politic'ing was done
And the western march had just begun
So he packed his gear and his trusty gun
And lit out a-grinnin' to follow the sun
Davy, Davy Crockett, leading the pioneer

John Henry

(Traditional)

To listen to this song go to

www.jaha.org/edu/discovery_center/work/john_henry/index.html

and click on different mp3 files to listen to different versions.

When John Henry was a little baby,
Just a sittin' on his mammy's knee,
Said, "The Big Bend Tunnel on that C & O Road
Gonna be the death of me, Lord God,
Going to be the death of me."

Well, John Henry said to the Captain,
I'm gonna take a little trip downtown
Get me a thirty-pound hammer with that nine-foot handle
I'll beat your steam drill down, Lord God,
I'll beat your steam drill down.

Well, John Henry hammered on that mountain
Till his hammer was striking fire
And the very last words that I heard that boy say was
Cool drink of water 'for I die, Lord God,
Cool drink of water 'for I die.

Well, they carried him down to the grave yard
And they buried him in the sand
And every locomotive came a roarin' on by
They cried out, "There lies a steel drivin' man, Lord God,
There lies a steel drivin' man."

Well, there's some say he came from Texas
There's some say he came from Maine
Well, I don't give a darn where that poor boy was from
You know that he was a steel drivin' man, Lord God,
John Henry was a steel drivin' man.

Well, when John Henry was just a little baby
Just a sittin' on his mammy's knee,
Said, "The Big Bend Tunnel on that C & O Road
Gonna be the death of me, Lord God,
Going to be the death of me."

Webelos Traveler Pin

Webelos Opportunity! (Boys in fourth and fifth grade)

In our Pack meetings we work on many different types of awards; however there are some requirements that can only be done at home. The Webelos Traveler Pin is an optional award only for boys in the fourth and fifth grade. If you would like to receive this award, please do the following requirements with your parents/guardians and have them fill out this form and return to your Scout Leader.



- Look up places on a map or timetableCompleted in Pack Meeting
- Learn about using a map legend and symbols.....Completed in Pack Meeting
- Plan a trip with your parents/guardians using a map Date Completed: _____
- Take a trip with your parent/guardian Date Completed: _____
- Calculate the cost of your trip per mile Date Completed: _____

Name of Cub Scout: _____

Pack #: _____ Name of Cubmaster: _____

Parent/Guardian Signature: _____

Webelos Opportunity! (Boys in fourth and fifth grade)

In our Pack meetings we work on many different types of awards; however there are some requirements that can only be done at home. The Webelos Traveler Pin is an optional award only for boys in the fourth and fifth grade. If you would like to receive this award, please do the following requirements with your parents/guardians and have them fill out this form and return to your Scout Leader.



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Name of Cub Scout: _____

Pack #: _____ Name of Cubmaster: _____

Parent/Guardian Signature: _____

State Maps

This is a sample. Use a map of your state.



World Map

Read and follow coloring directions below.



Continents—Continents are large landmasses on Earth; we have 7 continents: North America, South America, Africa, Europe, Asia, Antarctica, and Australia. Color the continents on your map green.

Oceans—Oceans are continuous bodies of water which cover most of the Earth. The Earth is made up of five different oceans: Atlantic Ocean, Pacific Ocean, Indian Ocean, Arctic Ocean, and Southern Ocean. Color the oceans blue.

Equator—The equator is an imaginary line that divides the Earth into Northern and Southern Hemispheres. Trace the equator line in red.

Longitude—Lines of longitude are vertical lines that run North and South on maps. These lines can help us find exact locations on Earth. Use the color brown to draw lines of longitude across your map.

Latitude—Lines of latitude are horizontal lines that run East to West on maps. These lines help us find exact locations on Earth. Use the color black to draw lines of latitude across your map.

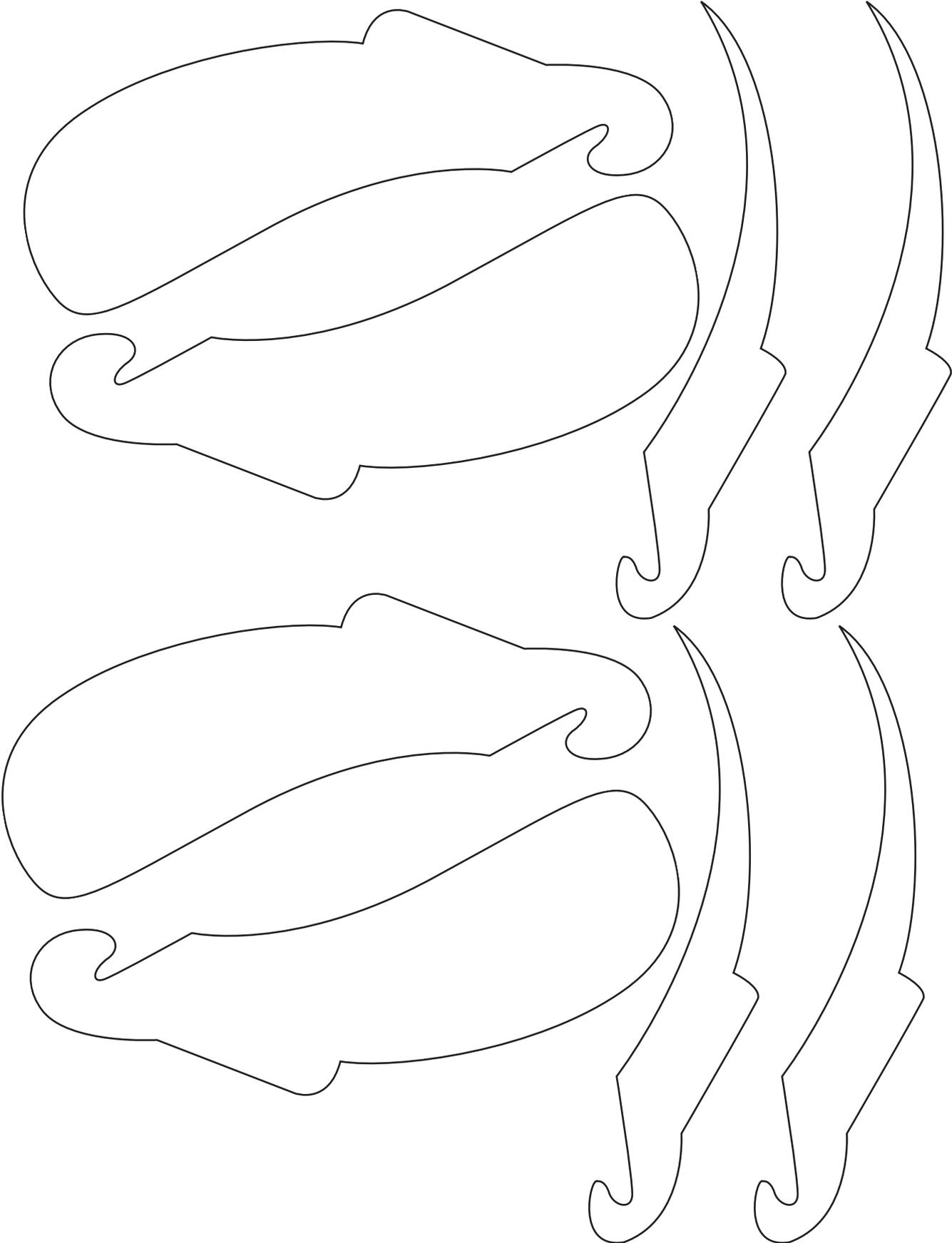


Latitude

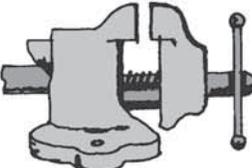


Longitude

Helicopter Pattern



Tool Match Up Cards

	<p>Hammer</p> <p>Used for driving nails, for prying boards apart, and for pulling nails.</p>		<p>C-Clamp</p> <p>Holds pieces of wood together after gluing.</p>
	<p>Screwdriver—Flat head</p> <p>For setting screws with a single slot.</p>		<p>Pliers</p> <p>Used for gripping things of different sizes; not used for nuts.</p>
	<p>Screwdriver—Phillips head</p> <p>For setting screws with a cross head.</p>		<p>Nails and Screws</p> <p>Used to hold things together.</p>
	<p>Vice</p> <p>Holds wood in place for sawing or planing.</p>		<p>Saw</p> <p>For cutting straight lines in wood.</p>
	<p>Wrench</p> <p>Can be adjusted to fit any size of nuts and is used for tightening and loosening them.</p>		

Cub Scout Songs

I've Got That Cub Scout Spirit

I've got that Cub Scout spirit

Up in my head,

(WHERE?)

Up in my head,

(WHERE?)

Up in my head;

I've got that Cub Scout Spirit

Up in my head, up in my head to stay!

Replace "up in my head" with other words in the other four versus:

Second verse: *Deep in my heart*

Third verse: *Down in my feet*

Fourth verse: *All over me*

Fifth verse: *I've got that Cub Scout spirit*

Up in my head, deep in my heart, down in my feet, I've got that Cub Scout spirit All over me, all over me to stay!

Good Night, Cub Scouts

Tune: "Good Night, Ladies"

Good night, Cub Scouts.

Good night, Cub Scouts.

Good night, Cub Scouts,

We're going to leave you now.

Merrily we Cub along, Cub along, Cub along.

Merrily we Cub along up the Cub Scout trail.

Sweet dreams, Cub Scouts.

Sweet dreams, Cub Scouts.

Sweet dreams, Cub Scouts,

We're going to leave you now.

Cub Scout Songs

I've Got That Cub Scout Spirit

I've got that Cub Scout spirit

Up in my head,

(WHERE?)

Up in my head,

(WHERE?)

Up in my head;

I've got that Cub Scout Spirit

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Merrily we Cub along, Cub along, Cub along.

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Sweet dreams, Cub Scouts.

Sweet dreams, Cub Scouts.

Sweet dreams, Cub Scouts,

We're going to leave you now.

Athlete Progress Report

Cub Scout's Name _____ Pack # _____

Week	1	2	3	4
Date				
Minutes of stretching				
# of curl-ups				
# of pull-ups				
# of push-ups				
Standing long jump (distance)				
Vertical jump (height)				

Athlete Progress Report

Cub Scout's Name _____ Pack # _____

Week	1	2	3	4
Date				
Minutes of stretching				
# of curl-ups				
# of pull-ups				
# of push-ups				
Standing long jump (distance)				
Vertical jump (height)				

Cub Scout/Boy Scout Game Cards

Akela: pronounced
"Ah-Kay-La"

The Meaning of Webelos:

We'll Be Loyal Scouts

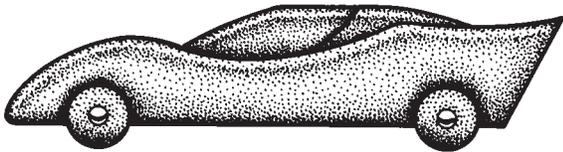
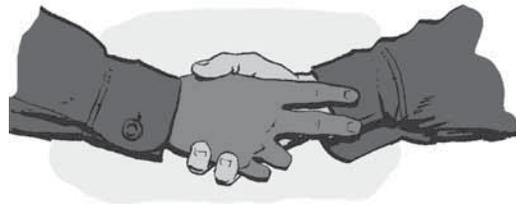
The Law of the Pack

The Cub Scout Follows Akela
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow
The Cub Scout gives goodwill.

1st-5th grade



Cub Scout/Boy Scout Game Cards



Cub Scout/Boy Scout Game Cards

Outdoor Code

As an American, I will do my best to—
Be clean in my outdoor manners,
Be careful with fire,
Be considerate in the outdoors,
Be conservation-minded.

A Scout is trustworthy, loyal, helpful, friendly,
courteous, kind, obedient, cheerful, thrifty, brave,
clean, and reverent.

Troop

Do a Good Turn Daily

Be Prepared

At least 11 years old



Cub Scout/Boy Scout Game Cards



Boy Scout Pile

Cub Scout/Boy Scout Game Cards

<p>Cub Scout Pile</p>	
------------------------------	--

Awards Invitation



Dear: _____

Please come to my Cub Scout Awards meeting.

It will be held on _____

At _____ o'clock

The meeting will be at:

I hold you will come! Love,



Dear: _____

Please come to my Cub Scout Awards meeting.

It will be held on _____

At _____ o'clock

The meeting will be at:

I hold you will come! Love,

Notes

Notes

Notes

Notes

Many Cultures—One Mission

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law.



Prepared. For Life.™

Boy Scouts of America

1325 West Walnut Hill Lane

P.O. Box 152079

Irving, TX 75015-2079

972-580-2000

972-580-7824 (Fax)

multicultural@scouting.org

www.scouting.org/multicultural

SKU 523006



523-006 2011 Printing