

As we approach Thanksgiving, let's spread "Seeds of Kindness" in the form of multiple small service projects. Helping others encourages compassion and gives boys the opportunity to see the bounty produced by spreading many small seeds of kindness. The boys can discover that just as the large, strong oak tree came from the small acorn, big things can happen from spreading small seeds of kindness and charity. Conduct a food drive or collect coats and gloves for those in need; report your hours to Good Turn for America. Work on the Citizenship belt loop and pin.

PACK PLANNING

What a wonderful time of year! The leaves are falling, and winter is just around the corner. With the change in season and the coming holidays, people seem to be a little more thoughtful and concerned about others. The pack will have opportunities to participate in service projects for the community.

Appoint the following committees to help with the meeting:

Decorations Committee. Decorate the meeting place with cornstalks and autumn leaves.

Welcoming Committee. Prepare leaf-shaped name tags for pack members to use and prepare the Tossing Seeds of Kindness gathering activity (2 NOV).

Program Committee. Determine order in which the den skits will be presented. Ensure that all awards have been secured and are ready to be presented to boys.

Refreshments Committee. Prepare refreshments in advance. Prebag in resealable bags for ease in serving.

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

- **Character development.** Cub Scouts will have opportunities to strengthen their character as they help others.
- **Respectful relations.** As boys serve others, they will learn to respect them.

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

- **Compassion.** Boys will learn how good it feels when they help someone else.
- **Citizenship.** Being a good citizen includes being of service to others.

MEMBERSHIP MOMENT

This month's Good Turn might be a service project for your chartered organization. Invite families from your chartered organization to participate and learn more about Scouting.

Pack Meeting

BEFORE THE MEETING

All committees arrive early to set up their section of the meeting area. It is important to have the room ready to receive families, so be sure the decorations are in place as Cub Scouts walk through the front door. The decorations committee will decorate the meeting area. The program committee ensures there is a U.S. flag for the opening ceremony. Set up an area for dens to display the projects they worked on during the month. The refreshments committee prepares the refreshment area. Ensure that plenty of garbage bags are ready for any trash generated.

GATHERING

The welcoming committee greets families as they arrive. Direct Cub Scouts to the area designated for displaying den projects. Give instructions for the Tossing Seeds of Kindness activity (2 NOV) and encourage participation. Name tags

will encourage pack members to become acquainted with each other.

MAIN PART OF THE MEETING

Opening

The assistant Cubmaster leads the Old Glory opening ceremony (*Cub Scout Ceremonies for Dens and Packs*). An alternate ceremony may be chosen. The song leader leads the pack in "America" (*Cub Scout Songbook*). The assistant Cubmaster asks the audience to stand and repeat the Pledge of Allegiance.

Prayer

A preselected Cub Scout comes forward and shares the Kind Every Day prayer (2 NOV).

Welcome and Introductions

The Cubmaster, wearing blue jeans and a plaid shirt, welcomes everyone to the pack meeting. Thank all adults for their efforts in completing tasks to make this another great pack meeting for everyone.

Song

The song leader leads the pack in "He's a Cub Scout" (3 NOV).

Den Demonstrations

Invite dens to share what they have learned during den meetings this month. They may present skits, lead songs, or share information from their outings.

Games

Play Seeds Snatch (2 NOV).

Recognition

Present awards using the Planting Seeds advancement ceremony (3 NOV).

Announcements

Announce the upcoming pack Good Turn. Let families know that their help is needed. Share the date, time, and location of next month's pack meeting. Refer families to the pack newsletter for additional information.

Cubmaster's Minute

The Cubmaster gives the RASKals Cubmaster's Minute (3 NOV).

Closing

Conduct the Growing Seeds of Kindness closing (3 NOV) or the Apple Seeds closing ceremony (*Cub Scout Ceremonies for Dens and Packs*), or choose a different ceremony.

REFRESHMENTS

Invite families to the refreshments area. The refreshments committee serves Sunflower Seed Crunch (3 NOV).

Cubmaster Corner

BOY RECOGNITION

Awards and recognitions presented at pack meetings are important.

- It is important that the boy's family takes part in the recognition ceremony. This helps to emphasize that Cub Scouting is a family program.
- Several days before the pack meeting, a phone call to families of boys receiving awards will help ensure that they will be in attendance and be ready for their part in the program.
- A parent, guardian, or other family member should be called forward with the boy. The award is given to the adult, who then presents it to the boy.

Ceremonies, Games, Songs, Stunts

GATHERING ACTIVITY: TOSsing SEEDS OF KINDNESS

Equipment: Cards with statements; masking tape; buttons to represent seeds

Preparation: Use masking tape to make squares on floor. Tape cards in appropriate squares. Mark a tossing line 2 feet from squares.

7 Helped with program at nursing home.	8 Raked leaves for elderly.	9 Collected winter clothing for shelter.
4 Collected food for food bank.	5 Read story to a pre-schooler.	6 Delivered cookies to a neighbor.
1 Opened the door for someone.	2 Shared a snack.	3 Made a card for your leader.

(Tossing line)

One boy at a time stands at the tossing line. Give him nine buttons. Have him toss his first "seed" onto the grid. If the seed lands inside a square, he attempts to toss his second seed into another square. Continue until he has tossed all nine seeds. Winner is the highest scorer. Points are given for each

seed landing in each box; i.e., Box 1 scores one point, Box 2 scores two points, etc.

PRAYER: KIND EVERY DAY

The preselected Cub Scout announces to the pack to prepare themselves for prayer in their custom, and then shares this prayer:

Dear God: Please help us to be kind to each other today and every day. Help us to share this kindness within our families and to share with others. Amen.

GAMES

Sowing (Sewing) Seeds

Equipment: Acorns; yarn cut into 30-foot lengths

Preparation: Tie yarn to acorns (one for each team).



Divide the group into five to eight people per team. First person on each team drops the acorns down his shirt

above the neckerchief, then pulls them down and out between one set of buttons, holding on to the loose end of the yarn. He then passes the acorns to the next person in line. The team who is the first to "sew themselves together" wins.

Seeds Snatch

Equipment: Small bag of seeds

Divide the dens into two teams; line them up across opposite ends of the room. For a large pack, you will have several groups of divided teams, and several bags of seeds.

Each team counts off from "one" through the number on the team. Put a bag of seeds in the center of the room and call out a number. The player assigned that number on each team runs to the center and tries to grab the bag of seeds and run back to his line without being tagged by his opponent. Score one point for his team if he makes it; score one point to the other team if his opponent tags him.

Pumpkin Roll

Materials: One pumpkin or squash for each team of approximately five boys

Divide the dens into teams. Half of each team lines up on one side of the meeting place; the other half lines up on the other side. The first boy on each team gets on his knees and, using his nose, pushes the pumpkin to his teammate on the other side of the room. The boy on the other side of the room rolls the pumpkin back to the first side. The first team finished wins.

SONG: HE'S A CUB SCOUT

Tune: Clementine

Found a kind boy,

Found a thoughtful boy.

He's a Cub Scout in the pack.

An example in his hometown,

And his family is so proud!

First came Tiger Cubs,

Then came Cub Scouts;

Then he's on to Webelos.

One day soon he'll be a Boy Scout;

To a troop he then will go.

ADVANCEMENT CEREMONY: PLANTING SEEDS

Personnel: Cubmaster dressed in jeans and plaid shirt

Equipment: Six large seed envelopes with the words *beet*, *carrot*, *squash*, *corn*, *turnip*, *lettuce*

Preparation: Place awards inside each envelope.

The pack can't be **beet**. (*Name*) has earned his Bobcat badge!

If we **carrot** all, we would give a big hand to (*Name*) for earning his Tiger Cub badge!

Squash those thoughts. (*Name*) earned his Wolf badge!

It may sound **corn**-y, but (*Name*) earned his Bear badge!

Don't **turnip** your nose. (*Name*) has earned his Webelos badge!

Lettuce congratulate (*Name*) for earning the Arrow of Light Award!

CUBMASTER'S MINUTES

RASKals: Random Acts of Simple Kindness

Performing random acts of kindness is pretty basic. Being kind doesn't take a lot of planning or effort. "Do unto others" and "Turn the other cheek" should not just be advice, but a way to live your life. By your deeds of kindness, you can help turn good behavior into even more good. A person who performs a random act of simple kindness is called a RASKal.

Ask audience to stand and repeat the RASKal pledge: "Commit a random act of simple kindness."

Consider creating RASKal pins or neckerchief slides to remind pack members to spread random acts of kindness.

Pin or Neckerchief Slide. Cut craft foam into circular shapes. Print the letters *RASKal* on each foam circle. Add a pin to the back, or make into a neckerchief slide.

Seeds of Kindness

We all have a seed within us to be kind. It is from this seed that a greater desire to be kind grows. Being kind should be second nature, not something you turn on and off. Think of ways you can be kind every day.

DEN SKITS

Dens perform skits about being kind and giving service.

The Lamppost

Personnel: Minimum of five Cub Scouts

Props: One Cub Scout wears a sign that reads *Lamppost*.

CUB SCOUT 1: (*Looking on the ground*)

CUB SCOUT 2: What are you looking for?

CUB SCOUT 1: I lost my watch.

CUB SCOUT 2: We've been talking about being helpful in den meetings. I'll help you look for it.

CUB SCOUT 1: Thanks!

CUB SCOUT 3: What are you guys looking for?

CUB SCOUT 1: I lost my watch.

CUB SCOUT 3: We've been learning about being kind. I'll help you look for it.

CUB SCOUT 1: Thanks!

CUB SCOUT 4: What are you guys looking for?

CUB SCOUT 1: I lost my watch.

CUB SCOUT 4: Where did you lose it?

CUB SCOUT 1: Over there (*points*).

CUB SCOUT 4: Then why are you looking over here?

CUB SCOUT 1: 'Cause the light's better over here!

CHEERS

Seeds Cheer. Become a tiny seed in the ground by crouching down and folding your arms over your bent knees. Say, "I think I felt a raindrop!" "There's another raindrop!" Jump up and say, "Thank goodness for the rain. I thought I would never grow up!"

Kindness Pat. Reach to the person on your left, pat him or her on the back, and say, "Good job!"

CLOSING CEREMONY: GROWING SEEDS OF KINDNESS

Materials: Seeds and dirt, seedling, small plant, large plant (each Cub Scout is given one object)

CUB SCOUT 1 (*with seeds and dirt*): We can all start seeds of kindness.

CUB SCOUT 2 (*with seedling*): The seed will grow when we nurture it and give it the chance to grow.

CUB SCOUT 3 (*with small plant*): With the right kind of help, it will grow and grow, just as kindness grows and grows.

CUB SCOUT 4 (*with large plant*): When kindness grows and grows, it provides shade and protection for many.

CUBMASTER: Thank you all for sowing the seeds of kindness every day as Cub Scouts.

SNACK: SUNFLOWER SEED CRUNCH

Ingredients:

2 cups sunflower seed kernels

2 cups quick oatmeal

½ cup cashew pieces

½ cup almonds, chopped

½ cup shredded coconut

½ cup vegetable oil

¼ cup molasses

Preheat oven to 300°F. In a large bowl, combine all ingredients. Mix well. Spread onto a shallow baking pan. Bake 15 minutes. Remove from oven and stir. Return to the oven for another 10 minutes. Let cool. Store in tightly sealed container or sealable plastic bag.

Note any food allergies and provide alternative snack if necessary.

SERVICE PROJECTS

By taking part in service projects, youth can find out how to help those in need and how to take care of the world around them. They can practice being good citizens. By learning to be responsible, they will find out how they can make a difference, not only for today, but for the rest of their lives. Here are suggestions for service projects:

Help the natural world

1. Build birdhouses or bird feeders.
2. Clean up a local park, playground, or school.
3. Recycle aluminum and newspapers.

Help the community

1. Gather clothing that you have outgrown and give it to children's shelters in your area.
2. Collect art supplies and donate them to a family shelter.
3. Help senior or disabled residents with cleaning, yard work, etc.

Help the chartered organization

1. Do a cleanup project.
2. Work with your chartered organization on one of its special projects.

Food Drive Scavenger Hunt

Boys are divided into teams, each with proper adult supervision. Each team is given a list of foods to collect over a

given period of time from neighborhood homes. Food items are assigned a point value; i.e., foods that are holiday-related score more points than non-holiday foods. All foods score at least one point. After completing the scavenger hunt, take the food to a shelter.

November Pack Program Page: Seeds of Kindness

ACADEMICS AND SPORTS PROGRAM

Cub Scout Academics

Citizenship. One part of being a good citizen is to show concern for others. The requirements to earn the Citizenship belt loop go hand-in-hand with showing kindness. After the Cub Scout has earned the belt loop, he may work toward earning the Citizenship pin.

Cub Scout Sports

Gymnastics. Boys can show kindness to each other by giving encouragement to other members of the den as they work on the Gymnastics belt loop.

FAMILY ACTIVITY

Families can enjoy the good feelings that giving service to others brings. The adults in the family can explain that giving is from the heart and that they are giving service.

DID YOU KNOW?

The Centennial Quality Unit Award is awarded to packs who meet goals that they have set for themselves during the calendar year. Every pack should strive to earn this award. Your unit commissioner will review your annual progress in November or December.

GOOD TURN FOR AMERICA

As winter approaches, many people will be in need of food or warm clothing. Conduct a food drive or collect coats and gloves for a shelter. Units can report their hours of service at <http://www.goodturnforamerica.org>.



BSA RESOURCES HIGHLIGHT

Group Meeting Sparklers (No. 33122).

This publication is filled with applause, audience participation stories, cheers and yells, icebreakers and mixers, and run-ons. Den and pack leaders will find ideas to enliven all

their meetings. Keep it handy for a filler for when a part of the pack meeting takes less time than expected.



PACK LEADERS' PLANNING MEETING

The pack leaders meet one or two weeks before the November pack meeting to check final details and outline den and pack activities for the December pack meeting.

Make sure each den plans to perform a skit or take part in some other way.

Discuss plans and details for the pack service project.

Begin making plans for next month's theme of Holiday Lights. Pay careful attention to the religious beliefs of your pack families. Check event dates against celebrations and holy days they may observe.

The pack trainer conducts Unit Leadership Enhancement No. 13, Policies of the BSA. This will share the policies that the pack operates under with all committee members. A different topic may be chosen based on your pack's needs. Program information is found in the *Cub Scout Leader Book*. Select a topic for next month's meeting.

LOOKING AHEAD

The month of December is filled with holiday traditions and activities. If your pack meeting is usually held toward the end of the month, the pack committee may want to consider moving to an earlier date. If the date is changed, remember to give a reminder to families to make sure they know of the change.

It's not too early to begin making plans for the blue and gold banquet held in February. The theme will be American ABCs. Select a committee to begin formulating ideas for this event. Have the committee verify the date, time, and location.

PACK TRAINER HIGHLIGHTS

Review the status of all leadership training. Ensure that all leaders are aware of upcoming training dates. Be sure your pack is adequately represented at roundtables. Offer to take a new leader to the roundtable. Encourage all leaders to complete Youth Protection training.

OUTDOOR IDEAS FOR EVERYONE

Tiger Cubs. Go on a nature scavenger hunt. Find suggestions in the *Cub Scout Leader How-To-Book*.

Wolf Cub Scouts. Rake leaves into a pile.

Bear Cub Scouts. Make and display a scarecrow.

Webelos Scouts. Clean up a vacant lot; bag and recycle the papers or cans collected.

Seeds of Kindness: Tiger Cub Den Meetings

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

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
The Tiger Cub den leader shares leadership with a Tiger Cub adult partner. This team should review plans before each meeting and check the equipment needed.				
BEFORE THE MEETING STARTS	Have U.S. flag in place; have materials for leaf-rubbing cards.	Have U.S. flag in place; gather materials for the Turkey Neckerchief Slides, Bagel Bird Feeders, and Bird Cakes snack.	Call the Go See It destination to confirm arrangements, times, fees, etc.	Host team writes a thank-you note to the destination of last week's Go See It.
Den leader may collect dues. Den leader checks boys' books for completed advancement requirements and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
GATHERING	Gather outside and collect leaves.	Make Turkey Neckerchief Slide (6 NOV).		
OPENING	Salute the flag and say the Pledge of Allegiance and the Cub Scout motto in a repeat-after-me fashion.	Say the Cub Scout Promise; discuss how the Cub Scout Promise is appropriate for this month's theme.	Take a Go See It to a police station (<i>Achievement 2G</i>)	
SHARE	Talk about the buddy system.	Ask for suggestions on how Cub Scouts and their families can be kind to our animal friends.	OR	
DISCOVER	Use leaves collected earlier to make leaf-rubbing cards to send or take to other people (<i>Achievement 5D</i>).	Feed the birds (<i>Elective 32</i>) by making a Bagel Bird Feeder. Make Bird Cakes snack.	Take a Go See It to a fire station or visit with a search-and-rescue team.	Participate in the monthly pack meeting by sharing what they learned about not getting lost and how to get found quickly. Share information about the den's Go See It. Tiger Cubs and adult partners sign the thank-you note.
SEARCH	Plan a Go See It to the police station. Discuss how the Tiger Cubs can help others in big and small ways and have them choose something to do during the week for someone else (<i>Elective 10 or 11</i>).	Finalize plans for next week's Go See It to the police station. Ask Tiger Cubs what they think a police officer's job is (or other job relevant to your Go See It destination). Write their responses on a list to take to the Go See It.	At the end of the trip, lead a reflecting discussion with boys and adult partners about their outing. See how many additional jobs they can add to their list of "What police officers (firefighters, or rescuers) do."	
CLOSING	Repeat the Law of the Pack. Have the Tiger Cubs line up; one by one they should go through the line saying good-bye to each other using the Cub Scout handshake.	Recite the Cub Scout motto and ask each boy to tell what he has done his best at today or in the past week.	A Tiger Cub immediate recognition bead may be presented for participation and completion of <i>Achievement 2G</i> .	
This week's shared leadership team reviews the meeting. The den leader should meet briefly with the Tiger Cub and adult partner who will share leadership at the next den meeting.				
AFTER THE MEETING	Den leader files local tour permit with local council service center for Go See It outing.	Talk to Tiger Cub team in charge of the next month. Offer resources or ideas as needed.	Den leader fills out Den Advancement Report for the pack leaders' meeting.	Den leader mails thank-you note.
ADULT PARTNER RECORDS ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETING IN THE TIGER CUB'S HANDBOOK.				

Tiger Cub Den Activities

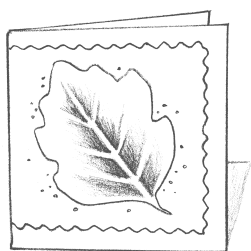
Advancement possibilities highlighted in this month's meeting plans: Achievements 2G, 3F, 5D; Electives 10, 11, 12A, 12F, 25, 32.

What little boy hasn't wanted to be a firefighter or a police officer at some stage of his youth? This month the Tiger Cubs will get to visit one of their heroes as they go to a police or fire station or visit a rescue team. They will learn about how these brave men and women do so much for their community. The Tiger Cubs will show they care for their community by helping others in small ways. Their deeds, while they may be small, can make a big difference in how others feel about themselves and those around them. They might also learn about how they can take better care of themselves and reduce the chance that they will get lost and what to do to help others find them if they should get lost.

LEAF-RUBBING CARDS

(Achievement 5D; Elective 12)

Materials: Leaves, crayons, heavyweight notepaper or cardstock, lightweight copy or solid-colored decorative paper



Cut the cardstock to the size of the cards you would like to make and fold in half lengthwise. Cut the lightweight decorative paper slightly smaller than the cardstock; you may use scalloped scissors to add interest. Have the Tiger Cubs choose leaves of the appropriate size to fit on the decorative paper. Fold the paper in half and put the leaf inside, vein-side up, folded side to the left. Peel the paper off the crayon that will be used for the rubbing. Rub the crayon gently and completely over the part of the paper that has the leaf under it. The adult partner may want to help hold the leaf still as the boy rubs. The leaf-rubbing sheet should be attached to the outside of the folded cardstock with the folded edges aligned (the edge of the cardstock will show around the decorative paper). Have the Tiger Cub sign his name on the bottom of the back page, in the center of the card.

Tiger Cubs can write messages inside the cards and give them to shut-ins, residents of nursing homes, friends, or family members. Or, they can give the blank cards to individuals to write their own messages in them and then give them to people they care about.

TURKEY NECKERCHIEF SLIDE

Materials: Mini flowerpot (approximately 1¼-inch high and 1¼-inch diameter at the big end); ¾-inch tan, gold, or brown pompom; three artificial leaves (1½ to 3 inches across) in fall colors; pieces of orange chenille stem, cut in half; 1¼-inch piece of red chenille stem; scrap of orange felt or craft foam; two wiggle eyes; small piece of ribbon or twine tied into a bow; 1-inch length of ½-inch PVC pipe or tubing; glue



Use the orange chenille stem to make two feet; attach to the underside of the large edge of the flowerpot. Attach the pompom ball to the small end of the flowerpot. Glue two wiggle eyes onto the pompom ball. Out of orange felt or craft foam, cut a triangle ½ inch on all three sides; glue to the center front of the pompom, below the eyes. Bend a 1¼-inch piece of red pipe cleaner or chenille stem to look like a wattle; glue to one side of the beak. Glue the two smallest of the three leaves to each side of the flowerpot with the stems in the back; glue the largest leaf on the back, stem down. Glue ribbon or twine bow under the beak and attach PVC pipe or tubing to the back as the slider.

To personalize your turkey, try making glasses for it out of wire, or add a cap made from two half-circles of craft foam glued together at a 90-degree

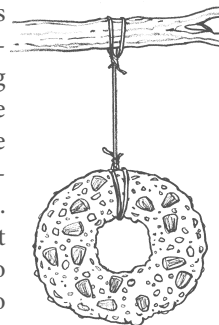
angle. Make a bigger version of this fellow (increase all sizes proportionally), omit the slider, and have him holding a place card as a cute Thanksgiving place marker.

BAGEL BIRD FEEDER

(Elective 32)

Materials: Bagel (stale works well), peanut butter, lard or shortening, rolled oats, birdseed, string or twine

Mix peanut butter well with equal parts lard or shortening. Spread peanut butter-lard mixture all over the outside of a bagel. Roll the bagel in a mixture of one part oats and one part birdseed. Tie a string to the bagel. Tie the string to a tree branch or wherever you please. The birds can eat all but the string so there is no mess to clean up.



TIGER CUB BIRD CAKES

(Elective 25)

Materials: Rice cakes, softened cream cheese (or peanut butter), raisins, currants, dried cranberries, sunflower seeds (shelled, for humans), crushed nuts, and chocolate sprinkles; or use a purchased trail mix that contains small pieces of fruits and nuts

Spread softened cream cheese (or peanut butter) on rice cakes. Mix nuts and fruits and spread out on a plate. Press cream cheese-coated side of rice cake into nuts and fruits, and sprinkle with chocolate sprinkles. The cakes will resemble the little suet cakes that birds enjoy, but this is a Tiger Cub snack!

NOTE: Skip this project if any den member has peanut allergies.

Seeds of Kindness: Wolf Den Meetings

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

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
BEFORE THE MEETING STARTS	Have supplies for Feats of Skill (<i>Achievement 1</i>); prepare word cards for Loving Kindness (8 NOV).	Have materials for Basic Dog Treats (8 NOV) and “cake mix” cookies.	Call the destination of your outing to confirm arrangements, times, fees, etc.	Denner writes thank-you to last week’s destination. Have a soccer ball and U.S. flag.
Den leader collects dues.				
WHILE CUB SCOUTS GATHER	Cub Scouts do Feats of Skill (<i>Achievement 1c–d</i>).	Do the elephant walk, frog leap, and crab walk (<i>Achievement 1g</i>). Collect permission slips.	Collect permission slips.	Boys sign thank-you note or card. Start the meeting outdoors with a game of soccer.
OPENING	Stand in a circle and recite the Loving Kindness Responsive Reading (8 NOV).	Give the den yell.		Boys line up and recite the Pledge of Allegiance (<i>Achievement 2a</i>).
Den leader checks boys’ handbooks for completed achievements and electives and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
BUSINESS ITEMS	Discuss the Seeds of Kindness theme. Remind boys of the date to gather objects for this month’s Good Turn collection.	Have boys practice “Bringing in the Sheaves” for the pack meeting (<i>Elective 11f</i>).		Review what your den will be showing or performing at the pack meeting.
ACTIVITY	Make a health chart for the month (<i>Achievement 3a</i>). Sing “Bringing in the Sheaves” (8 NOV). Current U.S. copyright law (2005) places hymns created in 1922 or earlier in the public domain.	Make cookies for next week’s trip and for this week’s snack. While cookies are baking, make Seeds of Kindness envelopes. While eating cookies, conduct a Character Connection on compassion. Relate it to the seeds of kindness ideas discussed this month.	Visit an important place in your community, such as a historic or government location. Share the cookies baked last week.	Have boys practice “Bringing in the Sheaves” for the pack meeting (8 NOV). Finish Seeds of Kindness envelopes by printing or attaching words; these are to be distributed at the pack meeting.
CLOSING	Boys form a circle. They cross their arms in front, then grab the hands of the boys on each side. Recite “Do Your Best.” Send home permission slips for outing on THIRD WEEK.	Form Living Circle. Have denner lead Cub Scout Promise.	At the end of the trip, lead a reflecting discussion with boys about their outing.	Form brotherhood circle with arms around each other and repeat the Law of the Pack.
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
AFTER THE MEETING	Den leader files local tour permit with council service center for outing planned for THIRD WEEK.		Den leader fills out advancement report for the pack leaders’ meeting.	Den leader mails thank-you note.
ENCOURAGE FAMILIES TO RECORD ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE CUB SCOUT’S HANDBOOK.				

Wolf Den Activities

Advancement possibilities highlighted in this month's meeting plans: Achievements 1c-d, 1g, 2a, 3a; Electives 11d, 11f.

Kindness is an awareness that each of us develops with practice and over time. This month your den will be connected to the Scouts in their den and others in their community through small seeds of kindness. Conduct a food drive or collect coats and gloves for those in need; report your hours to Good Turn for America. Work on the Citizenship belt loop and pin.

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

- *Achievement 7, Your Living World:* Kindness involves helping the world around us; boys can do a litter cleanup.
- *Elective 14a, Pets:* Taking care of a pet is a good way to show kindness to animals.
- *Elective 22d, Say It Right:* A warm greeting is an act of kindness. Cub Scouts can learn to say "hello" in many languages.

SONG: BRINGING IN THE SHEAVES

Sowing in the morning, sowing seeds of kindness,

Sowing in the noontide and the dewy eve;

Waiting for the harvest, and the time of reaping,

We shall come rejoicing, bringing in the sheaves.

Refrain:

Bringing in the sheaves, bringing in the sheaves,

We shall come rejoicing, bringing in the sheaves;

Bringing in the sheaves, bringing in the sheaves,

We shall come rejoicing, bringing in the sheaves.

Sowing in the sunshine, sowing in the shadows,

Fearing neither clouds nor winter's chilling breeze;

By and by the harvest, and the labor ended,

We shall come rejoicing, bringing in the sheaves.

OPENING CEREMONY: LOVING KINDNESS RESPONSIVE READING

Write each part on a card for each boy to read. Have other boys repeat the line.

CUB SCOUT 1: May the hearts of all beings be filled ...

Response: May the hearts of all beings be filled ...

CUB SCOUT 2: ... with happiness and peace.

Response: *(Repeat)*

CUB SCOUT 3: May all beings be ...

Response: *(Repeat)*

CUB SCOUT 4: ... safe and secure.

Response: *(Repeat)*

CUB SCOUT 5: May all beings be ...

Response: *(Repeat)*

CUB SCOUT 6: ... healthy and thriving.

Response: *(Repeat)*

CUB SCOUT 7: May all beings live ...

Response: *(Repeat)*

CUB SCOUT 8: ... joyfully and with ease.

Response: *(Repeat)*

CHORE LISTS

(Achievement 4e)

Materials: Four sheets of paper per boy, pencils, markers, rulers

Have boys make a list of chores they are responsible for and keep the list for one month, putting a check in each square when they complete the chore.

Chore	Sun.	Mon.	Tue.	Wed.	Th.	Fri.	Sat.
1							
2							
3							
4							

COOKIES

Make cookies to share with employees at the historic site you visit. If you visit the humane society, and take "cookies" (dog treats) for the dogs.

DOG TREATS

Ingredients:

3½ cups unbleached flour

2 cups whole wheat flour

1 cup cornmeal

½ cup skim milk powder

1 tablespoon (or 1 package) dry yeast

3½ cups lukewarm chicken or meat broth

1 egg

2 tablespoons water

Mix together the flours, cornmeal, and skim-milk powder. Dissolve the yeast in the lukewarm chicken or meat broth let it rest for 10 minutes, then stir into flour mixture. Roll out dough ¼-inch thick, cut dog-biscuit shapes.

Use a fork to whip the egg in a small bowl. Stir in water to make an egg wash. Brush biscuits with egg wash. Bake on greased cookie sheets at 300 degrees for 45 minutes. Then turn off oven and leave overnight. Makes 60 medium biscuits. These could be donated to a local humane society.

CAKE MIX COOKIES

Ingredients:

1 box of cake mix (any flavor)

1 8-oz. container nondairy frozen whipped topping

1 egg

Confectioner's sugar

Mix first three ingredients. Chill dough.

Form dough into balls. Roll in confectioner's sugar. Bake at 350 degrees for 8 to 12 minutes. Don't overbake. Cool in pan a few minutes before removing.

SPREADING SEEDS OF KINDNESS

(Electives 12a, 12f)

Materials: Paper, glue sticks, markers, pens, colored pencils

Enlarge the pattern to form seed envelopes. Have enough so each boy can make and decorate several packets.



Label each packet, "We are spreading Seeds of Kindness. Please gather (canned foods, gently used coats, blankets, etc.) to share with those in need in our community." Boys color and decorate the packets and hand them out to pack families, neighbors, and teachers. Have a collection place for donations.

Seeds of Kindness: Bear Den Meetings

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

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
BEFORE THE MEETING STARTS	Have supplies for the Turkey Neckerchief Slides (10 NOV), paper and pencils, and U.S. flag.	Collect supplies for search bottles, seeds, and cans for game (10 NOV). Have a stuffed animal for the Papa Bear game (10 NOV).	Confirm with the chartered organization the arrangements for a tree-planting and cleanup.	Denner writes thank-you to last week's destination.
Den leader collects dues.				
WHILE CUB SCOUTS GATHER	Assistant den leader explains the task for each Cub Scout to write one sentence of kindness for each fellow den member.	Collect permission slips. Play Seeds of Kindness Drop (10 NOV).	Collect permission slips.	Boys sign thank-you note or card. Boys share their posters about birds (<i>Achievement 5a</i>).
OPENING	Designated Cub Scouts lead a flag ceremony (<i>Achievement 3f</i>).	Denner leads the den in the Pledge of Allegiance.		Denner leads the den in the Law of the Pack.
Den leader checks boys' handbooks for completed achievements and electives and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.				
BUSINESS ITEMS	Explain the Seeds of Kindness theme and share the den/pack Good Turn. Discuss the field trip and ask boys to bring a new teddy bear to donate to the police department.	Explain that Seeds of Kindness apply to humans and animals. Review <i>Achievement 5a</i> as boys choose a bird to make a poster about.	<p>Where the weather permits, plant a tree on the grounds of your chartered organization or other location (<i>Achievement 6b</i>).</p> <p>Combine this with a den cleanup project (<i>Achievement 6g</i>).</p> <p style="text-align: center;">OR</p> <p>If your den chooses to collect teddy bears, your field trip may be a visit to a police station (<i>Achievement 7b</i>).</p> <p>At the end of the trip, lead a reflecting discussion with the boys about their outing.</p>	Gather the objects being collected, such as teddy bears, and donate to the local organization where they will be used.
ACTIVITY	Discuss the theme for the month. Complete the Character Connection for Compassion (<i>Achievement 24f</i>). Make Turkey Neckerchief Slides (10 NOV). Practice the flag ceremony for the pack meeting (<i>Achievement 3f</i>).	Make Seeds of Kindness search bottles (10 NOV). Play the Papa Bear game (10 NOV).		Practice the flag ceremony to present at the pack meeting (<i>Achievement 3f</i>). Have each boy write a list of jobs he can do around the house. Cub Scouts are told to track their progress for one week (<i>Citizenship belt loop</i>).
CLOSING	Have boys read aloud each sentence written about the other boys. Den leader follows with remarks about how kind the boys are to each other. Send home permission slips for outing on THIRD WEEK.	Remind boys to bring objects collected for your Good Turn at the FOURTH WEEK den meeting. Sing "Be Kind to Your Web-Footed Friends" (<i>Cub Scout Songbook</i>).		Join hands and have each boy say what his favorite thing was that the den did during the month.
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
AFTER THE MEETING	Den leader files local tour permit with council service center for outing planned for THIRD WEEK.		Den leader fills out advancement report for the pack leaders' meeting.	Den leader mails thank-you note. Report your hours spent for your Good Turn for America project.
ENCOURAGE FAMILIES TO RECORD ADVANCEMENT ACTIVITIES DONE DURING THE DEN MEETINGS IN THE CUB SCOUT'S HANDBOOK.				

Bear Den Activities

Advancement possibilities highlighted in this month's meeting plans: Achievements 3f, 5a, 6b, 6g or 7g, 24f.

Spreading seeds of kindness is the focus for Cub Scouts this November. One program found across the country is donating teddy bears (stuffed animals) to your local police department. When children are in a situation needing an officer's help, the teddy bears are given to them as a source of comfort. This is a good program for Cub Scouts to support; you may have a different project in mind as a Good Turn for your den. Ask the boys during the first week for their support and collect the donations during the last week this month for delivery to the appropriate organization. Encourage boys to work on additional requirements to earn their Citizenship belt loop.

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

- *Achievement 18, Jot It Down:* Boys can write a thank-you note to the location of their trip on week three.
- *Achievement 24d, Be a Leader:* Cub Scouts can spread kindness by telling two people that they have done a good job.
- *Elective 17e, Repairs:* Helping with repairs at home spreads kindness for the family by first learning how to fix things.

GAMES

Seeds of Kindness Drop

Materials: Seeds such as sunflower seeds in the shell (five per boy); five empty, clean cans (cover with paper and letter them S, E, E, D, S, one letter on each can as shown)



Place lettered cans on the floor in a line, 1 foot apart. In turn, boys stand above the first can and drop a seed from chest height. If the seed goes into the can, score one point. Move to the next can and repeat.

Papa Bear

Materials: One stuffed animal or object for "It" to protect

One Cub Scout is "Papa Bear" ("It"). He sits with his back to the den (have 8 feet of clear space between this Cub Scout and the rest of the den). A stuffed animal or object is placed behind his back.

The den members try to sneak up behind Papa Bear to take the object. If "It" hears movement, he can turn around and growl. If "It" catches a boy, that boy becomes "It." If there is no one

moving, "It" turns back around, and play continues.

GATHERING ACTIVITY: SEEDS

As boys arrive, give each a handful of dried beans (or seeds). Ensure that the same number of beans or seeds is given to each boy. Cub Scouts try to win beans by trying to get others to respond to questions by saying "yes" or "no." A player who says either word in his reply must give up a bean to the questioner. At the end of the activity, the winner is the boy with the most beans.

SEEDS OF KINDNESS SEARCH BOTTLE

Materials: Clear plastic soda bottle or small, clean baby food jar; rice; miscellaneous objects (penny, paper clip, beads, charms, small plastic bugs or charms, pebbles, paper fasteners, etc.)

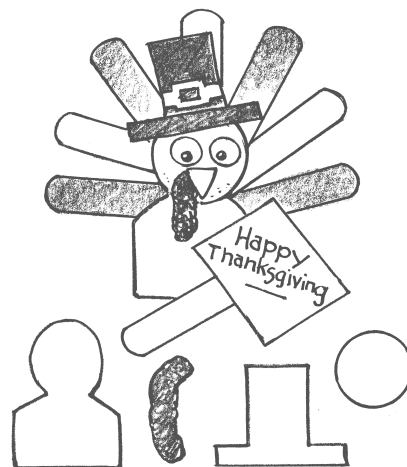
Remove the label from the bottle or baby food jar; clean and dry inside. Gather the objects and place in the bottle or jar. List the objects on a piece of paper so you know what can be found in the bottle. Add uncooked rice to fill the bottle three-fifths full. Tightly screw on the cap (or seal with a small bead of white glue, then screw on the cap).

Shake the bottle to mix the objects with the rice. Slowly turn the bottle to find each object, comparing your finds against the list.

This is a good project to entertain those who are bedridden such as children in the hospital or those in a group home or nursing home. It also makes a nice gift. Be sure the list of objects is tied to the bottle if this project is given away.

TURKEY NECKERCHIEF SLIDE

Materials: Craft sticks cut in half (four sticks cut into eight pieces per boy); red, yellow, and brown acrylic paint; wiggle eyes; scraps of brown, red, and black craft foam; ½-inch PVC pipe cut into 1-inch lengths



Before the meeting, cut craft sticks in half. Boys paint the sticks with acrylic paints. Set aside to dry.

Using the templates shown, cut the following from craft foam:

- Brown—turkey body and small triangle
- Red—wattle
- Black—hat

Glue wiggle eyes to the top of the turkey body piece; add the small, brown triangle as a beak and add the red wattle. Lay out the painted craft sticks in a fan shape; glue the turkey body atop. Add a piece of PVC pipe to the back for a neckerchief slide.