



Bear Den Meeting 9

Building Muscles and Games, Games, Games!

Achievement 15. Achievement 16.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - A stopwatch (if your wristwatch doesn't do that) is cool. Everyone likes to know their time!
 - Beads for Immediate Recognition Emblems

Before the Meeting

- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader).
- ▶ Assign parents to meeting roles and hand out a meeting plan to each.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ **Verify:** Check handbooks to confirm that each boy planned an escape route from their home and had a practice fire drill (**Achievement 11e**).
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

Want More Fun in Your Activities?

This is a terrific day to jazz up with excitement. You don't want to just be "checking the box" after they do each of these, you want to make a big deal out of it.

- ▶ Consider themes like carnival, circus, track meet.
 - ▶ Maybe have an MC or announcer for each event.
 - ▶ Maybe someone with a video recorder can team up with a "sideline reporter" to get interviews with the contestants.
- ▶ **Achievement 16a** ("Do physical fitness stretching exercises. Then do curl-ups, push-ups, the standing long jump, and the softball throw.")
 - ▶ Update the record for each boy in the den scrapbook (see sample sheet at the end of Bear Den Meeting 1).
 - ▶ Repeat these in future meetings to measure progress when you need a physical activity.
 - ▶ **Achievement 16b** ("With a friend about your size, compete in at least six different two-person contests, for example, One-Person Push Over Line, Pull Over Line, One-Person Pull Over Line, Seated Back-to-Back Push, Foot Push, One-Legged Hand Wrestle, Stand-Up Back-to-Back Push, Hand Wrestle, Elbow Wrestle."):
 - Have boys compete in six different two-person contests. Or more as they like.
 - You can do it all at once (each does the same thing at the same time) or rotate around to different stations (perhaps in a different order, one half clockwise, one half counter-clockwise, so that Scouts go against different Scouts in each of the two-person contests).
 - Putting a stopwatch on it can add to the fun.



- ▶ **Achievement 16c** (“Compete with your den or pack in the crab relay, gorilla relay, 30-yard dash, and kangaroo relay.”):
 - Have boys compete in the crab relay, gorilla relay, 30-yard dash, and kangaroo relay.
 - These can be more of an “all at once” activity. Could be a relay race, or track the overall time.
- ▶ **Achievement 15b:** Play an organized game as a den.
 - The game could also be **Achievement 15c** for someone (“Select a game that your den has never played. Explain the rules. Tell them how to play it, and then play it with them.”)
 - Examples of games that can be played (including some unusual games) are found throughout this guide, and more are found in the *Cub Scout Leader’s How-To Book*.
 - In Bear Den Meeting 10 of this guide you will find the rules for ultimate, likely not a game played outside of Scouts at this age.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** With their parents, boys are to complete **Achievement 13**, *Saving Well, Spending Well*, at home. They must complete four of the seven available choices.

Boys who have attended appropriate den meetings and completed required home assignments have now earned their third red Progress Toward Ranks bead to wear on their Cub Scout Immediate Recognition Emblem (for completing **Achievements 9, 11, and 16**).

After the Meeting

- ▶ If you’ve changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.