



*Set the example with healthy nutritious snacks. Be aware of any food allergies of den members.*

## Wolf Den Meeting 3

### Your Flag and Sports Electives

Achievement 2. Achievement 3. Elective 20. Bowling Belt Loop (partial).

### Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Find a location with a flagpole so the boys can practice raising and lowering the U.S. flag. Or attach a rope and pulley to an existing pole or similar structure.
  - Bring a U.S. flag, your state flag (pictures on page 50 of the *Wolf Handbook*), and the den flag. Research the meaning of your state flag.
  - A U.S. flag either 3 by 5 feet or 4 by 6 feet is best. Smaller flags may be hard to fold in the official way, and larger flags are too big for Cubs to hold off the ground. A cotton flag is easier to fold than a nylon one.
  - Practice folding a flag yourself before the meeting!
  - Bring a football and flags for flag football; soccer ball, basketball, baseball or softball; and a bat. Or bring whichever of these you think you will really get done in the meeting.
  - Print a health habits chart (below) for each boy (**Achievement 3a**, *Wolf Handbook* page 57).
  - Procure indoor space to do **Elective 20** in case the weather does not permit these activities outdoors. Or be ready to use an alternate meeting plan.
  - Stopwatch and tape to mark how far they each run in 10 seconds.
  - If you're doing a field trip for Den Meeting 4, make preparations with the bowling lanes, make transportation plans, and prepare permission slips.

### 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.
- ▶ Practice raising and lowering the U.S. flag (**Achievement 2e**).

### Opening

- ▶ Conduct a flag ceremony, indoor (**Achievement 2b**) or outdoor (**Achievement 2f**). Options include:
  - ▶ Gather in a line, circle, or square:
    - Pledge of Allegiance; have the Scout leading the ceremony tell what the Pledge means (**Achievement 2a**)
    - Cub Scout Promise or Law of the Pack
    - Lead patriotic song.
- ▶ Rotate leadership of flag ceremonies so each boy has a turn at every role (**Achievement 2b**).

### Business Items

- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

### Activities

- ▶ "Your Flag" Achievements (page 47 of the *Wolf Handbook*):
  - **Achievement 2c** ("Tell how to respect and take care of the U.S. flag. Show three ways to display the flag.")
    - On a pole.
    - Hanging (stars to the right looking out, to the left looking in).
    - Posted on the speaker's right side.



- **Achievement 2d** (“Learn about the flag of your state or territory and how to display it.”)
    - See the state flags on page 50 of the *Wolf Handbook*, and discuss what your flag shows/ what other flags show.
    - Display is subordinate to the U.S. flag (below on a single pole, or to the speaker’s left).
  - **Achievement 2e** (“Learn how to raise a U.S. flag properly for an outdoor ceremony.”)
  - **Achievement 2g** (“With the help of another person, fold the U.S. flag.”)
    - As they practice, it is a good idea to have a third Scout help support the middle of the flag.
- ▶ Sports Electives (**Elective 20**):
- **Elective 20h** (“Show how to make a sprint start in track. See how far you can run in 10 seconds.”)
    - Use a stopwatch (or your watch) and tape to mark how far each Scout ran.
    - Repeat as necessary!
  - **Elective 20i** (“Do a standing long jump. Jump as far as you can.”)
    - Use tape to mark how far each Scout jumped.
    - Repeat as necessary!
  - Play a team sport:
    - **Elective 20j** (“Play a game of flag football.”)
      - **Elective 20k** (“Show how to dribble and kick a soccer ball. Take part in a game.”)
      - **Elective 20l** (“Play a game of baseball or softball.”)
      - **Elective 20m** (“Show how to shoot, pass, and dribble a basketball. Take part in a game.”)
- ▶ **Bowling belt loop, requirement 1** (or for whichever sport you’ll be playing in the next meeting). Discuss with the boys the rules of courtesy and safety for bowling. They will need to be able to tell you about these rules at the next meeting to qualify for the belt loop.

### 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:** Complete and return healthy habits chart (**Achievement 3a**) in two weeks.

### 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.



**Wolf Cub Scouts  
Achievement 3a: Keep Your Body Healthy**

Name: \_\_\_\_\_

Mark your chart each time you do these things.

	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Bathe or Shower Often; Use Soap (✓ for each time)														
Wash Your Hands (✓ for each time)														
Brush Your Teeth (✓ for each time)														
Drink Lots of Water (✓ for each cup)														
Run and Play Outdoors (how many minutes)														
Get the Sleep You Need (how many hours)														